



# The Macquarie Memo

Issue 35: 11 November 2019

## Dates for the Diary

**Tuesday 12 November**

Meup Meup swimming lessons

**Wednesday 13 November**

Remembrance Day assembly hosted by Maliki and Birrigai

**Monday 18 November**  
Bandstravaganza practice

**Tuesday 19 November**  
Bandstravaganza  
Meup Meup swimming lessons

**Wednesday 20 November**  
Year 5 combined band at MPS

**Friday 22 November**  
Kids Trivia Night 5:30pm

**Tuesday 26 November**  
Meup Meup swimming lessons

**Wednesday 27 November**  
Assembly hosted by Year 5 & 6 bands  
Preschool excursion to Belconnen markets

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## From our Deputy Principal

The Warrumbui Camp was a great success with many students having their first camp experience. I went out for the night and had reports of how much fun the activities were and how much they were enjoying a night with friends. A huge thanks to the teachers who supported our students to have a positive trip.

The 5/6 classes attended a performance at Canberra High School on Wednesday. The play was written by students at the high school and Macquarie students were inspired and excited about the range of opportunities they will have to look forward to in high school.

Last week Danielle, Johanna and I presented a parent forum about bullying. We shared a definition of bullying from the *Bulling No Way* site "Bullying is an **ongoing and deliberate misuse of power** in relationships through **repeated** verbal, physical and/or social behaviour that **intends to cause physical, social and/or psychological harm**. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening." We also discussed what behaviours do not constitute bullying - mutual arguments or disagreements (without power imbalance), not liking another person or a single act of social rejection, one-off acts of meanness or spite, isolated incidents of aggression, intimidation or violence.

Parents are often the first to recognise signs of bullying. Some of the signs to be watching for include - change in behaviour and/or mood (e.g., teary, angry, or frightened), changes in sleep or eating patterns, not wanting to go to school, frequent health complaints (e.g., headaches, stomach aches), unexplained injuries, school grades falling and/or less participation in class.

If you feel your child is experiencing bullying, try to stay calm and let them know you're happy they've told you. Listen to them (without judgement) and tell them you believe them. Explain that it's not their fault and it's never ok to be bullied. Ask them what they want you to do - make a plan together. Let them know you are there to help them practise helpful ways to respond to bullying.

The school follows Directorate policy when responding to bullying and has clear procedures to follow when bullying is reported. Throughout the year students are exposed to **education** about bullying including a social and emotional learning program (Mind-Up), participation in the *National Day Against Bullying and Violence*, cyber safety sessions with the Australian Federal Police for senior students and parent (*ThinkUKnow*), we teach *Protective Behaviours* and *Positive Behaviours for Learning*. All reports of bullying are investigated, families are part of the planning to implement supports for their child - plans aim to reduce opportunity and risk of bullying re-occurring and provide supports for victims of bullying e.g. work with school psychologist, regular check-ins with the teacher or executive, access to external programs. When working with bullying perpetrators, the school has a range of options including working with families, external supports such as Menslink or Belconnen Community Services programs, loss of or limited access to the playground, playground plans, Behaviour Support Plans, skill building through social stories or work with the school psychologist, behaviour contracts, in-school suspension and suspension.

If you would like to learn more about bullying please access the following sites for reliable information: [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) [www.thebullyproject.com](http://www.thebullyproject.com) [www.kidshelpline.com.au](http://www.kidshelpline.com.au).

As a school we work with all students to give them strategies to manage social conflict, disagreements and anger. We talk about a strategy called STOP OPT and GO. This helps children take time to engage their pre-frontal cortex (the thinking part of the brain) to sort through problems. STOP means take a pause to think, OPT is think through your options and GO once you have chosen an appropriate option move forward with your plan. Teachers go through a range of scenarios with students to practise how to use this method.

Most importantly, if you feel your child is being intentionally targeted or is targeting another student, open communication lines with the school. We will continue to provide information and resources about bullying through the Newsletter. You can also access the handouts from the parent forum from the pamphlet display at the front office. Please take some time to talk with your child/ren about what bullying is, the impacts of bullying and how to get help if they or a friend is being bullied.

Have a great week.

Jodie Rowell



**ACT**  
Government  
Education

## NEWS FROM THE P&C

### Preschool pop up uniform shop starts this week

Uniforms will be available to try on and purchase at preschool every Tuesday and Thursday from 9 to 9:30am from Tuesday 12 November until Thursday 28 November (weeks 5, 6 and 7). Cash only sorry.

The main uniform shop next to Oasis will operate as usual until Wednesday 11 December. Price lists and order forms are available from the office or school website at [http://www.macquarieps.act.edu.au/our\\_school/uniform](http://www.macquarieps.act.edu.au/our_school/uniform)

Uniform Shop will close for 2019 on **Wednesday 11 December (week 9)**

### Kids Trivia Night – Friday 22 November 5:30 – 7:30pm in the School Hall

The P&C will be hosting a Kids Trivia Night on Friday 22nd November from 5.30 – 7pm in the school hall. There is no need to book a table - these will be allocated on the night, mixing up table groups from Preschool through to Year 6. Nibbles will be provided, but please bring along a water bottle and a gold coin donation.



### Breakfast Club every Friday

Join us for free toast and weetbix at Breakfast Club every Friday morning from 8:45 am—9:00am. It's open to all students and friends of MPS and is subsidised by the P&C.

Last Breakfast Club for 2019 will be Friday 13 December (week 9).

### Canteen: get your orders in by 8:30am Friday

Canteen is available every Friday. Register via [www.flexischools.com.au](http://www.flexischools.com.au) to view the full menu and to make an order before Friday 8:30am (sorry no cash orders). Choose from a selection of sandwiches, salads and warm meals such as fried rice and chicken burgers. Gluten free and halal options are also available.

If you have any enquiries or need to cancel an order please phone Healthy Kids Association at 6248 0857. Please cancel your order by 9am Friday morning. For general enquiries please email [dicksoncanteen@gmail.com](mailto:dicksoncanteen@gmail.com)

Further information about Flexischools is also available from the Front Office.

Last day of canteen will be **Friday 13 December (week 9)**.

*Sheree Murray*  
P&C President

## RESOURCES FOR PROMOTING SAFETY AT SCHOOL AND ONLINE

We all have the right to be treated with fairness and dignity. We all have the right to learn and work in a safe, respectful and supportive school environment that values diversity - an environment free from bullying, harassment, discrimination and violence. This includes at school, in the community and online.

The Education Directorate website provides information and resources to help families. It includes links to useful websites such as the eSafety Commissioner who provides strategies for families around online safety and the Student Wellbeing Hub and Bullying No Way websites that provide useful information for parents and young people. To find out more, visit the [Safe and Supportive Schools section](#) and the Being Safe Online section of the Education Directorate website.



# What have 1/2 been up to?



Year 2 students had the opportunity to participate in the Aqua Safe program last week. It helped us learn about water safety and awareness.



In Week 3 all of our classes visited the National Gallery of Australia to learn about where and why people make artworks.



## NOTES HOME & REMINDERS

All notes are available on our school [website](#)

EVENT DETAILS	YEAR GROUP	DATE DUE BACK
Class Dojo	All families	ASAP
Class Creator and ACER	All families	ASAP
Band payments	Members of band	Payment when possible
Voluntary contributions	All families	Payments always welcomed

## ATTENTION PARENTS OF YEAR 6 STUDENTS

The ACT Government provides financial assistance to low-income families with student(s) in years 7 to 10 to assist with the costs of schooling. To be eligible, applicants must have a current means tested Centrelink card or Healthcare card. Application forms are available at the front office or online at [https://www.education.act.gov.au/support-for-our-students/financial\\_assistance](https://www.education.act.gov.au/support-for-our-students/financial_assistance). Enquiries: 6205 8262 or ACTSecondaryBursary@act.gov.au

## MERIT AWARDS

Please congratulate the following students who will receive merit awards at Assembly on Wednesday:

Burugun - Jackson and Katja  
 Gula - Alaya and Xander  
 Buru - Nyandeng and Emma  
 Tamariki - Penelope and Ellison  
 Yurwan - Dante and Callum  
 Whanau - Arsh and Cheryl  
 Woggabaliri - Tayte and Jessie  
 Maliki - Amelia and Hayeda

Birrigai - Jitshen and Dacoda  
 Gurumbul - Pippa, Henry and Khoi  
 Wollway - Talia and Phoebe  
 Ohana - Mia and Hayden  
 Daramoolen - Laura and James  
 Komiti Reta - Jeremy and Kia  
 Meup Meup - Michael and Alex

## SCHOOL CONTACT DETAILS

**Office hours:** Monday — Friday 8.30am — 3.30pm

### Uniform Shop — Opening Hours

Monday: 8.45am—9.15am  
 Wednesday: 3.00pm—3.30pm  
 Friday: 8.45am—9.15am

### Library

Open for families  
 Mon, Tue, Thur, Fri  
 8.30am—9.00am

<b>Phone K-6 site:</b>	02 6142 1550	<b>Principal</b>	Danielle Porter	danielle.porter@ed.act.edu.au
<b>Phone preschool:</b>	02 6142 1570	<b>Deputy Principal</b>	Jodie Rowell	jodie.rowell@ed.act.edu.au
<b>Email:</b>	admin@macquarieps.act.edu.au	<b>Executive (P-Yr2)</b>	Stacey Naden	stacey.naden@ed.act.edu.au
<b>Website:</b>	www.macquarieps.act.edu.au	<b>Executive (Yr3-6)</b>	Veronique Canellas	veronique.canellas@ed.act.edu.au
<b>Facebook:</b>	http://www.facebook.com/	<b>Business Manager</b>	Ann Walker	ann.walker@ed.act.edu.au
<b>P&amp;C President</b>	Sheree Murray	<b>Board Chair</b>	Janet Hope	janetehope@gmail.com
	macquariepandc@gmail.com			



## COMMUNITY NOTICES

### Piano tuition in Belconnen area

Craig Mewett

All ages and all styles

Beginners welcome

Contact : (02) 6278 7382

Mob. 0409 151 887



**Limited Places Available NOW**



**KOALA PLAYSCHOOL** is for 3-4 year old children, bridging playgroup and preschool. Sessions are conducted by our Early Childhood Teacher and Assistant with the help of Parents and Carers.

We offer a play-based program built around your child's interests. Our highly skilled staff and purpose-built premises make **KOALA PLAYSCHOOL** the perfect place for your child to learn and grow. We are located in Cook.







For more information or to place your child's name on our waiting list please visit

[www.koalaplayschool.com.au](http://www.koalaplayschool.com.au)



### Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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|  laptops & tablets  |  lessons & activities |
|  uniforms & shoes   |  books & supplies     |
|  sports fees & gear |  camps & excursions   |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



**Contact**  
your local Saver Plus Coordinator  
**Phone or SMS**  
your name and postcode to 1300 610 355  
**Email**  
CanberraSP@thesmithfamily.com.au  
**Online**  
saverplus.org.au  
Find us on Facebook 



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.  
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Barry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.