



# The Macquarie Memo

Issue 29: 16 September 2021

## From our Principal

Dear Families and Friends,

Well, it certainly hasn't been the term we planned and I, like all the 3/4 children are disappointed that we aren't finishing off the term being at camp. You will all be aware that the remote learning period has been extended for the first four weeks of next term, and it looks like there will be a staggered return to schooling after that. As soon as I have more details, I will share it with the community.

The term officially ends tomorrow, so make sure you pack up the Chromebooks and have a break from screen time. Even though we can't go far, it looks like the weather is going to get better in the second week of the holidays, so hopefully you can get outside and take advantage of our local environment.

As we now have experienced four weeks of remote learning, I would love some feedback about what has worked, and what hasn't and what questions you still have. Please email me with your comments and queries so we can improve into next term. I am also interested in feedback about our communication channels. Which ones are working well, and which ones need some tweaking? You can email me directly on [Danielle.porter@ed.act.edu.au](mailto:Danielle.porter@ed.act.edu.au). Please stay safe over the break.

See you next term – digitally,

Danielle

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## NEWS FROM THE P&C

Safe and happy holidays everyone.

Gardens and Grounds: Save the Date. Working bee Term 4 - Sunday 31 October 2021



## 50+ SCHOOL HOLIDAY IDEAS FOR KIDS

The spring school holidays are going to look a little different this year. With COVID-19 restrictions currently in place and interstate travel not possible, parents may be scratching their heads as to how they can avoid those two words: 'I'm bored.'

For ideas for indoors, outdoors, online and ways to get active, [read 50+ ideas to keep kids busy during school holidays](#). If you leave home, please take precautions to protect yourself and your family. Wear a mask, maintain good hand hygiene, keep your distance from others, stay within your region and use the Check In CBR app.

## A MESSAGE FROM OUR SCHOOL PSYCHOLOGIST

I hope you are all keeping safe and well in this time of lockdown and online learning. It has been a challenging three weeks for many and, like me, you may be feeling tired and exhausted from change and juggling working from home.

When we are feeling tired and low, it can be easy to slip into a downward cycle where our wellbeing and mental health suffers. This is especially true when it feels as though there are so many things out of our control (like the extension of the lockdown, not being able to see family and friends). It affects both adults and children alike.

That's when making a conscious effort to address our wellbeing can be so important. ACT Community Services Directorate created a booklet in 2020 to help families come together and emphasis wellbeing, resilience, and gratitude. The [Wellbeing Activity Booklet and Gratitude Journal](#) is full of activities and resources that the whole family can get together and do to help bring some positivity to home. Taking the time to do these activities may seem like a small thing. But gratitude has an inherently affirming effect on our wellbeing. It's a natural mood booster, helping us to 'feel good'. This in turn helps us to build resilience and endurance to get through this difficult time. Finding time to notice and tell one another about the good and positive things we see, during the negative, can be the thing that makes the difference for you and your family.

Additionally, it can be helpful for parental wellbeing to know that you are not alone in the challenges you are facing during lockdown. Below is a collection of podcasts and articles that normalise parenting during a pandemic and provide information on improving wellbeing for yourself and your family.

Podcasts:

[Parenting in a Pandemic](#) by University of Queensland

[Top Parenting Podcasts](#) by NSW Education

Articles:

[COVID-19: Lockdown and Family Wellbeing](#) by Raising Children Network

[Home learning, parenting and working are full-time jobs. But we're doing all three at once](#) by ABC

[Coronavirus \(COVID-19\) Parenting Tips](#) by UNICEF

[Parenting in a pandemic: How to develop stronger family relationships during COVID-19](#) by The Conversation

I hope you find the time to review at least some of these resources to support the wellbeing of yourselves and your family during this difficult time.

Take care,

Erin