

## From our Principal

Dear families and friends,

Thanks to everyone who participated in last Friday's drop in sessions at 2:30pm. They are on offer again this week. The Google link to those has been posted to your child's class dojo again today. This is a chance for families to connect with the class teacher, and I was able to jump in and out of a few – so it was nice to see those families remotely.

We are trying to keep our daily timetable as consistent as possible, so the times of whole class meets and small groups will remain the same to help everyone get used to when to be on and off line.

As you can imagine providing just the right amount of learning to suit everyone during remote learning is an impossible task. Teams are working closely together to design learning tasks that are of high quality and have as many supports as possible. If in your family completing all of the tasks each day isn't possible, that's fine, choose the activities that work for your household. If your family are looking for more things to do, let your teacher or one of the executive team know and we can point you in the right direction. We have had lots of positive feedback that the small groups are working well for most children and they are assisting in both learning and connection. Children are getting feedback on learning tasks through a variety of means these include written comments with submitted tasks, voice recording feedback on tasks, direct feedback during meets, emails and phone calls with feedback to families.

Unfortunately we have had to cancel a number of upcoming events that were planned for this term. I know the students from Les Legumes & Les Pêches will be disappointed that their camp has been cancelled. Families who have paid will be contacted to organise a refund. We are unable to reschedule for this year, and with the ongoing restrictions continuing to bring certainty we will see what can be provided later in the year.

We are trying to keep all our communication channels with families up to date, however it isn't always possible to put all information in all channels, so this is our revised approach during remote learning.

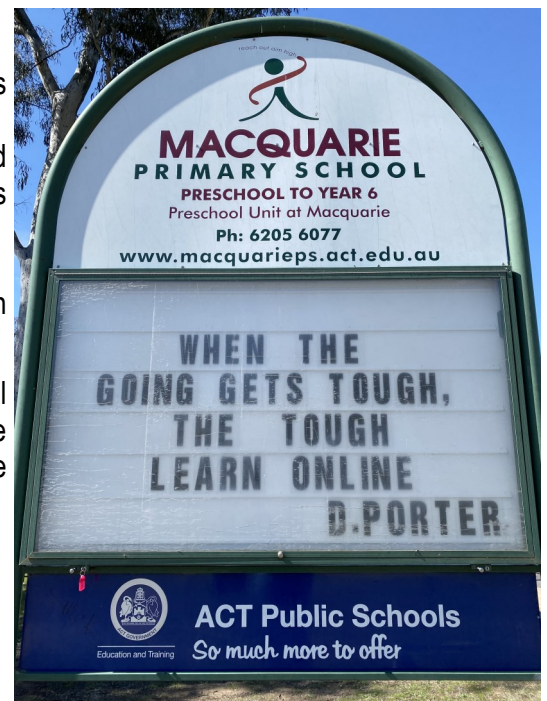
- Detailed information will be emailed to families.
- Class information will come out through Class Dojo.
- Whole school information will be promoted through the school Facebook Page and Class Dojo.
- Absence messages will be text messaged.
- Individual contact with families will be through phone and email.

We are continually trying to ensure that families feel connected with school during this period. If you have any suggestions on how to improve what we are doing please let me know.

I really hope everyone has a great week.

Stay safe,

Danielle



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## IMPORTANT EXCURSION INFORMATION

Due to the current lockdown the Les Baies excursion to the arboretum was unable to go ahead. The Les Légumes & Les Pêches Birrigai camp has also been cancelled. We will be in contact with those families to organise a refund.

The following excursions are currently being rescheduled to a new date in Term 4.

- Belconnen Athletics carnival
- Les Agrumes & Les Pêches excursion to the zoo
- Les Petit Légumes excursion to the botanical gardens

## NEWS FROM THE P&C

**Class Parent Rep:** Your class parent representatives are still in contact with class families during lockdown. If you would like to contact them please do so using the email address listed below. We are also happy to organise for families to get in contact with each other if your child would like to chat with their friends. Please send us an email if you would like to connect with someone from school.



**Gardens and Grounds: Term 4 Working Bee** – Unfortunately, we had to cancel our term 3 working bee, but the upside is we still can look forward to our term 4 working bee (Covid permitting of course) Our planned date for the next Working Bee is: **Sunday 31 October 2021**. Keep the date clear in your calendar (if your calendar is like mine, it's pretty empty right now) - we would love to have a great turn out for the final working bee for 2021. Thanks, Chris.

**Gardening with Kids** With the weather warming up, it's great to get outside in the garden with the kids. Succulents are a great plant for kids to learn how to propagate their own plant from just a leaf. If you have access to a succulent in the garden, try this activity with the kids. They will love watching the succulent grow into a plant of their own. <https://kidsgardening.org/wp-content/uploads/2020/12/Propagating-Succulents-Activity.pdf> (Reference: <https://kidsgardening.org/>)

Cohort	Class	Teacher	Class parent rep
Preschool Les Petit Légumes (the Tiny Vegetables)	Les Kalettes (Mon-Tues)	Maree	Michelle Simmons <a href="mailto:Simmons.family@outlook.com">Simmons.family@outlook.com</a>
	Les Cucamelons (Thur-Fri)		Jacinta Townsend <a href="mailto:jaztownsend@yahoo.com.au">jaztownsend@yahoo.com.au</a>
LSU Les Fruits à Noyaux (The Stonefruits)	Les Pêches (The Peaches)	Kathy	Sarah Wallach <a href="mailto:sarahwallach77@gmail.com">sarahwallach77@gmail.com</a>
Kindergarten Les Agrumes (The Citrus Fruits)	Les Oranges (The Oranges)	Casey	Nicole <a href="mailto:mobeynicole@gmail.com">mobeynicole@gmail.com</a>
	Les Citrons Verts (The Limes)	Bek	Aqsa Ahsan <a href="mailto:agsaahsan@hotmail.com">agsaahsan@hotmail.com</a>
1/2 Les Fruits Tropicaux (The Tropical Fruits)	Les Kiwis (The Kiwifruits)	Monique	Lauren Johnston <a href="mailto:lojohnston@gmail.com">lojohnston@gmail.com</a>
	Les Fruits de Dragon (The Dragon Fruits)	Tei	<b>STILL REQUIRED</b>
	Les Litchis (The Lychees)	Lauren	Stacey Searle <a href="mailto:staceysearle@gmail.com">staceysearle@gmail.com</a>
	Les Ananas (The Pineapples)	Nicole	Bec Richardson <a href="mailto:bec.j.richardson@gmail.com">bec.j.richardson@gmail.com</a>
3/4 Les Légumes (The Vegetables)	Les Aubergines (The Eggplants)	Meg	Shannon Laffan <a href="mailto:aubergines2021@gmail.com">aubergines2021@gmail.com</a>
	Les Brocolis (The Broccolis)	Brooke	Chloe Spratt <a href="mailto:chloe.spratt@act.gov.au">chloe.spratt@act.gov.au</a>
	Les Concombres (The Cucumbers)	Chlo	Fleur Roddam <a href="mailto:mfroddam@bigpond.com">mfroddam@bigpond.com</a>
	Les Citrouilles (The Pumpkins)	Bec	Bhavani Durgam <a href="mailto:bhavani_durgam@yahoo.com.au">bhavani_durgam@yahoo.com.au</a>
5/6 Les Baies (The Berries)	Les Groseilles (The Gooseberries)	Patrick	Mhera Nelson <a href="mailto:mheranelson21@gmail.com">mheranelson21@gmail.com</a>
	Les Fraises (The Strawberries)	Emma	Alethea White <a href="mailto:alethea.white@yahoo.com">alethea.white@yahoo.com</a>
	Les Sureaux (The Elderberries)	Mel	Iana Cunha <a href="mailto:ilana.anjos.cunha@gmail.com">ilana.anjos.cunha@gmail.com</a>

# LIBRARY NEWS

## Book Club

Orders are due in by tomorrow, September 3; the link for the online Issue 6 catalogue is [here](#) and the payment page is via [LOOP](#). You will have the option of either paying extra (\$7.50) for home delivery, or having it delivered to school as per normal. For those who choose free school delivery, we will assess the current restrictions when the books arrive and advise you on how collection will occur.

## Book Week

We hope everybody did something to celebrate book week last week, and we congratulate all those who still managed to find a book character costume, even in lockdown. The winners of the Book of the Year Awards were announced, and you can find them here <https://cbca.org.au/winners-2021>.

## SORA

Please remember to encourage your children to read for enjoyment every day. If you need a wider range of reading material, [SORA](#) is the platform dedicated to thousands of e-books and audiobooks. There are videos on the Library Google Classroom page explaining how to log on and access these fabulous resources.

An advertisement for the Sora app. At the top, the word 'Sora' is written in a large, blue, rounded font, with 'The student reading app' underneath. To the right is a cartoon blue robot character with a red bow tie. Below this, the text reads 'Borrowing e-books and audio books'. Further down, it says 'Visit <https://soraapp.com> or download the free Sora app for android or IOS.' The next line says 'To access click on **Find My School** and select **ACT Education and Training Directorate**, then sign in using your school credentials.' Below that, it says 'Once logged in you can access 100s of e-books and audiobooks on almost any device.' At the bottom, there is a blue banner with the text 'OverDrive Borrow eBooks & audiobooks from our school collection' and an image of a red backpack and a tablet.

# 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 of these resources to support the wellbeing of yourselves and your family during this difficult time.

Take care,  
Erin