



The Macquarie Memo

Issue 6: 11 March 2021

From our Deputy

Firstly, thank you to Meg Signor for organising the swimming carnival last week. The purpose of the carnival is for students to compete in races, to attempt to qualify for the regional swimming carnival, but for most of our students the carnival is about community building, having fun together, being active and building team spirit. Bennelong were the overall winners on the day so well done to those students.

Dates for the Diary

Monday 15 March—Friday 19 March

Year 2 & 3 Aquasafe Swimming Program

Wednesday 17 —Friday 19 March

Year 5/6 Camp Wombaroo

Wednesday 17 March

Assembly 2.15pm

Host - Les Citrons Verts & Les Oranges

Wednesday 24 March

Assembly 2.15pm

Host - Les Aubergines

Thursday 25 March

Les Cucamelons School photos

Monday 29 March

Les Kalettes & K-6 School Photos

Wednesday 31 March

Assembly 2.15pm

Host - School Captain

Thursday 1 April

Last day of term 1

You would have seen from a previous newsletter that we have won a Healthy Canberra Grant. We are in the process of finalising programs and training to implement the grant. The grant will be used to run programs and supports for students who show indicators of anxiety, depression, trauma or other mental health conditions. It will also provide information and training for staff and parents on mental health, and how to support children managing mental health conditions. Students who access the programs on offer may not have a diagnosis and may not be seeing a psychologist – parents or teachers or the student may identify themselves as showing some indicators.

As a school we would like to conduct the ACER Social Emotional Wellbeing Survey. This survey will give us baseline data on wellbeing of our students, it will help us identify their social and emotional needs, target resources to meet specific areas of need and measure the effectiveness of the programs we do. Based on the survey results, referral from teachers and/or parents, we will assess students against criteria to participate in a range of programs. Programs include art therapy, drumming, circus and the Cool Kids (this program is done with parents). Parallel to these programs parents will have access to the Tuning Into Kids program, the school psychologist will be providing articles in the newsletter and the library will be purchasing a range of books about mental health for parents, teachers and students. These programs and initiatives aim to help our students build resilience, learn how to self-regulate, self-soothe and manage anxieties and pressures effectively.

The grant also includes transition programs. We will be running a *3 year old Play and Stay* during term 4. We have teamed with Canberra High School to include more opportunity for our year 6 students to meet their staff, experience high school lessons, make stronger connections to the year coordinator and support people. These programs will continue into 2023 and we aim to see a higher level of school readiness – starting school as well as moving onto high school.

So stay tuned for more information as we finalise plans.

Individual Learning Plans, Behaviour Support Plans and Personalised Learning Plans are all being finalised this week and parents should expect to receive a copy. Teachers will send home paper copies and request a signature. Please send the signed copy back to school for our records.

In this Issue

In this issue

- [P&C news](#)
- [Library news](#)
- [Notes home & reminders](#)
- [Community notices](#)

Jodie

CONGRATULATIONS

To Mahtaya who has been selected in the ACT Primary Concert Band – Year 6 IMP students, and Kiara in the ACT Primary Concert Choir – Year 4, 5 & 6 students.

For the latest information regarding COVID-19 in the ACT visit <https://www.covid19.act.gov.au/home>



ACT
Government
Education

NEWS FROM THE P&C

Gardens and Grounds: Working Bee - Saturday 20 March 9am—12pm.

If you are able to volunteer some time to work on the school grounds at the Working Bee we will be working on:

- the new community garden
- the black top garden beds
- preschool grounds
- more if we get enough volunteers!



Refreshments will be provided during the working bee, and a BBQ lunch at end of the working bee to say thanks!

Please RSVP to Chris: grounds.mpspandc@gmail.com

Uniform Shop: The P&C Uniform Shop is open:

Mondays 8:45 - 9:15am, **Wednesdays** 3:00 - 3:30pm, and **Fridays** 8:45 - 9:15am.

Cash and card payments are accepted. Orders can also be placed online at www.flexischools.com.au. No need to collect online orders - they will be sent home with students.

Donations of pre-loved uniform items are gratefully accepted during open times, or may be left at the front office. Any questions can be sent to uniforms.mps@gmail.com

LIBRARY NEWS

Book Club

Book Club Issue 2 brochures have been distributed today and orders will be due by Friday 19 March. The shorter ordering period is due to delays in the Scholastic warehouse, which also affected the delivery time of Issue 1 deliveries. Our school has earned hundreds of dollars in reward points, which have been used to purchase so many beautiful new books for our library. Thank you for your ongoing support!

Family Borrowing

If you would like to borrow more books for your family please remember you may sign up to join our school library. Forms are at the front office as well as the library, and once you are a member you may borrow up to 10 books at a time. We also have a growing collection of parent reference books that you are welcome to borrow.

Reading at Home tip

"Tell your kids how much you love reading with them. The emotional bond children form with books, through a loved adult enjoying the process with them and articulating this enjoyment, should not be underestimated." Daley, Megan (2019) *Raising Readers: how to nurture a child's love of books*

Spare paper

Drawing and writing is a popular lunchtime activity in the library, and we are always in need of donations of paper. Perhaps your workplace has some (non-confidential) paper headed to the recycling bin that could be reused at school instead.

MERIT AWARDS

Please congratulate the following students who will receive a merit award at the junior assembly next Wednesday:

Les Citrons Verts	Corbin F & Sehaan S
Les Oranges	Zaina A & Mirin Y
Les Ananas	Isabella L & Hailey M
Les Fruits de Dragon	Ajang B & Katja O
Les Kiwis	Zachary S & Kasmika S
Les Litchis	Nima B & Maia A

NOTES HOME & REMINDERS

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

EVENT DETAILS	YEAR GROUP	DATE DUE BACK
2021 Stationery supplies	All year levels	Payments welcome anytime
Enrichment program	Year 1-6	Thursday 11 March
Canberra Museum and Gallery	Preschool	Thursday 30 April

PAYMENT OPTIONS

Option 1: Electronic Funds transfer

Account name: Macquarie Primary School Management Account

BSB: 032 777 **Account number:** 001586

Use reference Child's Surname EXCURSION NAME

Option 2: Quickweb

Go to <http://www.macquarieps.act.edu.au/payment> and follow the prompts.

Use reference Child's Surname EXCURSION NAME

Option 3: Cash or cheque paid directly to the Front Office in a sealed envelope labelled with your family name

MEDICATIONS

In the interests of keeping all students safe, **medication that your child requires during the school day must be stored in the front office.** Macquarie's school office team manages first aid, emergency medical plans and medications for students. Please contact the front office team if you have any changes to your child's medical treatment plan.

For noting - ambulance

ACT School students who are injured or become ill at school or during approved school excursions within the ACT are entitled to free emergency ambulance services that includes medical treatment and ambulance transport.

SUSTAINABILITY TIPS

Change the way you dry your hands. Watch this video for a great idea. <https://www.youtube.com/watch?v=2FMBSblpcrc>

SCHOOL CONTACT DETAILS

Office hours: Monday — Friday 8.30am — 3.30pm

**Macquarie Primary is an
ANAPHYLAXIS AWARE SCHOOL**

Avoiding all nuts.

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

COMMUNITY NOTICES

Your
child's
activity
costs
made easy
with
Saver Plus



Did you know you could receive up to \$500 in matched savings for your child's extracurricular activity costs?

Here's a list of the most common activities our participants use their funds for:

- Swimming or dancing lessons
- Instrument lessons like guitar or piano to name a few
- Sports club fees like netball or football registration
- School camps
- Tutoring classes
- Foreign language lessons
- Scout membership fees

Check if you're eligible to join by visiting www.saverplus.org.au

Belsouth Football Club

Players Required: Girls U12 in 2021

Belsouth are seeking more girls to play this season in the Under 12 age group. We have a number of spots still available, players of all abilities and experience are welcome!

If your child is interested, please register online as soon as possible.

Belsouth's motto is 'Fun, Football and Family' and it's a great club to be part of. To find out more about the club and all their junior football programs visit:

<http://belsouthfootball.club/>



BELSOUTH FOOTBALL CLUB

Fun, Football and Family

HOLIDAY HAPPENINGS™



The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet