



The Macquarie Memo

Issue 28: 9 September 2021

From our Principal

Dear Families and Friends,

It seems like mostly we have now settled into remote learning. It hasn't been without some glitches, bumps and refinements. I think we have all learnt new skills and have trialled many things with varying degrees of success. I just read an article by John Hattie reflecting on the impacts of remote learning experienced across last year. The findings indicate that overall learning was only slightly impacted, and that during lockdowns wellbeing was impacted, although for young people it jumped back up as soon as regular schooling resumed. That is heartening to know.

Today is R U Ok? Day. We have posted on our social media some ideas about how you can make sure you are feeling ok and check in on others. It is important that people stay as connected as possible during this time, and please reach out to school if there is anything we can do or support with.

I'd just like to remind you that we are using the 10am daily meet to mark attendance. If your child isn't at the meet you will receive an absence text message around 11am which you can respond to either explaining the absence or indicating that your child is participating in learning by texting 'remote'.

Also don't forget the family drop-in meet each Friday from 2:30-3:00pm. You can get into the meeting by using the link your child uses each day, or by accessing the link that is posted on your child's class dojo page.

Next week on Tuesday we will not be holding any small groups. This is to give the teams an opportunity to do some forward planning in preparation for next term. Students will still participate in their 10am daily meet and complete their set work.

Stay safe and well,

Danielle

LIBRARY NEWS

Online Stories

There are many options available to keep your child reading in lockdown, even when there is no access to libraries and physical books.

- Our wonderful public libraries have an amazing range of digital resources, all free for members, including Story Box Library. This is a lovely website with hundreds of stories to watch and listen to, quite often with famous guest storytellers. You can register online to join ACT Libraries at <https://www.library.act.gov.au/>
- Our Library Classroom has a new story added each day, plus a read aloud novel for those who want to listen to a longer story
- SORA is our online platform to access all the e-books and audiobooks available to ACT school students at www.soraapp.com, or you can download the app.



Sora
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Once logged in you can access 100s of e-books and audiobooks on almost any device.

OverDrive
Borrow eBooks & audiobooks
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NEWS FROM THE P&C

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



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