

# NEWSLETTER

Friday 27 August 2021 - Term 3 Week 7

## PRINCIPAL'S MESSAGE

It certainly feels like a lot has changed since our last school newsletter in week 5. I hope you are all well and looking after your own wellbeing. As a parent myself, I understand the demands of family life, working and supporting young people with their learning. It is certainly a challenge and we do not underestimate how families are managing the ongoing balancing act of these demands. We appreciate your support for your children and young people and thank you for all that you are doing.

Across the past week we have sent out a lot of correspondence for families. I know at times this has been extensive, especially while navigating public health requirements, exposure sites, and the like. I would like to take a few minutes to just remind you of ways that you can stay connected and also access supports if you need them. Below is a summary for your information if you need a quick, one stop reference point for information.

### Current Organisational Arrangements

For the week of pupil free time, we operated solely from the senior campus. With learning from home currently in place, the school remains open for children of essential workers who need their young people to come to school. Most students attending are primary aged learners. As such students who need to attend are asked to come to the junior campus. All phones are diverted through to the senior campus front office, with the best number to ring 6142 3550.

### Roll Marking

Roll marking happens every morning from preschool to year 10.

Junior Campus classes are scheduled on a timetable, this is because we understand most families will have one device that needs to be shared. The roll check in is an important time for students to connect with their peers and their classroom teacher.

Roll marking times are set for:



Class	Roll Marking Time
Preschool	9.15am to 9.30am
KH and K/1	9.00am 9.15am
Year 1/2	8.45am to 9.00am
Year 3/4	9.00am to 9.10am
Year 5/6	9.00am to 9.10am
JC LSU	9.30am to 9.45am



A second Google Meet is scheduled later in the day. This is optional for students to attend if they have any questions about their learning.

Senior Campus students are asked to log in every day between 9.00am and 9.10am for their regular Contact Class. This Meet is structured by year levels and every CC teacher and YearCo is logged in at the same time. Apart from marking the roll, this is a great time for young people to stay connected with each other and with their teachers. We would encourage all young people to be part of these classes on a daily basis.



### Book Week

This week marked the annual book week celebrations. My thanks to Amanda Caddick our library manager who has coordinate a virtual parade for all students to participate in. Families are invited to post their book character photos in the Google Classrooms for the library. If you have not already done so, there is still time. The Classroom codes are:  
Junior Classroom: nsqzrbk Senior Classroom: actznp

We have also been sharing staff photos on the school Facebook page. We are happy to share your photos on Facebook also. If you would like to do this please just email them through:  
[Jennifer.howard@ed.act.edu.au](mailto:Jennifer.howard@ed.act.edu.au)

My thanks to Amanda for her coordination of this way that we can all stay connected.

### JC Pack Pick Up

My thanks to JC families who came to school Thursday and Friday last week to complete a pack pick up. All packs were provided with learning materials to last for the current lock down period. We appreciate that if the lockdown is extended, we may need another pick up day. As soon as we have more information we will let families know the key details.

## Student Wellbeing

All public schools have access to psychological services through the School Psychology Service. The school psychologists are part of the Student Wellbeing team working together to support students to achieve positive learning and wellbeing outcomes. School psychologists provide direct support or interventions to students, consult with teachers and families or work alongside other members of the student services team to assist students.

If any families need support throughout the lock down period, our school psychologists are available to support students and families. There are a number of ways that you can request their support and this is outlined below:

### Junior Campus – Angie Mosely

Self refer to Angie via email [angie.mosely@ed.act.edu.au](mailto:angie.mosely@ed.act.edu.au)

Refer through your child's teacher (email directly to the teacher) or to our deputy principal Nicky Smith.

### Senior Campus – Graham Mackay

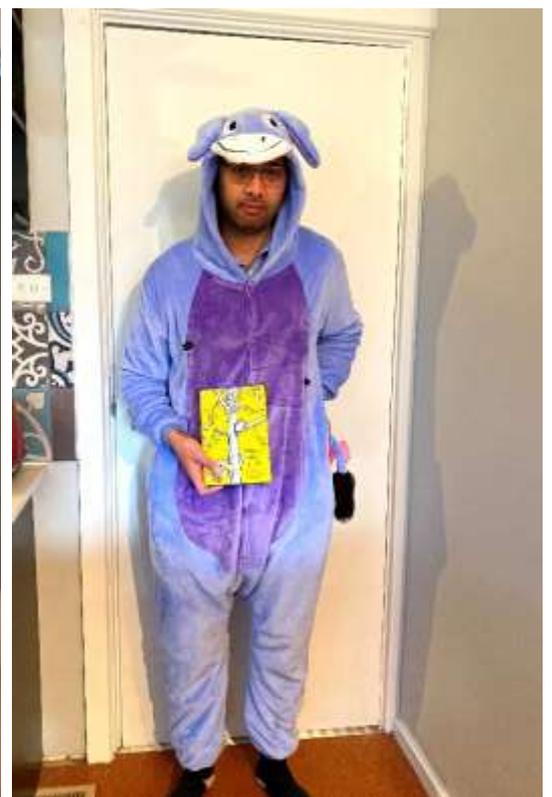
Self refer to Graham via email [graham.mcackay@ed.act.edu.au](mailto:graham.mcackay@ed.act.edu.au)

Refer through your young person's YearCo (email directly to the YearCo) or to our wellbeing executive Hillary Swann or Taz Whan.

I encourage you to speak openly with your children about what they are feeling. As a parent or carer you can help your child with what they're experiencing:

- Listen to their concerns – let them know you're there for them and acknowledge how they're feeling.
- Make time to talk – provide a space for them to share their feelings and worries. Focus on strengths and hope.

There are also a range of online and face-to-face services that can help you support your child. ACT Health has put together a page of information that families may find useful: [Ways you can support your own mental health and wellbeing | Health \(act.gov.au\)](https://www.act.gov.au/health/ways-you-can-support-your-own-mental-health-and-wellbeing)





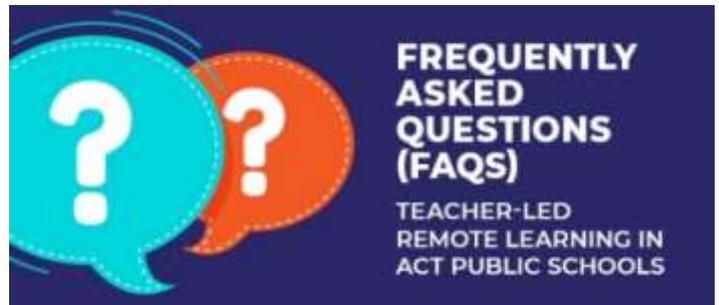
### Canberra Bus Timetables

An interim bus timetable started this week with ACTION. A high level of frequency has remained with all local services and the Rapid 10 running at least every 30 minutes and all other Rapids running at least every 15 minutes during the day and around every hour after 8.00pm during the week. Dedicated school bus services are not running at this time.

### Frequently Asked Questions

The Directorate has compiled a series of questions and answers that address some of the key concerns parents and carers have asked about how remote learning will work for ACT public school students during this current lockdown period.

You can find the FAQ document here: <https://www.education.act.gov.au/public-school-life/covid-school-arrangements>



### Access to Groceries

The ACT Government recognises that there are a growing number of people in quarantine or isolation that some households are finding it difficult to get groceries delivered in a timely manner due to demand. As well as the major supermarkets, a number of other grocers and independent supermarkets also offer delivery. For further information go to:

<https://www.covid19.act.gov.au/community/access-help#Grocery-delivery-options>

Thank you for your ongoing support  
Jen

## P&C NEWS

Hi CCS Community,

Things are tough right now, and they don't seem to be easing too much just yet. By the time you read this, hopefully we'll have a time frame for when we might see each other again, and hopefully it won't be too far away.

Please know that we are a community at CCS and we are all in this together. You have many supports that you can reach out to within the school and P&C, if you need to, please reach out. The school staff and the #stayconnectedccs photos have been a great source of smiles for me.



At the P&C we have been connecting behind the scenes to make sure we have things in place for when we come back. We are moving our Fete meeting to online this week, we are still going to assume that the current date will be the day of the Fete, but if we need to move the date, we will. We will still have a Fete.

I hope that Home Learning is going well, remember that if you can get your children online for their check ins or meets with classes they can connect with friends and teachers and the outside world. And parents and carers, if you need to see some other faces, jump on the meeting too! We are all struggling with our mental health at this moment. Some more than others, if you need help, reach out. If your young people are struggling, reach out.

Take care, The P&C Committee.

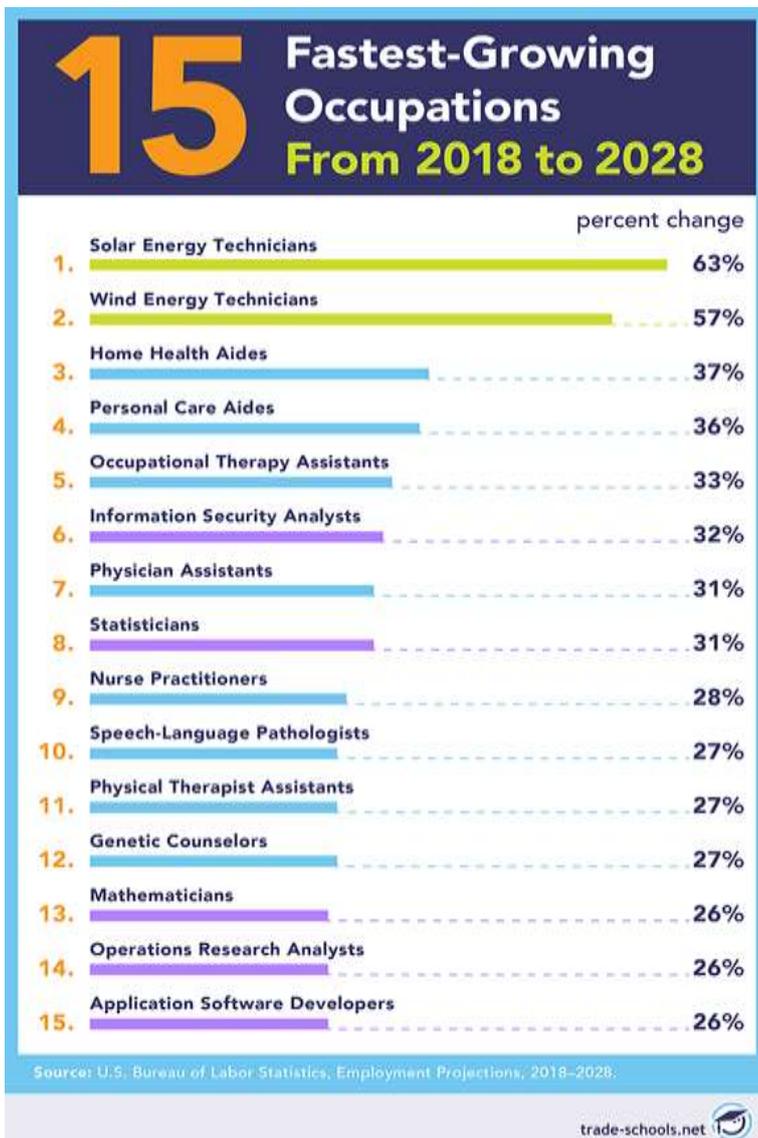
## CAREER DEVELOPMENT

The continuing impact of COVID-19 is giving us cause to consider the future of work for all Australians. Many people with flexible work in industries such as tourism, hospitality or the arts have found their hours of employment are unlikely to return quickly to previous levels. We are also beginning to consider importance of work that may not have been as valued in the past – work such as food and parcel delivery.

“What are the best careers for the future? How will everything change? Is it possible to prepare for the jobs of tomorrow—today? Many of us would love to have definitive answers for these questions... In fact, according to one estimate from the [World Economic Forum](#), almost two-thirds of today's kindergarten students will eventually have occupations that don't currently exist...”

Interested to read the rest? *Best Careers for the Future: Jobs for 2025 and Way Beyond!*  
<https://www.trade-schools.net/articles/best-careers-for-the-future>

I encourage you to look at this article and share it with the young people in your family.



Now could be as good a time as any for young people at school to think about the broad areas of employment they are interested in entering when they leave school.

Once they have started to consider their options work experience is the very best next step. Those with multiple placements on their resume are far more likely to be interviewed for a position, and certainly better placed to make informed decisions about the type of training or employment best suits them.

The Australian *myfuture* website at [myfuture.edu.au](http://myfuture.edu.au) also contains a wealth of reliable careers information and resources for parents and young people.

**Please contact me for further information:**

- Work experience
- Apprenticeships
  - ASBAs
- Vocational training
- University, scholarships
- Applications & resumes
- Unemployment help

Take care,  
Livia  
Career Development Teacher  
[livia.tigwell@ed.act.edu.au](mailto:livia.tigwell@ed.act.edu.au)



# AFTER HOURS SUPPORT

- **Triple Zero:**  
000
- **Contact your GP**
- **Lifeline Australia:**  
13 11 14
- **Lifeline Crisis Support Chat:**  
[www.lifeline.org.au/crisis-chat-r](http://www.lifeline.org.au/crisis-chat-r)
- **Beyond Blue:**  
1300 224 636
- **Suicide Call Back Service:**  
1300 659 467
- **Kids Helpline:**  
1800 551 800
- **Kids Helpline WebChat Counselling:**  
[kidshelpline.com.au/get-help/webchat-counselling](http://kidshelpline.com.au/get-help/webchat-counselling)
- **Headspace Canberra:**  
02 5109 9700
- **MensLine Australia:**  
1300 78 99 78
- **Canberra Health Services  
Access Mental Health:**  
1800 629 354



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