

Chapman Primary School

Communicator

Term 3, Week 6
Friday, 20 August 2021

What's Happening at Chapman

Term 3 Week 6-8

All activities and excursions previously planned for weeks 6, 7 & 8 have been postponed.

Information about rescheduling or cancellation of events will be forwarded to families via email.

Term 3 Week 9-10

Advice on activities previously planned for weeks 9 & 10 will be sent to families as information is received.

Recent school communications

Thursday 19 August

Grocery Delivery Options
Supporting Mental Health and Wellbeing
Daily Mindfulness experiences for staff and students

Wednesday 18 August

Year 2 Seesaw Platform Learning
Year 3 Drive through Device Collection

Tuesday 17 August

Year 6 drive through Device Collection
Chapman PS Remote Learning
ACT Health Advice Chapman Primary After School Care

Friday 12 August

ACT Covid Lockdown



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Principal: James Barnett - chapmanps.info@ed.act.edu.au

Board Chair: Rick Maier - rickmaier@paintplus.net.au

P&C President - Kate Hamilton - chapman.pcpresident@gmail.com

After School Care: Kellie Hackett - afters.cpasc@gmail.com



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Principals Message

Dear Parents and Carers,

I thank all our families for your ongoing support for our community. We know that you appreciate and understand the responsibilities we have to each other and that we can expect high standards of safety, care and kindness as we journey further during this remarkable experience.

I'd like to begin by acknowledging the continued strength of our school community and your support for Chapman School. In particular, our teachers and school staff who have been planning and preparing online remote learning programs, deploying devices and resources to families during these unprecedented events. I would also like to acknowledge this is a challenging period for our families and students. I thank you for your continued support.

The safety of students, staff and the school community are the paramount concern of the school and the Education Directorate. We understand that many of you are also working from home and this will be an adjustment for you all. The Remote Learning programs are in place to support you to set up your routine for your family unit.

The pandemic and need for many of us to isolate ourselves is demonstrating that we are a wonderfully supportive school and community, and how resilient we can be. Even in the midst of distress, change and fear, people are pulling together and doing what is needed to make the changes in our lives that are required right now. One of the keys to this, the most important one, is you – the adults in their lives.

I came across the beautiful message below from a site on child and adolescent mental health, *Hey Sigmund*. I encourage you to read and use it, as much as you can, as a guide for the coming weeks. Many of us will be working from home, and this won't be easy. Some in our community are working on the front line, with all the stress and risks that brings. It's worth pausing each day and reflecting: what do my children need right now? What do I need?

And the expectation is – that you will do what you can, and that your children will do what they can, and it will be enough.

It isn't a requirement that everything be done. Routines will be important to help children feel settled and secure, and this learning will be just one part of that routine. Work out what is best for your child, yourself and your circumstances, and know that where-ever they are up to in their learning when schools recommence, that is where we will work from. As a colleague pointed out, home schooled children usually do a maximum of formal learning for 1-2 hours a day, the rest is exploratory. There is much to explore, follow the dreams and passions of your children where you can.

“For the children and teens in your life, the antidote to their anxiety is you – your words, your presence, your warmth and wisdom. Whether you are a parent, a grandparent, a teacher, or other trusted adult, you have a profound capacity to bring comfort to their world. They need the same things we all do at this time, radical tenderness, play, sleep, exercise, to be held close and loved big. If schedules or routines fall away in favour of this, that's okay. If screen time gets a little longer and bedtimes get a little later, that's okay too. These are such extreme circumstances, and there is no formula for how to move through this. We do what we need to do, and if playing, and telling stories, and watching movies together takes the place of schedules and routines, and if that's what makes them (and you) feel more held through this, then that is what needs to happen. “

For more information and support, visit:

<https://www.heysigmund.com/connection-in-the-time-of-corona/>

In week 4 we were very fortunate to be able to send our year 3 cohort to Birrigai in the ACT, for a two-day camp. Camps take a huge communal effort to coordinate and bring to fruition. They also take a serious amount of commitment from our staff. The success of this years' camp for the year 3 students was due to executive teacher, Ms Tina Wilson and her dedicated leadership. I also thank the teaching staff who gave their own time away from their personal commitments and family to ensure our camp could take place: Dean Howell, Anna Town, Bec Carney, Fiona Duncan, Stacie Barry and Vanessa Ackland. This kind of professional persistence is a clear example of our staff being prepared for the long haul and do whatever it takes for children to succeed.

Today is Mrs Stacie Barry's final day with Chapman School. Stacie will be relocating with her family to northern NSW and concluding her time at Chapman PS on Friday 20 August. We wish Stacie every success and happiness in her new venture for 2021 and beyond.

I hope this week 6 communicator finds you all in good spirits. I wish you all, your families and close ones a safe time during this extraordinary period.

Yours faithfully,

James M. Barnett
Principal

Grocery Delivery Options

Dear parents and carers

We understand that with 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.

Please see if you can get a friend or family member who isn't subject to quarantine or isolation requirements to do a grocery shop for you and leave it on your doorstep.

However, if you need to order home delivery, there are a range of options to consider when ordering groceries.

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>

Yours faithfully,

James M. Barnett | Principal | Chapman Primary School

Dear parents and carers

We understand that with a growing number of people in quarantine or isolation that some households are finding it difficult to get resources and groceries. Please contact the school on 6142 2400 if you require any assistance.

James M. Barnett | Principal | Chapman Primary School

Supporting Mental Health and Wellbeing

Dear parent or carer,

We know that being in lockdown can be stressful for some families. For the next few weeks, the most important thing you can do is support your child's wellbeing - they may be feeling anxious or distressed. Older children may be also feeling overwhelmed with the information they are seeing on the internet and they may need some guidance to help them find the most-appropriate information.

Keep in mind that children can express their feelings in many ways. 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 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 \(act.gov.au\)](#)

Yours faithfully,

James M. Barnett | Principal | Chapman Primary School

Daily Mindfulness experiences for staff and students

For Students and Staff:

<https://www.youtube.com/watch?v=uNHLhHyjbd0> – Mini Meditation for our Wellbeing this week (very fitting one with everything going on at present) 4 minutes

<https://www.youtube.com/watch?v=nmFUDkj1Aq0Mindful> - Breathing Meditation (5 Minutes)

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk3-minute> - Mindful Breathing Meditation (Relieve Stress) 3 Minutes

<https://www.youtube.com/watch?v=c1Ndym-lsQg> – Mini Meditation | Let go of Stress (1 minute)

<https://www.youtube.com/watch?v=IReEu2kl6ol> – Find your focus with this Mini Meditation (1 Minute)

Students have responded well to these, 2 minute mindfulness exercises, in class:

<https://www.youtube.com/watch?v=Jholcb8Gz0M> - 2 Minute Re-Centering Mindfulness Meditation for De-stressing

https://www.youtube.com/watch?v=Vks2_YLWBXE – 2 Minute Guided Breathing Relaxation Exercise

Extended Mindfulness and Breathing (ten minutes):

<https://www.youtube.com/watch?v=qUcC71-W9Os> – Reset: Decompress Your Body and Mind

<https://www.youtube.com/watch?v=sG7DBA-mgFY><https://www.youtube.com/watch?v=sG7DBA-mgFY> – 10 Minute Meditation to Reframe Stress

Learning about Mindfulness:

<https://www.youtube.com/watch?v=KTAuzXg1S-U> - Headspace | Meditation Obstacles | Doubt

Fun Mindfulness lessons (not meditation, but learning what it is to meditate/be mindful/be present):

<https://www.youtube.com/watch?v=0ZKgLcWdG-4> – This Too Will Pass (1 Minute)

<https://www.youtube.com/watch?v=qUcC71-W9Os> – Accepting the Mind (1 Minute)

<https://www.youtube.com/watch?v=iN6g2mr0p3Q> – Changing Perspective (1 Minute)

<https://www.youtube.com/watch?v=TgfycCiZl8s> – The Impatient Yogi (2 Minutes)

Remote Learning Information – sent Via Email 17 August

17 August 2021

Dear Parents and Carers,

I'd like to begin by acknowledging the continued strength of our school community and your support for Chapman School. In particular, our teachers and school staff who have been planning and preparing online remote learning programs and deploying devices to families during these unprecedented events. I would also like to acknowledge this is a challenging period for our families and students. I thank you for your continued support.

The safety of students, staff and the school community are the paramount concern of the school and the Education Directorate. We understand that many of you are also beginning to work from home and this will be an adjustment for you all. The Remote Learning programs are in place to support you to set up your routine for your family unit.

In preparation for our transition to Remote Learning from this Friday 20 August, there are a number of things that we would like you to do to ensure a smooth transition to Remote Learning. Completing the steps below will support your child in accessing their learning and to participate in the daily checkin with their class teacher via Google Meets from Friday 20 August. Please refer to the information regarding the daily virtual check ins at the end of this letter.

1. Please watch the 1-minute video at this link and check that your child can log onto their Google account. You will need to use the Google Chrome browser. If you need your child's student number and password, please call the front office. Preschool families will receive their child's student number and password on 18/08/21. This information should be stored safely at home for continued reference.

<https://youtu.be/tviBTrOdQI0>

2. Ensure that your child can login to their Reading Eggs and Mathletics accounts. If they have misplaced their login information, please email your child's class teacher to have this resent. These two platforms are integral in the Remote Learning program.
3. If your child is in preschool, kindergarten, year 1 or year 2 they will access their learning through SEESAW. Please watch the 5-minute video at this link. A code will be emailed to you this week so that you can set up the SEESAW Class app at home. SEESAW is ideal for iPads.

<https://youtu.be/WsxDUABH8q4>

4. If your child will be using an iPad for home learning, please ensure the Google Meet app is installed and that your child has signed in using the same credentials as demonstrated in the video in point 1.
5. If your child is in year 3, year 4, year 5 or year 6, they will access their learning through their Google Classroom, which they will already be familiar with. They will also access Google Meets with their class teacher for their daily checkin lesson through this platform.

Learning at home will bring joys and challenges, please know that we are here to support you to manage your child's learning, and to stay healthy, safe, and connected. Should you require any support with the above, please reach out to the Executive Teacher for your child's year level below.

Preschool & Kindergarten – olivia.maidment@ed.act.edu.au

Year 1 & 2 – michelle.lord@ed.act.edu.au

Year 3 & 4 – tina.wilson@ed.act.edu.au

Year 5 & 6 – trish.foster@ed.act.edu.au

For the next few weeks the most important thing you can do is support your child's wellbeing – they may be feeling anxious or distressed. Older children may be also feeling overwhelmed with the information they are seeing on the internet and they may need some guidance to help them find the most-appropriate information. Keep in mind that children can express their feelings in many ways. I encourage you to speak openly with your children about what they are feeling. If your children and young people require extra help and assistance, our school psychologists are available to provide support through telehealth. To access the service, a booking request may be made via an [online form](#) or by calling [6205 1559](tel:62051559) between 9:00am and 4:30pm.

We will be reaching out to you regularly to ensure you are kept up to date with any changes or new information. In the meantime, you can find more information and stay up to date with what the ACT Education Directorate is doing, by visiting [COVID-19 school arrangements - Education \(act.gov.au\)](https://www.education.act.gov.au/covid-19). You can keep up to date with the latest health information, advice and resources on the ACT's COVID-19 website www.covid19.act.gov.au. Please contact the school if you have any concerns. Your child's teacher will be in touch with you to assist you and your child to transition to remote learning.

If I can leave you with one thing, it is this - make the wellbeing of your family your main priority. When we are back in the classroom, we will all course correct, adjust the learning and meet our students where they are. Our teachers are experts at this! At the end of this, your child's mental health will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did during the time they spent on the Remote Learning programs. Please keep this in mind every single day.

Yours faithfully,

James M. Barnett
Principal

Google Meet – Daily check ins with class teachers

Each student from preschool to year 6 is required to participate in a scheduled virtual check in with their class teacher each day. The platform that we use in the ACT Education Directorate for virtual meetings is Google Meet. This can be accessed through the following website: [Google Meet weblink](#) or through the Google Meet app on a mobile device. Students in preschool to year 2 will enter using a meeting code, please see the information below for your child’s code. Please note that students in years 3 to year 6 will access these meetings through their Google Classroom. These meeting codes will only work if your child has logged into their Google account and the ACT Education Directorate as outlined in step 1 on the first page.

Cohort	Time of Google Meet	Meeting Code	
Preschool	12 midday daily (will not be held on short preschool days)	Spots Stripes Frogs Turtles	chapmanspots chapmanstripes chapmanfrogs chapmanturtles
Kindergarten	9:30am daily	KDL KBL KLE KJP	chapmanKDL chapmanKBL chapmanKLE chapmanKJP
Year 1	10:30am daily	1ER 1SS 1JM 1EC	chapman1ER chapman1SS chapman1JM chapman1EC
Year 2	11:00am daily	2JS 2TW 2RT 2AJ	chapman2JS chapman2TW chapman2RT chapman2AJ
Year 3	9:30am daily	Please join using the link through your Google Classrooms.	
Year 4	11:30am daily		
Year 5	10:00am daily		
Year 6	10:00am daily		



ACT
Government

ACT Health

Dear parents, carers and staff
Re: Chapman Primary After School Care

A confirmed COVID-19 case has attended Chapman Primary After School Care service during their infectious period.

This staff member was considered potentially infectious when they worked at the Chapman Primary After School Care building between 2.30pm and 6.00pm on Tuesday 10 and Wednesday 11 August. Close contacts are being contacted and will be advised to quarantine.

ACT Health has advised that these arrangements only apply to those people who were in the Chapman Primary After School Care building during the specified date and in the specified times.

Other members of the Chapman Primary School community are not considered close contacts.

More information, advice, and resources are available on the [ACT COVID-19 website](#). You can also access [frequently asked questions for schools](#).

If you have any further questions, please contact the ACT Education Directorate Parents and Carers Hotline (02) 6205 5429.

ACT Health will continue to work closely with the Education Directorate to ensure the health and safety of all students and staff is maintained.

Yours sincerely,

James M. Barnett
Principal
17 August 2021

Resources Distribution – sent via Email 17 August 2021

Due to new advice from ACT Health the Education Directorate has asked all schools to pause on the distribution of resources, including Chromebooks, until further notice. We apologise for any inconvenience. We will keep you posted

Thank you
Chapman Primary School
0261422400

COVID-19 and ACT Schools – sent via Email - 12 August 2021

Dear parents and carers,

I'm writing to provide you with the latest information about COVID-19 and ACT public schools.

The ACT Chief Minister announced that from 5pm today ACT public school students should stay at home while the ACT enters a seven day COVID-19 lock down.

Families should keep their children at home if they can. All ACT public schools will remain open for vulnerable children and for children whose parents cannot work from home.

During this period, [home learning resources](#) by year level are available on the Education Directorate's website for students and families to undertake self-directed learning from home during this period.

Our teachers will be spending this time preparing to move to remote learning should the lockdown be extended.

Out of School Hours Care can also remain open during this snap lockdown for children who need to attend.

All students aged 13 and older are required to wear masks at all times outside of the home. Younger children are exempt. Any person who has a physical or mental health illness or condition, or disability, which makes wearing a face mask unsuitable is not required to wear a mask.

As you can appreciate, this is a fast-moving situation and we will do our best to keep you informed. To assist parents, carers and the broader school community, frequently asked questions and other information is available on the Education Directorate [website](#).

I'd like to acknowledge the strength of our school community. I'd also like to acknowledge this has been a challenging period for our families and students, and I thank you for your continued support of each other.

I will write to you if further decisions are made that impact our school.

Please also regularly check the latest advice from ACT Health at [Home - COVID-19 \(act.gov.au\)](https://www.act.gov.au/home-act/covid-19), and more information will be available from ACT Health social media channels.

Yours faithfully,

James M. Barnett

James M. Barnett | Principal | Chapman Primary School

Support through Lockdown



The ACT Education Directorate acknowledges that this is a difficult time for our ACT public school families and students.

We are all going through this together, so please continue to be kind to each other and to yourselves during this time.

Everyone is experiencing the anxiety and uncertainty of COVID-19 and people need different types of support to help them through lockdown.

If your ACT public school children and young people require extra help and assistance, our school psychologists area available to provide support through telehealth. To access the service, a booking request may be made via an [online form](#) or by calling [6205 1559](tel:62051559) between 9:00am and 4:30pm.

There are also a range of services available for the ACT community to access if you need to reach out for support. ACT Health has pulled together [links and phone numbers for these services](#).

A reminder that during the lockdown families should keep their children at home.

[Home learning resources](#) by year level are available on the Education Directorate's website for students and families to undertake self-directed learning from home.

Public school teachers will be spending this time preparing to move to remote learning should the lockdown be extended.

All ACT public schools will remain open for children of parents and carers who cannot work from home and vulnerable children for supervision and general learning activities. Those students will be able to attend their usual school.

All four specialist schools remain open: Black Mountain School, Woden School, Malkara School and Cranleigh School.

Out of school hours care and early childhood education and care services can remain open for children who need to attend, such as vulnerable children and children of those who can't work from home. However, families are encouraged to keep their children at home if they can.

Public school facility hire is suspended during the period of the lockdown.



The Home Learning: Resources for Students and Families online portal has been developed to support parents and children learning from home. This online learning resource library is user friendly and suitable for students of all ages with a wide variety of engaging lessons, activities, podcasts, video links and family guides.

The portal is divided into three components:

Resources

The resource library provides a range of resources, lessons as well as activity ideas that support students in their learning.

Family guides

The family guides support parents to manage their child or young person's learning, and to stay healthy, safe, and connected whilst doing so.

Get involved

Get involved provides an opportunity for students to get involved in various system wide initiatives such as the Education Directorate's home learning challenge or limelight online.

We encourage you to check back in regularly for new materials for your child or young person to engage with.

Home Learning: Resources for Students and Families

<https://bit.ly/act-homelearning>