

Dear Parent/Carers

We have had an AMAZING week welcoming back students to Melrose, it's been such a pleasure to chat to students and hear the corridors a buzz with students. We shared a sausage sizzle at lunch time today to round off the week and it was lovely to see so many smiling faces.



We are excited to welcome back Year 10 students next week. A quick reminder that the canteen will be open, but with limited options so we recommend students bring recess, lunch and a refillable water bottle.

Please feel free to contact any of the following people to discuss the content. All previous emails and attachments are available from the schools website [HERE](#).

Principal, Simon Vaughan: Simon.Vaughan@ed.act.edu.au

Student Engagement Deputy Principal, Ryan Kay: Ryan.Kay@ed.act.edu.au

Strategic Operations Deputy Principal, Shannon Carnovale:
Shannon.Carnovale@ed.act.edu.au

QUICK REMINDERS

- Melrose is continuing with the remote learning timetable, which means that the school day finishes online and onsite at 3pm FOR the remainder of Term 2.
- Please note ACT Health have rescheduled Immunisations as follows:
 - Year 7 Immunisation Round 1 has been re-scheduled for **28 & 29 May 2020.**
 - Year 7 Immunisation Round 2 will be happening on **30 November & 1 December 2020**
 - Year 10 Immunisation has been re-scheduled for **10 June 2020.**

HOW CAN YOU SUPPORT US?

- **STUDENTS NOT RETURNING:** Thank you to the families who lodged their intent to keep their child(ren) home, you should by now have received an email from the school. Any families who wish to continue with at home learning arrangements should register with the Melrose Rolls Office (rollsoffice@melrosehs.act.edu.au).
- **STAGGERED RETURN** – As outlined in the letter you received from the ACT Chief Health Officer, Kerryn Coleman, we need your support to ensure the following:
 - Physical distancing for adults – maintain 1.5 metres and where possible do not enter the school grounds.
 - Risks to vulnerable populations in schools – consult medical practitioner to determine suitability for onsite learning
 - Hygiene – good practices is essential we request that you remind your child(ren) about the importance of regular hand washing, using hand sanitiser, not sharing drink bottles etc.
 - Management of suspected or confirmed cases – staff and students experiencing symptoms compatible with COVID-19 (e.g. fever, cough, sore throat, shortness of breath) should stay home. Students who present at schools with these symptoms will be sent home.
- **ONLINE LEARNING PROTOCOLS** – You can see these on the home page of our website (<http://www.melrosehs.act.edu.au/>). Feedback is requested from parent/carers by COB Friday 5 June 2020 and should be directed to the Positive Behaviours for Learning (PBL) Team by emailing the Student Engagement Executive Teacher, Nathan Hitchcock at: Nathan.Hitchcock@ed.act.edu.au

SUPPORTS FOR PARENTS

- Two attached articles from ACT Education Directorate.
- Positive Partnerships: As COVID-19 restrictions ease, schools across the country are managing the return of students. For students on the autism spectrum, returning to a school environment that may look, feel and operate very differently, may present challenges and opportunities. Positive Partnerships invite you to join them as they explore strategies to support young people on the spectrum who have returned or are returning to school. All of our webinars are free, check out the attachments for more information.
- Our school has a membership with *Parenting Ideas*, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar. Presented by Dr Kristy Goodwin, Award-winning speaker and bestselling author. See attached WEBINAR HOW TO for instructions. **Understanding techno tantrums:** In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological

changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
 - How to establish and enforce firm guidelines and boundaries
 - How to be the pilot of the digital plane
 - Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't always end in 'scream time'
- **Critical information about COVID-19 available in languages other than English** - The ACT Government is working hard to keep the Canberra community safe and informed. It is important for the wellbeing of our community critical information about COVID-19 is available in languages other than English to support Canberrans who need this support. Information on COVID-19 is now available to Canberrans in twelve community languages; Arabic, Chinese, Dari, Farsi, Greek, Hindi, Korean, Spanish, Tamil, Urdu, Vietnamese. To access these translated information resources, as well as links to other language resources (including information from the Australian Government) please visit the ACT Government COVID-19 [website](#). The ACT Government continues to update the information available in these languages. Schools are asked to support community members to stay informed by sharing the links to information on the ACT COVID-19 website.

SUPPORTS FOR LEARNING AT HOME

- MHS Google Classroom, *Keeping It Real! Just for Fun* - class code has been emailed to every student. Every day there is a new post on the stream with a journal idea, joke and quote of the day.
- The ACT Education Directorate has established a collection of supports available here: [Resources to Support Home Learning](#).
- Find out more about Aboriginal and Torres Strait Islander Astronomy: <http://www.aboriginalastronomy.com.au/>
- Aboriginals were baking the world's first bread way before Egypt, who are commonly credited with the achievement! Here's the SBS article on the find and current efforts to relearn this lost skill: <https://www.sbs.com.au/food/article/2016/10/06/were-indigenous-australians-worlds-first-bakers>

Thank you for your ongoing support.

Kind regards

Shannon



Shannon Carnovale
Deputy Principal

Melrose High School
Marr St Pearce

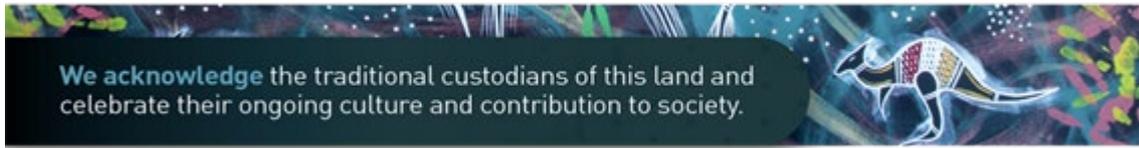
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22 May