Melrose families hi. Communications will change soon to just the beginning and end of the week to ensure you are not swamped with emails and information from us. In case there is anything urgent, I will of course, keep you up to date.

This week is Book Week. This **Friday** we are encouraging all students attending check in and classes to come to the online sessions dressed as their favourite character from their favourite book. You may notice staff appearing a little different and this week is a Melrose tradition that brings us all together in a fun way. Hannah Brickhill has also organise Book Week Bingo which will be sent to students as a link very soon. Friday also marks Wear it Purple Day to support diversity in our community and students can choose also to turn up online in a purple clothing. Better still, their favourite character, in purple, from their favourite book. Hopefully we can end the week for you with some screen shots where possible.

We continue to keep connection, community and wellbeing at the forefront of our timetabling and weekly structured check-ins. Below are some additional resources to add to those set up by our hardworking teams in Student Engagement and Student Wellbeing. These two teams and the work they are doing are to be commended. I have attached the optional activity and timetable for students called Just for Fun. Activities at the school (especially lunchtime activities) are really important for students are to keep them socialising in a structured fun way.

**WELLBEING RESOURCES FOR ACT PUBLIC SCHOOL COMMUNITIES**

Below is some information about resources to assist with family activities to support wellbeing from ACT Health:

1. **Wellbeing family activity calendar**

This calendar (attached) has been developed by ACT Health and includes 14 days of wellbeing activities that can be undertaken by families. It is aimed at families with students of all ages and is included to supplement the activites and wellbeing supports that the school has organised.

1. **Emerging minds website resources**

The emerging minds website has a range of resources available to support families during COVID-19 lockdown. These resources are aimed at parents and carers to help them support their child’s mental health.

Resources:

* The emerging minds website address is [www.emergingminds.com.au](http://www.emergingminds.com.au)

Kind regards,



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