



ACT
Government
Education

Melrose High School Newsletter



"A community of learners building on a tradition of excellence"

Issue 3: 3 July 2020

Term Two, 2020 has been an unprecedented time in the 50-year history of the school. Our thanks go out to all families for extracting their child(ren) (grumbling) from bed and helping with assignments and homework and ensuring that the students maintain good academic discipline during home learning in Term One, 2020. We are grateful for the work of our parents and carers to help rebuild our excellent school culture as the students returned to face to face learning earlier this term. On behalf of the School Board, we thank you and pay tribute to the work of our staff in transforming schooling and supporting families and students and then returning to school in such a professional and compassionate way.

During the last few years, the quality of our staff has been recognised across the ACT system, as a number of our teachers have been chosen for leadership positions. This week we farewell Mr Des Proctor who has been promoted to an Executive Teacher position at Telopea Park School. Des has been a passionate supporter and coach of staff and students and he has been tireless in helping families from the MHS community for some 17 years. He will be much missed by our school, but it is an overdue recognition of his skills and abilities as he takes up his new role at Telopea Park School.

The school Board Elections have been completed and the new School Board has met, and we are pleased to inform our community about the structure of the Board:

Mr Stuart McKellar – Board Chair and Parent Representative
Ms Fiona Looney – Deputy Chair and Parent Representative
Ms Sally Bower – Parent Representative
Ms Emma Looney – Student Representative
Ms Maddelyn Drewsen - Student Representative
Mr Greg Tozer - Staff Representative
Mr Mark Baldwin - Staff Representative

The School Board is asking for expressions of interest from parents who would like to apply to incorporate a P&C here at Melrose High School. Grants are available to assist in incorporating and strengthen governance to effectively operate, administer and govern businesses. Please email the Principal at: simon.vaughan@ed.act.edu.au.

We are also seeking support from parents who may have skills and experience as a Graphic Designer to work with a small group of students in preparing a new school logo in honour of our 50-year anniversary this year. Again, if you can volunteer some time, please contact the school via: simon.vaughan@ed.act.edu.au.



Simon Vaughan
Principal

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Shannon Carnovale
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Ryan Kay
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UPDATING THE SCHOOL ADMINISTRATION SYSTEM

On Monday 6 July, our school will progress into the third stage of implementation of the new School Administration System (SAS). So far, the program has helped to bring digital roll marking, parent /carer SMS communication, academic student reports, and wellbeing processes across all ACT Public Schools. This is a major step for our school and the Directorate as we move away from the MAZE system as our source of student and financial information.

The Directorate's SAS team will be working very closely with us to ensure that the correct support processes are in place to ensure that the transition is a success.

As we transition into the new modules of the system over this period, information will be provided to the school community about new features that enhance or change current school processes. This update is particularly exciting for the administration of our school as previous releases have been focused on teacher use.

We expect this to be a smooth transition and appreciate your support and understanding during this time. As always you can contact the school office if you have any questions or concerns that may arise.

SEMESTER REPORTS

Semester Reports were emailed home on Wednesday 1 July 2020. If you have not received this email please contact Ruth Mahon ruth.mahon@ed.act.edu.au

MID-SEMESTER BREAK

3 PM, FRIDAY 3 JULY - 8:50 AM MONDAY 20 JULY 2020

With the start of Term 3, we will return to our regular school timetable. School will start each day at 8:50 am with Check In and students will be dismissed at 3:10 pm.

WINTER WONDERLAND ACTIVITY PACKS

Are you feeling the chill of Winter yet? Get cosy and ring in the cold months with our Winter Wonderland Community Activity Packs, sponsored by Carers ACT.

Included are many fun, winter-y activities as well as educational content on the critical role of carers in our community, such as:

- Make your own snowflake
- Know your neighbour
- Carers ACT Information Sheet



Every person can make a contribution to our community, so share your Winter Wonderland creations with us at @communityservicesACT.

You can find the link to the pack here:

<https://www.communityservices.act.gov.au/connect-in-canberra/canberra-connected-community-resource-packs>

FOR YOUR INFORMATION

Calendar Updates

The most recent version of the Melrose Calendar can be found on the Website
http://www.melrosehs.act.edu.au/our_community/calendar

Contact details

The school relies on having the most up to date contact details for families to ensure we are able to communicate efficiently with you regarding the wellbeing of your child. If you have made any changes to your address, phone numbers and email address in recent months please contact the Front Office on 6142 0700 or email frontoffice@melrosehs.act.edu.au

Sick Bay

If students are unwell they must go to Sick Bay, with a note from their teacher. The Front Office staff will contact parents/carers if needed. The students are NOT to contact parents themselves and then go home. If your child contacts you asking if they can go home sick, ask them to get a note from their teacher to go to Sick Bay and the Front Office staff will then contact you. Thank you in advance for your support.

Student absences

If your student is absent, due to illness or leave, or needs to attend an appointment during the day, please either phone the Rolls Office on 6142 0703 and leave a message or email the Rolls Office at rollsoffice@melrosehs.act.edu.au. Please remember to include the student's full name, roll group and reason for absence (ie. sick, late or on leave) as well as your contact details.

Online Canteen ordering

Register now. Go to <http://www.flexischools.com.au>
Lunches can be ordered online up to 9:30 am on the day they are required.

Lockers

Lockers are available to students at a cost of \$30 per year. Students wanting to hire a locker will need to provide a lock with a shaft between 6-8mm. Key or combination locks are acceptable. Students need to bring their lock, payment and the spare key or the combination to the Finance Office before a locker will be allocated. Students can come to the Finance Office before school, at recess or the first half of lunch time.

FINANCE

In an attempt to ensure security around payment of monies to the school for camps, excursions, programs and voluntary contributions, we would like to encourage payments to be made via Quickweb, the secure online payment portal.

Below is an explanation of the payment options available.

1. Online payments are the preferred method of payment. Payments are made via the School Website to a secure Westpac Bank site, called "Quickweb" <http://www.melrosehs.act.edu.au/payment>
2. Instructions can be found on the Payments TAB simply complete the fields with as much detail as possible, including the Fee Code which will be advised on the notes requesting payments.
3. All payments can be made using Quickweb, using a debit or credit card. Westpac will provide you with a receipt which you can email to melrose.finance@ed.act.edu.au
4. Payments can still be made in person at the Front Office with cash, cheque, EFTPOS, or a deposit direct into the Melrose High School Bank account BSB 032777, Account - 001658. If paying by direct deposit an email to the school financial section would be appreciated at melrose.finance@ed.act.edu.au

For all payments, please ensure you include:

- Student Key ; Family Key ; Fee Code

For any enquiries regarding payments please contact the Finance Officer on 6142 0704.

ART/TECHNOLOGY FACULTY UPDATE

The Art /Tech team have really enjoyed welcoming students back into the classroom and seeing what they have created in their time at home. As a team, we embraced the opportunity to create new and exciting learning opportunities for our students and have been overwhelmed by what they have achieved.

Music & Dance are excited to share the news that Music & Dance Camp will be combined this year and be heading out to Birrigai in Week 3 Term 3. We look forward to being able to have this opportunity available to students and can't wait to see their progress over the three days. Please support us in this quick turnaround by ensuring your student submits their notes and payment prior to the due date.

Students in music classes worked on a range of tasks over the online learning period, from practicing their instruments, to composing music and even creating their own instruments out of found objects. Since returning to the classroom, 9/10 music students have all been busy preparing class performances and setting personal challenges, and the Year 7 Beginner Band class have resumed their rehearsals as a full band as well as small ensemble work. Many of these students have also started attending the Senior Concert Band rehearsals, and we hope they will continue with this group next semester.



Photography students have had the opportunity to explore a range of different photographic challenges and proved that they could achieve incredible results with limited technology.



Year 7 Design Workshop students, creatively up-cycled things such as this clever lolly dispenser for their repurposed design project.



Year 7 Visual Art class have been responding to the Essential Question: Why should we create change?





Food tech students have us covered for breakfast, lunch, dinner and dessert...delicious!

SCIENCE FACULTY UPDATE



Year 7 students had a physically fun term in science, learning about different types of forces and the components of simple machines. They certainly catapulted their way into the holidays!

Year 8 students have seen a kaleidoscope of colours and reactions learning about chemical changes and why they occur. Dry ice was the clear winner for the 'wow factor'!



Year 9 students have been exploring real-life issues within the ecology unit, researching brumby management within Kosciusko National Park. The presentations given were engaging, informative and most importantly...evidence based arguments!



Year 10 students have been speeding towards the end of term learning about acceleration and Newtons 3 laws of motion. The corridor was buzzing with students completing distance competitions using balloons...and the occasional shriek when they burst!

LANGUAGES NEWS

We have loved welcoming students back into the classroom this term! Languages students have been busy writing, reading, speaking, and creating.

Year 9 Creative Responses

Year 9 began studying Romeo and Juliet during online learning and have produced creative responses to demonstrate their understanding of the play. An effective creative response should show symbolic and imaginative elements. Here are some awesome visual examples:



Year 9 Book Launch, 2020

Following the roaring success of the 2019 Book Launch, this year students have put their thoughts and ideas about being in isolation and online learning into poetry.

Keep an eye out next term for more information about our poetry recital evening where students will share their 'Lockdown Sonnets'. In the meantime, please enjoy a sneak preview:

Lockdown Sonnet by Isaac Churchill (Year 9)

*It was the final month of 2019
When death's domain began to fill.
The call of the dead would make us flee,
For the pandemic would have the final kill*

*Laughter and happiness we would forget
For people would drop like meaningless flies.
The reaper's creation was a test,
To see if we could still cower, and cry.*

*Although we passed with flying colours
The satisfaction was not nearly enough.
So he took us all by the collar
And what we'll to go through will be tough,*

*But if we stay headstrong, we will prevail,
And laughter and happiness will entail.*

Education Perfect Language Championship Success

From 14 to 21 May, many Melrose students participated in the Education Perfect Language Championships. This was a world-wide competition aimed at promoting the study of languages. Students had a week to answer as many questions as they could in their second (and even third!) languages.

Melrose had great success again this year achieving 102 awards:

- 11 Elite
- 7 Emerald
- 9 Gold
- 12 Silver
- 25 Bronze
- 34 Credits.

With everyone's combined effort, this saw us finish 8th in the world! An amazing result. Well done team!

Indonesian

Orangutan Update – In recent weeks, Year 7 Indonesian classes have been studying about the fauna of Indonesia and the impact that palm oil crops have on wildlife. They have also been getting to know Melrose's five adopted orangutans in Kalimantan; a project initiated by Year 7 students back in 2017.

Jeffrey Junior is always a favourite with students. His most recent update shared that he has been making most of a new (additional) playground that has been built at the rehabilitation centre and he is also doing well in his daily sessions at "forest school".



Student Work – Many students worked very hard on their Indonesian while studying at home in recent months. They should be proud of their efforts. Year 8 students did particularly well; making replicas of traditional Indonesian outfits along with matching descriptions written in Indonesian. Ashley Weller's designs were one example of the great work students are producing in Indonesian.

PHYSICAL EDUCATION NEWS

We made it! Wow, what a Semester. Semester 1 2020 will go down in history as having the most interruptions to our program. With smoke, fires, extreme heat and the Covid-19, we have certainly had to think differently about the way we teach.

Online lessons

During the period that students were working from home we arranged some fun activities and challenges for students to do such as the Nutbush Challenge, Physical Activity Log, Ball Challenge & Skipping.

The aim was to have students involved. As a faculty we had a great time putting together some videos and sharing them with students. It was a hard time for us all as trying to motivate students to be active via video is not that easy. As a team we were very happy with the effort the majority of our students put into the online program.



Virtual Cross Country/Cross Country

For the first time in history a virtual cross country ran alongside our school cross country. We had excellent involvement from students, and teachers with many students taking on Mr Proctor's training programs.



Farewell Des Proctor

After many years at Melrose, Des Proctor is leaving us to take on a position at Telopea Park School. Des has been here for over 19 years and has had a few stints at the school and many different roles. We wish Des all the best and hope that Telopea realises how lucky they are to have such a talented and inspirational teacher and leader.



Welcome back Shannon McAlister

Shannon McAlister has returned to us. We are very happy to have her back, but it must be hard to leave Charlie! We look forward to next term with you re joining us teaching PE.

COVID-19 HOTSPOTS TO AVOID DURING THE SCHOOL HOLIDAYS

Are you planning on travelling out of the ACT these school holidays? ACT Health has advised all ACT residents not to travel to suburbs in Melbourne that have been identified as COVID-19 "hotspots" (areas with increased risk of community transmission). In addition, ACT Health has advised ACT residents to reconsider any travel to the greater Melbourne metropolitan area. This advice has been issued to avoid the risk of bringing COVID-19 into the ACT.

Ten hotspot postcodes in Melbourne, where community transmission is occurring, have been identified by the Victorian Government. Suburbs in these postcodes are under stay at home public health orders until 29 July 2020.

The hotspots suburbs are:

- 3012 – Brooklyn, Kingsville, Maidstone, Tottenham, West Footscray
- 3021 – Ablanvale, Kealba, Kings Park, St Albans
- 3032 - Ascot Vale, Highpoint City, Maribyrnong, Travancore
- 3038 - Keilor Downs, Keilor Lodge, Taylors Lakes, Watergardens
- 3042 - Airport West, Keilor Park, Niddrie
- 3046 - Glenroy, Hadfield, Oak Park
- 3047 - Broadmeadows, Dallas, Jacana
- 3055 - Brunswick South, Brunswick West, Moonee Vale, Moreland West
- 3060 – Fawkner
- 3064 - Craigieburn, Donnybrook, Mickleham, Roxburgh Park, Kalkallo

HASS FACULTY UPDATE

Year 9 Civics and Citizenship

In Year 9 the Covid-19 shutdown has given us a really great opportunity to look at how our country is run, how laws are made and what are our rights as a citizen. There were plenty of real-life opportunities to relate how laws are created and passed through the parliament and there were plenty of robust discussions about our rights as a citizen.



This led onto looking at human rights around the world and introducing the United Nations to the students. We were particularly interested in Indigenous rights and watched the movie "In My Blood It Runs". This created lots of interest about what was important to us and our way of life. Here is a short piece of work from Seamus Stanier about The Evolution of Human Rights:

Nowadays people in Australia have rights as soon as they are born to ensure their lives are fair and free from discrimination. However it hasn't always been so fair and easy. Throughout history there are many philosophers and scholars that have come up with ideas that have influenced society and the evolution of human rights. The first recorded example of human rights was as far back as 1760 BCE. Babylon king Hammurabi created the "Code of Hammurabi" a document that attempted to "make justice reign in the Kingdom and promote the good of the people". Skipping the next 1400 years, Aristotle would believe in social classes and that the class you were decided what rights you were entitled to. This contradicted Plato's view however, who came 40 years before Aristotle, who said that a person's rights were above their status or class. In my opinion this view shows a more objective and mature take on the topic than Aristotle's.

Students have been really engaged with looking at Australia's history from an Indigenous perspective and we learnt about the Freedom Ride, Charles Mabo and Native Title. We finished the term with the right to vote and students created their own political parties and had elections in the classroom. Altogether it was a great term of learning even with the shutdown and I look forward to next semester!

Mrs Kane

Year 8 Transformation Activity

In their study of the Ancient Khmer/Angkor Empire, students were given this transformation activity where data from one mode/text is transformed into another as a powerful learning exercise. Transformation is one way to assist 'transfer' of knowledge from short-term memory to the long-term memory. It consists of taking data from note-making/data collection and redrawing it in another mode, such as a table, diagram, concept map or flow chart.



Focusing on Jayavarman II, a significant individual of the Khmer Empire, students were instructed to research Jayavarman II's main events of his life as well as his achievements to understand his impact and influence on his society. Students would then present their findings in a mode or their choosing.

Year 8 student's concept map of her findings.

Year 8 Origami

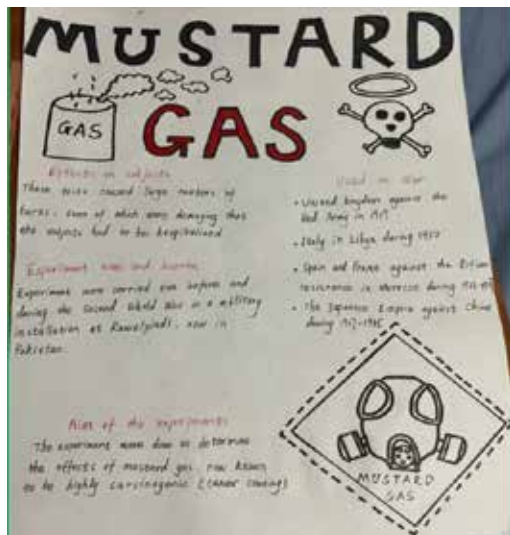
In Year 8 HaSS, as part of our history unit for the term, we studied Shogun Era Japan. To gain a better understanding of this period and how people lived during it, we explored Japanese art and culture. During one such lesson the students tried their hands at Origami, a traditional paper folding artform, and as you can see, we have some talented students!



Science and Nazi – Was it worth it?

The learning intention of the following activity was to evaluate the idea of 'the end justifies the means' by looking at science experiments conducted by Nazi scientists in our study of the Holocaust. Prison camps instantly provided Nazi scientists and doctors with unlimited and unwilling subjects to experiment on. Students investigated inhumane mistreatments scaling from extreme endurance to anatomy including sterilisation, causing death to many and permanent injury, pain and trauma to others.

The activity instructs students to choose from a list of human experiments known to man, research it, then create a poster or pamphlet that addresses a number of questions. The following is a Year 10 student's poster.



mustard gas experiments

rawalpindi experiments

the rawalpindi experiments took place in rawalpindi, pakistan

they put soldiers in chambers with a mixture of mustard gas and a similiar agent called lewisite



they were seeing what effect the gas had on different races a soldier who had experienced it recounted that it felt as if your skin was burning off

another soldier said that one his buddies had all of the skin on his hand burned off and caused large boils and scars

nowadays mustard gas isn't used and tear gas is more common place



Year 7 HaSS

This term Year 7 have been looking at Ancient Egypt and Ancient China. We have been learning about mummies, government, architecture and many other interesting things. In Ancient China we have studies The Great Wall, geography of Ancient China, government, religion as well as the Terra Cotta Warriors.

The assignment focussed on a guidebook/poster/website/pamphlet on any Ancient Civilisation of choice. Teachers of Year 7 were very impressed with the variety of civilisations chosen as well as the different mediums for delivery. Well done Year 7.



CULTURAL INTEGRITY UPDATE



Family & Community Connection

2020 has been such a challenging year so far. Thank you to our Aboriginal and Torres Strait Islander students and families for remaining connected with us during the lockdown period. We appreciate how difficult things have been for so many of us in the MHS community and are looking forward to an opportunity to reconnect in person. Once restrictions ease further, we will be in touch with all families and community members about an opportunity to get together – whether that be over a cuppa or some other event.

Boy's Mentoring Group

This program has been successfully run by Tim Cornforth (Torres Strait Islander) and Mark Baldwin (MHS Youth Worker) and was originally developed for all MHS Aboriginal and Torres Strait Islander boys, to provide them with an opportunity to develop leadership skills and foster friendships and networks in the Indigenous community, as well as develop their own understanding of culture. We are really pleased to say the Boy's Mentoring Program will recommence Term 3, Week 2 on Tuesdays. We are also excited, in the spirit of reconciliation, that the program is expanding (as requested by the boys that have previously attended) and in Term 3 the boys can bring one of their buddies with them. Students will receive permission notes to participate in the program in Week 1. If you would like further information about the program please contact Mark Baldwin - mark.baldwin@ed.act.edu.au

Girl's and Women's Creative Circle

The Girl's and Women's Creative Circle will recommence in Term 3. All MHS Aboriginal and Torres Strait Islander girls are invited to join us each Wednesday during TB5 in the GAWAR Centre to be part of a weekly art group. All mothers, aunties and nanas are also invited to join. At the moment we have been thinking of doing painting and basket weaving, though we are open for ideas. This is a great way to enjoy a cuppa together, connect and share. If you have any skills in any form of art or would like to come and pick a few up, we'd love to have you. All art materials will be provided. If you would further information about Girl's and Women's Creative Circle please contact anna.russell@ed.act.edu.au or monica.harland@ed.act.edu.au

Year 9/10 Aboriginal and Torres Strait Islander Studies Elective

This elective is an introduction to Aboriginal and Torres Strait Islander cultures and worldviews. Students have participated in opportunities to reflect on the notion of culture and how cultural influences impact how we think and behave towards others. Students have also been exposed to the historical and contemporary contributions of Aboriginal and Torres Strait Islander peoples to Australian society which provides an insight into how these contributions have played and continue to play a valuable role in shaping our national identity.

Reconciliation Action Plan (RAP) Working Group

MHS is now a part of the RAP working group with Canberra College, Farrer and Mawson Primary schools. Exciting events and work between the schools will continue next term. If you would like to join our RAP Team to support this important work contact anna.russell@ed.act.edu.au or monica.harland@ed.act.edu.au



Reconciliation Week 2020

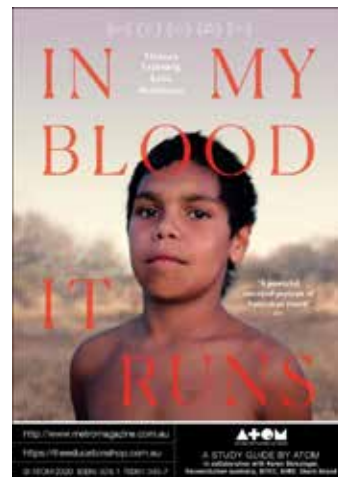
This year's Reconciliation Week theme is 'In This Together'. Due to COVID restrictions, our plans to acknowledge this week changed dramatically. We were very fortunate in securing a free screening for all MHS students to watch *In My Blood It Runs* (2019).

This film follows the life of ten-year-old Arrernte/Garrwa boy Djujan and his family. The film charts the challenges Djujan faces as he meets the overt and concealed prejudices still perpetuated against Aboriginal people/First Australians in Australia today: in school, at home and on the streets of Alice Springs. *In My Blood It Runs* reveals the ways

marginalised First Nations communities negotiate the colonial culture and keep their identities and cultures alive through self-determination, the revitalisation of languages and cultural practices.

Many classes engaged in invaluable, thoughtful and honest discussions to further explore social and cultural elements and what they mean for us as Australians. This film provided for some very interesting and informative discussions in classrooms and provided a opportunity for new knowledge and understandings to be shared.

All MHS Yr 7-10 students also participated in yarning circles focusing on Reconciliation. During these circles, students learnt about Reconciliation, Sorry Day and the Stolen Generations. Each student provided written responses to what reconciliation means to them and how they thought they could be a part of Reconciliation in our community and Australia at large. These responses were written on puzzle shaped pieces of paper in Aboriginal and Torres Strait Islander flag colours and will form a part of a special mural to be displayed in the Library next term. A big shoutout to Monica Harland (MHS Indigenous Education Officer) who was actively supported by the Cultural Integrity Team for her work in organising these engaging truth-telling workshops which were greatly appreciated by both staff and students.



Each student provided written responses to what reconciliation means to them and how they thought they could be a part of Reconciliation in our community and Australia at large. These responses were written on puzzle shaped pieces of paper in Aboriginal and Torres Strait Islander flag colours and will form a part of a special mural to be displayed in the Library next term. A big shoutout to Monica Harland (MHS Indigenous Education Officer) who was actively supported by the Cultural Integrity Team for her work in organising these engaging truth-telling workshops which were greatly appreciated by both staff and students.



Some of the responses from students about what reconciliation means to them are:

- 'Reconciliation means to me acknowledging and starting to heal the wounds inflicted on Aboriginal and Torres Strait Islander people by my ancestors and learning from the past, so it never happens again'
- 'Reconciliation means Respect, Acknowledgement, Together, Equality'
- 'Be part of the change, rather than a bystander to racism'
- 'Reconciliation means to educate ourselves and learn about the true history of Australia'

GAWAR CENTRE

Gawar is a Ngunnawal word which means 'heart'. It is a space that sits in the centre of MHS that is dedicated to Cultural Integrity and all that it encompasses.

At present the room is used for:

- Community meetings
- Boy's Mentoring Program
- Girl's and Women's Creative Circle
- Yr 9/10 Aboriginal and Torres Strait Islander Studies Elective
- MHS Staff Cultural Integrity Team meetings
- Cultural Classes



In Term 3, we will begin to design and paint a sign for the Gawar Centre, followed by an official opening for all community members to attend. If you would like to participate in the designing and or painting of the sign (with the assistance of a small group of MHS staff and students) we would absolutely love your involvement. For more information please contact either Anna Russell or Monica Harland in the Flexible Learning Faculty.

BIG PICTURE END OF TERM ROUND-UP

This term has been a term of tremendous learning in Big Picture. Our students have recently finished off their exhibitions for the semester and have been spending time working on reflective writing about their experiences over the last semester. This term we have seen students working cooperatively in teams to overcome challenges and supported each other when things got tough. This is a huge undertaking for anyone let alone while navigating staying organised and in control whilst moving between two different formats. We have been met with an amazing array of exhibitions that demonstrate how much you can grow as a learner and learn when you're in control, even in the most unusual of circumstances. We were amazed to hear the way our young people reflected on their experiences of the term and the amazing way they have progressed despite the options. The students of the Melrose High School Big Picture Academy have forged supportive relationships that have allowed them to become mentors, grow and become confident in the work that they are producing and their understanding of the Big Picture design. Although they are very much worn out after a huge term, our students have continued to engage and participated in this week's wrap-up activities. We would like to congratulate all of our young people on the job they have done and thank all parents and carers for their support through this time of challenge and growth.

If you are interested in your child joining the Big Picture Academy or would simply like some more information about the Big Picture Education model please feel free to contact Anna Russell anna.russell@ed.act.edu.au

Private Music Lessons

Available at Melrose High School
Enrol now for Semester 2



Music Lessons

CMT continues to offer music lessons at Melrose High

Practically any instrument can be catered for, including:
Guitar, Piano, Voice, Drums, Bass

Flute, Clarinet, Saxophone, Trumpet, Trombone and many more!

Lessons are \$37 per half hour (one on one) and can start at any time of the term.

ENROL TODAY!

Phone: Canberra Music Tuition on 6299 9154 or email: fyshwick@canberramusictuition.com.au

School Liaison: Mr Nathan Sciberras

NEW! Book online:

www.canberramusictuition.com.au

and click **Enrol** or **Enquire**



Transport Canberra will be updating timetables for bus services, starting 18 July. There will be a range of improvements and minor changes for all school children travelling to and from school on public transport across Canberra from the first day of Term 3 (Monday 20 July). In most cases, this will mean students will catch the same service from the same stop, but the times services arrive and leave may change.

These changes will help make public transport in Canberra easier to use and provide more services, giving people more opportunity to spread out their travel as we recover from COVID-19. For more information about the changes and how they affect you and your school, visit <http://ow.ly/Y2gm50A8FUv>



Do you need help to attend a specialist medical appointment via Video-Conference?

Telehealth is a new way to attend a specialist medical appointment with the Canberra Hospital or the University of Canberra Hospital by using video conference from your own home.

It is a convenient way to see your specialist without the hassle of transport, parking or physical distancing concerns.

TELEHEALTH SUPPORT

At Carers ACT, we understand that technology can be confusing and can feel all too hard. Our Telehealth Support Program is designed to help patients and carers use video-conferencing at home to attend specialist medical appointments.



Try Telehealth

If you want to have your appointment from the comfort of your home, we can help you understand how to connect with your doctor and provide technical support to you before and during your appointment.



First Step

Next time you are booking a medical appointment at Canberra Hospital or the University of Canberra Hospital, ask the clinic if you can have the appointment by video-conference. The clinic staff will let you know if this is a good option for you.

Need Assistance?

If you don't have a computer, or internet in your home, or you are just not confident using the technology, Carers ACT are able to provide the resources and support to you.

Our service can be either over the phone, or in your own home depending on your preference.

Contact the Telehealth support team to access the service.

CONTACT CARERS ACT

 (02) 6296 9928

 telehealth@carersact.org.au