

17 September 2021

Dear Fearless Fadden Families

## You made it!

Four weeks of remote learning has been done and dusted. But what a toll it has taken on our fabulous families. We are hearing the struggle and understand the stress that all our families are currently under. With the announcement of remote learning continuing in term 4, we are keenly aware of what families are feeling and are focusing on how we can support everyone's wellbeing moving forward.

In previous weeks I have been sharing information of where families can access support and I again encourage families to take advantage of these services, no matter how big or small your concerns maybe. Just talking to someone can sometimes be all you need to refocus and move forward.

There is a range of useful [wellbeing resources](#) for students and families that may help you with these conversations, including **Telehealth support service**.

*If your ACT public school children and young people require extra help and assistance, our school psychologist's area 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 between 9:00am and 4:30pm.*

One of the concerns that our families may be having is around our children's increase in screen time and their mental health as a result. Therefore, this week I also share with you some Webinars from the eSafety Commission. I personally have participated in professional learning via the eSafety Commission last year and found them extremely engaging and relevant. I encourage you to consider attending some of the sessions here.

## Register now:

<https://www.esafety.gov.au/parents/webinars>

NEW Term 4 Parent webinar	NEW Term 4 Parent webinar	Virtual Classroom
<b>eSafety's parent guide to digital technologies and mental health</b>	<b>eSafety's parent guide to online gaming</b>	<b>Be an eSafe kid: Online boundaries – It's OK to say 'no'</b>
[parents and carers of young people aged 10-18]	[parents and carers of young people aged 8-13]	[Years 3-4]
<p>This Term 4 webinar will provide parents and carers with strategies to help young people and their mental health when they are online. It is designed for parents and carers of young people aged 10-18.</p> <p>It will cover:</p> <ul style="list-style-type: none"> <li>what do to about accidental exposure to content about suicide, self-harm or eating disorders</li> <li>using games, apps and social media to support mental wellbeing</li> <li>the pros and cons of digital mental health platforms</li> <li>strategies for young people to support friends online.</li> </ul>	<p>This Term 4 webinar will provide parents and carers with an understanding of the benefits and risks of online gaming. It is designed for parents and carers of young people aged 8-13.</p> <p>It will cover:</p> <ul style="list-style-type: none"> <li>eSafety's <a href="#">State of Play</a> research</li> <li>the games young people are using and how they are engaging with them</li> <li>the benefits of gaming and how to mitigate risks</li> <li>practical strategies to use at home and where to find help and support if things go wrong.</li> </ul>	<p>A live Virtual Classroom webinar to support students as they learn about online consent or permission, and how to define online boundaries.</p> <p>Level Middle and upper primary</p> <p>Keywords Respectful online relationships, Refusal skills, Privacy and personal information, Permission, boundaries, Consent, Choice.</p> <p>Type of resource Live virtual classroom event, teacher notes, student worksheet, student follow-up activities</p> <p>Timeframe 45 minute webinar</p> <p>Using this resource By the end of the learning students will be able to: - identify consent and permission in a variety of online settings - define and practise setting personal online safety boundaries - develop help seeking and reporting strategies.</p>
<b>Dates/times [AEDT]</b>	<b>Dates/times [AEDT]</b>	<b>Dates/times [AEST/AEDT]</b>
<ul style="list-style-type: none"> <li>- Tuesday 19 October 7.30 to 8.30 pm</li> <li>- Wednesday 20 October 12.30 to 1.30 pm</li> <li>- Thursday 21 October 12.30 to 1.30 pm</li> <li>- Tuesday 26 October 7.30 to 8.30 pm</li> <li>- Tuesday 9 November 7.30 to 8.30 pm</li> <li>- Thursday 18 November 12.30 to 1.30 pm</li> </ul>	<ul style="list-style-type: none"> <li>- 15 November 12.30 to 1.30 pm</li> <li>- 24 November 7.30 to 8.30 pm</li> </ul>	<ul style="list-style-type: none"> <li>- 16 September 9.30 am - 10.15 am</li> <li>- 23 November 9.30 am - 10.15 am [AEDT]</li> </ul>
<a href="#">Register Now</a>	<a href="#">Register Now</a>	<a href="#">Register Now</a>

Staff are also a group that I am concerned about, as many are either working from home supporting their own children who are participating in remote learning or supporting students on site. Therefore, to support their wellbeing, they are all under strict instructions to not work over the break and to recharge. This is so they are ready and able to go again in term 4, with their engaging and connected remote learning programs.

As a result, staff will be putting an out of office message on their emails to let everyone know that they will not be attending to any work matters until Tuesday 5<sup>th</sup> October. I trust you will support me in supporting both our staff and also your family in ruling a strict no work window over the next few weeks.

## Important letter attached

The Education Directorate wants to hear from public school parents, carers and students about how we can make the transition back to onsite learning as positive as possible, how we can support your wellbeing needs, and what you need to feel confident that our school is a safe place to be. Attached is a letter with survey links for both parents and students. Survey's open until 24<sup>th</sup> September 2021.

## Cancelled events

Due to the announcement that lockdown has been extended, School Sport ACT has made the decision to cancel all events scheduled to take place in Term 4. The events that are of note for Fadden students are the Tuggeranong Regional Track and Field events and the 12&U ACT Track and Field Championships. Let's hope for an uninterrupted program of School Sport in 2022.

Thank you to the families who have been following up on getting their refunds for the year 3/4 camp. Royal Life Saving has now refunded all parents directly for Kindergarten to Year 1 and the Aqua Safe program for Year 2 (5<sup>th</sup> – 8<sup>th</sup> October). If there are any families who have not receive their refund, please email [NoraBerguno@royalact.com.au](mailto:NoraBerguno@royalact.com.au) and she will follow up for you.

## Baby news!

It's with much pleasure that I get to share with you that Miss Poyser has had her healthy baby boy – Levai on the 4<sup>th</sup> September. Bethany is totally in love and doing really well. Isn't he gorgeous!



Ms Tanya Stone has stepped into the Kindergarten teaching role and is very excited to be part of the Busy Bees for the remainder of the year.

## Office staff changes

We are also excited to welcome a new member to the Fadden Primary School team. Sally Giorgio will be joining Cathy in the office to assist our Business Manager in some of the administration and operational tasks that make our school run so smoothly. Please see below a little about Sally.



Hi, my name is Sally Giorgio.

I am excited to be joining the team at Fadden Primary School as the Excursion and Enrolments Officer. I have come across from Birrigai Outdoor School where I was the Outdoor Education Assistant for nearly 6 years. My passion for working with children and their families has seen me gain a Bachelor of Educational Studies and a Diploma in Children's Services.

I have a love of the outdoors and anything to do with craft (sewing, cross stitching and all things Cricut). I have 2 children aged 9 and nearly 4 that definitely keep me on my toes.

I look forward to meeting all of the families and staff of the Fadden community and supporting you and the school in this new role. Please come and introduce yourself as meeting new people is a delight.

Jodie Wales who has been filling in at the office since Amy left, will be moving into a role supporting student learning in a Response To Intervention (RTI) role, along with Preschool and library support. We are so lucky to have such skilled and dedicated staff that are flexible and able to adjust to school needs.

## A gift from us to you

Finally have a good break from remote learning and find some quality time to spend with the family on fun pursuits over the next few weeks. Know that we are all with you and wish like crazy to return to face to face learning too. Please see our final gift to our wonderful families, a song that was produced by Ms Nuttall and Mr Muench, starring a heap of Fadden School staff. <https://youtu.be/CwE5q59Uqfk>

Stay safe and sane, we will be with you again soon on the first day back in Term 4; Tuesday 5<sup>th</sup> October 2021.

Jo Jefferson  
Principal