



Wanniassa School Newsletter

Week 3, Term 1, 2021



info@wans.act.edu.au



Dates to Remember

WholeSchool JuniorSchool SeniorSchool

Week4

Tue 23 Feb - Swimming Carnival

Week5

Tue 2 Mar - School Photos

Week6

Mon 8 Mar - Canberra Day Public Holiday

A Message from the Principal

Dear Families

Welcome back to 2021! It's going to be a great school year full of learning and connecting. I am optimistic that in the not too distant future school life will return to pre-covid operations. In the meantime we continue to follow the advice of the Chief Medical Officer and make every effort for school to be as normal as possible.

You will see a lot of new faces around the school this year, particularly on the Senior Campus as we have grown by almost 25% since this time last year and have welcomed the largest Year 7 cohort in more than 10 years! This is fantastic news for our school community and a true credit to our teachers and support staff. Teachers who have commenced on the Junior Campus this year are: Josie Floyd (STEM), Shannon Edwards (Japanese), Shweta Lahiry (Year 2), Sue Holmes (Year 3/4), Fiona James (Year 5), Jade Crispin (Year 6) and Anita Santos (Purple Unit). The Senior Campus has welcomed Emily Smith and Nathan Beaver (English & HaSS), Kasey Kaczmarczyk and Nick Burton (Maths & Science), Joe Mikus and Lindsay Williams (Arts & Tech) and Jon White (Learning Support).

Hopefully you follow our Facebook page or have seen the signs at the front of the school or our website that advertise a vacancy on our School Board. If you are interested please nominate before 11am Monday 1 March, if a Local Community Member does not nominate, the vacancy will be filled using the parent nominations received. The Wanniassa School Board meets at least once a term, usually 8am Thursday mornings of Week 5. If you have any questions please feel free to contact the Assistant Returning Officer, Ellen.Ingold@ed.act.edu.au or 6142 1870.

Regards
Kate

School Board

Parent Members
Eman Hashim (Chair)
Paul Watson
Kathryn McKinnon

Teacher Members
Madeleine Clayden
Melanie Coffill

School Leadership Team

Kate Marshall	Principal
Cymantha Cantrill	Deputy
Joanna Lambert	Deputy
Stefan Latham	Deputy
Ellen Ingold	Business Manager
Jodi De Ligt	P-K
Rozlyn Mitchell	1/2 & 3/4
Melanie Coffill	5/6 & LSUA
Peter Freeman	STEM
Kirsten Vizjak	English & HaSS
Darren McCrea	Arts/Tech & PE
Rebecca Owen	Student Services

Student Absences

If your child is absent due to illness or needs to leave early to attend an appointment during the day, please call or email us to let us know. Alternatively, you will receive an SMS if your child is not in class by 9am. You can reply via text. Every student arriving after 9am must sign in. If leaving before 3pm they must be signed out by a parent or carer. Don't forget to include your child's full name, the reason for absence (illness, leave, appointment) as well as your contact details.

Junior Campus: 6142 1840
Senior Campus: 6142 1870
wans.absences@ed.act.edu.au

School Board Elections

From 1 January 2021, the Education Amendment Act 2020 (the Amendment Act) came into effect and changed the composition of the parents and citizens members on school boards. The changes created sub-categories of parents and citizens members within the Act. For schools without parents and citizens associations which includes Wanniasa School, these sub-categories are:

- parent members (including carers and guardians);
- local community members - people who live nearby or are otherwise associated with the school who are not also parents, carers or guardians).

For 2021 our School Board has the following vacancies:

1 x Local community member for a vacancy of 12 months from 1 April 2021 to 31 March 2022 (this vacancy will be filled by a parent member if there are no nominations of this type)

1 x Staff member for a 2 year vacancy from 1 April 2021 to 31 March 2023

Nominations will open at 11am on Monday 15 February and close at 11am on Monday 1 March 2021. Nomination forms will be available from the Front Offices during school business hours: 8:30am - 3:30pm Monday to Friday.

You can submit your nomination by:

- hand delivery to the Junior or Senior Campus Front Office
- email: info@wans.act.edu.au
- mail: ARO, c/- Wanniasa School, Wheeler Crescent, Wanniasa ACT 2903

If an election is required the voting period will be 8th March 2021 to 15th March 2021

Before School Supervision

Parents are reminded direct supervision is provided for K-6 student from 8:45am each morning under the COLA, however staff are on site from 8:30am at both campuses and able to assist students if needed. Only students who access Before School Care should be on site before 8:30am. Please remind your child they can come to their campus Front Office if they need assistance at any time.

Preschool parents must accompany their child into the preschool classrooms at 9am to sign students in. No supervision or access to the classrooms can be granted before the program begins. Prior to 9am parents are welcome to access the outside areas of preschool playground and undercover areas.

Absences & ACT Secondary Bursary

Unfortunately some parents who receive the ACT Secondary Bursary were surprised to learn their child was no longer eligible for the one off payment after 5 days of unexplained absence in the previous six months. To ensure your child's attendance meets the requirements of the scheme, parents must report all absences to the school as soon as possible. Reasonable excuses for an absence include illness, injury, medical appointments and bereavement. Please be aware the Front Office staff can only amend an absences record in the same calendar year the absence occurred and may require additional documentation to amend absences that were more than 4 weeks ago.

School Accidents and Incidents

Wanniassa School collects information about injuries and incidents that occur at school or on school-organised activities, on behalf of the ACT Education Directorate. Some of the information may be personal information as defined in the Privacy Act 1988 and the Health Records (Privacy and Access) Act 1997. The information is usually included in a Student Accident/Incident Report or Notification of a Critical Incident together with any accompanying witness statements. The purposes of collecting the information includes notifying the Territory's insurers and legal advisers of injuries and incidents and ensuring that the school itself has accurate and complete records. The Directorate usually provides the form and any other information relevant to the accident/incident to the ACT Insurance Authority and the ACT Government Solicitor. Information may also be provided to WorkSafe ACT in accordance with the ACT Work Health and Safety Act 2011. Schools have a duty of care to keep students safe. Where an injury or incident occurs schools have an obligation to determine what has happened and therefore may question students. Schools may also ask students to make statements in writing and to sign these statements.

Insurance and Ambulance Transport

The ACT Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained. As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted. This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage. The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity within the ACT.

Designated Local Community Boundaries

A Designated Local Community Boundary is the area surrounding a school that staff and students can access without needing a specific excursion permission note. The designated local community boundary for Wanniassa School has been set by the Education Directorate and encompasses the area between the two campuses and the adjoining oval. A map can be provided on request.

Wanni Ways

Respectful, Resilient, Responsible

Our students got off to a flying start with Wanni Ways in the first 3 weeks of Term 1 – over 5,000 have been awarded so far. Congratulations to those who have gained the most Wanni Ways in weeks 1-3 this term:

Kindergarten, Years 1 & 2

Lincoln Liddell, Lucy Taylor, David Boyles, Bella Ruggeri, Lucas Geerdink, Hudson Johnstone, Lily McIntosh, Liam Adams, Mckenzie Boyles, Ariaah Bramham, Evan Hasan

Years 3, 4, 5 & 6

Brianna Jarvinen, Bentley Cadona, Luke O'Toole, Joel Hunt, Jasper Browning, Ashton Prince, Josh Alaimo, Sarah Allaimouni, Riley Geerdink, Noah Hayes, Lachlan Lush, Xavier Gibbs-Noy, Daniel Morales

Years 7 & 8

Monique Veliks, Missy-Lee Hill, Caitlin Barter, Usman Butt, Taylah Cunningham, Connor Menezes, Jesse Prince, Luke Connors, Dylan Vu, Noah Aberdeen, Kyle Kable, Callan Mann

Years 9 & 10

Lachlan Peake, Mina Alagrab, Delaney Powell, Ben Dunlop, Jai Kable, Tara Freeman, Paige Fleming, Rhys Molan, Maxim Power, Kai Elphick, Dominick Jurjevic, Jhon Nessem, Joel Hunt, Roy Kabay, Jethro Monahan, David Mathews

Keep up the great work, doing things the Wanni Way!

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Secondary Bursary Scheme

The ACT Government provides financial assistance to support families with education expenses through the Secondary Bursary Scheme for students in years 7-10 and the Student Support Fund programs.

The scheme provides assistance to low-income earners in the ACT with dependent full-time students in years 7-10.

Information about the Scheme

Custodial parents or guardians who are financially responsible for the student(s) may apply for this benefit. This means the student(s) must be living with the applicant and be financially dependent upon the applicant, or in special government care that is paid for by the applicant.

Students must be studying full-time in the ACT, attend a Public, non-government school or the CIT, or be approved for home schooling.

Students must be in years 7-10 or, if home schooled, be of an age where they would be enrolled in years 7-10. The bursary is available only to ACT residents. If a post office box is given as a postal address and is the address on your Health Care Card or Centrelink Card, proof of residency in the form of a copy of a current driver's licence, telephone account or other account from a government body should be attached to the application.

Applicants prove low-income status by providing a photocopy of a current Centrelink Card or Health Care Card with means tested payment codes. Applicants having Health Care Cards endorsed 'FO' are not eligible for this scheme. If the card expires before the processing period then an updated copy must be sent as soon as the new card is received to ensure receipt of the next payment.

Bursary Payments

The Bursary payment is \$750 per year for eligible students in Years 7 – 10.

- Late and/or incomplete applications may result in delayed or reduced payments.
- Applications received from 1 July 2021 to 29 October 2021 will be eligible for a half-year payment of \$375 only.
- No payments will be made for applications received after 29 October 2021

For further information, please ring the Bursary Administrator on ph: (02) 6205 8262.

For an application form, please go to: <https://www.education.act.gov.au/support-for-our-students/financial-and-resource-assistance-for-families>

If you would like a hardcopy sent home, please ring the senior campus front office on 6142 1870 to let us know.



NAPLAN Online will occur in our school between 11 and 21 May 2021.

NAPLAN Online is a more engaging assessment that adjusts questions to each student's achievement level. It also delivers more precise results to schools and parents more quickly.

NAPLAN provides valuable information to schools and parents about literacy and numeracy achievement. It supports school improvement processes by enabling teachers to monitor student progress over time and to identify areas of strength and development.

All eligible students are encouraged and supported to participate in NAPLAN testing. Visit www.nap.edu.au to see interactive versions of the test and for more information.

Junior Campus Uniform Shop

- 1) The secondhand uniform shop is looking for donations of good quality used school uniforms, particularly sizes 4 & 6.
- 2) If any parents are able to help out with running the uniform shop one afternoon (no more than once a term) could they please get in touch with the Front Office.

Year 7 & 10 Immunisation Date:

Year 7 & Year 10 Immunisations will be held on Wednesday 21 April.
For more information see the flyers at the back of the newsletter.

Pre-Employment Program:

The ACT Down Syndrome Association is running a parent information session next week about a pilot pre-employment program they're running for students in Years 9 – 12 with an intellectual disability.
For more information see the flyer at the back of the newsletter.

Free Information Session Read&Write for Google Chrome:

The Educations Directorate is holding a free parent/carer assistive technology webinar – Read&Write for Google Chrome. It is one hour in length and will introduce Read&Write for Google Chrome, which supports reading and access to curriculum, writing tools and accessibility features such as text to speech, dictionary and vocabulary. All students enrolled in ACT Public Schools have free access to Read&Write for Google Chrome at school and at home.
For more information see the flyer at the back of the newsletter.

Library

What an amazing start we have had these past few weeks settling into new routines and welcoming all the lovely new faces to the library. The wonderful Mrs Gannon is on leave this term and will be replaced by Mrs Johansen. Students are welcome to borrow and return library books on their designated library days as well as any day during the first half of lunch. I look forward to a great term in the library with all the Wanniasa Students.



Week 3, Term 1, 2021

JUNIOR CAMPUS

Red Unit

We are so excited to be starting our learning journey in kindergarten! This term is really jam packed with incredible learning opportunities and we have so much to share.

In Red Unit we have been focusing our first few weeks of learning around getting to know each other and making green choices. All the students in Red Unit have been learning about what makes a green choice and how it is different to a red choice. We have role played situations where we can make green choices to solve our problems. Take a look at all of Red Unit making green choices during our learning experiences.



To start off our letters and sounds learning we have been sharing all the things we know about our unique names!! We love being able to connect our learning to ourselves and the world around us. To show how well we can identify the letters in our names we have created name buses to display in our Unit.

We hope you enjoy our learning so far as we are all so excited to be at big school and making such respectful green choices!

Teachers: Teigan Kelly and Ella Quinlan

Blue Unit

We are off to an exciting start in 1/2 this year. In Literacy we are focusing on narrative writing, where we will concentrate on the structure of a narrative and the importance of characters and setting. We have also continued our work with letters and sounds through a comprehensive unit where the students develop their reading, writing, handwriting, and spelling skills.

In Maths we are focusing on number. We have been skip counting by 2's, 3's, 5's and 10's, using number lines to solve simple addition problems, and developing our understanding of the numbers that make 10 and 20.

Our Integrated unit this Semester is focusing on past and present, where the students will compare how things like toys, communication and transport have changed over time.

We have made a great start and we look forward to the year ahead.

Teachers: Steph Williams, Hayley Eaton, and Shweta Lahiry

Week 3, Term 1, 2021

JUNIOR CAMPUS

Yellow and Orange Unit

We are excited to have our 3/4s back from their holidays. We are enjoying getting to know the students and loving working with them this far. We welcome Mrs. Sue Holmes to Wanniasa School. She teaches 3/4H in Yellow Unit. In Orange Unit is 4LL with Mr. David Livingstone and 3A with Mr. Will Anderson.

Week 1 concluded with a combined Olympic games where all Year 4's and 3's came together for a bit of fun and healthy exercise.



The students have enjoyed our new integrated history units where in Year Three, we are learning about first peoples in Australia. In Year Four, we are looking at international explorers such as Christopher Columbus. Students have learnt about Wanniasa School's PBL - respect, responsibility and resilience. They were able to explain what this looks like in the classroom.

In English, we are exploring narratives and persuasive texts that are entertaining to the reader. We are using descriptive words to paint a picture of what is occurring in our stories. We are all authors and have been exploring a range of texts to gain ideas in what constitutes a good narrative.

During Mathematics, we have been playing a range of games that help teach us addition and subtraction. We are able to identify place value and if a number is greater than or less than another number.

We have set up Seesaw and have sent home QR codes to join your child's class. If you do not have access yet please let your child's teacher know ASAP. We look forward to working with all the 3/4 students this year.



Yellow Unit Teachers:
Sue Holmes, Fiona
James, Jade Crispin

Orange Unit Teachers:
Will Anderson, David
Livingstone, Christina
Bowman

Week 3, Term 1, 2021

JUNIOR CAMPUS

Yellow and Orange Unit

Our 5/6 students have had a fabulous start to the year and have settled into both Yellow and Orange units. They have all been very excited to have Japanese again this year and look forward to learning with Edwards Sensai on odd week Tuesdays.

The students created some fantastic mixed media self portraits. We have written some wonderful appreciation of country pieces and a selection of these can be seen in the Junior Campus foyer.

We also participated in a webinar looking at online safety.



Purple Unit

It has been a very exciting start to the year in Purple Unit! We have worked hard to organise our routines and have quickly become a wonderful team.

We have already started our gross motor activities each morning. We are very good at using the equipment and are learning how to share with one another. We have settled into our literacy and numeracy routine and are all working hard towards our own learning goals. Each week we will also have library lessons on a Monday where we can borrow books to bring home and we will be cooking on Wednesdays.

Some of our students have also started spending time in other classrooms and are loving making new friends and learning new things. We have started collecting our PBL points as we show respect, responsibility and resilience in both Purple Unit and out on the playground.

We also have a class seesaw account and are looking forward to sharing our work with our parents and carers. If you need another note to sign up please come and see us.

We are so excited for the wonderful year ahead of us!



Teachers: Sally Gore-Johnson and Anita Santos

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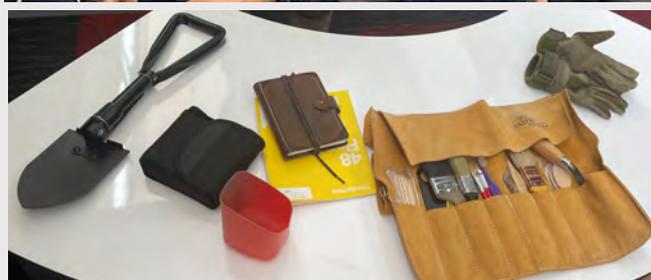
SENIOR CAMPUS

Humanities

What a brilliant start to 2021 in the Humanities area. It has been wonderful to be able to welcome new students across all year groups and a new member of staff, Ms Emily Smith, who is teaching both English and HaSS. We are also very excited to bring Japanese and Drama under the Humanities umbrella. These subjects together with history are being run as electives.

Students are engaged in the learning and first assessment tasks are coming out in the next week.

Year 7 have been learning about ancient civilisations and chronology in HaSS. In Week 1, they were fortunate enough to have Mr McKenzie present to them about some of the archaeological expeditions he has been on. They learned all about the various tools required for an archaeological dig and some of the interesting finds that can be discovered. This knowledge will help students as they begin their study of Ancient Egypt and Greece in the coming weeks. In English they have been revising and reinforcing their written skills, producing pieces of formal and informal writing. They will soon start on their study of the novel "Holes" by Louis Sachar.



Year 8 students have started learning about medieval history by studying the battle of Hastings and how it impacted the geography of Europe. They have examined the roles in the Feudal system and have been researching how two of the social classes compare to each other in education, skills, and living conditions. Students will finish the week by designing their own heraldry and coat of arms. In the coming weeks they will extend their knowledge and understanding of medieval history and look at linkages with the 21st century. In English they have been reviewing language features and text structures in preparation for their novel study of Bruce Pascoe's *Fog a Dox*. In particular, they have explored how authors use word choice and sentence variety to create atmosphere, and have been experimenting with these techniques in their own writing. They are learning some explicit reading strategies which can be implemented with both short stories and longer texts.

In contrast, Year 9 have been begun the year with a study of the horror and crime genres. They are learning about the features of each genre, and will have the opportunity to experiment with descriptive writing to develop their own short story.

For our Year 10 students it is their last year and making them college ready is never far from our thoughts. They are currently working towards writing a close textual analysis of Ursula Le Guin's short story "The Wife's Tale". This will be our starting point before a novel study of George Orwell's "Animal Farm" which will take the bulk of the term. In History they have dived into the history of World War II by examining the role Nationalism played in Hitler's rise to power. They have studied the Treaty of Versailles, and completed research into the key Nazi leaders and what they were doing during the Interwar period, which will be placed into a group timeline on our classroom wall. Students will now begin to explore the ways Hitler approached the Jewish Question by examining the use of symbolism, segregation and alienation in Nazi Germany.

In our electives the enthusiasm of the students is palpable. In Drama Year 7 students are building on basic performance skills through a study of melodrama, an older theatrical form full of big characters and exaggerated acting. Meanwhile, in Japanese the emphasis has been on learning about the Japanese culture, new words, creating short dialogues and recognising the Japanese writing scripts. For some that is hiragana, whilst for others that is katakana and kanji.

Week 3, Term 1, 2021

Arts, Technology, PE

Technology

In our Year 9/10 Food technology, students have been discussing emerging food trends such as the war on waste and the influence that our diet has on our day to day lives. They have been preparing, cooking and eating delicious treats including banana bread and tacos. It is shaping up to be a fantastic term!



Design Technology has exploded at Wanniasa School with record numbers of students entering the workshop to learn and refine their skills. The importance of safety when working within the workshop has been a main focus for the beginning of the year as our students start to understand the different types of carpentry skills on their way to designing and making their major project for Term 1.

PE

It has been quite an eventful start to the year in PE already as we prepare for our first big carnival of the year as well as our first sporting competitions for our representative teams.

Year 7 students have had a fantastic time getting to know one another through a series of games and movement challenges designed to identify and develop skills to help achieve success. Year 8 have proven they know how it all works by starting the year off in tremendous fashion! Their focus for this term is to use feedback from both their teachers and each other to improve body control and coordination in their Touch Football and Futsal units.

Year 9 and Year 10 students have started their year by identifying successful techniques and movement strategies in a range of sports including Tennis, SofCrosse, Athletics and Touch Football.

Of course, our first big sporting carnival of the year is almost upon us. It is always a fantastic day out (weather permitting) at our Big Splash Swimming Carnival. Students from 8 years (born 2013) or older will have the opportunity to enter into competitive races with a view to progressing to the next level of competition later in the term.

In the near future we will be sending out the call for any student interested in representing Wanniasa School at either Basketball or Touch Football. These are the first of our High School Sporting events for this year and we look forward to recognising the amazing effort of our students out there in the community.

School Sport ACT are about to update their new website which will detail all of the representative opportunities available to our students. Please be on the lookout for notifications of upcoming events and trials via the Year Group Google Classroom pages and our Wanniasa School Facebook page.

Attention Year 7 Parents



Your child's first round of vaccinations are due in term 1 or 2



The following vaccine will be offered FREE as part of the ACT High School Immunisation Program in term 1 or 2

✓ Human Papillomavirus (HPV) Dose 1

Keep an eye out for consent cards which are sent home with students during the first week of school and due back to school as soon as possible.

 **Find** a consent card at your school OR download one from our website

 **Sign** and complete the card

 **Return** it to your school ASAP

For more information:

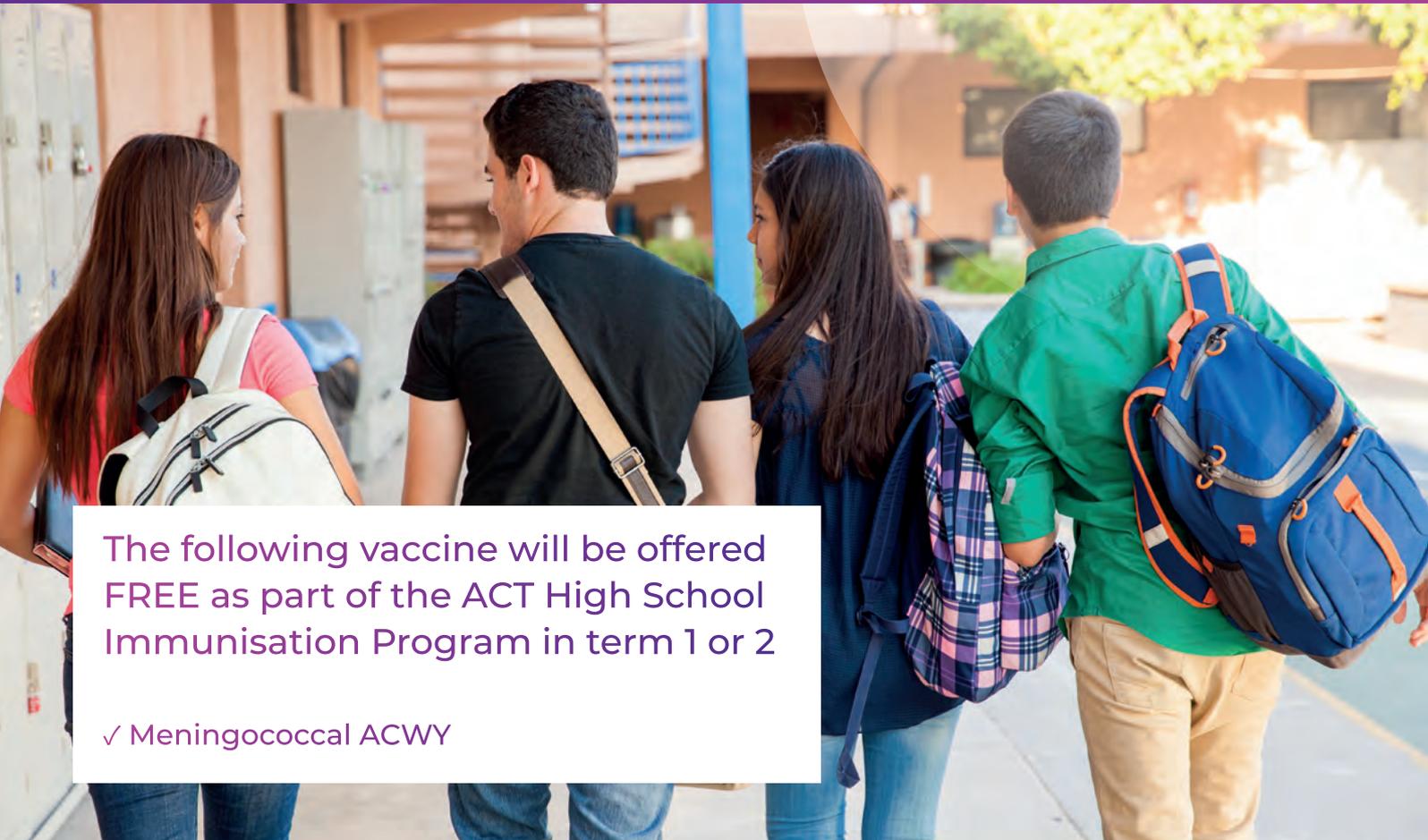
www.health.act.gov.au/adolescent-immunisation

Ph: 02 5124 1585

Attention Year 10 Parents



Your child's vaccinations are due in term 1 or 2



The following vaccine will be offered
FREE as part of the ACT High School
Immunisation Program in term 1 or 2

✓ Meningococcal ACWY

Keep an eye out for consent cards which are sent home with students during the first week of school and due back to school as soon as possible.

Find a consent card at your school OR download one from our website

Sign and complete the card

Return it to your school ASAP

If your child misses this vaccine at school and you returned a consent card, you will receive a letter in the post on how to access this vaccine through your GP.

This will be available FREE from your GP up until your child's 20th birthday.

For more information:

www.health.act.gov.au/adolescent-immunisation

Ph: 02 5124 1585

health.act.gov.au

Parent/Carers Free Assistive Technology Webinar

Literacy Accessibility Tool
Boost reading and writing confidence
Read&Write for Google Chrome (RW4G)

Join us for 1hr Webinar on [Introduction to Read & Write for Google Chrome](#)

Tuesday, 23rd March 2021, 3.30-4.30pm

Read&Write for Google Chrome (RW4G) offers support for Google Docs and the web and is especially beneficial for students with literacy needs. It offers a range of powerful support tools to assist students to gain confidence with reading, writing, studying and research. RW4G is available free for all students in ACT Public Schools. Students can access the tool online at school and home.

This one-hour webinar will provide an introduction to how Read&Write can:

1. Support reading and access to the curriculum.
2. Supporting readers with text to speech, dictionary and vocabulary tools, study tools, annotation tools and more.
3. Support writing and the ability to demonstrate understanding.
4. Supporting writers via word prediction, voice notes, speech recognition, vocabulary support, research skills and more.

Webinar Registration

Click on link to register: <https://attendee.gotowebinar.com/register/5520571330025777421>

After registering, you will receive a confirmation email containing information about joining the webinar.

NOTE: If you are unable to attend, please still register to gain access to the recorded live webinar

RW4G Videos

https://www.youtube.com/playlist?list=PLYsZbmGbkCTKk3593CxtQWNf50f_Ow3D&disable_polymer=true

<https://www.texthelp.com/en-au/products/read-write/read-write-for-google/>

Further information contact michelle.vanpuuyvelde@act.gov.au

HIGH SCHOOL PRE-EMPLOYMENT PROGRAM

Parent Information Session

February 22nd, 2021 | 7 PM to 8 PM,
Pearce Community Centre



Come along to hear about an exciting opportunity to participate in a pilot program aimed at increasing our teenagers skills for the work place.

This program is aimed at students attending high school between Years 9 - 12 and who are living an intellectual disability. The program will be held face to face outside school hours during Term 1 & 2, 2021.

This program has been funded by Department of Social Services - Information, Linkages and Capacity Building Funding Stream.

This information session will be a COVID safe event. Numbers are strictly limited and registration is required. To register please visit:

<https://www.eventbrite.com.au/e/high-school-pre-employment-program-parent-information-session-tickets-139595003413>

For more information, please contact Gemma (community@actdsa.org.au) or 02 6290 0656



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- lessons & activities
- uniforms & shoes
- books & supplies
- sports fees & gear
- camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus Coordinator
Phone
1300 610 355
Email
CanberraSP@thesmithfamily.com.au
Online
saverplus.org.au
Find us on Facebook



*Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information!
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies.
The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information!

Come and join us for PeerZone!

PeerZone is a series of workshops on mental health and recovery. They are developed by peers, for peers.

Who: Young people between 16-25 years of age

When: Thursday evenings from 5:00pm-6:30pm

Where: headspace Canberra, Unit 1,1-3 Torrens Street, Braddon, ACT

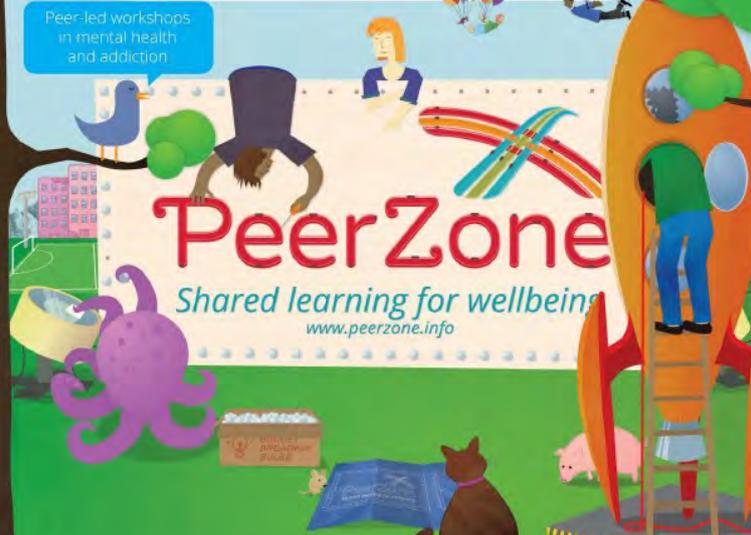
Key Dates and Topics

- Coping with stress part 1 Thursday 11th of February
- Coping with stress part 2 Thursday 18th of February
- Understand our distress part 1 Thursday 25th of February
- Understand our distress part 2 Thursday 4th of March
- Finding our voices part 1 Thursday 11th of March
- Finding our voices part 2 Thursday 18th of March

PeerZone is presented by The ACT Mental Health Consumer Network in partnership with headspace Canberra

If you are interested please call: 5109 9700

Peer-led workshops in mental health and addiction



Do you know what support is available when your baby or young child is unwell?

If your baby or toddler needs medical help, there are a range of services near you that don't involve a trip to a hospital emergency department. Many of these services are free and available after hours.



For more information and to choose the right care when your baby or toddler is unwell, visit our website

act.gov.au/yourhealthoptions

Your baby or toddler's health options

Helping you choose the right care for your baby or toddler



Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

www.health.act.gov.au | Phone: 13 22 81

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Your GP

Your GP is the best person to see for treatment of conditions and symptoms such as:

- headaches
- vomiting
- diarrhoea
- colds and flu
- sore throat
- earache
- mental health.

GPs provide immediate short-term care as well as complex long-term care. Having a long-term relationship with a GP is good for your child's preventive and physical health.

Your GP can and will refer you to other services if necessary, but they can usually provide all that your child needs in their practice.

If you don't have a GP, you can find one that meets your needs using findahealthservice.act.gov.au

Many GP clinics offer extended opening hours in the evenings and on weekends — you can find one near you at findahealthservice.act.gov.au. Otherwise, there are other after hours GP alternatives such as CALMS and the National Home Doctor Service.



CALMS

If you can't see your regular GP you can contact CALMS, the Canberra Afterhours Locum Medical Service, to see one of their GPs.

CALMS clinics are located at Canberra Hospital, Calvary Hospital and Tuggeranong.

The Canberra and Calvary hospital clinics are open from 8 pm to approximately 11 pm on weekdays, and from 10 am to approximately 11 pm on weekends and public holidays. The Tuggeranong clinic is open from 2.30 pm to 5.30 pm on weekends and public holidays.

Call 1300 4 CALMS (1300 422 567) to make an appointment or go to calms.net.au for more information. A fee applies for consultations.

National Home Doctor Service

Contact the National Home Doctor Service to request an after hours, bulk billed, doctor home visit.

Doctors are available from 6 pm on weekdays, from 12 noon on Saturdays, and all day on Sunday and public holidays.

Call 13 SICK (13 7425) to request a visit, or go to homedoctor.com.au for more information.



Walk-in Centre

You can visit a Walk-in Centre for free treatment of non-life threatening injury and illness, such as:

- colds and flu
- cuts, sprains and fractures
- bites and stings
- infections.

Walk-in Centres are not suitable for children under 2 years.

They are staffed by highly skilled nurses and are open from 7.30 am to 10 pm, every day of the year. They can provide you with a sick/carer certificate and in some cases, medication.

The service is free and no appointments are necessary.

Find them at:

- Tuggeranong Community Health Centre, corner Anketell and Pitman Street, Tuggeranong
- Belconnen Community Health Centre, corner Lathlain and Cohen Street, Belconnen
- Gungahlin Community Health Centre, 57 Ernest Cavanagh Street, Gungahlin
- Dickson Community Health Centre, 111 Dickson Place, Dickson

Go to walkincentre.act.gov.au for more information.



Pregnancy, birth and baby helpline



You can call the pregnancy, birth and baby helpline for guidance and reassurance if you are pregnant or have a child up to five years of age.

The helpline is available between 7 am and 12 midnight, seven days a week. It is staffed by maternal child health nurses who can provide you with advice. They can also refer you to the most appropriate health service so you and your child can get expert health advice and get better sooner.

Call the helpline on 1800 882 436 or visit pregnancybirthbaby.org.au

Healthdirect



If your baby or toddler is unwell but you aren't sure what to do, you can call healthdirect for advice.

Healthdirect is staffed by registered nurses who can tell you if you need to see a GP or provide you with information on the type of treatment your child needs.

The healthdirect nurses may be able to offer you a call back from a GP, and can refer you to a GP or to emergency if they believe your child has a serious medical condition.

Call healthdirect on 1800 022 222 or go to healthdirect.gov.au for more information.

Emergency department



Call '000' or go to the emergency department if your child has an immediate life threatening condition such as:

- difficulty breathing
- chest pain
- severe trauma
- allergic reactions
- head, neck or eye injuries.



**TUFC Season 2021 Juniors
Opens and Girls -
Grading Dates**



All TUFC 2021 U10-U12 players are invited to attend TUFC grading at ambah 3 (ett Street ambah) <https://google/maps/89afJfh87CuhdAx> 8 on the following dates:

U10

Monday - 15 February - 1730 to 1830
Wednesday - 17 February - 1730 to 1830
Sunday - 21 February - 0900 to 1000

U12

Monday - 15 February - 17.30 to 18.30
Wednesday - 17 February - 17.30-18.30
Sunday - 21 February - 09.00-10.00

U13-U18 - No grading:

Please register for season 2021 at <http://bit.ly/TUFC> Registration.

We will organise sessions for all registered players later in February-March.

Please pre-register for grading: Copy this link into your browser: <https://forms.gle/G499vFCb3uFwRWBg8>

CO ID: Please observe CO ID protocols including sign-in procedures. DO NOT ATTEND if you are unwell. You will not miss out and will be helping us to ensure we can play football through 2021.

Any cancellations will be posted on TUFC Facebook page ideally at least 1 hour prior to any event.

Coaches, Managers, Selectors, Helpers: If you would like to help, coach or manage a junior team this season we would love to hear from you. Please contact us at comms@tufc.org.au
Any questions please email comms@tufc.org.au



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- Modified equipment
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- Age appropriate programs
- Parent help for 3+4 year olds
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Location:

Wanniassa School - Senior Campus Wheeler Crescent, Wanniassa

Starts

Sunday 14th February

3 + 4 year olds - 9.45am to 10.30am
5 + 6 year olds - 10.30am to 11.15am
7 - 9 year olds - 11.15am to 12.00pm

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\$90

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LIFE Lessons

*I have come that they may have life and have it to the full
John 10:10*

LIFE Lessons is a new initiative for young people (K-12).

Where: St. Anthony of Padua Catholic Parish, Wanniassa

When: Wednesdays 5.30pm-6.30pm (Weeks 3-9 School Terms) Starts: 17 February 2021

What: Interactive activities, intriguing messages that open both the eyes of the mind and those of the soul, with opportunities to take these insights further with ever more responsive ways of prayer.

LIFE Lessons create moments of deepening faith for young people and their parents, not only for students in church affiliated schools, but also for those in public-run schools.

More information and enrolment:

Parish Office wanniassa@cg.org.au or 0404 313 743

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