

Well-Being Wednesday

Today we took some time to talk to our students about well-being and the importance of looking after our health, both physical and mental. Over the past two years our children and young people have either experienced or heard about a world pandemic, fires, floods and war. Their lives have been impacted by lockdowns, mask wearing, remote learning, families experiencing job losses and financial strain, restrictions at school, cancelled events, the list goes on.

The impact of the Covid pandemic and climate events in Australia is being felt by everyone including our school community. It is not surprising to hear about families doing it tuff, children feeling anxious, and people's resilience being tested. Our Social Emotional Learning program (SEL) not only includes building the skills needed to engage positively with others, it also includes well-being. There are lessons about building a positive mindset and resilience as well as how to deal with change and challenges.

Through the funding we received for the Community Engagement Grant last year we have been building our resources to enhance the SEL Program in the school. As part of Well-being Wednesday, each student in the school from Year 1 to Year 6 received a Well-being Journal today, which we will be using to support the delivery of the SEL Program this year. You can see a copy of these journals on Seesaw.

To highlight the importance of the home/school partnership in student well-being, today each family will receive a Team Calwell bag filled with information to help parents/carers to support their child/ren's well-being. Also included in the bag is a coffee sachet so you can make a coffee to have while you read the information, a bath bomb so someone in the family can have a relaxing bath and some stickers and a ball to keep the kids happy for a moment or two. The Team Calwell bags are a reminder that we are all in this together and that we can find strength and comfort in facing challenges as a community.

Linda Neeson

Calwell Primary Community Association (P&C)

Thank you for your patience whilst we have been working our way through the process of establishing and registering the Calwell Primary Community Association (our P&C) as an Incorporated Association. What seemed like a straight-forward, easy process back when we agreed to form the Association on 11 August 2021, was unfortunately impacted by the joys of Covid lockdown and the restrictions on parent/carer in schools that are still in place.

We are now in a position to share with you the draft Constitution for our Association. We have used the template that was provided by the ACT P&C Council so that we know our Constitution meets the legal requirements of forming an Association. Here is the link to view the file:

<https://drive.google.com/file/d/1U1ukrzPe5CIN66JQ7cpi2CcEUkD1pUNc/view?usp=sharing>. We welcome your feedback via email (details below). We are considering how best to manage the Community approval of the Constitution, which at this stage we think it will be an online vote.

Since our meeting last August, our interim President has had a change in circumstances and is no longer able to fulfil that role. While we have a couple of parents who are willing to share the role, we would love to hear from anyone in the community who has is keen to join the leadership team of the Association. Please contact us, if you're interested in a key role. We will all be learning as we go and plan to have fun doing it!

We will also be putting a call out for more volunteers at the beginning of Term 2 to fill Committee member positions and for one-off or occasional volunteering roles to help with activities, events and communications.

Our email address is CalwellPCA@gmail.com. This email account will be checked a couple of times a week and we'll respond to queries as soon as we can. If you have an urgent concern or question for the Committee, we encourage you to send a message via the Front Office or through the Parents' Facebook group.

As the end of term is rapidly approaching, we will schedule a General Meeting in Term 2. It will probably need to be held online unless Covid restrictions ease in the coming weeks. Thank you again for your support for forming the Calwell Primary Community Association.

Megan Lucas & Rebecca Guerin