



Melba Copland Secondary School

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NEWSLETTER

ISSUE 2 - APRIL 2020

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FROM THE PRINCIPAL

Welcome to the end of term one, and what a term this has been. Following on from the bush fires and the poor air quality of our summer, the current novel coronavirus pandemic is causing concern for all our students, staff, and community members. I want to acknowledge that we are living in challenging times and that it is normal to feel confused and uncertain about the future at this time. This is a time for kindness and empathy for others and of drawing on our shared values to guide us in taking the actions that are most important at this time.

On behalf of the staff at MCSS, thank you for the many messages of support at this difficult time for our entire community. COVID-19 has disrupted the dynamic of our families and it may take some time for adjustment to the new ways of doing daily routines. For our students, utilising the dedicated time we have been given and fast-tracking of professional learning, we are building up the capability for the delivery of High School and College education through online technology. The academic program information provided both via email and in this newsletter, reflects on the transition to term 2 and MCSS Online.

I thank all the MCSS staff for their continued dedication to our students' wellbeing and learning needs during these unprecedented events. The impact you continue to make on our school community is inspiring and much valued. I'd like to extend my sincere thanks to every one of you for your hard work.

We will continue to connect with students via Google Classroom and want to ensure that our community feels connected and supported by the MCSS staff. We will be in contact with students to discuss learning plans for term 2 and are working hard to transition to alternative methods of education. We have provided an **Academic update for both the Year 7-10 High School and Year 11-12 College students in this newsletter.**

Current restrictions on gatherings, mean the **Open Nights at the College and the High School Campuses** will not proceed as scheduled in term two. I will provide an overview of enrolment for 2021 including important dates and documents; these will be uploaded to the school website next term. We are in the process of developing some exciting options of promoting the school and our faculties, I look forward to sharing these innovations in a future newsletter. I encourage everyone to promote MCSS to the broader community. Open Night is a celebration of our school and is a key promotional activity for continuing and prospective students and families to participate in the future plans for their students. We will, via email, provide important advice and information to support the success of **all Year 10 students to achieve their Year 10 Certificate and prepare for the continuing Year 11 studies at MCSS early next term.**

For NSW Families, MCSS is the Priority Enrolment Secondary School for northern area NSW students. The new policy requires that all prospective Year 7 to 12 students enrol at MCSS, if they wish to attend an ACT public secondary school.

You will have recently received Mid-Semester Reports through Email, providing feedback on the progress of students over the first term of study this year. I encourage all parents and carers to discuss the reports at home and please contact the respective teachers to arrange a time early in term two to discuss your child's report.

Members of our school continue to achieve many terrific results and opportunities to broaden their talents. Within this edition many students across leadership, academic, arts, cultural and sporting pursuits are celebrated. Congratulations to all on another strong start to the school year.

Further Information

The Education Directorate will continue to provide community information, directly from the website www.education.act.gov.au and <http://www.mcass.act.edu.au> also via the MCSS email distribution.

The Board of Senior Secondary Studies (BSSS) has also posted information for the college community at www.bsss.act.edu.au.

The Education Directorate has released a resource library to support parents and children with home learning. The link is: <https://www.education.act.gov.au/schooling/learning-resource-library>

The latest advice from ACT Health is available from www.health.act.gov.au and on social media.

We will continue to provide timely and relevant information to our community as we work to respond to the impact of COVID-19 and establish the continuity of learning for our students.

Relationships are central to education and we need parents, carers and students to be connected to the high school and college. Please note that if you need urgent advice or assistance you can ring our family helpline 6142 0333 between 9.00am and 3:00pm or email school.information@MCSS.ed.act.edu.au.

In the days and weeks ahead, take care.

Wishing all a safe and restful break,

Jesse Sidhu

Principal



Jesse Sidhu

Principal



Lee Pietrukowski

Associate Principal



Ado Di Crescenzo

Associate Principal



Yasmin Noonan

Associate Principal

MCSS Board Appointments

I would like to take this opportunity to welcome the following new members to the MCSS School Board.

	Column 1	Column 2	Column 3	Column 4
Table 1	Name of school	Section of the Education Act 2004 under which the appointment has been made	Name of appointee	Position appointee is to occupy
Item 1	Melba Copland Secondary School	41(2)(d)	Mr Daniel Haipola	<i>Parents and Citizens Member</i>
Item 2	Melba Copland Secondary School	41(2)(d)	Mr David Dunn	<i>Staff Member</i>
Item 3	Melba Copland Secondary School	41(2)(d)	Ms Natasha Milde	<i>Staff Member</i>
Item 4	Melba Copland Secondary School	41(2)(f)	Mr Rohan Jones	<i>Student Member</i>

To all those that took an interest and time to provide nominations, I thank you and extend a further opportunity to contribute your time and expertise to join the MCSS Parent & Citizens Association. This is a rewarding opportunity for parents to continue supporting and taking an active role in their children's high school and college education. We want to build a great school community that provides the best opportunities for our students and we need your help to achieve this.

Jesse Sidhu

IMPORTANT DATES

Monday 27 April 2020

Public Holiday

Tuesday 28 April 2020

- Term 2 Commences Online

- Online enrolments for 2021 open

MCSS Mission

“MCSS fosters a supportive environment of respect, trust and intercultural understanding. Each student is encouraged and challenged to learn, grow and accomplish personal, academic, social and vocational excellence.”

College Academic Update

During the pupil free period college teachers and school staff have been doing an amazing job of adapting to and implementing online learning opportunities for our students. We are all focused on ensuring our college students remain connected with school and engaged with relevant programs of learning.

Online Learning and Assessment

As mentioned above and by the ACT Minister of Education preparations are well underway to be online from the beginning of term 2. To ensure successful outcomes for students next term, we need all our students engaged and participating in our online learning program. The main platform for the delivery of learning content and assessment submissions will be via **Google Classroom**. Students are expected to regularly connect with learning tasks that teachers are providing for them as well as attend their weekly virtual classroom sessions via Google Hangouts or Google Meets. Student participation in online learning is being monitored to ensure students are meeting the structures learning requirements for each course they are enrolled in. Contact with students and parents will be made if students aren't complying with subject's participation requirements.

Assessment items that were issued prior to the pupil free period are to be submitted online through google classrooms by the due date. No online tests / exams will be contacted at this time.

To summarise, students need to complete assignments by the due date and participate in their online learning program. If there is a reason for an extension or non-participation, students need to contact their year coordinator.

During week 10 college students will be reissued unit outlines for their courses. These will indicate any variation to assessment schedules for the remainder of the semester. Some subjects have had changes to assessment due to the transition to online learning. All care has been taken when making variations to assessment to safeguard against disadvantaging our students.

Any student who is experiencing difficulty or concerns with their online learning program are encouraged to contact their Classroom Teacher, Pastoral Care Teacher, or Year Coordinator as soon as anxieties are identified.

Ms Noonan

High School Academic Update

During the pupil free period staff have attended professional learning sessions in order to adapt and implement online learning opportunities for our students. Our focus during this time has been to ensure students remain connected and engaged in their schooling with their wellbeing needs also being met.

From next term, Parents/Guardians will receive a weekly Learning Plan. The Plan will articulate the subject focus for each week and the tasks students will need to complete during this time.

The Learning Plan is designed for students to maintain a routine and focus through this period. Teachers will be posting new tasks regularly and making themselves available online to answer any questions or concerns your child may have. LSA support will also be available for students who regularly work with these staff members via online platforms.

The main platform for the delivery of learning content and assessment submissions will be via Google Classroom. Students need to review their Google classrooms each week to ensure they are up to date with their subject's requirements. We recommend students leave notifications enabled in order to receive important updates. Staff can be contacted via their school email (firstname.surname@ed.act.edu.au) and will be providing times for students to join a video chat to ask any clarifying questions / raise concerns / collaborate with their peers.

It is imperative for students to complete assessment by the due date and participate in their online learning program. Any student who is experiencing difficulty or concerns with their online learning program are encouraged to contact their Classroom Teacher, or Year Coordinator as soon as anxieties are identified.

Mr Di Crescenzo

MCSS Student Wellbeing team

The MCSS Student Wellbeing team are committed to providing resources and activities for young people during this time of social distancing and isolation. These resources will be shared via Google classrooms and Google hangouts for students and parents.

Here is a list of important Wellbeing contacts

Year 7 coordinator: Ashley.Jones@ed.act.edu.au

Year 8 coordinator: Luke.Parker@ed.act.edu.au

7/8 Student Wellbeing Executive: Matthew.Colbran@ed.act.edu.au

Year 9 coordinator: Belinda.Chapman-Smith@ed.act.edu.au

Year 10 coordinator: Kyle.Mitchell@ed.act.edu.au

9/10 Student Wellbeing Executive: Drew.Southwell@ed.act.edu.au

If you have any major concerns during this period please contact the relevant Student Wellbeing Executive who will then discuss your concern and provide Wellbeing support.

The Student Wellbeing team would like to thank parents for their understanding of the evolving nature of this global crisis and the ongoing impact on our school community.

Stay safe,

MCSS Student Wellbeing team

Theory of Knowledge

The 26 February was a big day for our Year 12 IBO Diploma candidate Mackenzie Brown as she challenged an audience of peers, teachers and senior executives with a thought-provoking Theory of Knowledge Oral Presentation. This was on the implications for the actions of the individual of how Shared Knowledge is distributed in a global community.

Pictured: Mackenzie Brown



Mackenzie's choice of a 'real life situation' was New Zealand's controversial prosecution of the alleged perpetrator attack on a mosque in Christchurch as a person having committed a crime with a reasonable mind. The findings of Mackenzie's well-supported presentation were confronting and wide-reaching and led to a healthy discussion of technology, behaviours, education, responsibility and acceptance of social and cultural differences. Particularly impressive was Mackenzie's capacity to respond with insight to the audience's equally intelligent reflections on her ideas.

Mr Dam

Capital Chemist Award for Academic Excellence



MCSS scholarship recipients Benjamin Doherty, Peter Hazlewood and Samuel Sawade with Principal Jesse Sidhu.

The Capital Chemist Award Ceremony was held on March 12 at the Finkel Theatre, John Curtin School of Medical Research. The award acknowledges the wonderful efforts of the Year 12 recipients Benjamin Doherty, Peter Hazlewood and Samuel Sawade, as well as the MCSS school and community.

Capital Chemist awarded three scholarships in the following categories:

- Academic Excellence Scholarship – the student demonstrates an outstanding record of achievement in schooling, or has shown improvement or commitment to their studies. (Samuel Sawade)
- Citizenship Scholarship – the student demonstrates a strong record of participation in community activities at school or in the community. (Peter Hazelwood)
- Capital Chemist Scholarship – the student demonstrates skills, potential or ability in an area in which the school supports and wants to foster. (Benjamin Doherty)

Each scholar receives \$1000 to be used for their direct educational benefit during their final year of schooling to cover educational expenses such as face-to-face or online tutoring, uniforms and equipment, stationery and books, a laptop or excursions and camps.

Congratulations to our recipients.

Ms Laura DeFalco

Education Perfect 2020 Global Spelling Bee

On Monday 6 April, a number of year 7 students took part in an online Global Spelling Bee competition hosted by Education Perfect. A total of 295 schools were enrolled to compete in the Spelling Bee worldwide, including 288 in Australia and 11 in the ACT. As a result of our students' amazing effort in the competition, Melba Copland Secondary School has taken 1st place out of all participating schools in the ACT, and 3rd place overall in the competition. Two of our students placed in the top 20 out of over 600 competitors, and one placed in the top 10. Congratulations to Patrick Inall (7th place) and Lizzy Wilding (14th place), and to all other participating MCSS students for this impressive effort.

Pictured:

Patrick Inall



Mr Zywczyak

Lizzy Wilding



The Secret Tea Society

The MCSS HS Library is currently running the 6th original escape room in our very popular series. This Term's room is a classic literary adventure focussed on the mysteries of The Secret Tea Society.

Groups of 4-8 students have until the end of lunch to figure out the challenging puzzles and 'escape' the room. Over 120 students have signed up to complete the room so far.

MCSS HS Library Staff



MCSS Wellbeing Year Groups

Year 7/8

As we near the end of Term 1 2020, staff at MCSS have been working tirelessly to ensure that education options are available for students to continue their learning remotely. We understand that this transition to online learning can be quite overwhelming for both parents and, in particular, our younger students. While we do encourage students to continue to complete work online in a timely manner, we understand that following a normal school timetable will not be possible for most families during these uncertain times. Consider a schedule that best suits your family routine and please feel free to contact the Wellbeing Team for support if needed.

It is also important to periodically check in with your child as they may be feeling a bit unsure and disconnected from the school community. Classroom teachers will be communicating with students weekly on Google Classroom and can also be contacted via email. Students will have the opportunity to connect with their Year Coordinators at a set time Friday mornings with any questions or concerns. We will also be making regular posts on the Year 7 & 8 Google Classroom pages to support students as the term comes to a close.

Parents are also welcomed to contact the Wellbeing Team with any questions or concerns.

The Year 7 & 8 Wellbeing Team would like to thank you for your flexibility as we work together to navigate through these challenging times!

The Year 7/8 Wellbeing Team

Year 7 Coordinator:

Ms Ashley Jones - Ashley.Jones@ed.act.edu.au

Year 8 Coordinator:

Mr Luke Parker - Luke.Parker@ed.act.edu.au

Year 7/8 Wellbeing Executive:

Mr Matthew Colbran - Matthew.Colbran@ed.act.edu.au

Year 9 and 10

Students are having to adjust to a significant change in how to access and maintain their studies. Many students will need support and encouragement to continue their learning from home.

Students should be accessing Google Classroom for each of their classes. I recommend they regularly check their classrooms for updates. An email was sent home with all the Google Classroom codes.

Routines are very helpful in providing structure to the day and a sense of predictability, a good counter balance to the changing nature of our current situation. Students can either follow their usual timetable or create their own plan allocating time for each subject through the week.

As a school we expect that students will be responsible when online. When participating in a Google Meet/video conferencing with teachers and other students, everyone is reminded to be respectful, be dressed appropriately and be seated at a desk or table in a shared space.

It will be important to practice self-care to maintain a positive frame of mind. Everybody practices self-care differently. Here are some suggestions:

Maintaining good social connections by communicating with friends and family. Students are encouraged to connect over phone, messaging and video chat formats.

Making time for interest activities and hobbies. Use weekends to do other things of interest. Use the time at home to start something new or activities you don't usually have time for. Lots of online resources for learning something new!

Take breaks and move the body. Where possible, students are encouraged to go outside and exercise with a walk or bike ride. Or pop on music to exercise/dance in the lounge room.

Eat well and limit “boredom snacking”, which can lead to sugar highs/lows, as well as an empty pantry! One way to do this is to pack a lunchbox for the day.

Online safety advice for families and parent survival tips has been supplied by the eSafety Commissioner on the following link. [Timetable for college teachers online classes](#)

Teachers are still available to support students in their learning and can be contacted through Google Classrooms or email. If you have any wellbeing concerns please make contact.

The Year 9/10 Wellbeing Team

Year 9 Coordinator:

Ms Chapman-Smith - Belinda.Chapman-Smith@ed.act.edu.au

Year 10 Coordinator:

Mr Kyle Mitchell - Kyle.Mitchell@ed.act.edu.au

Year 9/10 Wellbeing Executive:

Mr Drew Southwell - Drew.Southwell@ed.act.edu.au

Year 11

Year 11 students are experiencing a great deal of change in this, their first term transitioning to College. It is paramount that they feel as supported as possible in these uncertain times. Students are encouraged to communicate regularly with staff here at the College and to ensure that they raise any issues or concerns that they may have. I am happy to discuss any challenges that students are facing and will engage other staff here at school as well as support services should this be appropriate.

Students need to ensure that they are engaging with schoolwork through Google Classroom and online connections with teachers. If students have issues with internet usage or connection, they should contact the staff or myself to ensure they are supported. There is a timetable for Google connections with teachers in the following link: [Timetable for college teachers online classes](#)

When working from home and particularly when connecting with teachers online it is really important that students are dressed appropriately and that they do not sit in their bedrooms. This is paramount in protecting the privacy of students and in maintaining the professionalism of the classroom.

Lastly, our first concern for all of our students is their health and wellbeing. If any student needs support of any kind or is experiencing challenges, please remember to keep the school informed and seek help from myself or one of my colleagues. Keep well and safe.

Year 11 Coordinator:

Ms Barbara Drummond - Barbara.Drummond@ed.act.edu.au

Year 11/12 Wellbeing Executive

Ms Laura Defalco - Laura.defalco@ed.act.edu.au

Year 12

Dear Parents and Caregivers of Year 12 students

We hope everyone is taking care of themselves, promoting good hygiene practices and maintaining social distances of 1.5 metres when interacting with others.

COVID-19 information is changing quickly and we want to stay on top of things. We appreciate your patience and understanding while we settle into a more predictive routine. College teachers are regularly putting work up on Google Classroom and organising online sessions through Google Hangouts. The schedule for these online sessions can be accessed here [Timetable for college teachers online classes](#).

<https://docs.google.com/spreadsheets/d/1H7r8xbAFgVYnAhkS92iOuaaskz8ZUR54OYbdCx4FKd0/edit#gid=1340085187>

While students are working from home, the directorate have flagged certain issues related to online sessions. When students are on camera, they should practice online safety measures. The students should be dressed in accordance with acceptable public expectations (dress as if you're going to school). Students should not be on camera from their bedrooms, instead choose a quiet space in the house or garden.

MCSS teachers are continuing to place work for their students online and assessment items are still expected to be submitted as normal. Students can contact their teachers through Google Classroom or email and they can ask questions during the online sessions.

We hope that everyone is taking care and remember we're a strong community at MCSS and we're here to support each other.

Year 12 Coordinator:

Ms Laura Defalco - Laura.defalco@ed.act.edu.au

Year 11/12 Wellbeing Executive

Ms Laura Defalco - Laura.defalco@ed.act.edu.au

MCSS Sport

Tumultuous times mean we must all pull together and focus on the important basics: heart, health and family.

"Tough times never last, but tough people do." – **Robert H Schuller**

MCSS HPE have put together some great fitness and health ideas to keep you motivated and on track to tackle your HPE assessment tasks. These will all appear up on your Google Classroom pages. We're here to assist so if you need to ask a question, re how to do something or where to find extra information or you would like us to read over a draft, send us an email.

***Parents, why not try the fitness routines and challenges with the kids? Go to the Google Classroom pages to see what our HPE classes 'should' be getting up to' while away from school.

To help you all get through the coming weeks you may wish to investigate some of the wellbeing tasks below, free health & fitness Apps, website and nutritious recipes.

Why not turn this online learning and self-isolation 'gig' into a learning experience you start to look forward to?

* Please note: - I am not promoting Apps etc for any other reason than offering a positive result if used effectively.

It is possibly too ambitious to immediately convert to a rigid routine for online study. Break your day up into 'achievable chunks', set yourself a schedule, be prepared to change it to suit the day/internet or computer sharing and family needs.

For example:

Perhaps you might consider starting with 2-3 x 1 -1½ hr blocks with a 30-60-30-minute breaks assigned to relaxing or fitness tasks.

You know when you 'work/concentrate' best so plan to make this your 'priority' time for key pieces of work or research.

Finally, it is most important that you look after your personal health and that of those around you so here is our little Check in activity for all the family to follow.

How are you doing?

Task #1: Daily Check-In

Take a moment to assess how you're doing (emotionally, physically, socially, etc...) and share your thoughts and feelings.

What activities you do?

How did participating in these activities make you feel?

Task #2: Fun Individual Activities

Each day, complete two activities from the list below and reflect on the experience.

- Read a fun book for 30 minutes - Check out your library's digital resources
- Call a family member or a friend
- Help out around the house
- Create a fun social media post that will make people feel good
- Send a thoughtful message to a friend or family member
- Exercise and be active
- Create something (i.e. music, art, movie, new dance, Lego creation)

Family Activities:

What activity you do?

How did participating in this activity make you feel?

Task #3: Fun Family Activities

Each day, complete one activity from the list below and reflect on the experience.

- Bake or cook something with your family
- Eat a meal together
- Workout together

Watch a fun movie as a family

- Work on a house project
- Take a technology break and hang out for an hour

Write down at least one thing each day you are grateful for.

Task #4: Add to Your Gratitude Journal.

Google Classroom

MCSS HPE have placed health and fitness challenges for our students in line with our curriculum and assessment up on their Google Classroom pages. These challenges are designed to keep everyone focused on the positive while maintaining their health.

Students are encouraged to challenge siblings and/or parents/guardians to complete your assigned fitness tasks? Doing things together is always more fun.

Other HPE work posted to Google Classroom pages will align with scheduled HPE assessment work. 'Quality over quantity'.

MCSS HPE ask students to allocate their 'HPE Google Classroom time' to key HPE assessment tasks, getting out and about whenever possible to complete fitness tasks and looking after their mental health.

Stay tuned for **MCSS HPE Virtual classes and tutorials** to assist you with your assignments and Disciplinary Literacy tasks in term 2.

If you thought, we had a fun time when we were all together, now we're entering a new level of 'fun'.

We will publish our program via Google Classrooms so if you're not 'checking in', you'll definitely be 'missing out'!

***If you like them, let us know. It might be possible to run 'Virtual Fitness Classes' for the whole family to try!

Beach volleyball

MCSS entered 7 teams in the recent ACT championships across years 8-10. It was a challenging day where students were required to play a minimum of 4 games in the sand, a very tough task.

All teams performed well with 3 making quarter, semi and grand finals. This was an excellent achievement considering our teams were based on friendship groups and not ranked as many schools had done.

Pictured: Group shot



A very big thank you to senior students Chloe Scholtes and Abby Mangin who gave up their time to coach the students at both training sessions prior to the day and on the day. Their mentoring of the junior students is an important part of what we have been building in the volleyball squad. Thank you also to senior student Jade Fairall and the coaches from Dragons Volleyball Club who have also been involved in training sessions this term.

Students may log onto Dragons ACT volleyball club on FACEBOOK. They have provided a range of activities that students can undertake at home to improve. Students have also been given the opportunity to borrow a volleyball so that they can continue to practice.

When sporting activities and organisations can resume as normal, Dragons are keen for our students to join their club to give our students greater playing opportunities. Gold Creek, Lyneham and Canberra High Schools have indicated that they are very willing to schedule games once school resumes as normal.

I have delayed the volleyball hoodie order until school recommences as normal as it would be difficult to undertake this at present.

Finally, a big thank you to all the students who have committed to the program, it is so pleasing to see a squad of over 45 students so engaged and having fun whilst being physically active.

Mr Hiscocks: Physical education teacher

Rugby 7's

On Friday week 6, Melba Copland year 9 boys represented MCSS at the Brumbies Rugby 7's ACT Gala Day.

Pictured: Boys warming up



It was a 'tough day at the office' with several injuries to key players early on. The boys showed significant skill development as the competition progressed, exhibiting exemplary sportsmanship and resilience.

"Play of the Day" - Ryan Doherty making many steam rolling runs down the middle of the field, one resulting in a fabulous try.

Please congratulate the team on their performances acting as ambassadors for Melba Copland Secondary School.

Coaches: Ms Bradshaw and Mr Chapman-Freeman

Fitness activities & resources to help you combat 'cabin fever'!

Our year 7-10 students have all been provided with a hyperlinked Fitness Test result sheet to record fitness test results each year, keeping them filed away for use in assignment work as well as to reflect on at any time into the future.

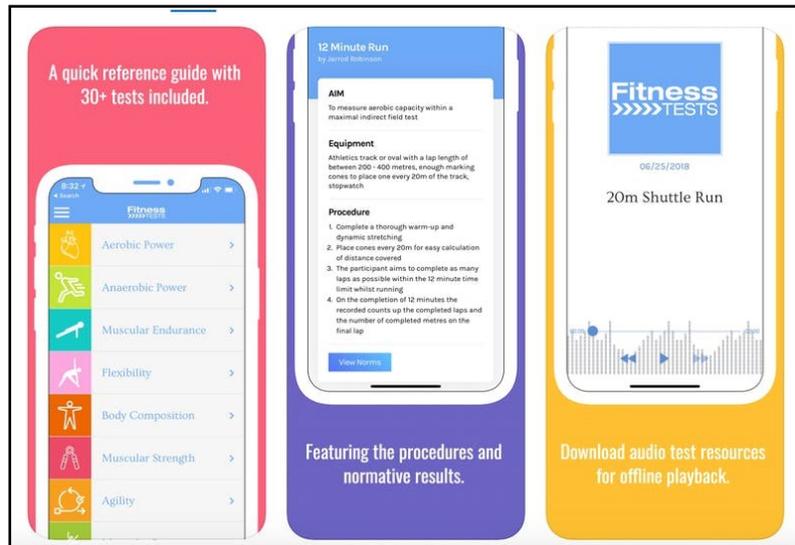
We encourage students to use this resource, setting up personal challenges at home as per the test parameters (guidelines) and recording their results.

This updated FREE Fitness Tests app puts all the information into the palm of their hands and yours too, should you wish to check it out.

Fitness Tests is the quick, easy handbook guide for PE teachers, sports coaches, personal trainers or anyone looking to measure their fitness.

The app allows for swift reference of over 30 fitness

tests from aerobic capacity, through to flexibility. Upon selecting your test, you will be provided with the aim, equipment, procedure and the norm standards so that you can easily and accurately complete the tests you desire.



Additional programs and ideas for you to try at home.

- **7 Minute workout** - <https://7minuteworkout.inj.com/#>
- **4-minute Tabata workout** - <https://www.healthline.com/health/fitness-exercise/tabata-apps#1>
- **Personal Workout** - <https://apps.apple.com/au/app/personal-workout/id588207584?mt=12>
- **Pocket Yoga teacher** - <https://apps.apple.com/au/app/pocket-yoga-teacher/id1221235120?mt=12>
- **Balance It – The PE Geek** <https://thepegeek.com/2013/06/balance-it-task-card-resource-for-pe-teachers/>
- **Jump – PE Geek**
- **Just Dance Now** - <https://justdancenow.com/>
- **AR Runner (only available for Apple devices at present)** - <https://www.youtube.com/watch?v=jQmvf3x9oFE>

Health Hub

Looking after your diet and sleep patterns is always incredibly important, now more than ever.

This is an opportunity to focus on the ‘internal you’. Here are some highly reputable sources you may like to investigate.

Great ‘tried and tested’ nutritional recipes for all the family to try can be found at:

- **Smiling Minds** – Beyond Blue <https://www.smilingmind.com.au/smiling-mind-app>
- **ACT Nutrition Australia** - <https://www.nutritionaustralia.org/national/recipes>

You don’t have to be an athlete to enjoy these tasty, healthy recipes.

- **Sport Australia** - <https://ais.gov.au/nutrition/recipes>
- **Sports Dietitians Australia** - <https://www.sportsdietitians.com.au/recipes/>
- **Relax Mood Melodies: Sleep sounds** - <https://apps.apple.com/au/app/relax-melodies-sleep-sounds/id467103113?mt=12>
- **12 live animal webcams to get you through social distancing** - <https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>
- **Zoo’s Victoria Australia** - www.zoo.org.au