

Dear Parents/Carers and Students,

As I am writing this, we are entering our fifth week of remote learning, and what a journey we have been on. It has been heart-warming to see our whole school community come together and support each other as we work towards a common goal – providing a learning program for our students, looking after everyone's wellbeing and, most importantly, keeping everyone safe.

I once again want to thank our whole school community for working together to achieve a great transition in the way we are engaging in teaching and learning. We are continuing to gain feedback from staff, students and parents through surveys, and are in the process of making adjustments to continually improve the way we deliver our programs and support our whole school community.

We are working on responding to the feedback received through the parent and student surveys that concluded today, and making the appropriate modifications. A strong message that we are receiving from parents, students and staff is how overwhelmed you are feeling with the volume of work, and wanting more connection with the whole community.

You would have seen on Friday that we posted a Connected newsletter that aims to share the great work that has been done bringing our community together while on remote learning. Today you will see a video from our Captains and other College leaders talking to our community and also inviting our students to share photos about their experiences while on remote learning as part of a competition for our College.

I, along with a number of our staff, visited our Year 12 students on Thursday, letting them know we are thinking of them. They are doing it tough and we wanted them to know that they are not alone. You can see some of their smiling faces in the Connected document.

Feedback from parents and students indicated a strong need for whole school community days while on remote learning. The first of these days will happen this Friday, 15th of May where our whole College Community will participate in a 'Fun Friday' where no lessons will be held but we are asking students and staff to engage with their families in a fun activity. This can include baking, shooting hoops, gardening, kicking the football, doing some art work, walking the dog, playing UNO, watching a movie; something that makes you feel good and happy. It is really important that we manage our mental health and wellbeing during this period of social isolation and remote learning and this is one way that our Community can connect and do something together. We would like you to take photos and share with us what you are doing on 'Fun Friday'.

For our Year 12s, this is a day that you can take a breath and 'catch up' on work, but only for half a day and then go outside, enjoy the fresh air, take some no-stress time for yourself and do something fun!

It is important to remember that "It's OK to do less when you are coping with more!"

We are also planning a 'Wellbeing Wednesday', and more information about this will be forthcoming.

A reminder for all students to log in their attendance each morning before 11 by accessing the link on their Compass feed. If you know your child will be absent from learning on a particular day, please enter their absence and reason on Compass. We continue to monitor attendance and follow up with parents and students who are absent. We report student attendance to the Department of Education daily.

A reminder that this Wednesday 13th of May, our staff will be involved in Professional Development and they will be uploading lessons on Compass for periods 1 & 2 for students to work on independently. Periods 3 & 4 are already scheduled for independent learning. We ask that students access their Compass account and review the lesson and work required during this time. Don't forget to submit your attendance.

The safety and wellbeing of our whole school community remains paramount. To keep everyone safe, we have reduced the number of staff on site with only a skeleton staff present on any day. The office will be open but only with one staff member from 8:30 to 3:30. We ask that you are patient as we manage your queries.

It is important to remind you once again to not hesitate to contact the school if your child needs support. We will make sure someone from our wellbeing team reaches out and offers support. I remind you that if the situation is an emergency, I encourage you to contact 000 and seek assistance. Beyond Blue has also developed a page with dedicated information and advice on mental health during the pandemic which can be found below at:

 $\underline{\text{https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak}}$

I hope all families remain safe and well. There is increasing hope that restrictions will be lifted and schools will eventually be open.

The College is a very strange place with no students. It feels empty and bereft of life. Schools are meant to be filled with people, not silence and contemplation. We welcome the day that we can have our whole school community back together again, safely of course.

I am taking a moment today to feel an enormous sense of gratitude to our staff, teachers and education support staff, who are labouring to educate your children in ways they could not have imagined a mere 7 weeks ago. The effort this is taking, the time they are investing, the adjustments they are making, are asking a great deal of them.

I am sure you will join with me in sending our teachers our very best wishes and thanks. Stay safe, stay positive and look after each other.

Yours Sincerely

Konnie Prades Principal