

20 August 2021

Dear Students and Families,

I hope that this update finds you well. Monday's news that the current lockdown would be extended for another two weeks was not what we wanted to hear. Yet with 50+ cases yesterday and today, we can also see the sense in it. One positive is that it gives clarity and certainty for the next two weeks. In an uncertain world, this is not a bad thing.

Once again, I thank students, staff and families for all you are doing to deal with the very quick changes to how and where we are learning and teaching. Whilst online learning is not ideal, I commend students on the resilience, persistence and effort they continue to show. Whilst the novelty of *learning from home* is long gone and it is hard to stay motivated, engagement and attendance continue to be good.

Support for Wellbeing and Mental Health

Lockdown is difficult for adults, let alone for young people. Families may be concerned about the impact of lockdown on the wellbeing and mental health on their children, and looking for help and advice on how to support them. This week the Commonwealth Department of Health launched a new website 'Head to Health' which offers a range of resources to assist in managing wellbeing and mental health.

Families might be interested in exploring *Chatstarter* which looks at some simple strategies for families and young people to support each other, and ways to have conversations around wellbeing. The link to the website and *Chatstarter* is below.

<https://www.headtohealth.gov.au/covid-19-support/chatstarter>

Accessing wellbeing support at school

Families who are concerned about the wellbeing of their son/daughter are asked to contact their child's pastoral care teacher, the relevant Year Level Leader, Mr Quinn, the Deputy Principal (Pastoral Care) or the school psychologist: psychologist@crcstalbens.com.au

Students working onsite

Vulnerable students are able to work onsite. If you feel that your son/daughter fits this category and would benefit from being onsite for one or more days, please contact the Year Level Leader or Mr Quinn.

Participating in co-curricular activities

I encourage students to participate in the different co-curricular activities that are published in the student bulletin each day. Doing things that we enjoy, that are different and that connect us with others are all helpful at this time.

Currently the SHAPE Challenge is back, CRC's Got Talent is running, the CRC SA Gazette is looking to recruit students interested in helping to publish a school newspaper, and Science Week is coming.

Fee Relief

With the extended lockdown some parents / carers may have been stood down or had their work hours reduced. Fee relief is available for affected families. Please contact our Bursar, Anne Ross to discuss so that adjustments can be made. Her contact details are as follows:

PH: 0427 036 925 **Email:** aross@crcstalbans.com.au

Finally, a reminder that if you, your child or a family member develops symptoms of a fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, or loss of smell or taste, please get tested at a coronavirus (COVID-19) testing facility and stay home.

With the current outbreak affecting all areas of Melbourne and the number of 'mystery' cases, it is important to monitor local exposure sites and to follow the directions of the Department of Health regarding testing, isolation and quarantine.

If you would like health information from the Department of Health, you can visit:
www.dhhs.vic.gov.au/coronavirus.

As we continue to navigate the challenges of this time, it is important that we are gentle and kind with ourselves and each other. When life was overwhelming, Mary MacKillop would say, '*Don't fret - you have done your best*'. We too, students, staff and families are doing our best, and that best, is pretty good, all considered. Thank you.

Take care and stay safe.



Christina Utri
Principal