

Principal's Update

1 May 2020

Dear all

Well another week of online learning is almost finished and I must say that despite considerable teething problems particularly for our younger year groups - with finding how to log on to Google classroom and engaging with Zoom and other online communication platforms, everyone (including staff :) seem to be feeling more confident in the new paradigm.

So a particular shout out should go to Year 7, who had only attended high school for 8 weeks before being thrust into an online learning environment. Considering this very short transition they have done really well.

I know all the teachers are very keen to have their students back at school and in the classroom and it will be great to have Year 12 back at school full time from 11 May 2020 (week 3). With only two terms till they sit their HSC, teachers are keen to have them in the classroom.

As mentioned in my earlier email all year groups will have one day at school in week 3.

Year 11 - Monday

Year 7 - Tuesday

Year 8 - Wednesday

Year 9 - Thursday

Year 10 - Friday

Of course siblings and children of essential worker and high needs students are very welcome to attend.

All years except Year 12 will still be following an online learning program but on their day at school they will follow their normal timetable and meet with their teachers. Their teachers will be able to explain concepts from the online learning answer questions and lots more.

As soon as I know if we will continue Phase 1 into week 4 (or if we move to Phase 2), I will let you know which years will be coming on which days.

I have spoken to the canteen operator and she has indicated that the canteen will re-open in week 3 but the menu will be a little reduced. As soon as she sends me the menu I will forward to you. However the students in week 3, will be able to buy morning tea, lunch and drinks.

I have attached a sheet provided by the District wellbeing team with lots of helpful contacts that parents may want to explore during this time.

The Elevate team who provide study skills for our students have written "it is clear to us that it's more important than ever that parents are given practical strategies to help their child study independently and that they are equipped to motivate and support their child's education.

To this end, we will be hosting a free webinar for Elevate client schools and their parent community on Wednesday 6th May."

Elevate's Head of Parent Engagement, Kane, will deliver the 60-minute webinar, which will delve into practical strategies for parents on how to boost their child's motivation, and keep them organised and engaged with their education. They will also be offering online 1:1 support for students, should parents feel their child needs some extra support staying on top of their workload and building effective study habits over this time.

I have included details of the event below.

Event Title: How to help your child study effectively during the COVID-19 pandemic (Yr 7-12 Parents)

Date: Wednesday 6th May

Time: 6pm

Sign-Up Link: <https://www.elevatecoaching.info/parent-webinar-aus/>

Cost: Free

While we have managed to issue laptops to those students who need them, at the time of writing I have been told that there are now no Dongles but, the school will receive SIM cards. These are SIM cards that can be placed into student phones which can then be activated as wireless hotspots/tethering devices for students to access online learning. As soon as they arrive, I will contact those families that have emailed me. Of course you are still welcome to contact me for either a laptop or SIM card.

If your student does need to come to school next week supervision will continue to take place in the library.

Finally, I hope you are well and that your students are continuing to manage their changed circumstances. Don't hesitate to contact me if your student needs wellbeing support.

Until next time; best wishes

Susan

Susan Wyatt
Principal
Mosman High School

COVID-19 Resources for Parents

WEBSITES



<https://raisingchildren.net.au>

Provides free, reliable, up-to-date and independent information to help families grow and thrive together. Contains information on COVID-19 and how to help your family cope.



www.esafety.gov.au

Information on how to stay safe online during the COVID –19 pandemic



www.parentline.org.au 1300 130 052

Provides telephone counselling, information and referral service for parents and carers of children ages 0 to 18 who live in New South Wales



www.familyreferralservice.com.au 1800 066 757

Brings together families, support services and community resources so that our children and young people are safe and well



<https://coronavirus.beyondblue.org.au> 1800 512 358

Information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic



<https://emergingminds.com.au>

Resources for parents and carers to best support their children and reduce worry and distress during the COVID-19 pandemic

ARTICLES

(Click on title to view article)

[Coronavirus \(COVID-19\) and children in Australia](#)

[Communicating with your child about COVID-19](#)

[Physical distancing and family wellbeing](#)

[Home schooling & keeping kids busy during COVID-19](#)

[Helping your children get along during quarantine](#)

[What to Say to Your Child about the Coronavirus](#)

[Staying Sane When School is Closed](#)

[Working From Home with Kids](#)

Official Coronavirus Information

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government's National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

Useful Contacts

Domestic Violence Line 1800 65 64 63

Mental Health Line 1800 011 511

Lifeline 13 11 14

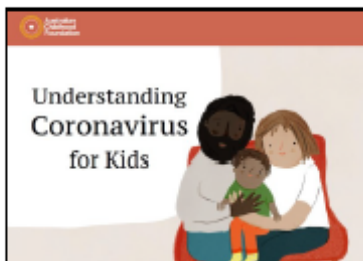
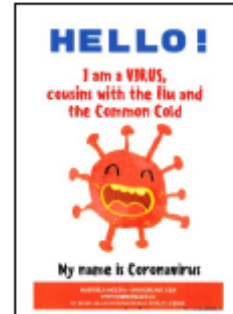
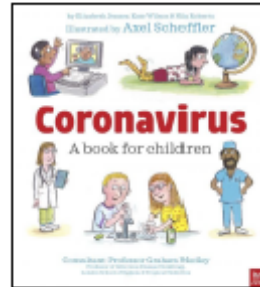
Mensline 1300 78 99 78

In an emergency, please call 000 or go to a hospital emergency department

COVID-19 Resources for Parents

BOOKS

Free children friendly ebooks available to download (click on book cover to download)



WEBSITES FOR CHILDREN AND YOUNG PEOPLE

The Digital Lunchbreak <https://www.digitallunchbreak.nsw.gov.au>

The Digital Lunchbreak website has been developed in response to Covid-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people.



Kids Helpline <https://kidshelpline.com.au>

Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.



headspace <https://headspace.org.au>

Information, resources and support for young people dealing with mental health issues.



Youth Beyond Blue www.youthbeyondblue.com

Information, resources and support for young people dealing with depression and/ or anxiety.

