

# Mount Evelyn Primary School



Dear Families,

We hope you are all well and in good spirits. Helen and I are keeping in close touch with all teachers working from home and they tell us that most students are regularly completing and submitting work of a high standard. Students are excited to communicate with teachers during focus student phone calls, love the daily morning greetings, are engaged with the video clips created by teachers and have lots of positive things to say about the learning tasks.

A heartfelt thank you from all the staff at Mount Evelyn PS for the way you are working alongside us to deliver the remote learning package. None of us are perfect, but we're all doing the best we can.

If you do have any concerns, issues or requests, please contact the classroom teacher by email or contact the school directly. We will do our best to work with you to find a solution.

There has been much in the media of late about students falling behind in their learning if schools don't open before the end of term. Please don't believe all that you read. If your child is completing the set literacy and numeracy tasks, they will maintain a good level of learning. Additionally, if your child is active and creative then, you as a family are "kicking goals."



What your child is also learning this term is a set of invaluable social and emotional skills that will remain with him/her forever. Your child will remember those weeks when time slowed down and it was possible to enjoy the simple things in life such as walking, riding, cooking, playing, creating, climbing, arguing, problem solving and most importantly spending time together as a family. Self-isolation will end, and we will resume our hectic and often time poor lives. Treasure this time with your family.

A few points to remember when things become challenging -

- Don't stress about schoolwork.
- In September, we will get your children back on track. We are teachers and that's our super-power.
- What we can't fix is social-emotional trauma that prevents the brain from learning. So right now, we need you to share your calm, share your strength, and share your laughter with your children.
- No child is ahead. No child is behind. Your children are exactly where they need to be.

Enjoy the rest of the week. Hope you have the heater going and lots of indoor activities planned.

Angie





## Self Care

Hello Everyone,

Well we have been in lockdown for a few weeks now. How are you all? Life can get challenging for families when the things we had in place to do life well have been taken away for a time.

I am missing going out with friends, and sitting opposite someone in a cafe to talk. Now I pick up the phone or go for a walk in the sunshine. I also have a few good books to settle into.

What have you identified as needing attention for your health and wellbeing? Maybe some relaxation strategies? Practice deep breathing, go for a walk, or try some meditation. These can help calm your mind and make you feel less stressed. Meditations are available on the internet and they can take you to a place of peace and calm.

Maybe some communication skills might be helpful. You might like to try practicing assertiveness skills. These can be very effective and quickly diffuse a situation. By taking responsibility for our feelings and explaining to the other person what we need in a respectful manner we can build positive relationships.

If you're at home with a few kids and life is getting challenging tips for calming down might help. Here is a link to a website that offers ideas for calming down. 50 ways to encourage your kids to keep calm. You may even enjoy practicing some of these yourself. I know I have!

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

There are times when none of our attempts at reducing stress are making any difference. This is when we need to reach out to someone else. There are many organisations who have trained people to talk to. They offer helpful advice or a listening ear. If you are interested in talking about anything I have mentioned here please contact me at [beitzel.andrea.m@edumail.vic.gov.au](mailto:beitzel.andrea.m@edumail.vic.gov.au)

Take very good care, and enjoy your week

Andrea