



# ***Our Lady of the Way Primary School***

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Dear Parents,

The Catholic Education Commission of Victoria Ltd Has released the following information for families to support them in managing the health and wellbeing of their children.

## **Supporting school communities**

We are all aware that some people in our school communities have heightened levels of concern and anxiety regarding the many impacts of the coronavirus pandemic.

These thoughts and feelings are normal and understandable.

Most adults and children will be able to manage these feelings through being resilient and practising positive coping skills.

However, some may feel overwhelmed and unable to adequately express their concerns. This may result in escalated levels of distress or worry.

## **Conversations with children and young people**

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way.

Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament.

It is important to listen to any questions they may have, and to let them know that they are safe and that it's normal to feel concerned.

If the media or the news is getting to be too much for them, encourage them to limit their exposure.

## **Resources**

A range of key resources, including videos and tips for young people, have been collated for you to share with your staff, students and families to help promote ongoing wellbeing and good health across your school community:

- [SPECIAL REPORT: Coronavirus](#) – Dr Michael Carr-Gregg developed this video for parents and school staff. Catholic Education Melbourne acknowledges the generosity of SchoolTV in making the report accessible to parents and staff in Catholic school communities
- [How to talk to your children about coronavirus](#) – ABC News article

- [Worried about your child getting coronavirus? Here's what you need to know](#) – *The Conversation* article
- [Talking to children about natural disasters, traumatic events, or worries about the future](#) – This Emerging Minds video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears
- [Traumatic events, the media and your child](#) – This Emerging Minds fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19.

Try to maintain a practical and calm approach

While families are the main source of comfort and information, school staff play a key role in supporting and reassuring children and young people. Familiarity, predictability and stability in the school environment enhance children's sense of safety and capacity to manage emotional responses. Refer to:

- the Australian Psychological Society's [advice for maintaining positive mental health](#) during the coronavirus outbreak
- Beyond Blue's information about [mental health](#) in relation to the coronavirus, facts about [anxiety](#), and other practical advice and resources at [www.beyondblue.org.au](http://www.beyondblue.org.au)
- the Royal Children's Hospital (RCH) Melbourne's [keeping healthy and staying safe](#) video with Infectious Diseases Physician Dr Andrew Daley
- headspace's information for young people and [Tips to maintain a healthy headspace](#).

## Websites for Learning from Home

*Please see below a list of websites that have many activities that you can plan and undertake with your children at home to continue their learning. For young children, parents may need to sit with their child and work through the activities with them. Students should also continue to complete a minimum of 10 - 30 minutes of home reading each day, depending on their level.*

IXL English: Online English skills to practise

From phonics and reading comprehension to writing strategies and more.

<https://au.ixl.com/ela>

IXL Mathematics: Online mathematics skills to practise

Helps students to gain mastery and fluency of essential skills.

<https://au.ixl.com/math>

Australian Government: Learning potential

Select from a range of learning tasks that may interest your child.

<https://www.learningpotential.gov.au/age-group/primary-school>

nRich: Problem solving tasks

These tasks are linked to the UK curriculum (which is very similar to the Victorian Curriculum)

[https://docs.google.com/spreadsheets/d/11h3pSE48IMxcP\\_839w9EgCdUhDaBixfXOEZNNiIGrwc/edit#gid=1970937135](https://docs.google.com/spreadsheets/d/11h3pSE48IMxcP_839w9EgCdUhDaBixfXOEZNNiIGrwc/edit#gid=1970937135)

The Victorian Government's FUSE website has a range of freely accessible online resources that offer a great variety of activities across multiple curriculum areas.

<https://fuse.education.vic.gov.au>.

A great website for writing ideas is the 'Literacy Shed'. If you click on a movie it has multiple ideas to write a story about. It will require parent support if you wish to use it at home.

<https://www.literacyshed.com/the-adventure-shed.html>

Parents from P-2 can download the 'Reading Doctor' on their I-pad. \*\*It can only be used in I-pads not on the Iphone.\*\* Made in Australia, it is used for Phonological Awareness, Phonics, Blending, Segmenting and Spelling.

<http://www.readingdoctor.com.au/>

Starfall has phonics activities for the junior grades. <https://www.starfall.com/h/index.php>

Storyline Online has actors read stories to children. <https://www.storylineonline.net/>

BrainPOP have great activities across many curriculum areas. <https://www.brainpop.com/>

**Maths Activities:** *(Some of these websites require a sign up, but all are free)*

Funbrain <https://www.funbrain.com/>

Prodigy <https://www.prodigygame.com/>

Math Playground <https://www.mathplayground.com/>

SplashLearn <https://www.splashlearn.com/>

Khan Academy <https://www.khanacademy.org/>

### **Inquiry Activities**

NASA Kids Club <https://www.nasa.gov/kidsclub/index.html>

Amazing Space <https://amazing-space.stsci.edu/>

Code Academy <https://www.codecademy.com/>

How Stuff Works <https://www.howstuffworks.com/>

Nat Geo Kids <https://www.natgeokids.com/au/>

TIME Magazine for Kids <https://www.timeforkids.com/>

Switcheroo Zoo <https://switchzoo.com/>

### **Religious Education Activities:**

RESource: <https://resourcecem.com/>

Caritas: <https://lent.caritas.org.au/#blank>

Together at One Altar: <http://www.togetheratonealtar.catholic.edu.au/>

### **Visible Thinking Routines:**

[http://www.visiblethinkingpz.org/VisibleThinking\\_html\\_files/03\\_ThinkingRoutines/03a\\_ThinkingRoutines.html](http://www.visiblethinkingpz.org/VisibleThinking_html_files/03_ThinkingRoutines/03a_ThinkingRoutines.html)

**Artful Thinking Routines:** [http://pzartfulthinking.org/?page\\_id=2](http://pzartfulthinking.org/?page_id=2)