

# GALILEE REGIONAL CATHOLIC PRIMARY SCHOOL

IN CHRIST WE LIVE, LOVE & LEARN

March 24, 2020

## **Galilee Students Holiday Wellbeing (March 24-April 14)**

Dear Parents/Guardians,

As schools have now commenced early school holidays, many parents will be seeking to introduce schedules at home to simulate a school environment or school workload for their children, with the objective of ensuring that their children continue to progress with their education. I suggest you take a different focus and approach during these extended school holidays.

This is a time to appreciate that our children are aware that life around them has changed and is becoming different day by day, causing them to question how it is affecting them, their families and society. They have never experienced anything like this before. These school holidays will be different for them in so many ways. They will be told and will understand in their own ways that there are no outings like cinemas, cafes, museums, zoos, sports camps or play dates. Your children may behave differently over the coming weeks because society suddenly has become very different from normal. This is to be expected in circumstances such as these.

The best approach at this time is to help your children feel secure and let them know that they will get through this by being kind, talking about their concerns and following the advice of authorities. Rather than focusing on daily schedules for education and school work during the holiday period, please connect and comfort your children with activities that engage them. Some suggestions are board games, walks in the park, cooking, movies, arts and crafts, virtual excursions, documentaries, home exercise as well as down-time.

After the holidays, if schools remain closed, we will begin off-site learning accessible on our school website. When children do return to school, the teachers will assist each child at their own level. Rest assured that teachers are experts at this and children will return to learning within their curriculum.

Your children's (and your own) mental health and their adjustment to these difficult circumstances is more important at all times than their academic level and skills. It is important to ensure that we don't add to their anxieties. Let them look back at this time remembering feelings of comfort and care and being able to enjoy a different sense of adventure at home and outdoors. Let them feel and know that we will return to a regular routine.

Yours sincerely,



**Simon Millar**  
**Principal**  
**Galilee Regional Catholic Primary School**