



25/08/2021

Important Information for All Families

Dear Parents and Carers,

I trust you and your families are keeping well and have been enjoying the much needed sunshine.

I'm sure you have heard about the rising COVID-19 cases each day and the thought of continuing these lockdown restrictions with no end in sight is very distressing, not only for you, but for your children and families.

We wanted to write to you, hopefully to reassure you and share some insight and important reminders.

Up until now, you may have insisted that your children follow the learning plans each day. You had high hopes of hours of learning. You'll limit screen time and breaks until all learning is completed! In 'usual' times, that would have worked beautifully but here's the thing...

Our children are just as scared and anxious about this as we are right now. Our children not only can hear and see everything that is going on around them, but they also feel our tension and anxiety. Like us, they also have never experienced anything like this before. Although the idea of being off school for weeks sounds great, they are probably picturing a fun time, not the reality of being trapped at home and not seeing their friends and extended family.

Over the last few weeks, I hope you've found opportunities to read Ms G's Wellbeing e-newsletters. There are many top wellbeing and learning tips on our Concord West Learning Hub which is updated weekly. Click [here](#) for more wellbeing tips from Ms G and Ms Shamir our School Counsellor. Please reach out to them if you need further support for you or your family.

Over the next few weeks, you may see an increase in behaviour issues with your children. Whether it's anxiety, or anger, or protest that things aren't normal - it will happen. You'll likely see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. **This is normal and expected under these circumstances.**

What your children need right now is to feel comforted and loved. To feel like it's all going to be ok. This might mean that you forget about the learning plans and the starred tasks. It might mean that you love your kids a bit more. Take advantage of these beautiful sunny days and get some much needed Vitamin D together as a family. Play outside and go for walks. Bake with them, paint with them. Play board games, watch movies. Start a book and read together as a family. Snuggle under warm blankets and do absolutely nothing. This is what they need right now. They need you.

Don't worry about them regressing in school. Every single child is in this boat and they all will be ok. When we are back in the classroom, we will course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your children because they don't want to complete the tasks. It's okay if your children are not following the learning plan exactly. Don't insist on hours of learning time if they are resisting it.



If we can leave you with one thing, it's this: **at the end of all of this, your child's mental health will be more important than their academic skills.** How they felt during this time will stay with them long after the memory of what they did during those weeks of lockdown.

Please keep this in mind, every single day.

Click [here](#) for further information on how to look after your child's wellbeing during this time. Over the next few weeks I will be sending you helpful tips and reminders. I have attached my favourite to this letter, ***The Benefits of Hugging.***

Please reach out to your child's teacher for any additional support if you need it.

Yours sincerely

M. Cidem

Link 1: CWPS Learning Hub wellbeing page: <https://sites.google.com/education.nsw.gov.au/cwps/wellbeing>

Link 2: Wellbeing Services, NSW Dept of Education website: <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/wellbeing/wellbeing-at-home/general-information/wellbeing-services>

Attachment: The Benefits of Hugging.pdf