



AVELEY PRIMARY SCHOOL

An Independent Public School

(ABN 29 985 456 130)

8 Bolero Road, Aveley, WA 6069

COVID-19: PARENT UPDATE (31.03.2020)

Dear Parents and Carers

As you are aware, to make preparations for the continuity of the teaching and learning program in the event of significant disruption to student learning, including temporary school closures, we have implemented a Teacher Planning Team to facilitate this process in our school. These preparations are well underway and our staff are focused on upskilling themselves around required IT requirements, the preparation of information to support parents and students in the delivery of the content while simultaneously planning a suitable teaching and learning program to accommodate the needs of our students for Term 2. More information as to what this is going to look like will be made available to you shortly.



As a reminder, coordinated learning programs cease on Friday 3 April for students. Schools are not expected to provide work for students who are not in attendance for the balance of Term 1. From Monday 6 April to Thursday 9 April, teachers will prepare teaching programs for Term 2. During this time, students who attend school will be supervised.

SUPPORT FOR PARENTS & CARERS

The DoEs [Learning at Home](https://www.education.wa.edu.au/learning-at-home/support-for-parents-and-carers) website has some support strategies for families around 'home schooling'. <https://www.education.wa.edu.au/learning-at-home/support-for-parents-and-carers>.

Additional websites as suggested by our School Psychologist (Bradley Calamel), have been included at the end of this update. Please consider these as required.

If families have made the decision to keep your children at home, and you have not already done so, please notify the school. You should email the school using this address aveley.ps@education.wa.edu.au, stating the name of your child/children and that the reason for keeping them home is due to COVID19. Please include the start and end dates (end of Term One).

If you have any concerns, then please don't hesitate to contact the school on 6296 5466 or at Aveley.PS@education.wa.edu.au.

Once again, we thank you for your time and support in these challenging times.

Kind regards

Michelle

Michelle Murray
PRINCIPAL

31 MARCH 2020

Online Counselling

The BRAVE Program: <https://brave4you.psy.uq.edu.au/>

Mood Gym: https://moodgym.com.au/?gclid=Cj0KCQjwmdzzBRC7ARIsANdqRRnOQmSIK70ty-F2Xy9IfTrJcdUH6v2VuFsWNNkZrl BkwsIXgmy5X0aAtrEALw_wcB

Information and Online Support

Lifeline: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Beyond Blue: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Headspace: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

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

Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Helpful Apps

Smiling Mind: <https://www.smilingmind.com.au/>

1 Giant Mind: <https://www.1giantmind.com/>

Reachout Apps: <https://au.reachout.com/tools-and-apps>

Mind Shift: <https://mindshift.org.au/>

Activities

The Body Coach: <https://www.youtube.com/playlist?list=PLYCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

Cosmic Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Other Helpful Links

Talking to Children About COVID-19 (Coronavirus): A Parent Resource:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

A video explaining how to talk to children about the Coronavirus:

<https://www.youtube.com/watch?v=WhVad8ToCiU>