

Dear Parent/Carers

A quick email to check in to let you know that we are thinking of you and your family. Your emails of support and kindness are very much appreciated. Melrose High School (MHS) teachers and Administrative staff are working onsite and at home to develop online teaching resources that will be available in Term Two, 2020. We continue to support students whose families work to provide essential services, are unable to care for their child(ren) at home or have vulnerable children with additional needs. Please note that there are no canteen facilities operating at present, students who are attending must have a refillable water bottle, snacks and lunch.

Attached is some information from Headspace that could be useful for families. Additionally the following resources may be useful:

Tips for coping with anxiety related to COVID-19

The Australian Psychological Society has developed an excellent [resource](#) with tips for coping with anxiety related to COVID-19. Understanding and responding to anxiety and stress, both your own and those of students, parents and educators in school communities is important in times such as these.

Mental health considerations during the COVID-19 outbreak

The World Health Organisation (WHO) has also developed useful [resource](#) providing advice on a range of mental health considerations during the COVID-19 outbreak, with sections relevant to your professional role as a school psychologist.

What can you do support us?

There are two things that you can do support us here at school:

1. We are required to submit attendance every day. If you have not yet contacted the school to let us know that you will keep you child(ren) home, please email Rolls Office at: RollsOffice@melrosehs.act.edu.au
2. Please ask your child(ren) to check their school email – they can access this from the Digital Backpack.

Learning for Term One, 2020

Learning Support Classroom Teacher, Lynn Hart has compiled some resources to support families to use *Read and Write for Google* (attached), you may also like to watch the YouTube clips below:

- Read & Write for Google Chrome – Vocabulary: <https://www.youtube.com/watch?v=BNks9ofZb00>
- Read & Write for Google Chrome – A how to guide for students: <https://www.youtube.com/watch?v=YJ5N1BQc0bc>
- Read & Write for Google – Tutorial: <https://www.youtube.com/watch?v=YJ5N1BQc0bc>

Don't forget also to check out:

- MHS Google Classroom, *Keeping It Real! Just for Fun* - class code has been emailed to every student. Every day there is a new post on the stream with a journal idea, joke and quote of the day.
- The ACT Education Directorate has established a collection of supports available here: [Resources to Support Home Learning](#).

- Classroom Google pages are still active and students can engage with their teacher through this platform, additionally students have accessed to Maths Space, Language Perfect, Stile and ClickView through their Digital Backpack. We encourage students to connect with their teachers through their Google classroom.

Thank you for working in partnership with the school to enhance the learning outcomes and support the wellbeing of our community.

Kind regards
Shannon



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