

Good afternoon families. Today I have included a journal that can form a part of extra activities to support wellbeing. We have encouraged the students, last week and this week, to express what they are grateful for and what balances out their stress levels.

They have expressed some key things that they are grateful for:

1. Family
2. Friends
3. Online connection and school
4. Their pets.

I think that the students at this school are amazing. They have resilience and connection to you and us and I would like to thank you for all the work you do as their caregiver. Thank you.

**This week:**

Everyone is wondering about the current lockdown and what that will mean for families and schools. Please stay tuned to the daily press conference from the Chief Minister, we should have an announcement soon.

Should the lockdown continue, please be assured we are prepared at the school to support students and families as well as the staff.

- We have started a process of looking at potential timetable adjustments should at home learning continue.
- Marking, mid semester reports and parent teacher night will still accompany the online learning
- Teachers and support staff are supported via a number of means within the school but you should know that the positive feedback that you have sent to us is having a real impact on school staff.
- Student and family support remains available so just email me and I will see how the school can help.

I hope that you all stay safe and are well.

Kind regards,



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