



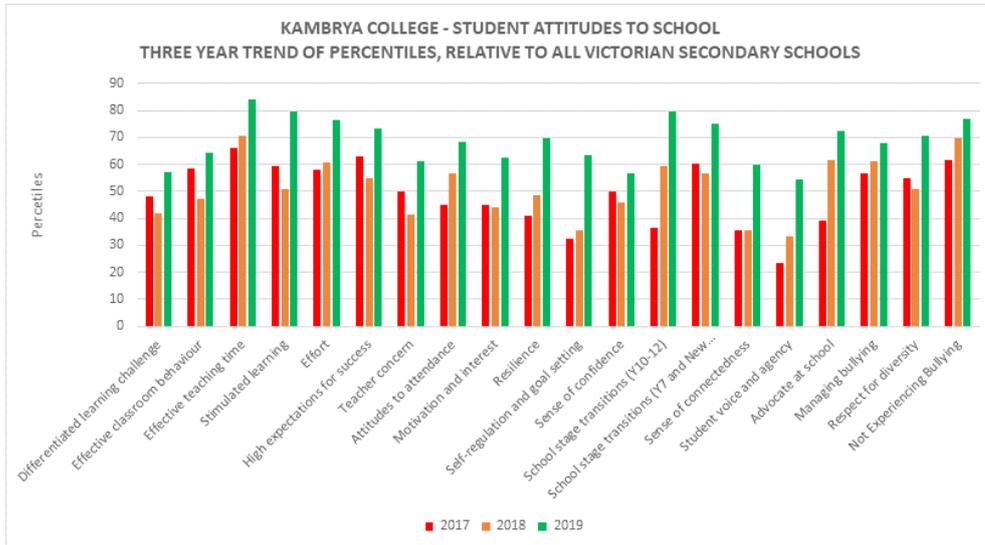
## Principal's Message

Dear students, parents, guardians and community members,

This week we have launched our new suite of Year 7 transition resources, which includes a new virtual school tour of the College, as well as a narrated presentation that would ordinarily have been given at our information evenings. Check out the updated website for all transition materials. The school tour is also available on Facebook.

Please check out the Gratitude Wall on Compass. There are some incredible reflections coming through there, and it is a great reflection on how our school community is rallying together.

This afternoon I touched base with our student leaders at our Principal's Advisory Group meeting. It was a great meeting, and so good to be able to interact with our students despite the remote learning environment. Of particular note, I showed them the amazing data set below. This is the three year trend of our *Student Attitudes to School Survey* results, from 2017-2019. The towers indicate percentiles, relative to the results of all Victorian Government Secondary Schools. In my view, this is one of the most important data sets that any school can receive, as it is the 'warts and all' representation of the student experiences, which is a direct result of our service provision. As you will see in this data, our College has much to be proud of! We have experienced exponential growth in all categories, and we are now extending into the top 25% of the State in many categories. This is not a fluke. It is the direct result of an extraordinary amount of strategic and purposeful improvements, brought about by the collaboration, hard work and grit of our teachers, support staff, students and parents. For all those who have contributed towards this fantastic achievement, own it, and be proud. Be very proud! We aren't done yet though, and we look forward to seeing those green towers extend even further in the years ahead.



Wishing all the mothers out there a fantastic Mother's Day! 😊

Kind Regards

**Keith Perry**  
Principal

## Key Dates

2020

All School Calendar dates now appear on Compass - we strongly encourage all parents to check for upcoming events through Compass, click on the Calendar Tab, then Public Whole School Calendar, you are able to view details in a Week or Month format

Friday 29th May  
Staff Report Writing and  
Curriculum Day -  
STUDENT FREE DAY

Monday 1st June  
Semester 2 Classes begin

Friday 26th June  
Last Day of Term 2

Monday 13th July  
First Day of Term 3

Friday 18th September  
Last Day of Term 3

# Admin News

If you have any queries regarding your school account, including Compass Course Confirmation and Payments, please email:

[gayle.sparks@education.vic.gov.au](mailto:gayle.sparks@education.vic.gov.au) and/or [nikki.kewin-talbot@education.vic.gov.au](mailto:nikki.kewin-talbot@education.vic.gov.au)

## CSEF

If you have a Health Care Card that was valid prior to 14th April 2020, and you have not already submitted an application (or been automatically rolled over from last year), please contact us in accounts on the above email addresses and we will email you a form to complete.

**1800RESPECT**

**NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE**

**1800 737 732**

**[www.1800RESPECT.org.au](http://www.1800RESPECT.org.au)**

Available any time of the day or night

# Wellbeing News

## Supporting and addressing young people's anxiety around COVID-19

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. With the restrictions and rules changing with coronavirus across Australia, the level of anxiety within the community is increasing. Feelings of worry and unease can be expected following a stressful event, such as the declaration of a global pandemic. It is important that we learn to recognize and respond accordingly to anxiety within our families now more than ever.

Anxiety may present in a young person in many different ways, some common examples are:

- **Finding it hard not to worry** – asking the same questions continuously, frequently seeking reassurance, unusually clingy, constantly looking at updates on COVID-19.
- **Feeling restless** - pacing, fidgety, unable to stay still for long periods of time or at all.
- **Trouble relaxing or sleeping** - sleeping in past their regular wake up time, difficulties falling asleep, difficult to wake, dissociating/daydreaming.
- **Trouble concentrating** - unable to remain present in a conversation, not completing tasks they once found simple.
- **Easily frustrated** - angry outbursts, yelling and throwing of things, mood swings which are set off by small triggers, or not trigger at all.
- Other symptoms we may not be able to see that a young person may possibly identify include racing heart, sweaty palms, and racing thoughts.



When talking to young people about COVID-19 it is important to be using factual and up to date information from [World Health Organization](#) and [Australian Government coronavirus \(COVID-19\) health alert](#) websites. When talking to young people about COVID-19 be honest. Be clear that while it's like the flu, the difference is we don't have a vaccine yet. Explain that's why keeping our distance from others and washing our hands is important to stop the spread. They've probably been exposed to what's happening in other countries through news and social media - but might not have the ability to process that information. Acknowledge that this situation is complex but stress that every country is different and that we have some real advantages here in Australia, including that we've been able to learn from what's happening in other countries and we have one of the best healthcare systems in the world.

Stick with that same message every time you talk to your teenager, rather than feeling you need to update them every time there's a new development. Limiting news and social media might be appropriate if it is causing anxiety in your child.

There are many positive actions you can take to help your teenager with their anxiety around COVID-19.

- Start with giving them time to calm down before you respond to the situation, try to focus only on the situation and deal with all other things later. Take some slow, deep breaths

together. Breathe in for three seconds, hold for three, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.

- Make time to worry, schedule this in daily for a set time where they can express their worry and have your full attention and support to discuss these concerns about COVID-19.
- Break tasks or information down into smaller steps – allowing any information they *need* to know is able to be understood and processed before moving to the next part.
- Encourage positive thinking and praise them when you can see they have really tried their best.
- Help your teen take charge. Help them to challenge the scary thought with facts. “Yes, it is scary that we currently are dealing with a pandemic, but there a scientist all over the world working on a vaccine”
- Be upfront, be a model for your child. Teenagers pick up signals from adults, so by showing calmness in dealing with stressful situations, you are showing them the way.
- Check your own behaviour. Try taking a step back and wait before you jump in to help your child. Figuring things out for themselves, learning to problem-solve, is an important step and will help them to be a resilient adult. Over-protective family members can reinforce a child’s fears that the world is a dangerous place and that they can’t handle it.

## Managing your anxiety and stress during COVID-19 for young people.

Self-care is an important part of keeping the mind and body healthy, don’t forget to regularly take movement breaks throughout your study day. Getting outside – breath in some fresh and be out in the sun. [Orygen – Self-care during the COVID-19 outbreak](#) have plenty of useful ideas for more self-care ideas.

It is important to remain connected with your peers during lockdown. Local youth services have plenty of safe ways for you to connect online with like-minded young people while learning a new hobby or playing a game! [Local City of Casey Youth Services](#) are running regular events such as live concerts with local artists performing, gaming tournaments, art class and dancing sessions, all online.

It is important that the information we are reading about COVID-19 is factual and update to date, some other great places we can stay informed are: [Headspace - how to cope with stress related to COVID-19](#) [Youth Beyond Blue](#) & [Beyond Blue – Coronavirus](#)

If you do find yourself feeling anxious about COVID-19 and unable to break out of those anxious feelings, it is vital you reach out to your parent, carer, or trusted adult as soon as possible.

