

Working from Home

This work package is for three weeks. We will be in contact again after the holidays to let you know what we will do next.

There is a suggested timetable for each year level.

Supporting learning and wellbeing in the home



Being in a confined space for a long period of time may lead to added stress and conflict in the home.

One of the first activities you might like to do with your child is to plan and then create a place to work.

A place to sit, and to write and to put their pencil case. A bit of structure is good. Preferably not the bedroom or near the TV.

Decorate it with their school work, artwork or other projects they are proud of so it is a positive environment that encourages them to learn more.

Pin up their timetable and tick it off as it is done.

Set some rules that suit the age of your child, such as we will work for 30 minutes, then take a break. Then come back and do another 30 minutes.

Take time to care for yourselves so you can care for others!

Mental Health

What can you do?

Reassure

- Talk to your family about what is happening. Understanding the situation may reduce their anxiety.
- Try and model calmness when talking with your children and family.
- Talk with your children about how they are feeling. Listen and reassure them.
- Talk with your children about COVID-19. Answer their questions as honestly as possible. This may help to address their fears and reduce anxiety.
- Help your children think about how they have coped with difficult situations in the past and reassure them. Discuss different ways children and adults react to different stressful situations.
- Look out for signs of distress. Children may respond in different ways. This may include changes to their sleeping patterns, change to appetite, increased clinginess, wanting to be close to adults, increased irritability, anger or anxiety.
- Encourage them to do their Core Practice. This is a breathing technique we have taught your children. See the MindUp website for more information: <https://mindup.org/>
- Try to maintain a healthy lifestyle.
- Remind them that isolation will not last for long but is necessary for their ongoing safety.



Engage

- Exercise regularly. It is a proven way of reducing stress and depression. Be creative. This could include exercise videos, dancing, yoga, walking around the backyard or using home exercise equipment.
- Spend time together and keep to routines as much as possible. Make time for playing and relaxing as well as learning. Have fun together.

Connect

- Encourage your children to keep in touch with family members and friends via mobiles, email or where appropriate, social media.
- Keep an eye out for text updates from Merriwa Primary.
- See the Department of Education Western Australia websites: <https://www.education.wa.edu.au/learning-at-home>
- Go to our school website for news and updates: <https://www.merriwaps.wa.edu.au/>
- Limit media exposure—frequent exposure to media may increase fear and anxiety.
- Keep your kids safe from cyber bullies and unsafe social media behaviour.

Have fun together as a family

Mental Health Resources

Head to Health

Head to Health provides links to trusted Australian online and phone supports, resources and treatment options for all adults and young people.

w: headtohealth.gov.au

Crisis Care

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help. It operates after hours, 7 days a week.

t: 9223 1111

Crisis Care can be accessed through the translating and interpreting service on 13 14 50.



Mental Health Emergency Response Line

For anyone involved in a mental health emergency in the community – including individuals, families/carers, member of the general public or health professionals.

Metro: 1300 555 788

Peel: 1800 676 822

Rural Link: 1800 552 002

TTY: 1800 720 101

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

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

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



Merriwa Primary School

An Independent Public School
"LEARNING FOR LIFE"

Dear Parents, Families and Carers,

I hope that you are all well and are finding your best way of managing these uncertain times. We value your child's education and our staff has put a lot of thought and care into creating these work packages for your children.

Now that most children are staying home, it may be tempting to think that you have become the teacher in your home.

Don't forget that teachers have had at least 4 years of training and many of us have taught for 30 years or more. You can't expect yourself to suddenly become an expert!

But you can do what you do best:

- Comfort and love your child,
- Reassure them,
- Take care of yourself and
- Do the best you can

... and if you are able to do some work at home with them, fantastic.

Remember, at the end of this, the time you put into your kids' mental health will be just as important as the time you put into their academic skills.

Don't worry about them regressing with their school work. Every child is in the same situation, and when they return we will see where they are at and put them back on course.

Meanwhile, stay safe, stay well and we look forward to seeing you all again soon.

Kind regards,
Mrs Sue Waterhouse
Principal
3 April 2020