

Dear Students and Families,

The Term 1 school holidays are being brought forward and **will begin on Tuesday 24th March (tomorrow)**. This is not something that the Victorian Government has done lightly, but it's clear that if they don't take this step, more Victorians will contract coronavirus and our hospitals will be overwhelmed.

What does this mean for students?

A. **Starting Term 1 School Holidays Early**

You are starting your normal school holidays early and will be getting an extra 4 days. During these extra 4 days, our staff will be preparing lessons to be delivered via Remote Learning.

B. **Likely Transition to Remote Learning Term 2**

You need to **make sure you bring home from school everything you may need to continue your learning program at home. This includes iPads, textbooks, workbooks, class materials, folios, calculators, pencil cases, etc.** It is possible that at the end of the school holidays, we may Transition to Remote Learning and you may not be able to access these materials for some time.

C. **Government Advice: You Need to Take Personal Action to Reduce Your Exposure**

- **Social Distancing:** minimise contact with others not in your immediate family, don't go out unless it's essential, keep contact brief and ensure a distance of 2 metres is kept between yourself and others
- **Stay healthy** with good nutrition, regular exercise, sensible drinking, sleeping well, and if you are a smoker, quitting.
- **Maintain Good Hygiene Practices:** Protect yourself and your family;
 - Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, sneezing, or using the toilet. If soap and water are not readily available, use a hand sanitiser that contains at least 60 per cent alcohol.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
 - Do not share drinking bottles, crockery and cutlery.
- Do not participate in community gatherings including community sport if you are elderly or have pre-existing medical conditions.
- Stop shaking hands, hugging or kissing as a greeting.
- Get vaccinated for flu (influenza) as soon as available. This could help reduce the risk of further problems.
- Clean and disinfect high touch surfaces regularly, for example telephones, keyboards, door handles, light switches and, bench tops.

Visit DHHS website (<https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures>) for further information.

D. **Further Updates**

Please check your emails and the College Facebook pages towards the end of the school holidays for further updates.

E. **Maintaining Good Mental Health**

It is crucial at this time that all students maintain their mental health. Below are some links from Headspace and Reach Out to support students and families at this stressful and challenging time.

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

<https://headspace.org.au/friends-and-family/tips-for-a-healthy-headspace-for-family-and-friends/?stage=Live>

<https://reachout-australia.myshopify.com/products/poster-5-ways-to-be-awesome-at-self-care-pdf>