

## Riding the CORONA COASTER



Corona Coaster

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#### **The coronavirus has turned our lives upside down ...**

Across Victoria, students and their families are experiencing challenging times with the state being in various stages of lockdown yet again. However, this second wave of the pandemic is now also beginning to impact other areas of Australia and New Zealand. Riding this corona coaster and navigating the ups and downs of the current reality is proving to be confronting for many people. The coronavirus has turned our lives upside down with some students returning to remote learning and parents continuing to juggle the home environment.

The uncertainty of not knowing what will happen next may have an impact on many students and their families. There is a concern that mental health issues such as anxiety, depression and substance abuse, will increase, especially amongst young people. In the coming weeks, it will be vital for adult carers to reduce the stress levels at home and make life seem more manageable.

As an adult carer, it will also be essential to look after your own wellbeing during this time. Ensure you make time to de-escalate your own nervous system and maintain your sleep routine, healthy eating habits, get some regular exercise and reach out virtually to friends and family.

In this Special Report, families are encouraged to embrace the guidance offered to help minimise the impact of this corona coaster. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

[Here is the link to your special report](#)

*Source: SchoolTV*

**Mrs Jacoline Petersen**

Director of Student Counselling

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