



## PROMOTING HOPE DURING LOCKDOWN

### **How do we respond to the latest changes?**

The uncertainty surrounding the Covid pandemic creates challenges for the wellbeing of families.

Now that the lockdown has been extended and the restrictions have been increased in many of the LGAs our student families live, I suspect many of you may still be processing how to respond to the latest changes.

We are all affected by the lockdown, but our experiences vary. Teachers have reported that, most of our students are thriving during this Blended Learning period and they love their Zoom sessions with their teachers. They are engaged in their learning and enjoy seeing their peers on Zoom. These students are motivated, disciplined, organised and log on every morning and afternoon. They are independent learners and learning is not too challenging for them.

Some of our students are motivated but challenged by Zoom and may struggle with their organisation, time management and problem solving. Getting out of their warm and comfortable beds in the morning may be more challenging for them. Parents intervene and remind their children of the expectations. Learning is often more challenging for these students.

When we look closer at this pandemic and the lockdown, we can find unique opportunities ranging from gaining more insight into our children's skill levels and how they respond to tasks. Most parents will be pleased by their children's responses during this unprecedented situation but some parents, may feel confronted when they observe the level of struggle their children experience with formal learning. It is also an opportunity to remind them that adverse events are temporary, and we will get through this.

If your child is one of those children who really struggle with formal learning, I want to encourage you to separate the student from the child. Take a closer look at your child and identify what they are good at and praise them for that. Recognise that learning is broader than formal learning and could even include play. Play will certainly support you to enhance your relationship with your child. This is an opportunity to model optimistic thinking and encourage our children to be optimistic.

If you wish to know more about how to encourage your child to be optimistic click on link below:

### **Optimistic Parenting**

<https://mountainkidslouisville.com/blog/look-bright-side-important-optimistic-parenting/>

If your child is in Junior School and you want to know more about the value of play, click on the link:

### **Types of Play**

<https://www.verywellfamily.com/types-of-play-2764587>

If your child is in Senior School and you want to know more about the value of play, click on the link:

### **Play and Teenagers**

<https://www.lgspeechtherapy.com/blog/2018/7/30/why-play-is-important-for-teenagers-too>

Let's make the best of this lockdown situation. Be kind to yourself and reach out to us if we can support you or your children during this period.

<https://www.thac.nsw.edu.au/blended-learning>

### **Mrs Jacoline Petersen**

Director of Student Counselling

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