



## YOU HAVE OUR SUPPORT

### **We are here to support**

We now have more than 5500 active Covid cases in NSW, after being in lockdown for more than 5 weeks.

Consequently, we do not anticipate that we will be out of lockdown quickly. We know that many parents have faced increased levels of stress during the lockdown, because some are caring for their children and juggling paid work from home.

We anticipated some challenging situations could develop during lockdown at various times. We wanted to support families and compiled some resources that can support families when presented with tricky situations. If you need information on:

- ⇒ Responding to children pushing your boundaries
- ⇒ Raising awareness of our triggers
- ⇒ Manage Family conflict
- ⇒ Sibling rivalry or
- ⇒ Mental Health

You can access any of these resources and more by clicking on this [link](#)

SchoolTV, also provides relevant fact based information for our parent community that can be used if and when challenging situations arise. This immense uncertainty created by the pandemic is certainly taking a toll on all of us and as parents it can be hard to know how to assist our children at a time like this. Dr Michael Carr-Gregg, one of Australia's leading psychologists, provides us with some recommendations on how we can support our children and instill hope.

For more information on how to **"Instill Hope in Uncertain times"**, click [here](#)

Remember that you can touch base with any of the psychologists at college during this Blended Learning period. You can reach any of us:

Mrs Petersen ([jpetersen@thac.nsw.edu.au](mailto:jpetersen@thac.nsw.edu.au))

Mr Cleur ([ncleur@thac.nsw.edu.au](mailto:ncleur@thac.nsw.edu.au) )

Ms Bjelan([mbjelan@thac.nsw.edu.au](mailto:mbjelan@thac.nsw.edu.au) )

via email to organise a Zoom session or a chat on the phone.

**Mrs Jacoline Petersen**

Director of Student Counselling

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