



THE WAY



FROM THE JUNIOR SCHOOL DIRECTOR OF OPERATIONS AND WELFARE

I hope your children are enjoying the many experiences Wellbeing Wednesday has to offer.

Over the next two Wellbeing Wednesdays, Junior School students will have an opportunity to paint, draw, create, compose or perform a dance, sing a song or play an instrument. For some students, these skills can be a little daunting as they may feel like they are not good enough. I for one struggle with drawing, just ask any students who have had me as their teacher, but I never gave up, and no, I'm still not Picasso, but at least I gave it a go. So please encourage your child/ren to just have a go.

As we enter another 3 weeks of lockdown, I wonder how you are going. Are you now in a routine that seems normal or are you still wanting to climb the walls to escape this maddening experience of home learning? It's tough isn't it, especially when you have to teach your own children. I love teaching everyone else's children, just not my own, maybe because I expect too much from them.

I came across this letter from a Principal in Greater Sydney who I believe says it all. I have given you a shortened version. Please take the time to read it and please know that you are doing an amazing job. Hang in there! You've got this!

Dear Parents,

You might be inclined to create a minute-by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...

Our Kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before.

Over the coming weeks, you will see an increase in behaviour issues, whether its anxiety, anger, or protests that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like its going to be ok and that might mean that you tear up your schedule and love on your kids a bit more. Play outside and go for walks. Bake cookies and paint pictures. Play board games and watch movies. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school because every single kid is in the same boat and they will be ok. When we are back in the classroom, we will of course correct and meet them where they are.

If I can leave you with one thing. Its this: at the end of all of this, your kids' mental health will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they were doing during those weeks is long gone. So, keep that in mind, every single day

'My children, our love should not be only words and talk. Our love must be true love. And we should show that love by what we do.' (1 John 3:18)

Mrs Kylie Singles

Director of Operations & Wellbeing – Junior School
