

FROM THE PRINCIPAL

Tullio Zavattiero - Principal

Welcome to this abbreviated version of the newsletter. Given that this is the first week staff and students are back following the curriculum, this edition is more brief than usual.

I commend our staff for their diligence during last week's professional planning time. During the week staff undertook training on the use of Microsoft Teams in the delivery of classroom instruction. This has been a positive step in creating some real connection with students and facilitating learning directions.

Some parents/guardians may be aware that CRC Sydenham closed on Wednesday this week until further notice, due to a confirmed case of COVID-19 at the campus. We keep the staff and students, and their families, in our prayers. Contact tracing is under way and Sydenham will update families, including our Year 10 VCE/VET students directly.

The College is complying with the mandatory requirement to wear facemasks or face coverings – staff and students who are being supervised on campus as they undertake their flexible and remote learning. Any parents/guardians visiting the College must also comply and must wear a face mask/covering when entering the grounds.

We are almost at the end of the first week of flexible and remote teaching and learning for Term 3, and I am pleased to say that by all accounts students, and staff, have settled back into this mode very well.

A reminder that if you or your child needs additional support with their learning, our staff are here to help.

- **For academic issues:** First point of contact is the subject teacher.
- **For general wellbeing issues or enquiries:** You may contact the Homebase Teacher in the first instance, or use the SUPPORT button on your Schoolbox page to contact your Student Wellbeing Coordinator (SWCs). There is a video on Schoolbox to show you how to do this.
- **Student disengagement in learning:** Student Wellbeing Coordinators will contact parents/guardians if concerns are identified by College staff, and will address matters accordingly.
- **Counselling services for students:** Our College Psychologist and Student Counsellor will continue to provide support to the school community during the school closure period. Students currently seeing our psychologist or counsellor will be supported via email or phone if needed. If there needs to be verbal communication with a student, this will be arranged with the parent/guardian.

Please note: Staff are only expected to respond to emails between 8.30am – 3.30pm on their scheduled days of work during the school term (please bear in mind some staff do work part-time).

Continued Page 2

PRAYER



In this time of uncertainty, we continue to pray:

For those who are affected by the coronavirus,
through illness or isolation or anxiety –
that they may find relief and recovery;

For those guiding our nation and state at this
time, shaping policies and regulating our
behaviour –
that they are always making wise decisions;

For doctors, nurses and medical researchers –
*that through their skills, commitment and
insights, many will be restored to health and kept
safe;*

For the isolated and housebound –
*that we may be alert to their needs, and care for
them in their vulnerability;*

For our homes and families, our Schools and
Colleges, our young people –
*that they find reassurance in the presence of your
Holy Spirit and the friendship and care of those
around them;*

Lord, hear us.

Amen

VARIATIONS TO SCHOOL OPERATING TIMES

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| 27 July | Normal classes (no longer a student-free day) |
| 7 August | Staff Planning Day (student-free day) |

We are all doing our best to navigate these uncertain and unpredictable times. May we be patient with each other and ourselves. I commend parents and guardians who are grappling with working from home and supporting their children in remote learning. A reminder that you are not their teacher, you just need to guide them with being organised, present and persistent, connected to their teachers, and to make sure they get enough sleep and eat well; and to express their feelings.

The following YouTube link <https://youtu.be/GK5NVakmNbA> takes you to a short video by Andrew Fuller that contains suggested strategies – called the Big 3 – for parents to support their child's learning habits during the flexible and remote period. This link has also been added to the Parent Engagement Page on Schoolbox.

Also included in this newsletter is an article by Michael Grose on Developing young people's emotional smarts. I hope these and other resources on our Parent Engagement tile on Schoolbox may be of assistance.



It's not always easy to remember at the moment, but life does go on. I would like to commend Year 7 student, Nicholas Xavier, who is challenging himself outside the classroom to raise money for children with cancer. His challenge is crunching everyday for 20 days to support children, young people and their families facing cancer.

A great way to stay active and raise money for an important cause. Follow the link to Nicholas' page if you can provide any support: <https://crunch4kids.redkite.org.au/fundraisers/nicholasxavier>

Important Update about College Fees

Whilst the College has been active in managing the changes to your child's educational program during these challenging and uncertain times, I am also conscious that this is impacting parents and families in many other ways as well.

I wanted to provide you with an update on our approach to school fees for 2020. Firstly, I am aware that numerous parents will have lost significant employment or business income due to COVID-19.

The College endeavours to provide as much stability as possible for your child and with this in mind we are committed to providing prompt, flexible and confidential financial support to assist you with managing your school fee commitments for 2020.

If you have been significantly impacted upon during this time, I encourage you to complete a Fee Assistance Application Form available from the Finance Office, as soon as possible. This is treated with care and sensitivity, and will help us determine the appropriate type and amount of fee relief that can be provided, subject to our assessment criteria. You will be advised promptly of this decision.

While the College is committed to supporting all families in need, I need to be clear that there will be no across the board Tuition Fee discounts or refunds for 2020. The College maintains a firm position on keeping our tuition fees as low as possible, and at the same time we have needed to respond to these unforeseen circumstances and make the many alterations and adjustments required to ensure the continuation of the educational program and the delivery of curriculum for all students.

The expenses of the school year are largely fixed as of the start of the academic year, and the school is incurring significant additional expenses to manage coronavirus related issues such as increased cleaning, sanitisation and the technology to support online learning. Naturally, we must also account for a significant reduction in our budgeted fee income as we offer support to affected families.

Finally, in relation to Year 7 and 9 camps, regretfully, I have had to make the decision to cancel both camps for 2020. This means for those Year 7 and 9 families who have paid their college fees in full, camp fee credits will be carried forward to next year unless you contact the Finance Team to request a refund. For the remaining Year 7 and 9 families who have ongoing College fees, the camp fees will be credited back to your school fee account.

We are also reviewing the impact of COVID-19 on the anticipated Nitor Trip, and Year 9 and 10 Just for Boys/Girls electives. This will be reviewed in Term 4 and your College fee accounts will be credited accordingly. We are committed to working with all of our families throughout this complex time.

Please do not hesitate to contact the Finance office (accounts@crnk.vic.edu.au) to discuss any of these items further.

Thank you for your continued support and patience throughout this challenging and unprecedented time.

Blessings to all in our community. Take care and stay safe.

Tullio Zavattiero
Principal

STUDENT WELLBEING

Susan Henry - Director of Student Services

Developing Young People's Emotional Smarts

Adolescence is a time of change. Your son or daughter is changing physically, mentally, and emotionally. It is a difficult time for them. The more sense they can have about their feelings and the more attuned you are and supportive, the better managed they are during this developmental change. The points outlined below may help support you in supporting your child during the challenging times we find ourselves in.

Talk openly about feelings

Your young person will benefit from being around adults who talk about their own emotions and feelings rather than ignoring or bottling things up. This also builds their emotional vocabulary.

- Talk about the emotional impact that daily events such have on you.
- Ask them how they feel

Build awareness

Help your young person recognise the situations and events that trigger different emotions. Build awareness of how they feel and why they may feel that way.

Accepting discomfort

Here are some possible healthy coping skills you could suggest that your kids could use or you could use with them.

- Humour: Finding a funny side is a great coping strategy
- Normalisation: understanding that you are not the only person experiencing something
- Distraction: taking a break from a situation if only for a short time is very therapeutic
- Compartmentalisation: stopping an event infecting all areas of life is a wonderful coping skill
- Goal setting/Problem solving: Helping them find solutions to problems and taking the first steps needed to reach them creates a sense of hope.

Emotional intelligence is a skill that grows over time. It is like working out at the gym – those muscles will take time to build.

You can find the full article [Developing Young People's Emotional Smarts](#), written by Michael Grose, Psychologist and Founder of Parenting Ideas by clicking on the Parent Engagement Tile on Schoolbox.

