

# **Mortlake P-12 College General Advice**

All Mortlake College students will be on school holidays from Tomorrow 24<sup>th</sup> March and return to school on Wednesday 15<sup>th</sup> April. This will be assessed by the State Premier & Chief Medical Officer.

After the holidays we will be either moving back into a normal school setting or an online learning environment. This will evolve over time.

Please be patient and make looking after your family the number 1 priority.

Our school will send out information after the holidays about learning at home. We will be using google classrooms as our major platform.

For VCE and all other year levels a more detailed letter has been sent home with all students today.

## **Wellbeing:**

Being confined to home for an extended period of time can cause stress and conflict. Tips for looking after your children during isolation include:

- Talking to your whole family about what is happening. Understanding the situation will reduce their anxiety.
- Help your children to think about how they have coped with difficult situations in the past and reassure them that they will cope with this situation too. Remind them that the isolation won't last for long.
- Exercise regularly. Options could include exercise DVDs, dancing, floor exercises, yoga, mindfulness, walking around the backyard or using home exercise equipment, such as a stationary bicycle, if you have it. Exercise is a proven treatment for stress and depression.
- Encourage your children to keep in touch with family members and friends via telephone, email or social media (where appropriate).

Should you need to contact the school during break please use the regular school number 5599 2204 and it will be transferred to a staff member after Friday. Please note this service will operate from 9 a.m. – 4 p.m. Monday to Friday. You can also email your enquiries to: [mortlake.p12@edumail.vic.gov.au](mailto:mortlake.p12@edumail.vic.gov.au).

I would also request that you do not bombard teachers 24/7 with communication as we move forward. As things change, we will provide you all with updates ASAP. Keep washing your hands regularly.

Yours sincerely,

Danny Forrest

Mortlake P-12 College Principal