**Working together to support our community transition back to onsite learning!**

*patience – kindness – realistic expectations – empathy*

This is aimed at parents and carers to help support students return to full time onsite learning. A warm **welcome back and huge thank you** for your support during remote and offsite learning! We hope you find these resources as valuable as we, the wellbeing team have. Please, reach out to us if we can assist in any way in making this transition back as smooth as possible.

Supporting students – while some students found lockdown exceptionally difficult. Few students have thrived with learning from home. It’s important to consider that feelings of anxiety can come with both;

* Feelings of anxiety about leaving their ‘safe space’
* Feelings of anxiety about being behind with school work
* Feelings of anxiety socialising in person again, not from a screen
* Worrying about expectations

If your student is worried about returning to school, please be empathetic and reach out to us so we can help.

We want to **encourage a routine** – sleeping habits can be difficult to change – eating breakfast in the morning. If your student is running late we can accommodate with fresh fruit and some snacks/lunch/breakfast for your student. Encourage them to come to the well-being office (in senior years building) to grab some food.

[https://coronavirus.beyondblue.org.au/I'm-supporting-others/Children-and-young-people/how-to-help-your-teenager-transition-back-to-on-site-learning](https://coronavirus.beyondblue.org.au/I%27m-supporting-others/Children-and-young-people/how-to-help-your-teenager-transition-back-to-on-site-learning)

ReachOut provides tips and tricks and examples of multiple **communication techniques** that can be used – this can be useful as communication has become difficult for a number of students across the state during lockdowns

<https://parents.au.reachout.com/skills-to-build/connecting-and-communicating/things-to-try-effective-communication>

ReachOut provides support regarding **cyberbullying** - on the rise throughout the state.

<https://parents.au.reachout.com/common-concerns/everyday-issues/cyberbullying-and-teenagers>

**Returning to school while COVID-19 numbers are so high.**

We, as a community and population are vaccinated this time. Masks and physical distancing are incredibly important and should be encouraged as per Victorian Government guidelines.

Vaccination status for Maffra postcode;

First dose – 85-90%

Second dose 60-65%

*“asking for help reveals strength, not weakness” - Forbes*