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Tuesday 20 July 2021

**RE: Further Extension to lockdown period from and including Wednesday 21 July.**

Dear parents and carers,

Today the Victorian Government made announcements in relation to arrangements for schools in Victoria from and including Wednesday 21 July.

Based on advice from the Victorian Chief Health Officer, all Victorian schools will continue with remote and flexible learning, at this stage until **Tuesday 27 July**.

Our school will continue to provide on-site supervision for students in the following categories:

- Children where both parents and or carers are considered authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made:
  - where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision.
  - for single parents/ carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.
- Children experiencing vulnerability, including:
  - in out-of-home care
  - deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
  - identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
  - where a parent/carer indicates that a student with an identified diagnosed disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress.

Please contact Aylin Gokmen, the College's Assistant Principal, to confirm your child's attendance on these days if you fall in any of these categories. This will allow us to put appropriate arrangements in place.

**SUPPORTING STUDENT MENTAL HEALTH AND WELLBEING**

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving to remote learning.

To support our school community during this time, resources and support are available for parents, carers and families. These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time.

### SERVICES AND SUPPORT FOR STUDENTS AND THEIR FAMILIES

A [Quick Guide to Student Mental Health and Wellbeing resources](#) is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

- Advice and resources for students about ways to adapt their learning during COVID-19, to look after themselves and where to get help.
- Wellbeing activities featuring AFL and AFLW players with tips on managing stress, staying active and gratitude.
- Kick it with Victory physical activities with Melbourne Victory Football Club.
- Smiling Mind mindfulness activities for senior secondary school students, including short videos, online tip sheets and meditations

The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

- resources to support children's physical, mental health and wellbeing
- wellbeing activities and conversation starters
- Raising Learners podcast series
- how to talk to your child about COVID-19.

Wellbeing guidance for parents and carers is also [available on the Department's website](#), or through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week. Phone: 13 22 89.

I will continue to keep you updated with information as it is made available. As always please don't hesitate to contact your child's coordinator or contact the college if you have any questions or concerns.

Thank you for your continued support.

Yours sincerely,



John Mitsinikos

College Principal