



## COVID-19 Update 23

Dear Parents and Caregivers,

We all continue to persevere through this level 4 lockdown together. Each of us has different pressures that have been amplified by being only allowed to be at home with our children and trying to do our work, keep them motivated and keep ourselves motivated. There is no shame in the high level of tiredness and occasional anxiety that many of us are feeling. Daily infection numbers are coming down but not as fast as many of us would like and, to be honest, we Melbournians are really over it. However, we are blessed with good - not perfect, but good - leadership, and our leaders seem to be making encouraging noises about school being back from next term. However, there is always the caveat that it still depends on the numbers.

### Extra Pressure

The staff are very aware of the extra pressure on parents and students at this time. We are endeavouring to do our best to make your lives as easy as possible while still keeping students moving through the Australian curriculum. If your family is experiencing significant difficulties with the workload please let your child's teacher know. We may not be able to fix it but if we share it, we can work on it together.

We are also aware that our children, who we love, can be very clever at appearing to be engaged with on-line lessons but actually undertaking other activities. For some students, the current lockdown has strained their resilience and they are really struggling to engage with lessons or to complete activities. We want you to know that we understand this, and support you, as families, in "choosing the battles" with your children.

### Requirements of Australian Curriculum and Assessment

The college is mandated to ensure integrity in the design, delivery and assessment of our learning programs. College education programs are aligned with the Australian Curriculum, which sets standards of achievement for each year level. It is a requirement that the college maintains appropriate benchmarks when assessing students and so when work is not submitted, or is sub-standard, we need to assess and report it accordingly.

There are a number of programs offered, particularly in the Senior Years, that require a certain standard of achievement from the previous year. When a significant portion of learning is not achieved within a year level, the college must assess whether the student is equipped and likely to be successful in subsequent studies. While we will extend as much grace as possible there may be consequences for students who are not able to achieve the required prerequisite standard for optional subjects. If you are concerned about your child's learning, please contact their homeroom teacher first.

### Wellbeing team

At the start of the first lockdown we knew that remote education would have significant challenges. A big one of those is the wellbeing of students, so we created a Wellbeing Team that case manages students who are not travelling well. For some of those it is a watching brief while others need some sort of particular assistance organised. The Wellbeing Team will continue to operate for at least the rest of this year. If you think your child is in need of extra assistance then you may mention the Wellbeing Team to their class teacher (primary) or homeroom teacher (secondary).



### Just checking in

We are undertaking check-ins at various levels across the college. Homeroom teachers (secondary) or class teachers (primary) talking to students, calls to families and calls to staff are all designed to give each member of the community the opportunity to tell someone else if we are not coping. Please take this opportunity to tell us if you need to. While most of us are not trained counsellors, we are able to put you in touch with someone who is. It might be worth answering those phone calls that don't display caller ID for the next little while as it is possibly the college ringing or the contact tracers from the Department of Health. And you don't want to miss either of those calls.

### It's OK not to be normal

Each of us is affected by the lockdown in different ways depending on our circumstance and personality. I am coping with working from home because I am a homebody. My social wife is not doing so well. The extra workload is wearing me down at times while my resilient wife, also a teacher, seems to cope with that aspect of lockdown.

It is OK to say that today is not a good day. As long as it is only for a day or two. It is OK to *feel* like this may never end as long as we *know* it will. It is OK to *feel* sad because we can't go and visit our aged relatives as long as that sadness doesn't become who we are. If you think you may be moving from temporary feelings to where you can see yourself and your actions changing who you really are please reach out for help. You have nothing to lose and much to gain. See some of the contact options for wellbeing during lockdown on the college website <https://www.pvcc.vic.edu.au/wellbeing-information-for-remote-learning>.

Remember that no matter how we are feeling and what we are going through, we have a God who always loves us, always forgives us and always wants the best for us. And there are people around you who He uses to lift us up when we need it. And that is OK.

Yours in Christ's service,

John Metcalfe

Principal

27 August 2020