

27 March 2020



Dear Parents, Caregivers and Students,

Re: Wellbeing Resources/Zoom Guides/Financial Hardship

As the spread of the Coronavirus unfolds, so too does the concern surrounding its impact, which can cause anxiety and concern for family members. Adolescents, while not considered to be in a high risk category, may be exposed to news reports, social media and general discussions about the unfolding events.

It is important to reassure your son/daughter, dispel any myths or untruths and help them develop resiliency that will serve them through both current and future challenges. Collectively our aim at DLS Cronulla is to continue to provide well-being support to our families even though we have moved to an online learning environment.

De La Salle Cronulla Counselling Services

Our College Counsellor, Sarah Clay, continues to be available for our students for the duration of the school term.

Sarah has been encouraging students to remain in contact with her via email sarah.clay@syd.catholic.edu.au

Sarah can also make appointments to be in phone contact as required. **During the school holidays and after school hours students are encouraged to ring Kids Help Line on 1880 551 800 or make contact with e-headspace who can provide ongoing online counselling in non-urgent cases.**

As always if you find your young person to be experiencing a mental health crisis, the Sutherland Hospital Emergency is your best port of call.

The following mental health, student wellbeing and self-care resources are available to help you and your family to navigate during this difficult time.

Talking to children about the Coronavirus:

1. [Child Mind Institute](#): 'Talking to Kids About the Coronavirus'
2. [Unicef Australia](#): 'How to talk to your children about Coronavirus (COVID-19)'
3. [Australian Psychology Society](#): Tips for coping with Coronavirus anxiety
4. [Psychology Today](#): 'How to talk to kids and teens'.

Websites/resources for parents:

1. [Beyond Blue](#) provides specific support around 'Looking after your mental health during the coronavirus outbreak'.
2. [Headspace](#) provides support around 'How to cope with stress related to Novel Coronavirus (COVID-19)'.
3. [Schooltv.me](#) includes a Coronavirus guide to parents. The video provides advice to parents on how to support their children to cope with the stresses during this time.
4. [Smiling Mind](#) includes information on how to support children in times of crisis. The Smiling Mind free App is a tool to help practise daily mindfulness exercises.
5. [NSW Government Advice](#) to parents and carers on wellbeing and communicating is helpful.
6. [Reachout](#) provides ways to take care of yourself during the Coronavirus outbreak.

De La Salle Catholic College Cronulla

2 Cross Road Cronulla NSW 2230 Australia Phone 02 8522 1500 Fax 02 8522 1555
email info@dlschronulla.catholic.edu.au

Support contact numbers:

1. CatholicCare - Free Community Supports and Services delivered by CatholicCare:
 - if you or another parent you know needs support contact Parentline on 1300 1300 52 or visit www.parentline.org.au
 - if you or another person caring for someone needs support contact Carers Counselling Services on 1800 422 737 or <https://counselling.carergateway.gov.au/s/>
 - for help finding help contact Careline on 13 18 19.
2. Mental Health Line – 1800 011 511
3. Beyond Blue – 1300 224 636
4. Lifeline – 13 11 14
5. Kids Helpline – 1800 551 800

Zoom - Information for Parents & Students

With the introduction of 'Zoom' video-conferencing I provide details to support parents and students on this new learning platform. Zoom video-conferencing is recommended by Sydney Catholic Schools. Students need to be **dressed appropriately** for video-conferencing and where possible **all lessons should be occurring in a common area of the household**. Any student **using 'Zoom' inappropriately will be held accountable for their actions**, which includes disciplinary action from the College. All Zoom production (lessons) are traceable. I thank parents in advance for supporting the protocols associated with Zoom video-conferencing. Please see the screenshots below for more information.

- Guide for Parents

What you need to know about ZOOM meetings

zoom
One of the main platforms students use is ZOOM. This enables them to see and hear their teacher and, in some circumstances, each other.

TECHNICAL REQUIREMENTS
1. Internet connection
2. Audio (from computer speakers, microphone)
More information about ZOOM can be found at <https://zoom.us/>.

1 HOW IT WORKS
All ZOOM meetings will be created by teachers.
Details of, and links to, upcoming ZOOM meetings will be shared via the school's Google Calendar or email.

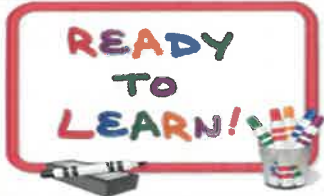



2 THE LEARNING ENVIRONMENT
Where possible please ensure your child is working in a common area, such as a kitchen or lounge room. It is preferable they are not logging in from their bedrooms.
Try to ensure the room is empty and there are no distractions or other family members close by.
Minimise background noise to ensure your child can focus on the session.





3 E-SAFETY MEASURES
To ensure the privacy of your home setting isn't compromised, the video function will be disabled.
Audio will be managed by the teacher.
Private chat options will be disabled.

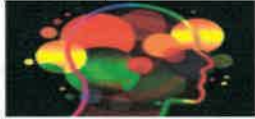



ZOOM ETIQUETTE FOR YOUR CHILD



- Students are expected to be courteous to other participants, and wait their turn to ask or answer a question.
- They should not be surfing the web, reading emails or texting.
- Where possible, they should avoid eating during a session.

- Guide for Students

<p>Be ready to continue to learn:</p> 		 <p>Remember that the behaviour expected of you in the classroom is also expected of you when you enter zoom (VC).</p> <p>TIPS</p> <ul style="list-style-type: none"> • Your learning space should be tidy, comfortable and as quiet as possible • Be respectful of shared spaces
<p>01</p>	<p>Muting</p> 	 <p>When you enter the Zoom VC, your microphone should be on mute (if not already muted)</p>
<p>TIPS</p> <ul style="list-style-type: none"> • Be polite, appropriate and courteous in your language online, as you would in person • Turn your phones to silent 		

	<p>Disable video</p>	<p>02</p>
 <p>Ensure the video function is turned off (if not already disabled)</p>		
<p>03</p>	<p>Questions</p> 	
<p>TIPS</p> <ul style="list-style-type: none"> • Have your computer ready and logged in • Test apps to ensure they work • Have a pen and paper/exercise book ready • Remove distractions 		 <p>When you have a question, type in the chat box and wait for your teacher to call on you.</p>

	Contributing	04
	<p>When you have something to contribute to what is being said, but it is not your turn, use the chat feature at the bottom of the screen.</p>	
TIPS		<ul style="list-style-type: none"> • Drink plenty of water throughout the day • Take breaks every 45-60 minutes • Maintain a healthy food
05	Your Turn	
	<p>Wait for the teacher to call on you to unmute. Only one student to speak at a time.</p>	
TIPS		<ul style="list-style-type: none"> • Manage your time effectively • Submit your completed work on time • Spend time revising any items and preparing questions for your teacher • Tidy up your emails - read and respond
		

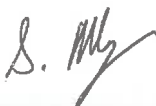
	Stay attentive	06
	<p>Pay attention to your teacher or other students who are speaking. Take notes as you go.</p>	

Financial Hardship - School Fees

If any parents are concerned about school fees or if your circumstances have changed in the current climate could you please call the College on Ph: 8522 1500 asking to speak to Mrs Krissa Schipp or Mrs Natalie Davies.

To all of our families at the College, please remain safe at this time.

Yours faithfully



Stephen Mahoney
Principal