



KEIRA HIGH SCHOOL

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16 March 2020

Supporting our School Community

Novel Coronavirus (COVID-19)

Information for Parents and Carers

Dear Parent/Carer,

The purpose of this communication is to provide the school community with information about the novel coronavirus (COVID-19). This includes information that focuses upon the support of children and young people and how we can all access up-to-date information about the NSW Department of Education's response to this evolving health issue. Specific information pertaining to Keira High School's response is also included in this correspondence.

Communication is important

The NSW Department of Education website provides up-to-date information about the department's response to novel coronavirus (COVID-19). Please access this website for current information. <https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

The Keira High School website <https://keira-h.schools.nsw.gov.au/> details information specific to the school and also provides a direct link to the NSW Department of Education's website.

Important School Information

The school has enacted a range of protocols to support all members of the school community in the context of COVID-19. These have included an evaluation of school events, activities and practices such as:

- reminding all members of the school community of good hygiene practices
- placing on hold the school's planned Tour of Japan scheduled for September 2020
- cancelling planned visits to Keira from international school groups
- postponing the school's cross country carnival scheduled for 26 March 2020
- postponing the autumn recital scheduled for 27 March 2020
- postponing the ATSI Activity Day and Family Picnic scheduled for 31 March 2020
- postponing the Captains Dinner scheduled for 3 April 2020
- cancelling Years 7-10 Student, Teacher and Parent Conferences *
- cancelling all excursions outside the local community. Other excursions within the local community will be assessed pending a decision, this would include Wednesday sport
- postponing the school's weekly Homework Centre and EAL/D Homework Centre
- evaluating future planned events and activities
- developing protocols to support continuity of learning within and beyond the classroom

* The intended outcomes of any event or activity will not be compromised through cancellation but ensured through alternate arrangements. For example, the valuable, feedback provided to parents and carers at *Student, Teacher and Parent Conferences* will be delivered via an interim written communication.

How can you support your child

It is perfectly normal for children to have questions about events that are covered in the media, such as the information currently being distributed about COVID-19. Children look to the significant adults in their lives for guidance on how to manage their reactions and you can help your child by remaining calm, reassuring them and clarifying information accurately.

There is a common misunderstanding that talking with your child about a topic such as COVID-19 may increase their anxiety. This is not the case. It is important to listen to your child and answer their questions as honestly as possible and correct any misunderstandings. This will help them feel better informed and understand what is happening.

Keeping up to date with the facts from reliable sources will help keep conversations calm, considered, and constructive. Provide information in words that are appropriate to the age of your child.

Children can be distressed by hearing repeated stories so monitor how much your child is being exposed to television and social media and encourage them to talk to you about what they are seeing and hearing.

Promotion of good hygiene practices and infection control

Some practical advice for your child includes reminding them to cover their nose and mouth when they cough or sneeze (coughing into their elbow is a useful strategy), keep their hands clean by washing them regularly with soap and water, and avoid touching their eyes, nose and mouth before washing their hands, avoid sharing food and drink bottles with peers.

Contact the school if you require further clarification or you are concerned about your child's wellbeing to discuss the most appropriate support.

Support is also available through a number of agencies and community organisations.

Parents and carers can:

- call the National Coronavirus Health Information line (1800 020 080)
- review the [NSW Health COVID-19 website](#) for the latest information and advice
- obtain help and information from the local General Practitioner or Community Health Centre

We have worked closely with our neighbouring high school, Wollongong High School of the Performing Arts and our six partner primary schools to ensure that all members of the extended learning community are informed of the content of this communication.

Yours sincerely,



Mrs Skye Gray
Relieving Principal