



9 April, 2020

Dear RHAC Community,

As Term One draws to a close, I want to wish you well for the break ahead, realising that for many, that original plans for this break have had to change because of the coronavirus regulations that we are now living with.

While many have experienced positive progress with our online learning program, we recognise that one of the greatest challenges has been the loss of social interaction that is easily facilitated within the College environment and often utilised during holiday breaks as people will normally catch up with family and friends. It is normal to feel a sense of disappointment about the loss of these opportunities.

One of the great resources that our College subscribes to is SchoolTV. They have just released a new special series episode which deals with disappointment. The Coronavirus is impacting families around the world and changing how we do things on a daily basis. In many cases, it has resulted in the indefinite postponement of many special, and often long-awaited events, such as milestone birthdays, sporting competitions, school trips and family holidays.



SPECIAL REPORT

**Dealing with
Disappointment**



Disappointment can be a tricky emotion to deal with at any age, but particularly for young people whose world has been turned upside down in a matter of weeks. Although disappointment is a normal part of growing up, adults need to remember that kids have a lot of choice regarding how they respond to it. Their response will determine the impact on their future happiness. Disappointment is considered a healthy and positive emotion that is essential to a child's emotional, intellectual and social development.

It is important to help kids manage their disappointment in order to avoid stronger emotions such as anxiety and depression. Although your first reaction may be to fix the problem, it is better to encourage them to find the words to express how they feel.

In this Special Report, parents and caregivers will be provided with some tips on how to help a child process disappointment and look at the problem objectively. If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help. Here is the link to your special report https://rhac.nsw.schooltv.me/wellbeing_news/special-report-dealing-disappointment

Easter Services

Our students have received links to videos for our Junior School and Senior School Easter Services. Easter is a time when many families will take the opportunity to attend Good Friday and Easter Sunday Church Services, however, these public gatherings will not be occurring in their usual formats. I do strongly encourage families to participate in the many online services that are being offered by our local churches, for which I have provided some links:

Rouse Hill Anglican Church - <https://rhac.org.au/>

Kellyville Anglican Church - <http://kac.sydney/>

Life Anglican Church - <https://lifeanglican.online.church/>

St Paul's Anglican Church, Castle Hill - <https://stpauls.church/>

Norwest Anglican Church - <https://norwest.org/services/>

You may choose to sit together with your family in your lounge room as you participate in these online services as an opportunity to reflect on God's plan for salvation revealed for us through the death and resurrection of Jesus Christ.

Over the holiday period, many of our wellbeing staff will be having a break and will be monitoring their emails infrequently. For any urgent wellbeing matters, please contact local organisations, hospital emergency departments or your family doctor. Our Counselling team are also sending out a message about wellbeing and care during the holiday period.

Happy Easter!

Peter Fowler
Principal