



ROUSE HILL ANGLICAN COLLEGE

PO Box 3296, Rouse Hill NSW 2155
Cnr Rouse & Worcester Roads, Rouse Hill NSW 2155

T 02 8824 5844 F 02 8824 5877
E info@rhac.nsw.edu.au W www.rhac.nsw.edu.au

19th July 2021

Dear RHAC Community,

As we commence Term Three with a time of remote learning, I will endeavour to update families with information as it comes to hand, rather than our weekly newsletters. I am extremely thankful for the way staff have been working tirelessly to produce meaningful and engaging lessons on our online platforms. With the announcement of at least a further two weeks of lockdown, I am deeply grateful for their continued efforts in this regard.

On Friday, it was good to see the steady stream of happy, masked students coming into college, collecting items from lockers so they can better complete their allocated remote learning. I am sure this will continue this week with Junior School also collecting Take-Home packs and the remainder of the Senior School collecting necessities from lockers.

Over the weekend, restrictions on the Stay-At-Home order were tighten. The College will remain open for students of parents who are working in emergency, health, education or essential services, however, I must encourage you to keep your children at home unless you have absolutely no options, inline with the public health order.

I do acknowledge that this, once again, is a particularly challenging time for parents. Having to manage the expectations of working from home and overseeing remote learning for one or more children can be daunting and may present some difficulties. Although, it may be of little consolation, we have done this before. I would like to remind you of some tips which might be of help in the weeks to come.

- Prioritise your child's wellbeing: "Great learning happens when children feel happy, safe and secure. Provide your children with reassurance and love."
- Keep to a routine: "Children need normality, familiarity and structure."
- Limit tablets, phones and TV: "It will be important for friends to stay in virtual contact with each other as long as interactions are friendly and supportive but avoid an unhealthy overreliance on screen time in all of its guises. Too much screen time has very negative effects on physical and mental health and it disrupts sleep patterns as well." Clearly, screen time limits that may have been in place prior to the remote learning period should be adjusted to allow children to participate in this learning as well as have a reasonable time for their own leisure, while also encouraging outdoor and non-screen activities.
- Don't expect children to work non-stop: "The younger the child, the less time they can sit and learn. Frequent breaks are important for students of every age."
- Praise children's efforts and behaviour, not their achievements: "Positive constructive praise that targets effort, behaviour and specific aspects of a child's work is much more powerful than just saying 'well done for completing your English'."
- Go easy on yourself. Do what you can. These are difficult and uncertain times for parents and children. Parents will feel stressed, and children will, too. Talk about this with your child, explain how you manage stress, and invite children to help think through ways they can be more helpful or ways you can both make a difference in your own community or family. Skype with older relatives or invite them to Zoom in for dinner one night. Seek out support. Ask friends and relatives what they are doing to keep busy.

I will continue to communicate as details arise. Stay safe.

Kind Regards,

David Lee
Acting Principal