



16th March 2020

From the Principal

Dear Families,

The word “unprecedented” has been used a lot in 2020. The bushfires, floods and now the Coronavirus, Covid-19, have really impacted on our local Shoalhaven community. How quickly things have been changing this week. The anticipation of what is the next “update”, is creating uncertainty and the fear of the unknown, our concerns for the health of the elderly we love, our businesses and finances, managing changes to our work situations is adding a level of stress. On top of this, we need to keep our eyes on the supermarket shelves for fear of missing out on some of life’s most basic necessities.

Last Friday Mr Hale reminded staff of a simple Kindergarten prayer which goes like this:

Dear God, Please help me to remember how to breathe. Amen

As we move forward into this week, I will take a deep breath and our Critical Incident Management team will be guided by the following priorities.

1. To provide clear two-way communication pathways within our school community.

As a school, we will endeavour to provide information with clarity, in a timely and helpful manner particularly regarding the Covid-19 virus. We know that the situation is uncertain and evolving, and I wish to reassure you that the school is well prepared for what could eventuate.

It is helpful for us to hear your concerns, so that we can talk through individual situations and solve challenges together. Equally, thank you for the supportive feedback regarding the communications provided. Should you need to contact me, please phone or email my Assistant, Mrs Vanessa Lloyd on vlloyd@nac.nsw.edu.au

2. To provide accurate, timely information to you

I am sure that you can appreciate that we are being bombarded with alerts, articles, policies and the like. Decisions will be made once we receive both clarity and assurance with all of this. There is certainly the possibility of a campus closure (full or partial), and the ongoing refinement of protocols based on public gatherings. Please be assured that we will communicate information to you when we know that it is correct and applies to our school context. The event of the NSW Department of Health placing an order on a school closing can literally happen “overnight”. If this is the case, please continue to check the NAC App, SMS text messages, emails and our website for information. Please ensure that we have correct contact details for you, via the Parent Portal.

3. To ensure that we have solid systems in place, should we be required or directed to commence remote campus learning.

Our Senior and Junior School team, led by Mr Hamaty and Mr Thompson, the Administration, IT and Community Relations staff are working tirelessly to have things ready. We are committed to ensuring our students will continue to have access to great learning opportunities under all circumstances.

Please refer to the below Remote Learning Plans for Junior School and Senior School.

4. To ensure for student, staff and parent wellbeing.

Over the last week staff have spoken directly to students about the Coronavirus. Many students will be experiencing compounded stress related to the bushfires, floods and now the uncertainty of the Covid-19 virus.

As a school we are well resourced to support your child. Do not hesitate to let us know of any concern that you might have regarding how your child might be responding to this situation, particularly if you are aware of anxiety, regression in behaviours or simply if they are asking questions that you are not sure how to best answer.

We will continue to take a measured, informed and well-considered approach in managing our response to the situation and will communicate any new or updated information as it becomes available.

Please take care of yourself and those you love. My prayers are with you.

With kind regards



Lorrae Sampson
Principal

Cancellation of Excursions and Events:

In line with recent Department of Education recommendations, we are cancelling or postponing excursions and assemblies from today. A list is included below. Where feasible we will be endeavouring to postpone, especially for camps. We realise that students will be disappointed, but we are following advice from a number of sources and want to ensure the wellbeing of our school and the wider community.

Please note: This information is accurate at the time of publication, but due to the quickly changing situation things can change. Please check the Parent Portal daily.

Week 8 B				
Monday 16th March	Marine Archaeology Workshop	9 and 10 Elective History	Maritime Museum Darling Harbour	Cancelled
Monday 16th March	Jervis Bay Marine Park Study Tour	Year 10	Huskisson Jetty and Plantation Point	Cancelled

Monday 16th March to Wednesday 18th March	Year 4 Camp	Year 4	Youthworks Waterslea	Postponed
Tuesday 17th March	Year 3 Camp "Taster" Day	Year 3	Youthworks Waterslea	Postponed
Wednesday 18th to Friday 20th March	Year 9 Camp	Year 9	Coolendel	Postponed
Wednesday 18th to Friday 20th March	Year 11 Camp	Year 11	Fitzroy Falls	Postponed
Wednesday 18th to Sunday 22th March	Australian Mountain Biking Interschools	NAC Mountain Biking Team	Thredbo NSW 2625	Cancelled
Friday 20th March	Years 3 to 6 Netball Training	Year 3 to 6 students	College Gym	Going ahead

Week 9 A				
Monday 23rd March	Mock Trial	Year 11 Legal Studies	Chevalier College	Cancelled
Tuesday 24th March	Year 7 2021 Information Night	2021 Year 7 students	College Gym	Cancelled
Tuesday 24th March	Holocaust Museum Experience	Year 11 Modern History	Sydney Holocaust Museum	Cancelled
Friday 27th March	Years 3 to 6 Netball Training	Year 3 to 6 students	College Gym	Going ahead
Friday 27th March	SASSA Soccer Gala Day	Junior and Senior Teams	South Nowra Soccer Fields	Cancelled

Week 10 B				
Thursday 2nd April	Grandparents Day	Junior School Students and families	Gym and JS Classrooms	Postponed
Friday 3rd April	Years 3 to 6 Netball Training	Year 3 to 6 students	College Gym	Going ahead
Friday 3rd April	Paul Kelly AFL Cup	Stage 3 AFL Teams	Artie Smith Oval	Cancelled

Week 11 A				
Thursday 9th April	Easter Chapel	Junior School	Gymnasium	Will run in normal chapels
Thursday 9th April	Easter Chapel	Senior School	Gymnasium	Will run in normal chapels

College Sport

In accordance with Department of Education guidelines [here](#). Our local sport will continue as usual.

CIS Sport

We have received information yesterday, Sunday 15th March, 2020 from NSW Combined Independent Schools (NSW CIS):

In order to protect the safety and wellbeing of both our staff and students and limit the spread of the COVID 19 virus through our communities, the CIS Board has made the decision to cancel all CIS events and the participation of CIS Teams at NSW All School events, for the week beginning Monday 16 March; and the CIS Primary Swimming Championships scheduled for Thursday 26 March. We will continue to review and monitor the situation closely next week and keep you informed of any changes in the status of our upcoming events as soon as possible.

Self Isolation Resources

We have a number of families that have let us know that they have returned from overseas or are opting to self-isolate. Please email office@nac.nsw.edu.au to let us know if this is the case, and some work will be emailed home for your child. It is important that parents are aware that this approach is very different to the Remote Learning Plans listed below. The remote learning plan is a solution tailored to whole classes or the whole school being off campus for a multiple day length of time. It is not reasonable to expect our teachers to provide face-to-face learning for most students and remote learning for some. We are however, pleased to offer our normal support for students who are away, typically when they are sick or on a longer break.

Senior School Remote Learning Plan

Mr. David Hamaty - Deputy Principal - dhamaty@sras.nsw.edu.au

Staff at Nowra Anglican College are working to ensure that, in the event of a school closure, teaching and learning will continue via our existing online platforms. To prepare for this possibility a range of strategies are being put into place:

Ensuring Equity

We recognise some families may have limited internet access and alternative arrangements, such as hard copies of learning activities will need to be prepared for these students. A home capability survey has already been prepared and shared with parents and this survey will assist staff to cater for the needs of students. If you have not filled this in yet, please do so [here](#).

Develop online learning

We will be using our existing IT infrastructure to develop online learning in each subject area. This will include some real time learning via video conferencing and a range of other activities such as online discussions, electronic activities, quizzes etc

Practice prior to a shutdown

Prior to any shutdown we will be trialling our online learning with students. This will help with broader implementation if a school-wide shutdown is required.

Provide clear communication

An information hub will be developed that provides the school community with up to date information. It will outline clear expectations for students, what to expect in online courses, an FAQ and other daily information.

Provide Professional Learning for Staff

We are providing professional learning for staff to ensure that they are able to develop excellent quality online learning.

Establish Daily Routines

Sitting in front of a computer all day isn't ideal for children, and so a modified timetable will be developed that caters for the online approach we plan to implement. This might include a more flexible approach to choosing when to work and could incorporate other things such as time for general wellbeing, sport etc.

Cater for student wellbeing

We recognise that this is an unsettling time and the wellbeing of our students is our first and foremost concern. We will be ensuring that students have access to their Homeroom teachers, Year Coordinators, and School Psychologists.

Junior School Remote Learning Plan

Mr. Andrew Thompson - Head of Junior School - athompson@sras.nsw.edu.au

Why remote learning?

There are a number of reasons we aim to continue the learning and these include:

- Connecting the students to their peers each day;
- Providing a classroom environment as much as possible;
- Continuing the learning momentum for all students; and
- Giving students and their families a sense of community especially if the period of time is extensive.

How will remote learning be structured in Junior School?

The table below outlines details of when parents and students can access activities, and communicate with teachers. We do however encourage families to recognise the difference of not physically being at school. We want to encourage a flexible approach within the home context. In particular activities such as running around outside, playing board games, cooking together, arts and craft are all highly beneficial. There are some great ideas on the Department of Education website [here](#).

Time	Activity
8:45am	Teachers will post on SeeSaw (K-2) and Google Classroom and/or Canvas (year 3 – 6) details of the activities for the day
9:00am to 10:30am	Students participate in activities with teacher support
10:30am to 11:00am	Break: snack and run around outside
11:00am to 12:30pm	Students participate in activities with teacher support
12:30pm to 1:30pm	Lunch and run around outside
1:30pm to 3:00pm	Students continue to participate in activities provided. Parents can contact teachers via email.

Guidelines

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- Students will work through their activities at their own pace;
 - In the afternoon, all staff will be preparing lessons, giving feedback to students and looking for new opportunities for teaching and learning in this format;
 - Where possible, specialist teachers will contribute to the days learning activities
 - Some activities will be online while others will not;
 - The Diverse Learning Team will continue to work with the groups they currently work with;
 - We will mix up the learning activities so that this is as enjoyable an experience as we can make it.

How and when will this happen?

At this stage we think there will be 2 possible scenarios:

1. We will have some warning that the school campus will need to close down, and if this is the case we will send home appropriate student resources.
2. The school campus will be closed overnight and we will not be able to send home these items, nor will we be allowed onsite to access them. In this case we will still continue to provide online learning, and we will need to ask parents to ensure that your child/ren can access Seesaw and Google Classroom from your devices at home.

What will parents need to do?

Please...

- Check your internet capability and safety.
- Help your child if they ask for help but encourage independence, problem solving and independence, prior to solving any problems for your child.
- Students will be encouraged to ask their teacher questions, not parents, so encourage your child to do this.

What will students need to do?

We hope that all NAC students enjoy the challenge of Remote Learning and that they will rise to this challenge by drawing on their independence, resilience, problem solving skills, and IT skills. We ask that students:

- Go into Seesaw or Google Classroom at 8:45am to read over the activities planned for the day
- Be ready for school and logged in to check their learning plan by 9am
- Participate in all activities doing the best they can;
- Contribute online when required,
- Work as independently as possible; and
- Enjoy being challenged and have fun while learning offsite.

Troubleshooting for Parents:

During this time, you may wish to have the support of the following.

- Email your classroom teacher
- Alternatively you can contact me directly - athompson@sras.nsw.edu.au



Caring for your child's wellbeing at the time of Coronavirus

It is understandable that with the global spread of coronavirus (COVID-19) we feel vulnerable and at times confused about how best to respond. Parents may especially be ruminating over how they choose to protect and support their child/ren, not only from the virus itself, but from the fear, worry and at times panic, that can be associated with the virus. The following are some suggestions that may help inform your choices:

- Open communication - choosing to talk to your child about the disease means that you have the opportunity as their caregiver to provide your child with factual and age appropriate information about the situation and offer any reassurance if required. It means the child has the opportunity to ask you their questions, express their fears and worries to you and for them to be addressed. Remember, that this may need to be a conversation that needs to be revisited as the situation evolves.
- Ensure that you allocate adequate time for the conversation and that you are calm when having the conversation. Your child will look to you and your response as a barometer to measure their own reaction.
- Start with asking your child what they know and understand about Coronavirus. This can help guide your conversation and helps you to address any misconceptions or concerns that they may have about the disease.
- Be clear and focus on the facts. Try to avoid going into detail or giving too much information. Especially with younger children.
- Reassure them that as their parent, you and the other adults in their lives (like their teachers and Principal) are keeping informed about the disease and making decisions to safeguard everyone's health and well-being.
- Provide your child with the opportunity to take an active role in keeping themselves (and others) safe. This gives the child a sense of control and promotes their resilience. Explain to the child that by choosing the following actions, they are choosing to be safe.
 - Washing your hands with soapy water for 20 seconds (or sing the Happy Birthday song twice) after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food; and
 - Following cough and sneeze etiquette i.e. covering your mouth and nose every time you cough or sneeze. Using a disposable tissue to cover your mouth or nose if possible and immediately disposing of the tissue afterwards. If no tissue is available, cough or sneeze into your upper sleeve. This prevents your hands becoming contaminated with cold or flu viruses.
- Try to keep your child's daily structure as normal as possible such as mealtimes, bed times, learning times.
- Try to minimise your child's exposure to the news. We know how the media can sensationalise news items. For children, it is hard to put this into context so hearing updates or seeing images can escalate children's fears. Choosing to listen to the news after the children are in bed for instance is preferable.
- It is understandable that we need to connect with one another in our community, to talk through our fears and concerns with others. However, be mindful of your children overhearing your conversations regarding coronavirus. As their parent, your child will look to you to provide that sense of safety. They need to hear consistent positive messages from you or may become worried you are 'hiding' things from them or 'not being honest'.
- Practice self-compassion. Be kind to yourself so you can be kind to your children and others.

Please see the following link for advice from Dr Michael Carr-Gregg on this topic. It is an excellent resource.

https://schooltv.me/wellbeing_news/special-report-coronavirus

Other resources -

- <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- <https://www.abc.net.au/news/2020-03-04/how-to-talk-to-children-about-coronavirus/12020324>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- <https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

For support in relation to your child's wellbeing if impacted by the Coronavirus situation please email:

- Head of Pastoral Care Secondary School Mrs Brooke Hamilton bhamilton@nac.nsw.edu.au
- Coordinator of Pastoral Care Years 4 - 6 Mrs Jenny Delahenty jdelahenty@nac.nsw.edu.au
- Coordinator of Pastoral Care Years 1 - 3 Mrs Michelle Walsh mwalsh@nac.nsw.edu.au

Updated COVID-19 Health Action Plan

We just want to let our families know that we have updated our COVID-19 Health Action Plan:

Coronavirus (COVID-19) Health Action Plan states:

- Any confirmed case of COVID-19 will be excluded from Nowra Anglican College until they are medically cleared to return.
- Any student, staff member, visitor, volunteer or contractor who has travelled to or passed through (stopped over in) any region in China (including Hong Kong and Taiwan), Iran, South Korea, Italy, Japan, Vietnam, Thailand, Singapore, Cambodia and Indonesia, we ask that they remain at home for 14 days following their return to Australia (which is the advised virus incubation period). Students and staff who have returned to Australia and have shown no symptoms during the 14-day self-isolation period are able to return to school or work.
- Any student, staff member, visitor, volunteer or contractor who has returned from overseas since Sunday 12am midnight on the 15th March is asked to remain at home for 14 days following their return to Australia (which is the advised virus incubation period). Students and staff who have returned to Australia and have shown no symptoms during the 14-day self-isolation period are able to return to school or work.
- Any student, staff member, visitor, volunteer or contractor who has been in close personal contact with someone who has been diagnosed with COVID-19, we ask that they remain at home for 14 days since last contact with the confirmed case.
- Any student, staff member, visitor, volunteer or contractor who has travelled overseas who exhibits any symptoms of Covid-19 (or had close contact with) must stay home and seek medical advice, and will be required to provide the College with medical clearance prior to returning.
- Any student, staff member, visitor, volunteer or contractor who are unwell with flu like symptoms are asked to follow our normal guidelines and stay home and seek medical advice.