



Belgrave South Primary School Newsletter

FORTNIGHTLY NEWSLETTER – FRIDAY 21ST AUGUST

From the Principal...

Dear Parents and Carers,

Thank you for the outstanding effort that you are investing into remote learning again this term. You are doing an incredible job managing the challenges of working from home and supporting the learning of your young people. The positive mindset that you have adopted to this less than positive situation in our state is to be congratulated. I also thank you for the support that you have shown our staff. Your kind words in the many emails and phone calls we receive make the greatest difference for us all.

Managing Children's Mental Health and Wellbeing

The greatest challenge that people face during this stage of the pandemic at present is managing mental health and wellbeing. The current Stage 4 restrictions are overwhelming for our children and indeed ourselves. Many of the things that we would normally do to keep balance are not possible and there are limited substitutes.

Children sometimes lack the language needed to talk about their feelings or emotions and trying to talk to them about how they are feeling can cause further frustration. A common reaction of children across Victoria during the second phase of remote learning is one of apathy and indifference. Again, behavioral responses that perhaps convey the message that they are missing their social connections with friends or relationships with teachers or maybe need learning support provided in a different way. It could even be that they are distracted by worry or disinterested because they can't see when this will end. Their behaviour conveys their message the best way they know how.

It is important to remember that our behaviour is a message that conveys how we are feeling and how we are coping. It is certainly the case for our children and is in fact no different for us as adults. What is important for us to understand is what feeling or emotion sits behind our children's behaviour in order for us to support them to take action to manage these strong emotions. This is often referred to as developing resilience or coping strategies. A process that a pandemic has made even more challenging given that our children's feelings and

