

Supporting Your Child During the Coronavirus Pandemic



Dear parents and caregivers,

As we all face these uncertain times during the Coronavirus (COVID-19) pandemic, we at Marryatville High School, intend to ensure and manage the wellbeing of our students while they are studying and home-isolating. Along with teaching academic skills, it is important for our school to promote resilience and positive wellbeing in students.

Positive parental engagement has been proven to increase children's mindset, productivity and academic outcomes. Efforts to enhance students' personal wellbeing has seen development of resilience that help to deal with unpredictability, changes and challenges in life, which is undoubtedly important during these challenging times. Here are some ways in which parents can support children while they are studying and isolating at home:

- **Support healthy habits**

It is important during this stressful time that teenagers eat balanced diet, hydrate, maintain a regular sleeping pattern and exercise daily. This may seem obvious, but these healthy habits have been proven to help students who are prone to anxiety and depression. When becoming housebound, kids tend to oversleep/sleep less, overindulge on food/forgetting to eat, and become sedentary. Therefore, ensuring that adolescents go to bed and wake up at a reasonable time, go for a walk outside, and eating good and nutritious meals is fundamental for maintaining a positive frame of mind.

Encourage your child to get out at least once a day for thirty minutes. If they're concerned about contact with other people, try to take a less-travelled route. Perhaps go for a walk in the morning.

- **Develop a personal routine**

Whether it is watching Netflix, gaming or keeping up with their friends via social media, it is easy for teenagers to get distracted and procrastinate on their school work when they are at home. It can be understandably difficult to concentrate on homework and keep up with the expectations of school while they are studying remotely.

Perhaps you can help your child to create a realistic, achievable timetable of getting their schoolwork done, while also allowing time for breaks to socialise, exercise or have other forms of entertainment. The key idea is for students to complete a session of work, then rewarding themselves with a break.

- **Encourage self-care**

It's understandable for young people to be stressed and worried during this time. To encourage a positive mindset, it is important for kids to look after themselves. Self-care looks different for everyone, but successful strategies involve a sensory component (touch, smell, sight, taste and hearing), such as activities such as having a bath, drinking hot chocolate or tea, journaling, listening to music and meditation.

Best regards,
The Wellbeing Team