



TO: ARCHDIOCESAN PARENTS & CARERS

Dear Parents and Carers

RE: UPDATE ON THE MANAGEMENT OF COVID-19 IN THE ARCHDIOCESE OF CANBERRA AND GOULBURN CATHOLIC SCHOOLS

Given the challenges currently faced in Greater Sydney and some regional areas of NSW, I write to update you on the measures in place to manage the impacts of the pandemic across our schools. Please be assured that the health and safety of students, families and staff is our top priority.

Catholic Education's protocols and management within schools are based on NSW/ACT Health advice and learnings over the past 18 months. Our schools continue to comply with the requirements of Government and Health Authorities and these requirements are outlined on the [Catholic Education website](#).

I am confident we are well prepared in the event of heightened restrictions or a mandated lockdown. These measures include processes to follow if a student, or staff member, tests positive to the virus where any impacted school may close for a short period, while NSW/ACT Health investigate the matter and the school is cleaned appropriately. Students and staff identified as close contacts of a case will need to self-quarantine at home for 14 days. Any decision to close a school will be based on NSW/ACT Health advice.

Catholic Education has been working with all our Principals to ensure each school's plan for remote learning is ready to action should the need arise.

Parents and carers of children with an existing medical treatment plan may wish to review their plan with their child's GP and notify the school if there is a change to the plan.

Where can I go for more information?

The community is urged to keep up-to-date through:

- [Catholic Education website](#) – updated daily as relevant to our System schools.
- [NSW Health](#)
- [ACT Health](#)
- The National Coronavirus Health Information Line on 1800 020 080.

Mental Health and Wellbeing

The current situation can have a negative impact on our mental health and wellbeing. If you are looking for further information and support about mental wellbeing in the context of COVID-19 for your family, you may wish to explore the following dedicated resources:

- Beyond Blue - Coronavirus Mental Wellbeing Support Service
<https://coronavirus.beyondblue.org.au/>
- Headspace in Schools information for young people
 - [Information for young people](#)
 - [Information for family and friends](#)
 - [How to Cope with Stress related to COVID-19](#) (Information for young people)
 - [Responding to Family Conflict](#)
 - [Balancing Online Schooling and Working from home](#)

Further to these supports, Catholic Education provides a student counselling service to our schools. You can explore whether school counselling might be of benefit for your child by first speaking with your child's teacher, school Principal or relevant pastoral staff member.

It is our hope that our students, staff and our school communities remain safe as we continue to navigate these challenging times. We are mindful there is still potential for considerable disruption to school life due to the pandemic, and Catholic Education will continue to prioritise the safety of our school communities. Should the need arise, teaching and learning will continue for all students following the success of remote learning implemented last year. We will continue to work with Principals and school leadership teams to communicate with you as developments occur.

Yours sincerely



Ross Fox
DIRECTOR
9 August 2021