

Dear parents and carers,

There is no doubt this past week has been difficult and stressful for everyone – students, teachers and families. As we continue to face the effects of the pandemic, we need to be mindful of our emotional wellbeing. Many in our community will be facing economic difficulties. Please contact the school if you need support. I personally thank all of our families and students who are working in supermarkets, chemists and other retail suppliers and in the medical and health care professions who are dealing with unprecedented demands.

I have been overwhelmed by how the staff at Moorebank High School have pulled together. They have been working hard to support students. Teachers have been putting in extra effort and time to prepare for rapidly changing situations, as per Department of Education and the NSW Ministry of Health guidelines.

Moorebank High School continues to be fully operational.

My advice:

1. Keep calm – there are lots of things outside our control. Let's remember to focus on what really matters. School will continue to focus on being a calm place where students feel they belong and can learn.
2. Be kind – we are all in this together. Reach out to help others who may be in need. Know that nearly everyone is feeling stressed and when we are on edge, we can be sharp when we do not mean to be.

I have attached a document from the Australian Psychological Society Limited that may help you during these unprecedented times.

And in breaking news, there will be no NAPLAN in 2020. We received notification of this this afternoon.

Kind regards

Vally Grego

Principal

20/3/20