



Dear Parents and Carers of the St Edward's community

The Pastoral Care team would like to extend a message of support to all our parents and carers.

Despite not having face to face contact with your son at school, our wonderful Pastoral Team are available to discuss any concerns you may have regarding your son's wellbeing during this period of transition to an online learning platform.

We would like to reiterate that your son's wellbeing is our highest priority. With this in mind, the Pastoral Team would like to recommend the following strategies to support your son.

- Establish a routine for him that includes getting up at his normal time, having breakfast and getting dressed. Nutrition is important and will help fuel your son's mind as well as his body.
- Adopt a sensible sleeping pattern. This may mean logging off technology and games at a reasonable time.
- Try having bedrooms free of technology and create that space to be used only for sleeping.
- Put aside time to focus on life skills during his day. This may include cooking, cleaning, gardening. Creating a time when your son can work with you on non-school related tasks and connect with member/s of your family is a positive experience.

Whilst we ask parents to support the online learning of their son, we do not want to create stress and anxiety for them as this can create further issues. We understand it may take time for your son to adapt to these new changes and the initial response by some might be one of holiday mode. Hopefully over the long term we will see a more settled pattern of learning and interaction with their teachers.

I would like to stress that if your son is having difficulties with their learning, please reach out to the respective teacher of the subject area before contacting the Pastoral Leaders.

In the event you need to contact your son's Pastoral Leader, please see below the most appropriate form of communication.

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| • Year 7 Pastoral Leader | henglund@stedwards.nsw.edu.au |
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Regards

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