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Week 9 Update

Dear Parents and Caregivers,

Congratulations for surviving another week!

I hope that some of you joined with me on Wednesday afternoon for the webinar “Practical Parenting in a Pandemic” (presented by Maggie Dent). A recording of the event will be available after Monday - keep an eye on our app for details.

Some of the key points that I took away were:

- ✓ What we are feeling is grief - 12 weeks ago we believed the threat of COVID was behind us and were looking forward to a busy Term 3 school calendar. We are grieving the loss of time with our extended family and friends; we are grieving the loss of our “normal” existence; and we are grieving for our children as they miss out on school activities such as Book Week and school discos.
- ✓ Our children will overcome the educational/social effects of COVID and will recover. Data from schools in countries where students have missed up to 6 months of schooling (due to natural disasters) has shown that once they return to school, they quickly regain any lost learning.
- ✓ It is normal for our children (and us) to feel anxiety during this time. Anxiety becomes problematic when it becomes so big that you or your children are unable to participate in the “fun” activities of life.

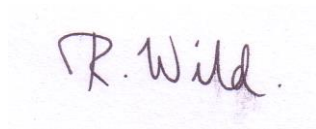
- ✓ Tired, stressed, and exhausted parents breed tired, stressed, and exhausted children and it is impossible for tired, stressed, and exhausted children to learn. Consider timetabling a “rest” period into your family’s day - put away digital devices and instead have a nap, read a book, or listen to some music.

I finished the afternoon reflecting on the question - when my son looks back on lockdown 2021 what will he remember as the best bits and what can I do in the coming days or weeks to make these memories?

As the end of Term 3 quickly approaches staff have added some wellbeing activities in student packs - please find the time to do these or any other activity that will help you and your child “reconnect and reset.”

Pack exchange will happen on the usual day, at the usual time (Monday between 9am-3pm).

Take care



Rebecca Wild
02.09.21

