

23 March 2020



Dear Parents/Guardians

'I CAME THAT THEY MAY HAVE LIFE  
AND HAVE IT TO THE FULL.'  
(JOHN 10:10)

I am writing to provide some resources that parents/guardians may wish to use when talking to their children about the novel coronavirus, COVID-19. It is important that children are aware of the essential facts so that they do not become overwhelmed or fearful, especially due to the media hype and behaviour of some shoppers.

I wish to reassure you that the safety and wellbeing of every one of our students is our highest priority.

As you know the College is working closely with Catholic Education Western Australia (CEWA) support staff and following the advice of the Department of Health in dealing with risks posed by COVID-19. Our College is taking all reasonable measures to prevent the spread of the virus at school.

It is important to acknowledge that it can be normal to feel worried or anxious about this situation, parents and children alike. If your children are worried about this virus, you can help them by providing reassurance and perspective – it is unlikely that they will get sick, but if they do, they will go to the doctor. Most children have mild symptoms and feel well again soon. Also, remember that speaking with them about increased handwashing, covering their mouth when coughing, sneezing into their elbow and general good hygiene practices will help them feel empowered in this time.

As a Catholic community, we can extend our prayers for all of those impacted in Australia and abroad, and show care and support for all members of our community. Much like the flu that affects many people each year, it is not out of the question that people we know may be ill with symptoms caused by COVID-19, and if so, it is important that we offer them our support, while we follow advice from health authorities.

If you would like to talk to your children about the virus, here are some useful resources:

#### **How to talk to your kids about coronavirus**

<https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>

#### **This is a comic for children explaining the coronavirus**

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

#### **A 4-minute animated clip for children on coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

For the latest information on the virus, preventative measures, or what to do if you or your child become sick, please visit: [https://www.healthywa.wa.gov.au/Articles/A\\_E/Coronavirus](https://www.healthywa.wa.gov.au/Articles/A_E/Coronavirus)

For information on who should or shouldn't attend school, please refer to:

<https://www.cewa.edu.au/novel-coronavirus-update/>

I hope you find this information useful and reassuring when talking to your children.

Yours sincerely

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Principal

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