

18 March 2020

Dear Parents

The College has been actively involved in keeping abreast of changes, updates and advice regarding the coronavirus (COVID-19) and implications for our students. We continue to follow the advice of the Government and Public Health offices in relation to managing health and wellbeing.

You will have received a letter from Principal Dr Linda Evans indicating that Fairholme College will close a little earlier than scheduled – as of end of the day on Friday 27 March. By this date, staff will have further developed take home learning packages for each child for Week 10. Staff in the Junior School will also be considering options for delivery for online learning processes, should the opportunity arise to enact this. *Could you please complete the short form via the Fairholme Doll image below to assist us with planning for this potential opportunity.*

In the interim, I would like to share with you some of the adjustments and amendments that we have put in place in the Junior School.

Keeping ourselves and others healthy

On Tuesday, I met with all girls from Prep to Year 6. We discussed the very simple premise that adults are responsible for managing concerns relating to national health and containment. Students are responsible for looking after their own, and each other's health, for learning and enjoying time with their friends.

We discussed:

1. Washing our hands regularly (2 x Happy Birthday songs = 40 seconds)
2. Keeping a little distance between friends (perhaps like flying First Class)
3. Coughing, sneezing into our elbows (not into our hands, or into open space)
4. Putting only food and water in our mouths (not hair, collars, fingers)
5. Drinking plenty of water (to wash any mouth germs into our stomachs for the acid to deal with).

Mental Health support opportunities

To further facilitate good mental health and maintain a sense of calm amongst both ourselves and the young people we guide, the Wellbeing Team have put together the following list of resources in collaboration with Jessica Arday-Wild. Jessica is the Ed LinQ Coordinator for the Toowoomba and Southern Downs region and is associated with the Child & Youth Mental Health Service.

- a) <https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/> - "Birdie and the Big Sickness" is a resource for supporting younger children during periods of community illness. It has been developed by the QLD Centre for Perinatal & Infant Mental Health.
- b) https://drbeckyathome.com/home/managing-coronavirus-anxiety-ours-and-our-kids?fbclid=IwAR3UP7OyFwwFzwuy_Zjj0p8cL3asb54N9fwN30OVL-m3j69N303SA29meZs
- c) Centre for Disease Control - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> There are some great links on this site to child-appropriate resources for explaining natural disasters (including pandemic) and supporting children afterwards
Please note the support phone numbers on this site are NOT for Australia.
- d) Please also refer to the College website and upcoming newsletter for some links, tips and advice to assist us at this time.

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Junior School Parent Calendar for remaining two weeks of Term 1

Please find attached the adjusted calendar for the remaining two weeks of term. We have drawn a line through postponed/cancelled events, highlighted in yellow continuing events and blue covers those events that we are still waiting to confirm.

The list of events may continue to adjust and we will continue to communicate these updates to you via email.

Precautionary Measure

As an additional measure, we have asked the girls in Prep to Year 6 to take home each day some very basic program support materials including some exercise books and Math and English Student workbooks.

This is a precautionary measure, in case a determination to complete the term earlier than Friday 27 March occurs. *Can you please ensure these items return to school each day.*

Message from Mr Tony Tregaskis, Head of Sport Fairholme College

The following announcement has just been released concerning the representative school sport program.

A decision has been made to cancel:

- the representative school sport program which includes district, regional, state, national, interstate and international competitions
- Queensland School Sport team participation in any national, interstate or international events organised across Australia or internationally.

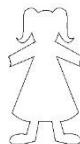
This decision is effective as of 17 March 2020 and will continue until further advice.

Should you have any questions, you are welcome to contact either myself, or your class teacher. Our students and Fairholme Community continue to be our priority and I thank you for your understanding and support during this time.

Yours sincerely



Mrs Erin Tonscheck
Head of Fairholme Junior



Online Learning
Opportunity

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