

Raise

RAISE THE CHILD CHANGE THE WORLD



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“Every hand that we don’t shake
must become a phone call that we place.
Every embrace that we avoid
must become a verbal expression
of warmth and concern.
Every inch and every foot
that we physically place
between ourselves and another,
must become a thought
as to how we might be of help
to that other, should the need arise.”

RABBI YOSEF KANESKY

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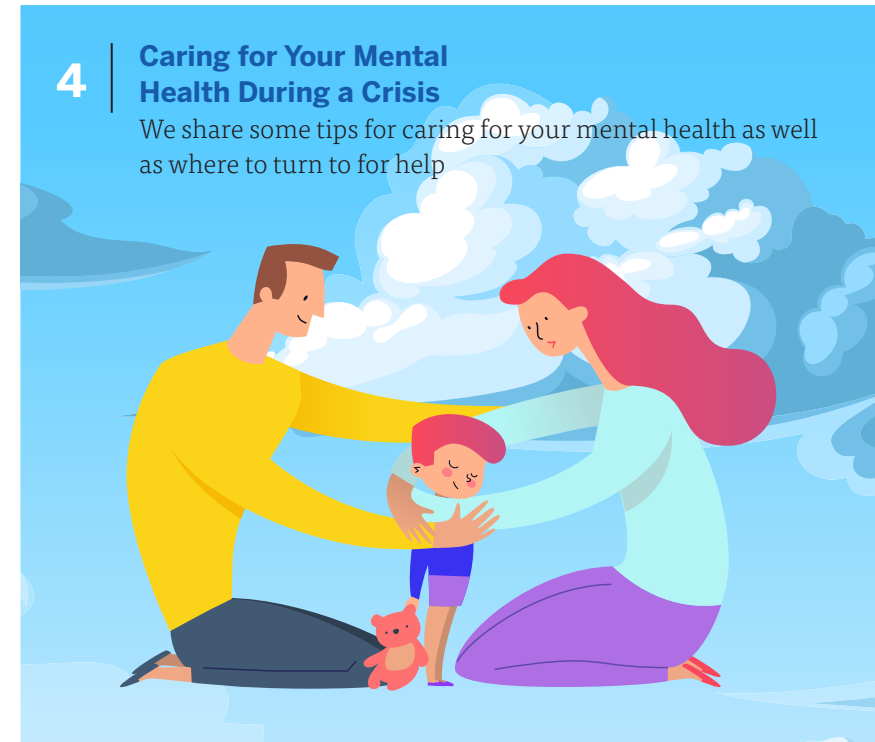
In this uncertain time in the world, we have decided to produce a weekly, digital special edition of Raise magazine, which aims to support families as they transition to learning from home.

In each issue, we will cover topics such as how your family can prepare for learning from home, caring for your mental health, where to turn for further support, ideas to entertain the family, talking to your kids about natural disasters and feel-good pieces to inspire and motivate.

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Caring for Your Mental Health During a Crisis

We share some tips for caring for your mental health as well as where to turn to for help



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The “Write” Way

Tips on how to foster your child’s writing skills at home with literacy expert and author Patricia Hipwell

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10 Tips for Creating a Supportive Home Learning Environment

With the start of remote learning this week, we share our 10 tips for creating a supportive learning environment in your home



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Anxiety in Our Kids

Hygiene and Infection Prevention



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This publication was proudly produced by  MARKETING TO families www.m2f.com.au

Caring for Your Mental Health During a Crisis

During times of uncertainty, it is normal to feel anxious, worried or concerned. The coronavirus has impacted us all in some shape or form and can have an impact on our mental health and wellness. Here we share some ways you can care for your mental health during this time and where you can turn for further support.

STEPHANIE MEEKINGS

STAY INFORMED

Our situation in Australia is changing rapidly and you may have received information overload from media sources, social media, friends, family and colleagues. It can feel overwhelming to understand changes and expectations. Obtain your information from credible sources to stay informed and switch off your devices if you need a break. It's important to be informed, but not alarmed. [The Australian Government's Coronavirus \(COVID-19\) app](#) can be downloaded from the App Store or Google Play as the best source of advice. [The Australian Government's COVID-19 Support site](#) is great for mental health-related advice as well as the [Queensland Health site](#).

STAY CONNECTED

Social isolation can be just that, isolating, but in our digital age we are able to stay connected while self-isolating or practising social distancing. FaceTime, social media or even a simple phone call are a great way to stay connected. If you have a regular catch up with your friends, make it a virtual catch up! If you have a weekly ritual such as afternoon tea with your family, recreate it at home through Skype. If your kids normally play soccer on a Saturday, get the ball out in the backyard and play as a family. If your teens normally meet up with mates on the weekend, encourage an online catch up. And don't forget to check in on loved ones. A simple message to let them know you're thinking of them may brighten their day.

MAKE A LIST

Put pen to paper and make a list of all the little things that make a difference to your mood and mindset that you can do at home. It could be playing music, stretching, lighting a candle or writing down the things you are grateful for each day. Stick your list to the fridge

or keep it somewhere close to remind you of these little practices that may seem small but make a big difference to your overall mindset.

LEARN SOMETHING NEW

Your kids may be home practising the piano or learning a language, if time allows, join in and expand your skill set. You can practise a second language with your child over dinner or learn a song together. Alternatively, the family could start a compost bin to help manage increased food scraps in the family home or start a home veggie patch.

TAKE A MOMENT

If you're struggling to find quiet moments in your day with the family home more often than usual, set an alarm to wake up before the family and enjoy your morning coffee outside in silence, do a home workout, try a daily meditation, take the dog for a walk or simply scroll through your phone if that's what brings you happiness. If you're not an early bird, schedule time for yourself throughout the day or at night to do something for you. And if you're really getting cabin fever, go for a quick drive to get out of the house, if current restrictions allow.

COOK UP A STORM

Groceries may be depleted, but you can still get creative in the kitchen with the ingredients you do have. Studies have suggested cooking has therapeutic benefits so there isn't a better time to look after your mental health (and your family's health) with a nutritious homemade meal. It's also generally cheaper to cook your own meals and snacks rather than buying prepared, pre-portioned or takeaway options.

Stephanie is a Cairns Catholic Education Digital Media Officer.

SEEK SUPPORT

If you're finding you need more support during this time for yourself or your family members, your GP or mental health professional are great places to seek advice. If you'd like support from your home, Lifeline (13 11 14) and Kids Helpline (1800 55 1800) can be accessed for phone and online counselling. Beyond Blue (1300 22 4636) has launched a new COVID-19 Mental Health Support Service, offering free 24/7 counselling by mental health professionals online and over the phone.



The “Write” Way

This article from Raise Issue One has been republished as the advice on fostering your child’s literacy skills at home is relevant now more than ever.

JANELLE SANTOLIN



“It is very tempting when we look at text messaging, emojis and all the language of the technologies of the 21st century to think that a skill like writing is obsolete. However, never has it been more important to write clearly and in a way that communication is guaranteed,” tells Patricia Hipwell, author of the popular How to Write What You Want to Say series.

In this time of students spending a large proportion of their time communicating informally via text messages, Snapchat and other social media, there is an increasing need to encourage and support their skills in formal written communication. Some children are avid storytellers. Others may need a bit more encouragement to sit down and write.

“As a parent it can be quite frustrating helping students with schoolwork especially if you have a child who is a reluctant writer,” Patricia tells Raise.

Not only can it cause tension and tears during homework, but it can be a source of immense frustration for both parent and child. The best way to encourage your writer is to help build confidence in his or her ability to write.

WRITING TIPS FOR PARENTS

- **You can’t write what you can’t say, so get chatting!**

Ways in which you can help students become good writers and more willing to write is to remember: you can’t write what you can’t say, you can’t say what you can’t think and you can’t think what you don’t know. Build your child’s communication skills by encouraging plenty of conversations, asking questions and taking turns telling stories.

- **Read with your child**

Reading and writing go hand in hand. As a parent, the first port of call is reading to and reading with your child, listening to them read and gathering the information on what to write about from that. It is important to understand that if students do not have any

knowledge on the topic they have to write about, it is going to be very challenging to write. The first stage in the writing process is to develop topic knowledge - this can be done through reading. Take the opportunity to support your child to read a range of books, newspapers, magazines, websites to build their general knowledge. Make sure that you choose both fiction and non-fiction texts to read, and ensure any unfamiliar words are explained and discussed.

- **Build vocabulary through games & shared experiences**

Scrabble, Scattegories, Boggle, Pictionary are all great games that encourage play with words. Crossword puzzles will also help children increase their vocabulary. Shared experiences such as making lists, writing letters to friends and family members, writing scrapbooks and holiday journalling all contribute to your child’s writing development.

- **Act as a scribe for your child**

If you can get your child to draw and talk about the topic and you scribe in note form, then writing for them is much easier because you’ve stored the ‘what’ then they can focus on the ‘how’. For an older child, parents can support their child in organising their notes on the topic, prior to beginning to write.

- **Write to an audience**

As children develop their writing skills, they begin to understand that they can write for others. Encourage your child to think about who they can write for.

For younger children, you could write a story for a family member together. For example, writing a story for Dad for Father’s Day. Ask your child, “What would Dad like to read about? What sort of words would Dad use? How would Dad like this story to end?” In doing so, you teach your children to think about their audience when they make decisions about what to write and how to write it.

- **The art of touch typing**

Today your child will be expected to write both manually and electronically, so teaching them to touch type will help their writing progress. All schools in our Diocese provide access to “Typing Tournament”, an electronic typing tutor which teaches children to touch type through lots of fun games and activities. Children particularly enjoy battling the clock. Jump on with them and encourage them to beat their personal best.

- **Plan, plan, plan**

As your children grow older, they will be expected to write longer texts to show their understanding of what they have been taught at school. For these longer written texts, it is vital that children plan before they write. You can help by making sure your child always has a clear plan of why they need to write (their purpose), who they are writing for (their audience) and what they need to write about (their topic knowledge). There are many graphic organisers available online to assist your child in organising their ideas and knowledge before they begin to write.

- **Check and correct**

As a parent, you can always act as your child’s proof-reader or editor. Go over their work and help them find any errors to be corrected. Look especially for capitals at the start of sentences and full stops to finish sentences. Lines between paragraphs is also a good one to keep an eye out for. Read your child’s writing out loud for them to hear. They may be able to pick up any sentences that don’t make sense. Encourage your child to proof read their own work as they become more confident with this checking process. You can also act as an editor and help your child check that they have included all the right information and have addressed the task. Ask them where they can make improvements or suggest ways yourself.

- **Celebrate their success**

The best way to build confidence in your child’s writing is to let them know you are proud of their efforts. Display great writing up on the fridge. Post writing to family members. Have your child read out their writing at the dinner table after a meal. Any way to share their writing is a great way to celebrate their success.

- **Talk to the teacher**

Your child’s learning is a three-way partnership between you, your child and the school. Keep communication channels open and seek support when needed.

Janelle is the Leader of Pedagogy at St Mary’s Catholic College, Woree.

10 Tips for Creating a Supportive Home Learning Environment

As teachers launch distance learning this week, we share our 10 tips for creating a supportive learning environment in your home.

1. THIS IS NOT A HOLIDAY!

It's Week 1 of Term 2 and school is back, even if school is now at home. Encouraging your kids to have this mindset is important to establish new routines.



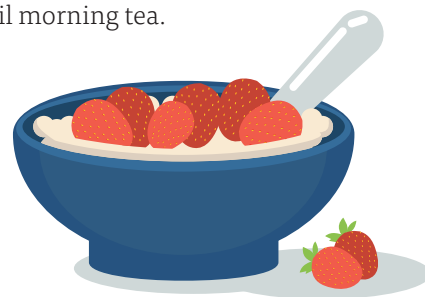
2. UP AND AT 'EM

Encourage your kids to get up at the same time, have their breakfast, clean their teeth, get dressed and get ready for school - the same as any school day. Maintaining this routine will help keep a sense of normality during this uncertain time.



3. BREAKFAST OF CHAMPIONS

A good well-balanced breakfast is necessary for focused learning so encourage your kids to fuel up first thing to keep them firing until morning tea. When they're hungry, they're distracted and learning can be harder.



4. OUT OF YOUR JARMIES

Part of the new mindset is being ready for school, perhaps not in school uniform, but at least dressed and ready. This will help younger kids in particular realise it's business as usual, not a PJ party in the lounge room!



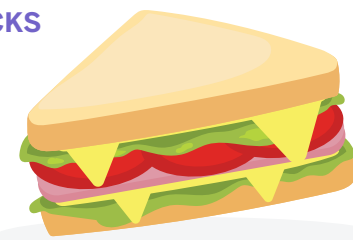
5. RESPOND TO YOUR SCHOOL'S LEARNING TIMETABLE

Your child's school and teachers have provided advice on how the learning program is being delivered. Delivery may involve being online at certain times of the day or the timing to undertake certain tasks. Make sure your kids are aware of the expectations during this time.



6. LUNCH AND SNACKS

Part of your weekday routine may be to pack a school lunch and snacks similar to a normal school day so you're organised and the kids aren't raiding the pantry throughout the day. Get your kids to stop for morning tea and their lunch break as they would at school. It's a school ritual that can continue at home.



8. RESTRICT SCREENS

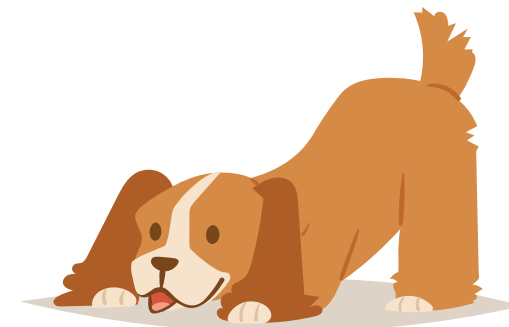
Most schools restrict the use of mobile phones and non-educational devices during school hours.

You can do the same at home to avoid distractions.



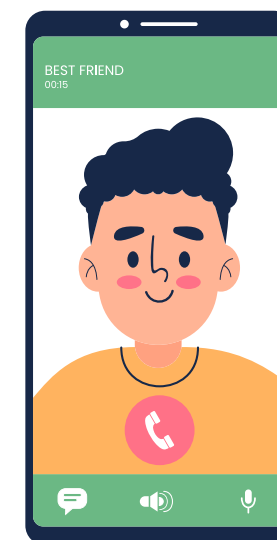
7. A TIME FOR PLAY

During breaks encourage your kids to pop on their hat, get outside in the fresh air and get some exercise - even if it's throwing the ball for the dog. Older kids may be able to shoot some hoops or kick a ball.



9. STAYING SOCIAL

Your kids will likely miss their school mates. Take advantage of opportunities for social contact with friends in the digital space. Most older kids will be across social media apps to stay connected, but for younger kids who don't have access you can organise an online catch up with their friends' parents.



10. STAY POSITIVE AND ENCOURAGE LEARNING

This is a new experience for teachers, students and parents so let your children know they're doing great and you're proud of them for adapting so well. Maybe at the end of the school day there is time for a well-earned treat.



ANXIETY IN OUR KIDS

Kids often feel concerned or worried about things in the world around them, from something under the bed to fear of failure or fitting in at school.

“Children experience a wide range of emotions as they grow, interact with and make sense of their world. Typically, children have fears and worries that are considered age appropriate and ‘normal,’” explains Cairns Catholic Education Services psychologist Rachael Kelly.

During this uncertain time, it’s ‘normal’ for your child to feel concerned and even anxious and it’s important to acknowledge these emotions as a normal response. If we, as adults, feel uncertain in these times, it’s reasonable for a child or teen to feel uncertain too. But how do you know if your child’s worry is normal or when it needs extra attention?

“If it seems that your child’s worries and fears are out of proportion to the situation, are not improving, or are causing distress that interferes with his learning, play or enjoyment of life, your child may be at risk of an anxiety disorder,” explains Rachael.

SOME SIGNS PARENTS MIGHT LOOK FOR THAT THEIR CHILD MAY BE EXPERIENCING ANXIETY:

- Having lots of persistent worries and fears
- Seeking reassurance often
- Avoiding situations that make them feel anxious
- Complaining of physical pains (stomach aches, headaches)
- Fearful of risk taking and getting upset easily

HOW TO HELP AT HOME

Talk to your child about their concerns, reassure them and give them the facts about how they can protect themselves and their loved ones. Try and keep a sense of normality in your home and be aware of the media reports and conversations they may overhear.

WHERE TO SEEK FURTHER SUPPORT

“The reassuring news is that anxiety disorders are treatable. There are a range of talking and behavioural therapies such as Cognitive Behavioural Therapy (CBT) and Exposure Therapy that can help,” tells Rachael.

If you are concerned about your son or daughter, start with a conversation with the school counsellor, who, depending on the presentation and severity, may suggest a brief school-based therapy intervention or will direct you to the appropriate service. You could also speak to your GP or mental health professional.

HYGIENE AND INFECTION PREVENTION

DAVID KEMP

Good hygiene is important at any time, but obviously even more so now. Immunologists agree that adherence to good personal hygiene will prevent the spread of viruses such as flu and COVID-19 by over 50 per cent.

COVID-19 and other respiratory viruses spread easily by droplets from breathing, coughing and sneezing. Because our hands touch many surfaces, they can pick up microbes, including viruses. Then by touching contaminated hands to your eyes, nose, or mouth, the pathogens can infect the body. This is why handwashing is so important.

Handwashing and hand rubbing (the use of hand sanitisers), are both highly effective treatments to prevent the spread of germs. If you have no hand sanitiser, this is no problem, hand washing with soap and water is equally good. If your hands are visibly soiled or dirty, then you must use soap and water.

As COVID-19 and the common flu are both spread through respiratory droplets, covering your coughs and sneezes is particularly important.

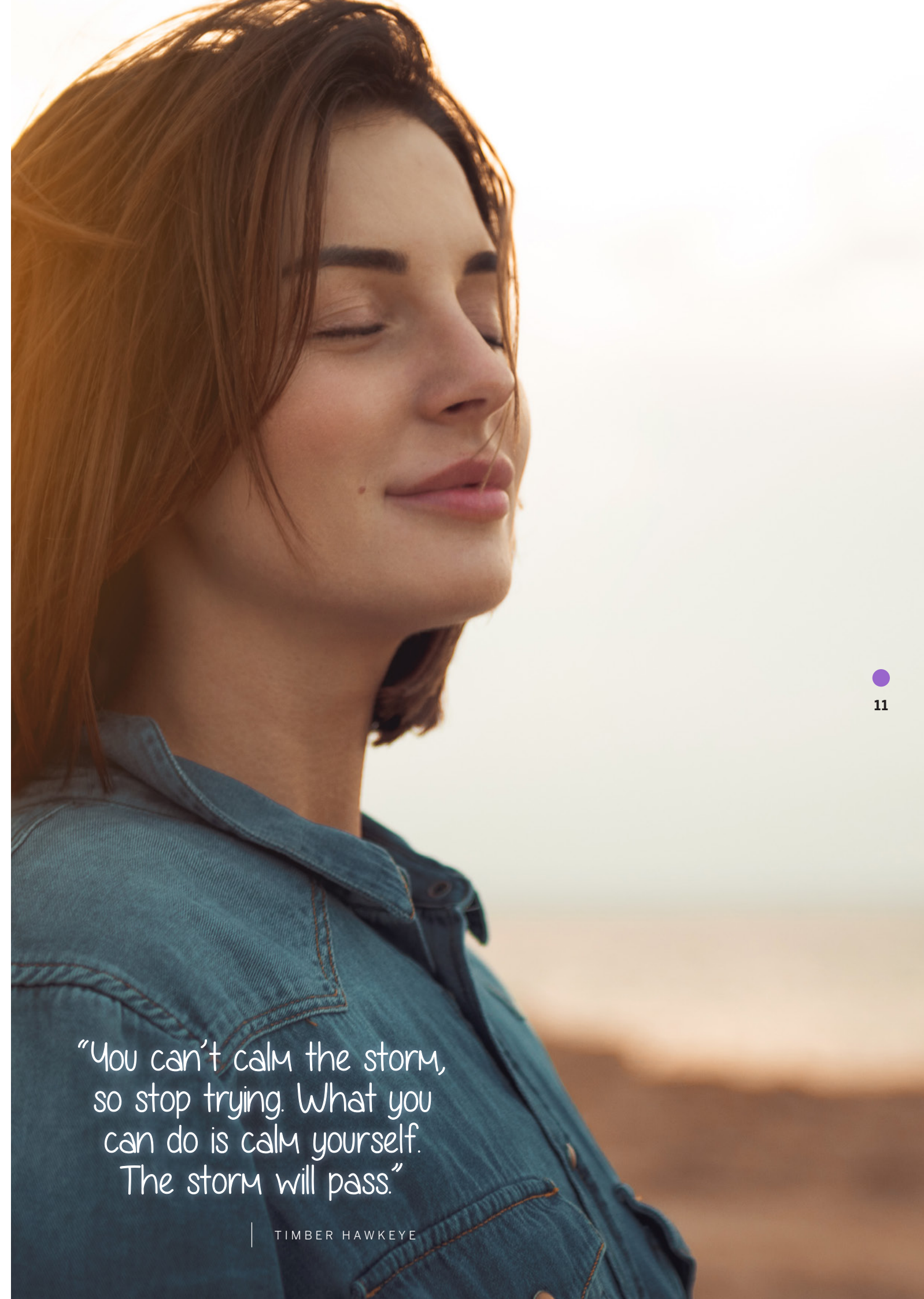
If you have a tissue, use this to capture your cough or sneeze. This should then be discarded immediately in a bin. Do not leave the tissue lying around! You should wash your hands after discarding the tissue.

If you don’t have a tissue, you can do the sleeve sneeze. This involves coughing or sneezing into your elbow or upper arm. This will help to prevent the projection of respiratory droplets and will stop the accumulation of viruses on your hands, which may then end up on surfaces.

In this short video we will take you through some basic steps to help prevent the spread of COVID-19.



David is the Cairns Catholic Education Work Health and Safety Manager.



“You can’t calm the storm,
so stop trying. What you
can do is calm yourself.
The storm will pass.”

TIMBER HAWKEYE

COVID-19

With the coronavirus **COVID-19** situation changing daily, it is vital to rely only on professional advice from State and Commonwealth health authorities. Uninformed opinion and speculation can be a dangerous and misleading thing!

Cairns Catholic Education has created a **central hub** with links to updates, official sites and resources around student wellbeing on our website, for all parents.

These resources include advice for parents in supporting children, tips for coping with coronavirus anxiety and ways of reducing your risk.



www.cns.catholic.edu.au/coronavirus

To assist with communications, we have established a dedicated **Facebook page**:



Cairns Catholic Education Emergency Communication

Continuity of Learning is happening, with the transition to learning from home and supervised remote learning at school starting smoothly in our schools this week.

Visit Cairns Catholic Education's Continuity of Learning page for helpful information on remote learning from home or school.

Remember, our parents are not expected to be teachers and learning from home is very different to home schooling! Our schools and their staff are there to deliver the curriculum and help and support you. **#allinthistogether**



www.cns.catholic.edu.au/continuity-of-learning



Catholic Education
Diocese of Cairns
Learning with Faith and Vision

"Education is the most
powerful weapon
which you can use to
change the world."

NELSON MANDELA



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