



The Weekly Pines

Northern Beaches Secondary College

Manly Campus

Academic Excellence ★ Personal Best ★ Giving Back to the Community

Relieving Principal: Ms Kathy O'Sullivan



Deputy Principals: Mr Alex Newcomb
Ms Marisa Carolan (relieving)

20 March 2020 – Newsletter No.5

From the Principal

COVID-19 update

These are complex and challenging times for us all. I would like to thank the NBSC Manly Campus community for their calm resolve and support as we navigate through the continually new processes, restrictions and at times, disappointment, where activities have to be postponed or cancelled due to the current precautionary measures in place with COVID-19. In addition, thank you to those members of the community who have been in direct contact with me, offering their advice and support. Particular praise to all Manly Campus staff who have maintained routines and stability during this evolving situation.

Following Department of Education guidelines, assemblies, year group meetings and whole school events will not occur. Visitors to the school and visitation from the school have been cancelled, as well as all local and interstate excursions. Extra-curricular activities such as debating or sporting competitions have also ceased at this time until further notice. It is with particular sadness that the school musical, *Mary Poppins* will not proceed, given the tight rehearsal framework the cast and crew traditionally adhere to.

To keep parents and students updated, all information and directives by the Department of Education and the changing school protocols that

follow, will be disseminated through the **School Enews app**. This will maintain clear lines of communication so that we all have the same information at the same time and can act accordingly. I urge all parents and caregivers to download the school app to keep up to date with the information that is sent out.

Parents were emailed a survey on Wednesday in relation to technology availability and capacity at home, study conditions and to voice individual concerns about the ability of your child to engage in on-line learning platforms should the need arise, or in the event of prolonged school closures or student absences. Thank you for your swift replies and genuine appreciation of the measures we are putting into place to ensure the least amount of disruption to student learning. We would appreciate if all parents could complete the survey to enable us to make the most effective contingency plans.

The decision to keep your child at home or not during this time is a personal one and the decision to self-isolate is based on individual concerns or heightened health risks. The advice is that if students are sick, they should stay at home. If your child or a member of your family are being tested for COVID-19, please advise me or one of the Deputy Principal's immediately. The majority of classes have access to on-line platforms. Students generally know what these are, and all teaching resources will be posted to ensure they are up to date with their work. Given the diligent nature of our student body, unless they

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are sick, the expectation is that they complete the required work in a timely manner so that teachers can continue with the teaching programs once the current conditions subside.

Following the Department's decision to keep Government schools open, students have been encouraged through *Pastoral Care* and *Daily Notices* to practise social distancing measures inside and outside the class as much as possible, as well as engage in consistent hand washing and the non-sharing of food or drink.

NAPLAN

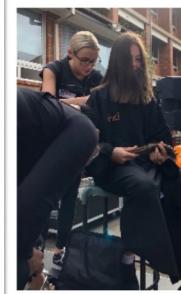
NAPLAN - Education Ministers met today and decided that NAPLAN will not proceed in 2020. The decision to not proceed with NAPLAN in 2020 has been taken to assist school leaders, teachers and support staff to focus on the wellbeing of students and continuity of education, including potential online and remote learning.

World's Greatest Shave

The Worlds' Greatest Shave event held recently supports the school ethos of *Giving Back to the Community*. Students supported fundraising for the Leukaemia Foundation occasion through head shaving, hair colouring or by donation.

I would like to thank the following volunteer hairdressers who gave up their time to support the students: Al's Place @ Manly, Cassidys of Harbord, Cordony Hair Warringah and Hilltop Barbers.

Our participants raised a total of \$7,693.33 and the SRC managed to raise an additional \$744.90 on the day.



Congratulations to the following students on their worthwhile decision to have their hair shaved/cut for charity: Sophie Roach (Year 7), Johanna Walters, Josie Burrowes and Joel Huxley (Year 8), Isabelle Staph-Giannakis and Charlotte Thomson (Year 9), David Zhan, Fergus Fitzpatrick, Alicia King, Jenna Kim and Samuel Capell (Year 10), Jamie Palangio and George McKee(Year 11).

Selective School's Test

On Thursday 12 March, Manly Campus hosted the Year 7 Selective School's Test, invigilated by representatives of the High-Performance Unit. 140 Students sat the test and we wish them every success in their attempts to gain a placement in their choice of school.

Carnation Day Event

The school celebrated its annual SRC Carnation Day event in a modified manner due to restrictions on assemblies. Students exchanged flowers and warm fuzzies, whilst being serenaded in their classrooms from an extensive love song list. It was joyous to see the camaraderie and group singalongs, which remind us of how resilient and connected to each other our students are.

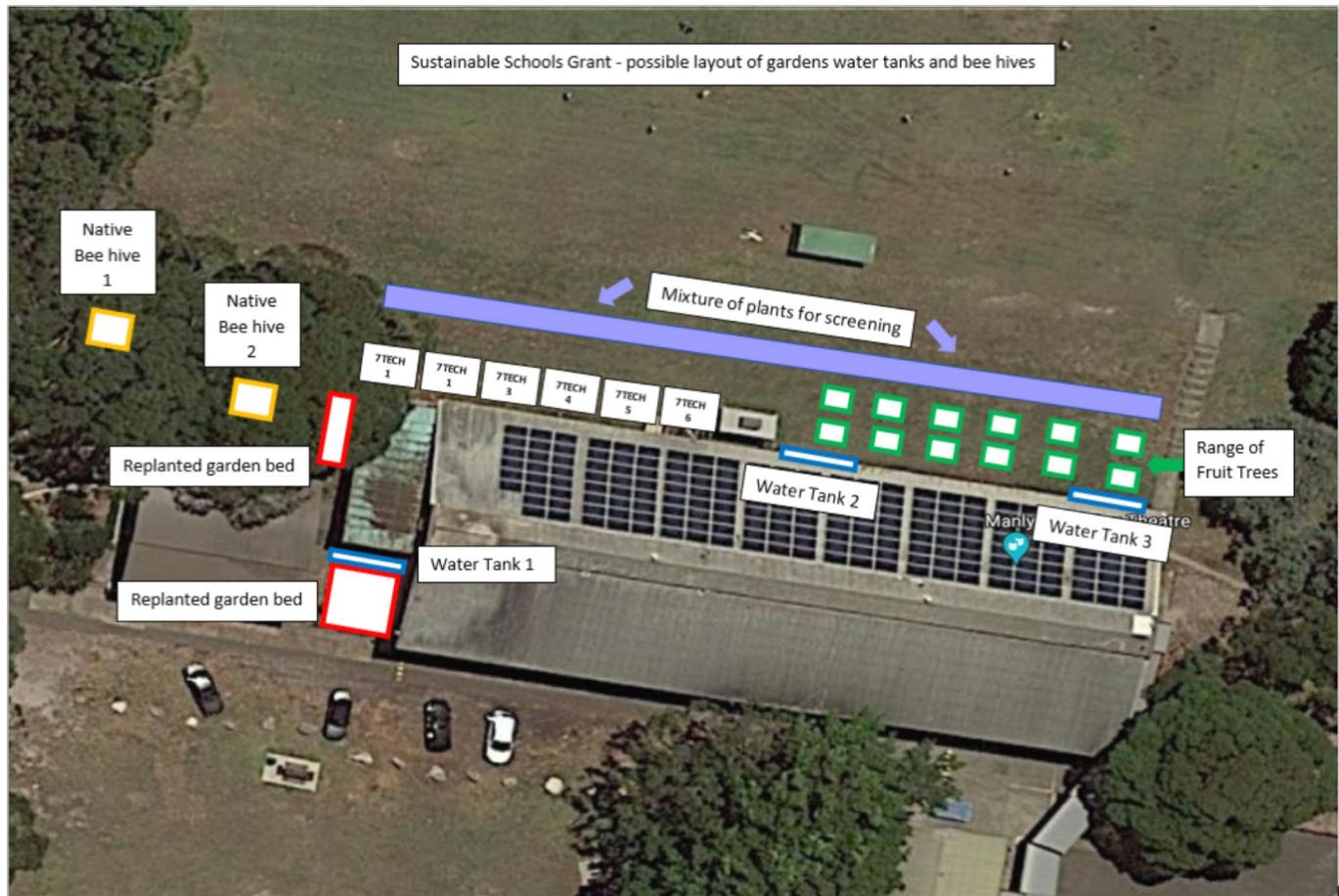
Sustainable Schools Grant

The TAS department with the assistance of members of our community were successful in applying for a Sustainable Schools Grant provided by the NSW Government. This grant will extend the existing Digital Vegie garden project. Year 7 TAS students have already made a start, focusing on making and managing garden beds (shown in the diagram below) using modern agricultural practices and the incorporation of sensors to monitor and enhance crop production conditions.

Although the Sustainable Schools Grant project will target Year 7 TAS classes, regular updates will be

provided to the whole school community about our progress in increasing our knowledge and awareness of sustainability and sustainable practices. It is anticipated that funding will be available in early April and the project will be developed over the next two terms.

The schools hardworking Environment Committee has been very keen to establish more sustainable practices and supporting native flora and fauna, especially Native bees. This grant will bring their vision closer to becoming a reality.



Sustainable Schools Grant diagram key features:-

- Hives stocked with Native Stingless bees
- Bee educational resources for student instruction
- Bee keeping equipment
- Broad range of native plants as a food source for the bees
- A range of fruit trees
- A range of screening plants
- Sleeper, soil and mulch
- Water tanks, pumps and irrigation system
- A range of basic gardening tools for students use

Congratulations to:

- Sam Daykin (Year 8) has been shortlisted for the NSW Youth Advisory Council, which will inform the next NSW Strategic Plan for Youth and Children. As part of the next stage of the recruitment process, he will participate in group exercises and discussions on Monday 30 March.

- Charlie Heaton-Armstrong (Year 8) who recently competed in the National Sprint Kayaking Championships. He is the U14 Australian Doubles Champion over 200m, and also received 5 silver medals and 2 bronze medals in both single and doubles events over 2500, 1000, 500 and 200m distances at the Championship.
- Sam Goodman (Year 12) who received a Sports Full Blue for Squash.



In this regular feature, we like to recognize students who have achieved highly in school and community events, competitions and activities. Demonstrations of the school ethos of academic excellence, personal best and giving back to the community deserve to be recognized.

Kathy O'Sullivan
Relieving Principal

From the Deputies

Last week in Pastoral Care classes, we introduced our young people to the Spheres of Control scale - it is a multidimensional measure of locus of control, originally designed to assess personal control, interpersonal control, and socio-political control. We used this framework to encourage our students to reflect upon what they can do to contribute towards creating and maintaining a sustainable environment – physical, emotional, social and academic - as sustainability was decided upon by our Year 12 SWAT members as the focus of our PC sessions this year.

The Spheres of Control scale is also an excellent framework to use when supporting our young people through the complexities of our current times. We can remind them that they do have direct control over themselves and their own behaviours and thoughts, and have can influence others to modify their behaviours and thoughts. Behaviours such as regular hand washing, sensible social distancing where possible, employing the ‘Dracula Sneeze’ method to name a few, are all within their control and can all help minimise the risks to themselves and others. Other behaviours and choices such as maintaining the Five Ways to Wellbeing and sticking to their normal routines (especially sleep patterns) are also choice that they can make and will help contribute to calmness and clarity. Perhaps the most powerful tool, students have in their Wellbeing Toolkit, is the ability to control their own self talk and thinking about the

current situation. Here are some questions that may be useful when talking with your young person about the changes that occurring.

Somewhat within my influence
Macro world = Government, TNCs, NGO's etc.

Within my influence
Micro world = your family, peer group
Meso world = Manly Campus, community groups, neighborhood

Within my control = ME

- What is bothering you or worrying you?
- Look at the issues that are within your sphere of influence and control. See if you can identify one concrete action you could do to address each one.
- Of the issues outside of your control, are there any that you can look at differently so that you can have more control over them? Sometimes we can find ways to influence what feels like something outside of our control, or at least to have a voice in it.
- Of the complaints outside of your control, are there any that you would like to let go of? Imagine putting them into a balloon filled with helium and then watching the balloon rise into the sky and disappear.

Marisa Carolan – Rel. DP (Year 7,9 and 11)

Alex Newcomb- DP (Year 8,10 and 12)

Year 12 Debating Win

Debating at Manly Campus is off to a strong start in 2020. Year 12 emerged as the victors in a tightly held clash against Year 11 in the first round of the Premier’s Debating Challenge. On the topic “*that individuals should not be punished for expressing opinions on their personal social media accounts that do not align with the stance of their employers*”, both teams navigated this complex issue with success, however, Year 12 argued convincingly that employees do owe legal and ethical obligations to their employers when posting opinions online. The next debates for our senior teams are against Chatswood, St Ives and Turramurra High Schools as they compete for the prestigious Hume Barbour Trophy. Trials for the junior teams and the 11 Metro competition will be held on Monday, with debates against North Sydney Boys High to be held later this term.

Miss Koo

Debating Coordinator



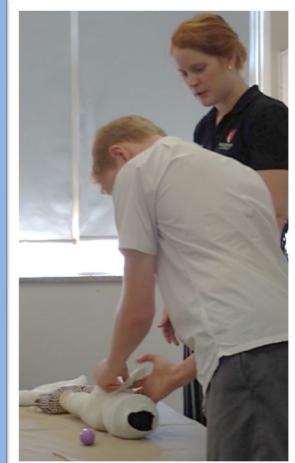
Photo: School Captain Fergus Clarkson in the Premier's Debating Challenge

Year 7 History Incursion

Archaeology in the Classroom

On Monday 2 March, our Year 7 cohort were fortunate to participate in Macquarie University's *Museum of Ancient Cultures* incursion. Experts in the form of postgraduate students and practicing archaeologists visited our school, each presenting certain topics. These included presentations on Egyptian archaeology, Egyptian myths and History. The presenters educated us about their jobs and roles in these areas, sharing their invaluable experiences. We learnt about active archaeological sites, tools that are used, ancient human remains that were found, valuables, and the afterlife. We even participated in the mummification process!

The incursion helped us improve our knowledge of archaeology and parts of it such as the mummification process, the way that buried bodies found are retrieved, and an abundance of knowledge on hieroglyphics. This was very useful to us because the more you learn, the more intriguing the subject is and we had limited knowledge on archaeology and now that we know a bit more, we all find it more interesting. This incursion was an absolute delight and this event has made history loads more intriguing.



Zone Swimming Carnival

On 14 March, a team of 56 students represented NBSC Manly Campus at the Warringah Zone Swimming Carnival. This was held at Warringah Aquatic Centre and involved students from six schools coming together to battle it out for a place in the Sydney North Swim Team. Congratulations to Narrabeen Sports High for winning the teams competition. Manly placed second overall, a pleasing result considering 35 students qualified for the Sydney North Swim Team. Congratulations to the following students who were Warringah Zone Age Champions:

- 13 Years Boys - Cillian McGrath
- 14 Years Boys - Liam Lehane
- 15 Years Girls - Christine Ruff
- 16 Years Girls - Freya Green

With regards to the Manly Campus swimming carnival age champions, we apologise for the errors printed in the Week 6 newsletter. The correct results are as follows:

- 12 Years Boys - Wilson Foo
- 12 Years Girls - Daisy Hughes
- 13 Years Boys - Cillian McGrath
- 13 Years Girls - Harriet Carmichael
- 14 Years Boys - Liam Lehane
- 14 Years Girls - Antoinette Hewish
- 15 Years Boys - Michael Hawkins
- 15 Years Girls - Christine Ruff
- 16 Years Boys - Max Oldham
- 16 Years Girls - Freya Green
- 17+ Years Boys - Fergus Clarkson
- 17+ Years Girls - Amelia Wegenaar

Congratulations!

PDHPE

NBSC Cross-Campus High Potential and Gifted Learner Project

Last week a group of specially selected year seven students took part in an enrichment program for high potential and gifted students. It was part of a cross campus initiative being held in conjunction with Balgowlah Boys, Cromer, and Mackellar Girls Campuses. Throughout the program, the 18 Year 7 students inquired into the state of equality in contemporary Australian society.



Students were separated into small research groups of two to four students, with each group inquiring into areas encompassing equality of employment opportunities, equality of health and education access for those living in rural vs urban Australian environments, equality for Australians living with a disability and gender equality. Each group produced a 1000 word research report, as well as a multimodal text in the form of an animation made within the sandbox video game 'Minecraft', and recorded and edited using QuickTime Player and iMovie.



Below are the YouTube links to the two videos, which have been chosen to screen at the cross campus showcase to be held later on in the year. The Chunky Tomatoes produced a comedic take on investigative journalism, following a journalist 'Steve McSteve' as he visits 'Inequality City' and interviews one its residents to learn more about the experiences of those living in Inequality Town with a disability.

<https://www.youtube.com/watch?v=B1KNvjJUMgQ>

The Fire Breathing Rubber Ducky Dinosaurs produced a day in the life style narrative of a girl who lives in 'Equality City' but experiences a nightmare in which the city is renamed 'Inequality City' and society favours males over females.

<https://www.youtube.com/watch?v=wRwL1wH-8FI>

Well done to all students who attended the program and congratulations to the two groups who demonstrated exemplary teamwork and creative thinking.

We hope you enjoy the videos!

Bianca Hewes

NBSC Manly Campus School App



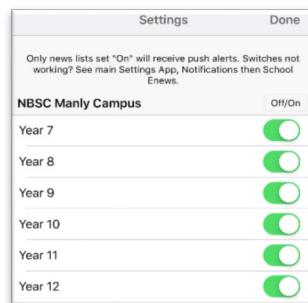
A reminder to download the NBSC Manly Campus School App.

To download, please go to the App store and search for **School Enews**.

Once you have downloaded the **School Enews app**, click on the + and type in **NBSC Manly Campus**, then select done.

Please note: Make sure you have notifications switched on in the App for your applicable year/s.

Go to the cog on the bottom right of the app next to the plus sign. Then switch the button to green next to your year/s and then select done on the top right of the App to save.



Attendance

Absent from School - Notification Procedure

Please be advised that the only way to report your child's absence is:

1. Through the School App
(download through the App store
– School E News)
2. An email directly to the school
nbscmans-h.school@det.nsw.edu.au
3. By phoning the school office on 9905 3982

Absences must be advised to the school by 9am.

Please note that an SMS only works as a direct response to the school absence / late notification sent to you. You cannot directly SMS the school to notify of your child's absence.

More information on attendance and absence procedures can be found on our school website.

Lost Property

Lost property is located at the school office.

If your child has lost an item or an article of clothing, please advise them to check lost property via the office.

Clothing and other lost items that are labelled with your child's name are able to be returned to your child easily. Unfortunately many lost items are not labelled and remain in lost property until claimed. Due to the quantity accumulated throughout the term, any unclaimed items at the end of term are donated to charity or disposed of.

Currently in lost property:

- Clothes
- Drink bottles
- Pencil case, art pencil case
- Headphones
- Reading glasses

NBSC Manly Campus

Website

<https://nbscmans-h.schools.nsw.gov.au/>

The NBSC Manly Campus website has a wealth of information to access. There is a calendar on the home page along with an events listing section to keep you up to date with up-coming events throughout the term.

In addition, you will find information on rules and policies, uniform, canteen, BYOD, faculty, individual school year information (copies of assessment schedule booklets are uploaded here), curriculum enrichment programs, P&C information etc.

There is also a *make a payment tab* on the top right of the school website home page.

SECOND HAND UNIFORMS

LOCATED NEAR THE CANTEEN

Next open
Tuesday 7 April 2020
8:15am-9:30am

After this the second hand uniform shop
will be open before school on the
first Tuesday & third Thursday of the
month
8:15am – 9:30am

Coordinators Marg Martin and Fiona Cahill
Please contact Marg or Fiona
if you would like to place an order
margaret.martin@optusnet.com.au
fiona.cahill4@gmail.com

**Donations of washed good quality uniforms
are most welcome and can be left at the
school office. Proceeds go to the P&C
for school improvement projects.**

For second hand band blazers (buy & sell)
contact Sarah Cole: sarahcole24@gmail.com



Term 1 - not what we'd planned for but in the words of Barry White...Let the music play on!

A heartfelt thank you to our band families and the school for the many emails of support we have received. With your encouragement, we are determined to continue to provide music experiences in whatever form it may take in the near future. It is much appreciated by the band directors and committee.

Important Message from our Band Directors

We are encouraged and very happy with the continued attendance and commitment at band rehearsals from students in these challenging times.

We want to emphasise that, in the face of so many cancelled performances, there are some positives for students. We view this time as an opportunity to mix things up a little, to try different pieces and styles and to experiment musically so that the students continue to be challenged and improve their knowledge and talent. When this situation has passed, our band members will be more than ready and well-prepared for events and performances.

Important Message from our Band Committee

This time is unsettling for many of us, but we truly believe that maintaining a sense of normalcy wherever possible, is incredibly beneficial. With many activities and events cancelled, we are determined that band rehearsals will continue until we are advised otherwise.

In order to facilitate this, we have made some adjustments to rehearsals and we will continue to review these arrangements and make changes if necessary.

Concert Band Rehearsal on Monday mornings – due to the large size of this ensemble, as of Monday 23 March, the band will be split into two, the same music will be rehearsed under the directorship of Miss Grace and Craig Driscoll in two different

locations. Students are to come to the main hall on Monday morning where they will be advised which room their rehearsals will be in going forward. The band will be split to ensure a balance of instruments for both.

All other ensembles will rehearse as normal, however measures to ensure social distancing are in place with the students spread out and individual music stands being used. The directors continue to remind students of good personal hygiene.

Covers Gig – Mona Vale Autumn Festival 2020

The one event before cancellations kicked in!

On Saturday 7 March, the sunshine made a welcome appearance at the Autumn Festival in Mona Vale's town centre. It was also pleasing to see some familiar faces of Manly Campus alumni who came down to support their old band-mates.

Vocalist Issy Young made her Covers debut as she skilfully fronted the band and got the grooves going as the band kicked into gear.



Toes were tapping and hips swinging as Covers treated us to an extensive set of popular hits including Blame it on the Boogie, and Happy. George McKee & Lucie Coffey blasted the trumpets as everyone clapped along.

Confident solos from Tobey Kuypers with his stylish tenor grooves, Christian Selvaratnam who stepped in for the day to lend his talent for trumpet melodies, and Daniel Glass with some slick guitar licks.



The rhythm section was ever-cool with Rik Longhi boogying on bass, and Isabella Rigatos jiving on keys,

and drummers Frankie Dael & Josh Corner having fun as they showed their chops with the sticks and skins.

Covers finished on a high as Issy gave the Blues Brothers a run for their money with her energetic Shake Your Tail Feather, and Craig Driscoll on alto led the horns as they set the mood with their entertaining dance moves, including Hannah Lovlin swinging with the baritone sax alongside Liv Williams vibing on trombone.

Everyone had a great time and Covers left the crowd calling for more.

CALENDAR 2020

(this is constantly updated with confirmed dates and new events/performances)

Term One

Big Band Bash, All Ensembles
Tuesday 7 April, **CANCELLED**

Term Two

Senior/Intermediate Band Camp
SWO/JO/JC/WE/BB
Monday 27 April (pupil free day)-Wednesday 29 April, **CANCELLED**

Big Band Blast, JO/BB
Friday 29 May- Sunday 31 May, Port Macquarie
CANCELLED

Northern Beaches Instrumental Festival SE/CO
June TBC, Venue TBC

Term Three

Workshop Day (pupil free day)
Monday 20 July, All wind and jazz ensembles,
COMPULSORY GOING AHEAD AT THIS STAGE,
DECISION TO BE MADE BY 26 JUNE

NSW Schools Band Festival (ASBOF) SWO
Saturday 25 July, Sydney Conservatorium of Music
COMPULSORY GOING AHEAD AT THIS STAGE,
DECISION TO BE MADE BY 26 JUNE

NSW Schools Band Festival (ASBOF)
CB/WE/SWB/SB/BB
Sunday 26 July, Sydney Conservatorium of Music
COMPULSORY GOING AHEAD AT THIS STAGE,
DECISION TO BE MADE BY 26 JUNE

City2Surf Fundraiser, All Ensembles

Sunday 9 August, Bondi
COMPULSORY

NSW Schools Band Festival (ASBOF) SE/CO

Sunday 30 August, Sydney Conservatorium of Music
COMPULSORY GOING AHEAD AT THIS STAGE,
DECISION TO BE MADE BY 26 JUNE

Musicale SWO/JO/CO/SE/JC

Saturday 19 September evening, Independent Theatre North Sydney

Farewell to Year 12 Assembly SWB/SB

September Date TBC, School

Term Four

Manly Jazz Festival JO
Saturday 3 October, Manly

Manly Jazz Festival JC

Saturday 3 October, Manly, TBC

Strings Soiree CO/SE

Friday 13 November, Mosman Art Gallery

Jazz Night Out SWB/SB/BB/JO/JJC/JC

Saturday 14 November, Dee Why RSL

Year 12 Graduation JO

November Date TBC, Freshwater Campus Gym

Junior Band Tour, CB/SWB/SB

First week of December TBC

Year 7 Orientation Day 2022 WE/SE

December Date TBC, School

School Presentation Day SWO

December Date TBC, Venue TBC

Big Band Bash Christmas, All Ensembles

December Date TBC, Manly Quad or Freshwater Gym (weather dependent)

BAND NAMES

Wind Stream:

SWO-Symphonic Wind Orchestra; WE-Wind Ensemble; CB-Concert Band

Strings Stream:

SE-String Ensemble; CO-Chamber Orchestra

Jazz Stream:

JO-Jazz Orchestra; BB-Big Band; SB-Stage Band; JC-Jazz Combo; JJC-Junior Jazz Combo

Calendar of Events

Due the current situation with COVID-19, the calendar of events may change on a daily / weekly basis with postponements and/or cancelations.

We will keep you up to date with these changes as they occur.

Term 1 Calendar

Week 9B	
25/3/2020 - 2/04/2020	Year 12 Assessment Block
26/03/2020	Year 7 Vaccinations (HPV Dose1)
Week 10A	
25/3/2020 - 2/04/2020	Year 12 Assessment Block
30/03/2020	Duke of Ed -Be Connected Young Mentors Program training, 4-7pm, Freshwater Senior Campus
2/04/2020	TTFM Student survey - during PC
3/04/2020	School Cross Country
3/04/2020	Year 10 Drama Class- Performance and Rehearsal, 7pm, Performance space
5/04/2020- 7/04/2020	Duke of Ed Silver Practice Hike 1, 3 Days
Week 11B	
6/04/2020	NBSC Premier's Sporting Challenge
6/04/2020	Year 9 Parent Teacher Night, 3:45pm
10/04/2020	Public Holiday
	Duke of Ed Gold Practice Hike, 22/4-25//4, 4 days during school holidays

The next edition of *The Weekly Pines* will be in Week 10 on Friday 3 April

Term 2 Calendar

Week 1A	
30/04/2020	Tell Them Form Me Survey - during PC
1/05/2020- 3/05/2020	Duke of Ed Bronze Practice Hike 3, 3 days
Week 2B	
4/05/2020- 6/05/2020	Year 9 Bundanon Art Camp
3/05/2020- 5/05/2020	Duke of Ed Silver Hike 2, 3 days
5/05/2020	Project Penguin Habitat Day
7/05/2020	Project Penguin Habitat Day
7/05/2020	Year 8 Blackdog Study
7/05/2020	Year 11 Parent Teacher Night TBC
Week 3A	
13/05/2020	Principal's Tour, bookings essential on 9905 3982
13/05/2020	P&C meeting, 7pm in the library, all welcome
15/05/2020- 17/05/2020	Duke of Ed Bronze Practice Hike 4, 3 days (Year 9)
15/05/2020	Project Penguin Project Day 1, 1/2 day am
Week 4B	
19/05/2020	Year 10 Parent Teacher Night TBC
20/05/2020	Project Penguin PS Zoo Day
Week 5A	
25/05/2020- 29/05/2020	Science Competition Years 7-10
25/05/2020	Year 11 Physics Luna Park Excursion
26/05/2020	Life Ready GPs in Schools
26/05/2020	Project Penguin Project Day 2, 1/2 day am
26/05/2020	NSW DoE Game Changer Competition Heats
26/05/2020	Da Vinci decathlon Year 7/8 Team
27/05/2020	Night Of Stars
27/05/2020	Da Vinci decathlon Year 9/10 Team
28/05/2020	Year 11-12 Senior Careers Night 6:30-8:30pm
29/05/2020	SRC Biggest Morning Tea
29/05/2020	Warringah Zone Athletics Carnival
29/05/2020	Zone Athletics, all day



Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/38O0wHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.

<https://bit.ly/39MEmI8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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