



## PRINCIPAL'S MESSAGE

Dear Parents and Carers,

### COVID-19

Nowra High School greatly appreciates the contribution everyone working in the essential services is making during these uncertain times. To those working in the health sector and grocery stores, the self-employed, the truck drivers, the police, paramedics and garbage collectors, cleaners, pharmacists and educators. To anyone working in these crucial roles to ensure our country stays safe during this health crisis, thank you.

Our teachers are transitioning all their lessons to online learning and your student will be receiving a formal email at the beginning of each week from all their teachers. This will inform them of their work for the week.

For each class, every week, students will need:

- to produce three (3) pieces of work evidence as guided/requested by their teacher,
- engage in online learning delivery scheduled by their teacher, and
- respond to the initiated contact by their teacher

If students do not meet these requirements, they will be marked as absent.

Has your student been able to do the following:

Access their Department email?

Access their work online?

Are there any other issues around online learning?

Our Wellbeing Team are available and will also be checking in with your student

### Assessment Advice to Students and Parents - HSC (Year 12) and Preliminary HSC (Year 11)

The NSW Education Standards Authority (NESA) Board confirmed that the Higher School Certificate (HSC) is going ahead in 2020.

Nowra High School is currently implementing the following adjustments to support students studying for the HSC in 2020:

#### School Assessment – General Advice

- Assessment tasks originally scheduled in the last three weeks of Term 1, 2020 may be re-scheduled at a later date, pending further advice from NESA or the continuation of the COVID-19 outbreak.
- To assess course outcomes in tasks placed on hold, teachers will use formative assessment practices based on work submitted online eg Google Classroom, including existing evidence collected prior to 24 March 2020, to make an on-balance judgement of student achievement.
- Teachers will use moderated tasks, such as the Trial HSC, to determine a student's rank and relative performance for outcomes in tasks that have been placed on hold.
- Assessment Tasks for Term 2 and 3 will be confirmed or altered pending extended disruptions due to COVID-19.
- Students do not need to submit a Misadventure Form for any assessment tasks due in the last three weeks of Term 1, 2020. Students are still required to submit a Misadventure Form, if applicable, for any assessment task due for submission before 24 March 2020 or proceeding as scheduled online.

- Students will be provided with adequate written notice of the school's arrangements for substitute tasks and changes to assessment schedules.

#### Additional Advice - Practical Tasks Including VET Competencies

- All practical tasks originally scheduled in the last three weeks of Term 1, 2020 are placed on hold.
- Practical tasks originally scheduled in the last three weeks of Term 1, 2020 may be re-scheduled at a later date, pending further advice from NESA or the continuation of the COVID-19 outbreak.
- To assess practical course outcomes, teachers may use formative assessment practices, including existing evidence collected prior to 24 March 2020, to make an on-balance judgement of student achievement.
- Assessment Tasks for Term 2 and 3 will be confirmed or altered pending extended disruptions due to COVID-19.
- VET work placements are currently on hold.

#### Additional Advice - Group Performances

- All group performance tasks originally scheduled in the last three weeks of Term 1 are placed on hold.
- Group performance tasks originally scheduled in the last three weeks of Term 1 may be re-scheduled at a later date, pending further advice from NESA or the continuation of the COVID-19 outbreak.
- Assessment Tasks for Term 2 and 3 will be confirmed or altered pending extended disruptions due to COVID-19.
- Students do not need to submit a Misadventure Form for any group performance tasks in the last three weeks of Term 1, 2020. Students are still required to submit a Misadventure Form, if applicable, for any scheduled group performances scheduled before 24 March 2020, or proceeding as scheduled.

#### Additional Advice - Major Works

- We are currently awaiting further information from NESA regarding Major Works. Information will be distributed as soon as further advice has been received.
- Year 12 students are to continue working on major works or projects or folio and/or industry case studies, including completing working drawings, as course appropriate.
- Timelines for projects and documents in folios or journals will be adjusted in consultation with the course teacher.
- Students working on their major works or projects at home should maintain sufficient evidence to support that the work is their own for certification purposes.


For up to date advice about the 2020 HSC visit the NESA COVID-19 advice page:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/novel-coronavirus>

Kind regards

Glen Kingsley  
Principal

<p><b>Reduce your risk of coronavirus infection:</b></p> <ul style="list-style-type: none"> <li> Clean hands with soap and water or alcohol-based hand rub</li> <li> Cover nose and mouth when coughing and sneezing with tissue or flexed elbow</li> <li> Avoid close contact with anyone with cold or flu-like symptoms</li> <li> Thoroughly cook meat and eggs</li> <li> Avoid unprotected contact with live wild or farm animals</li> </ul> <p> World Health Organization</p>	<p><b>Protect yourself and others from getting sick</b></p> <p><b>Wash your hands</b></p> <ul style="list-style-type: none"> <li>• after coughing or sneezing</li> <li>• when caring for the sick</li> <li>• before, during and after you prepare food</li> <li>• before eating</li> <li>• after toilet use</li> <li>• when hands are visibly dirty</li> <li>• after handling animals or animal waste</li> </ul> <p></p> <p> World Health Organization</p>	<p><b>Wash your hands</b></p> <p>Wash your hands with soap and running water when hands are visibly dirty</p> <p></p> <p>If your hands are not visibly dirty, wash them with soap and water or use an alcohol-based hand cleanser</p> <p></p> <p> World Health Organization</p>
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	<p>BEYONDBLUE.ORG.AU</p> <p><b>Beyond Blue</b></p> <p>Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) .</p>
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<p></p> <p></p> <p><b>Tips for coping with coronavirus anxiety</b></p> <p></p> <p>DRIVE.GOOGLE.COM</p> <p><b>COVID-19-Tips to reduce anxiety.pdf</b></p>
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**World Health Organization**

## Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

This guide will show you how students access their email.

Step 1: go to <https://portal.det.nsw.edu.au/>

Step 2: the student will enter their **username** and **password** into the relevant fields

Login with your DoE account

User ID  
  
 Example: jane.citizen1

Password

Step 3: click on the blue "Log in" button

**Log in**

[Forgot your password?](#)

You will then be redirected to a page that looks like this

Home

**Email**  
 Go to your email - opens in a new window

Oliver Library

Help

Final Step: click on the "Email" button on the left column, and the student will be able to read/access their email.

<p><b>Nowra School Counselling Team</b>  <b>Support resource for parents and students</b>        Online counselling and information that can be accessed from home via the web and phone.</p>		<p><b>For 24/7 emergency support:</b>        Emergency 000  <a href="tel:131114">Lifeline 13 11 14</a></p>
<p><b>Kids Help Line</b>        Online webchat and phone counselling: <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a></p> <p><b>eHeadspace</b>        Free online and telephone support and counselling for young people 12 – 25:  <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a></p> <p><b>ReachOut.com</b>        Practical support, tools and tips to help young people get through everyday issues as well as tough times – information for parents too:  <a href="https://au.reachout.com/">https://au.reachout.com/</a></p> <p><b>Parentline</b>        Telephone counselling, information and referral service for parents of children in NSW ages 0 – 18: <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a></p>	<p><b>Apps</b></p> <p><b>Smiling Mind:</b> Mindfulness for all ages.</p> <p><b>Mood Mission:</b> Learn better ways of coping with low moods and anxiety.</p> <p><b>Calm:</b> Reduce stress and enhance wellbeing.</p> <p><b>Three Good Things:</b> Gratitude journal.</p> <p>The use of apps is not a replacement for professional help. If you have been feeling persistently low or anxious it is important to seek professional support.        For more recommended apps visit:  <a href="https://au.reachout.com/tools-and-apps">https://au.reachout.com/tools-and-apps</a></p>	<p><b>Tips for coping with Coronavirus Anxiety</b>        Learn the facts        Keep things in perspective        Take reasonable precautions        Practise self-care</p> <p><b>Tips for talking with children</b>        Answer their questions        Talk about how they are feeling        Limit media exposure</p> <p>For more information and tips for maintaining your mental health in isolation:  <a href="https://www.psychology.org.au/COVID-19-Australians">https://www.psychology.org.au/COVID-19-Australians</a></p>
<p style="text-align: center;"><b>Online Resources</b></p> <p><b>The Black Dog Institute – Bite Back Program:</b> Six week online positive psychology program designed to improve the overall wellbeing of Australians 13 - 16.  <a href="https://www.biteback.org.au/">https://www.biteback.org.au/</a></p> <p><b>The Brave Program:</b> Online program for the treatment of anxiety in young people.  <a href="https://www.brave-online.com/">https://www.brave-online.com/</a></p> <p><b>Mood Gym:</b> Online self-help for depression and anxiety.  <a href="https://moodgym.com.au/">https://moodgym.com.au/</a></p> <p><b>The Butterfly Foundation:</b> Healthy eating and body image.  <a href="https://thebutterflyfoundation.org.au/">https://thebutterflyfoundation.org.au/</a></p> <p><b>The Australian Centre for Eating Disorders:</b> Support with eating disorders.  <a href="https://www.acfed.com.au/">https://www.acfed.com.au/</a></p>		

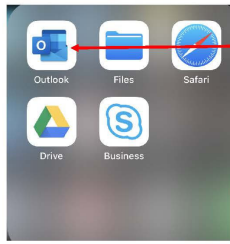


**This guide will show you how students access their email.**

**Step 1:** Download Outlook from the app store using either of these links:

Android: <https://tinyurl.com/y6mcrrya>

Apple: <https://tinyurl.com/r9tkr2c>



**Step 2:** once downloaded, open the "Outlook App"

**Step 3:** Enter your school email. The format is "firstname.lastname#@education.nsw.gov.au" without the quotation marks, where "#" is the number after your username

Login with your DoE account

User ID  

  
Example: jane.citizen1
  
 Password

**Step 4:** You will then be redirected to the Department Logon Portal.

**Step 5:** enter your User ID and Password, then press "Log in"

User ID  

  
Example: jane.citizen1
  
 Password

Choose an account from education.nsw.gov.au to continue to [Microsoft apps & services](#)

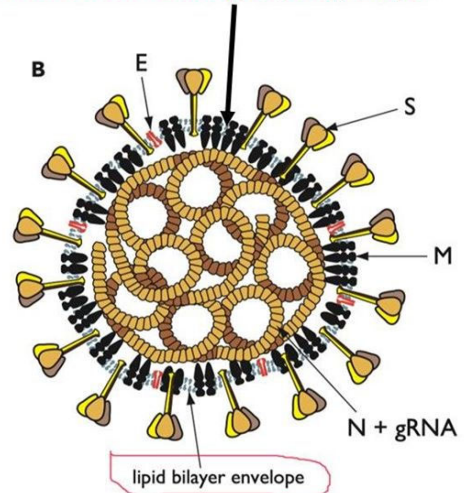
Test Student  
test.student1@education.nsw.gov.au
  
 Use another account

**Step 6:** click on account

Scroll to the bottom of the next screen ,and press "Accept"

Why does soap work so well on the SARS-CoV-2, the coronavirus and indeed most viruses? Because it is a self-assembled nanoparticle in which

**the weakest link is the lipid (fatty) bilayer.**



The soap dissolves the fat membrane and the virus falls apart like a house of cards and "dies", or rather, we should say it becomes inactive as viruses aren't really alive. Viruses can be active outside the body for hours, even days. Disinfectants, or liquids, wipes, gels and creams containing alcohol (and soap) have a similar effects but are not really quite as good as normal soap. Apart from the alcohol and soap, the "antibacterial agents" in these products don't affect the virus structure much at all.

# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**Duration of the entire procedure: 20-30 seconds**

