



## Our Community GROWS together

Growth, Respect, Optimism, Wellbeing and Support are the values that underpin our School Wide Positive Behaviour Supports. We understand that some students, families and staff are experiencing a range of feelings with the transition back to on-site learning. Feelings may be ranging from excitement to fear and all those in between. We will work to support all members of our community through the transition back to on-site learning.

Our vision is that at Rochester Secondary College we empower all students to grow academically, socially and emotionally. We have seen this with our transition to remote learning and the growth students, staff and our community has demonstrated throughout this journey. Remotely or on-site we provide a respectful and nurturing environment with strong community links to produce collaborative learners that think deeply.

### Our Values

- **Growth** – We are proud to achieve our personal best whilst becoming more **resilient**. Our staff and students have taken on the challenge of remote learning and many have achieved more than they believed possible. Students and staff have overcome many adversities and will return more resilient. We demonstrate **persistence** and **determination** to improve. We did not give up when things were difficult and we will not give up as we face this uncertain future. Together we will continue to grow.
- **Respect** – We respect ourselves and others, we treat everyone with **kindness** the way we want to be treated. Many people feel differently about what we have been through and our journey out of this, and that is okay, we **respect** that it is okay to feel differently about this experience. When we return and see people again we remind everyone to be **kind**.
- **Optimism** – We have a positive attitude to learning and always *strive* for improvement. We have a **growth mindset** and are motivated to develop our individual talents that will allow us to have a successful future. We have all discovered new skills during this time and some have discovered new pathways for their future.
- **Wellbeing** – We continually build on the strength of our **physical, social** and **emotional** wellbeing so that we are able to face any challenge that comes our way with confidence and **resilience**. We have been reminded of the importance of taking care of our own wellbeing and the importance of respectful interactions with others. When we return to on-site learning we need to remember some of the good habits we have developed during this time.

# Rochester Secondary College

## Returning to School – Information



- **Support** – We encourage and support each other, in all areas of learning, to achieve our **personal best**. We need to continue to **support** and encourage each other as we return to on-site learning. Remember to reach out and tell an adult if you are concerned about a friend or classmate. Your teacher/s will have developed learning materials that can be accessed at home.

We are so proud of the work our staff and students have done in embracing remote learning and we look forward to transitioning back to on-site learning for the remainder of term 2.

### SWPBS Focus

From the 26<sup>th</sup> of May our SWPBS focus will be Wellbeing and Support. Students will receive an achievement of XUNO for demonstrating these two values.

What might they look like as we return to on-site learning;

- Being kind to one another
- Respecting personal space
- Listening to others
- Respecting each other's right to feel differently
- Demonstrating good hygiene practices
- Seeking support for self and others.



## Rochester Secondary College Whole School Behaviour Expectations



We show  
GROWTH  
by ...

EVERYWHERE

Listening  
carefully and  
doing our best

LEARNING SPACES

Being organised  
and ready  
to learn

IN THE YARD

Being an  
upstander, not  
a bystander

ONLINE

Using ICT as  
a learning  
resource



We show  
RESPECT  
by ...

Treating people  
and property  
with respect

Listening to others  
and allowing  
others to learn

Putting litter in  
the bin. Looking  
after our spaces.

Using  
appropriate  
language



We show  
OPTIMISM  
by ...

Speaking  
positively

Striving for  
excellence

Sharing the  
space

Making  
positive  
posts



We show  
WELLBEING  
by ...

Thinking about how  
our behaviour affects  
ourselves and others

Entering and  
exiting in an  
orderly manner

Staying within  
designated  
areas

Only sharing  
appropriate  
content



We show  
SUPPORT  
by ...

Being kind to  
everyone and  
asking for help

Working  
cooperatively  
with others

Looking out  
for each other

Reporting  
cyberbullying

# Rochester Secondary College

## Returning to School – Information

### Who goes back and when?

**May 25:** All teachers return for a curriculum day. This is a student free day.

**May 26:** Year 11 and Year 12 students - VCE. Year 10 students who take a Year 11 class will be able to attend for their lesson or for the day that they have their VCE Subject.

VCAL classes will resume on Thursday 28th May as per timetable. VET classes will continue to run remotely until further notification.

**June 9:** Year 7 to Year 10 resume on-site learning

### What will the staggered pick-up and drop-off look like?

We believe that the nature of our school means that we already have staggered drop offs, with buses and cars arriving at different times. We do ask that parents stay in cars if doing student drop offs.

### What social distancing guidelines apply to parents?

Please be aware of the following:

- We recommend dropping students off and staying in cars.
- No congregating in groups outside school gates.
- Please limit accessing the office unless absolutely necessary, preferred contact is via phone or email.
- If you do need to attend the front office social distancing rules will apply - (i) limit to two persons at once (ii) maintain 1.5m distance
- There is a strong preference for staff/parent meetings to be done remotely, unless absolutely necessary to be done at school.

### Are students expected to socially distance?

No. According to the Chief Health Officers this guideline only applies to adults. The staff on site, however, will be expected to observe all social distancing recommendations. Independent of age, if you are enrolled at school, you are considered a student (not an adult).

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice. This will apply until further notice:

- Access to lockers will be through one door and out another.
- Restrictions on access to the school site for anyone other than immediate school staff and students;
- Students must supply their own water bottle, drinking fountains are not to be used.

### My child is feeling sick, although only moderately. What should we do?

If your child has flu or cold like symptoms, please keep them at home and seek medical advice. They can return to school only when symptoms have resolved. While not mandatory, for your own peace of mind, you may wish to explore COVID-19 testing arrangements at ERH.

If your child feels sick during the day we will call you and they need to be collected immediately.

# Rochester Secondary College

## Returning to School – Information

### How will we maintain hygiene?

Students will be encouraged to wash their hands with soap and/or use sanitiser regularly, including on arrival, and before and after classes. There will be sanitiser available in each classroom and hand wash soap in the rest rooms.

Students are also asked to use their own water bottle.

Our cleaning company also has a rigorous and extensive scope of works that involves daily cleaning and sanitation of class spaces. Spot cleaning of high touch points like door handles and stair rails will also occur during the day.

### Will classrooms look different?

No, class sizes will remain the same and students will not be expected to physically distance. The

Australian Health Protection Principal Committee (AHPPC) has advised that a 'venue density rule' of no more than one person per four square metres is not appropriate or practical in classrooms or corridors, nor is maintaining 1.5 metres between students during classroom activities.

### My child/family has health complications related to COVID-19. Should they attend school?

This will be dependent on the health medical advice for each individual. We will continue to support students with resources and guidance where they can't attend school for medical reasons related to COVID-19. Written medical proof of this will be required.

### My Year 10 child does a Year 11 subject. Are they allowed to go to school?

Yes, but only on the days they have Year 11 subjects. On those days, they will be permitted to attend the entire day if they're unable to return home. Where possible we ask that Year 10 students in this situation do return home to resume their normal remote learning program until the 5<sup>th</sup> of June.

### I don't feel comfortable sending my child to school. Can they continue to learn remotely?

No. All students who are able to go to school are expected to attend. The clear government advice is that teachers will not be expected to run both face-to-face and remote classes. There will be limited exemptions.

### What if my child is quite anxious about returning to school?

For some this will be a very normal reaction based on feelings of safety or some social anxieties. Our Wellbeing team is acutely aware that some students may need some additional support to manage the transition back to school. If you feel like your child is in need of extra support, please contact the Year Level Coordinator.

- Year 7 – Lauren Pellegrino
- Year 8 – Kate Taylor
- Year 9 – Wendy McLeod
- Year 10 – Wendy McLeod
- Year 11 – Matthew Callaway
- Year 12 – Annette Bolitho

# Rochester Secondary College

## Returning to School – Information

### What about siblings in different year levels? Will remote learning continue for them?

Siblings who are not in the year levels returning to school on May 26 are expected to continue learning from home unless they are the child of an essential worker. If this is the case, please inform the front office so we can make arrangements for supervision.

### What will the timetable look like?

*For May 26 - June 5*

1. VCE and VCAL students will follow their normal timetable some room changes will apply so please check XUNO.
2. Year 7-10 students will continue with the home learning program timetable.
3. The lessons times for remote learning will be followed for all students during this two weeks.

Daily structure Term 2 up to 5 <sup>th</sup> June	
Home Group	9 - 9:20
Period 1	9:25 - 10:05
Period 2	10:10 - 10:50
Recess	10:50 - 11:15
Period 3	11:15 - 11:55
Period 4	12:00 - 12:40
Lunch	12:40 - 1:35
Period 5	1:35 - 2:15
Period 6	2:20 - 3:00

*From June 9 onwards*

We will revert to our normal bell times and timetable.

### What will happen if we have a case of COVID-19 at the School?

There are comprehensive protocols in place from the Department of Education. We will follow the directions of the Health Department and DET. All advice, instructions and directives will be communicated to all members of the community as soon as possible.

### Will the canteen be open?

Yes, but there will be changes to how this operates. Only orders will be accepted and these need to be made before the first bell of the day. We will have EFTPOS facilities available for students and staff and ask that we minimise the use of cash.

### Where did we get our information and advice from?

All Victorian schools are committed to following as closely as is practicable in their individual settings the guidelines published by the Victorian Chief Health Officer, the Department of Education, the Australian Health Protection Principal Committee (AHPPC), Worksafe Victoria, and best practice advice from organisations such as the World Health Organisation.

### Look After Yourself

An important part of your mental health is thinking about ways to look after yourself. Self-care can enhance your health and wellbeing, manage your stress, and help to build positive relationships.

Following are some aspects of self-care and example strategies that may be useful. Remember to choose activities that are meaningful to you.

- **WORK SELF-CARE – Activities to help you work consistently at the professional level expected.** E.g. Seek advice and support from colleagues/ Share your skills and experiences/ Look for ways to continually grow and develop.
- **PHYSICAL SELF-CARE – Maintaining energy levels and taking part in activities that help you stay fit and healthy.** E.g. Develop a regular sleep routine/ Eat healthy/ Get regular exercise.
- **PSYCHOLOGICAL SELF-CARE – Activities to help you feel clear-headed and able to process and cope with change and challenge in life.** E.g. Keep a reflective journal/ Make time for relaxation/ Engage with positive friends and family.
- **EMOTIONAL SELF-CARE – Allowing yourself to safely experience your full range of emotions.** E.g. Develop supportive friendships/ Write three good things that you did each day/ Engage in an activity you really enjoy as a reward.
- **SPIRITUAL SELF-CARE – Having a sense of perspective beyond the day-to-day of life.** E.g. Engage in reflective practices like meditation or yoga/ Go on bush walks/ Take time to reflect with a close friend.
- **RELATIONSHIP SELF-CARE – Maintaining healthy, supportive relationships.** E.g. Prioritise close relationships in your life e.g. with parents, family and children/ Attend the special events of your family and friends.



Sometimes things can get overwhelming, even if you've been practising great self-care. As most people will be socially distancing or self-isolating, Lifeline (13 11 14), Kids Helpline (1800 55 1800), and headspace are good options as they offer free online/ telephone support and counselling. The Regional Triage Service (1300 363 788) is available 24/7 if you're feeling at risk.

