

Dear EHS Parents,

## **MESSAGE FROM THE COUNSELLING DEPARTMENT**

### **GRADE 12's BACK TO SCHOOL**

**MONDAY 1 JUNE 2020**



#### **A. THANK YOU TO PARENTS**

Before we address the return of Grade 12 learners on Monday, we would like to salute you as EHS parents for supporting your children during lockdown – and assisting them with their online school work to the best of your ability. This is something which many of you were previously unexposed to and we understand that at times, this may have caused additional stress, whilst you were possibly working yourself and having to run your households in new and restricted ways.

#### **B. LEARNERS' NEEDS**

We would like to reassure you that EHS will be comprehensively addressing both learners' physical health and emotional wellbeing upon their return to school (and of course thereafter).

On the first day back at school, a specific session at the start of the day has been allocated to allow learners to settle and acclimatise to once again 'being in the company of other people'. Having been in lockdown for so many weeks, they will understandably need an adjustment period before starting with

academic work. During this first time together, any anxieties which learners may be experiencing can be addressed within the context of their register class. Staff have been briefed on how to manage this. The session will also be used to explain which health protocols learners must follow and adequate time will be allowed for questions.

We hope that this special experience together as a class will allay many of learners' initial concerns, however the Counselling Department is on standby to deal with any fears/worries which may surface, on a one-to-one basis.

### **C. STAFF READINESS**

This week, EHS Teachers were briefed by a Medical Expert on Covid-19 in order to provide them with a thorough understanding of the virus and how it should be managed in a school setting (in line with Department of Education protocol).

An ongoing Employee Wellness Programme has also been launched at EHS to support teachers and other school staff. This backing will strengthen our Team and thereby ensure that learners receive our best attention and care.

### **D. CLARITY REGARDING THE VIRUS ITSELF**

If any questions regarding Covid-19 remain in your mind, we would recommend that you review the following website: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za). It contains various resources, an emergency hotline and tool kits for coping as well as news and updates.

### **E. IF YOU ARE CONCERNED**

Once learners have returned to school, please contact Mrs Hartel (Social Worker) at [khartel@edenvalehigh.co.za](mailto:khartel@edenvalehigh.co.za), or Ms Padarath (Registered Counsellor) at [jpadarath@edenvalehigh.co.za](mailto:jpadarath@edenvalehigh.co.za) if you're concerned about your child's wellbeing. For the moment our Department is busy with preparations.

We hope that your families remain healthy and enveloped in loving kindness.

Warm regards,

**MRS K. HARTEL & MS J. PADARATH**  
**EHS COUNSELLING DEPARTMENT**

29 May 2020