



31st March 2020

Dear Shine Bright Kindergarten Families,

I thank you for your ongoing support during these difficult times. I also wanted to take the opportunity to touch base, provide you with some information and detail about various supports available.

It is important to keep informed of the COVID-19 situation, new information and any restrictions, however we also encourage you to have a break from the news and focus on your physical, mental, social and emotional wellbeing. Be calm and reassure each other, and be prepared to ask for help if you need it. Remember that children learn by watching the adults around them and are very attune to the emotional climate. This is an opportunity to show them resilience and kindness.

If you or someone else you know need support, help is available. Over recent weeks, government, industry and community have come together to offer help.

Emergency Food Help

Victorians who are required to self-isolate, due to the Coronavirus, are eligible to receive a two week supply of essential goods. The relief packages will include items like: long life milk, pasta, cereal, canned vegetables and sugar. Personal care packages will also be provided. They will include items like: soap, toothpaste and deodorant. Households with young children may be eligible to receive nappies and baby formula. The emergency relief package program is being coordinated by the Red Cross and Foodbank Victoria.

Packages can be accessed through the Coronavirus Hotline: **1800 675 398**.

Support for Households

- Coronavirus supplement [CLICK HERE](#)
- Payments to support households [CLICK HERE](#)
- Early release of superannuation [CLICK HERE](#)
- Reduce superannuation minimum drawdown rates [CLICK HERE](#)
- Reducing social security deeming rates [CLICK HERE](#)

Banking - Home Loan Payment Deferrals

The four major Australian banks have announced that home loan customers experiencing financial challenges due to Coronavirus will also be able to pause their repayments for up to six months. You can contact the major banks on the following numbers:

ANZ: **1800 351 548** | CBA: **133 095** | NAB: **1300 683 106** | Westpac: **132 032**

Help with Mental Health

Our mental health is as important as our physical health. The impact of the Coronavirus can lead to feelings of anxiety and concern but try to remember that health professionals and governments are working to contain the virus and keep our community safe.



Supports available include:

- Beyond Blue has Coronavirus resources [CLICK HERE](#), 1300 22 4636
www.beyondblue.org.au
- Lifeline – 13 11 14 www.lifeline.org.au
- Mensline – 1300 789 978 www.mensline.org.au
- Kids Helpline – 1800 551 800 www.kidshelpline.com.au

I am also writing to inform you that **Tuesday 14th April, 2020** will be a **Pupil Free Day**. This means no children will be attending kindergarten on this day as our staff utilise this time to continue to prepare for Term 2.

At this stage, we continue to await advice from the Department of Education and Training regarding how Term 2 will be delivered. We have been informed that arrangements for Early Childhood and Childcare are planned to be discussed at the National Cabinet this Friday 3rd April, 2020. We will update you with further information as soon as we can.

During this time, it is important to remember that we are a community and to not only look after ourselves but also each other. Take care and stay safe!

Yours Sincerely,

Belinda Schultz
Early Years Manager