



Dear Parents and Carers

Important COVID-19 update for Gold Creek School students, families and staff

We've heard reports of some families getting confused by text messages they are receiving to say their quarantine period ends on 23 August. ACT Health has confirmed anyone in quarantine due to the Gold Creek case is required to stay until 14 days from the close contact's exposure – which for most will be Thursday 26 August.

A reminder that all close contacts and their households are required to quarantine for the full 14 days from the last day of exposure, even if you have received a negative COVID-19 test result.

If the last day of exposure was Thursday 12 August then your quarantine will finish on Thursday 26 August 2021 at 11:59pm. The close contact will need to be tested again towards the end of the 14-day period, before your household can be released from quarantine. We will communicate with you soon about testing arrangements prior to exiting quarantine.

ACT Health have confirmed that if you were at the Gold Creek School at the times listed you are considered a close contact and you must continue to quarantine for the full 14 days from the last day of exposure at the close contact site.

Well-being

We know that being in lockdown can be stressful for some families. For the next few weeks, the most important thing you can do is support your child's wellbeing – they may be feeling anxious or distressed. Older children may be also feeling overwhelmed with the information they are seeing on the internet and they may need some guidance to help them find the most-appropriate information.

Keep in mind that children can express their feelings in many ways. I encourage you to speak openly with your children about what they are feeling.

As a parent or carer you can help your child with what they're experiencing:

- Listen to their concerns – let them know you're there for them and acknowledge how they're feeling
- Make time to talk – provide an space for them to share their feelings and worries.
- Focus on strengths and hope.

There are a range of online and face-to-face services that can help you support your child. ACT Health has put together a page of information that families may find useful: [Ways you can support your own mental health and wellbeing | Health \(act.gov.au\)](https://www.act.gov.au/ways-you-can-support-your-own-mental-health-and-wellbeing)

Remote Learning Frequently Asked Questions



The Education Directorate has complied a series of questions and answers that address some of the key concerns' parents have asked about how remote learning will work for ACT public school students during this current lockdown period.

An FAQ document is now available on the Education Directorate's website. It includes responses to questions raised by the community in the Facebook Live event with the Education Minister Yvette Berry MLA and the Education Directorate's Kate McMahon on Wednesday 18 August.

You can find the FAQ document here: [COVID-19 school arrangements - Education \(act.gov.au\)](https://www.act.gov.au/covid-19-school-arrangements-education)

You can still watch the Facebook live event and a media conference with the Minister on Thursday 19 August where she discussed remote learning via the following link: [\(20+\) Yvette Berry | Facebook](#)

Yours sincerely



Daniel Breen
Principal
Gold Creek School

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