

Central Coast Sports College

Student Leadership Coronavirus Experiences

Dear Parents/Caregivers

COVID-19 and the isolation period have been challenging and have impacted everyone in their own way.

The leadership team would like to provide you with the following insight into our individual journey's over the past 7 weeks.

We appreciate you taking the time to read through our adventures with your child / children to ensure they have understanding of any words or concepts they're unsure of.

Question 1: How have you felt over the coronavirus isolation period?

Cade (College Captain):

- *Over the coronavirus isolation period I have felt pretty restricted as the laws have stopped me from seeing my mates on the weekends due to the low number of people in a group at one time. However, technology being as efficient as it is, allowed me to still contact them which was great.*

Theoni (College Captain):

- *Over the Coronavirus isolation period I sometimes found it challenging to keep a consistent routine. A few weeks in, the days began to fade into one another and seemed to drag on while the weeks seemed to be flying by. In these difficult times I missed trivial things like catching the train to school or sitting in class and taking notes the most. The physical sense of community was missing but what really helped me deal with not being able to go out on the weekends or meet up with friends after school was keeping in touch via correspondence and phone calls. The ability to reach out and communicate with extended family and friends through the use of modern technology is something that I greatly appreciated while I was in my house for all those weeks.*

Blair (College Vice Captain):

- *I've felt a lot of feelings during this isolation period. Upset, frustrated and worried would have to be the main three emotions felt. I do however, now more than ever feel appreciation towards the people in my life as well as the environment I'm fortunate to be in.*

Ryan (College Vice Captain):

- *I have felt very confused during the coronavirus period as situations and laws are changing day by day. I have been struggling to maintain focus and structure throughout the weeks as the transition from normal life to isolation was very sudden. I feel the sudden change has strengthened me as a person and given me a different outlook and appreciation for day to day life.*

Taiden (College Leadership Team Member):

- *Over this COVID-19 isolation period I've felt like a huge part of me is missing or that something just doesn't feel right. I always thought not having to go to school for months on end sounds like a dream come true but now that it's a reality and I don't know how I feel about that. The lack of routine has really affected my motivation and really made it difficult to do schoolwork and exercise from home as without motivation I did not have the energy to perform activities I'd otherwise complete without trouble if I had my daily school routine were I get my daily exercise as well as completing all the classwork for my HSC subjects. It has been tough but it's also allowed me to take some positives out of it and has allowed me to spend much more time with my family and has really helped me to cherish the happy moments during a time where they can sometimes be hard to come by.*

Monique (College Leadership Team Member):

- *Because of Covid-19, I felt overwhelmed about all the constant news about corona and also struggled to adapt to the new environment and the restrictions that we all are dealing with at the moment.*

Lexi (College Leadership Team Member):

- *During the coronavirus isolation period I initially felt stressed mentally and physically. There were times when I needed to leave the house, but with social distancing and restrictions I couldn't visit people nor go to certain places. Eventually, the stress level dropped weeks later when I found ways to cope with*

my mental and physical state by doing workouts at home as well as stretches that helped with stress release.

Question 2: What's one thing you've done to improve yourself over the coronavirus isolation period?

Cade:

- *One thing that I have done to improve myself over the isolation period is that I kept training by myself and keeping myself fit and healthy.*

Theoni:

- *In all honesty, over the coronavirus isolation period I've mostly stayed the same and can't say I've improved on much. If anything, I wouldn't be surprised if I've become deficient in vitamin D from a severe lack of sunlight.*

Blair:

- *Honestly I believe I have handled this period really poorly. Feeling sorry for myself, the first month or so saw me make every excuse under the sun, showcasing a poor attitude towards my goals both academically and physically. My attitude towards the situation has shifted dramatically in recent weeks and my biggest regret is not withholding this optimistic, determined attitude throughout this whole period.*

Ryan:

- *One thing I have done during the isolation period has been focusing on one of my personal weak points, which is strength. I have used this time in order to do this as football has stopped leaving me with no other form of exercise to do during this time.*

Taiden:

- *One thing that I've done to improve myself over the Coronavirus isolation period is create a schedule to give my days some sort of routine. I made sure the schedule gave me a balance between school work, exercise and socialising with friends via facetime. This schedule gave me some routine but I was never able to follow it properly because during this isolation everyday felt like a monday. The most important thing though during this tough time and any tough time really is to have a positive outlook and look for the good in every situation.*

Monique:

- *One major improvement that I dealt with during the virus was bettering my mental and physical health. Being able to implement different workouts and/or shaping up the different workout environments help a lot to destress to be centered and focused to start the day.*

Lexi:

- *One thing I've done to improve myself over the coronavirus isolation period would be to have the motivation to do home workout five days a week and having a balanced diet.*

Question 3: What's one thing that you can improve on regarding how you dealt with this period?

Cade:

- *One thing I can improve on regarding how I dealt with isolation would be my ability to independently learn. However our school remained open so I was lucky enough to still see my teachers which was great.*

Theoni:

- *Everyone deals with a global pandemic like this differently. Nothing of this magnitude has ever happened in most of our lifetimes. For this reason, I think it's okay to deal with this crisis in whatever way feels best to each individual, whether that is being super organised and planning out every hour of each day or just taking things as they come and having a bit of a break from our sometimes busy and tiring lives. If I could improve on how I dealt with it I might want to have stuck to more of a routine but then again, the break and plentiful sleeps were lovely too.*

Blair:

- *Recently I have been exercising a lot, specifically running. I've enjoyed this activity as it not only improves my fitness and overall physical health, but the exercise is also re-training the voice in my head, which at times has been quite negative*

and is gradually developing into an encouraging one. A major factor when running a far distance is the brain's willpower, and strengthening this has proved beneficial in every aspect of my daily life.

Ryan:

- *I feel as if I could definitely improve on focusing on school work during this tough time period. Doing school work from home allows you to be very easily distracted and in my case I found it very difficult to focus on school work.*

Taiden:

- *One thing I could have definitely improved on is listening to my mum when she told me to go outside and exercise. Nah, on a serious note I could have improved on the way I dealt with the situation as a whole. Obviously everyone deals with something like this differently and I think I shouldn't have thought so much about when it's going to end and just enjoyed the time I had at home with the people I love.*

Monique:

- *I feel like doing school work at home rather than in a school environment really impacted my routine and how i could learn, so i would have to say if i could improve one thing it would be knowing how to adapt in a home environment.*

Lexi:

- *One thing I can improve on regarding how I dealt with this period would be how to motivate myself to get my school work done at home without procrastinating. However to help with my ability to work I set myself times to work and take breaks, therefore I wouldn't procrastinate too much.*

Question 4: How can you maximise your freedom now that we're back at school and what is something you've missed in isolation?

Cade:

- *I can maximise my freedom now that we're back at school by seeing all my mates which boosts the social part of my life that was missing during isolation.*

Theoni:

- *Now that most of us are back at school, I'm maximising my time here by striving for more of a balanced lifestyle than I had before the isolation period. I'm trying to stick to a solid sleep schedule, stay on top of my HSC work, socialise, participate in morning training sessions at school and leave some time for leisurely activities as well, such as reading and painting. Mostly though, I'm just appreciating all the small joys of being a present and active part of the Central Coast Sports College community and I'm grateful to be able to be back at school and see everyone's friendly faces Monday through Friday again.*

Blair:

- *I am happiest when I'm with my friends and on a football field. Students now having the option to go back to school is great news, as I now get to enjoy these two things again. One thing I have, and still am missing is training and interacting with my football team outside of school. It has been a long time since I've seen them, which is a major change for me, as they were a major part of my day to day life before isolation.*

Ryan:

- *The one thing I have missed during the isolation period has definitely been seeing my mates everyday. Being able to see everyone together at school is a major part as to why we all enjoy school for what it is.*

Taiden:

- *I can maximise my freedom now that I'm back at school by cherishing the last couple of terms I have left at this school with all my friends and great teachers and coaches. I'm so excited to be back at school catching up with my friends and the staff who make Central Coast Sports College have such a wonderful and unique school environment.*

Monique:

- *The freedom of socialising with friends and peers again is what I missed during Covid.*

Lexi:

- *I can maximise my freedom now that we're back at school by interacting with my friends and peers for the socialising with my friends during quarantine was disconnected. I'm happy to be back and enjoy the liberty at school.*

Thank you for taking the time to read these perspectives from your Student Leadership team.

We will be completing surveys of other students and look forward to sharing their responses as we collate them. All answers are anonymous so please be as honest as possible!

If you are experiencing any troubles or want to talk about how you're feeling, please reach out to your Home Room teacher, Advisory, Coach or College Support Staff to arrange a talk with our college councillors.

Regards

Student Leadership Team