

LIGHTNING RIDGE CENTRAL SCHOOL



Principal:
Primary Deputy Principal:
Secondary Deputy Principal:

Mr Richard Finter
Ms Jane Taylor
Mrs Margaret Morriss

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Term 3, Week 10 2021

Principal's Report



In 2020, there were 297 road-related deaths in NSW. It is an awful number yet is actually seen by road safety authorities as a good outcome. It is seen in this way because the figure has not been this low since 1923, a time when cars were reasonably rare and the population of NSW was only a little over two million.

The worst year for road fatalities in NSW was 1970. In 1971, seatbelt use was mandated and the number of road fatalities fell... but not for long. 1978 was another shocking year for road fatalities both in NSW and nationally. In fact, the nation recorded 3,705 killed in road accidents that year, the highest figure ever. Drink driving was identified as a major contributing factor in this statistic. In 1982, random breath testing was introduced in NSW and the road toll figures for this state fell considerably.

Helmets for cyclists were mandated in 1990; speed cameras were introduced in 1991 and; graduated licences – red provisional followed by green provisional – were introduced in 2000.

Road toll figures responded by falling with each change. Road improvements and improvements in vehicle safety have also contributed to greater safety on Australian roads. Road fatality statistics that have continued to decline for several decades.

Strange to relate, I cannot recall people in 1971 – and yes, I do remember that year – railing against government overreach when seatbelt use was mandated. I do recall around 1981 some people being interviewed in a pub by the ABC regarding the then imminent introduction of RBT. They were more than happy to carry on about it being an infringement of their "rights". Presumably the rights they spoke of related to driving about intoxicated and thus endangering their own safety and that of others.

Essentially, seat belts, RBT and vaccinations against polio and measles were introduced to improve our collective safety. So are COVID vaccinations! The message? Get vaxxed because; we all benefit!



To that end I would like to wish all a restful break during what is a challenging time for all. I would like to thank our staff for their professionalism and ability to deliver the best possible teaching and learning programmes in trying circumstances. I would also like to thank all parents and carers for the support of the school and their students. You have all shown enormous reliance.



I would also like to take this opportunity to thank Ms Kathryn Abbott who leaves us this week to take up a position at Coonabarabran High School. Good luck Ms Abbott and all the best for the future.

Important INFORMATION

Last day of Term 3

Fri 17th Sept

School Holidays

Mon 20th Sept -
Mon 4th Oct

First day of Term 4

Tues 5th Oct

ABC Education

<https://education.abc.net.au/>

Lexia/Reading Plus

<https://www.lexialearning.com/>

Maths Prodigy

<https://www.prodigygame.com/>

Soundwaves

https://online.fireflyeducation.com.au/services/student_login/soundwaves

Kids Helpline

1800 551 800

Beyond Blue

1300 224 636

KEEP SAFE

Join us on
SkoolBag

 Like us on
Facebook

2021 School Newsletter now available online via our Skoolbag App and website on www.lightningr-c.schools.nsw.edu.au



Secondary Deputy Principal's Report

Congratulations to the Year 12 students who completed their major works in Design & Technology and Visual Arts. Our Year 12 students will be sitting their HSC examinations commencing from 9th November.

Our Year 11 students will be moving into their Year 12 studies. When we return prospective captains will make speeches and elections will occur.

Next Term staff will be rostered on in faculty groups on designated days.

Monday- PDHPE

Tuesday- Maths/Science

Wednesday- English/HSIE

Thursday- Secondary Studies– Art, Man Tech, Design & Tech, Food Tech etc

Friday- Faculty groups will be rotated

Yuwaalaraay is the dialect for the Lightning Ridge area. The name of the language and Aboriginal people of the Balonne River Region.

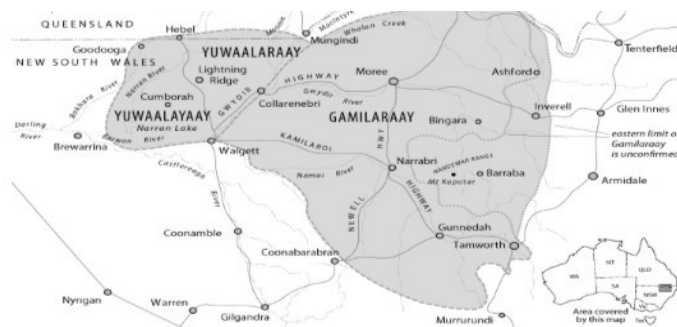
Yuwaalaraay **Word of the Week**

Yaluu ngiyani ngarralday =

We'll see each other soon

Binggirra-nhi ngaya! =

I've been jabbed!!



COVID News

Unfortunately, our community is still under "Stay at Home" Orders and we have been given no indication as to when they may be lifted. As a result, Lightning Ridge Central School will remain at Level 4 on the NSW Department of Education COVID Safe School Operations until further notice. Below is a link to the page which shows you how those levels work.

https://education.nsw.gov.au/content/dam/main-education/en/home/inside-the-department/covid-19/information-for-staff/COVID_safe_school_operations.pdf

Should you decide to send your child to school, the following requirements should be adhered to;

While in indoor settings at school, masks or face coverings are mandatory for:

- all students in Year 7 and above.
- all staff in school settings.

NSW Health has mandated the wearing of masks on public transport. Please be aware that public transport extends to school buses.

Students are not to attend school with any COVID / Flu like symptoms. Students who present at school with these symptoms will be sent home and may not return to school until they have a negative COVID test result and are symptom free.

Families encouraged to keep their children at home, with no student to be turned away.

COVID-safe school operations

Overview		Guidance on mask wearing	
Level 1	Students and staff to not attend school if they have symptoms; negative COVID-19 test required prior to returning to school	Inter-school sport in line with community sport guidelines	Staff and students are supported to wear a mask or face covering should they choose to do so.
School operating in a COVID-safe way	Parents, carers and visitors are allowed on site	Community use in line with broader Health settings	
	QR code check-in and check-out required for all staff and visitors	SRE/SEE (externally provided religion and ethics classes) operational	
Level 2	COVID-19 Safety Plans required in line with NSW Health advice (such as large gatherings or events)	Community Language Schools operational	
	Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings	P&C on site	
Level 2	As per Level 1, and:	Additional cleaning measures in place	
	Non-essential visitors not allowed on site (including parents and carers)		While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above.
COVID-safe; restrictions on activities and non-essential visitors	Staff identified as vulnerable supported to work from home	Assemblies must have COVID-safe practices in place and no parents or carers are allowed	
	Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only	Excursions within local government area (LGA) only, and strongly recommended to be outdoors and within walking distance	
Level 3	As per Level 2, and:	No assemblies	While on school sites, both indoors and outdoors, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.
COVID-safe; face-to-face learning allowed on site; further restrictions on activities and non-essential visitors	Mask wearing requirements	No excursions	
	Introduction of staggered breaks and reduced mingling of student cohorts wherever possible	No community use (except early childhood services and OOSH services)	
Level 3 plus	Activities such as singing, chanting, choirs, bands and school performances not permitted	Uniform shops are online	
	School canteens can operate with conditions	No SRE/SEE (externally provided religion and ethics classes)	
COVID-safe; face-to-face learning allowed for certain cohorts if vaccination rates achieved; restrictions on activities and non-essential visitors	As per Level 3, with following conditions:	No Community Language School on site	
	Return to school will be based on community settings such as adults fully vaccinated and levels of community transmission		While on schools sites masks are mandatory indoors and outdoors for all staff and all students Year 7 and above. Masks are strongly recommended for primary students.
Level 4	Only vaccinated staff on site	Minimised interactions and contact within student cohorts	
	Students in cohorts (including split classes) starting with staggered return of priority cohorts	Staff interactions limited with physical distancing	
Learning from home encouraged; schools are open for families who need it	Exams as per Health approved COVID-safe HSC guide	Staggered access to school facilities and shared spaces such as libraries and canteens	
	Families are encouraged to keep their children at home, with no student to be turned away	Drop-offs, pick-ups and break times staggered by cohort	While on school sites, both indoors and outdoors, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.
Level 4 plus	Schools activate plans to support continuity of education for all students learning from home	Where students and staff are at school, Level 3 guidelines apply, and:	
	Schools operate learning from home, with stricter guidance for students and staff on-site	No community use (except early childhood services)	
Minimal students and staff on site; learning from home encouraged; schools are open for families who need it	Schools are actively encouraged to further minimise students attendance with the support of increased community messaging	No canteens	
	Schools remain open with absolute minimum of staff – 2 staff are required on site for safety reasons, and only as many additional staff as required to maintain supervision and to meet immediate needs of the school. If a school requires more than 5 staff members to attend, they must consult with their Director, Educational Leadership	Where students and staff are at school, Level 3 guidelines apply, and:	While on school sites, both indoors and outdoors, masks or face coverings are mandatory for all staff, and all students in Year 7 and above.



Library News

#StoriesThat Matter

Australian Reading Hour 2021 celebrates the stories that matter and explores the role of storytelling in transforming lives and shaping our sense of identity, belonging and understanding – as individuals and as a nation. Follow along and join in at Australia Reads on Facebook, Instagram and Twitter.

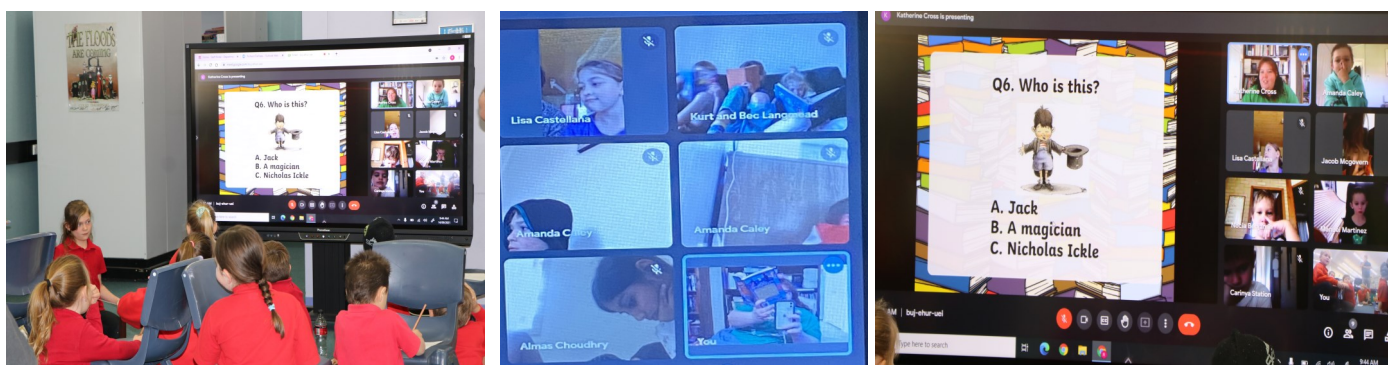
About Australian Reading Hour

Originally launched by Australian libraries and library associations for the National Year of Reading in 2012, the Australian Reading Hour began as an event for all Australians to set aside one hour on one day to read – whatever they wanted, wherever they were located, and however they chose to read.

It has since become an annual program featuring events with Australian authors, writers, poets and illustrators in libraries, schools, bookshops, and even in shopping centres, and on public transport.

Australian Reading Hour is made possible with assistance from the Copyright Agency Cultural Fund.

Miss Cross has been reading to students, and students were lucky enough to participate in book trivia and games to celebrate Australian Reading Hour via a Zoom meeting.



SkoolBag

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- * School newsletters
- * Notices
- * Events
- * Cancellations
- * Reminders
- * ...and more!

**INSTALLATION
INSTRUCTIONS**

Just download the "SkoolBag" app on your phone, open the app and add our school!

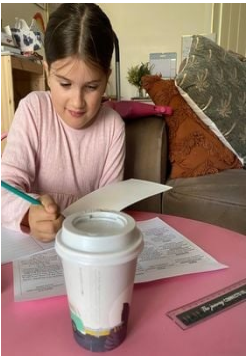
Home Learning

With stay at home orders in place, student learning looks a little different lately.

Here at Lightning Ridge Central School we love to celebrate the diversity of our wonderful families. What better way to showcase our brilliant school community than to show us what learning looks like in your home!



Mary has been busy in the garden watering the plants everyday and harvesting vegetables to make her Mum's yummy spring rolls. Mary loves to help her Mum in the kitchen. Keep up the great work Mary!



Cara has been busy in the kitchen with her Mum creating these beautifully decorated cupcakes - yum!

Cara gave us a little sneak peak of her #bookweek21 costume based on Claris: The Chicest Mouse in Paris by Megan Hess and has been working on her weekly learning from home packs.



Aslan's Mum tells us that he is enjoying learning his 4, 8 & 12 times tables. Aslan is very interested in 'media studies' and has been watching the Lion King to write a report on based on the schools PBL values of RESPECT, RESPONSIBILITY and PRIDE. "Azzie can't wait to get back to school to see his mates"



Kobi has been managing to still work through his work even with his baby sister wanting to be right by his side.

Kobi's favourite homework task was his science experiment - turn something liquid to solid.

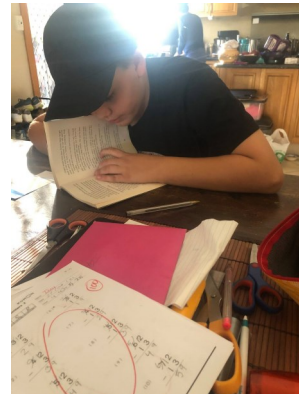
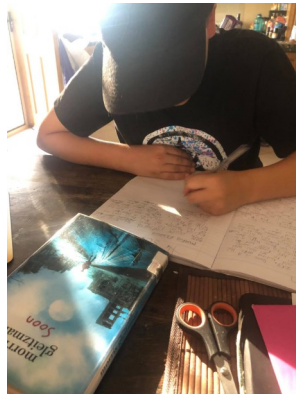
Luke is enjoying his catch ups with Mr Fisher and reading his home readers to him over the phone. Thanks Mr Fisher for maintaining contact with your students!



Riley and Sophie are making the most of learning from home playing handball and getting active in their free time. They are sharpening their problem solving skills by playing giant tic tac toe (looks like Riley might have won this round!) They are enjoying working through their learning from home packs each week.



Cayden is pictured working on his literacy skills using the Lexia Program. Cayden's Mum tells us that he is enjoying learning from home because he can stay in his pyjamas all day. Lucky boy!



Every day Dylan reads a chapter of *Soon* by Morris Gleitzman and then writes a summary what he has read. Great work Dylan!

We love to see our students being busy and enjoying learning from the comfort of their own homes. What does learning from home look like in your home? Send us your learning from home photos to our Facebook page or email them to lightningr-c.school@det.nsw.edu.au

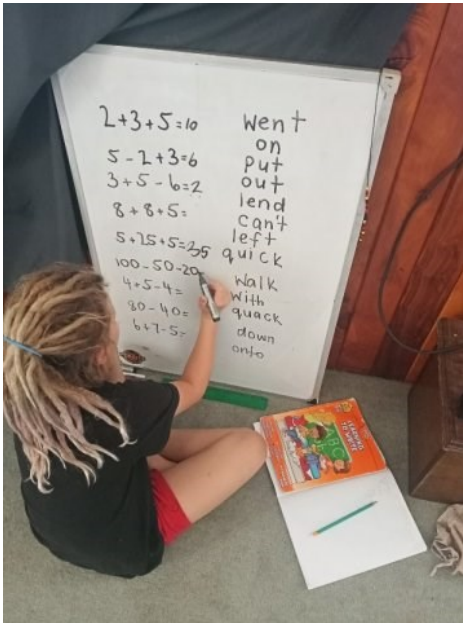
Secondary Studies

While the school grounds have been very quiet for most students in recent weeks, one group has been hard at work: Year 12. Special dispensation has allowed these students to complete their Major Design Projects in Visual Art and Design Technology. Ms Martinez and Mr Degens were allowed to come in (under strict rules surrounding social distancing, face masks and hand hygiene) to help our senior students meet the NESA deadlines. It was close, as it always is, when the welder was turned off at 3 pm on 3 September and brushes were put down at 3 pm on 6th September, all of our students had completed their Major Design Projects, and accompanying folios, to the best of their abilities. Thank you so much to Ms Martinez and Mr Degens for getting our students across the line!

Meanwhile, our gardens and animals continue to grow, and still need our attention. Mrs Currey's Ag plot is producing vegetables and herbs. A couple of noisy roosters were re-homed, and our six merino sheep are following the Stay At Home orders by staying at Mrs Currey's home.

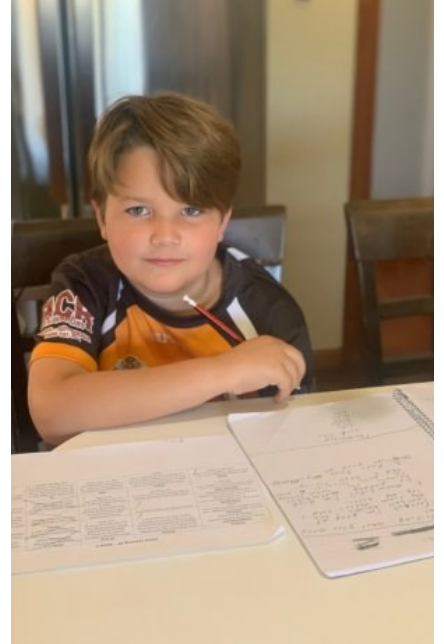
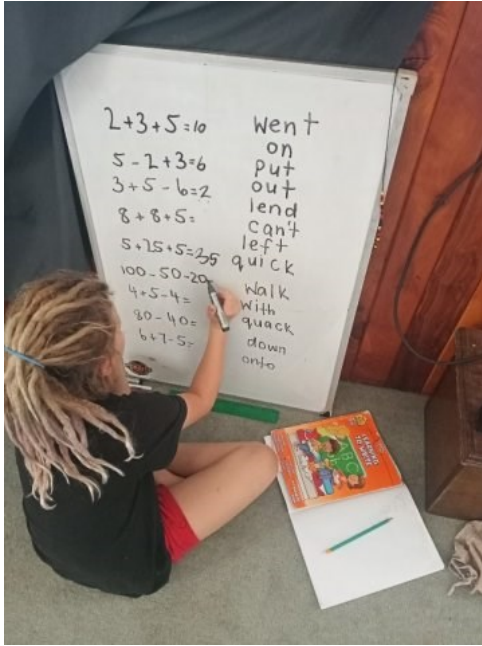


Stage 1



The Stage 1 teachers applaud the parents, carers and students who are working diligently at home during this difficult period. Keep up the good work and we hope to see you soon!



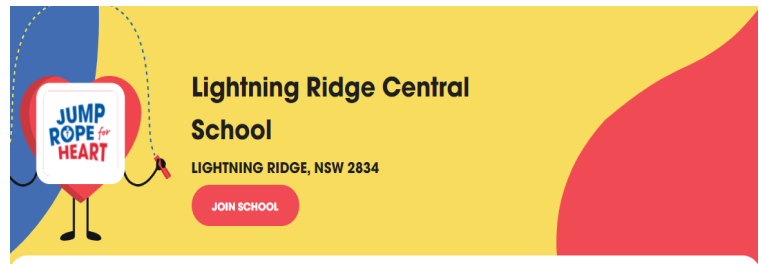



Jump Rope for Heart

Congratulations!

To all of our Primary students who participated in the Jump Rope for Heart program, skipping a massive 341 hours and raising an outstanding \$6981 for the Heart Foundation!

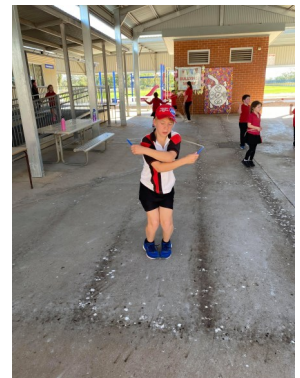
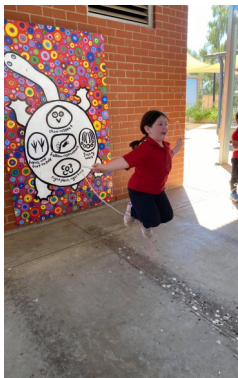
We didn't have the Jump Off celebration like we had planned, but we are so proud of every student for the amazing effort they have put in.



 **\$6,981**
Raised

 **20%**
Active Fundraisers

 **341h 31m**
Skipped



R U OK? DAY™

9 September 2021

R U OK? is an Australian non-profit suicide prevention organisation, founded by advertiser Gavin Larkin in 2009. It revolves around the slogan "R U OK?" (are you okay?), and advocates for people to have conversations with others. The organisation has a dedicated R U OK? Day, held annually on the second Thursday of September, which encourages Australians to connect with people who have emotional insecurity, to address social isolation and promote community cohesiveness.

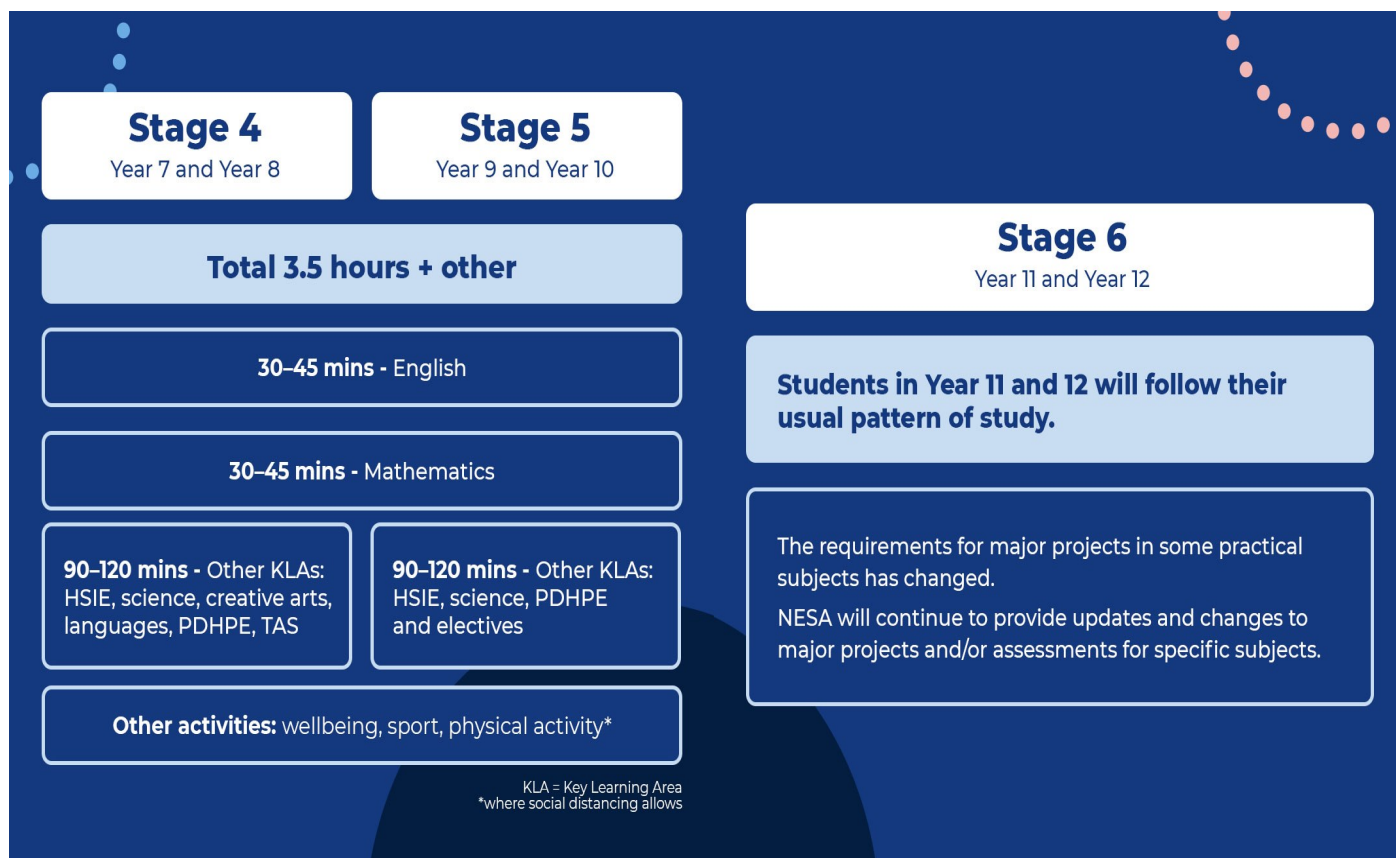
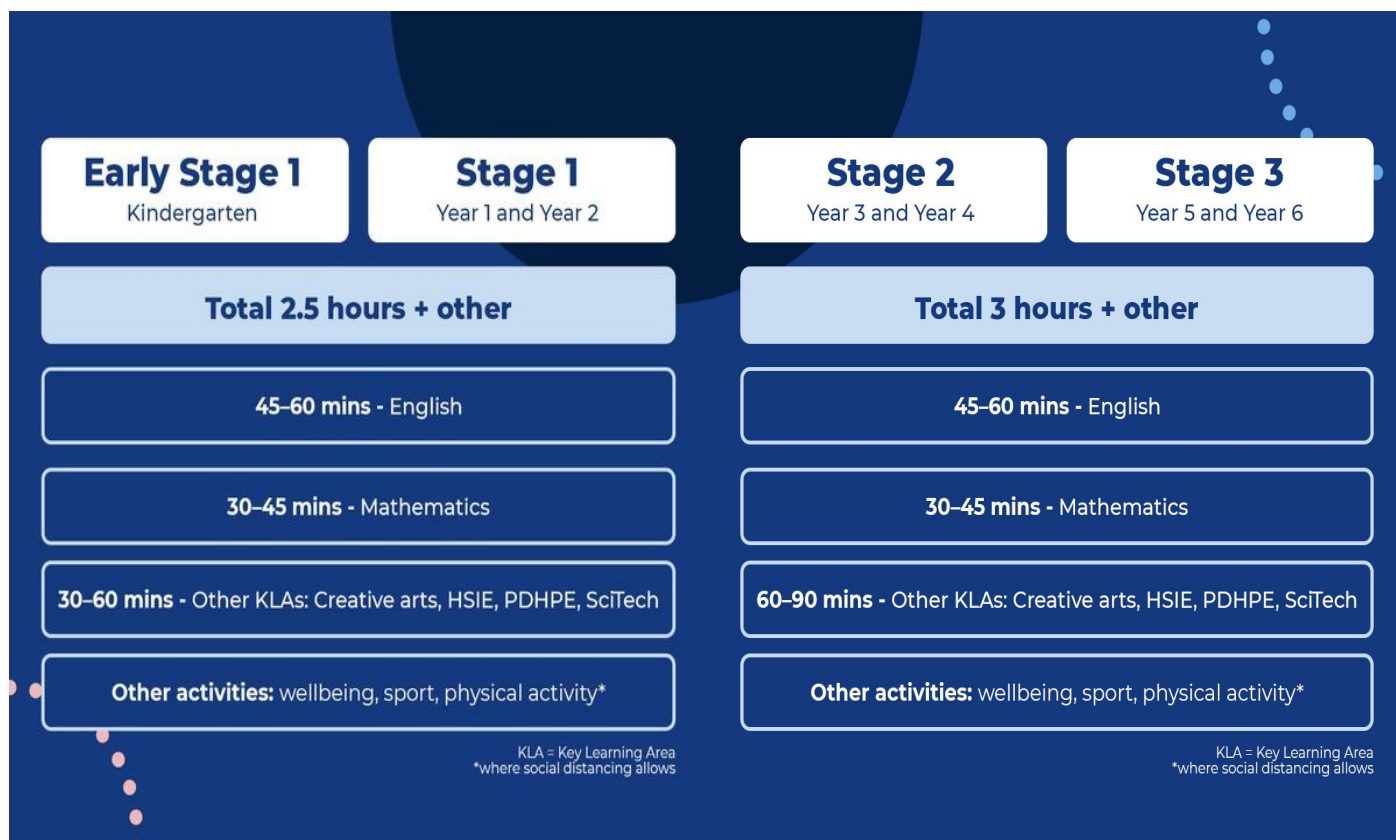
Thank you to those who shared photos, raised awareness and showed support for such an important cause. It's so important for us all to stay connected and support those around us in these challenging times.



Learning from Home

As students across NSW are continuing to learning from home, here's a suggested guide for how much time to spend on each subject area for each stage per school day.

Visit <https://education.nsw.gov.au/parents-learning-at-home> for more Learn from Home resources.



Learning from Home Packs



Learning packs are still available from the School office for both Primary & Secondary students. Please contact the office on 6829 0511 if you require a learning pack for your child.

A phone call 30 minutes prior to when you would like to collect allows our office staff to collate and copy the required work, and allows us to regulate the flow of visitors and appropriate social distancing.

On Wednesday 8th September we commenced with providing families with the opportunity to have learning packages delivered to the front gate or delivery point (for those outside of the township) each week. Delivery and Collection day will be every Wednesday.

No new packages will be distributed until previous ones have been completed and returned.


Secondary students will be able to receive work through Google Classrooms. Activities and class tasks are set through this platform so please regularly check in to see work that needs to be completed.

Students should have been sent an email invitation to join each class if they have not already done so.

Work packages with similar content are also available from the school office if students are unable to access the internet.




Google Classroom





How **students** can access
Google Classroom
in NSW Public Schools

Sign into Google Classroom with a desktop browser

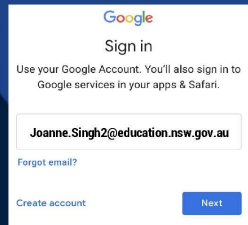


1. Use a **modern browser** in Windows, MacOS or Linux
2. Browse to your DoE Portal at:
<https://portal.det.nsw.edu.au>
3. Sign in with your **department credentials**
4. Select **Google G Suite** from the Learning box at the right
5. Choose **Classroom** from the list of apps



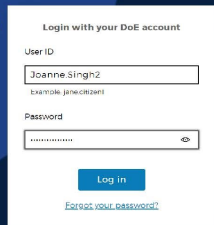
Need help using Google Classroom?
- Ask your teacher!

A





Sign in
Use your Google Account. You'll also sign in to Google services in your apps & Safari.
Joanne.Singh2@education.nsw.gov.au
Forgot email?
Create account

B



Login with your DoE account
User ID
Joanne.Singh2
EXAMPLE.JANEDOBSON
Password
Log in
Forgot your password?

Accessing Google Classroom using mobile Apps

1. Multiple **G Suite** apps are needed:

Google Drive	LINK	LINK
Google Docs	LINK	LINK
Google Slides	LINK	LINK
Google Classroom	LINK	LINK
2. Install the **four** correct apps to your device
3. Open **Google Drive** and sign in with your **DoE GOOGLE account** and choose **Next**
4. The **DoE log on screen** will appear. Sign in with your normal department credentials
5. Once signed in in **all four Google G Suite apps** will be ready for use!

NSW Department of Education

For a step by step guide on how to navigate Google Classroom, please watch our tutorial on the Lightning Ridge Central School Facebook page.

Part 1 - <https://fb.watch/7LOldEGh2a/>

Part 2- <https://fb.watch/7LOEMRx4Hd/>



Lightning Ridge Central School

Respect · Responsibility · Pride



6 September 2021

Below is an official communication from the NSW Department of Education. I would like to preface this communication by saying we have no indication as to whether LRCS will come out of Level 4 into Level 3 (Full return) or Level 3 plus (Staged return). These decisions are not taken by individual schools but by DoE Officers on the advice of NSW Health.

Dear Parent/Guardian,

Currently the clear message from NSW Health is that families should be keeping children at home unless it is absolutely necessary for them to attend school.

Looking ahead, on Friday 27 August 2021 the Premier announced the return to school roadmap for students in NSW. Students will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for all students to schools, with reduced mingling and on-site activities.

Staged return (Level 3 plus)

Where stay-at-home rules are still in place, but high community vaccination and low transmission conditions are met, students will return to school in a staged way. This is a staggered return for prioritised cohorts, with no mingling or on-site activities.

Students in Year 12 and those completing the HSC are already able to return in a limited way and this will continue for the remainder of Term 3 2021. From 25 October 2021, these students will have full-time access to school campuses and their teachers.

Local Government Areas of concern

Identified Local Government Areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until we are advised otherwise by NSW Health.

Order of return

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- From 25 October 2021 – Kindergarten, Year 1 and 12
- From 1 November 2021 – Years 2, 6 and 11
- From 8 November 2021 – Years 3, 4, 5, 7, 8, 9 and 10.

We will be providing further advice as we develop our plan for a staged return.

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our Advice for families page at <https://education.nsw.gov.au/covid-19/advice-for-families>

Vaccinations for school staff

To ensure a COVID-safe return to school, all NSW public school and preschool staff on-site to support the staged return of students will be required to be fully vaccinated. Any contractors, volunteers or people on site who require a Working with Children Check will also be required to have 2 doses of vaccination before returning to our school.

Our staff have been encouraged to make use of the various routes for priority vaccination available to them and to book appointments for whatever vaccine is available as soon as possible. We will continue to work with NSW Health to prioritise vaccinations for all staff across NSW.

All NSW school and preschool staff will be required to be fully vaccinated by 8 November.

The department's COVID-19 webpage at <https://education.nsw.gov.au/covid-19> is constantly being updated and outlines the restrictions in our schools as well as other useful information and resources to keep you up to date and supported.

Learning from Home

Additional to our school's work packs, the Department of Education learning from home page has a wide range of curriculum-based activities to further supplement your child's learning, if required.

We understand the pressures of parents both supervising learning from home as well as completing their own work. There are some helpful wellbeing tools available to help look after yourself and those around you. Parents are the best judge of what is appropriate for your child to be doing at home. Please don't hesitate to reach out to me or your child's teacher if you need further guidance or something is not working for you.

HSC Students

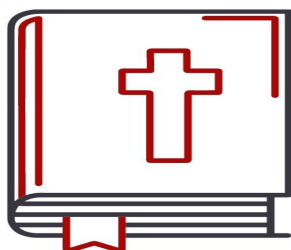
The HSC exams for 2021 will be rescheduled to start from Tuesday 9 November. The revised timetable will be provided by NESA mid-September. There is new information regarding the HSC being released every week. It is important that parents and students access this information on the NESA website at <https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/covid-advice> and the department's HSC Hub at <https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc?q=>

Thank you again for your understanding and support of our school, please do not hesitate to reach out if we can do anything to assist you and your family to help us all get through these challenging times.

Yours faithfully,



Richard Finter
Principal



Scripture

Special Religious Education
Now available to do at home!

In agreement with the NSW Department of Education, SRE providers are committed to supporting families by providing access to resources that are aligned with the relevant and approved SRE curriculums. For years 1-6, it is possible to continue the story of God's people after their rescue from Egypt (where our lessons left off) by choosing to start at the week 5 resources. Kindy kids can join in those same lessons. For high school students it is an opportunity to revisit what was covered earlier in the year from the gospel of Mark.

K-6 resources

<https://cepconnect.com.au/learningathome/>

High school resources

<https://thinkfaith.com.au/>

HAVE YOU REDEEMED YOUR CREATIVE KIDS VOUCHER?



VISIT WWW.SERVICE.NSW.GOV.AU

How to apply:

1. Check the eligibility requirements and the types of activities.
2. Select the 'Apply online' button.
3. Log in to your account, or sign up for a MyServiceNSW Account.
4. Follow the prompts to apply for the voucher.



Redeemable at

<https://www.cleverpatch.com.au/creative-kids>

<https://www.eckersleys.com.au/creativekids>

<https://www.why2wise.com.au/>

<https://charlieboots.com.au/>

The **BEST** Playdough

1 cup flour

2 tsp cream of tartar

1/2 cup salt

1 tbsp cooking oil

1 cup water

food coloring

Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well. Cook over low to medium heat until the dough starts to form and becomes dry. Once it starts to form a ball take off the heat. Once cool, knead for 5 minutes.

thebestideasforkids.com

Easy Pancake Recipe

- 1 cup self-raising flour (sifted)
- 1-2 tbs caster sugar
- 1 egg (lightly beaten)
- 3/4 cup milk
- 50 g butter (melted, for frying)



How to make Easy Pancakes:

1. In a bowl, beat the egg and then whisk in the milk. Whisk in the sugar (how much you add will depend on how sweet you like your pancakes - don't forget to take toppings into consideration).
2. Sift in the flour and whisk until batter is smooth and lump-free.
3. In a hot pan or flat grill over medium-low heat, brush butter over cooking surface and pour 1/4 cup measures for each pancake.
4. When large bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side. Keep an eye on them as they do cook quickly!
5. Serve the pancakes with your choice of whipped cream, strawberries, blueberries, bananas, nutella, maple syrup, or butter. Enjoy!

This recipe makes 8 pancakes.

COVID-19

> Look after your mental health during the COVID-19 (coronavirus) pandemic

1. Stay active



Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

2. Eat healthy



Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

3. Stay Connected



Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

4. Take a break from the news and social media



Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

5. Stick to a routine



Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

6. Monitor your mental health and wellbeing



It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

7. Seek support



Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020