

Remote Learning Big Hill Primary School Wellbeing Support

If remote learning has commenced, and if staff permitted to work on site, you can call the school on 5447 7022. If not answered, please leave a message and we will get back to you as soon as possible. We want to assure you that the school is operating in its capacity under the Department of Education instruction to maintain schooling and wellbeing for children and families. Teachers have sent you their contacts and supports for student remote learning.

To keep informed of school updates and news we will be using our school website, Facebook page and Flexischools app: www.bighillps.vic.edu.au or <https://www.facebook.com/BigHillPrimarySchool/>

For *administration and general enquiries* please email big.hill.ps@education.vic.gov.au. Janet or Kerry will get back to you via either email or phone.

For *student wellbeing support* or support from school leadership please email Matthew.Pearce@education.vic.gov.au Sharyn.Burnett@education.vic.gov.au or cara.barnes@education.vic.gov.au. Either Matt, Sharyn or Cara will get back to you via email or phone. Dependant on restrictions imposed, we will do our best to help you or link you with a service able to help meet the needs presenting. If you prefer to contact services directly there is a list below.

You will receive routine contact from staff at various times to check in on student learning and wellbeing. We urge you to also have a support network around you of family, friends and neighbours keeping regular contact with them safely by phone or internet based, on the advice at the time, so that we are looking out for each other.

For other sources of information regarding COVID-19 see DHHS website or the Department of Education website.

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

Remember to remain calm and stay informed, follow the advice given, and work together to stay connected safely to the community, family and friends. Reassure each other and be prepared to ask for help if you need it. Health and safety is the main priority ,so seek medical advice at the earliest onset of symptoms. Remember that children learn from adults and are attune to the emotional climate. This is an opportunity to show them our resilience and are reminded that we all in this together and together we will work through this. A useful website for parents on 'what to say to kids' <http://michaelcarrgregg.com/what-to-say-to-kids-about-covid19>

Matt, Sharyn and Cara

Big Hill Primary Wellbeing Team

For Emergency Support

Urgent Ambulance, Fire or Police assistance **Call Triple Zero (000)**

- If someone is seriously injured and in need of urgent medical attention
- If you have just witnessed a serious accident or crime
- In case of fire

For medical information and advice

- Phone your doctor or the hotline 1800 675 398 if you need medical attention they will tell you what to do.
- Phone Bendigo Hospital Emergency Department, Drought Street, Bendigo 03 5454 6000

For counselling services (Australia-wide)

- Lifeline – 13 11 14
- MensLine – 1300 789 978
- Kids Helpline – 1800 551 800

Other services (Victoria)

- If you are homeless, at risk of homelessness or escaping family violence call 1800 825 955 (toll free, 24-hour support)
- Women and children experiencing family violence can call Safe Steps on 1800 015 188 (this number is not free from mobile phones. 24-hour support)
- DHHS Crisis accommodation - 24 hour, state-wide services 1800 825 955 (toll free)
- Alcohol and Drug services, call Direct Line on 1800 888 236 (toll free, 24-hour support)

Local Services (Bendigo)

- Bendigo Police 221 High Street, Bendigo, 24hour (03) 5448 1300, Police assistance line 13 1444, Crime Stoppers 1800 333 000
- CASA Centre Against Sexual Assault, 71 Bridge St, Bendigo, Monday to Friday 9am–5pm, (03) 5441 0430
- Mental Health Regional Triage 24 hour service 1300 363 788
- CAMHS Child and Adolescent Mental Health Service, 155/151-155 Condon Street Kennington, Mon-Fri 8.30am to 5pm, 03 5440 6506

For concerns for the safety and/or wellbeing of children

- DHHS child protection 24 hour intake line 1300 664 977 or
- Child First Intake Bendigo 03 5440 1147 or 1800 260 338
Information on what child first do can be obtained on their website
<https://www.anglicarevic.org.au/what-we-do/supporting-families/child-first/>

For local support for assistance such as essential items

- Bendigo DHHS, 74-78 Queen St, Bendigo, Mon to Friday 8:45am–5pm, (03) 5434 5555
- Salvation Army 65-71 Mundy street, Monday to Friday 9am–5pm, (03) 5440 8410, (03) 5440 8431, facebook.com/BendigoSalvos, corpsofficer.bendigo@aus.salvationarmy.org
- Uniting Care Emergency Relief centres
 - 25 Forest St, Bendigo (03) 5443 4972 Monday to Friday (not Wednesday) 10am to 12noon and 1pm to 3.45pm
 - Corner of Church and Camp Streets Kangaroo Flat Tuesday and Friday 10am to 1pm
- St. Vincent de Paul assistance centre, 16 Hopetoun St, Bendigo, Monday to Friday (not Wednesday), 10am to 1.30pm, (03) 5443 5688
- Baptcare, 259 Hargreaves St, Bendigo, Monday to Friday, 10am–4pm, (03) 5441 1404
- Anglicare Children and Family services, 175-187, Hargreaves St, Bendigo, Monday to Friday 9am to 5 pm, (03) 5440 1100
- St. Lukes, 10 Mundy St, Bendigo, Monday to Friday 9am to 5pm, (03) 5434 3922
- Bendigo and District Aboriginal Co-operative, 119 Prouses Rd, North Bendigo, Mon to Thurs 9am to 5pm, Friday 9am to 4pm, (03) 5442 4947