

WELLBEING SUPPORTS TO OUR FAMILIES 😊

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving to remote learning.

To support our school community during this time, resources and support are available for parents, carers and families.

These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time.

Services and support for students and their families

A [Quick Guide to Student Mental Health and Wellbeing resources](#) is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

- [Advice and resources for students](#) about ways to adapt their learning during COVID-19, to look after themselves and where to get help.
- [Wellbeing activities featuring AFL and AFLW players](#) with tips on managing stress, staying active and gratitude.
- [Smiling Mind mindfulness activities](#) for senior secondary school students, including short videos, online tip sheets and meditations.

The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

- [resources to support children's physical, mental health and wellbeing](#)
- wellbeing activities and conversation starters for parents of [parents of primary school-aged children](#) and [parents of secondary school-aged children](#)
- [Raising Learners podcast](#) series
- how to [talk to your child](#) about COVID-19
- headspace is running [webinars](#) for parents and carers about offering support when they are concerned about a young person's mental health.

Wellbeing guidance for parents and carers is also available:

- [on the Department's website](#)
- headspace has created a video providing [tips to support parents and carers during lockdown](#)
- through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week, Phone: 13 22 89.

Matt Pearce

PRINCIPAL