



Monitoring, Responding and Managing Student Wellbeing

Remote Delivery Strategy

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Dear Parents/Caregivers

We know that the COVID-19 outbreak has posed some of the greatest challenges we have faced in recent memory. Change, particularly when it is the result of an unprecedented event, can result in people experiencing a range of emotions and trigger behaviours that may not have been previously witnessed.

As we move to a remote learning model of teaching and learning, new challenges arise in terms of monitoring the wellbeing of our students. The principles remain the same. All staff are responsible in ensuring we support the wellbeing of our students, particularly as we transition to a remote learning environment.

As a school we are committed in continuing to support student engagement and wellbeing and provide ongoing support for our students.

Role of Mentor Teacher

The mentor teacher will be:

- Maintaining regular communication with their mentor group
- Monitoring and supporting learning and wellbeing through weekly progress checks with your child
- Keeping you informed of your child's progress
- Responding to wellbeing and engagement concerns with referrals to the Wellbeing Team to support and manage as required

Role of Wellbeing Team

The Wellbeing Team will provide remote support via video conferencing or telephone by:

- Responding to referrals and identifying student's with high social and emotional wellbeing needs
- Engaging in collaborative discussions with staff, student and family to develop an action plan
- Regularly supporting and reviewing the action plan with staff, student and family

If your child is already accessing support from our Wellbeing Team, this can still continue either through video conferencing or telephone if they wish to connect.

If your child is not currently accessing support but would like to connect with a Wellbeing Leader they can email their mentor teacher, Year Level Leader or alternatively email dl.0965.wellbeing@schools.sa.edu.au and request a meeting.

Supporting your Child's Wellbeing

Young people may be impacted by fear and anxiety. Maintaining a stable routine can be extremely grounding and remind students of what aspects of their lives are within their control. Your own routines will become really important at this time when some parts of your life are disrupted. You are able to support wellbeing at home by:

- Giving your children extra attention and reassurance and where possible, minimise their exposure to media and social media that may heighten anxiety
- Including your children in plans and activities around the house
- Maintaining routine around sleep and meal times as much as possible
- Reminding your child the importance of sharing any concerns about a friend with a teacher or trusted adult
- Contacting your child's mentor teacher with ongoing engagement and wellbeing concerns

Attached are additional services and resources that may support your child's learning and wellbeing as they prepare to learn from home. If you have questions, queries or concerns please reach out to our Wellbeing Team via our email dl.0965.wellbeing@schools.sa.edu.au

Yours sincerely

Sophie Pyromallis
Assistant Principal
Student Wellbeing and Engagement

David Harriss
Principal



Wellbeing Services and Resources

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Online Wellbeing and Parenting Resources:

Headspace	Managing stress related to covid-19 virus includes tips to maintain a healthy mindset https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/
Reachout	Self-care tips: https://au.reachout.com/collections/self-care Professionally reviewed self-help tools-and-apps: https://au.reachout.com/tools-and-apps
Kids Health	How to talk to your children about COVID-19. https://kidshealth.org/en/parents/coronavirus-how-talk-child.html
World Health Organisation	Helping children cope with stress during the 2019-nCoV outbreak https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
Australian Childhood Foundation	Staying connected with our Children https://professionals.childhood.org.au/app/uploads/2020/03/Covid.pdf?fbclid=IwAR1Z2fm5EB9R8JBdVM-yE-hHKHDu5sNQ4BzmCSWGCDCCLruH4xzAOHd6mKk
Parenting South Australia	Parent Easy Guides (prepared in other languages) https://parenting.sa.gov.au/

Telephone and E-Chat Free Counselling Services

Emergency	Life threatening emergency: Call 000
Kids Helpline	Phone counselling service: 1800 55 1800 WebChat counselling: https://www.kidshelpline.com.au/get-help/webchat-counselling
Parent Helpline	Phone counselling service: 1300 364 100
Life Line	Phone counselling service: 13 11 14
Youth Beyond Blue	Phone counselling service: 1300 22 4636 Online chat counselling: https://online.beyondblue.org.au/WebModules/Chat/InitialInformation.aspx Mental health information: https://www.youthbeyondblue.com/
Headspace	Headspace (referral service): 1800 650 890 e-Headspace , a free online counselling platform: https://eheadspace.org.au/
National Coronavirus Helpline	National Coronavirus Helpline: 1800 020 080
Youth Mental Health Services	Youth Mental Health Services: 13 14 65
1800 Respect	Phone counselling services: 1800 61 44 34 1800RESPECT Domestic Violence Online Chat: https://chat.1800respect.org.au/#/welcome



Remote Learning

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FOCUS YOUR MIND

- Wake up with enough time to get ready, have breakfast and start learning by 8.45am
- Say good morning to the people in your home
- Enjoy a full and healthy breakfast
- Check emails/Daymap and any other platforms that you are instructed to work from (for example, Zoom, Teams)

YOUR LEARNING SPACE

- Your learning space should be tidy, comfortable and as quiet as possible
- Always be respectful of any shared spaces in your house
- If video conferencing, sit in front of a blank background, if possible, or blur

YOUR CLOTHING

- Dress in neat, casual clothes when completing work
- Do not wear your pyjamas all day
- If video conferencing, wear appropriate clothing

YOUR EQUIPMENT

- Ensure your computer is ready and logged in
- Test all applications and platforms required for learning to make sure they are working
- Have a pen and paper/ book ready
- Use headphones if possible
- Remove any other distractions from your workspace (including your mobile phone)

YOUR ETIQUETTE

- Be polite, appropriate and respectful in any language you use online, and as you would in person
- When video conferencing, turn off your microphone until required
- Use Daymap when contacting school staff
- Close all gaming platforms

BEING PRODUCTIVE

- Manage your time - Use your time for learning
- As required, complete any set work and submit it using the correct methods
- Spend time revising any items you don't understand and be sure to ask questions (by Daymap)
- Check your emails/Daymap regularly throughout the day - read and reply

BEING HEALTHY

- Drink at least 2 litres of water every day
- Take small breaks every 50 minutes of work
- Have a recess and lunch at the same time each day, eating healthy foods

For support contact your Mentor Teacher

If additional wellbeing support needed contact:
dl.0965.wellbeing@schools.sa.edu.au