

WELLBEING (Yenella) HUB

The wellbeing and care of our students underpins every aspect of life at Bairnsdale Secondary College. The Wellbeing Hub provides support for students, advocating for them and their families, encouraging and promoting positive social, emotional and educational outcomes. We work in close collaboration with Hubs, teachers and families, in addition to liaising with external community support organisations.

The Wellbeing Team



Services offered at Wellbeing:

One-on-One Counselling

(facilitated through a Hub referral process)

Breakfast Club and Lunch Program

Served daily and offered to all students

Doctors in Secondary Schools Program (DiSS)

In partnership with Gippsland Lakes Complete Health, the College has a qualified doctor and nurse onsite once a week conducting appointments in a dedicated clinic located on school grounds.

Available to all students, there is no charge for the service and parents/carers are also able to attend appointments.

School Nurse

Working in close collaboration with the Wellbeing team, School Nurse, Sophie Brown attends the College two days a week. Sophie's role is imperative in helping to promote health and raise awareness of the importance of healthy lifestyle choices for all students. She is available to speak with students one-on-one or in a group setting.

Seasons for Growth Program

Seasons for Growth is a small group education program that supports young people to develop the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief.

AOD (Alcohol & Other Drug) Support

AOD Youth Outreach through Gippsland Lakes Complete Health supports young people between the ages of 12-25, and here at the College, we have an AOD worker onsite fortnightly to provide support for alcohol and/or drug use – including vaping! Supports offered include counselling, assistance with withdrawal/reduction of alcohol/other drug use; support if you become involved in the legal system because of alcohol/drug use; information, education and other resources.

GEM (Gippsland Engaged) Mentoring Program

Delivered by Workways Australia in conjunction with BSC, this program can allow students to create worthwhile friendships with adults within the community. Students are paired up with mentors who share similar interests/hobbies and meet once a week to provide support, guidance, and engage in activities they both enjoy.



ELVIS - School Therapy Dog

Elvis is a Keldoodle (Kelpie X Poodle) and one of BSC's school therapy dogs. His calm, gentle manner helps to reduce anxiety and stress in students, as well as enhancing their social-emotional skills. He NEVER refuses a pat so swing by by Wellbeing to say hello!

CELEBRATION DAYS

Throughout the year, Wellbeing celebrates the following awareness days/campaigns to help foster and encourage inclusivity, mental health and respect, all of which align with our College Values of *Respect, Responsibility and Resilience*.

IDAHOBIT Day (17th May)

An international day for LGBTQIA+ human rights and positive social change.

National Day of Action Against Bullying & Violence (3rd week in August)

An initiative aimed to highlight Australian schools and their efforts to counter bullying and violence.

Wear It Purple Day (last Friday in August)

An annual LGBTQIA+ awareness day to help foster supportive, safe, empowering and inclusive environments for rainbow young people

R U OK? Day (second Thursday in September)

A National Day of Action encouraging us to notice the signs of mental health struggles in friends, family and colleagues, and advocating for us to start conversations.

16 Days of Activism (25th November to 10th December)

Promoting gender equality for all, this international campaign where communities around the world to join the call to prevent and eliminate violence against women and girls.

