



## Wellbeing at Cheltenham Secondary College

### Our students are our future

The innovative learning programs implemented across all year levels at Cheltenham provide for the development of strong, reciprocal and productive relationships between teachers and students. The Pastoral Care Program has been introduced to support these learning programs, allowing for increased contact time between a significant adult and individual students.

Cheltenham Secondary College, based on data across all year levels, supports the concept of improved learning behaviours, motivation to learn, improved attendance and a decrease in student management issues are directly related to individual student wellbeing.

In supporting our young people here at the College, we acknowledge our current research that identifies positive teacher/student relationships as integral to improved wellbeing and the learning and retention of students. The College recognises the need to introduce a program that builds wellbeing, resilience and specific skills required at the various stages of secondary school.

### Cheltenham Wellbeing Practitioners

- Ms Lorraine East, Director of Wellbeing
- Mr Matt Mottram, Student Wellbeing Worker
- Mrs Nella Foley, Mental Health Nurse
- Ms Maddy Dyson, Youth Worker from the Les Twentyman Foundation

### Raising boys to be healthy men

Check out VicHealth's new short videos, for boys and for teachers, that look at promoting acceptance of people whoever they are, free from gender stereotypes, and a society where boys and men feel comfortable to seek and receive support.

For teachers | [Breaking free from gender stereotypes](#)

For boys | [Breaking free from outdated rules](#)

[Click here](#) for more info on helping boys and young men break free of outdated stereotypes.

## Family Life is providing FREE counselling

Service for all school aged children and young people who will benefit from a brief period of therapeutic support. This is to assist them to overcome stressor anxiety resulting from the COVID-19 pandemic. A GP referral is not required. Anyone can make a referral by contacting the SEMP HN Access and Referral Team on 1800 862 363 (8.30am-4.30pm weekdays) or submit a referral online [here](#), and quote "Family Life Covid-19 Program".

## Other Wellbeing agencies and help lines



**Black Dog  
Institute**

[Black Dog Institute](#)



[Beyond Blue](#)



[Kids Helpline](#)



[Headspace](#)



[Lifeline](#)



[Kingston Youth Connect](#)



[Bayside Youth Services](#)