



Wellbeing Reminders

Get into a routine!
Good sleep,
nutrition, physical
activity and social
connections are
going to keep you
going through this
lockdown period.

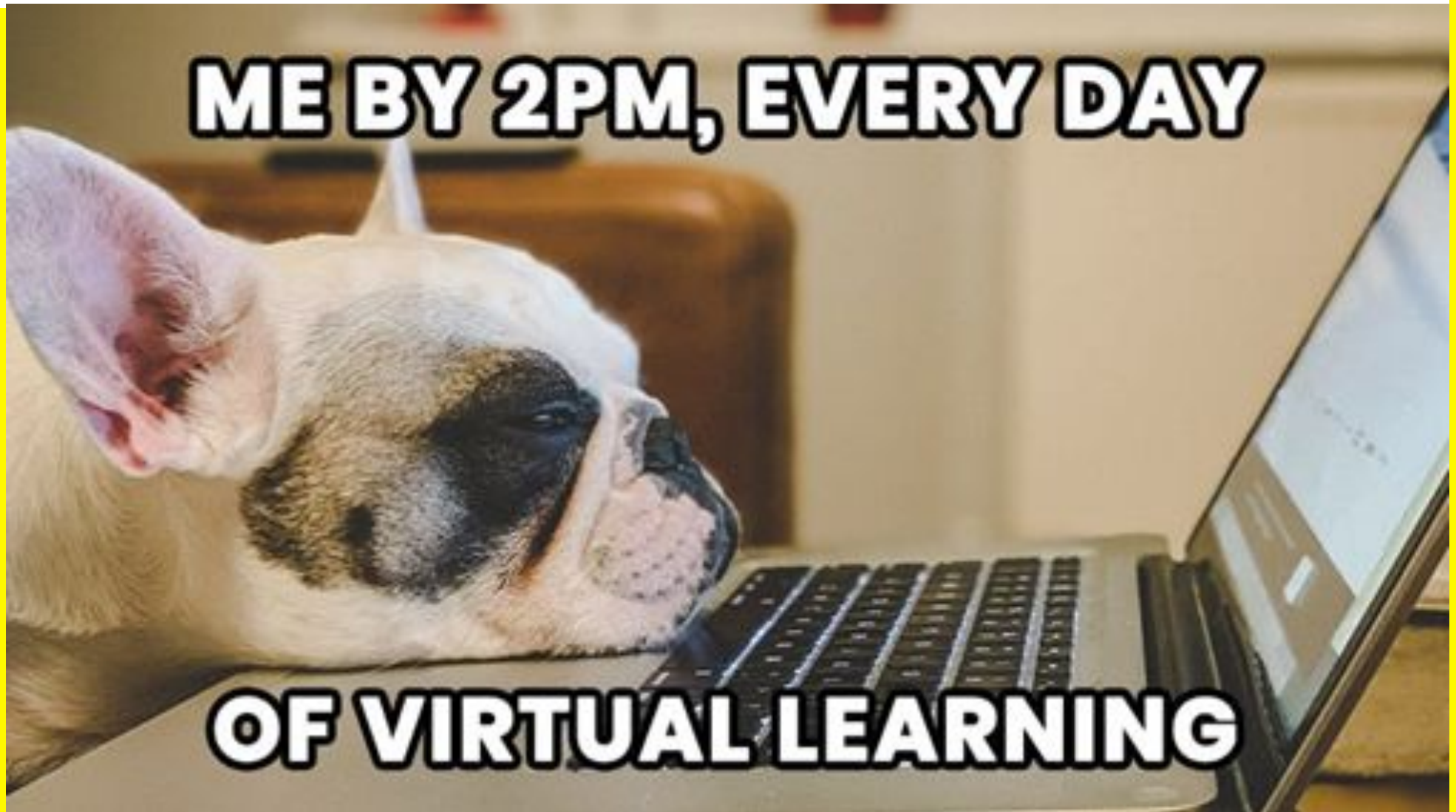
WHAT DAY IS IT TODAY?



Make sure you switch off from your screens at the end of the day and get moving! Do some Just Dance, an online workout, take your dog for a walk and chat to a friend on the phone while you walk!



Routines are important so that this doesn't happen to you...

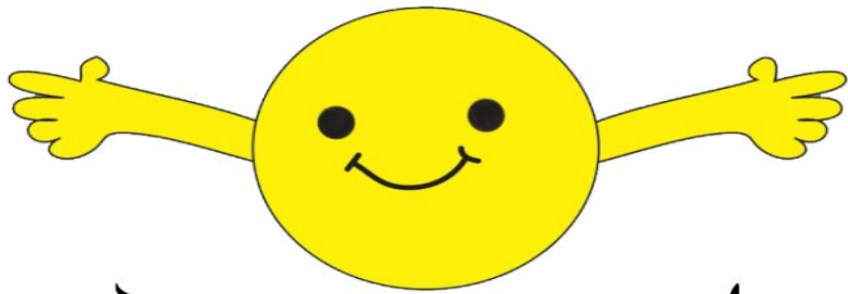


Year 9 Meeting - Tuesday 10 August 2021

- Thank you to all those who have sent in photos for either our Lockdown HOF or for our Year 9 Pets Collage. I would love to see many more though!!!
- Reaching out. Last week I mentioned you can reach out if you need. As well as your YA/teachers/Deputy there are many professional organisations that are also there to help us. Many of these are mentioned in our PB programme/booklet. One I would like to highlight today is eheadspace. Firstly lets have a look at their site and a short video on what they provide.



Reach Out
For Help.
You're Not
Alone.



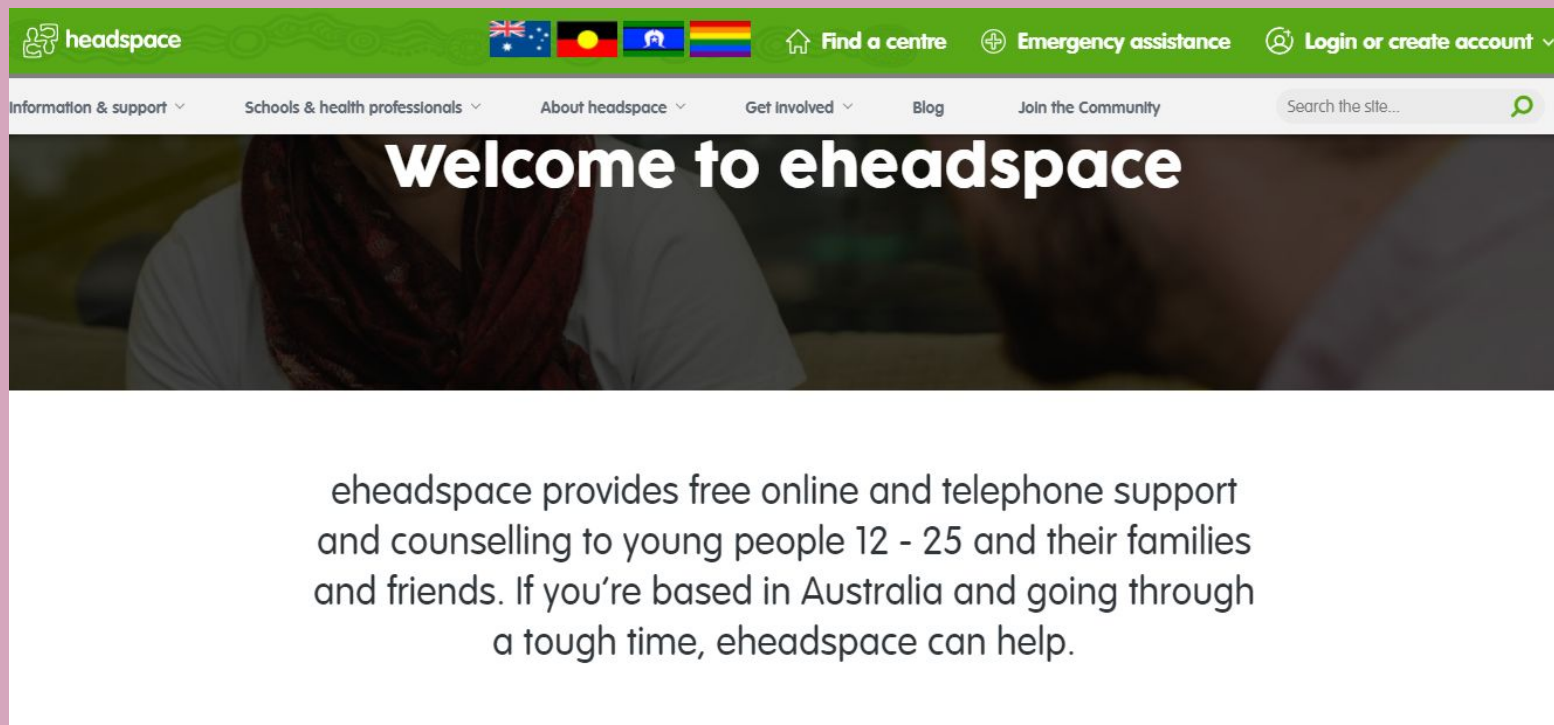
REACH OUT!



Reach out! If you're feeling unsure about what's happening, anxious, or just not yourself please drop me, Ms Ronayne or your teachers an email. We can Zoom with you to check in, chat and help you get connected.

eheadspace

- Here is the link to eheadspace:
<https://headspace.org.au/eheadspace/>
- Short intro video: <https://youtu.be/EKg1S6p44I4>



The screenshot shows the eheadspace website homepage. At the top, there is a green navigation bar with the eheadspace logo on the left and several utility links on the right: 'Find a centre' (with a house icon), 'Emergency assistance' (with a plus icon), and 'Login or create account' (with a person icon). Below this is a white navigation bar with dropdown menus for 'Information & support', 'Schools & health professionals', 'About headspace', 'Get Involved', 'Blog', and 'Join the Community'. A search bar is located on the right side of this bar. The main content area features a large banner image of a person's hands clasped in prayer, with the text 'Welcome to eheadspace' overlaid in large white font. Below the banner, a white box contains the following text: 'eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.'

Now it's time for.... SCRIBLL.IO.

Join us now for SCRIBBL.IO. Thanks to Azu who was kind enough to provide me with step by step instructions.

They helped alot!

So join the game by clicking on the link in our zoom chat

<https://skribbl.io/?CvZQyYXaIEFE>

When you have joined I will start the game. Hopefully it will work!!!

Olympics Kahoot!!

Join us now for the competition of the week:

Winners will receive awesome prizes!!!



Thank you for joining the Zoom meeting!!



Hope to see you all again next Tuesday.