

WELLBEING

1. Wellbeing – A Partnership

As we continue in our online world, many students and families have developed routines to assist in the daily expectations of Zoom lessons and students independently working on tasks. Students need good work spaces and encouragement to maintain their efforts. Teachers provide support during class time and are available for contact at other times. What is also essential is the active support of parents.

What can parents do in these, hopefully, final weeks of online learning?

- Show an interest in what your son/daughter is doing in classes.
- Don't just focus on what has not been completed – acknowledge what has been attempted.
- Expect that some days will not be as productive as others – it is the same at school.
- Encourage your son/daughter to make contact with their friends – social media can be a great means of keeping communication open between friends about school issues and about social happenings in their life.
- Make sure that they have a break regularly during the day. Walking the dog for 20 minutes is good for both dog and student.
- Reward your son/daughter for their efforts. We all appreciate a pat on the back.
- If you are particularly concerned about your son/daughter contact their Homeroom Teacher or email Wellbeing (wellbeing@sjcnda.vic.edu.au) to get support for your child and/or to talk to someone who can be a support for your child. We welcome your contact.

2. Parent Resource for Managing Your Own Anxiety During School Reopening

With so many difficult decisions to make, some strategies can help you stay calm. The following article is from the Child Mind Institute. It reminds you as parents that self-care is essential if you are to be the best resource for your child's wellbeing. Who is caring for the carers? These topics are covered in the article:

- Focus on what you can control.
- Maintain social connections.
- Be transparent about ground rules.
- Take breaks when you need them.
- Don't hesitate to seek help.

https://childmind.org/article/managing-anxiety-during-school-reopening/?utm_source=newsletter&utm_medium=email&utm_content=Managing%20Your%20Own%20Anxiety%20During%20School%20Reopening&utm_campaign=Public-Ed-Newsletter

3. RUOK Day

This Thursday is RUOK Day. This is a time for all of us to check on our own wellbeing and to become a little more aware of how our family and friends are travelling in these times which are very difficult for some due to a vast range of reasons.

What do I look for if someone is not doing so well?

Body language: Do they look different? Are they unduly sluggish or is their body look like the person is losing energy and enthusiasm for things around them? Do they smile and make eye contact?

Change in routine: Does the person stop doing the 'normal' stuff of their lives? Do they avoid work, study, relationships, lack interest in what normally gives them pleasure and involvement in life?

Talk to them: Take time to talk to the person about general matters and if you get a sense that things are not so good, lead the discussion to touch on the fact that you get a feeling that they are not travelling well. If they are

willing to talk, discuss options that can address their concerns or help them to make contact with their doctor or Beyond Blue or another suitable agency to seek support.

Follow up: If you have concerns keep regular contact. Let him/her know that you are there as an ongoing support.

There have been some very disturbing incidents on social media re self-harm. We strongly encourage you to discuss with your child the need to avoid this type of material and the negative impact that it can have on some people.

If this raises issues for you the following are contacts that may be valuable for young people or adults:

If a life is in danger call Triple Zero (000) right now.

Please encourage anyone who may be at risk or experiencing emotional distress, including worried family and friends, to contact one of the following services:

Kids Helpline. 1800 55 1800. Phone support is there all day, every day. Online support is open from 8am-midnight every day (AEST).

- **Suicide Callback Service. 1300 659 467.** Phone support all day, every day, and follow-up calls.
- **eHeadspace. 1800 650 890.** Open 9am-1am daily (AEST).
- **Lifeline. 13 11 14.** Phone support all day, every day. Online support 7pm-4am daily (AEST).
- **Beyondblue. 1300 22 4636.** Phone support all day, every day. Online support 3pm-midnight every day.

4. Resilience is a Key to Coping with Change in our Ever-Changing Lives

Social and emotional learning (SEL) is about developing the ability to care for others, make responsible decisions, establish positive relationships, and handle challenging situations. These skills are essential for developing resilience and the personal attributes that promote wellness, prevent illness and support recovery.

Families and schools need to work together to foster this sense that we live in relationships and that life does not revolve around individuals. Many of our students, and ourselves, have been socially isolated or had our social interactions limited by our online school or work. It is easy to limit our vision to ourselves and our immediate world.

We need to find new ways of making sure that we remember the needs of others and how our actions are impacting on others. In our families it is easy to get on each other's nerves and in each other's space.

- Maybe you can take some time to set some guidelines for making it easier for people at home to respectfully let others know when things are not going well.
- Take time to highlight what others are doing for others – there are numerous stories about good things being done to support those in need in our communities.
- Look for stories of people who have shown resilience in the face of challenges.
- As a family make a plan to help someone or an organisation or a cause at this time.
- Make a computer screen saver that has a positive message about remembering the needs of others.
- Don't allow the negative news in social media and TV to dominate your thinking. Limit exposure to what you really need to know.

5. Mental health as a gift

The Catholic Social Justice Statement, [To Live Life to the Full](#), embodies this generous vision. Its title emphasises the gift that each human being is, and the blessing that is mental health. Health is not to be taken for granted as an entitlement but accepted and nurtured as a gift. The Statement represents a Christian vision of life lived to the full, and the network of respectful and compassionate relationships that characterise a good society.