



Wellbeing support at Craigieburn during remote learning

As we are entering into another lockdown the Victorian Government has stipulated we are to commence remote learning from Friday 6th August and this will extend for seven days. Maintaining support for student health and wellbeing is a key priority for us at Craigieburn Primary. We understand that many students and families will be experiencing a degree of social isolation, which can increase levels of stress and anxiety. This will impact on all students and families in different ways, so we will continue our focus on health and wellbeing and work with families to ensure students stay engaged and are well supported during this period of flexible and remote learning.

Support for individual students and families during remote learning:

- We are aware that during this time, new health and wellbeing concerns may arise for students and families, our Wellbeing team is available to support our school community. For further information or resources, or to access support from our Wellbeing team, please email the school and a member of our team will get back to you as soon as possible. Please ensure you put "Wellbeing Team – Confidential" in the subject heading and include your student's name and most appropriate parent/carer contact details in the body of the email.
- Our Wellbeing team will continue to provide support to students and families who are already engaged with our team prior to shifting to flexible and remote learning. Initially this will be phone call to check in, however, for some students this may involve regular phone meetings and ES support.
- We are committed to strengthening and promoting well-being, resilience, self-care and general health and wellbeing for all students and families and will do this through wellbeing lessons and activities in each year level's weekly remote learning plans.
- Craigieburn Primary is committed to the safety and well-being of all students and, as such, is committed to creating and maintaining compliance with the Victorian Child Safe Standards during flexible and remote learning.

Factsheets and resources for families/carers:

- Emerging Minds' "Helping your child cope during the Coronavirus (COVID-19) outbreak" <https://emergingminds.com.au/resources/helping-children-cope-with-stress-during-the-coronavirus-covid-19-outbreak/>
- headspace's "How to cope with stress related to Noval Coronavirus (COVID-19):" <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- World Health Organisation's "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>
- Raising Children's "Coronavirus and children in Australia: talking to children about coronavirus Covid-19" <https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia#talking-to-children-about-coronavirus-covid-19-nav-title>
- Beyond Blue tips for looking after your mental health during the coronavirus outbreak and also advice on supporting children and young people: https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?fbclid=IwAR3jod_nrt82KACUox4sc89u6HhdfhlaJNA9msyd_ZbQtKuUqx7cZdWzRxM

- UNICEF’s “How to talk to your child about coronavirus (COVID-19): 8 tips to help comfort and help children”: <https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus?fbclid=IwAR1r9a9aH2JdTNxAUrPt8CLpPgahQL3Ofe63jhLsIf-OmAq-Om5t8C1KDRY>
- Please Explain Podcast: Kids ask the questions <https://www.smh.com.au/please-explain/please-explain-podcast-kids-ask-the-questions-20200324-p54den.html?fbclid=IwAR0TYtGn3mscKS47TEhnMsO8Rp5YA2iTT9XXB9RKqc0Vik0ovfDwTAQy2XE>
- Berry Street “How to help children and young people through the COVID-19 pandemic” resources: <https://www.berrystreet.org.au/covid-19-resources>
- eSafety Office – COVID-19: an online safety kit for parents and carers: <https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

Online and phone support for families/carers:

Remember to look after yourself, this situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself. If you notice that you are feeling anxious, take some time to calm down before having a conversation or answering your child’s questions. If you are feeling worried, tell your child that you will find some information and talk to them soon.

- **Kids Helpline:** a 24 hour national telephone and online counselling service for young people ages between 5 and 25. Ph 1800 55 1800 or visit www.kidshelpline.com.au
- **ReachOut:** coping during the coronavirus <https://au.reachout.com/collections/coping-during-coronavirus>
- **Parentline:** confidential counselling, support and information for parents and carers of children from birth to 18 years old available 8am to midnight, seven days a week including public holidays. Ph 13 22 89 or visit <https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>
- **Lifeline:** Mental health and wellbeing during the COVID-19 outbreak: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- **Beyond Blue:** How to seek support during this time <https://coronavirus.beyondblue.org.au/>
- **headspace:** centres provide mental health support to 12 – 25 year old’s however website contains information, fact sheets and support for families/carers of all ages <https://headspace.org.au> as well as **eheadspace:** for free online and telephone support and counselling to young people 12 - 25 and their families and friends <https://headspace.org.au/eheadspace/>
- **The Orange Door:** a free service for adults and children experiencing or have experienced family violence as well as families who need extra support with the care of children. Ph. 1800 312 820 Monday to Friday 9am – 5pm. For support 24 hours, 7 days a week, Safe Steps is available ph. 1800 015 188
- **Carers Victoria:** support and resources for someone who provides unpaid care and support to family members and friends with a disability, mental illness, chronic health issue or age-related condition. <https://www.carersvictoria.org.au>
- **Switchboard:** Q-Life free anonymous phone or online counselling for the LGBTIQ+ community as well as parents, carers and families seeking information and support. <https://www.switchboard.org.au/> or Ph. 1800 184 527 from 3pm to midnight 7 days a week

For up-to-date information and advice on coronavirus (COVID-19), visit: DET coronavirus website <https://education.vic.gov.au/about/department/Pages/coronavirus.aspx>

Remember to take a break and make space for you and your family, here are some ideas for games and activities:

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| <ul style="list-style-type: none"> ● Make a treasure hunt ● Put on a play or puppet show ● Create an obstacle course ● Build the tallest tower from lego competition ● Bake or cook something ● Create a joke book | <ul style="list-style-type: none"> ● Do a giant jigsaw puzzle ● Have a picnic in your backyard ● Make your own kite ● Have a paper aeroplane competition ● Make up a dance or song ● Play or make up a board game | <ul style="list-style-type: none"> ● Learn how to play an instrument ● Learn how to do origami ● Build a fort ● Write down all of the activities you want to do post coronavirus outbreak and put them in a jar | <ul style="list-style-type: none"> ● Write a poem ● Learn a magic trick ● Create a mud kitchen ● Make a greeting card and send to a friend ● Take photos of 10 living things ● Write a song or a rap |
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