

Wellbeing for Learning and Life



At this time, health and wellbeing for all of us is paramount. While grappling with the news, stories and images from around the world, we are also attempting to support our loved ones, friends and colleagues facing their own personal responses and potential crises. Looking after each other and ourselves has never been more important, particularly as we adapt to changes in the way our young people need to learn.

Seaview High School will continue to support your child's learning; but it will look different, and that's okay. Will it be perfect? Not always, but we will work together to make the best of a challenging situation. We are all in this together and need to remember to be respectful and calm in an unprecedented situation, and be mindful that we are *all* doing our best. No parent or caregiver is expected to be a teacher, but rather, the guide for their young person and their unique needs, and this is likely to change from day to day.

Food for Thought.....

The piece below is a good reminder of what really matters the most at this time:

"You might be inclined to create an hour by hour schedule for your child. You are optimistic about hours of learning, including online activities, science experiments, and essays. You'll limit technology until everything is done! However, here is the thing...

Our young people are just as scared as we are right now. *Our young people not only hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off school for weeks sounds awesome, they may be picturing a fun time like holidays, not the reality of remaining at home and not seeing their friends or engaging in their regular activities.*

Over the coming weeks, you will may see an increase in behaviour changes with your son/daughter. Whether it's anxiety, or anger, or a protest because they can't do things they normally do - it will happen. You'll possibly see more meltdowns, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What our teenagers need right now is to feel comforted and loved. To feel like it's all going to be okay. This might mean that you forget your schedule for one day and take a break, to support positive mental health- and that's okay! Take a break outside and go on a walk. Cook together or be creative. Play board games and watch movies. Do an online fitness class. Meditate. Garden together or FaceTime a friend or family member. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single young person is in this together and they all will be okay. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do a particular subject. Don't scream at your teen for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day..."

Useful Wellbeing Links/Contact Numbers/Websites



MENTAL HEALTH SERVICES	
Beyond Blue ☎ 1300 224 636 🌐 beyondblue.org.au	Lifeline Australia ☎ 13 11 14 🌐 lifeline.org.au
Regional Access Program (country areas) ☎ 1300 032 186 🌐 saregionalaccess.org.au	Lived Experience Telephone Support Service (LETSS) 5pm – 11:30pm daily (a peer mental health support line) ☎ 1800 013 755 🌐 letss.org.au
Kids Helpline (for people between 5-25 years of age) ☎ 1800 551 800	headspace (for people between 12-25 years of age) ☎ 1800 650 890
Mental Health Triage Service (24/7) For assistance with a mental health crisis or urgent mental health concern call 13 14 65	
⚠ Is it an emergency? → If you or someone you know is at immediate risk of harm, call triple zero (000)	
sahealth.sa.gov.au/COVID2019	

<https://www.youthbeyondblue.com/>

<https://kidshelpline.com.au/>

<https://www.actionforhappiness.org/>

<https://au.reachout.com/>

https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak?utm_idnt

Below is a link to an excellent resource in terms of managing our worry/anxiety. This could be useful to explore with your teenager and particularly look at page 7 in terms of some great ideas to break up their school day at home. Aim for several breaks throughout the day, to focus on non-school work activities.

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

Helpful Apps

Digital tools to support our mental health and wellbeing are powerful and readily accessible. The Apps below are FREE and include tips for managing anxiety, mindfulness practice/meditation, wellbeing check-ins and exploring gratitude. They are a valuable source of information to support positive wellbeing.

SMILING MIND



Smiling Mind on the App S...

WHAT'S UP?



What's Up? | ReachOut Au...

SAM



Self-Help for Anxiety Management ...

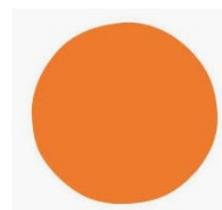
MINDOLOGY



SANVELLO



HEADSPACE



Headspace (@Headspace) | Twit...

The members of the Wellbeing for Learning and Life Team are always available for advice and support. Please contact the school on 8377 8000 to speak to a member of the team.