



THS Student Online Wellbeing Guide 2021

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Document History and Evaluation

Version	Author	Date
1	Kadina Barker & Eliza Paddison	11 August 2021
2	Madelyn Smith & Lauren Anderson	12 August 2021

This policy will be evaluated monthly and when needed.

THS Student Online Wellbeing Guide 2021

Rationale

This document assists the Toronto High School community in supporting the wellbeing of students during the online delivery of schooling throughout Level 3 and Level 4 Restrictions. It provides students, parents and carers with advice on how to stay connected, healthy, safe and well during this period of online learning.

Aim

The aim of this guide is for students, parents and caregivers to have an understanding of where to find up to date information about the current situation and restrictions. This includes access to a list of resources to help to stay connected, healthy, safe and well during learning at home.

STAY CONNECTED

Where should you go for advice regarding COVID-19?

It is important to follow up to date advice to ensure that the current restrictions are upheld. The following sources will provide you with accurate information about COVID-19.

Toronto High School

Toronto High School will be publishing updated information and announcements on our [Toronto High School Facebook page](#) and the [Toronto High School website](#).

NSW Health

Find out about the latest case numbers, official medical advice and information treatment online at <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

For the latest COVID-19 outbreak locations in NSW visit the NSW Health website <https://www.nsw.gov.au/covid-19/nsw-covid-19-case-locations/exposure-locations>

Anyone with cold or flu-like symptoms such as fever, sore throat, cough or shortness of breath, is required to get tested. Even those with mild symptoms such as fatigue, new muscle aches or pains, a change in taste or smell or a new runny nose should arrange testing as quickly as possible. Students must isolate and not attend school until a negative result has been obtained and symptoms are no longer present. Find out a full list of testing clinics is available <https://www.nsw.gov.au/covid-19/health-and-wellbeing/clinics>

CLOSE VS. CASUAL CONTACTS

What is a Close Contact?

A close contact is someone who has been close to a person who is infectious with COVID-19.

There are 3 ways to know if you are a close contact:

- Someone in your home or you have been near tests positive for COVID-19.
- You get contacted by NSW Health saying you are a close contact.
- You see from the list of venues of concerns or case locations on NSW Health that you have been to a close contact location on the same day and time as the infectious person. In this instance you must contact NSW Health on 1800 943 553.

If you are identified as a close contact you must get tested immediately, regardless of whether or not you are experiencing symptoms, and self-isolate for 14 days.

For more information, please refer to

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-contacts.aspx>

What is a Casual Contact?

A casual contact is someone who has been near a person with infectious COVID-19 but are at a lower risk of contracting the virus. There are 2 ways to know if you are a casual contact:

- NSW Health will contact you.
- You have checked the NSW Health list of venues of concern and have been to one of the casual contact locations at the same date and time.

All casual contacts must get a test immediately and self-isolate until they receive a negative result. Monitor symptoms and retest if any symptoms develop, even after a negative result.

For more information refer to

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/covid-19-casual-contact.aspx>

Department of Education Resources

Find the department's latest advice on COVID-19 requirements online at

<https://education.nsw.gov.au/covid-19/advice-for-families>

NESA

For updates from NESA on schooling/HSC etc in relation to current COVID restrictions, sign up to their mailing list

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/newsletters>

STAY CONNECTED: THS WELLBEING TEAM

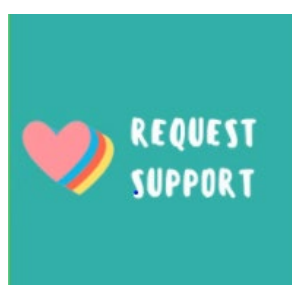
The Head Teacher Wellbeing will allocate staff to check in with students requiring wellbeing support when necessary. This may be a weekly or fortnightly check in, depending on the needs of the student. You or your carer may receive a call from a member of the Wellbeing Team to check in and see how you are coping with learning online.

The following staff will be allocated students to check in with:

- Head Teacher Wellbeing
- Student Support Officer
- Counsellors
- Year Advisers
- Clontarf Staff
- Aboriginal Education Officer
- Social Work Students
- Wellbeing SLSO
- SLSOs
- LASTs

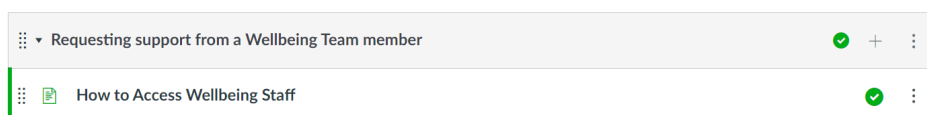
How to access Wellbeing Support at home:

Lockdown can be a very challenging time for many people. If you or one of your friends is struggling and would like support from the THS Wellbeing Team, follow these simple steps to access support **via the THS Wellbeing CANVAS course**.



Find the Wellbeing module in Canvas and click on the 'Request Support' icon

Click the first link inside the next page - 'How to access Wellbeing Staff'



How to Access Wellbeing Staff

Our Wellbeing Staff have created a Google Form for you to request a phone call, email or Zoom Meeting with a staff member. Follow the link below to access the form. You must be signed in to your school email for this to work.

[Request Wellbeing Support Here](#)

The next page will take you to a link for a google form. Fill out your details in this and someone from the Wellbeing team will get back to you!

Did you know you can also request an in-person Check In at school?

Limited check ins will be available from 8:30am – 10:30am each Friday for Year 12 students under the Level 4, Year 12 Return to THS Guidelines. These are limited and **MUST** be pre-booked via the same google form as above (access from the Wellbeing Canvas site) and approved by a member of staff. Year 12 check-ins will begin Friday 20th August.

LOCKDOWN SELF-CARE TIPS



Take a break from the internet

Phones and social media are a great way to stay connected to family and friends during lockdown. However, too much time on social media sites such as TikTok can be draining and can take a toll on your mental health. Take regular breaks from your phone as a form of self-care.



Get some fresh air

By going for a quick walk (if this is within lockdown restrictions), or even just opening a window, fresh air can increase your productivity and energy. Spending time outside in the fresh air can help clear your mind.



Reduce the amount you read the news

It is important to read the news and stay up to date with current events and information. However, particularly regarding news of the pandemic, the amount of information is often overwhelming and can cause panic for some people. Limiting yourself to only looking at the news one or two times per day is a good way to avoid being bombarded.



Keep in touch with family/friends/support networks

It is important during these uncertain times to stay connected to the important people in your life. If you are unable to physically see your support people due to lockdown rules, calling, Facetime or Zoom are great alternatives to stay in touch and to lift your spirits.



Move your body

Moving your body each day is a good way to clear your head and get moving. It doesn't have to be a long, intense workout, but even a short walk should do. Remember to get up and stretch your legs between lessons as well.

HOW TO: SUPPORT FRIENDS IN LOCKDOWN

Listen to what they are saying, what they are struggling with, and be totally present while listening, don't become distracted or inattentive.

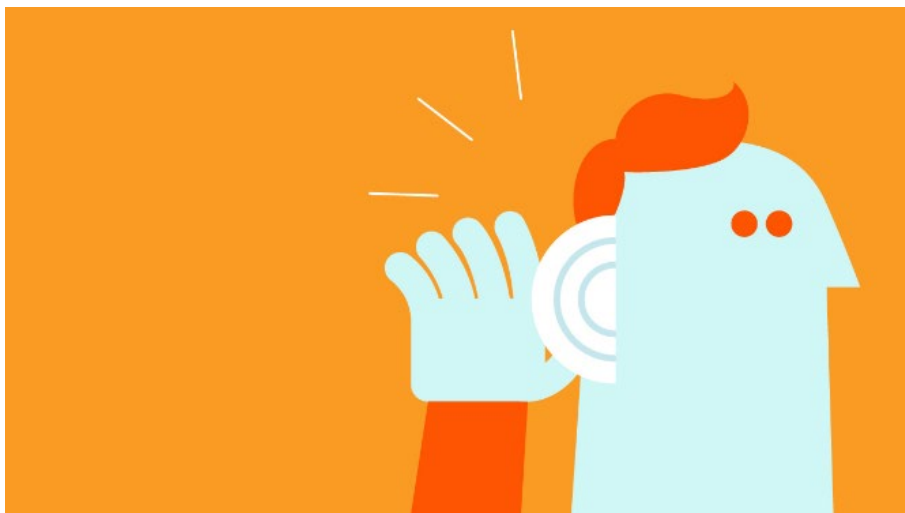
Ask what they need - people deal with anxiety and stress in different ways, some people may respond well to breathing exercises and meditation, while others may need to engage in exercise. Ask your friend what helps them and help facilitate that if it is possible to do so.

Keep them company- this may not be able to happen in a literal sense, but stay in touch as much as possible via phone or Zoom. Give them space if requested, but don't abandon them.

Involve someone else – If you are really worried about your friend it may be necessary to involve a trusted adult or seek urgent help. It is important to let your friend know that you are planning on doing this and encourage them to be involved in this decision making.

Be aware of your own boundaries – do your best to support your friends but remember to take care of your own needs first.

If you are struggling with your own mental health, remember you are not alone, talk to a loved one, or access support from the THS Wellbeing Team, or alternative services listed in this document.



You can also try Headspace website for tips on how to support your friends through difficult times <https://headspace.org.au/young-people/how-to-help-a-friend/>

APPS TO TRY FOR WELLBEING



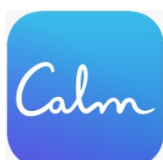
Calm Harm

Provides tasks that help resist the urge to self-harm; express those feelings in a different way and provides safe alternative to self-injury.



Clear Fear

Provides you with a range of ways to manage the symptoms of anxiety.



Calm

Helps to improve sleep, lower stress and anxiety with guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music.



Smiling Mind

Daily meditation and mindfulness exercises – supports good mental health, reduce worries, anxiety and stress, learn how to relax and regulate emotions, improve concentration and productivity, develop a sense of empathy and connectedness.



iBobbly

Social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islanders. Helps to manage your thoughts and feelings, as well as how to decide what is important to you.



Headspace

Guided meditation and mindfulness. Helps to manage stress and anxiety, improve sleep, focus and mind-body health.

HOW TO: DEAL WITH ONLINE HARASSMENT

Cyberbullying or online harassment might look like:

- Abusive texts or emails
- Hurtful images, messages or videos
- Imitating others online
- Excluding others online
- Spreading nasty gossip
- Creating fake accounts to trick or humiliate someone

Signs to watch out for

If your friend or child is displaying these signs they may be a victim of cyberbullying or online harassment:

- Being upset after using their phone or internet
- Changes in personality, becoming withdrawn, anxious, sad, or angry
- Appearing lonely or distressed
- Changes in friendship groups
- Decline in school work
- Changes in sleep patterns
- Avoidance of school
- Becoming secretive of online activities

What to do?

- Resist the urge to respond
- Screenshot evidence
- Report and block
- Talk to an adult
- Report immediately to THS
- Report it to eSafety

<https://www.esafety.gov.au/report/cyberbullying>

REPORT ABUSE →

What help is available?

- THS Staff – Classroom teachers, Wellbeing staff, Year Advisors and Deputy Principals.
- <https://www.esafety.gov.au/key-issues/cyberbullying>
- Kids Helpline – 1800 55 1800 Or <https://kidshelpline.com.au/get-help/webchat-counselling>

If you are experiencing any form of online abuse you do not need to face what you are feeling alone. You can also find support groups and get legal advice. Find a service that is right for you. <https://www.esafety.gov.au/about-us/counselling-support-services>

Including [Beyond Blue](#), [Black Dog digital tools and apps](#) and [Kids Help Line](#).



COUNSELLING & SUPPORT SERVICES

Crisis Support: If you, or someone you care about, is at risk of harm right now call Triple Zero (000).

Suicide/self-harm: If you are having thoughts about suicide or self-harm please call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.

Referrals to the public mental health service (both child and adult) are made via the Mental Health Line on 1800 011 511.

Headspace



Headspace Spaces: create your customised information portal using Headspace resources:

<https://headspace.org.au/ehespace/spaces/personal/setup>

Headspace Newcastle: <https://headspace.org.au/headspace-centres/newcastle/>

COVID-19 resources and support: <https://headspace.org.au/covid-19/>

- 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. <https://headspace.org.au/ehespace/>
- Headspace Digital Work and Study Service: free and confidential support from work and study specialists for 15-25 year olds (for everything from creating a winning resume, career planning, job searching, interview preparation, contact and collaboration with employers and social firms, navigating Centrelink, exploring education options and sourcing financial support for your education). Phone and online chat contact options, as well as online resources: <https://headspace.org.au/young-people/digital-work-and-study-program/>
- Mental health care plan: information about how to be given a mental health care plan. <https://headspace.org.au/blog/how-to-get-a-mental-health-care-plan/>

Kidshelpline



If you're feeling stressed, worried or anxious, Kids Helpline is for anyone aged 5 to 25 and it operates 24/7. Give them a call (1800 55 1800), start a WebChat or send an email: <https://kidshelpline.com.au/>

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ReachOut



ReachOut.com helps under 25s with everyday questions through to tough times.

COVID-19 resources: <https://au.reachout.com/collections/coping-during-coronavirus>

ReachOut Forums: a supportive, safe and anonymous space for 14-25 year olds to chat and connect. You can read what others are saying about similar situations, ask questions if you want to, work through your worries anonymously and connect with like-minded people:

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

Digital Lunchbreak



The Digital Lunchbreak website has been developed in response to COVID-19 to collate a variety of activities and resources government and non-government organisations have made available for children and young people. <https://www.digitallunchbreak.nsw.gov.au/>

MindHealth



MindHealth is a free professional counselling service operating between 7am and 9pm Monday to Saturday for people 15 years and older living or working in the Hunter New England and Central Coast regions. Call 1300 029 131 for counselling support <https://mindhealth.org.au/>

MindSpot



MindSpot offer a free online digital mental health clinic with information and support. MindSpot offer confidential and evidence-based mental health care <https://mindspot.org.au>

Studiosity



Students, parents and carers may be interested in Studiosity, an online tutoring service for students in Years 3 - 12 available through Newcastle Libraries.

- Online tutors are available for one-on-one assistance daily from 3pm to midnight.
- For writing feedback, users can submit a draft at any time of the day or night. Studiosity will endeavour to return it with expert feedback within 24 hours.
- Study quizzes are available 24/7. This includes hundreds of Australian Curriculum-based practice tests for Years 3 - 12, including NAPLAN.
- For more details see the Newcastle Libraries website

INFORMATION FOR PARENTS & CARERS

Headspace	<p>It can also be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem.</p> <ul style="list-style-type: none">• Headspace have a section for friends and family designed to help you: https://headspace.org.au/friends-and-family• Headspace Newcastle: https://headspace.org.au/headspace-centres/newcastle/
Lifeline	<p>Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.</p> <ul style="list-style-type: none">• Lifeline's telephone crisis support service is available 24/7 on 13 11 14• Lifeline Text is available nightly from 6pm to midnight every day on 0477 13 11 14• Crisis Chat is available from 7pm to midnight every day: https://www.lifeline.org.au/get-help/online-services/crisis-chat
ReachOut	<p>Online resources for parents on supporting teens: https://parents.au.reachout.com/collections/supporting-your-teen-during-coronavirus</p> <ul style="list-style-type: none">• Personalised, one-on-one free and confidential support for parents who are concerned about their teen: https://parents.au.reachout.com/one-on-one-support
Local Health Services	<p>Patientinfo is a health information portal for Hunter New England. Go to 'Youth Health', then 'Getting Help for Mental Health Issues' for information about local services: http://patientinfo.org.au</p>
Raising Children Network	<p>The Australian Parenting Website for raising children and young people provides insights and tips to help with parenting and care giving. https://raisingchildren.net.au/</p> <ul style="list-style-type: none">• COVID-19 family guide: Find information on COVID-19 and protective hygiene, plus tips to help you and your family cope. https://raisingchildren.net.au/guides/coronavirus-covid-19-guide
Benevolent Society	<p>Supporting parents and families to raise children in safe and loving environments. https://www.benevolent.org.au/services-and-programs/family-parenting-support</p>
Family Connect and Support	<p>Family Connect and Support brings together families, support services and community resources so that our children and young people are safe and well. https://www.familyconnectsupport.dcj.nsw.gov.au/</p>

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Emerging Minds	Supporting children's mental health during a pandemic toolkit. Emerging Minds provides resources that will assist parents and carers to support children's mental health during pandemic events such as COVID-19. It contains videos, fact sheets, podcasts and guides and includes information about what to expect and how to help children and families cope. https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health during-a-pandemic/
Family Relationship Advice Line	Is a national telephone service that helps families affected by relationship or separation issues, including information on parenting arrangements after separation. It can also refer callers to local services that provide assistance at 1800 050 321 : https://www.familyrelationships.gov.au/talk-someone/advice-line
Mensline Australia	Offers free professional 24/7 telephone counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. Call 1300 78 99 78 . For online chat and video counselling visit https://mensline.org.au/
MyTime	Free support for parents of children with disabilities https://mytime.net.au/
CatholicCare Parenting and Support	Supporting you and your family through the challenges of relationships, parenting and separation. CatholicCare have professional and compassionate teams for counselling, education, emotional support and practical strategies. The CatholicCare mission is to help individuals, couples and families through life's testing times. https://www.catholiccare.org/family-and-individual-services/
Parentline NSW	Parenting can be a tough job but also really rewarding. Talking to a Parentline counsellor can help you navigate difficult parenting dilemmas. This website is an accessible and easy to use https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you

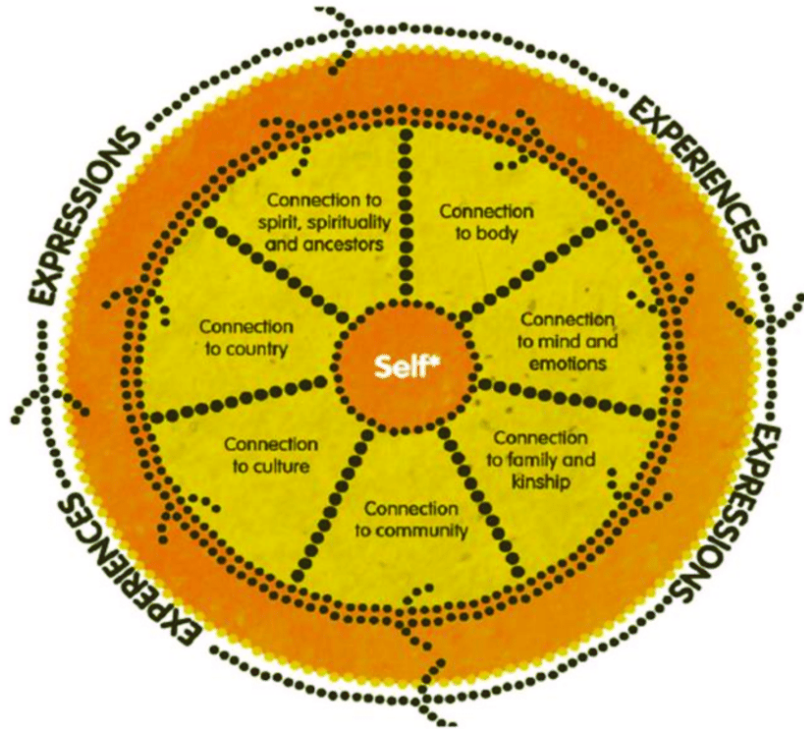
ABORIGINAL & TORRES STRAIT ISLANDER SPECIFIC RESOURCES

Social and Emotional Wellbeing from an Aboriginal and Torres Strait Islanders' Perspective
Artist: Tristan Schultz

*This conception of self is grounded within a collectivist perspective that views the self as inseparable from, and embedded within, family and community

It is hard for all community members but especially for Aboriginal and Torres Strait Islander families as not all aspects of their social and emotional wellbeing can be met within lockdown.

Below is a list of Aboriginal and Torres Strait Islander friendly sites and resources to use to be able to keep the mob safe in these difficult times.



¹ Gee, G., Dudgeon, P., Schultz, C., Hart, A., & Kelly, K. (2014). Aboriginal and Torres Strait Islander social and emotional wellbeing. *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice*, 2, 55-68.



NSW Health Keep our Mob Safe:

www.nsw.gov.au/resources-for-your-community/aboriginal-health

AH&MRC resources on education of COVID-19:

<https://www.ahmrc.org.au/coronavirus/>



WellMob: Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People

<https://wellmob.org.au/>



Deadly Tots: Culturally appropriate parenting resources, courses and programs

<http://deadlytots.com.au/>

DEPARTMENT OF EDUCATION RESOURCES

Click on the images below to view the webpage

[HSC support information for Year 12 students](#)



[Cyber Safety information for families](#)

Cyber safe families

As a parent, you have the dual responsibility to protect yourself and your family when online. A digitally mature family can be cyber safe.

[Wellbeing information for Parents and Carers](#)

