



Tuesday 15 June

Dear parents and carers,

I hope you enjoyed the long weekend. It was great to see students back on-site today and getting into their Semester 2 classes. This update is primarily focussed on providing some advice to help you support the wellbeing of your child and giving some information about the upcoming Year 10 Work Experience program.

### **Work Experience for Year 10 Students**

All Year 10 students at Castlemaine Secondary College in 2021 are to participate in a compulsory one week Work Experience placement of their choice, from the **19<sup>th</sup> July until the 23<sup>rd</sup> July. This week is the second week of Term 3.**

To help facilitate our students to organise their Work Experience Ian Cook will be working full time for the last two weeks of the Term 2 and the first two weeks at the start of Term 3. He will also be working during the Second Term holidays (working Monday, Tuesday and Wednesday). Students and/or parents can contact Ian for assistance on 54791111/0438890280 or by via email: [Ian.Cook@education.vic.gov.au](mailto:Ian.Cook@education.vic.gov.au).

A major component of the program is for students to be active participants in the organising of the placement of their choice. It is also recognised that many students need support in finding their placements. To access this support Ian is requesting all Year 10 students to make contact with him prior to the end of Term 2. Ian will also be visiting classes to discuss this with students.

Year 10 students who are undertaking a VET Program as part of their studies are encouraged to undertake the Work Placement component of the VET Program during Work Experience Week.

### **COVID Update**

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including the return to on site learning.

To support our school community during this time, resources and support are available for parents, carers and families.

These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time.

A [Quick Guide to Student Mental Health and Wellbeing resources](#) is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

- Advice and resources for students about ways to adapt their learning during coronavirus, to look after themselves and where to get help.
- Wellbeing activities featuring AFL and AFLW players with tips on managing stress, staying active and gratitude.
- Kick it with Victory physical activities with Melbourne Victory Football Club.
- Smiling Mind mindfulness activities for senior secondary school students, including short videos, online tip sheets and meditations.

The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

- wellbeing activities and conversation starters
- Raising Learners podcast series
- how to talk to your child about COVID-19.

Wellbeing guidance for parents and carers is also [available on the Department's website](#), or through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week. Phone: 13 22 89.

headspace has also developed supporting messages for [students](#) and [parents and carers](#), providing advice, guidance and ideas to ensure that everyone's wellbeing is looked after during this time.

My next update to parents and carers, the final one for Term 2, will be on **Monday 20 June** unless there is something urgent I need to communicate prior.

Take care of yourself and each other.

Regards,

A handwritten signature in black ink, appearing to read 'Simon Wood', written in a cursive style.

Simon Wood  
Acting Principal – Castlemaine Secondary College