



Tuesday 31 August

Dear parents and carers,

I hope you have had the opportunity to enjoy the warmer weather today. Today's update will provide some wellbeing resources for students and parents.

With numbers remaining consistent across the state of Victoria there was some hope that some regional areas may be released from lockdown earlier than others. However, Daniel Andrews today indicated that any changes to current restrictions would be 'modest' and "the reopening of schools was not yet on the agenda." You can read the full article here: <https://www.abc.net.au/news/2021-08-31/victoria-covid-cases-melbourne-lockdown-extension/100420272>. While this is disappointing news it is important we continue to follow the directions of the Chief Health Officer.

Wellbeing Resources for Students

These will also be sent to students

Health and wellbeing advice for students

This webpage provides students with links to current supports, DHHS health advice and a range of evidence informed and reputable organisations which provide mental health and wellbeing support including:

- Supporting their own mental health and wellbeing
- Getting help and helping someone else
- Staying healthy
- Staying safe online
- Support for Koorie students
- Support for VCE students
- Raising concerns at school
- Mindfulness activities

A series of videos feature students sharing their [experiences of remote learning](#), what students [hope for the future](#), and celebrated their previous [return to school](#).

Wellbeing with Melbourne Football Club

The Department has partnered with Melbourne Football Club on a series of videos to help support student wellbeing. Featuring both AFL and AFLW players, the videos provide students with tips on resilience, managing stress and anxiety, gratitude and staying active.

Kick it with Victory

Melbourne Victory Football Club's 'Kick it With Victory' online remote learning resources have been developed in collaboration with the Melbourne Victory Football Club Department of Education and Training and School Sport Victoria.

Accessing Support

If things are getting too much, or you're worried about someone at home, talk to a trusted staff member or another trusted adult. If the staff member is worried about your safety, or the safety of someone else, they will have to talk to the principal. You can also access external help through:

- [eheadspace](#)
- [Kids helpline](#)
- [Lifeline](#)
- [Beyond Blue](#)
- [ReachOut – getting a mental health care plan](#)

Wellbeing Resources for Parents and Carers

Tips to support your child's health and wellbeing

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing activities for parents of secondary students](#)

Raising Learners Podcast Series

The Department has partnered with the Raising Children Network on a series of podcasts providing expert advice and information to parents and carers on a range of health and wellbeing topics.

Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

Accessing Support

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. You can also access external help through:

Helpline

- [Parentline](#)
- [Lifeline](#)
- [Beyond Blue](#)

Information and resources

- [Black Dog Institute](#)
- [Raising Children Network](#)

Talking to your child about coronavirus (COVID-19)

Advice on having a safe and reassuring conversation about coronavirus (COVID-19), available in a range of community languages.

I encourage you to contact teachers via email or XUNO messaging. If you can't make contact with a teacher, or if you're not sure who you should speak to regarding an inquiry, then please contact Reception via telephone (5479 1111) or email (castlemaine.sc@education.vic.gov.au).

Stay home, stay safe and we look forward to welcoming all students back on-site as soon as it is safe to do so.

My next update to parents and carers will be on Wednesday 1 September, the first day of Spring.

Regards,



Simon Wood
Acting Principal – Castlemaine Secondary College