



Tuesday 14 September

Dear parents and carers,

Today's update will remind parents and carers about the process to access on-site supervision and a range of wellbeing resources which I have sent in previously in Update 41.

### **On site supervision**

authorised worker [permit](#) will be required for authorised workers to attend a workplace, and parents and carers can only request on-site supervision at school for their child/ren in the below categories.

#### **Category A**

Children where both parents and or carers are considered [authorised workers](#) who cannot work from home, work for an authorised provider and where no other supervision arrangements can be made.

Where there are two parents/carers, both must be [authorised workers](#), working outside the home in order for their children to be eligible for on-site provision at school.

For single parents/carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision at school.

Parents and carers who are authorised workers will need an authorised worker [permit from their employers](#) to access on-site supervision for their child/ren in Category A.

For those requesting on-site learning under Category A, a copy of your authorised worker permit or permits must be submitted to our school as soon as practicable after it is issued.

#### **Category B**

Children experiencing vulnerability, including:

- in out-of-home care
- deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
- identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
- where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools.

An authorised worker permit is not required for accessing on-site supervision under Category B.

### **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:

- [ehespace](#)
- [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](mailto:castlemaine.sc@education.vic.gov.au)).

My next update will be on Wednesday 15 September.

Regards,

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

Simon Wood  
Acting Principal – Castlemaine Secondary College