



Dear Parents and Caregivers,

We know that the COVID-19 outbreak has posed some of the greatest challenges we have faced in recent years. Schools are not exempt from these challenges, which have resulted in significant changes to the way learning communities will operate now and possibly in the future.

Change, particularly when it is the result of an unprecedented event, can result in people experiencing a range of emotions and can trigger behaviours that may not have been witnessed.

Now more than ever, our social and emotional skills become vital in ensuring we look after our own wellbeing and also do everything we can to protect the wellbeing of those in our school community.

In the event of a school closure, the Wellbeing Team at SHS are committed to provide ongoing continuity of wellbeing support to our students in a variety of ways.

### **SHS Student Wellbeing Services**

If your child is already accessing support from our Student Wellbeing Team, this will still continue during the school term via Teams, Zoom, daymap or email, if they wish to connect.

If your child is not currently accessing support but would like to connect with someone during the school term, they can email the [dl.0892.counsellors@schools.sa.edu.au](mailto:dl.0892.counsellors@schools.sa.edu.au) to request a meeting via phone, teams, zoom, email or daymap.

A list of useful links to further support your child has been provided via the parent/caregiver letter, bulletin notice, the webpage, the school's facebook page, and the newsletter.

### **External providers**

If your child is accessing wellbeing support from an external provider they should make contact with you directly to arrange their ongoing service.

### **Supporting your child's wellbeing**

Children may be impacted by fear and anxiety. Maintaining a stable routine can be extremely grounding and remind students of what aspects of their lives are within their control. Your own routines and rituals will become really important at this time when some parts of your life are disrupted. Here are some tips on how to ensure your children are supported;

- Give your children extra attention and reassurance. Where possible, minimise their exposure to media and social media that may heighten anxiety.
- Include your children in plans and activities around the house.
- Maintain routine around sleep and meal times as much as possible.
- Maintain a healthy diet and exercise.
- If you don't see an improvement in 4 weeks, or if you're concerned, seek professional help (earlier if needed).

Additional Online Resources Available:

- Headspace <https://headspace.org.au/ehespace/>
- ReachOut.com <https://au.reachout.com/>

Additional Phone Services (In more immediate cases):

- Kids Helpline 1800 55 1800
- Life Line 13 11 14
- Beyond Blue 1300 22 46 36
- Headspace 1800 650 890
- 1800 Respect 1800 61 44 34
- National Coronavirus Helpline 1800 020 080

If you have questions, queries or concerns please reach out to our wellbeing team via our email [dl.0892.counsellors@schools.sa.edu.au](mailto:dl.0892.counsellors@schools.sa.edu.au).

Sincerely,



Mary Chrysostomou  
Assistant Principal- Wellbeing



Sylvia Groves  
Principal

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