

23 April, 2020



Hi families,

☺FROM THE WELLBEING TEAM☺

We just wanted to touch base and share some wise tips shared by others as we continue the schooling journey for term two. The Wellbeing Team is very mindful of our school community's wellbeing and mental health. We are in this together, and are here to support you through this experience. Feel free to share your own experiences, your questions and your challenges during this time through the Sentral portal to your child's teacher, or by making contact with us via portal, email or mobile.

★ Be forgiving of yourself and your child ★ This is new for all of us. Get through what you can each day. There will be days where you feel like you've aced it and there'll be days where you'll get into bed at night and wonder if anything was achieved at all that day. We will ALL have those days. The fact you got through another day is a huge success in itself!

★ Breathe! ★ There will be times where you just need to take a deep breath and step away. Perhaps your child is struggling with a task that you think they should be finding easy. Maybe you're both getting frustrated and snappy at each other. Maybe they are just not 'in the mood' and pushing them is causing stress levels to rise. Take a deep breath and say, 'let's take a break and we'll come back to it later'. Go and find some space by yourself, take some deep breaths and when you're both ready, come back.

★ Speak up ★ If you're struggling with something, reach out to the teacher and ask questions about what something means. We are all here to help you on this journey, we are learning together. Reach out to us if you're struggling mentally. Someone to talk to other than all the little people in your house can do wonders.

★ Flexibility is ok ★ You will be given a suggested timetable, as having a routine is so helpful in this situation. But, be flexible. Maybe your kids wake up alert and happy, use this time for some learning. Perhaps you have a child that needs a bit of 'waking up time' and a walk before they can 'switch on'. You know your children best and what will work and when.

★ Don't be afraid to bribe them! ★ Some children will need an 'incentive' in order to see the worth in completing a task. At home this is going to be particularly important when all the things they love (ipads, playstations, slime, TV, bikes) are right there in front of them. Having clear expectations can help you both, for example, 'you need to finish ABC before you get to XYZ'. Younger children might like a whiteboard of their daily tasks that they can cross off. When they cross off 3 things, they get half an hour of free time on the ipad or a ride around the block. Whatever helps you to get it done!

♥ Relationships are key ♥ At the end of the day all that matters is your relationship with your child. They will eventually return to school and we will meet them at their point of need and continue their learning. They will be ok! Love them, cuddle them, go for walks, play games, watch TV, escape to your devices when needed, tell them each night you love them and wake up each day fresh and ready to start anew again, no matter how crazy the day before was. And remember 'this too shall pass'.

Take care, stay safe and always reach out, the staff, Wellbeing and Leadership Team are here to support you.

Wendy Donaldson: kfps 54475100 or 0408 055 760 (Wellbeing Leader). Rose Amy: 0423 515 577 (Chaplain)
donaldson.wendy.s@edumail.vic.gov.au



Bendigo Services

Headspace - No face to face services being provided. Phone work only, however teleconferencing can be arranged if requested. Referrals open. **Monday, Wednesday and Fridays 9:00AM - 5:00PM, Tuesdays 9:00AM - 7:00PM and Thursdays 12:30PM - 5:00PM (03) 5406 1400.**

<https://headspace.org.au/headspace-centres/bendigo/>

CAMHS - Triage phone number **1300 363 788 open 24/7**. Services being provided over the phone or virtually. Complex matters can be seen face to face - however to discretion of the worker. <https://www.bendigohealth.org.au/ChildandAdolescentMentalHealthService/>

Anglicare - No face to face service being provided, no drop ins allowed. Services being provided over the phone. Referrals for programs are open. **Monday - Friday 9:00AM - 5:00PM (03) 5440 1100.**

<https://www.anglicarevic.org.au/contact-us/locations/>

Salvation Army - No face to face service being provided. All programs closed except for Alcohol and Other Drug programs and Emergency Relief.

Emergency Relief - **Monday - Friday - 9:00AM - 3:00PM (03) 5440 8410**, please call and leave details, intake worker will call back and make assessment over the phone. If eligible a time will be provided to come and collect package. For those that are in mandated isolation - delivery may be arranged. <https://www.salvationarmy.org.au/bendigo/>

Uniting Care - Phone assessments only. If eligible a time will be provided to come and collect. For those that are in mandated isolation - delivery may be arranged. Open **Monday, Tuesday, Thursday and Fridays 10:00 - 3:45PM (03) 5443 4972**. Please note Uniting Care is not open Wednesdays.

<https://www.unitingvictas.org.au/locations/bendigo/>

Catholic Care - Doors closed - No face to face services being provided. Phone work only **Monday - Friday 9:00AM - 5:00PM (03) 5438 1300**. Referrals are open.

Centre for Non Violence - Doors closed - No face to face services being provided. Phone work only **Monday - Friday 9:00AM - 5:00PM (03) 5430 3000** after hours lines are diverted to Safe Steps **1800 015 188**. <https://www.cnv.org.au/>

Haven Home Safe - Doors closed - No face to face services being provided. Phone work only **Monday - Friday 10:00AM - 4:00PM (03) 5444 9000**. After hours phone is diverted to the **statewide after hours crisis line - 1800 825 955**. <https://havenhomesafe.org.au/>

CASA - Doors closed - No face to face services being provided. Phone and virtual work only **Monday - Friday 9:00AM - 5:00PM (03) 5441 0430**. Phones diverted to the **Sexual Assault Crisis Line 1800 675 398** after hours. Referrals are open and can be made preferably online through their website - referrals completely encrypted for privacy, however can be made over the phone also. <https://casacv.org.au/>

YSAS - Doors closed - No face to face services being provided. Referrals open. Phone work only **Monday - Friday 9:00AM - 5:00PM (03) 5444 2969**. Other phone counselling support can be provided through **Monday - Friday 9:00AM - 8:00PM 1800 458 685** <https://www.ysas.org.au/ysas-bendigo>

Bendigo Community Health - Most sites closed, Eaglehawk site is the main operating site. **Monday Wednesday and Thursday - 8:00AM - 5:15PM, Tuesday 8:00AM - 7:30PM and Friday 8:00AM - 4:30PM (03) 5406 1200** Please refer to this link for specific information <https://www.bchs.com.au/blog/611-coronavirus-threat-means-planning-and-precautions-for-bchs>