

Miranda Public School



Term 3 / Week 10
17 September 2021



Kookaburra Gazette

Dates to remember

17-9-2021	End of Term 3
Term 4 2021	Learning from Home Continues
4-10-2021	Labour Day (Public Holiday)
5-10-2021	Level 4 Restrictions - First Day of <i>Learning from Home</i> for all Students and Staff World Teachers' Day
8-10-2021	Family Trivia afternoon (online) 4:30pm
13-10-2021	P & C Meeting (online) 7:00pm
15-10-2021	Tell Them from Me surveys close.
25-10-2021	Proposed Date of Return to School for all Kindergarten and Year 1 students (and K/6A & K/6D)*
1-11-2021	Proposed Date of Return to School for all Year 2 and Year 6 Students (and K/6N)*
8-11-2021	Proposed Date of Return to School for all Year 2, Year 3 and Year 5 Students*
4-11-2021	Kindergarten Orientation (TBC)*
10-11-2021	Kindergarten Orientation (TBC)*
17-11-2021	P & C Meeting (online) 7:00pm Kindergarten Orientation (TBC)*
8-12-2021	Presentation Day (Recorded for parents)
16-12-2021	Last Day of 2021 for Students
17-12-2021	Staff Development Day

* TBC – dates are yet to be confirmed.

Learning From Home – We're almost there! Thank you

Thank you yet again to our wonderful and appreciative school community. Your support in following the NSW Health orders has been outstanding, especially after such a long and sustained time. We really appreciate all of the positive feedback that you have been sharing with the staff and all of your offers to assist school staff and our community in general.

During the school holiday period, we encourage your children to switch off from their screens as often as possible. That said, we fully respect that everyone's family circumstances and working commitments are different.

Please know that we are here to support you and your children. If there is any other help you need, please contact your child's teacher. If you have a confidential issue that you would like to discuss, please [email the school](#) and ask for the relevant staff member to contact you.

I know from the wonderful feedback that you have been providing, that you appreciate how hard the staff are working to support your children and you. Like all of you, each of my staff have faced their own sets of personal, health and/or family difficulties during this period, but remained focused towards supporting their students. I am so proud of all of our staff and they continue to inspire me with their tenacity and dedication. The staff thrive on hearing your positive feedback, so please keep it coming!

Best wishes and stay safe,
Michael Duffy

Roadmap to Return to Face-to-Face Learning

The following information is taken directly from the Department of Education's communications. (Updated 15-9-2021.) Please note that these plans may change, depending on what happens over the next five weeks. The logistics are currently being discussed by the departmental officials and you will be kept up to date when this information is shared with us.

Return to School Roadmap for Term 4

Schools in LGAs that are no longer operating under stay-at-home rules will move to Level 3 operations and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff and students Year 7 and above, indoors and outdoors.

In Term 4, where stay-at-home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

Order of Return Under Staggered Approach Where We Remain Under Stay-at-Home Rules

Students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order:

From 25 October 2021: Kindergarten and Year 1 (including K/6A and K/6D)

From 1 November 2021: Years 2, 6 and 11 (including K/6N)

From 8 November 2021: Years 3, 4, 5, 7, 8, 9 and 10.

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our [Advice for Families page](#).

Vaccinations for Students Aged 12 years and Over

Young people aged 12 years and over are now also eligible to receive the COVID-19 vaccination. You can [book in your children for Pfizer now](#), or Moderna from Monday 20 September.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in coming weeks.

Learning from Home

For families who are continuing to learn from home, [the learning from home page](#) has a wide range of curriculum-based activities to further support your child's learning, if needed.

Thank you again for your understanding and support. We hope you and your family enjoy a safe and very well-deserved break over the holidays. Please take some time over the break to check out our [wellbeing resources for students and families](#). You'll find useful tools for mental health and Term 4 preparation. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for Term 4 or if you have any concerns about the return to school.

Stage 3 – Kandinsky Inspired Art



Kirby Delia 5/6W



Landon Bosch 5/6W



Sofia Kacania – 5/6T



Kira Lippert 5/6W



Aiden Bosch 5/6R



Imogen Olsen 5/6T



Brook Mellor 5/6R



Flora Dobras-Vinze 5/6R



Jaylene Wang 5/6T



Isabelle Pakarinen 5/6W



Jaylene Wang 5/6T



Flora Dobras-Vinze 5/6R

Stage 3 – Camp Inspired Art



Kara-Lee – 5/6T



Bella Pickett 5/6R



Brook Mellor 5/6R

[Tell Them from Me Parents, Student and Teacher surveys](#)

The second snapshot for Tell Them from Me is now open and includes the student, parent and teacher surveys. The survey window will remain open until Friday 15 October (Week 2, Term 4). The survey is conducted entirely online using smartphones, iPads, tablets, laptops or computers. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

The survey questions cover similar topics, but are suited for each group. All data is completely confidential – The school only sees the final collated report. No one in the school will see any individual answers. For more information, please click on this link to the [Tell Them From Me](#) website.

It is important that we have different points of view about our school:

Parent Survey: Please take ten minutes to complete the Tell Them from Me Parent Survey. Your responses are confidential and no names are identified on the school data.

The link to the parent survey is: <http://nsw.tellthemfromme.com/miranda21>

Completing these surveys will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

Student Survey: All students in Years 4, 5 and 6 are asked to complete the second student survey so we can learn about the children's experiences with school. Please note that this is not a test. Next week, class teachers will begin sending individual passwords to the students so they can access the survey.

Parents and carers may assist students in reading the survey questions, as long as **their child's point of view** is submitted. When your children have received their logon details, they can complete the survey at nsw.tellthemfromme.com

If you do not want your child to participate in the survey, please complete the non-consent form at the end of this newsletter, or inform your child's teacher. Please click here to read the non-consent form in [different languages](#).

Teacher Survey: All of the teachers are asked to complete the survey as well.

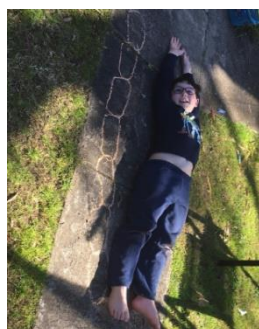
[School Camps at Home – holiday activities:](#)

School Camp at Home is a fantastic resource for Teachers and parents alike. Developed by the Office of Sport with COVID-19 lockdown in mind the activities can be done in a wide range of environments - parks, backyards, green spaces, balconies or even inside!

This can be a great way to break up a student's day, the self-distancing and social isolation. Maintaining the public's physical and mental well-being is now as important as ever. Where possible, it is important community members continue to exercise, so long as social distancing is practised and rules around public gatherings are complied with. Some of these you can do with your child, or set them free in the backyard, make a cup of tea, or catch up on work.

Please go to: https://www.sport.nsw.gov.au/sites/default/files/2021-04/school_camps_at_home_23042020_final.pdf

[K/6A Learning from Home](#)



TRIVIA CHALLENGE

Save the date

8th October 2021

(Term 4 Week 1)

4:30pm

Join us on Zoom for some fun with MPS Kahoot trivia.

Details to follow soon.

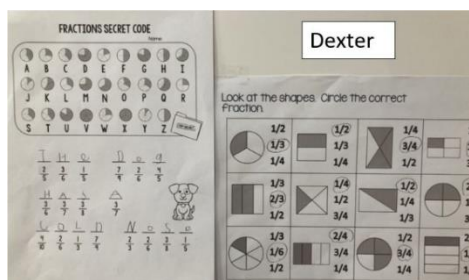
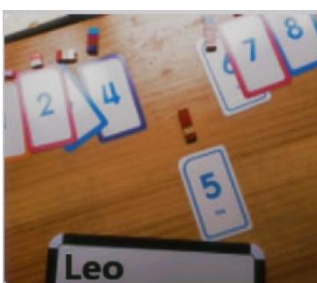
Contacting Our School

Due to the *stay at home* order from NSW Health, there is only enough staff to provide minimal supervision for students who need to be at school. This means that our office is staffed remotely and there may not be anyone available to answer the phone when you call.

If you need to contact the school, please contact your child's teacher or send an email to miranda-p.school@det.nsw.edu.au. The school emails are monitored throughout the day and forwarded on by our office team.

If you have not been receiving emails, please email the school from your preferred email address and we will update your details.

Stage 2 - Mathematics



Stage 2

Stage 2 completed their procedural writing unit by

Year 4: List as many words with the 'er' sound:

Example: writer

Nerf

Father

Mother

Feeder

Pooper

Pooper scooper

Sniper

Paper

Scooter

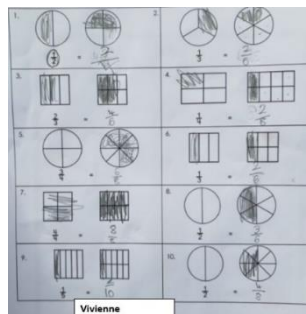
Cattery

Herd

Catcher

Spelling

Alessandro



How to play a videogame by Nicholas 2/3C

Monday: Letter to the teachers

Write a postcard or letter to the teachers explaining the things you like about lockdown and the things you don't like.



Warm-up work

Sidney

Your Letter or Postcard: Write here

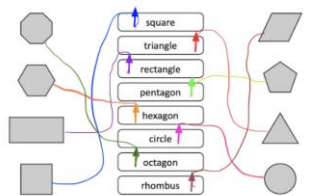
Dear Teachers, I wonder when lockdown will e could go back to collecting knowledge easily. I suggestions that we could use (i mentioned it i Maybe we could celebrate in a party or have fi once covid ends I'm willing to go back to schoo vaccinated in 2 years for pfizer vaccine!

How to plan a party by Ilona 3/4W

MONDAY MATH WARM UPS

In this topic, we are looking at the properties of 2D shapes.

1 Draw a line to match each shape to its name.



2D Shapes

Jannah

3/4W

Tuesday: Editing

Your task: Retype and fix the paragraph adding in the correct spelling and punctuation

Crack the code

apply



What to do

Use the code below to work out the hidden message.

M	A	T	H	L	E	T	I	C	S	I	S	F	U	N
2	1	3	6	4	5	3	8	7	9	8	9	10	12	11

$A \times A = A$	A is <u>1</u>	$F = H + L$	F = <u>10</u>
$M \times M = M + M$	M is <u>2</u>	$E = F + 2$	E = <u>5</u>
$T - M = A$	T is <u>3</u>	$2 \times L = I$	I = <u>8</u>
$T + T = H$	H is <u>6</u>	$(2 \times L) - A = C$	C = <u>7</u>
$H - M = L$	L is <u>4</u>	$F + A = N$	N = <u>11</u>
$3 \times L = U$	U is <u>12</u>	$3 \times T = S$	S = <u>9</u>

Once I work out the first couple, the rest come easily!



DISCOVER

Maths extra challenge tasks

Maths extra challenge tasks Mia 3/4M

Mia

3/4M



What to do

Try this one:

A	S	T	R	O	N	A	U	T	S	A	R	E
2	9	4	12	13	8	2	7	4	9	2	12	3

T	A	L	L	E	R	I	N	S	P	A	C	E
4	2	6	6	3	12	0	8	9	1	2	5	3



If two letters are together, we read them as a two-digit and a units digit.

$A \times A = A + A$	A is <u>2</u>	$L + E = 5$	S is <u>5</u>
$A + A = T$	T is <u>4</u>	$N - N = 1$	I is <u>0</u>
$T \times 2 = N$	N is <u>8</u>	$U - A = C$	C is <u>5</u>
$AT + N = E$	E is <u>3</u>	$5 - (2 \times T) = P$	P is <u>1</u>
$2 \times E = L$	L is <u>6</u>	$2 \times U - P = O$	O is <u>13</u>
$E + T = U$	U is <u>7</u>	$S + E = R$	R is <u>12</u>

School Photographs

We were expecting to receive the school photographs at the very beginning of Term 2 this year. Mrs Wilkins persisted in following up with the photography throughout Term 2 and the school photographs finally arrived a couple of weeks ago. As explained above, there is nobody at school to sort through, or safely organise their delivery. Even if it was possible to post them out, we would be very concerned about them being bent or damaged, given how much you have paid for them. In the meantime, they will be kept safe and given to your family as soon as the students return to school.

NAPLAN Results

NAPLAN results for Year 3 and Year 5 were posted to families at the end of last week. It is the responsibility of parents to keep student reports and NAPLAN results in a safe place at home. Some high schools ask Year 6 students to provide this information and schools do not have spare copies available.

Kindergarten 2022 Orientation and Open Days

If you have not yet enrolled your child, please complete your child's online enrolment at:

<https://enrol.education.nsw.gov.au/#/?schoolCode=2574>

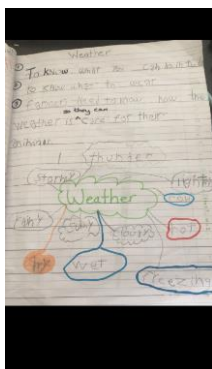
We will invite you to bring your original documentation to the office (birth certificates/passports & VISAs, immunisation and proof that you live in our local area), when all of the staff return to school.

We were hoping to confirm our orientation plans with parents at the end of this term, however, we are now waiting for confirmation on what these visits will look like and when they can take place, given the staged return announced last week.

In the meantime, Mrs Shields (relieving assistant principal) is organising a virtual orientation pack that will be sent to families at the beginning of Term 4.



K/1J Learning from Home



1/2G Learning from Home



Kalina -
Homemade
Parachute



Leon - Guess my Number



Zac's - Measure me Activity



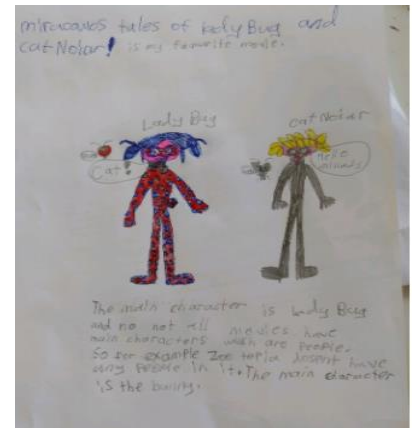
Norah - Math Game go Fish



Maho - Stem Challenge



Corey - Plate is two lengths wide



Sara - Character in a Movie



Yamato - Great Maths



Jaimee -
Measuring with Ribbon



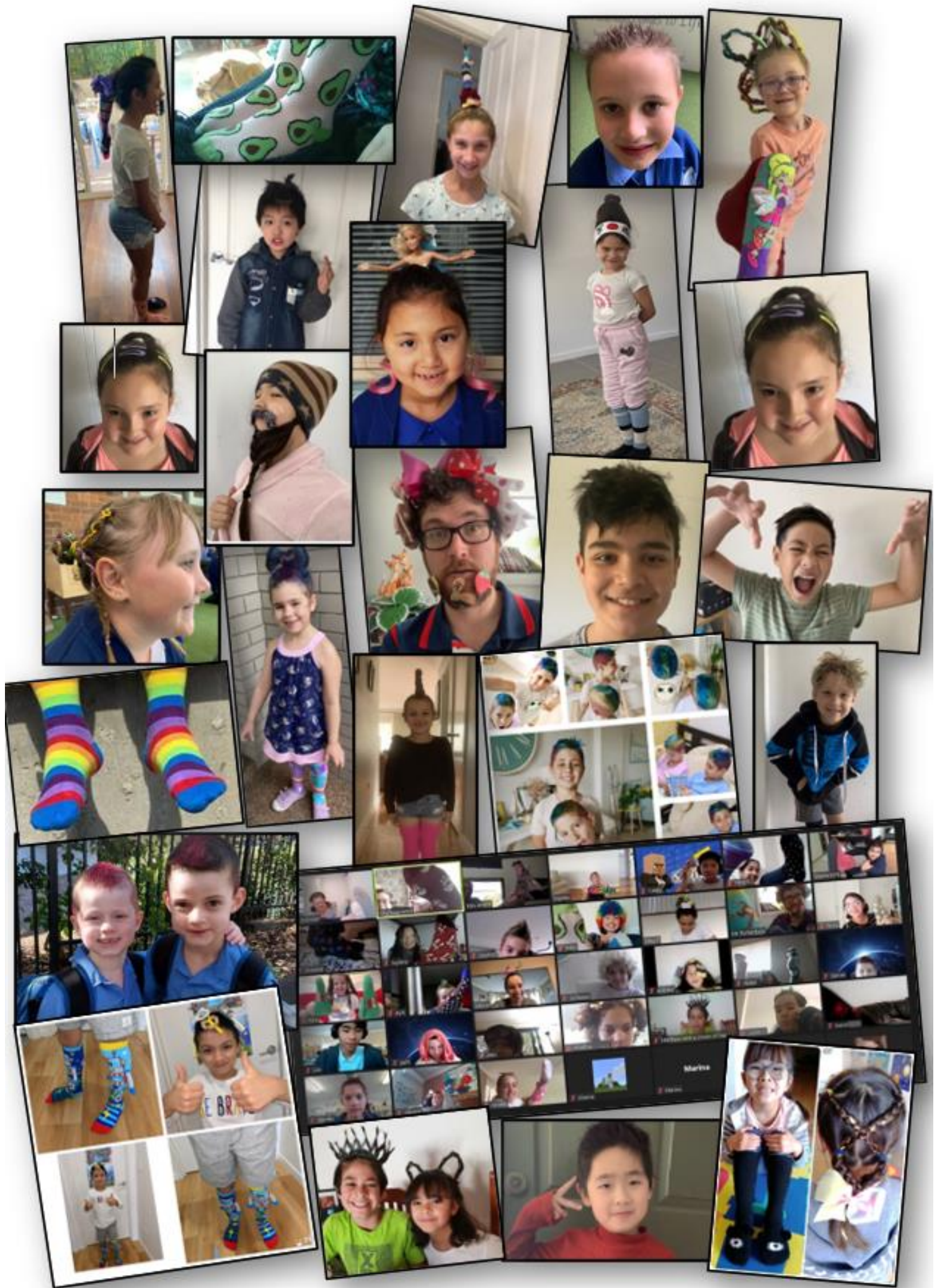
Noah -
Measure
Me
Activity

K-6 CRAZY HAIR & SOCK DAY

The students at MPS enjoyed a virtual crazy hair and sock day this week. Check out some of the fabulous creations.







Being Cyber Safe

We are very lucky that we have very few cyber instances in the school. This is because we have proactive teachers, sensible, caring students and supportive, informed and caring families who work together to protect our children from cyber bullying and guard their developing digital footprints. That said, our students are children who are still learning to socialise appropriately and they make mistakes from time to time.

Tips for cyber safety at home:

- Have good relationships so your children will come and tell you if they have a problem.
- Teach your child what to do if they have a problem – STOP: Do not respond, tell a trusted adult, save a screenshot, block the sender.
- Show them examples of phishing and scam emails. Show them how you use social media safely.
- Keep all devices used by your children in the public areas of your house (e.g.: kitchen, family rooms, dining room, lounge room). No devices in bedrooms unless the doors are open and you check in regularly.
- Children need sleep. Make them hand in their devices an hour before bedtime. If your child has a desktop computer set up in the bedroom, set rules about its use and enforce them.
- Do not have any financial details (VISA, PayPal etc) on any devices being used by your children.
- Remember that they are learning. Pre-plan realistic consequences that you can follow through on. If they have done the wrong thing, teach them be honest and make it right.
- Follow the age restrictions. No primary students should be using any social media. The minimum age for Facebook, Tik Tok (and so on) is 13.

4 STEPS TO ...

STOP
cyberbullying



STOP



BLOCK



SAVE



TELL

With the holidays about to be upon us and the increased screen time many children are experiencing currently, we would like to just like to put out a reminder about the importance of talking to your children about being safe and responsible digital citizens.

It is also important to make sure that any social networking apps or websites that your children are on are age appropriate. Tik Tok and Snap Chat for example require that users be 13 years old and should not be accessed by primary school children.

If you feel like you need more support in this area you can visit the following link to register for a parent webinar on supporting your children in the use of popular apps. The date of the webinar is Friday 15 October and is part of the October Cybermarvel online safety program:

<https://t4l.schools.nsw.gov.au/resources/cybermarvel/cyberparents.html>

Please find some more resources below that can provide more information:

Child Family Community Australia

See: <https://aifs.gov.au/cfca/publications/online-safety>

Think U Know

<http://www.thinkuknow.org.au/resources-tab?page=1>


ESafety Commissioner

<https://www.esafety.gov.au/young-people/be-an-upstander-not-a-bystander>


<https://www.esafety.gov.au/young-people/banter-vs-bullying>

Miranda Public School Expectations for online lessons:







Our school is always open to self-reflection on how we can improve learning and meet our student's needs. When we realised that the learning at home period was to be extended, Mrs Wilkins worked closely with our staff to develop expectations for online learning. The teachers will be discussing these with the students and we ask you to discuss them with your children:



WE ARE SAFE, RESPECTFUL AND PROACTIVE LEARNERS DURING ZOOM AND OTHER ONLINE FORUMS



I am a safe, respectful and proactive learner during Zoom and other online forums when I meet the expectations below:

<p>Sit in a quiet place and be presentable.</p> <ul style="list-style-type: none"> Find a place that is quiet. Make sure your background does not show your family's private information e.g. photos, key storage, calendars and door locks. Be neat and tidy. You must be wearing appropriate clothing, which includes a clean shirt, blouse or top. School uniform is not required. 	<p>Be on time and ready to learn.</p> <ul style="list-style-type: none"> Join the meeting on time and with your correct name. Have your materials needed close by. Make sure you have a responsible adult in the room with you. Do not move around the room. 	<p>Have your video on and mute your audio.</p> <ul style="list-style-type: none"> Have your camera on when entering the meeting so the teacher knows who they are speaking to and who can see them. Mute your microphone. 
<p>Raise your hand to speak.</p> <ul style="list-style-type: none"> When answering or asking a question, use the Raise Hand function to put your hand up. Wait for the teacher to ask you to unmute first, then you may speak. Use emojis that will enhance the learning for everyone and only when your teacher asks. 	<p>Use the chat function for learning.</p> <ul style="list-style-type: none"> Only use the chat function when the teacher asks – do not chat with your class members. The chat function may be turned off by your teacher at the beginning of the lesson. 	<p>Participate and be kind.</p> <ul style="list-style-type: none"> Listen carefully and participate just as you would in your physical classroom. Be respectful and kind to others. 

WE ARE READY TO LEARN.



WE ARE SAFE, RESPECTFUL AND PROACTIVE LEARNERS DURING ZOOM AND OTHER ONLINE FORUMS



Everybody has the right to be in a safe, respectful and proactive online learning environment.

Teachers will remind students about the possible consequences for not respecting the safety and learning of others.

1.	2.	3.	4.
<p style="text-align: center;">Verbal Redirect</p> <p>My teacher will give me a reminder during the lesson so I can engage appropriately in the learning.</p>	<p style="text-align: center;">Pause and Reflect</p> <p>My teacher will contact my parent/carer and I will reflect on making proactive choices. * Warning *</p>	<p style="text-align: center;">Take a Break</p> <p>My teacher will remove me from the Zoom session. The Assistant Principal will then contact my parent/carer. * Final Warning *</p>	<p style="text-align: center;">Synergised Conversation</p> <p>The Assistant Principal or Principal will contact my parent/carer. I will be removed from online forums until further notice. A possible suspension might be recorded against my name.</p>

We want your feedback so please [email the school](#) if you have any further suggestions.

Tell Them From Me Student Survey



Dear Parents and Carers

This term, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed online and is run by an independent research company, **The Learning Bar** which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please return the attached form or inform your child's class teacher by Wednesday 8 September.

More information about the survey and the research is available in English at education.nsw.gov.au/ttfm

Michael Duffy

Principal

Miranda Public School

***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by Wednesday 8 September 2021.

I DO NOT give consent for my child/children to participate in the ***Tell Them From Me* student feedback survey**.

Name of student 1

Roll class of student 1

.....

Name of student 2

.....

Roll class of student 2

.....

Name of parent/carers

.....

Signature

.....

Date

FREE & LOW COST FOOD

MONDAY

St John's Sutherland Hall - Ph: 9521 4314
43a Belmont St, Sutherland
Mobile Community Pantry (\$10 BYO bag)
1:30pm to 2:30pm (every 2nd Monday from 1/3/21)
St John Bosco Church - Ph: 9520 8277
46 Waratah Rd (cnr Banksia Ave), Engadine
Free grocery/fruit/bread
6:45pm

TUESDAY

One Meal Sutherland Shire @ SALVOS Miranda
23 Kiora Rd, Miranda - Ph: 0478 478 464
Operating as take away meal
5:00pm to 6:00pm

WEDNESDAY

Southside Care Miranda - Ph: 9522 4300
175 Port Hacking Rd, Miranda
Free produce/bread/grocery -BYO bags all welcome
12:30pm to 4:00pm

THURSDAY

Urban Food Care Menai - Ph: 9532 1622
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)
Low cost food/grocery/fruit/vegs
5:00pm to 7:00pm (includes free BBQ dinner)
One Meal Sutherland Shire @ REVIVE Church
11 Gosport St, Cronulla - Ph: 0478 478 464
Operating as take away meal
5:30pm to 6:30pm

FRIDAY

Urban Food Care Menai - Ph: 9532 1622
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)
Low cost food/grocery/fruit/vegs
9:30am to 11:30am (includes free morning tea)
St Phil's Anglican Church/Anglicare partnership
402 Port Hacking Rd, Caringbah - Ph: 8536 4222
Mobile Food Pantry (\$10 for \$50 worth of food)
1:30pm to 2:30pm (every 2nd Friday)

SATURDAY/SUNDAY

SUNDAY @ One Meal Sutherland
816 Old Princess Hwy, Sutherland - Ph: 0478 478 464
Operating as take away meal
4:00pm to 5:00pm

FOOD PARCELS

Hopefield
www.hopefield.org.au - Ph: 9545 0299
Food parcels - Available by appointment
Orana
www.oranansw.org.au - Ph: 9521 8280
Food parcels - Available by appointment

COUNSELLING/ LEGAL / SUPPORT

COVID19 ALL SERVICE LIST NOTICE:

Current NSW Public Health Orders have changed the way services listed below are able to provide support. Some changes include appointment only/ specific hours or service via phone/Zoom. Please contact the service via details listed below, prior to attending their office, as they may be closed.

GENERAL COUNSELLING

Orana Hub Central	9521 8280
Orana Women's Health	9525 2058
Enough Is Enough	9542 4029
Hopefield	9545 0299

FIANANCE & GAMBLING COUNSELLING

Salvation Army	1800 722 363
Wesley Mission	1300 827 638

LEGAL AID CIVIL MATTERS

Orana Hub Central	9521 8280
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FAMILY LAW ADVICE

Orana Women's Health	9525 2058
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IMMIGRATION ADVICE

Gymea Community Aid	9524 9559
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SAFE & HEALING PROGRAM

Orana Women's Health	9525 2058
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FAMILY AND DOMESTIC VIOLENCE / TRAUMA COUNSELLING

Crossroads Community Care Centre	9525 3790
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FIND LEGAL ANSWERS

www.legalanswers.sl.nsw.gov.au/advice/index.html

LIFELINE – 13 11 14

24 hour crisis support

EAPA / WORK DEVELOPMENT ORDER

Crossroads Community Care Centre	9525 3790
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Know of changes or want to be added to the mailing list?

Please contact Karen Williamson
Crossroads Community Care Centreph: 9525 3790 or
communitybuilders@crossroadscommunitycare.org.au

Mental Health Line
1800 011 511

*Connecting you
with the right care*

Mental Health Line
1800 011 511

*Connecting you
with the right care*

-  **Mental health help for everyone**
-  **24-hour telephone service across NSW**
-  **Access to a mental health professional**
-  **Connection with local care services**
-  **Support for carers and professionals**

Mental Health Line
1800 011 511



People in a life-threatening situation should phone 000.
Calls from landlines are free but charges may apply from mobiles.



Mental Health and Drug & Alcohol Office
Level 4, 73 Miller Street
North Sydney NSW 2060

SHPN (MHDAO) 100194

© NSW Health 2010



Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you
- Keep kids communicating
Let children know it is ok to be worried, and talk it out
- Get sweaty
Exercise is great for mental health
- Reach out
To those who may not have connections
- Follow facts
from trusted sources
- Take a break
Do the things you've been putting off for a rainy day

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

Coronavirus Mental Wellbeing Support Services: 1800 512 348
Lifeline: 13 11 14
Kids Helpline: 1800 551 800
www.headtohealth.gov.au



supporting young people during COVID-19

headspace National is hosting free mental health education sessions for parents and carers of young people in NSW to support their mental health.

The session aims to:

- Strengthen your understanding of mental health and mental health literacy.
- Strengthen understanding and skills in how to cope and where to find help.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.

How do I register?

Click here to register via Eventbrite, or type the URL below into your web browser:
headspace.org.au/covid-19/

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. These sessions will not be recorded.

You will receive a digital information pack following the conclusion of the session.

Contact

For more information email:
headspaceSchools@headspace.org.au



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