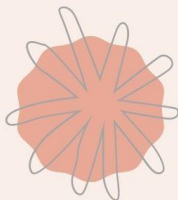


SOCIAL WELLBEING: CARING TO STAY SOCIAL



ZOOMING OR CALL FRIENDS

Zoom, call and email your friends daily at recess and lunch. Staying social while being at home creates a feeling of belonging and reduces our potential to feel lonely and isolated. When younger students want to catch up via Zoom, they must do it with parent permission and supervision.



YEAR GROUP ZOOM

Your year mentor may be able to set up a year group zoom where everyone who is on zoom can chat and hang out during break times. It may be a great opportunity to ask each other how they are going with online learning, certain subjects and just general catching up.



CHECK IN'S WITH MENTORS

Your year mentor may be able to check in with you just like they do when physically at school. This could be an email or a zoom check in. If you are overwhelmed or just want to have a check in it can feel good to be proactive and ask for this.



PARENT SUPPORT

If your parents, grandparents or other family members are able to, chat with them about how they can support you if you are home by yourself at school. They may be able to give you a quick phone call at recess, lunch or after school; or debrief with you about how your day was at school online. Because we don't have as many people around us compared to being at physical school, this support can help you feel supported and less isolated.



MENTAL HEALTH

Ways that I can look after my mental health when I am doing school work from home



Routine and preparation in the morning

Keeping my routine

Keep a similar routine to that of a day when you physically attend school. Get up at your usual time, have breakfast, get dressed, prepare for your classes and log onto your computer before roll call.

After school

Have a screen break

When your last class ends, make sure you have some afternoon tea and time without being on a screen. Sit outside if the weather is nice to get some natural light and fresh air. You may want to do some at home physical exercise or stretches, read a book, call a friend or offer to cook your family dinner (or dessert!)

Bedtime

Night time routine

Again like the morning, keep your night time routine the same. Have 'wind down time' where you relax and prepare for going to bed. Try not to be on your phone or computer just before going to bed. You may do some light stretching, read a book, shower or use a mindfulness exercise from an app (Smiling Mind, Headspace, Calm).

Stay in contact with your friends

Recess, lunchtime, after school

Even though you are not physically with your friends this does not mean you are unable to contact them. Use recess and lunchtime to ask how they are finding working online; if they have any helpful suggestions if you are finding working online difficult; ask how they are. Why not call each other and catch up instead of Zoom? Younger students should only zoom with parent permission and supervision.

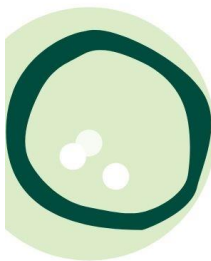
This is a different experience

Asking for help and support

You may notice things are harder or easier than being physically at school. If you are finding something difficult, ask your mentor or teacher for help. Parents, friends, teachers and year mentors are all here to support you and we are all experiencing this new form of school together.



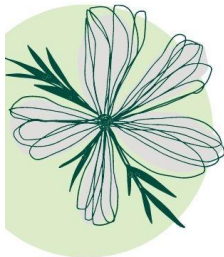
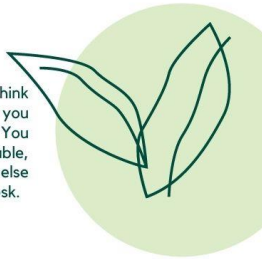
ENVIRONMENTAL WELLBEING



SET UP A SPACE TO WORK FROM

Be ready to go to school online, which means find a desk or table (preferably in a communal area of the house not alone in your bedroom) where you can put your laptop, textbooks, pencil case and anything else you need for school. Ideally this place will have natural light and be relatively quiet.

When setting up your space to work, think about where the powerpoints are so you can easily charge your laptops/slates. You may want to put a desk lamp on the table, a copy of your timetable and anything else you keep on your desk.



Making decisions around where is the best place to set up online schooling may be overwhelming or difficult. Talk to your parents if you can about where would be the best place to set up your things, and if you must stay in your room have a chat about how you can still come down into the communal areas (kitchen, lounge room) for recess and lunch to avoid being alone for long periods of time.

PHONES AND ONLINE SCHOOL

Although you are at home, it is not going to be productive to keep your phone next to you if you are checking social media frequently during class time. It might be helpful to leave your phone somewhere and if you need to, check it at recess or lunch and wait until the end of the school day to check your social media accounts, just like you would do when you are at physical school.



PHYSICAL HEALTH



How to take care of my physical health when I am doing school work from home

EXERCISE

There are lots of online apps and YouTube channels that offer indoor exercise sessions if you need to get your muscles working! Enjoy using games that involve exercise like Wii Fit or Just Dance on YouTube.



BE READY TO START THE DAY

You need to be dressed for roll call at 8:20am, so make sure you are still maintaining your morning hygiene routine. Shower, get dressed, make sure you have cleaned your teeth, and do your hair. All these little things add up and make us feel fresh to start the day.

FOOD AND WATER PREP

Just like being at school, we need to make sure we have recess and lunch organised preferably the night before or before roll call. Then you can spend recess and lunch zooming with friends, doing some exercise and getting fresh air. Being prepared with our food often means we eat healthier which then means we feel better on the inside. Keep your water bottle next to you so you are drinking plenty of water as well.



STRETCHING TIME

Sitting for long periods on a screen can result in us feeling uncomfortable and tired, and give us sore eyes and backs. So it is important that between periods we stand up, move for a few minutes by walking around the house or popping outside to pat our pets. We can also do some stretches to support our muscles. Try squeezing your shoulders up near your ears when shrugging them up and down; standing tall and clasping your hands behind you to stretch your chest; or any other stretches you do in PDHPE.

