



CHURCHLANDS
SENIOR HIGH SCHOOL

COVID-19

PARENT INFORMATION

Dear Parents/Caregivers,

During this anxious, uncertain and sometimes frustrating time, I write to you on behalf of the School Psychology team and the Student Services Teams to provide some guidance on responding to and supporting your adolescents. I would also like to clarify how support can be accessed from Student Services staff.

1. EMOTIONS AND BEHAVIOUR

Adolescents are likely to be struggling just as much as adults are at this time. They are trying to make sense out of this with their not yet fully developed brains. They may experience a range of emotions and their vulnerability toward impulsivity and need to connect with their peers may increase their risk of them taking themselves outdoors. It will be important to acknowledge their feelings and views despite maybe having different feelings or views from them before focusing on what they can and cannot do. This will help them to regulate their emotions and help them to feel heard and supported. It won't always be easy as some of their pain and worry may come out in anger and frustration.

Your connection and communication with them will be very important at this time. It is hard to have influence over their behaviour without a foundation of a good relationship to work from. There are a number of good resources and links that look at how to manage through this time in further detail (see links below or the document attached).

2. SCHOOL WORK

In terms of school work, it is important to try and maintain routine and keep them engaged with their education, however, if students are distressed or struggling with their thoughts and or emotions, they are not in a state for learning. It will be important to be FLEXIBLE. Sometimes the plan may need to be adjusted or abandoned until the 'thinking brain' is switched back on.

Equally as important as learning, is having some FUN, interaction, physical activity and relaxation. Time spent engaging in these activities can be rejuvenating and can improve readiness to learn as well as learning outcomes.

3. CONTACTS FOR PARENTS AND STUDENTS WHEN SUPPORT IS NEEDED

House Co-ordinator - The best first point of contact at school in regard to your student's wellbeing is their House Co-ordinator. The House Co-ordinator and Head of Year work closely with the School Psychologists and will pass on your requests for support where appropriate and where the matter cannot be addressed by a House Co-ordinator or Head of Year.

If your student is already an existing client of the School Psychologist, then please contact the psychologist via email and they will return contact with you or arrange a phone call appointment with you.

Chaplains - Students can approach Chaplains directly for support by sending them an email. Best wishes to you and your family at this difficult time and thank you in advance for helping us to work most efficiently by following the school's process.

4. OTHER CONTACTS

Urgent Mental Health including: Suicide / Self Harm

- Urgent Mental Health Telephone Support for Children and Families 1800 048 636
- Suicide Call Back Service 1300 659 467
- Your nearest Hospital Emergency Department
- Lifeline 13 11 14

General Mental Health including: Anxiety, Depression, Emotional Regulation

- Kids Helpline 1800 55 1800
- Beyond Blue 1300 22 4636 www.beyondblue.org.au
- Headspace www.headspace.org.au
- Youth Focus 6266 4333 www.youthfocus.com.au
- ReachOut.com www.reachout.com.au

Additional Resources

APS	https://www.psychology.org.au/COVID-19-Australians
Lifeline	https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak
Beyond Blue	https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak
NASP	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource
Helping Kids Cope	https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2%20parents
Headspace How to Cope	https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/

School Psychology Team

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We are a Mentally Healthy School