



Term 4 Week 10
9 December 2020

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The Newsletter is designed to offer an information service to the parents of Wedderburn College students and local people interested in Education.

COMING DATES

Please note: An official College Calendar with all dates for the year was distributed to all families via Compass and the Homeroom. Should you require one, please ask at the Front Office.

9 - 10 December	Wednesday - Thursday	Year 7-9 Activities
10 December	Thursday	Awards Assembly (period 3A/3B)
11 December	Friday	Last day of Foundation to Year 9 classes
11 December	Friday	Pool Break Up Party
30 December	Wednesday	Year 12 Study Scores and ATAR results released (online WebEx support will be pre-arranged for students as requested or required)
27 January 2021	Wednesday	Booklist and Jumbunna collection
28 January 2021	Thursday	First day of classes for 2021

FROM THE PRINCIPAL

Dear Parents, Guardians, Carers and Friends of Wedderburn College

Principal Announcement

It was with great pleasure that our school community received the news of the appointment of **Mr Danny Forrest** to the position of Principal, commencing 2021. As our President, Carolyn Stephenson said, "Danny comes to us with experience in leadership in both primary and P-12 schools, a passion for education and a commitment to rural communities. He is highly regarded and shares our vision of excellence for our school." It is wonderful news for the school and we look forward to welcoming him to our community.

Year 12 Results

You would be aware that the events of this year pushed out the exam dates and consequently the results dates, for our Year 12 students. They will receive these on December 30 and interviews with Mrs Barker and Sue Clay, Careers Advisor, have already been scheduled for our students on this day, to discuss options in light of results. We congratulate all of our students on this wonderful achievement and look forward to following their journeys. The Year 12 VCE Dux will be announced via our Facebook page during this time.

Awards Assembly

We are looking forward to recognising the academic, personal, leadership and sporting achievements of our students at our Assembly tomorrow in the KLC at 1.45pm. As communicated on Compass, unfortunately the density limits of the KLC will not permit us to invite parents or members of the public. We will do our best to capture the moment with great photos as we will not be filming due to child safety reasons. I understand that this is not way that any of us wished to have to conduct this event but we are grateful that students can at least be with their peers for this event.

Wedderburn College would like to heartily thank our sponsors of our Awards. This financial reward is deeply appreciated by our recipients. In what has been a challenging year, we are so appreciative of your sponsorship.

Sincere thanks to the sponsors of our 2020 Awards

Wedderburn College Parents Association	Loddon Shire
Wedderburn Lions Club	Jason Wishart (in memory of Darryl Wishart)
Wedderburn Redbacks Inc	RAMJAC School Uniforms
Wedderburn Country Women's Association	Wedderburn Engine Club
Wedderburn Senior Citizens	Alpaca Shearing
Wedderburn Patchwork Group	Swipe Pest Control
Australian Defence Force	Randall's Foodworks
LaTrobe University	Wedderburn Tourism Committee
North Central Local Learning & Employment Network	

Parents Association & School Council

My thanks are extended to all members of the Parents Association for their continued support throughout this year, especially to **Kylie Cunningham** and **Josephine Winslett**, whose generosity in energy, time, care and practicality is deeply appreciated. On behalf of the College, I thank all office bearers and volunteers for their contribution this year. I extend this same thanks to all members of our School Council, who have again been steadfast in their commitment to their role of school governance this year.

Student Return & Booklist Collection

All students will return to school on Thursday 28 January. Booklists will be available for collection the day before on Wednesday 27 January. The 2020 Jumbunna will be distributed at this time also, as its production has been delayed.

Thank You

As this is the last newsletter for the year and my final one as Principal, I wish to express my gratitude to all students, staff, families and community members of Wedderburn. It has been an enormous privilege for me to serve your school community and lead your school as your Principal and I will step down with a full heart. Thank you for your warm hospitality and your confidence. We have a truly wonderful school here in Wedderburn and I am pleased to have made my small contribution over the past three years, trusting that it has made a positive impact on the formation of our treasured young people. Thank you.

Ms Rachel Lechmere (Principal)

FROM THE ASSISTANT PRINCIPAL

I am looking forward to the pool party this Friday as this signifies the end to a challenging school year and it also means Christmas is not far away. The weather is warming up so there will be no excuse for not getting in the pool. Well done to everyone for making the most out of what has been an extremely difficult school year. To our students who have shown great resilience in coping with two batches of remote learning and our parents and carers for facilitating the learning at home. Here's to a better 2021, that we all hope will be COVID free.

2021 - Return to School Dates and Book Collection

Since this is our final newsletter for 2020 I will take the opportunity to remind parents, carers and students that our return to school date for 2021 is Thursday 28 January, except for students who do VET or attend NCTTC /TAFE. It commences the following week, therefore those students will start school on Friday 29 January. A reminder that Summer will be in full swing and school hats will be required for Term 1. A further reminder to all our school community that Book Collection will take place on Wednesday 27 January.

I wish all our students a Merry Christmas and a Happy New Year. I hope Santa is good to you and look forward to catching up with everybody in 2021.

Mr Dean Lockhart (Assistant Principal)

FOUNDATION/1

Our year is slowly drawing to an end. In the next few days, a Christmas focus will dominate our maths and literacy activities. We have a large container of Christmas decorations and the students have been estimating how many decorations are in it. Our fairy Christmas tree gets decorated each day and our clay furniture is slowly drying to place under it. We are also very excited to end our formal lessons on Friday with a pool party. Special thanks for all your support during the year. I hope your Christmas is a joyous one and let's hope 2021 is filled with lots of laughter.

Mrs Tanya Chalmers, Teacher

YEAR 2/3

As the year draws to a close can I ask the students' to bring an extra bag to school tomorrow (Thursday) to take home the contents of their tubs. There will also be a pool party and activity day on Friday so students will need their bathers/towel/sunscreen etc.

What an unusual year it has been! I would like to thank all families for the incredible job they did during Learning from Home. During the first lock-down you all had to become "teachers" at home, supervising, instructing and keeping your children on task, safe and happy. Then during the second session you became IT specialists, dealing with dodgy internet and devices that didn't always cooperate! I was so proud of our students and how they adapted to the different ways of learning. I hope you all have a well-deserved break over the holidays and look forward to us all starting afresh in 2021.

Mrs Deirdre McKenzie, Teacher

YEAR 3/4

Students are quite excited about the year coming to an end. It was great to see the achievements of all our students throughout the swimming program. It has been fantastic to see their confidence levels increase from feeling frightened to place their heads in water to doing pin drops and treading water at the deep end.

It has been exciting to see the creativity with students Christmas Procedural text "How to Catch your Elf on the Shelf in Action" and "How to make a Christmas Wreath" and "How to call and catch Santa".

In Maths, we have been extending our knowledge of quick recall of multiplication facts as well as extending our knowledge of the times tables.

We are looking forward to the special events for this week with Christmas activities, pool break up day and the class party get together. Have a safe and lovely holiday with your families!

Miss Jessica Higgins, Teacher

YEAR 5/6

What a bewildering year it has been! All of the charismatic Year 5/6 students have demonstrated a pragmatic and calm approach to the controversial year of 2020. (Ask your child what the underlined words mean. We have been studying vocabulary in class).

This week students have been asked to take a few books and supplies home every day so they are not trying to lug everything home on Friday 11 December after the pool party. If students are coming in Week 11 please remember to keep a hat, pencil case and computer at school.

At the closing of the year, it is always a time for reflection. 2020 has been a year like no other. Please take a moment to discuss with your child the following:

- What they have enjoyed about this year?
- What good things this year brought about?
- How they could incorporate that into every year?
- What are some bad things about this year?

What lessons will they take into next year?

We will be spending some time in class around this reflection, particularly for the Year 6 students moving into Year 7.

Mrs Postle and Mrs Steel would like to thank each family for the support and willingness to learn throughout the future that has been 2020. Each and every student has had their own challenges and successes. We only hope that they can take these forward and continue to learn and grow as the remarkable young people of our community.

Looking forward with excitement and some trepidation, to what 2021 will bring.

Mrs Annita Steel, Teacher

MATHS PATHWAY

Big congratulations to all students on their efforts with their Maths tests. It has been a tough year, but the resilience each of you has shown has been admirable. Congratulations to this fortnight's Maths Pathway champions. Congratulations to **Josh** for achieving the highest growth this cycle with 467%.

CLASS	CLASS AVERAGE	HIGHEST STUDENT GROWTH
Year 7	131%	Beau, Sianna and Ella with 167%
Year 8	100%	Junior with 133%
Year 9	139%	Mack with 233%
Year 10	107%	Josh with 467%

Just a reminder that students achieving 100% growth rate each cycle is equivalent to one year's growth achieved in the Mathematics curriculum.

Last week's maths joke Why does nobody talk to circles?
Answer Because there's no point.

Mr Danny Fowles and Miss Emma Milne, Teachers

END OF YEAR ACTIVITIES & POOL BREAK-UP

As in previous years, students in Years 7-9 will be participating in scheduled activity sessions offered within the college this week on Wednesday 9 and Thursday 10 December. Students are still required to be in full school uniform.

The pool break-up day on Friday 11 December is for Foundation to Year 9 students, marking the last day of formal classes for 2020. We would like to say a very big thank you to the Loddon Shire Council for providing funding to help facilitate this event. Students will need to bring their bathers, towel, sun-smart hat, recess & drink bottle. A free BBQ lunch will be provided on the day. Unfortunately due to COVID restrictions this event can only be attended by staff and students this year. All students will return to school and be dismissed from school grounds at 3:25pm as usual.

Mrs Lea Humphrey, Leading Teacher

SENIOR ADVOCACY

Welcome to the last edition of our newsletter for the Year! Time has flown this year, particularly for our Senior Students.

Year 12 Results

Our Year 12 VCE students will receive their ATAR and Study Score after Christmas, on December 30. Often students can feel quite stressed and anxious in the lead up to their results; this is quite normal but there are many things you can do to help alleviate some stress.

1. Keep Perspective

High-stakes testing like Year 12 exams can put substantial pressure on you to achieve.

Try to keep your exams in context; your results don't define you, and Year 12 results are not the only road to achievement - there are lots of avenues leading where you want to go in life.

2. Use some Coping Strategies

Being kind to yourself, rather than being overly self-critical, is a helpful way to deal with academic disappointment because it helps you look at the situation with empathy and balance.

3. Have a 'back up' plan

Goals create a sense of purpose and preparedness. Try to avoid 'putting all of your eggs in the one basket'; have a Plan A and work towards your target, but have a Plan B, C and D too, just in case.

4. Let your parents and friends know how they can support you

Let your parents and friends know you need their support and understanding, and that well-meaning anecdotes and stories of how others triumphed over similar setbacks may be helpful down the track but not right now. Ask them to listen to what the results mean to you, and help you plan your next step.

Mrs Barker and Mrs Sue Clay have arranged WebEx meetings for students receiving their ATAR and letters have been sent home with details. During these half hour appointments we will be able to discuss their results, pathways, change preferences etc. Please email to make any changes to your appointment.

I hope that all students and their families have an enjoyable Christmas and restful holiday. I look forward to seeing all of your bright faces in 2021. Merry Christmas!

Mrs Lauren Barker, VCE Coordinator

COMPASS

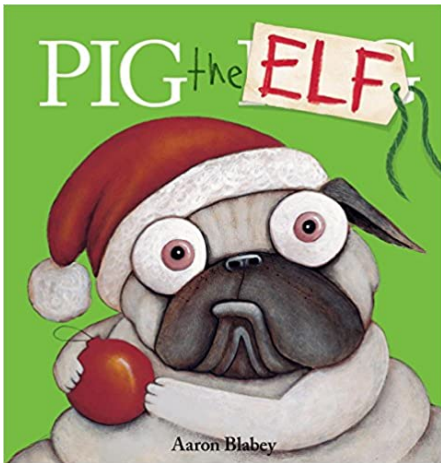
Don't wait for the end of semester to view your child's progress. Log in to Compass and view teacher feedback and feed forward at any time by checking out your child's Learning Tasks. Children also receive regular (every 5 weeks) progress reports on their Organisation, Behaviour, Attitude to Learning and Work Completion. Learning Tasks and Reports can be found on your child's profile page.

GENERAL NEWS

LIBRARY NEWS

Well done to all students and staff who have returned their books so efficiently for a quick stock take before the holidays. Don't forget that the Goldfields Library remains open during the break at the Wedderburn Community House and the Inglewood Town Hall to offer great reading material and a chance to participate in the Great Summer Read Along. Even if you can't get away for a holiday, books and stories can be a wonderful escape from the "same old same old"!

Some Classic Australian Christmas books to share on the following page.



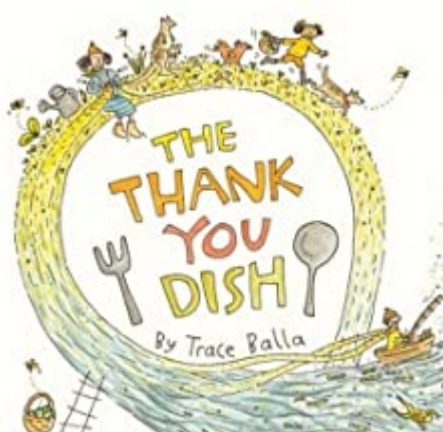
“Pig the Elf” by Aaron Blabey

The lovable pug, “Pig” is back again ready to enjoy a bumper Christmas. He gets his comeuppance and learns part of a lesson about sharing and not being selfish. Hilarious illustrations just add to the delight.



“All I Want for Christmas is Rain” by Cori Brooke and Megan Forward

This simple rhyming story about Jane who lives on a dry, dusty farm is gentle despite the hard subject. Jane’s Christmas wish for rain to break the drought is told with wonderful realistic water colour illustrations of the farm and town.



“The Thank You Dish” by Trace Balla

Trace Balla is a talented storyteller and cartoonist who lives near Castlemaine. She has written numerous picture books about bushwalking, adventures and nature. We have several in the Graphic Novel Section of the Library.

This little book centres on a conversation between a little girl and her mother about the ingredients in their meal and the people and processes that contributed to it. The illustrations are charmingly funny and the message behind the story a valuable one. Mrs McKenzie’s Year 2/3 class responded to the story by expressing their gratitude below.

“I am grateful to Maddy for teaching me to swim.”

“Thank you for being my friend Addy.”

“Thank you to my friend for helping me up.”

“Thank you Meika for being my friend.”

“I’m thankful for my friends for giving me a great year!”

“Thank you Destiny for being a best friend.”

“I’m thankful for my friend Jack for being funny.”

“Thank you elf for keeping me company.”

“I love cats.”

“I’m thankful for the swimming teachers.”

“I’m thankful for my Mum for looking after me.”

“I’m thankful for three amusing friends.”

“I am very thankful because my Mum helped with home learning this year.”

“I’m thankful for you.”

“I’m thankful for Jack for being my friend.”

Miss Hilary MacKay and Mrs Joan Earl, Library Staff

SPAIDES PROGRAM IN 2020

In 2020 I was given the opportunity to begin working as a Speech Pathology Aide (Spaides). This is a program that assists students in all areas of language as needed with the guidance of an ES (education support) staff member and an outside Speech Therapist who was **Jessica Carr**. This is an amazing group of enthusiastic students throughout a difficult and different type of learning this year. It has included; being able to coordinate onsite as continued Speech lessons throughout Learning from Home in both sessions as well as daily WebEx classes where possible. Here are some photos of the latest group of students who have successfully completed the Spaides Program. A certificate was presented to each of these students who had achieved completion of the program. Be very proud **Charlie, Mia, Ryder and Isabelle**. You never gave up and have gone so far in your learning.



Ms Trina Vaughan, Speech Pathology Aide (Spaide)

COMMUNITY NEWS

UNIFORMS FOR SALE

Wedderburn College Parents Association sell SECOND HAND and NEW UNIFORMS to help raise funds for camps, books, excursions etc. These uniforms can be purchased from the Uniform Shop at the School, located on Chapel Street side of the school. (Building formally known as the HUB)

Hours: Thursday 3pm to 4pm

Friday 8.30am to 9.30am

Or phone **Kylie** on **0409 389 916** or **Jo** on **0407049268** to arrange another time.

RAMJAC Uniform Price List

SS Champion Polo Navy/Gold	\$24.00
LS Champion Polo Navy/Gold	\$26.00
Champion Jacket	\$40.00
Micro Fibre Shorts	\$30.00
Drill Shorts	\$30.00
Skirt with Skort	\$37.00
Microfiber Track pant -Kids	\$40.00
Microfiber Track pant -Adult	\$44.00
LS Tee with Logo	\$18.00
Padded Vest	\$45.00
Bonded Polar Fleece Vest	\$39.00
Bonded Polar Fleece Jacket	\$44.00
Polar Fleece ½ zip jumper	\$32-\$36
Wide Brimmed Hat	\$15.00
Bucket Hat	\$15.00
Beanie	\$15.00

***** Navy Socks Now Available*****



We have a wide variety of sizes to try on. Orders taken and paid for on the day via Cash or Credit Card and delivered to the School Uniform Shop the following week.

Second Hand Uniform Price List

Polar Fleece Jumpers	\$3.00
Navy Polo	\$2.00
Shorts	\$2.00
Track pants	\$2.00
Hats/Beanies	\$2.00
Dresses	\$5.00
P/F Vest & Full zip Jacket	\$5.00
Champion Jacket	\$5.00

Donations of unwanted or no longer needed uniforms are greatly appreciated. These can be dropped off to the front office or call or text **Kylie** on **0409 389 916** for other arrangements.

Wide variety of sizes to purchase on the day. Cash only.

New Dresses now available \$55 each.

TRAINEESHIP AND JOB OPPORTUNITIES

Looking for the next step in your career path? Some of the following websites might be useful to help with your search. Don't hesitate to contact me if you need assistance.

MEGT <https://www.megt.com.au/job-board>

Job Description	Location	Closing Date
Tyre Fitting Traineeship	Bendigo	26/12
Information Technology Traineeship	Ballan	28/12
Early Childhood Diploma	Delacombe	23/12
Apprentice Fitter Hofmann Engineering	Bendigo	11/12
Mechanical Apprentice Sheet Metal	Bendigo	22/12
Bricklayer Apprenticeship	Delacombe, Bacchus Marsh	18/12
Electrical Apprenticeship	Ballarat	25/12
Plumbing Apprenticeship	Darley	31/12
Apprentice Landscape Gardener	Bendigo	10/12
Apprentice Glazier	Bendigo	24/12
Apprentice Floor Finisher	Ballarat	31/12
Painting and Decorating Apprenticeship	Ballarat	23/12
Apprentice Timber Machinist	Maddingly	15/12
Apprentice Plumber	Darley	31/12
Apprentice Carpenter	Bendigo	1/01
Administration Trainee (Weeroona College)	Bendigo	15/12
Tyre Fitting Traineeship	Bendigo	26/12
Information Technology Traineeship	Ballan	28/12

CVGT <https://www.cvgt.com.au/current-vacancies/>

Job Description	Location	Closing Date
Parts Interpreter Apprenticeship	Bendigo	09/12
Tyre Fitting Traineeship	Bendigo	09/12
Apprentice Chef	Bendigo	09/12
Business Traineeship	Bendigo, Yarrowonga	09/12
Business Traineeship Banking	Romsey, Kilmore, Nagambie	09/12
Apprentice Bricklayer	Bendigo	09/12
Roof Plumber	Bendigo	09/12
Apprentice Diesel Mechanic	Bendigo	09/12
Apprentice Mechanic	Bendigo	09/12

Skill Invest <https://www.skillinvest.com.au/apprentices-trainees/>

Job Description	Location	Closing Date
Certificate III Business Traineeship	Bendigo, Horsham	12/12, 16/12
Certificate III Refrigeration Apprentice	Horsham	1/12
Parks and Gardens Apprenticeship	Kaniva	4/12
Civil Construction Apprenticeship	Kyneton	11/12
Certificate III Business	Horsham	16/12
Certificate III Education Support	Donald	7/1
Glass Glazing Apprenticeship	Horsham	9/12
Certificate III Business Traineeship	Bendigo, Horsham	12/12, 16/12
Certificate III Refrigeration Apprentice	Horsham	1/12

SEEK <https://www.seek.com.au/> offers jobs of all types across the nation.

CAREERS AND PATHWAYS

Year 12 Reminders



ATARs and Study Scores - Wednesday 30th December
VTAC Change of Course Preferences close - Monday 4th
January 2021

VTAC Course Offers - Thursday 14th January 2021
Creating a USI - www.usi.gov.au/your-usi/create-usi
Accessing VCE Results and the ATAR -
<https://resultsandatar.vic.edu.au>

National Institute
of Dramatic Art

NIDA

OPEN

School Holiday Programs

NIDA offers school holiday programs for young people of all ages in creative play, drama, acting on screen, music theatre, singing & acting, public speaking and more. Victorian Workshops are offered in Melbourne and Geelong.

You can find out what's on these upcoming holidays and register here:

www.open.nida.edu.au/holiday-classes

Find your dream job!



Not sure what to do when you grow up? **Study, work, Grow** have put together a stack of handy job spotlights so you can find all the details in the one place.

Jobs include:

Engineer, Zookeeper, Entrepreneur, Registered Nurse, UX designer + many more.

Visit.

<https://studyworkgrow.com.au/job-spotlights/>

Year 12 Careers Availability



North Central LLEN

Sue Clay is still available for Career appointments for 2020 Year 12 VCE and VCAL students. Appointments can be face-to-face, via email, phone or WEBex.

If you would like an appointment with Sue please contact her via:

Email: s.clay@ncllen.org.au

Mobile: 0429 426 950

JOB PROFILE MESSAGE THERAPIST



Massage therapists assess and treat the soft tissue of the body for therapeutic purposes.

Duties Include:

- Take a case history and assess the client's physical condition
- Massage the soft tissues of the human body, such as muscles, tendons and ligaments, to assist healing
- Assess and treat specific injuries and other soft tissue dysfunction, and provide rehabilitation advice
- Administer treatments to promote relaxation, improve blood circulation and relieve muscle tension
- Use a range of techniques to enhance sports performance and prevent injury
- Provide advice about stretching exercises and relaxation techniques.
- Administering treatments to promote relaxation, improve circulation and relieve muscle tension.
- Utilising a range of massage techniques to enhance sports performance and prevent injury.
- Assessing and treating specific soft tissue dysfunction and providing rehabilitation advice.
- Employing other techniques, such as acupressure or Shiatsu, and complementary aids, such as infra-red lamps, wet compresses, ice, essential oils and herbal and mineral therapies, to assist recovery.
- Assessing client's physical condition and case history and advising on stretching exercises and relaxation techniques.
- Massaging the soft tissues of the body, such as muscles, tendons and ligaments, to assist healing.

Related Courses Include:

Certificate IV Massage Therapy, Diploma of Remedial Massage, Advanced Diploma of Myotherapy, Bachelor of Health Science - Clinical Myotherapy

Future Growth:

Very Strong

For further information visit

www.gooduniversitiesguide.com.au/careers-guide/massage-therapist or www.myfuture.edu.au

Mrs Lauren Barker
Senior Student Leader

Sue Clay 
Careers and Pathways
Email: s.clay@ncllen.org.au



Inglewood & Districts Community Bank Allan & Diane Bunnett Scholarship program is now open

- Simply go to: cia.communityenterprisefoundation.com.au/scholarships
- Scroll down the list of branches offering scholarships until you find our picture as above.
- Click on program details to see if you qualify and then click on apply to Inglewood & Districts to start your application. Set up a log in and you can log in and out as you need.

It is that easy, find out what information is needed and start getting organised.

We are very excited to be offering 3 different scholarship programs this year.

- Up to 2 X Scholarship for Bachelor's degree study: \$5,000 per year for 2 years.
- 1 X TAFE (in courses other than undergraduate bachelor's degree) \$1,000 per year for 2 years.
- 1 X Mature Aged Scholarship for Bachelor's degree study. \$2,500 per year for 2 years.

Applications close 27 January 2021.

Please do not leave it until then to submit your application though, the website can get overloaded.

My advice is at the very latest 1 week prior you should hit that submit button.

If you need any assistance for your application, please call 1300 304 541.

The friendly team at our Community Enterprise Foundation are there to help you.

Successful applicants should know by mid to end of February.

Good luck.

WE HOPE TO HOLD WEDDERBURNS
CHRISTMAS ON HIGH
THURSDAY 10TH DECEMBER

5PM-8PM.



Be there
Thursday night to
join in with the
Xmas Spirit.



Depending on Covid restrictions....

Late night Xmas shopping till 8pm.

Market stalls & Food stalls in Jacka Park 5-8pm.

Presentation best shop window & decorated house 6.30pm.

Community Carols 7pm.

And a special visitor in a red suit at 7.30pm..... That's Me!!

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.