

Wellbeing

During Remote Learning

Plenty Valley Christian College

We are in unique times, and we want our families to know we are concerned not only about education during isolation, but also for the welfare of students and families.

To meet these challenging times, we have instigated the following:

Wellbeing Team

We have established a Wellbeing Team, including our school psychologist, executive staff, our school nurse, and staff from both the Primary and Secondary schools. The purpose of this team is to discuss how remote learning might be affecting families adversely, and to promote wellbeing amongst students and staff. If you would like to contact the Wellbeing Team, please email Sally Agostino – sally.agostino@pvcc.vic.edu.au

Wellbeing Surveys

Each fortnight during Term 2, we will be asking students from Year 3 – Year 12 to complete a short survey to assess how their mental health and wellbeing is tracking. This is part of our ongoing commitment to provide holistic support to the PVCC community. Because remote learning is such a unique context, we have arranged for a simple yet robust check-in to ensure students' wellbeing is being monitored. The data received will help teachers and the Wellbeing Team to assess what generalised areas – if any – students are

challenged with as they learn remotely. We will only follow up on individual cases where we assess that more supports may be needed. If you'd like further information about the organisation conducting the survey and its process, please go to <https://www.youthdimension.org.au/Schools>

Telehealth

We have introduced Telehealth for our online psychology appointments with our school psychologist, Celeste Putter. To arrange an appointment with Celeste, please email celeste.putter@pvcc.vic.edu.au

Finances

Our Finance Team are taking enquiries from families who have been adversely effected by the COVID-19 crisis. Please contact them if you have concerns about your ability to pay school fees: accounts@pvcc.vic.edu.au. Please also note that there has been a 10% discount to all fees for Term 2, as we endeavour to support families through this difficult time.

Where to get further help

Headspace

www.headspace.org.au

1800 650 890

KidsHelpline

www.kidshelpline.com.au

1800 55 1800

ReachOut

www.au.reachout.com

Online help

www.healthdirect.gov.au/teenage-mental-health

Beyondblue

www.beyondblue.org.au

1800 18 7263

SANE

www.sane.org

13 11 14

Lifeline

www.lifeline.org.au

1300 659 467

Suicide Call Back Service

www.suicidecallbackservice.org.au

Mental Illness Fellowship

www.mifa.org.au/en

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