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## Whole-school Wellbeing COVID-19

Schools are central to wellbeing for both staff and students. Evidence shows that a focus on social capital in schools creates a sense of belonging and connectedness for all members of the community. In times of uncertainty, additional support from educators and school staff is called upon and a whole-school, coordinated approach when supporting colleagues, students, parents and carers is needed. Schools will draw upon their internal expertise, building capacity within their teams to support students, colleagues and families. Context-specific wellbeing approaches may also consider a faith or values-based lens.

### Open and honest discussions

Ongoing exposure to media related COVID-19 information can be stressful. The national mental health and wellbeing organisation [Beyond Blue](#) suggests the importance of [discussing COVID-19 news and events](#) in an open and honest way with children and young people. Information and resources from reliable sources are most appropriate as well as listening to and acknowledging student questions. ReachOut have produced a number of resources in this area including [10 Ways to Look after yourself during coronavirus](#) – relevant to student and adults along with [How to talk to your teenager about coronavirus for parents and carers](#).

### Practical and emotional support

We know social contact and routine supports the wellbeing of students and staff. When this is not physically possible, staying connected online and in other ways can bridge this gap. Acknowledging the need for practical and emotional support is important for all school stakeholders. Excellent dedicated resources from [Head to Health](#) (Australian Government), [headspace](#) school support, [Everymind](#), [Monash University](#) and [Emerging Minds](#) are a good starting point for schools.

### Online safety

At a time where more students, staff and families may be accessing teaching, learning and wellbeing online, schools will continue to prepare, engage, educate and respond to the varied and different needs associated with learning from home. In particular, the Office of the eSafety Commissioner has released a comprehensive resource for teachers and leaders – [COVID-19: Keeping schools and learning safe online](#) along with a [COVID-19 Safety Kit for parents and carers](#).

### General wellbeing resources

- AISNSW Bushfire and Drought Portal [resources](#) related to student and educator wellbeing
- AISNSW Wellbeing [website page](#)
- Be You resources re [Educator wellbeing](#)
- ReachOut teacher wellbeing [factsheet](#)
- Emerging Minds factsheet [traumatic events, the media and your child](#)
- Emerging Minds parent education [video](#) regarding children's' worries and fears

- Go Noodle – online movement [activities](#)
- ReachOut Wellbeing 5-minute [wellbeing activity ideas](#)
- ReachOut Wellbeing [digital downloads](#)
- ReachOut Wellbeing information to support [schools](#) and [parents](#).
- Daily whole-school wellbeing initiatives, resources and support can be accessed at AISNSW Wellbeing in Education [Facebook \(closed\) Group](#) and @AISNSWWellbeing Twitter handle.

### Specific wellbeing resources related to COVID-19

- Australian Psychological Society Tips for managing Coronavirus Anxiety [factsheet](#)
- Be You comprehensive [Educator resources](#) (teachers and students)
- Be You [PDF resource](#) for learning communities
- Beyond Blue COVID-19 [Factsheet](#)
- Beyond Blue COVID-19 mental health [information page](#)
- Black Dog Institute Managing anxiety during COVID-19 [Factsheet](#)
- CASEL Social and emotional learning (SEL) [resources](#) during COVID-19
- Emerging Minds Psychological [checklist](#)
- Everymind dedicated [support page](#)
- Everymind Supporting mental health [factsheet](#)
- Everymind Metal health protective factors [factsheet](#)
- Greater Good Science Centre student, teacher and parent COVID-19 [wellbeing resources](#)
- headspace School Support COVID-19 [advice](#)
- Headspace Mindfulness content (for staff) [Weathering the Storm](#)
- Headspace for Work [tools and resources](#) for school staff
- Head to Health Government [website and resources](#)
- Life in Mind Help-seeking services [card](#)
- Life Line Mental health [information](#) for COVID-19
- Macquarie University Talking to children about COVID-19 [Factsheet](#)
- Mindspot [Mental health tips](#) for COVID-19
- Morningside Centre [Guidelines](#) when responding to student questions, fears and worries
- Phoenix Australia Family self-care [factsheet](#)
- Parental As Anything [Podcast Talking to Children about COVID-19](#)
- Raising Children [Guide](#) to talking to children
- ReachOut [10 tips](#) for students and young people to look after their own wellbeing
- ReachOut How to talk to your teenager about COVID-19 [resource](#)
- ReachOut Looking after yourself [factsheet](#).
- ReachOut Strategies for coping during COVID-19 [resource bank](#)
- Roses in the Ocean Working from home [factsheet](#)
- Smiling Mind evidence-based mindfulness for students/staff/parents
- Smiling Mind Trauma-informed mindfulness [factsheet](#)
- Telethon Kids Institute [resources](#) for family and carers

### Office of the eSafety Commissioner

- Existing [Schools Toolkit](#) – prepare, engage, educate, respond
- COVID-19 Leaders/teachers [Keeping schools safe online](#)
- Parents/carers [COVID-19 online survival kit](#).

Contact AISNSW Wellbeing Consultant, [Nicky Sloss](#) for any additional support.