

COVID-19

SUPPORTING THE WELLBEING

OF YOUR LEARNING

COMMUNITY

THE IMPORTANCE OF WELLBEING IN TIMES OF CRISIS

Challenge and change

We know that the COVID-19 outbreak has posed some of the greatest challenges the world has faced in recent memory. Schools are not exempt from these challenges, and changes to the way learning communities operate now, and into the future, are inevitable.

Change, particularly when it is the result of an unprecedented event, can result in people experiencing a range of emotions and can trigger behaviours that may not have been witnessed on such a large scale before.

Now more than ever, there is a need to call upon the social and emotional skills that ensure we look after our own wellbeing and also do everything we can to protect the wellbeing of those in our communities.

The Australian Student Wellbeing Framework provides a sound foundation on which to plan wellbeing strategies and initiatives to support the physical and mental wellbeing of educators, students and families. The Hub has put together this list of resources to help support learning communities to keep safe, resilient and well in this time of crisis.

We'll be updating this list of resources to further support you over the next period of time when supporting each other, and building connected learning communities, becomes more important than ever.

We've also included contact details for your state or territory government or non-government education authority where you can find the most up to date information and advice.

Resources for Educators

This toolkit provides comprehensive information about the impact of traumatic events on all members of the school community and how schools can respond to support recovery.

<https://studentwellbeinghub.edu.au/educators/resources/school-recovery-toolkit/>

Adults, children and young people can be affected by a crisis in different ways. This Community Trauma Toolkit provides support strategies and resources to access during and after a traumatic event.

<https://studentwellbeinghub.edu.au/educators/resources/emerging-minds-trauma-toolkit/>

Young children experience traumatic events in ways adults might find unusual. If you teach children in the early years, this Red Cross resource will help them to deal with the current crisis and build the skills to recover.

<https://studentwellbeinghub.edu.au/educators/resources/support-resources-for-emergencies/>

With many students and teachers learning at home, find how the eSafety Commissioner is providing parents and carers with tips in this online safety kit.

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

Beyond Blue provides some great ideas for keeping mentally healthy during the COVID-19 outbreak.

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Visit the Department of Health for accurate advice about COVID-19.

<https://www.health.gov.au/>



Resources for Parents and Families

This resource provides information and strategies for parents to provide ongoing support to their children in the days and weeks after a traumatic event.

<https://studentwellbeinghub.edu.au/educators/resources/school-recovery-toolkit/>

Parents, as well as their children, can be affected by a crisis in different ways. This Community Trauma Toolkit provides support strategies and resources to access during and after a traumatic event.

<https://studentwellbeinghub.edu.au/educators/resources/emerging-minds-trauma-toolkit/>

This Red Cross resource has some useful tips for parents of young children to build skills for recovery after a crisis event.

<https://studentwellbeinghub.edu.au/educators/resources/support-resources-for-emergencies/>

With many students learning at home, parents and carers can find some great tips in this online safety kit from the eSafety Commissioner.

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

Parents will find some practical advice for talking to their children about COVID-19.

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Visit the Department of Health for accurate advice about COVID-19.

<https://www.health.gov.au/>

Resources for Students

Beyond Blue provides some great ideas for keeping mentally healthy during the COVID-19 outbreak.

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

It's understandable that young people may feel stressed and overwhelmed during times of uncertainty and crisis. Headspace offers some great advice

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Information from the Government and Education Authorities

Information about the response to the COVID-19 outbreak is rapidly changing, so it is very important that you are accessing information from trusted, official sources. Issues that affect schools are managed by government and non-government education authorities in states and territories. You can find contact details for your state or territory below:

Australian Government Department of Education, Skills and Employment Website: www.education.gov.au	Australian Government Coronavirus Information Website: www.australia.gov.au
Australian Capital Territory Education Directorate Website: www.education.act.gov.au	Western Australia Department of Education Website: www.education.wa.edu.au
New South Wales Department of Education Website: https://education.nsw.gov.au/	Tasmania Department of Education Website: www.education.tas.gov.au
Queensland Department of Education Website: www.education.qld.gov.au	Northern Territory Department of Education Website: www.education.nt.gov.au
Victoria Department of Education and Training Website: www.education.vic.gov.au	South Australia Department for Education Website: www.education.sa.gov.au

Non-Government Education Authority Contacts



National Catholic Education Commission

Website: www.ncec.catholic.edu.au

Independent Schools Council of Australia

Website: www.isca.edu.au

