



MAZENOD
COLLEGE

Feeling
and
Doing
YOUR
BEST at
Home.

Learning AT Home

1

Get into a
ROUTINE and
get into it
EARLY!

2

START LESSONS
ON TIME BY
going TO
OneNote and
Teams

3

SIT WITH YOUR
PARENTS AND
DISCUSS YOUR
LEARNING
ROUTINES AND
EXPECTATIONS

4

SET UP YOUR
LEARNING
SPACE IN A
QUIET, SHARED
AREA OF THE
HOME

START A
STUDY GROUP
WITH YOUR
CLASSMATES TO
DISCUSS YOUR
LEARNING

5

TALK WITH
YOUR FAMILY
ABOUT WHAT
YOU'RE DOING
IN EACH LESSON

6

PLAN FOR
EXERCISE AND
SCREEN-FREE
TIME EACH DAY

7



MAZENOD
COLLEGE

REMEMBER THAT YOUR TEACHERS WILL ONLY BE AVAILABLE DURING SCHOOL TIME. DON'T EXPECT A REPLY TO ANY EMAILS OUTSIDE OF THESE TIMES. TRY TO KEEP YOUR QUESTIONS ABOUT CLASSWORK TO TEAMS

STAY CONNECTED

We will keep you up-to-date with activities designed around your mental wellbeing and connecting to others, at home or in our school community.

WITH YOU FAMILY AND FRIENDS

We are hearing the term 'social-distancing' a lot. It refers to keeping 1.5 metres apart from other people and limiting contact with others. That's about physical distance. We think it's important to stay socially and emotionally connected all the time. Make time each day to check-in with others, and interact socially.

WITH MAZENOD

There will still be plenty of opportunities to stay connected with our community. Did you know we'll still be having daily notices? You'll get them by email. Check them out before your lesson each day. Heads of Year will be running some great online house competitions too! It means that even when you're at home you can still top up the house point tally. Remember to follow the college of Facebook.

STAYING SAFE ONLINE

As you interact more online, it is important that you are aware of the how to be safe online.

If you are concerned about your safety, an interaction with someone, at school or otherwise, tell a trusted adult so we can help. It can be someone at home or via email to your head of year or college psychologist. All contact information is on the last page.

Here are some tips to keep safe in the online classroom:

Make sure it's only your teachers and classmates you're interacting with online

Follow instruction and only use approved OneNote, Teams and Zoom to interact in class

Always turn the video function off during video conferencing

Follow the productive classroom & student code of conduct when interacting with students

For all sorts of information about being safe online look at **eSafety Young People**

HOW TO STAY MENTALLY HEALTHY

THIS IS A NEW EXPERIENCE AND IT MIGHT BRING NEW FEELINGS. FEELINGS OF LONELINESS AND WORRY ARE NORMAL FEELINGS TO HAVE. THE TRICK IS TO ACKNOWLEDGE THEM AND SEEK WAYS TO STAY CONNECTED WITH OTHERS AND STAY ACTIVE IN THOSE THINGS THAT INTEREST YOU.

IT MIGHT BE THE TIME TO TRY SOMETHING NEW AND DIFFERENT: ONLINE YOGA, GARDENING, COOKING, READING, A NEW LANGUAGE, REDECORATE YOUR ROOM, OR CRAFTS. THERE'S A WORLD OF NEW ACTIVITIES TO DO AT HOME. REMEMBER TO INVITE A FAMILY MEMBER TO JOIN IN TOO.

STAY ACTIVE

IT'S PRETTY WELL KNOWN THAT EXERCISE IS REALLY GOOD FOR BOTH OUR PHYSICAL AND MENTAL HEALTH. THERE'S HEAPS OF DIFFERENT TYPES OF EXERCISE YOU CAN DO FROM HOME, THANKS TO YOUTUBE AND APPS.



WHEN WE'RE STRESSED ABOUT SOMETHING (SUCH AS CORONAVIRUS), OUR THOUGHTS TEND TO SPEED UP. TAKING 10 MINUTES OR SO TO PRACTISE MINDFULNESS CAN HELP PRODUCE A SENSE OF CALMNESS.

Take 10 To Be Zen

CHAT WITH YOUR MATES

EVEN IF AN IN-PERSON MEET-UP IS OFF THE TABLE, TRY TO STAY IN TOUCH WITH YOUR MATES VIA TEXT, MESSENGER, FACETIME, OR (GASP!) A GOOD OL' FASHIONED PHONE CALL. ASK THEM HOW THEY'RE FEELING AND SHARE YOUR OWN EXPERIENCE IF YOU FEEL SAFE TO DO SO.



TALK OPENLY WITH YOUR CAREGIVER ABOUT YOUR FEELINGS. YOU MIGHT FIND THAT YOU HAVE HAD TO EXERCISE SOCIAL-DISTANCING FROM GRANDPARENTS AND OTHER VULNERABLE PEOPLE CLOSE TO YOU AND YOUR FAMILY. STAY IN TOUCH OVER THE PHONE.

Connect With Family

Keep a Routine

IN THE EVENT OF A SCHOOL CLOSURE, YOU MIGHT BE TEMPTED TO STAY IN YOUR PYJAMAS AND WORK FROM BED. GET DRESSED FOR THE DAY. IF YOU CAN WORK IN A SPACE OTHER THAN YOUR OWN BEDROOM. IF YOUR PARENTS ARE WORKING, MAKE SURE YOU KEEP TO YOUR SCHOOL SCHEDULE.



EAT A BALANCED DIET. GIVEN THAT YOU WON'T HAVE THE LONG BUS RIDE HOME, WHY NOT MAKE DINNER FOR YOUR FAMILY. START WITH A SIMPLE SPAGHETTI BOLOGNESE AND DEVELOP YOUR SKILLS FROM THERE.

Eat Healthy

Keep Your Mind Active

TAKE A BREAK FROM THE WAVES OF NEWS AND PUT YOUR MIND TO SOMETHING ELSE. READ, RESEARCH AN INTERESTING TOPIC, KEEP A JOURNAL, MAKE A NEW PLAYLIST ON SPOTIFY, OR WORK ON A 1000 PIECE PUZZLE, BUT GIVE YOURSELF TIME-OUT FROM THE NEWS.



Online Support Links

ACT BELONG COMMIT: Keeping mentally healthy when isolated or spending a lot of time at home

UNICEF: How teenagers can protect their mental health during coronavirus (COVID-19)

REACHOUT: 10 ways to take care of yourself during coronavirus



WHAT CAN I DO ABOUT IT COVID-19?

A GOOD WAY TO THINK ABOUT THIS IS TO ASK YOURSELF THE QUESTIONS: WHAT ARE THE THINGS I CAN CONTROL AND WHAT ARE OUT OF MY CONTROL? THE THINGS IN YOUR CONTROL ARE WHAT YOU SHOULD FOCUS ON. TRY THESE FOR STARTERS:

- TRY YOUR BEST AS OFTEN AS POSSIBLE WITH YOUR LEARNING
- FOLLOW THE GUIDELINES ON DISTANCING, HAND WASHING, AND HYGIENE
- CHECK-IN AND STAY CONNECTED TO THE PEOPLE IN YOUR LIFE
- REMEMBER TO TALK ABOUT HOW YOU'RE FEELING
- TUNE OUT FROM ALL THE NEWS AND HAVE SOME DOWN-TIME

INFORMATION OVERLOAD

YOU MAY NOT LIKE HEARING THIS BUT SOMETIMES THE BEST THING IS TO SWITCH OFF ALL SOCIAL MEDIA CHATTER ABOUT COVID-19. SET ASIDE SOME NO-SCREEN TIME EVERY DAY TO DISCONNECT WITH THE INFORMATION AND RECONNECT WITH THE PEOPLE AND ACTIVITIES YOU ENJOY. IF YOU WANT TO CHECK THE NEWS, TALK TO AN ADULT IN YOUR FAMILY ABOUT FINDING AN INFORMATION-BASED NEWS SOURCE AND DECIDE WHEN TO CHECK IT TOGETHER. THERE'S PLENTY OF OTHER THINGS TO KEEP YOU BUSY!

MINDFULNESS

TAKE SOME TIME TO SLOW DOWN EACH DAY. IT MIGHT BE A WORKOUT SESSION, A JIGSAW PUZZLE, OR COOKING A MEAL FOR YOUR PARENTS. IT MIGHT ALSO BE MINDFULNESS MEDITATION. IT HAS BECOME A VERY POPULAR WAY TO FOCUS OR WIND-DOWN AS IT REQUIRES INTENTIONAL ATTENTION ON MOMENTS OF CALM. YOU MAY HAVE USED **SMILING MIND** IN YOUR PASTORAL LESSONS. TRY IT AT HOME, BY YOURSELF OR INVITE A FAMILY MEMBER TO TAKE-TEN AND RELAX INTO A MEDITATION WITH YOU.

GRATITUDE

THERE'S ALWAYS TIME IN YOUR DAY TO BE GRATEFUL, EVEN WHEN IT SEEMS LIKE LIFE IS A LOT LESS 'NORMAL' THAN IT USED TO BE. THERE ARE SOME GREAT BENEFITS TO BEING GRATEFUL FOR YOU AND THOSE YOU ARE GRATEFUL TOO. END THE DAY WITH YOU FAMILY BY SHARING WHAT WENT WELL. IT CAN BE A BIG THING OR SOMETHING SMALL. BE INTENTIONALLY GRATEFUL WITH A **GRATITUDE JOURNAL** WHERE YOU CAN REMEMBER MOMENTS YOU ARE GRATEFUL FOR AND PEOPLE WHO HAVE HELPED YOU. MAYBE EVEN LET THEM KNOW!

IF I WANT SOME SUPPORT

IF YOU ARE WORRIED ABOUT ANYTHING, TALK TO A TRUSTED ADULT. THERE ARE PLENTY OF RESOURCES OUT THERE BUT THE MOST IMPORTANT STEP IS TO TALK TO SOMEONE YOU TRUST TO SHARE YOUR FEELINGS OR CONCERNS.

YOU SHOULD ALSO DECIDE ON WHO YOUR SUPPORT TEAM IS AND WHOSE SUPPORT TEAM YOU CAN BE IN TOO. FIND FIVE PEOPLE: FRIENDS; PARENTS OF CAREGIVERS; SIBLINGS & COUSINS; AUNTIES, UNCLAS AND OTHER TRUSTED ADULTS; HEADS OF YEAR @ SCHOOL



HEADSPACE HAVE EVEN CREATED A SET RESOURCES TO USE WHEN THINKING ABOUT COVID-19. CHECK THEM OUT WITH YOUR FAMILY!

THERE ARE LOTS OF PEOPLE READY TO HELP AT MAZENOD TOO

Click on an image to send an email



Michael Anderson
Dean of Students
ANDERSON.MICHAEL@MAZENOD.WA.EDU.AU



Leanne Watson
SCHOOL PSYCHOLOGIST
WATSON.LEANNE@MAZENOD.WA.EDU.AU



Tegan Gmeiner
SCHOOL PSYCHOLOGIST
GMEINER.TEAGAN@MAZENOD.WA.EDU.AU



Teresa Bulich
Head of Year 7
BULICH.TERESA@MAZENOD.WA.EDU.AU



John Donaghy
Head of Year 8
DONAGHY.JOHN.A@MAZENOD.WA.EDU.AU



Liam Mallon
Head of Year 9
MALLON.LIAM@MAZENOD.WA.EDU.AU



Tyrone Tuohy
Head of Year 10
TUOHY.TYRONE@MAZENOD.WA.EDU.AU



Beau Hemley
Head of Year 11
HEMLEY.BEAU@MAZENOD.WA.EDU.AU



Michael Frank
Head of Year 12
FRANK.MICHAEL@MAZENOD.WA.EDU.AU