

GROWING

STUDENT

WELLBEING

AT HOME

COVID-19



**MAZENOD
COLLEGE**

Wellbeing Continuity

During remote learning, Mazenod College will support our students to be as mentally and physically healthy as possible. As has always been the case, our focus is to work with families as a community to support each student.

We understand that the COVID-19 pandemic may present significant challenges and worries to our students. We should also acknowledge that no two students will experience remote learning and the isolation measures we are directed to undertake in the same way.

Throughout this period, it will be a priority for our community to maintain connections. Now, more than ever, we are

working together to foster the growth of your son. Our Pastoral Leadership Team will remain proactive to ensure our students are supported. We will continue to communicate important pastoral messages, resources and even daily notices. **These will be distributed through a variety of channels, including email and College Facebook posts, so we encourage you to regularly check there, and encourage your son to do so as well.**

In all matters of wellbeing and online safety, one of the most effective ways of communicating the messages will be through agreeing together as a household on strategies and modelling expected behaviours online.

Online Safety

While the situation we are in is unique, our students are fortunate to have been engaged in some-level of online learning at the College already. This includes using OneNote Classrooms, Office 365, and emailing teachers. The ICT Use Agreement, Student Code of Conduct and The Productive Classroom documents will continue to guide their choices.

Remote learning at Mazenod College is a safe space. **Teams** will be the primary location for student learning and all interaction is recorded. Our teachers supervise online learning spaces and will

work with the Heads of Department and Heads of Year to promptly respond to inappropriate or concerning interactions.

Our advice to students is simple: **if you shouldn't do it in front of your classroom teacher, don't do it online.**

Should you have any concerns about an interaction within the online learning space please contact the **Head of Year** as soon as possible. If you would like to know more about our commitment to child safety please read the **CEWA Child Safe Framework**.

Regarding wider online safety issues, we suggest ongoing, open conversation with your son. The eSafety Commissioner offers excellent resources to inform that discussion. They have designed a set of resources about being safe online during COVID-19. Find the information here: **Online Safety Kit For Parents and Carers**.

This include guidance on:

How to start the online safety chat	Using parental controls and safe search options
Looking out for unwanted online contact	Knowing the signs of cyberbullying

There is also a parent helpline available through **Raising Children** and our College Psychologists and Heads of Year are here to assist.

ePastoral Care

Our Pastoral Care Team will continue to engage students. Students will be able to access resources designed to foster wellbeing, connectiveness and safety. Heads of Year will direct students on how to access these. Students will also be invited to engage in Year and House activities remotely.

Staying Mentally Healthy

Being confined to home for an extended time may cause many challenging emotions. Talking with the whole family about what is happening and why will help your son understand the situation. Encourage open and frequent check-ins about how they are feeling. Consider talking about who the other trusted adults are in their life this will help to **revise their network of supportive people**, as students may feel distanced from their Form Teachers and Heads of Year as they will no longer see face-to-face.

Help your children to think about how they have coped with difficult situations in the past and reassure them that they can cope with this situation too. Keeping connections open with family and friends will help. Use the telephone, email, and social media, if that is suitable in your home. Help your son **connect with others** about their learning by encouraging them to contact a classmate to talk about what they learnt that day.

Routine is important. Establish a daily routine that includes **time to exercise**, relax and to interact with others in the house or with friends remotely. Keep normal bedtime routines too. **A good night's sleep can have a significant impact on wellbeing.**

We encourage you to familiarise yourself with wellbeing resources like the **Kids Help Line** and **eHeadspace**, a set of resources designed by **Headspace** specifically in response to COVID-19. It might be the perfect time to find some time to practice some mindfulness activities with **Smiling Mind**.



Want To Read And Learn More?

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



Helping The Online Learning

For some students, more independent learning will come naturally, for others, not so naturally. Start with the learning space and expectations. This doesn't mean parents become teachers or you turn a room into a mini-classroom. The College has developed rich learning experiences and will deliver lessons. You could try to:



Establish routines and expectations

This means ensuring students are at their lessons on time and ready to try their best

Set aside a suitable, comfortable space for learning

If you are home with younger children consider having it in a quiet shared space

Familiarize yourself with the learning platform

Be the learner here. Ask your son to show you how an online lesson works

Begin and end each day with a check-in

Start a ritual of asking about what they are looking forward to and then what went well

Encourage physical activity and suitable breaks

Young people still need to be active. It can be energizing

Monitor how much time is spend online

Students will be active online during the day with school so limit other excessive online activity

Be an active questioner about their learning

As open-ended questions like: what are you learning about today?

Keep in touch with the College

Check for our correspondence and share any feedback; ask for advice

Department of Education resources to support students and families learning at home. The can be accessed here: [Learning At Home](#)

Q & A

What should I do if my son gets lonely or starts behaving differently?

Make sure that you encourage open lines of communication with your son and regular check-ins. **Emphasis that worry and loneliness are normal responses to a situation like this.** Keep daily- and sleep- routines in place. Consider scheduling some down-time activities. Look for ways to engage your son in activities that are all about making connections and keeping engaged with the fun parts of life:



If you have concerns about the mental health of your son please don't hesitate to **contact our College Psychologists to discuss support.**

How do I talk about COVID-19?

Don't be afraid of talking about COVID-19. It's not a secret. Try to avoid the hype around this by locating a few reputable sources of information. That way you will be well-informed in your conversations. Stay calm and sensible. Focus the conversation on the fact that there are many expert adults working on the best solutions for COVID-19 and that it's not your son's job to worry about that. Instead, focus on what is their job: making sure they are aware of social distancing, and hygiene principles; making sure they connect with friends and family; making sure they know it's okay to share what is worrying them.

What do I do about screen time and access to information about COVID-19?

It is okay to put boundaries and limits on the exposure to information about COVID-19, particularly as there is much opinion and misinformation circulating. Have a conversation with older children about finding reliable sources and limiting

contact with the rest. Regarding screen-time: it will be increased with online learning. Look for moments to encourage social, family and physical activities. Keep in mind that, if it's suitable in your household, your son may be connecting with others in a meaningful way via their 'screens'. eSafety have some offer some great tips [here](#) like discussing screen use, setting screen free time, and leading by example.

How can my son stay connected with Mazenod if he's at home?

Even apart we should still feel like we're together as a community. The Heads of Year will still be engaging students in interactions and pastoral activities. We'll be looking for ways to continue House competitions and other activities online. When you hear about these, encourage your son to get involved. We will continue to email daily notices, as well as updates, advice and resources during this phase of the Mazenod Journey. We encourage students to form study groups to discuss their learning.

How will I stay connected with Mazenod?

Likewise, check the daily notices and our Facebook posts. The College is still open. That means Teachers, Heads of Year, Heads of Learning, Psychologists and the College Leadership are still available via phone and email. Administration can be contacted during our normal operating hours during the term. **What about attendance?**

The students are expected to attend all classes, if fit and able. We will be taking attendance. At the start of each lesson, students will note their presence in Teams and the classroom teacher will take the roll. Heads of Year will monitor attendance rates and work with you to keep participation high.

How do I give feedback?

The best type of feedback is always the feedback we hear. You and your son will

receive a regular email with a link to our **Online Learning Survey** where you can offer feedback about your experiences with the online learning platforms. If your feedback falls outside the scope of this survey we still value hearing it. Please direct this to the relevant **Head of Year** or the **Dean of Students**. All contact details can be found at the end of this document.

How is boarding supporting my son?

The Cebula community has always been strong and during this time we will put several things in place to keep our community connected. Teams will be set up for Junior and Senior boarders to stay in touch. The Head of Boarding and Deputy Heads of Boarding will regularly check in on the well-being of our boarders and offer support via Teams. Our House Mothers will also be making phone calls to our boarding families during this time.

What about if I have mental health concerns for my son?

The College Psychologists will be making individual contact via email and telephone to families and students currently using their services. In the event of an appointment, the psychologists will make contact via email to schedule and organise the appointment. These will occur via phone.

If you feel your son requires this counselling service, please contact the relevant Psychologist via email or phone to discuss making an appointment.

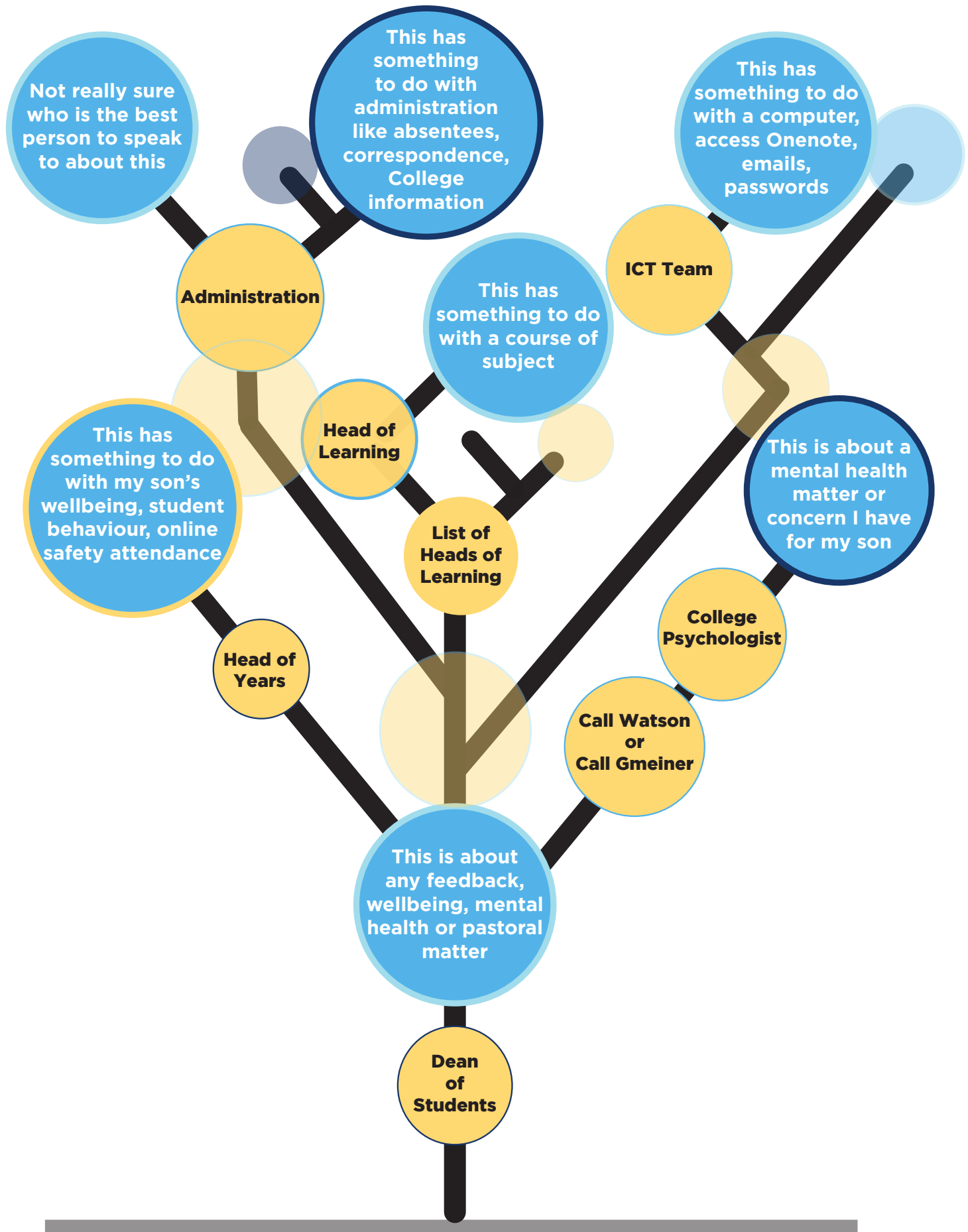


School Psychologist (7-9): Ms Leanne Watson, watson.leanne@mazenod.wa.edu.au, 9291 1562



School Psychologist (10 - 12), Ms Teagan Gmeiner, gmeiner.teagan@mazenod.wa.edu.au, 9291 1526

I NEED TO SPEAK TO SOMEONE AT THE COLLEGE



Contacts

Below are the contact emails for members of the leadership and student support teams in the College. Should you have concerns about your son's wellbeing during the period of closure, or about their learning, please contact the relevant leader.

College Leadership Team



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Boarding Leadership Team



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Pastoral Leadership Team



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Learning Support



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ICT Support



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College Psychologists



Leanne Watson
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Teagan Gmeiner
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