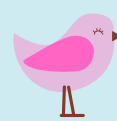




At the heart of well-being...



Parent Resources during Social Isolation

With our current situation constantly evolving and affecting every aspect of our lives, we continue to inspire and support our students in the best possible ways.

"Don't wait until you reach your goal to be proud of yourself. Be proud of every step you take."

HAPPIER KIDS



Tali has compiled a kit full to the brim with information, activities and advice for maintaining the good mental health of your children during the Coronavirus shutdown. We've drawn from the skills of our team, as well as other expert organisations in the field of children's health and wellbeing, to ensure your family is provided with the opportunity to flourish during this trying time.

- [Tali - Happier Kids Kit during Covid pandemic](#)

PARENT RESOURCES

- [REACH OUT \(Self-care\)](#)
- [Visible Wellbeing Online PESA, Lea Waters](#)
- [On-line Strength Switch Programme](#)



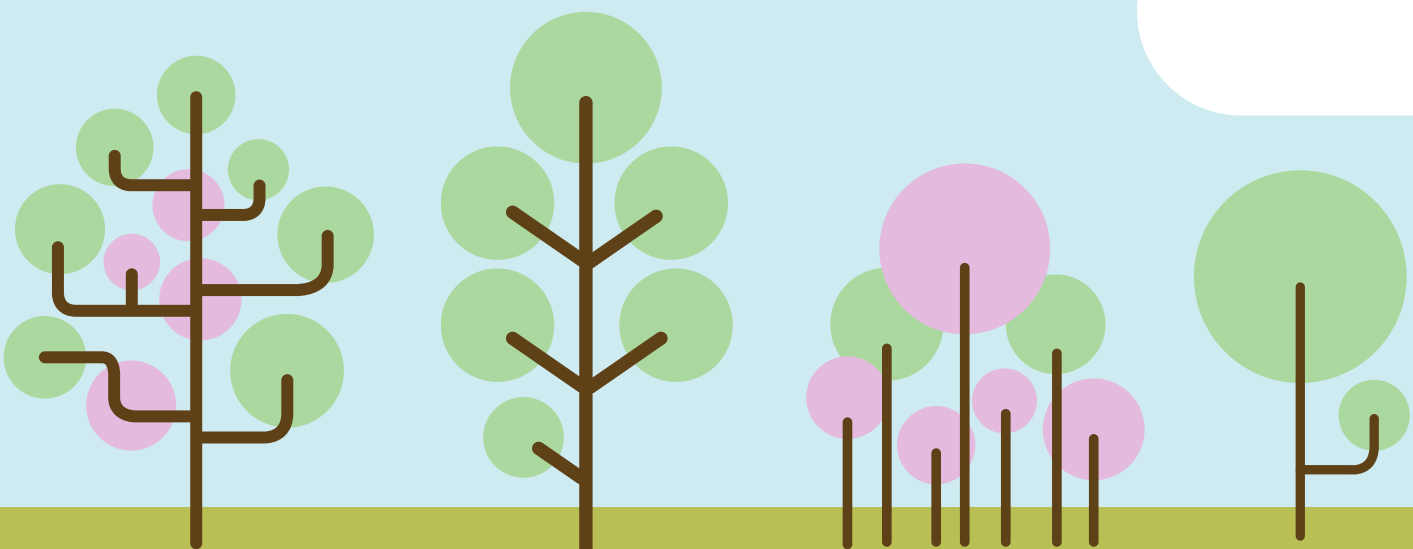
CHILDREN SUPPORT

- [REACH OUT \(For young people\)](#)
- [Scholastic Classroom magazines](#)
- [20 activities for when you're stuck at home](#)
- [Join the Character Challenge](#)
- [Taronga TV](#)
- [ABC Education from 14 April](#)



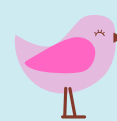
LEARNING FROM HOME

- [Preparing your child for distance learning](#)
- [How to talk to your kids about coronavirus](#)





At the heart of well-being...



Parent Resources during Social Isolation

PESA

SEARCH Framework by Prof. Lea Waters

- **S**trengths
Download the following games from the [Strengths Exchange website](#) to play with your kids:
 - Strengths and ladders
 - VIA-ingo
- **E**motional Management
 - [Feelings chart for the fridge](#)
 - [Emotions colour -wheel](#)
- **A**ttention and Awareness
Savouring the moment, focusing on one of your senses, i.e. feeling the warmth of the sun...
 - Download the [Smiling Minds app](#)
- **R**elationships
[Focus on being kind](#)
- **C**oping - [article](#)
Kids to draw clouds with silver linings and write positive things of the day
- **H**abits and [Goals](#)

STAY HEALTHY

Create a helpful infrastructure

Routines:

- Getting up the same time every day.
- Have breakfast.
- Start your work as early as possible.

Study area:

- Quiet and well lit with lots of fresh air.
- Tidy and well organised.
- All equipment at hand.

Motivation:

- Drinking and eating before work.
- Regular exercise breaks.
- Rewards for younger kids.

Sleep

- Retain regular sleep routines. No screens for 60 minutes before bedtime.

PSYCHOLOGICAL SUPPORT

- Kids Helpline 1800 55 1800
- Parent Line 1300 30 1300
- Lifeline 13 11 14
- [Reach Out](#)
- [BRAVE Program](#)

WPPS WELLBEING TEAM

The Wellbeing team will be offering assistance regarding welfare concerns, so the appropriate support can be considered. Students and parents can contact the Wellbeing Team via the School Office or their e-mail address.

- Tim Simpson - AP Learning and Support Co-ordinator
Tim.Simpson1@det.nsw.edu.au
- Annerie Feldman - Learning and Support Teacher
annerie.feldman@det.nsw.edu.au
- Jill Ravens - School Counsellor
Jill.Ravens@det.nsw.edu.au
- Bronwyn Wilson - Principal
Bronwyn.Wilson@det.nsw.edu.au

