

WELLBEING AND THE CLASS OF 2021

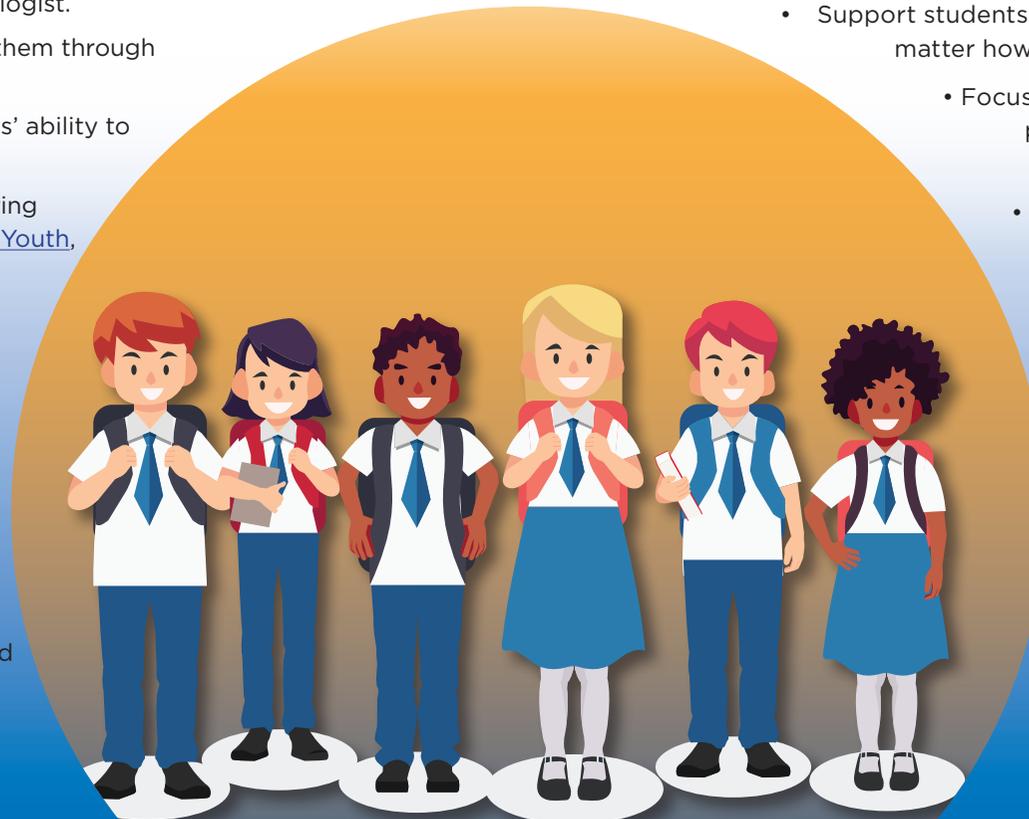
The culmination of schooling is an important time for all students. The year is usually punctuated with an anticipated series of ‘lasts’ including school leadership, sports carnivals, tours and competitions, co-curricular activities, productions, a valedictory celebration and possibly a formal.

At a time when Year 12 students flex their independence muscles and prepare to leave the school gates, COVID-19 means these events might be cancelled or adapted in size, shape, and form. Safety comes first and all schools will be focusing on student wellbeing. It is important to assist students to develop strategies for maintaining their own wellbeing as well as providing support as [teachers](#), [parents and carers](#).

Wellbeing Support

- Normalise and validate feelings. Students may be experiencing a range of different emotions including stress, fear, uncertainty, depression, frustration, anger, and disappointment.
- Remind students where they can seek help at school e.g. wellbeing leaders, school counsellor/psychologist.
- Check-in on students’ wellbeing and triage them through internal school wellbeing pathways.
- Offer perspective and acknowledge students’ ability to cope or their resilience.
- Develop students’ wellbeing literacy by sharing evidence-based resources e.g. [Beyond Blue Youth](#), [ReachOut](#) or [Smiling Mind](#).
- Encourage students to take breaks from social media and access support from [The Office of the eSafety Commissioner](#).
- Starting a gratitude journal or list can help students refocus on the positives.
- Engaging in daily or weekly random acts of kindness will enable students to support others and gain a sense of control.
- Creating a school legacy activity or item for which the ‘Class of 2021’ can be remembered will support students mark their final year.

2021
CLASS OF



Academic Care

- Communicating clearly and in an optimistic way can support student wellbeing.
- Encourage students to create new routines to maintain wellbeing and a sense of achievement.
- Support students to focus on their personal successes, no matter how small they seem.
 - Focusing on long-term goals rather than being preoccupied with short-term setbacks is important.
- Ensure students have clear information about academic processes that are in place to support them in 2021, e.g. Director of Studies, Head of Department, Careers Advisor
 - Remind Year 12 students that all students in their final year are experiencing similar challenges.