

Student Wellbeing

At Truganina College, the wellbeing of our students is our priority. When significant events occur in our school community, or in the larger community, everyone can be affected.

Children and young people need help from their parents, carers, family members, and their school community, to understand what is happening, and to support their ability to cope and build their resilience.

It is important to provide information to children in a way that is appropriate for their age.

5 Years and Under

At this age, it can be difficult for children to understand the impact of what is happening around them. It is important to let them know that they are safe, and that they can depend on you.

- ★ Encourage your child to ask questions and express how they are feeling
- ★ Answer questions with facts and limit the amount of information you provide
- ★ Let your child know that it is okay to feel worried
- ★ Remind your child that they will be okay
- ★ Limit access to media coverage, and try not to discuss your concerns when your child might be listening
- ★ Encourage and supervise public health directives such as hand washing, and social distancing
- ★ Engage in play with your child to help them focus on the positives
- ★ Maintain a daily routine to provide structure and stability

6 Years - 10 Years

At this age, children can understand the information being talked about and presented by the media. They have a tendency to worry about what will happen to themselves and their families.

- ★ Encourage your child to express their feelings and worries, and let them know that it is okay to feel that way
- ★ Help them to feel safe by reminding them that they will be okay

- ★ Provide children with correct information and facts, and let them know that it is okay to ask questions
- ★ Limit the amount of detail you provide in your answers
- ★ Limit access to media coverage, and try not to discuss your concerns when your child might be listening
- ★ Reinforce the importance of public health directives (hand washing and social distancing)
- ★ Focus on positive aspects and having some fun (play games and do things that your child enjoys)
- ★ Support them to stay socially connected such as calling friends and family or using video chat
- ★ Develop a routine with your child to provide structure and stability

11 Years - 15 Years

At this age, children have developed high-order thinking skills and can apply logical thinking to the information they are receiving. Adolescence is a highly stressful time as it is, and you may notice that your child becomes more stressed during this crisis.

- ★ Remind them that although this is a crisis, we are equipped to manage it, and that it will pass
- ★ Encourage them to express their feelings and worries
- ★ Encourage them to read authorised media sites and avoid information on social media and from their friends
- ★ Remind them that they are playing a role in their community by following public health directives (wearing a face mask, hand washing and social distancing)
- ★ Encourage them to remain socially connected using alternative methods such as phone calls and video chat
- ★ Encourage them to follow healthy habits and routine (healthy eating, exercise, sleeping, school work, and fun activities)

I Need Support With:

Anxiety

[Tips for Coping with COVID19](#)

[Grounding Techniques to Manage Anxiety or Worry](#)

Talk to Someone

[Student Support Services](#)

Motivation

[Motivation Tips](#)

Positive Activities

[Activities List](#)

[Activities Tracker](#)

Wellbeing

[Wellbeing Tips](#)

Parenting Support

[Creating a Routine](#)

[SWPBS at Home](#)

Key Contacts:

[Truganina P-9 College](#)
(03) 9368 9800

[Department of Education and Training](#)
For Parents: <https://education.vic.gov.au/Pages/default.aspx>

[Department of Health and Human Services](#)
<https://www.dhhs.vic.gov.au/coronavirus>

[Parentline: 13 22 89](#)

[Kids Helpline: 1800 55 1800](#)

