

Helping Self & Others

GUIDE TO WELLBEING



Gleneagles Secondary College

RESPECT | INCLUSION | STAMINA | EXCELLENCE

Wellbeing at Gleneagles

Gleneagles Secondary College empowers learners to be confident, resilient and successful citizens who positively engage within their community and flourish as individuals.

To achieve this, we place a high importance on student health and wellbeing.

We focus on teaching and supporting students to develop self-help strategies. We create an environment that maximises students' time in the classroom.

Where therapeutic support is required, we action and support referrals to external agencies and practitioners.

Gleneagles Secondary College Wellbeing practices are evidence based and informed by the following frameworks:

- School Wide Positive Behaviour Support (SWPBS)
- Berry Street Education Model (BSEM)
- Resilience, Rights and Respectful Relationships (RRRR)
- BeYou – Beyond Blue

Our Wellbeing Team

Sub School	Allied Health	Inclusion	Support Services	Assistant Principal
<ul style="list-style-type: none">• Homegroup / Mentor teachers• Year Level Team Leaders• Sub School Leader	<ul style="list-style-type: none">• Youth Worker• Social Worker• Speech Therapist (2 days per week)	<ul style="list-style-type: none">• Teacher Assistants• PSD / SEA Co-ordinator• Inclusion Leader	<ul style="list-style-type: none">• Adolescent Health Nurse (2 days / week)• GP in Schools (1 day per week)• DET Student Support Services - Psychologist (1 day per fortnight consultation plus individual referrals)	<ul style="list-style-type: none">• Assistant Principal - Positive Climate

How to access Wellbeing Support at Gleneagles

All Sub School staff are trained in mental health first aid.

All College staff are trained to recognise and respond to student wellbeing needs.

Staff use the Be You NIP framework to notice, inquire and provide support. Staff then refer a student to the Sub School Team via a Team Around the Learner (TAL) form for non-urgent wellbeing needs, or immediately to the Sub School Team or Principal Team for emergency or 'red flag' incidents.

The Sub School Team is the first point of contact for all student wellbeing support.

Referrals to the Allied Health Team and Support Services will be initiated by the Sub School as required.

If a student or parent is wishing to access wellbeing support at Gleneagles, they need to contact their Sub School Team.

Student Wellbeing Referral Process (NIPR)



NOTICE



INQUIRE



PROVIDE
SUPPORT



REFER

Referring students for
support

RED FLAG WELLBEING NEED

Report to the Sub School or Principal
team immediately

- Suicidal ideation / thoughts
- Self harm
- Family violence
- Mandatory Reporting Abuse
(sexual/physical)
- Substance abuse (drugs & alcohol)
- Risky sexual behaviours
- Behaviour that poses a danger, whether
actual, perceived or threatened, to the
health, safety or wellbeing of any person

NON URGENT WELLBEING NEED

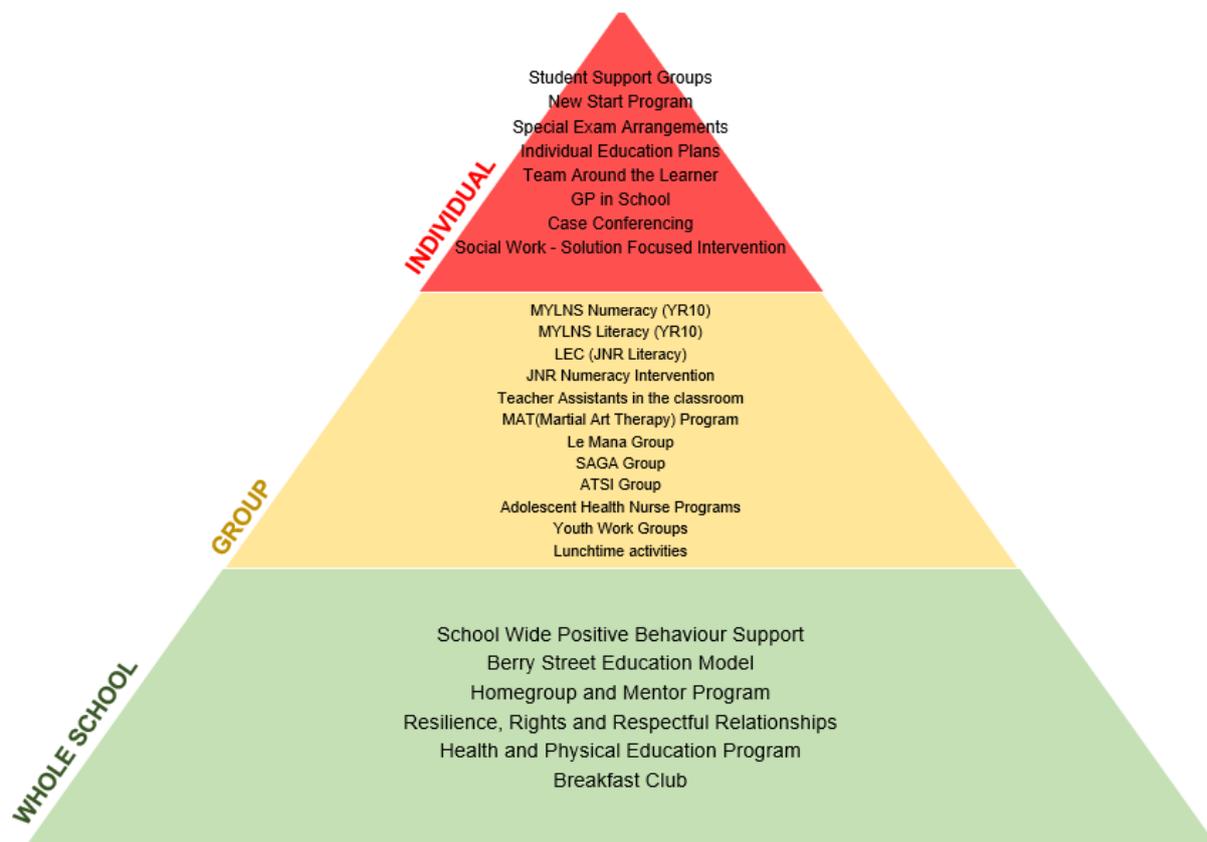
Complete TAL form to flag student
for further support

Wellbeing Supports and Programs at Gleneagles

The Wellbeing Team can guide students with needs such as friendships, mental health, bullying, alcohol and other drug use, sexual health, social issues, abuse, self-esteem and resilience. We work with families to address family relationships and assist with referrals to external agencies.

To support the diverse student needs of our community we use a tiered response to intervention model.

We provide a variety of whole school, group and individual supports and programs.



Le Mana – Pasifika Youth Project: Strengthening Communities and Supporting Young People.

SAGA – Sexuality and Gender Acceptance Group: A social support group for LGTBQI students and allies.

ATSI – Aboriginal and Torres Strait Islander (TSI) Support Group: A group for students who identify as Aboriginal or TSI and allies.

The Sub School Team is the first point of contact for all student wellbeing support.

Referrals to the Allied Health Team and Support Services will be initiated by the Sub School as required.

If a student or parent is wishing to access wellbeing support at Gleneagles, they need to contact their Sub School Team.

Community Partnerships

The Gleneagles Wellbeing Team works closely with the following Community Agencies:

- Headspace <https://headspace.org.au/>
- The Andrews Centre <https://andrewscentre.org.au/>
- Endeavour Hills Neighbourhood Centre <https://www.ehillsnc.org.au/>
- Centre for Multicultural Youth (CMY) <https://www.cmy.net.au/>
- Foundation House – Refugee Services <https://foundationhouse.org.au/>
- City of Casey – Youth Services <https://www.casey.vic.gov.au/youth-services>

Helping Self

We focus on teaching and supporting students to develop self-help strategies, which includes students being able to self-regulate (identify their own thoughts, feelings and actions) and self-manage (seek out and access help).

We also encourage everyone to participate in self-care to manage their own health and wellbeing.

Self-care strategies

- **Create a routine** and plan your day around your routine.
- **Do things that make you feel safe**; connect to **people who are helpful to your wellbeing**.
- Do things you've done in the past to help manage challenge and stress; **reflect on your own coping strategies** and **write them down** in a place you can access daily.
- Engage in activities that promote a **sense of calm and feeling grounded**; mindfulness, meditation or breathing exercises.
- Ensure you are getting enough **sleep** (9 hours).
- **Eat** a good variety of **healthy foods** each day.
- **Drink plenty of water**.
- Participate in at least 30 – 60 minutes of **exercise every day**.
- Find ways to **relax** – spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- **Learn something new** or **get creative**; check YouTube for more ideas.
- **Watch or read something uplifting**.
- **Limit exposure to information from social media and the news**. Source positive news pages and uplifting stories instead.
- **Listen to music** – choose something that makes you feel good and make a playlist.
- **Make a list of activities that you can do** at home with your family, with siblings or by yourself.
- **Practice gratitude** – start a journal and **write down 3 things you are grateful for each day**.
- **Talk with a trusted adult**

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, you need to ask for help immediately.

In an emergency call '000'

Helping Others

Everyone has the ability to help another person who is in distress or experiencing difficulty, whether you are a parent, guardian, sibling, cousin, friend or classmate you can help.

Have you noticed a change in behaviour or presentation of a friend or family member?

No matter how big or small, a change in behaviour or presentation may be a sign that that person is experiencing difficulties with their wellbeing or mental health.

How to help



Notice

•LOOK FOR:

- a change in behaviour
- a change in presentation (personal hygiene, self care)
- mood swings
- becoming withdrawn
- change in sleep patterns
- risk taking behaviours
- loss of interest in what they used to love
- loss of concentration

•LISTEN FOR:

- confused or irrational comments
- comments of self hate or lack of confidence
- comments of doom or fear for the future
- statements of loneliness
- feelings of being trapped



Inquire

- approach them and start a conversation
- make sure it is a good time to have the conversation
- make sure you have enough time for the conversation; enough time to really listen!
- have the conversation in an environment that is safe, private and comfortable for them
- ask are you ok?
- tell them what you have noticed
- listen non judgementally to what they are saying
- encourage them to explain what they are experiencing and for how long they have been experiencing it
- prove to them that you have been listening by repeating back what you have heard and ask them "have I understood what you are saying?"



Provide Support

- Reassure them that what they are experiencing is normal
- ASK THEM:
 - "what would be helpful for you right now?"
 - "what is something you can do right now to help yourself?" (self care strategies - something that will calm them down or bring them joy)
 - "what strategies have you used successfully in the past when you have felt this way or experienced difficulty?"
 - "what supports do you have already in place?"
- ENCOURAGE EXPERT SUPPORT
 - be positive about the role of professionals in getting through difficult times
 - advise them where and how to access expert support
 - the best place to start is with your Doctor (GP) who can create a mental health plan and refer for further support

If you feel unable to help because the other person is experiencing overwhelming or intense emotions, or they have any thoughts of harming themselves, you need to seek help immediately.

In an emergency call '000'

GLENEAGLES KEY CONTACTS		
JUNIOR Sub School		
YR 7 Team Leader	Kevin McCall	Kevin.McCall@education.vic.gov.au
YR 7 Team Leader	Zohra Salehi	Zohra.Salehi@education.vic.gov.au
YR 8 Team Leader	Fiona Maudsley	Fiona.Maudsley@education.vic.gov.au
YR 8 Team Leader	Kobey Murphy	Kobey.Murphy@education.vic.gov.au
JNR Sub School Leader	Sophie Sykes	Sophie.Sykes@education.vic.gov.au
MIDDLE Sub School		
YR 9 Team Leader	Tim Hooper	Timothy.Hooper2@education.vic.gov.au
YR 9 Team Leader	Lucie Turner	Lucinda.Turner@education.vic.gov.au
YR 10 Team Leader	Tim Pearson	Timothy.Pearson@education.vic.gov.au
YR 10 Team Leader	Helen Liapis	Helen.Liapis@education.vic.gov.au
MID Sub School Leader	Sarah Reynolds	Sarah.Reynolds@education.vic.gov.au
SENIOR Sub School		
YR 11 Team Leader	Helena Corrigan	Helana.Corrigan@education.vic.gov.au
YR 11 Team Leader	Lyn Spooner	Lynette.Spooner@education.vic.gov.au
YR 12 Team Leader	Daniel Bowen	Daniel.Bowen@education.vic.gov.au
YR 12 Team Leader	Jess Ferguson	Jessica.Ferguson@education.vic.gov.au
SNR Sub School Leader	Nick Evans	Nick.Evans@education.vic.gov.au
ALLIED HEALTH		
Social Worker	Mel Yoffa	Melanie.Yoffa@education.vic.gov.au
Youth Worker	Verna Randone	Verna.Randone@education.vic.gov.au
GP In School	Dr. Albert Ho Hallam Family Practice 214 Princes Hwy Hallam 9703 1322 www.hallamfp.com.au/book_online.html	
INCLUSION		
Inclusion Leading Teacher	Jess Mason	Jessica.Mason@education.vic.gov.au
PRINCIPAL TEAM		
Principal	Simon Sherlock	Simon.Sherlock@education.vic.gov.au
Professional Leadership & JNR School	Andrew Barker	Andrew.Barker@education.vic.gov.au
Positive Climate & MID School	Jo Tippett	Jo.Tippett@education.vic.gov.au
Teaching and Learning & SNR School	Natasha Dickinson	Natasha.Dickinson@education.vic.gov.au
Operations	Kathie Toth	Katherine.Toth@education.vic.gov.au

The Sub School Team is the first point of contact for all student wellbeing support. For non-urgent wellbeing inquiries you can also email wellbeing@gleneagles.vic.edu.au

For after-hours support contact your GP or access a 24-hour hotline or service

COMMUNITY SERVICES & HELPLINES

Service	Description	Phone	Website
Emergency Service	Police, Fire, Ambulance	000	www.triplezero.gov.au
Suicide Line	Free 24/7 telephone, video and online counselling service	1300 651 251	www.suiceline.org.au
Suicide Call Back Service	Provides immediate telephone counselling and support in a crisis (24-hour service)	1300 659 576	www.suicidecallbackservice.org.au
Lifeline	24-hour crisis support and suicide prevention services	13 11 14	www.lifeline.org.au
Reach Out	Online mental health service for young people and their parents	Online service	https://au.reachout.com/
Beyond Blue	Information and support to help everyone achieve their best possible mental health	1300 224 636	www.beyondblue.org.au
Headspace	Tailored and holistic mental health support for ages 12 - 25	1800 650 890	www.headspace.org.au
Kids Helpline	Free 24/7 phone and online counselling service for young people (for ages 5-25)	1800 551 800	www.kidshelp.com.au
Coronavirus hotline	24-hour coronavirus support	1800 675 398	https://www.dhhs.vic.gov.au/coronavirus
Department of Health and Human Services (Victoria)	Develop and deliver policies, programs and services that support and enhance the health and wellbeing of all Victorians	1300 650 172	services.dhhs.vic.gov.au/
Drug and Alcohol Clinical Advisory Services	Specialist telephone consultancy service that is free of charge	1800 812 804	www.dacas.org.au
1800 Respect	Support if you, or someone you know, is experiencing sexual assault or domestic and family violence	1800 737 732	www.1800respect.org.au
Orange Door	Free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.	1800 319 353	https://orangedoor.vic.gov.au/
South East CASA	Centre Against Sexual Assault and Family Violence	1800 806 292	https://www.secasa.org.au/
Grief Line	Support for grieving adults and children	(03) 9935 7400	griefline.org.au