

## WELLBEING SUPPORT

Staff, students and guardians will still be able to and are actively encouraged to report student wellbeing concerns via the Wellbeing Platform. This platform will be monitored by Ms Bec Tilly each school day and supported by Ms Sasha More and Mr Jake Carrick-Smith daily. Staff will also contact students and relevant personnel via the wellbeing platform when necessary.

### HIGH LEVEL CONCERNS

High level concerns will be referred to Sasha Moore for immediate response via a phone call to the student. Sasha will make phone contact weekly with identified students of concern (unless students request otherwise). Case Managers will continue to make weekly contact with students they are working with. All “check in’s” will occur during the times of a normal school day.

### COMMUNICATION HOME

In event of closure, a Daymap text will be sent to the PGHS community, with a Facebook post and Daymap message reminding all of the Wellbeing Platform and linked to the PGHS local services directory.

### ACCESSING THE WELLBEING PLATFORM

*Friend, Parent, Self and Staff and Concerns can be captured using the following forms:*

- Self Concern: [https://pghs.force.com/posi\\_selfconcern](https://pghs.force.com/posi_selfconcern) (also available on each student’s favourites bar)
- Friend Concern: [https://pghs.force.com/posi\\_friendconcern](https://pghs.force.com/posi_friendconcern)
- Parent Concern: [https://pghs.force.com/posi\\_parentconcern](https://pghs.force.com/posi_parentconcern)
- Staff Concern: [https://pghs.force.com/posi\\_concern](https://pghs.force.com/posi_concern) (on teacher’s desktop)

### PROTECTING YOUR CHILD

All staff will continue to follow processes associated with Protective Practices and Mandatory Reporting. All scheduled phone calls and meetings will be tracked through the use of the Outlook Calendar.

You may see many activities, videos, and resources shared by other organisations designed to support home schooling. However, all PGHS teachers are bound by codes of conduct designed to protect your child. We are required to adhere to the: *Public Sector Values and Behaviours Framework, Code of Ethics for the South Australian Public Sector*, and the *Protective practices for staff in their interactions with children and young people*, as well as our professional responsibilities. **Other organisations and providers may not be bound by these criteria and we strongly recommend supervision of any use of resources outside those provided by the site.**

## COVID-19 SUPPORT RESOURCES

On this factsheet, you will find a series of resources and support services you can contact to get assistance with emergencies that you may encounter while at home.

However, there are also some specialised COVID-19 related resources you can access:

Organisation	Support
<a href="#"><u>SA Health</u></a>	Up-to-date information on COVID-19 in South Australia
<a href="#"><u>Beyond Blue</u></a>	COVID-19: Supporting educators, children and young people
<a href="#"><u>World Health Organization</u></a>	Helping children cope with stress during the 2019-nCoV outbreak
<a href="#"><u>headspace</u></a>	How to help young people cope with stress related to Coronavirus (COVID-19)
<a href="#"><u>Australian Childhood Foundation</u></a>	Guidelines supporting families to stay connected with children
<a href="#"><u>The Australian Psychological Society</u></a>	Advice about maintaining positive mental health during the outbreak

These can help parents engage and support their child in this unprecedented situation.

## LEARNING SUPPORT

Students who would like to access additional learning support can book in for a 15, 30 or 45 minute session with an SSO by contacting the Inclusive Education mobile on 0439 291 328. Text messages are acceptable.

Learning support SSOs will be online in student Google Classrooms during scheduled Zoom times and will also be providing additional learning materials to students via Google Classroom and Daymap.

## INTERNATIONAL STUDENTS

International Education has confirmed that if families wish to keep students at home for their safety, this will not affect their student visas as long as the school is notified. This can be done via phone call to 8258 9855.

All international students will have health insurance such as Bupa as a condition of their VISA. This ensures that if they become ill, they can access hospital support, GP visits and testing.

Ms Marano has set up a Google Classroom for all international students. The code is **cwatpm5**.

## EMERGENCY FOOD AND SUPPLY SUPPORT: EXTERNAL PROVIDERS

We understand that these times create significant stress for families and children. We have worked with the following providers and can recommend them to support you:

### One Life Church Community



- Weekly food give aways
- 13-15 Ormsby Ave, Parafield Gardens
- Ph. 0488 202 202

### Ingle Farm Salvation Army



- Food, clothing, vouchers and practical support
- Appointments 9am Mon, Wed & Thurs
- Ph. 8397 9333

### Salisbury Uniting Church

Salisbury  
Uniting Church

- Food distribution
- Open Monday to Thursday 11-2pm
- Ph: 82582675 (call before visiting)

### Anglicare Elizabeth "The Mission"

ANGLICARE

- Emergency food supplies
- Call between 9-9:30am to book an appointment
- Ph. 1800 061 551

### Bagster Road Community Centre



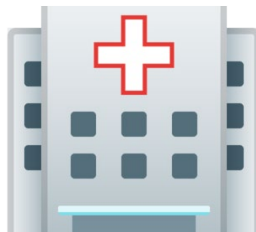
- Fast and fresh meal kits
- \$8.50 per pack, each pack feeds four people
- Ph. 08 8250 4167

### IN AN EMERGENCY call:



- Police, Fire or Ambulance: ph. 000 (have address details ready)
- Police Assistance: ph. 131 444

### Local Hospitals with an Emergency Department:



- Lyell McEwin Hospital ph. (08) 8182 9000
- Modbury Hospital ph. (08) 8161 2000

### Emergency Phone numbers



#### Financial Support

- Centrelink - crisis payments ph. 1800 132 468
- Financial Counselling Australia - private financial counsellors ph. 1800 007 007
- MoneySmart - information about urgent money help [moneysmart.gov.au](http://moneysmart.gov.au)

# HELPLINES AND SUPPORT

## Relationships Australia

- Family and Relationship Support and community services.
- <https://www.rasa.org.au/resources/crisis-help-support/>

## Child and Adolescent Mental Health Service (CAMHS) ph. 1300 222 647

- Free community-based mental health service providing mental health services to infants, children, adolescents and perinatal women.
- Young people/parents can make a referral to CAMHS by calling CAMHS Connect.
- Aboriginal and Torres Strait Islander people can also contact an Aboriginal Social and Emotional Wellbeing Worker.

## Australian Refugee Association, ph. 82812052

- Family Support, Financial Support and Community and Social Engagement
- <https://www.australianrefugee.org/>

## Emotional support

- CentaCare
  - Counselling services, homelessness support, family care, NDIS support and more.
  - <http://www.centacare.org.au/contact/>
- Sonder (headspace)
  - Community health including mental health counselling, addiction services, employment support and Aboriginal health.
  - ph. (08) 8209 0700
- Multi-Cultural Youth SA
  - Range of services and programs to support multicultural young people and young families living in South Australia.
  - ph. (08) 8212 0085
- Lutheran Community Care
  - Community development, learning opportunities, accommodation and support.
  - Food, clothing and shelter, but also support and care.
  - ph. (08) 8331 3111
- 12- 25 Youth Enterprise
  - Monday to Friday 9am to 5pm.
  - Various programs and activities are held outside these hours.
  - ph. 8406 8555
- Burton Community Centre
  - An inclusive environment connecting people to a range of social, leisure and learning opportunities.
  - ph. (08) 8280 8843

## Crisis Support

- Homelessness Gateway
  - Including family support
  - ph. 1800 003 308
- Lifeline
  - 24-hour crisis counselling, support groups and suicide prevention services.
  - ph. 13 11 14
- Northern Domestic Violence Service
  - Women and their children experiencing domestic or Aboriginal family violence.
  - Counselling, risk assessment and safety planning, assessment, support, referrals and advocacy
  - Practical assistance with medical and health issues, policing matters, housing.
  - Support with legal matters and court issues.
  - Centrelink and financial issues.
  - Support groups for women and children
  - Crisis and emergency support, risk and safety reports
  - ph. (08) 8255 3622
- Domestic Violence and Aboriginal Family Violence Gateway
  - Support for family violence
  - ph. 1300 782 200 or 1800 800 098

## Mental Health Support Lines

- beyondblue
  - Support for people with depression and anxiety.
  - ph. 1300 22 4636
- Butterfly Foundation
  - Confidential support with eating disorders, body image and related issues.
  - ph. 1800 33 4673
- Blue Knot Foundation Helpline
  - For adult survivors of childhood trauma and abuse, their family and friends.
  - ph. 1300 657 380
- eheadspace
  - Mental health and wellbeing support to families and people aged 12-25.
  - ph. 1800 650 890
- Kids Helpline
  - Confidential and private counselling for children/young people.
  - ph. 1800 55 1800
- MensLine Australia
  - Men's telephone and online support and information.
  - ph. 1300 78 99 78
- MindSpot
  - Telephone/online service for people with stress, worry, anxiety, low mood or depression.
  - ph. 1800 61 44 34
- QLife
  - Telephone/web-based service supporting LGBTIQ+ people of all ages.
  - ph. 1800 184 527
- SANE Australia
  - Support for people with a mental illness.
  - ph. 1800 18 7263

## Other phone services:

- Youth Gateway
  - Support for people aged 15 to 25 years
  - ph. 1300 306 046 or 1800 807 364
- Prayer Support Line
  - ph. 1800 772 936
- Parent Helpline
  - Telephone info and support for parents.
  - 24-hours a day, 7 days a week.
  - ph. 1300 364 100
- SHINE SA
  - Sexual health and relationship wellbeing services.
  - ph. 1300 794 584
- Health Direct
  - Speak to a registered nurse.
  - Free Australian health advice you can count on.
  - ph. 1800 022 222
- Grief and Loss Support
  - Support for people experiencing grief and loss.
  - ph. 08 8131 3400