

How we can 'eXcel' in Student Wellbeing in the time of Covid-19



General:

The following resource contains advice, tips, links and helpful guides to ensure you **Enable, Connect, Engage** and **Learn** while completing your learning remotely due to the Covid-19 crisis.

Physical distancing does not mean we do not still engage in social connections while learning from home. This resource has been created to ensure you continue to maintain a healthy body and mind during the holiday period or if/when we continuing to learn remotely.

Revisit the aim of our eXcel program and recognise how we can achieve a healthy and resilient sense of wellbeing to deal with this situation.

<https://www.youtube.com/watch?v=Q-EQxwEhCM4&feature=youtu.be>

enable + connect + engage + learn = eXcel

What is Coronavirus? – A child friendly version

This is a kid's story with the virus as the main character. The moral of the story? If we maintain proper hygiene, we can prevent ourselves and others from contracting it.

The author, Manuela Molina states, "I have created this short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation."

Appendix 1: CovidBook



My name is Coronavirus

Child Safety while online (from our Child Safe Brochure in eXcel)

The following points are important for all students at Padua College:

- Everyone has the right to feel and be SAFE
- We all need to make sure that our school is SAFE, SUPPORTIVE, INCLUSIVE AND EMPOWERING
- When a student is unsafe (physically or mentally), it is IMPORTANT to seek help from a trusted adult.
- ALL STAFF AND STUDENTS are responsible for Student Safety and Wellbeing
- Our Child Protection Officers make sure that staff understand their responsibility to keep students SAFE
- ALL TEACHERS work with families to give students the best education possible.

Student Participation

ALL STUDENTS need to help each other and teachers make the College a SAFE place for all. Students are aware of how and who they can report to, if they feel UNSAFE.

Reporting and Responding

When a student FEELS UNSAFE or is WORRIED about another student, they can talk to any staff member. Padua College has appointed a group of staff to be the College's Child Protection Officers. A full list of these staff including contact details are on SIMON on the 'Child Safety' link.

Each Child Protection Officer is available to answer any questions that you may have with respect to our Child Safe Policy and the Child Protection Program. We have also created a specific email contact that will notify the college if you have any concerns.

childsafepadua.vic.gov.au

PROTECT

Protecting children & young people
from abuse is our responsibility



Coronavirus – healthy practices

School communities across the state, with the assistance of the Department of Health and Human Services are continuing to monitor the impact of COVID-19 (Coronavirus). The situation is changing rapidly and our immediate focus is to minimise the spread of this, and other viruses, in our school and community by observing standard hygiene practices.

We can all limit the transmission of germs and viruses by doing the following:

- Wash your hands immediately after blowing your nose, and before eating.
- Wash hands thoroughly after going to the toilet (Soap and water is the best method of washing hands, or hand sanitiser should be used if soap is not available)
- Avoid touching your mouth, nose & eyes.
- Cough into your elbow, not your hands if tissues are not available (Dispose of the tissues into a bin and then wash your hands afterwards)
- Don't share drink bottles or food

Appendix 2: Good hygiene practices 'everywhere and all of the time'



Learning Curve Wellbeing Program in eXcel

Throughout our eXcel classes this year we have been working on developing skills and competencies to build wellbeing and resilience. Through this Positive Education Program we intentionally and explicitly aimed to teach you how to develop the skills and competencies to grow your abilities while at the same time teaching you how to acquire the skills of social-emotional resilience so that you can live a fulfilling and meaningful life.

Activities/helpful tasks will be regularly posted in the eXcel homeroom learning areas for students to complete. These can be stored in your eXcel folder on your desktop. These tasks work on you reflecting on your character strength and utilising your positive characteristics to assist you through this tough time.

The general topics will be:



Top 10 Tips for Students to keep a healthy body & mind



The infographic is a white rectangular box with a subtle drop shadow, containing ten numbered tips. Each tip is accompanied by a simple line-art icon. The tips are arranged in two columns. The first column contains tips 1 through 5, and the second column contains tips 6 through 10. The icons are: 1. A head with a smile; 2. A person in a meditative pose; 3. A hand holding a butterfly; 4. A person at a desk with a question mark; 5. A person reading a book; 6. A running shoe; 7. Two speech bubbles; 8. Three people silhouettes; 9. A hand with a water drop; 10. A heart in a speech bubble.

- 1. Stay Calm**
Acknowledge your feelings but rather than focus on the 'what if's', concentrate on what you actually know and the positives in your life.
- 2. Self Care**
Look after yourself. Ensure you get a good night's sleep. Eat healthy. Exercise. Self soothe, reassure yourself and use relaxation techniques like mindfulness, deep breathing or meditation.
- 3. Perspective**
It is ok to feel nervous but try to maintain perspective. Experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.
- 4. Facts**
Be mindful about where you are drawing your information from. Use reliable sources who are reporting responsibly and with balance.
- 5. Social Media**
Take a break from news or social media, especially if there is no new information or you are feeling overwhelmed.
- 6. Activity**
Maintain your day-to-day normal activities and routine. Where possible keep doing the things you enjoy.
- 7. Connection**
Stay in touch with friends and family members. Chat and talk regularly.
- 8. Support**
Don't be afraid to ask for support. This could be from friends, family, school staff or other organisations.
- 9. Hygiene**
Follow the recommendations issued by qualified health professionals. Wash your hands regularly, cover coughs, disinfect surfaces and dispose of tissues properly.
- 10. Mix it Up!**
Create a healthy and bright work space for yourself. Sit in a chair that supports your back. Stand up and walk around for a few minutes every half an hour. Give your eyes a rest from the screen by looking at something in the distance.

How to stay safe online

COVID-19 is likely to mean young people spending more time at home, and online. There are a lot of great ways you can use connected devices to learn and play, but there are also risks that you need to make sure you avoid. eSafety has a wide range of advice for parents and carers covering common online safety issues like managing screen time, cyberbullying, inappropriate content, sending nudes and contact from strangers.

Following are some principles for positive Digital Citizenship as well as links to resources for assistance in all areas of adolescence life.

Six Principles of Positive Digital Citizenship

1. **Respect Yourself:** I will take ownership of my actions. I will select online names that are appropriate, I will think deeply about the information and images that I post online. I will consider what personal information about my life, experiences, experimentation or relationships I post. I will not be obscene.
2. **Protect Yourself:** I will think deeply about the information, images and materials I post online will not put myself at risk. I will not publish my personal details or schedule of my activities. I will be courageous and report any attacks or inappropriate behaviour directed at me. I will protect passwords, accounts and resources.
3. **Respect others:** I will show respect to others. I will not use electronic mediums to bully, harass or stalk other people. I will make connections between the websites I use and the impact they may have on my learning and the learning of others. I will not visit sites that are degrading, pornographic, racist or inappropriate. I will not abuse my rights of access and I will not enter other people's private spaces or areas.
4. **Protect Others:** I will be courageous and report any abuse, refrain from forwarding inappropriate materials or communications; and not visiting sites that are degrading, pornographic, racist or inappropriate. Students may wish to email their concerns
5. **Respect Intellectual Property:** I will request permission to use resources. I will think deeply about any use of websites, books, media etc. I will validate information. I will use and abide by the fair use rules.
6. **Protect Intellectual Property:** I will request to use the software and media others produce. I will use free and open source alternatives rather than pirating software. I will take ownership to purchase, licence and register all software. I will purchase my music and media, and refrain from distributing these in a manner that violates their licences. I will take ownership of my behaviour and act with integrity.

7. Helpful Resources:

- Beyondblue: www.beyondblue.org.au 1300 224 636
- Headspace: www.headspace.org.au
- Kids Help Line: www.kidshelp.com.au 1800 55 1800
- Reach OUT: www.reachout.com.au
- Youth Central: www.youthcentral.vic.gov.au



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Raisingchildren.net.au – the Australian parenting website

The Australian parenting website, Raising Children provides many useful resources to help navigate the difficult landscape called adolescence. The Teenagers (video) section has short useful clips on various topics:

- Healthy lifestyle and fitness: teenagers
- Teens talk: relationships with parents
- Teenage independence
- Supporting teenage independence: rules and boundaries
- Nutrition and eating well for teenagers

[Action for Happiness](#)

‘Action for Happiness’ is an organisation that helps people take action for a happier and more caring world. The patron is The Dalai Lama and he along with other members take action to increase wellbeing in their homes, workplaces, schools and local communities.

The vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others.

They have created a monthly ‘Coping Calendar’ which is packed with actions you can take to help create a happier and kinder world as well as the 10 keys for happier living (GREAT DREAM).

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

[Want to Learn More about Mental Health Issues?](#)



If you need information relating to general mental health, physical health, work and study and alcohol and other drugs, the Headspace website has an information library where you can find tips and resources on a range of topics and issues.

The Headspace website also has a section for friends and family with information and services to help support a young person going through a tough time.

<https://headspace.org.au>

	<p>The Kids Helpline website have a section with information for kids of all ages as well as parents. Here you can find information on issues such as physical health and identity, mental health, friends, family, relationships, school, life issues and safety.</p> <p>https://kidshelpline.com.au/</p>
	<p>Stress, anxiety and feeling down can affect anyone, and in fact happens to a lot of us at some point in our lives. Youth Beyond Blue has a range of videos and resources to help you understand, do something or help someone you know.</p> <p>https://www.youthbeyondblue.com/</p>

Want to Talk to Someone – Face-to Face, on the Phone or Online?

	<p>Headspace Centres are created with young people to make them welcoming – so don't expect old men in lab coats! You can see a doctor, health worker or mental health professional – all headspace staff are experts at working with young people. Headspace Centre services are all free or low cost and what you say is kept confidential. You can find your nearest Centre at:</p> <p>https://headspace.org.au/headspace-centres/</p>
	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. You can connect 1-on-1 with a counsellor 9am – 1am, 7 days a week. It's a confidential, free and safe space to talk about what's going on. There are a number of ways you can speak to an eheadspace counsellor:</p> <ul style="list-style-type: none"> • Online chat or email - you will need to register for this service at https://headspace.org.au/eheadspace/ • Phone - 1800 650 890 • Group chat - group chats allow you to connect with people like you. Led by a Headspace professional, group chats explore a range of helpful topics
	<p>If you are experiencing a personal crisis and need to talk to someone urgently, call Lifeline on 13 11 14 for 24 hour crisis support</p>
	<p>Kids Helpline is Australia's only free and private 24/7 phone and online counselling service for young people aged 5 to 25. There are a number of ways you can speak to a Kids Helpline counsellor:</p> <ul style="list-style-type: none"> • You can speak to a counsellor over the phone for free on 1800 55 1800. This is the fastest way to talk to a counsellor.

	<ul style="list-style-type: none"> You can connect one-on-one with a Kids Helpline counsellor through WebChat. You can email a counsellor. They will try and get back to you as soon as they can, but this can take longer than contacting a counsellor by phone or WebChat <p>https://kidshelpline.com.au/</p>
	<p>They also have a parents section on their website with lots of information and there is also a parentline to help parents navigate difficult parenting dilemmas. Call 13 22 89 between 8am to midnight, 7 days a week.</p>
	<p>No matter who you are, or how you're feeling, you can talk it through with a trained mental health professional at Youth Beyond Blue. All calls and chats are one-on-one and completely confidential. There are a number of ways you can speak to a Youth Beyond Blue counsellor:</p> <ul style="list-style-type: none"> You can speak to a counsellor over the phone 24/7 on 1300 22 4436. You can connect one-on-one with a counsellor between 3pm and 12am 7 days a week by clicking on this button on their website <ul style="list-style-type: none">  Chat online  Email us You can email a counsellor and get a response within 24 hours by clicking on this button on their website <p>https://www.youthbeyondblue.com/</p>

What if it's Something Happening Online?

	<p>Most social media services have rules prohibiting cyberbullying and have a complaints/reporting tool where you can ask for cyberbullying material to be removed. If they do not remove the content within 48 hours you can make a cyberbullying complaint to eSafety at https://www.esafety.gov.au/report</p> <p>The eSafety Commissioner website has a lot of other information, tips and tricks to help Australians have safer, more positive experiences online.</p>
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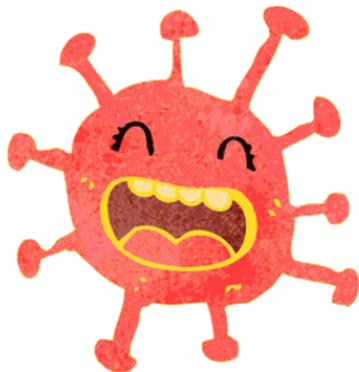
What if it's an emergency?

	<p>If you're in an emergency situation or need immediate assistance, call emergency services on 000.</p> <p>If you are using a mobile phone you can call either 000 or 112</p>
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Appendix 1: CovidBook

HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold



My name is Coronavirus

MANUELA MOLINA - @MINDHEART.KIDS
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE

I love to travel...



and to jump
from hand to
hand to say Hi

HIGH
FIVE



Have you heard about me?

YES NO

And how do you feel when
you hear my name?



Relaxed



Confused



Worried



Curious

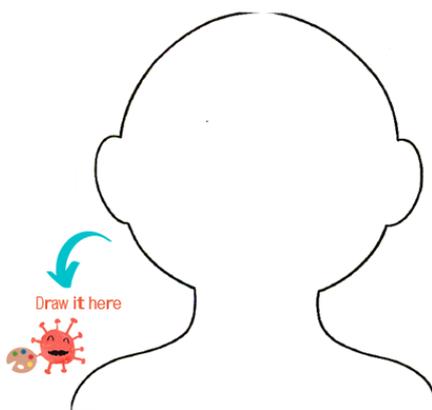


Nervous



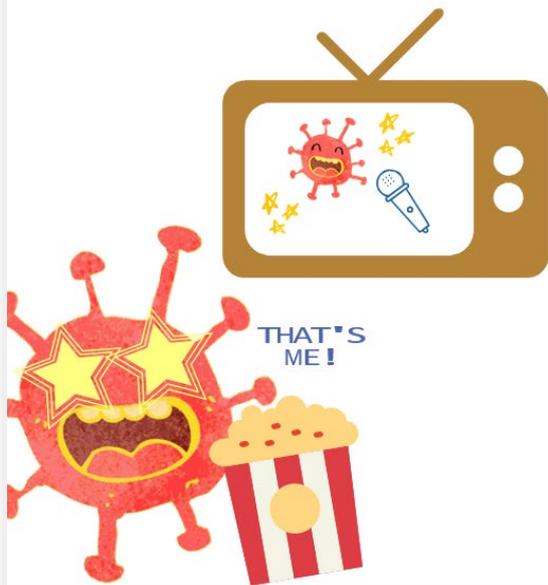
Sad

I can understand you feel...

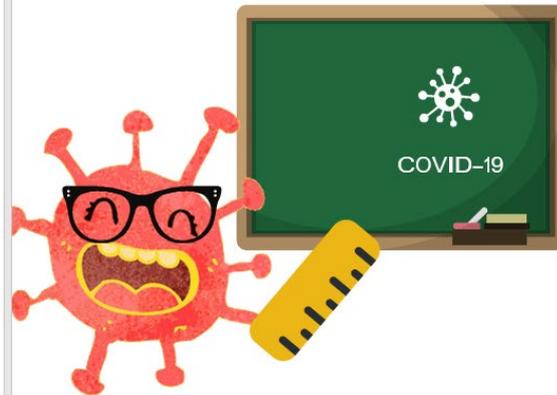


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



But I am going to explain myself...

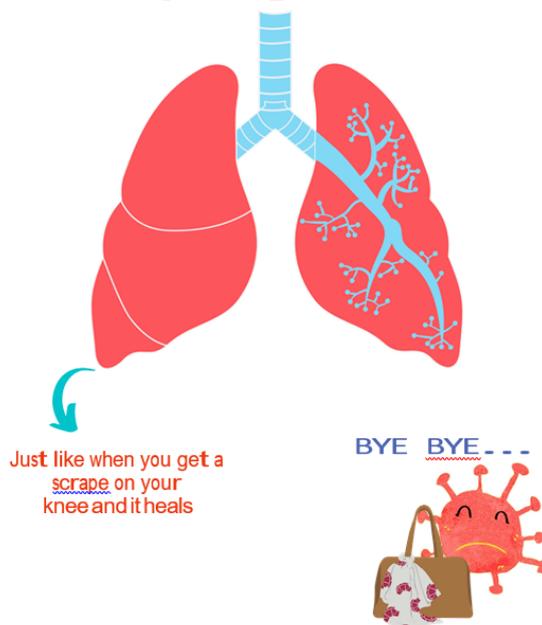


So you can understand...

When I come to visit, I bring...



But I don't stay with people for long, and almost everyone gets better



Dont you worry!

The adults who take care of you:

will keep you safe



And you can help...

1



By washing your hands with soap and water while singing a song



You can sing your favorite song, the happy birthday song, or the alphabet song

2



By using hand sanitizer and letting it dry on your hands



Without moving them count to 10

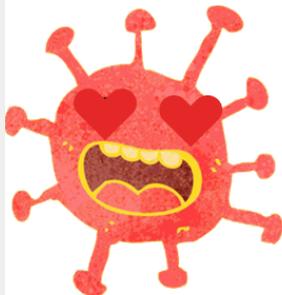
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!

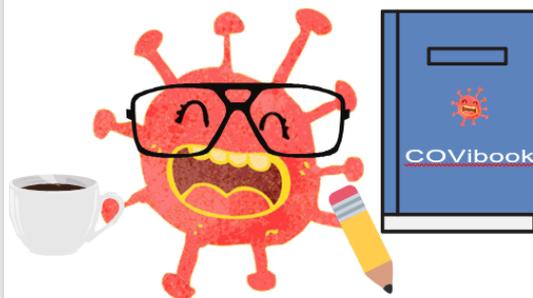
If you do all that I will not come to visit



while the doctors work to find a vaccine that will allow me to say hi without getting you sick.



THE END



Download this PDF here:

www.mindheart.co/descargables

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Appendix 2: Good hygiene practices 'everywhere and all of the time'

Protect yourself and your family

Wash your hands regularly

- 

1 Wet your hands.
- 

2 Put soap on your hands.
- 

3 Rub the soap over all parts of your hands for at least 20 seconds.
- 

4 Rinse your hands under running water.
- 

5 Dry your hands thoroughly with disposable paper towel or hand dryer.

Stay germ free and healthy

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