

24 April 2020

Wellbeing Services for Junior School Students During Covid-19

Dear Parents and Guardians,

The current Covid-19 situation has meant that all our lives have changed dramatically in a short amount of time. The Wellbeing Team at Mt. Hira College would like to acknowledge that this is a difficult time for all of us and that it is normal to be feeling overwhelmed during this transition process. The purpose of this letter is to inform you of the wellbeing support services which are available for Junior School Students during Term 2.

Following discussions with Independent Schools Victoria, we are pleased to inform you that **we are now able to offer counselling and art therapy sessions both on campus and through telehealth (online)**. These sessions are run by Victoria Sapoznikoff, a qualified teacher, counsellor and art therapist. There is also the option for your child to participate in a 4-week group art therapy program which focuses on connection and wellbeing. This will be offered both on campus and using telehealth. Please stay tuned for the flyer next week.

Face-to-face sessions

These will occur on campus from Week 3, Term 2. The safety of our students and families is our priority and therefore the school has developed strict measures for counselling services to be available on site. All sessions will take place in rooms which allow for current social distancing requirements and students and staff will sit at 1.5 metre distance from each other during sessions. Students' temperature will be checked when they arrive at school and hand sanitizer will be available around the school and in the counselling rooms.

Drop-off/pick-up arrangements

When attending face-to-face sessions, you have the option for your child to stay at school for the rest of the day. If you wish to take them home straight after, you will be asked to wait in the car during the session. This is so that we can minimize the number of people on campus at the same time.

Online counselling sessions (Telehealth)

If you prefer for your child to have online counselling (Telehealth), this can also be arranged through Microsoft Teams. Before starting the sessions, the counsellor will call you to discuss the benefits and risks of this platform and answer any questions that you may have.

Parent/Carer Support Services

Remember that to support your child, it is important to take care of you. If you ever need someone to talk to, here is a list of some support services which you can access:

Parentline: 13 22 89

Hours: 8am-Midnight/ 7 days

This is a confidential counselling service where you can talk about any issues to do with parenting and your relationship with your child. The counsellor will help you with ways to cope and connect you with services in your area.

- calls are not time limited; you can call back as many times as you need
- you can ask to talk to a male or female counsellor
- translation and interpreting service available

Griefline: 1300 845 745

Hours: 8 a.m. – 7 p.m. / 7 days

This is a confidential grief counselling support service.

Please note that this line also includes issues relating unemployment; financial problems; migrant and refugee support; carer support.

Lifeline: 13 11 14

Hours: 24 hours/7 days

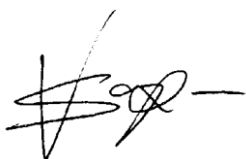
This is a confidential crisis support service. Your call is answered by a trained counsellor who will listen to you and provide immediate support and referral. Remember, a crisis is an individual reaction to an event or experience. Such events can include: relationship difficulties, loss, health issues, trauma, work or study pressure. You do not need to be suicidal to call.

Further Information

Counselling services will resume on Monday 27th April and will be available both on campus and online on Mondays, Tuesdays, Thursdays and Fridays during school hours.

If you would like for your child to access any of these services or have any questions, please contact Ms. Victoria Sapoznikoff (Junior School Counsellor) via the College Office – (03) 9709 0100 or by emailing victoria.sapoznikoff@mthira.vic.edu.au

Kind regards,



Ms Victoria Sapoznikoff
Junior School Counsellor



Ms Sue Apak
Head of Wellbeing