



CESSNOCK HIGH SCHOOL

We are present, we are kind and we give our best.

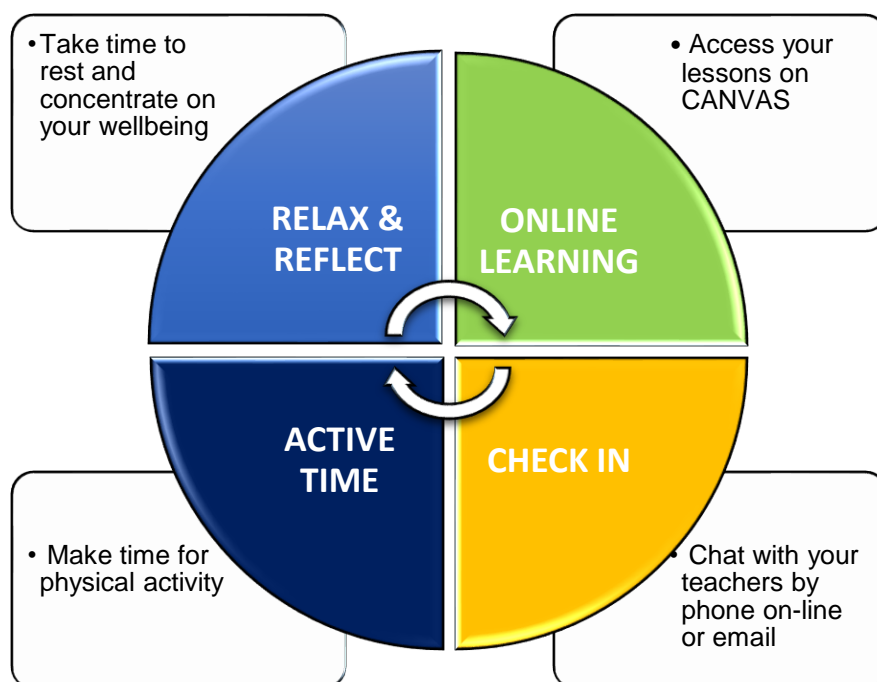
Principal
Mr Peter Riley

EST. 1937
What e'er you do, do well

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GUIDE FOR RELAX & REFLECT



RELAX AND REFLECT ACTIVITIES

5 WAYS TO WELLBEING

MENTAL HEALTH SUPPORTS

RELAX AND REFLECT ACTIVITIES

Here are some suggested activities for your 'relax and reflect' time, to support your wellbeing during lockdown and when working from home.

Aim to complete one row each day!


Tick when complete	CONNECT	HELP OTHERS	KEEP LEARNING	BE AWARE	BE ACTIVE
	Call a relative you don't see often and ask how they are	Clean out your old clothes and toys and donate them	Look up a recipe online and cook it for your family	Do some colouring in with minimal distractions	Go for a 20-minute walk to get some fresh air
	Write a letter to a grandparent	Cook a meal today or wash the dishes	Read a book or article on a topic which interests you	Build something out of putty or clay	Try an online boxing or fitness lesson
	Eat dinner as a family and talk about your day	Ask your family if they need help with any tasks	Look up which plants and animals are local to our area	Complete a mindfulness session on Headspace or Smiling Mind	Do some beginners yoga online
	Check in with your teachers and school staff daily	Reach out to your friends and family and ask how they are going	Learn and use 10 words in a different language	Go for a walk and pay attention to the plants and animals you see	Find a skipping rope and skip at least 100 times
	Do a painting challenge with your family and make a portrait of each other	Do something kind for a family member or friend	Fix something broken in the house	Switch off your electronic devices for 30 minutes and have some quiet time	Do 50 star jumps and 50 burpees

Remember, if you would like to check in with a wellbeing staff member at school, complete the Form below and we will be in touch with you!

<https://forms.gle/HjRGVR28XGdmFhJX6>

5 WAYS OF WELLEBING



 Connect	https://education.qld.gov.au/curriculum/learningfromhome/wellbeing-activities-booklet.pdf
 Be Active	https://cessnock-h.schools.nsw.gov.au/content/dam/doe/sws/schools/c/cessnock-h/at-home-learning-/How to Guide - Stay Active.pdf https://www.popsugar.com/fitness/Name-Challenge-Workout-44530548
 Keep Learning	https://cessnock-h.schools.nsw.gov.au/content/dam/doe/sws/schools/c/cessnock-h/at-home-learning-/How to Guide - Online Learning 060821.pdf
 Be Aware	https://education.qld.gov.au/curriculum/learningfromhome/wellbeing-activities-booklet.pdf
 Help Others	https://education.qld.gov.au/curriculum/learningfromhome/wellbeing-activities-booklet.pdf

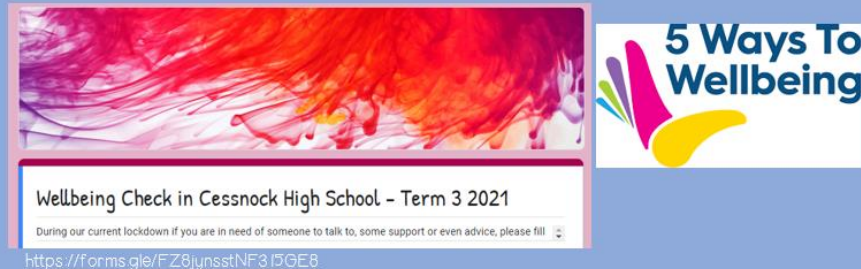
MENTAL HEALTH SUPPORTS

COVID-19 MENTAL HEALTH SUPPORTS

Lockdown is a challenging time for us all. If you feel at any time that you need support, here is a list of possible avenues:

School-based supports:

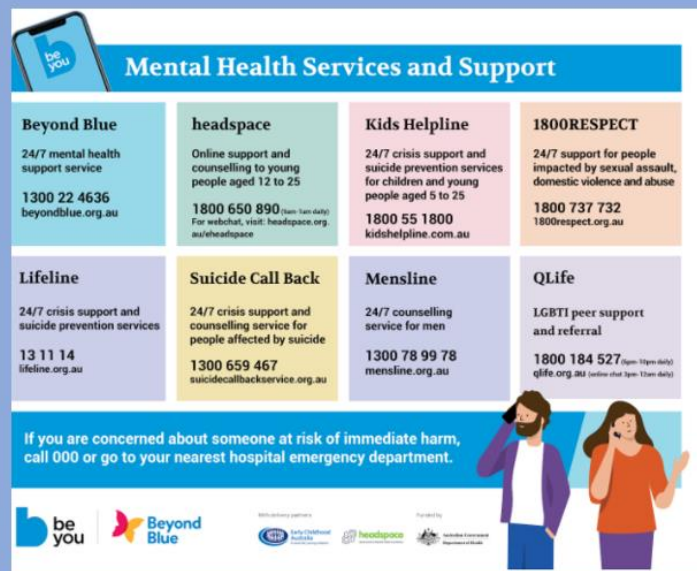
Complete the survey below, and based on your responses, the appropriate staff member will be in contact with you.



The image shows a survey form titled "Wellbeing Check in Cessnock High School - Term 3 2021". It features a colorful abstract background on the left and the "5 Ways To Wellbeing" logo on the right. The form includes a dropdown menu with the text "During our current lockdown if you are in need of someone to talk to, some support or even advice, please fill". Below the form is a URL: <https://forms.gle/FZ8junsstNF315GE8>.

External supports:

Below are some suggestions regarding external agencies who offer mental health and wellbeing support:



The image is a poster titled "Mental Health Services and Support". It lists various services and their contact information:

Beyond Blue	headspace	Kids Helpline	1800RESPECT
24/7 mental health support service 1300 22 4636 beyondblue.org.au	Online support and counselling to young people aged 12 to 25 1800 650 890 (tues - tues daily) For webchat, visit: headspace.org.au/headspace	24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline	Suicide Call Back	Mensline	QLife
24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	24/7 counselling service for men 1300 78 99 78 mensline.org.au	LGBTI peer support and referral 1800 184 527 qlife.org.au (online chat 3pm - 11pm daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

The poster also features logos for "be you", "Beyond Blue", "headspace", and "Mensline", along with an illustration of two people talking on the phone.

<https://forms.gle/iwAUjT854HbweMEY6>

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/young-people-aged-14-25.html>

<https://www.esafety.gov.au/key-issues/covid-19>

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>