



**REMOTE LEARNING:
GUIDE FOR PARENT and STUDENT
with
GREATER SHEPPARTON SECONDARY COLLEGE (GSSC)**

TERM 3, 2020

A MESSAGE FROM THE GSSC LEADERSHIP TEAM

As you are aware the situation regarding coronavirus (COVID-19) continues to evolve. The Greater Shepparton Secondary College school leadership team would like to take this opportunity to thank you for your support with the previous period of remote and flexible learning and request that you will continue this support as we move into the second one.

The Victorian government has now advised that all schools across Victoria will move to remote and flexible learning until the end of Term 3.

This means that all students who can learn from home must learn from home.

All students will be learning from home, except for children on days when they are not able to be supervised at home and no other arrangements can be made. This is not an action being taken lightly and I understand it may cause you and your family concern and stress. Please know that this step is being taken to slow the spread of the virus and ensure the health and safety of all Victorians.

Students with a disability, those who are deemed vulnerable and students of essential workers may apply to attend school when parents are unable to supervise them. An application form is available on Compass, which must be filled out by Wednesday each week. Families will be notified on Fridays if their child can attend school for the following week.

While some teachers have been rostered on to supervise students on-site, most will be working from home. All of them have been working hard to put curriculum plans in place to ensure continuity of learning and to support the wellbeing of our students.

All students will need access to a computer and the internet as students' Learning Tasks will be posted on Compass and teachers will be teaching on-line using Teams. Students were loaned the school's laptops in the first period of remote learning and still have those. We have extra dongles for access to the internet for families who need them. Please contact the general office on your campus if you need assistance.

Students and families may have questions around remote learning but please know that the GSSC team is here to help. We recognise that families will be facing very different circumstances and pressures at this time and will be doing our best to work with you to provide quality learning in a way that is achievable for you and your family.

GSSC is committed to working with families to support children to be engaged, challenged, creative, and safe while learning at home. We have gathered information regarding remote learning and how it will be implemented at Greater Shepparton Secondary College and hope you find this resource helpful.

Thank you for your support during this time.

Genevieve Simson, Stephen Bolton, Ken Murray, John Sciacca, Megan Michalaidis, Nicholas Bamford

ABOUT THIS REMOTE LEARNING RESOURCE

The aim of our remote learning program is for GSSC to continue to provide an effective and meaningful education for all students. This resource describes how we can work together to provide quality learning experiences for students, and in particular how parents and carers can best support their children during this time.

Different subjects and age groups will require different approaches to remote learning. The GSSC teaching staff have worked collaboratively to develop appropriate content and learning activities relevant to the subject, curriculum and the skills being learned.

Where possible, technologies and ways of learning will continue to be those with which teachers and students are familiar. Common to all classes and modes of instruction will be the use of Compass and Microsoft Teams.

- There may be device and internet access issues for some students, families and staff. Students and families should contact the below numbers if they require support in gaining access to remote learning technology or content.



- **Compass Helpline** will be available from **8.30am to 3.30pm** on **03 4804 5600**.
- **IT Support Helpline** will be available from **8.30am to 3.30pm** on **03 4804 5600**.

TIMETABLE FOR REMOTE LEARNING

Students recommenced remote learning on Wednesday 5th August, 2020.

GSSC will operate to a slightly modified school timetable, which is four (4) periods per day. Teachers will be scheduling their live video lessons and making themselves available to students during the usual timetabled hours for each class, as this helps to avoid clashes. While it is best if students attend online classes at the scheduled time, video lessons will be recorded where it is appropriate to do so, thus allowing students to catch up on missed instruction. Class teachers will notify students of when live video lessons are scheduled via the class newsfeed on Compass.

Below is a summary of the daily schedule for the period of remote learning:



9:00 – 10:10am	Learning Session 1
10:10 – 11:20am	Learning Session 2
11:20-11:50am	<i>Recess/Physical Activity</i>
11:50am-1:00pm	Learning Session 3
1.00 – 2:05pm	<i>Lunch/Physical Activity</i>
2.05-3.15pm	Learning Session 4

INFORMATION FOR PARENTS & CARERS

When you start to think about helping your child to learn from home please remember that no one expects you to be a teacher or subject matter expert. The most important thing you can do is continue to provide routine, support and encouragement to your child.

You can support your child to learn from home by keeping up to date with GSSC school communications.

We will:

- provide learning activities for your child to undertake;
- communicate with parents and students through our normal channels, for example via Compass, Microsoft Teams, the GSSC school website, school newsletter and email;
- advise parents and students about the online tools your child can use to support their learning from home.

If you do not have a computer device or internet at home, please let us know using Compass, or through contact with your child's Learning Mentor.

We have summarised the things that students, parents/carers and teachers can do to get the most out of this period of remote learning below.

Students	Parents/Carers	Teachers
<p>Try to follow your normal school day and timetable arrangements.</p> <p>Establish a quiet space for your study. Remove distractions from your study space. It is recommended that this space not be a bedroom.</p> <p>Maintain a routine, get up at the same time, eat breakfast and get dressed appropriately ready for learning.</p> <p>Have your laptop charged and have learning resources for your subjects organised.</p> <p>At the start of each school day check your Compass newsfeed, emails, learning tasks, and check for scheduled meetings.</p> <p>Plan the schedule for your day in your GSSC Student Planner. Set goals and note due dates for work submission.</p> <p>To record your attendance for each day login to Teams and message your Learning Mentor by 10:00 am.</p>	<p>Assist with a routine using the normal school day and timetable as a guide.</p> <p>Establish a quiet space for your child to learn.</p> <p>Provide a level of supervision appropriate to your child's stage of development</p> <p>Check in regularly with your child and ask questions about how they are feeling, their preparation for learning, activities, priorities, progress in completing tasks and anything they would like help with.</p> <p>Monitor and manage your child's screen time – ensure they are having regular breaks from the screen.</p> <p>Encourage good nutrition, hydration, sleep and physical activity habits. It is recommended that children from 12 – 18 years should have 8 – 10 hours of sleep per night.</p>	<p>Learning Mentor teachers will monitor attendance via Microsoft Teams.</p> <p>Planning a weekly remote learning task for all classes, making resources and teaching materials available on Compass and Microsoft Teams.</p> <p>Using Microsoft Teams to schedule live video lessons and interactive contact with students during school hours. Social media platforms such as Facebook, WeChat, Instagram etc; should not be used.</p> <p>Continue to follow assessment and feedback procedures.</p> <p>Provide an opportunity for students to demonstrate their understanding through a variety of learning/assessment tasks.</p>

<p>Participate in learning and discussions on Teams.</p> <p>Do your best work when completing tasks, and do it with integrity and academic honesty.</p> <p>Be proactive in communicating with your teachers, and raise any concerns or issues.</p> <p>Eat well, take breaks and drink sufficient water during the day.</p> <p>Physical activity is essential for maintaining good health in both mind and body.</p> <p>Complete the work that has been set for you, on time.</p> <p>Follow the GSSC behaviour guidelines as outlined on the SWPBIS matrix.</p> <p>Collaborate and support your classmates.</p>	<p>Speak with your child about online safety to help them to make good digital choices and communicate respectfully using technology.</p> <p>Discuss with your child the expectations that have been outlined in the GSSC Schools ICT Acceptable Use Agreement.</p> <p>Communicate with teachers during normal school hours.</p>	<p>Assessing submitted work and providing feedback via Microsoft Teams and Compass.</p> <p>Responding to student or parent emails within a reasonable timeframe and during normal school hours.</p> <p>In addition to the live video lessons each week, teachers might also make pre-recorded video content available for the other lessons.</p> <p>All remote learning tasks will be made available to students on the Compass platform. These tasks will be visible to both students and parents.</p> <p>Monitor student online presence and report any behaviours that breach the GSSC Schools ICT Acceptable Use Agreement.</p>
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FOR STUDENTS

Create your Learning Space

This is preferably a quiet space that is free from distraction, and where you can create a good space for learning. Some tips:-

- Have all of your learning resources handy, including Information Technology, stationery, textbooks and learning resources.
- When you are in your study space, **put away and turn off anything you don't need**. Give yourself the chance to learn effectively by turning off devices, closing webpages, and switching the TV off.
- Make sure your learning space has adequate lighting and airflow.
- Make sure your learning space is suitable in terms of furniture and your posture, ie: a laptop on your legs is not going to be good for your body.



Be Realistic

- It is unrealistic to think that you will be sitting at a computer from 9:00am to 3:15pm.
- The four (4) period timetable that GSSC uses will be helpful during this period of remote learning, as you will usually only need to think about 4 subject areas in a day.
- Take note of when your teachers are scheduling the live video lessons each week and try your best to attend these at the set time. If you cannot make it, however, take the time to go back and view the recorded lesson in Microsoft Teams and complete the set independent work tasks when you can. You will have one week to complete and submit each remote learning task on Compass.
- Build a daily checklist and routine for yourself, something like:
 - ✓ Have breakfast, get dressed
 - ✓ Be ready for learning by 9.00am each day
 - ✓ Check in with my Learning Mentor on Microsoft Teams each day for attendance
 - ✓ Monitor my emails and Teams regularly
 - ✓ Use my GSSC Student Planner to:
 - Plan my time
 - Write down questions I have for my teachers so I don't forget
 - Record assignment due dates
 - Record when my teacher wants to videoconference with my class
 - ✓ Use your breaks to do things away from a screen – connect with nature, exercise, practice mindfulness, do yoga, create, bake, draw and paint, connect with family, help with jobs.

Participate

Your teachers will deliver regular live video lessons in Microsoft Teams with your class (at least once per week for most classes). Year 12 classes will have all their lessons on-line as per their normal timetable. Your teacher will let you know when this will happen in advance via the class newsfeed on Compass. Use your Student Planner to plan ahead. When a teacher has set a due date for work to be submitted, this is just the same as if you were at school. The expectation is that you will complete your weekly remote learning tasks and submit them via Compass, just as if you were on campus (except electronically).

Try not to get distracted. Don't use social media while learning online.

Be Responsible

One of our school values is Responsibility. During this period of remote learning, you can demonstrate your responsibility by:-

1. Keeping a tidy learning space, set up to help you succeed with your learning
2. Being ready to start your school day on time with your device charged and learning materials available
3. Regularly checking your emails, Compass (newsfeed and remote learning tasks) and Microsoft Teams to make sure you have all of the information you need for learning
4. Checking in with your Learning Mentor teacher by 10:00 am each day for attendance
5. Wearing appropriate casual clothing
6. Do your best work by completing tasks with integrity and academic honesty
7. Making sure you have your Technology ready for learning:



CHECK Your computer/technology is fully charged each day & ready for you to use



CHECK You can access Compass



CHECK You can access Microsoft Teams:

If you are having difficulty you can seek additional information here:

<https://www.gssc.vic.edu.au/learning-from-home>

Make sure you follow the GSSC ICT Users Agreement Policy and use Information Technology responsibly. A reminder about what this means:

- Everything you do online in any of the GSSC online learning spaces involves interaction with GSSC staff and teachers. All interactions and communication must be respectful, consistent with what we expect of each other in a school classroom environment.
- Students must not record, alter, share or forward any video or audio footage generated by GSSC teaching staff.
- Check your student privileges and responsibilities, which are outlined in the ICT User Agreement.

<https://www.gssc.vic.edu.au/policies-new/218-digital-technologies-ict-agreement-appendix-a/file>

Learning using Microsoft Teams

When a teacher arranges a lesson via Microsoft Teams with a small group or your whole class, please make sure you have ready and understand the following:-



- Wear appropriate clothing and behave in a manner that meets the GSSC Statement of Values and School Philosophy
<https://www.gssc.vic.edu.au/policies-new/234-statement-of-values-and-school-philosophy/file>
- Set up your device. When the video function is turned on, you can either select a background or blur your background to enhance privacy.
- You should be sitting at a desk or table - not on your bed or bedroom floor or in front of the television.
- Maximise time with your teacher in terms of interaction with them. Clarify learning tasks and requirements, so that you are clear on what you need to do.
- If you do not feel comfortable using the video function in Microsoft Teams, you can switch the video off and use just audio. It is suggested that you dial in at first with your video on to greet your teacher and students and then switch your video off if you feel
- more comfortable. Bear in mind that it can be difficult to stay engaged in a class if you are just listening.
- Do not use Microsoft Teams to chat with, video or audio call another student. Your access is provided for your school learning purposes only.
- All of your interactions in Microsoft Teams – text, audio and video – may be monitored by the GSSC Information Technology department.

What to expect

- Please use email to contact an individual subject teacher or use Microsoft Teams if advised by your subject teacher.
- Teachers will respond to messages outside of timetabled sessions however after 4.00pm you should not expect a response until the following day. After this time teachers will be busy with marking and preparing further resources
- If your teacher becomes unwell you will be notified via Compass that they will be unavailable on that day.

Completing Assessments

Assessments designed to be completed at home will still need to be submitted according to your teacher's instructions. If you are unable to meet a deadline you

need to be proactive in contacting your teacher for that subject, just as you would if you were at school.



Teachers will determine assessments that are appropriate for home learning and these tasks will be made available on Compass. There may be some exceptions for this (for example, Year 12 practical assessments), however any alternative arrangements will be communicated in advance by class teachers.

It is GSSC's expectation that all students will complete assessment tasks with integrity and academic honesty. Simply speaking, this means that all work you submit **must be your own work**.

For practical subjects, teachers are doing their best to adapt the practice aspects to an online format. Some teachers will ask to focus on the theory tasks and postpone the practical tasks until you return to campus. Your teacher may ask you to complete tasks that were not originally planned for your subject, but the teacher thinks will extend your understanding of the subject concepts.

VCE/VCAA

The Victorian Curriculum and Assessment Authority are providing regular updates to schools. We are monitoring the situation and the updates from the VCAA, and will action appropriately.

FOR PARENTS

We understand that most parents are not teachers and that many of you will also be juggling work and family commitments while your child learns from home.

Our commitment is to work with you and your child in terms of their education, knowing that this is a new practice for everyone and that our teachers will also be working from home. We do not expect you to fulfil the role of teacher for your child, but there are some helpful things you can do to support them.

Helping your child to create their Learning Space

Try to create a quiet and comfortable learning space that is suitable for this form of learning. Your child may have a place for doing homework under normal circumstances, but this may not be suitable for the remote learning we will be doing for this period of time.

Learning spaces for students should be quiet and be conducive to learning.

Checking In

Start and finish each day with a check-in with your child. Some students can find remote learning challenging – some struggle with a lack of structure or face to face contact with their teachers, some struggle with the use of technology, some may find the responsibility for their own learning overwhelming. Starting and ending each day with a check-in can help your child:

- Clarify and understand the instructions they get from their teachers
- Help them organise themselves and set priorities for their learning at home

Check-ins can help to keep students on track. Do your best to ask one or two open-ended questions at each check-in, rather than questions which could be answered with “yes” or no”. Some suggestions on how you might check-in with your child in the morning and afternoon:-

In the morning you could ask:	In the afternoon you could ask:
What subjects are you studying today? What are your learning objectives or goals? Do you have any live video lessons scheduled for today? What learning tasks or assignments do you have coming up? How will you be spending your time? What do you need to ask your teachers about today? What resources do you need? What support do you need? How can I help today?	What did you learn today? What was the best thing that happened at school today? Consider three things that went well today – Why were they good? What was challenging? Do you need to ask your teacher any questions? Do you need help with something to make tomorrow more successful?

Establish routines and expectations

It is important to develop a routine to support your child as they learn from home. This is important for them and also for family members, to provide an environment that encourages learning.

Parents and carers can assist by:-

- Monitoring communications from the school and teachers
<https://www.gssc.vic.edu.au/learning-from-home>
- Establishing structures and routines for your children that will work within your family environment, knowing that GSSC is adopting the basic structure of a school day as a guide
- Encouraging regular physical activity and exercise breaks
- Encouraging healthy eating habits and making sure they drink enough water
- Providing a level of supervision suitable to your child’s stage of development

- Checking in with your child (as above) and making sure they are being realistic in terms of what they can achieve and how they are going
- Providing opportunities for your child to talk about how they feel and listening to what they say
- Understanding that this change in learning mode will take some children time to adjust to, as it will be a new routine and they won't be seeing their friends in person
- Working with your child and GSSC staff to identify any specific actions that they can take by themselves or with you, to address any concerns they have
- Ensuring students get enough sleep at night, so that they are ready to learn the following day
- Monitoring your child's screen time
- Checking in with your child regularly, and being mindful that bullying can occur online. If you think this is happening, support is available via Neighbourhood Leaders or House Leaders.

Managing Screen Time and Online Safety

You should not need to understand how to use tablets or laptops. Most children have been using them at school and are familiar with how to use them.

However as your child will be spending time online, it is important that you speak with them about online safety. This will help them to make good digital choices and use information and communication technologies responsibly.



You may wish to speak to your children about ensuring they:

- use only the online tools recommended by their school or the Department of Education and Training (DET)
- appropriately use digital platforms, privacy and information protection
- are respectful when communicating online, just as they would be when speaking face-to-face
- use digital devices in open areas of the home or spaces that you have agreed are appropriate
- know the boundaries that have been set within your family in relation to online safety and screen time
- using parental controls in apps and devices to monitor and limit what your child does online
- setting time limits for using devices during non-school hours
- turning on or reviewing privacy settings to restrict who contacts your child in apps and games

The following links provided by the e Safety Commissioner are useful

- <https://www.esafety.gov.au/about-us/blog/covid-19-keeping-schools-and-learning-safe-online>
- <https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

Screen time refers to the amount of time a user spends on an electronic device to access on screen content or activities. There are limits as to the amount of time everyone should spend online. It is important that we all keep a balanced approach to home learning. Time spent using digital devices for learning should be broken up with physical exercise and offline learning tasks.

Managing screen time and working with your child to avoid distractions from online socialising and gaming will be beneficial to their education.

Children with Additional Needs

If your child has additional needs a member from the wellbeing team will be in contact with you to discuss your child's individual learning needs and supports.

This resource could help you with supporting your child's learning at home - <https://www.education.vic.gov.au/parents/additional-needs/Pages/disability-support-home.aspx>

For parents and carers of children with learning difficulties, a comprehensive resource *Understanding learning difficulties for parents: a practical guide* can be downloaded from www.uldforparents.com This guide provides parents and carers with practical advice about learning difficulties as well as a list of recommended apps.

Attendance Recording

Attendance will be monitored daily. All students must contact their learning mentor via Microsoft Teams to indicate that they are present for the day of learning by 10:00 am each day.

Literacy & Numeracy Resources

In addition to the resources and materials that your school will provide, you could use the following resources to support your child as they learn from home:

Literacy and Numeracy:

Tips for parents and carers to build their child's literacy and numeracy skills can be downloaded from the www.education.vic.gov.au. Search: *get involved in literacy and numeracy*



Premiers' Reading Challenge:

The challenge encourages children and students from birth to Year 10 to read a set number of books over the year and record their efforts online. Register at www.education.vic.gov.au. Search: *premiers reading challenge*

Mathematics and numeracy at home:

Parents and carers play an important role in helping develop their child's numeracy skills. Advice and resources for families can be downloaded from www.education.vic.gov.au

Search: *mathematics and numeracy at home*

CONTACTING GREATER SHEPPARTON SECONDARY COLLEGE

General enquiries:

Email Greater.Shepparton.SC@education.vic.gov.au

Website <https://www.gssc.vic.edu.au/>

Compass <https://gssc-vic.compass.education/>

Teams per campus

Position	Staff	Campus	Email
Campus Principal	John Sciacca	McGuire	John.Sciacca@education.vic.gov.au
Assistant Principal	Anna Sloane	McGuire	Anna.Sloane@education.vic.gov.au
Assistant Principal	Julie Jerome	McGuire	Julie.Jerome@education.vic.gov.au
Assistant Principal	Ian Goldrick	McGuire	Ian.Goldrick@education.vic.gov.au
Student Support Team Leader	Simone Nolan	McGuire	Simone.Nolan@education.vic.gov.au

Campus Principal	Stephen Bolton	Mooroopna	Stephen.Bolton@education.vic.gov.au
Assistant Principal	Stacie Lundberg	Mooroopna	Stacie.Lundberg@education.vic.gov.au
Assistant Principal	Karen Utber	Mooroopna	Karen.Utber@education.vic.gov.au
Student Support Team Leader	Kerrie Young	Mooroopna	Kerrie.Young@education.vic.gov.au

Campus Principal	Ken Murray	Wanganui	Ken.Murray@education.vic.gov.au
Assistant Principal	Amy Gallacher	Wanganui	Amy.Gallacher@education.vic.gov.au
Assistant Principal	Kirsten Tozer	Wanganui	Kirsten.Tozer@education.vic.gov.au
Assistant Principal	Xavier Tanner	Wanganui	Xavier.Tanner@education.vic.gov.au
Student Support Team Leader	Robyn McCully	Wanganui	Robyn.Mccully@education.vic.gov.au

Neighbourhood and House Leaders per campus

Position	Staff	Campus	Email
Neighbourhood Leader	Lynn Bentley	Mooroopna	Lynn.Bentley@education.vic.gov.au
Neighbourhood Leader	Kylie Hoskin	Mooroopna	Kylie.Hoskin@education.vic.gov.au
Neighbourhood Leader	Ben Murphy	Mooroopna	Ben.Murphy@education.vic.gov.au
Neighbourhood Leader	Susan Kerwin	McGuire	Susan.Kerwin@education.vic.gov.au
Neighbourhood Leader	Julie Hannan	McGuire	Julie.Hannan@education.vic.gov.au
Neighbourhood Leader	Tom Robinson	McGuire	Thomas.Robinson@education.vic.gov.au
Neighbourhood Leader	Cate Eddy	Wanganui	Cathy.Eddy@education.vic.gov.au
Neighbourhood Leader	Alison Smith	Wanganui	Alison.Smith.3@education.vic.gov.au
Neighbourhood Leader	Zarina Fleming	Wanganui	Zarina.Fleming@education.vic.gov.au

Position	Staff	Campus	Email
House Leader (Years 7-12)	1. Tara Warnett	Wanganui	Warnett.Tara@education.vic.gov.au
	2. Trish Walker	Wanganui	Trish.Walker@education.vic.gov.au
	3. Dan Watson	Wanganui	Daniel.Watson@education.vic.gov.au
	4. Mitch Jones	Wanganui	Mitchell.Jones@education.vic.gov.au
	5. Robyn Hough	Wanganui	Robyn.Hough@education.vic.gov.au
	6. Myf Saxton	Wanganui	Myfanwy.Saxton@education.vic.gov.au
	7. Scott Ilsley	Wanganui	Scott.Ilsely@education.vic.gov.au
	8. Amanda Elliott	Wanganui	Amanda.Elliott@education.vic.gov.au
	9. Vince Branigan	Wanganui	Vincent.Branigan@education.vic.gov.au
	10. Julie Natalizio	McGuire	Julie.Natalizio@education.vic.gov.au
	11. Leigh McIntyre	McGuire	Leigh.Mcintyre@education.vic.gov.au

	12. Kathryn Keen	McGuire	Kathryn.Keen@education.vic.gov.au
	13. Daniel Napolitano	McGuire	Daniel.Napolitano@education.vic.gov.au
	14. Mary Calandro	McGuire	Maria.Calandro@education.vic.gov.au
	15. Jamie De Smit	McGuire	Jamie.Desmit@education.vic.gov.au
	16. Kristen Pritchett	McGuire	Kristen.Pritchett@education.vic.gov.au
	17. Georgie Schofield	McGuire	Georgina.Schofield@education.vic.gov.au
	18. Daniel Johnson	McGuire	Daniel.Johnson2@education.vic.gov.au
	19. Devon Hellyer	Mooroopna	Devon.Hellery@education.vic.gov.au
	20. Kylie Hoskin	Mooroopna	Kylie.Hoskin@education.vic.gov.au
	21. Jim Sheehan	Mooroopna	James.Sheehan@education.vic.gov.au
	22. David Sidebottom	Mooroopna	David.Sidebottom@education.vic.gov.au
	23. Guilia Rigoni	Mooroopna	Giulia.Rigoni@education.vic.gov.au
	24. William Lees	Mooroopna	William.Lees@education.vic.gov.au
	25. Georgia Campbell	Mooroopna	Georgia.Campbell@education.vic.gov.au
26. Cathy Falk	Mooroopna	Cathy.Falk@education.vic.gov.au	

VCE and VCAL Leader

Position	Staff	Campus	Email
VCE Leader	Tarsh Boyko	Wanganui	Natasha.Boyko@education.vic.gov.au
VCAL/VET	Greg Bristol	Wanganui	Gregory.Bristol@education.vic.gov.au
Careers Leader	Graeme Crosbie	Wanganui	Graeme.Crosbie@education.vic.gov.au


All teachers can be contacted via Compass

WELLBEING SUPPORT

During these uncertain times some people will be impacted emotionally or will find that pre-existing mental health conditions might worsen. We also know that help seeking will be different during these times and that will add another challenge. However, our staff at Greater Shepparton Secondary College are committed to helping you during these times. Below is a list of general supports that students and families can access, including information on wellbeing supports, but also support regarding COVID-19 and also parent line.

General Supports

Name	What do they do	Opening times	Contact
 Kids Helpline	Counselling service for people aged between 5 and 25	24/7	1800 55 1800 https://www.kidshelpline.com.au
 eheadspace Online Counselling Service	Provide mental health support for young people aged 12–25	Telephone: 9am to 1am Online counselling: 1pm to 1am	1800 650 890 https://headspace.org.au/eheadspace/
 Beyond Blue	Depression and anxiety support	24/7	1300224636 www.beyondblue.org.au (Chat online or email)
 Lifeline 13 11 14	Crisis support, suicide prevention	24/7	13 11 14 www.lifeline.org.au (email, web chat)
 GriefLine	Support for experiencing loss and grief	12 noon–3 am/7 days	1300 845 745
 safe steps	Support to leave violent situation and access emergency crisis accommodation	24 hours/ 7 days	1800 015 188

For health information			
Nurse on call	Expert health advice from a nurse	24 hours/7 days	1300 60 60 24
DHHS	Corona Virus Information		https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19
Parent Support			
Parent line 	Support for Parents and carers with children from birth to 18 years	8 am–midnight/7 days	13 22 89

School Wellbeing Supports

Our school has a number of staff that will continue to be available to support students. If you need help or support please make connect with a staff member (teacher, support staff), they will assist with engaging our wellbeing staff to help.

Position	Name	Phone and/or Email
Director of Wellbeing and Inclusion	Nicholas Bamford	Nicholas.Bamford@education.vic.gov.au
Assistant Principal - Wellbeing and Engagement (Mooroopna)	Karen Utber	Karen.Utber@education.vic.gov.au
Student Support Team Leader (Mooroopna)	Kerrie Young	Kerrie.Young@education.vic.gov.au
Assistant Principal - Wellbeing and Engagement (McGuire)	Anna Sloane	Anna.Sloane@education.vic.gov.au
Student Support Team Leader (McGuire)	Simone Nolan	Simone.Nolan@education.vic.gov.au
Assistant Principal - Wellbeing and Engagement (Wanganui)	Xavier Tanner	Xavier.Tanner@education.vic.gov.au
Student Support Team Leader (Wanganui)	Robyn McCully	Robyn.Mccully@education.vic.gov.au