

So now you'll be working from home...

The Student Services team here at Chancellor have put together a few tips to ensure that you can be productive, healthy and stay afloat during these challenging times.



CHANCELLOR
STATE COLLEGE

The best we can be

CARE

Self-care / Care for others

B.E.D.S.

Balance – it is important to have a mix between fun, rest, casual work commitments, study and home responsibilities.

Exercise – recommended exercise is at least 30 minutes of aerobic activity three times per week (e.g. walk, run, workout app). Research shows there is a direct link between regular physical activity and robust mental health.

Diet – Healthy eating (fresh fruit and vegetables, protein, plenty of water) ie. minimal treats.

Sleep – Don't oversleep and don't under sleep. The recommended amount of sleep for teenagers is 8–10 hours/night.

Hygiene

Safe distance – Personal space (keeping a bubble around you) is critical. The Australian Government recommends 1.5m minimum.

Washing hands – Before eating anything, always wash your hands for 20 seconds with soap and water.

Etiquette – Be considerate of others if you have a cough/when sneezing.

Be Positive and Proactive

Notice when things are not quite right:

- Trouble sleeping or getting out of bed
- Head is full or feels overloaded
- Challenges in your relationships
- Feeling low or lonely
- Missing school and social connections

What to do:

- Talk to someone (family, friends via social media)
- Check out some key websites



ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.

<https://au.reachout.com/collections/coping-during-coronavirus>



Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs).

<http://www.kidshelpline.com.au/> 1800 55 1800 (Phone: 24hrs)



The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

<http://www.thedesk.org.au/>



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.

<http://www.headspace.org.au/> 1800 650 890

COURTESY

It's not about me!

You are helping others if you stay well and healthy. It is imperative you take the government's messages seriously:

- Don't mingle with friends
- No parties or gathos
- "She'll be right mate" doesn't cut it in this context

When living in close confines over an extended period, tensions are sure to rise. It's only natural. Practise patience, consideration of others and putting others first. Remember, time is something we have gained.

Parent tip: Limit your child's exposure to news. Too much bad news is not a good thing. Spending time talking is the best thing you can do. Keep updates brief and stick to known facts.

See website: <https://headtohealth.gov.au/covid-19-support/covid-19>

COOPERATION

The Chancellor way we work together!

Stay in touch with your teachers and stay in touch with your friends.

Nothing can replace face-to-face contact with your peers and teachers, but having the right attitude and approaching your new learning method with a positive frame of mind will ensure that we can continue to move forward and achieve personal growth.

<https://chancellorsc.eq.edu.au/support-and-resources/student-resources>

In this space, the College P-12 is creating a whole College platform that hyperlinks to curriculum materials via eLearn, Stile, EdStudio and OneNote (subject specific in Senior Secondary). This information will be made available to over 3300 students. Instead of putting your hand up, you can now post a question online!

Please utilise the online platforms in your communication with your teachers for any subject. This is the preferred form of communication with your teachers rather than email. If you are directed by your teacher to email, please follow these instructions e.g. with respect to submission of assessment.

COMMITMENT

Stick at it – never give up!

Routine, Routine, Routine!

Having a daily schedule is the best way to have a productive day and remain purposeful. Here is an example:

Time	Activity
7.00am	Rise and shine! Eat a healthy breakfast
8.00am	Set goals for the day and get organised
8.30am	Focus – Maths (online or pen and paper)
9.30am	Mind break – activity from Bite Back, Smiling Mind or Recharge
9.45am	Focus – English (online or pen and paper)
10.45am	Body break – get up and move! Maybe have a small snack
11.00am	Focus – Humanities (online or pen and paper)
12.00pm	Lunch and free time
1.00pm	Focus – Science (online or pen and paper)
2.00pm	Mind break – activity from Bite Back, Smiling Mind or Recharge
2.15pm	Focus – Elective or your choice, or revision
3.00pm	Screen free time. Ideas: read a book, play an instrument, phone a friend
4.00pm	Help at home – ask “How can I help?” to your mum/dad/carers
5.00pm	Connect with family and friends

It is okay to vary this as we all need some flexibility, but try to *mostly* stick to a routine. Remember, the above is only an example, you may change it from day-to-day.



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.

<http://www.smilingmind.com.au/>



BITE BACK Mindfulness quiz, personality quiz, gratitude quiz and mental fitness check-up.

<http://www.biteback.org.au/>

Activities and strategies used by psychologists to help build resilience, wellbeing and mental fitness.

CHALLENGE

Stretching your limits

The challenge in these uncertain times is to adapt and demonstrate resilience. Sometimes this might mean you need to lean on those you love or on outside supports. It is important to keep things in perspective and appreciate what we do have. Deliberately practising gratitude is linked to positive mental health outcomes. Take the challenge! See the kidshealth website for some ideas – <http://kidshealth.org>

IMPORTANT: The following precautions must be taken when creating logins for the websites listed above.

- When creating a username, use your first name and first initial of your surname e.g. for John Brown use – johnb.
- Where a first name and surname are required as separate fields, as above, johnb as a first name and the word 'student' as a surname.
- Do not use your school password as the password for any of these websites.
- Do not include 'Chancellor State College' in your login, but if required, use 'CSC'.
- Always ask permission from your parent/carers.