

Let's get fit to go back to school



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WHAT'S OUR WHY?



Without a doubt, the Learning from Home experience has been one that has taught us all something about ourselves. There were challenges and appreciations.. Our experiences were real and will shape how we may be feeling about going back to school.

Potential Challenges

- Staying motivated.
- Staying on task and trying to avoid distractions.
- Missing friends, teachers, social connections and activities.
- Trying to learn from home while the rest of the family were also learning or working from home.
- Having to rely on technology constantly.
- Cameras or microphones not working.

Potential Appreciations

- Sleep ins!
- Able to manage your own time.
- Able to catch up on work missed.
- More time with family.
- More time with pets.
- No uniforms, meant oodies and hoodies over the winter.
- Not having to catch buses or trains.

It is clear, we have all been boats sailing in the same sea and when we come back to school there will be some things we need to get used to again. Things like being around people again, being around more noise, having bells to tells us when to move, being back to face to face learning, having to get up for a train or bus, wearing school uniform and leaving the oodies and hoodies at home!



PHYSICAL FITNESS

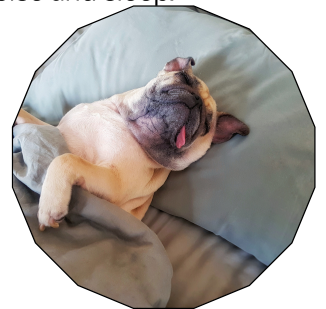
Embracing routine

Routine can help us be prepared for what is to come and when we go back to school routine resumes. It may take some time for you to get back into the swing of things again and that is ok, be kind to yourself as you have done this many times before which shows you're capable of conquering routine again.

Just like your class timetable, your life will again have more structure and making a plan is a good way to feel in control. Plan for school, fun stuff, work, connection with others, exercise and sleep.

Getting a good sleep

Sleep is our 'super power'. Feeling rested and recharged means we can learn, remember things, understand new concepts and be creative. We have to plan to set ourselves up for sleep, in a tidy space, laying off the caffeine, resisting technology and going to bed early. Teenagers actually need 8-10 hours every night. GOOD NIGHT!



Waking up

Make sure that alarm is out of reach, that way you have to get out of bed to turn it off, then you're already up and out of bed. Turn around, make that bed and start getting ready for your day.

Getting organised and ready to leave the house

There is nothing worse than racing around in the morning trying to work out what you need and where you last left it. So consider getting yourself ready the night before.

Know your timetable, pack your bag and any sports or extra curricular stuff you need, put your clothes out for the next day to make mornings easier. Your morning self will thank you.

Dealing with procrastination

The Scourge of procrastination may well have hit you. This is quite normal but one that needs to be addressed now we are heading back to school. In the end, your work has to get done and the less you delay the less physically draining it will be. Get in, get it done, don't let every subject build up. Reward yourself with fun because you're done!!

Being prepared to be busier

This is a fact! You have been at home in your own rhythm for months now but the school works to bells and has a specific rhythm of its own. Each class will have different work to do, perhaps more or less than you have been doing at home. Being prepared for that means you are not shocked by it.

Being prepared to be around lots of people

There will be more people and we won't have been used to that. Although we want you to start to feel things getting back to normal, you may find it a bit much at first. Remember, there is always a quiet spot around the school for you to find if it all gets too noisy.

Feeling really tired

Yep, you may feel more tired in the first few days because you are doing so much more both physically and emotionally – being tired is OK. Don't freak out and be kind to yourself, eat well and get early nights.



GOING BACK TO SCHOOL – GOT ME FEELING LIKE

You may be feeling a combination of things about going back to school. Feelings come, go, shift and this is normal. You're not alone. Listen, talk and reach out if you need help.

the very small Feelings Thesaurus

ANGRY AGGRESSIVE REPULED ANNOYED RESENTFUL DISGUSTED OFFENDED FRUSTRATED OUTRAGED FURIOUS THREATENED	HAPPY CHEERFUL GRATEFUL CONTENT JOY DELIGHTED OPTIMISTIC FULFILLED SATISFIED GLAD SENTIMENTAL	SAD BUMMED EMPTY BORED GRIEF DEPRESSED HELPLESS DISAPPOINTED HURT DISCOURAGED PAIN
PEACEFUL BALANCED LOVING CALM NURTURING CONNECTED RELAXED GENTLE SAFE GROUNDED TRUSTING	SURPRISE AMAZED DUMBFOUNDED ASTONISHED EMBARRASSED BEWILDERED SHOCKED CONFUSED STARTLED DAZED TAKEN ABACK	FEARFUL ANXIOUS OVERWHELMED CAUTIOUS SCARED FRIGHTENED STRESSED HESITANT VULNERABLE NERVOUS WORRIED
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EMOTIONAL FITNESS

Friendships

Your friendships might have changed over the months you have been away. You may have stayed in touch and feel closer than ever, you may have lost touch and feel like you are starting again. Either way, you are coming back to school and will be seeing each other again!

Finding your first best step

Be yourself – always – remember the expression 'Everyone else is taken'? If you let yourself be you and you let others be themselves, there is likely to be far less drama or disappointment that someone has 'changed'. Another bonus is you will also feel much less tired from trying to be someone you are not ☺



Re-framing feeling stressed

So many of us are experiencing higher levels of stress than normal now and it could be a cause for concern. Some stress is OK and is part of what the body needs to go about its daily business, but long-term stress is not good for the body or your emotional health so talk to a trusted friend or reach out at school, we are here to support you.

Dealing with procrastination

Emotionally, procrastination is not good for us because it feeds the negative chatter we get in our heads that tell us we are no good, or we are going to fail. That negative chatter is draining both emotionally and physically so the quicker you get on top of it the better. The best way to beat procrastination is to write a realistic to do list and then get to work crossing that off.



Believing in yourself

You have to believe in you. You have got this, and if you can build some physical and emotional fitness, this won't be something you say to yourself and not believe – it will be how you live. You need to be your best champion. Back yourself.

Being prepared to be around lots of people

Emotionally, being around a lot of people can be challenging when we have only been around our families for so long, but adolescence is all about meeting new 'family' and building your social and emotional networks. Embrace the opportunity to meet new friends at school, even if you have been here for a while.

Having a good support network

We should always feel we have a team of people we feel are there to support us, just as we can be in other people's support networks. We talk about having a minimum of 5 – who are your 5? Check out our 'Who are your 5?' at the end of this book 5.



POTENTIAL HURDLES

Overwhelm

It can happen, particularly when you have not been around so many different people for a long time and you have competing demands on your internal resources. Don't panic if you feel overwhelmed, simply talk to your teacher or a member of your Wellbeing Team, to see how you can re-frame your overwhelm.

Lots of change

It is true, there is likely to be some change, but some things will be exactly the same as they always were. Try to see change as the potential for new and exciting adventures. and if you are struggling then team up with someone who feels more confident about change to walk beside you as you navigate it for yourself.



Feeling behind in your work

There is a lot of support for you at school with getting back on track with your studies. See your teacher, year advisor, or your deputy for all the options available to you. It is not unusual, and you are not the only one who is in this position, so reach out and take advantage of all the support available to you.

Not wanting to be around so many people

This is going to take some time to get used to for everyone, and it is worth being patient and understanding. A mix of being around people and having time on your own will help you feel like you are bringing more balance into your life. Schedule some alone time if you find the world too peopley.



Finding it hard to get back to a uniform

This was always going to be a big challenge, but perhaps see the uniform as a way to get yourself back into 'work mode'. Even when you go into the workplace there is a dress code, so school is a good place to practice being able to honour the rules. The uniform is the first step in the mornings that signals you're ready, embrace it and harness the energy it will bring.

Feeling unsure

It's OK to not know how it is going to be, none of us knows for sure, but that is a good thing because we are all in this together. So let's support each other, be inquisitive and work as part of the same team.

Not knowing who to talk to

There are so many people to talk to once we are back at school. It is worth considering who you gelled with and who you feel you can go and talk to. Understand that someone might be busy when you first go to see them, and you may have to make a time to meet and talk, but that does NOT mean they don't want to talk to you. It just means we have to do some planning so we can manage everyone's time.

The Wellbeing Team is here if you need any support.

THESE ARE MY 5



BRINGING IT ALL TOGETHER



Starting your day

Only you know what you need in your day, so only you can make sure you are prepared.

- Being prepared means you will feel less worried about not being prepared!
- When you are prepared for your regular day, you can cope with unexpected things happening.
- Be stoked with your night time self for giving morning you the best gift by already being packed for school.
- Make sure your train or bus times haven't changed since we haven't been going to school and you have your opal card.
- Have a great breakfast and pack a healthy lunch.
- You're ready to be awesome, all day.

Completing your day

Just like the start of your day, the end of your day needs a little preparation as well.

- When you get home from school, take a moment to appreciate how you handled your day.
- Do something you really enjoy.
- Get some exercise if that helps your re-set after a busy 'thinking' day.
- Meet friends to debrief your day if that helps you relax. Online or in-person!
- Do any work that needs completing, don't procrastinate on this one!
- Eat a healthy dinner.
- Debrief with someone if things have happened in your day that you don't want to take into your sleep. This can be with an online service or a friend. **WARNING:** don't leave this till late at night or it will impact your sleep.
- Go to bed early, you actually need it. It's science!



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/ehespace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

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



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COMMUNITY SUPPORT

WELLBEING TEAM

HEAD TEACHER WELFARE
MR CHRIS HOWE

SCHOOL COUNSELLORS
ELISE & GENEVIEVE

LEARNING AND SUPPORT TEACHER
MS SUE DAW

STUDENT SUPPORT OFFICER
ALISHA

WHIN
SARAH

YEAR ADVISERS 2021

YEAR 7 - MR LAGINESTRA

YEAR 8 - MS GATLAND - VENESS

YEAR 9 - MR ABRA

YEAR 10 - MR POLLARD

YEAR 11 - MS MOLONEY

YEAR 12 - MS BADIOR



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