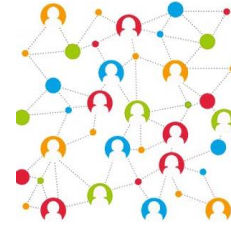




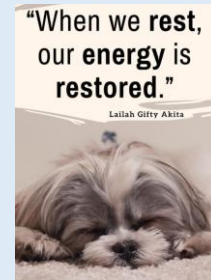
1 Stay Connected

- Connect with your classmates and your teachers during synchronous learning classes.
- Check-in with your friends.
- Keep in contact with your extended family.



2 Keeping Healthy

- Keep to your regular routine at night with your sleep.
- Aim to get 9-10 hours of sleep each night.
- Eat healthy food and drink plenty of water.
- Remember to keep active and exercise.



3 Mindful Moments

- Take a five-minute 'brain break' between classes and stretch your body.
- Spend some time with your pet/s.
- Mindfulness is paying attention to the present moment with openness, curiosity and without judgement, it isn't about turning off your thoughts.



4 Need for Relaxation

- Spend some time outside each day getting some fresh air.
- Take breaks outside.
- Make some time to read for pleasure.
- Listen to your favourite music.



5 Digital Switch-Off

- Set some time aside each day where you unplug from your tech and have 'no device' time. (This includes laptops, phones and the television)



6 Who to Contact if you need support

- Pastoral Group Leaders and Heads of House/Learning Community Leaders/Director of Year 9 via email.
- MCP Students – please contact your Welfare Worker, Teacher or Donna Bradley
- The Wellbeing Support Service is also available to support students. Please email us at: Wellbeing@NOTREDAME.vic.edu.au



