

## Pastoral Care and Student Wellbeing in an Online educational setting.

As we plan for Term 2 operating in an online educational setting the role of the pastoral care teacher will become pivotal to the well being of our boys. While the more popular boys who are fluent in an online world will continue to communicate via snap chat, messenger, email s and Tiktok there will be a large group of our boys who will become increasing isolated over the weeks and months to come.



## Arrangements for Term Two

### Online teams and meetings.

As a pastoral care teacher, you will be invited into a pastoral care team hosted by your year level coordinator. The year level coordinator will use this to set up weekly pastoral care meetings so that you can touch base share ideas and discuss concerns as and when they arise.

The YLC will also be invited into a team hosted by me so that we can also meet weekly to do same.

The Councillor have also set up their team so that they can also meet weekly.

Below is a link for tips and tricks associated with running online meetings which may be of assistance. For accountability purposes please set a short agenda and taken meetings notes of each meeting.

<https://www.microsoft.com/en-us/microsoft-365/blog/2020/03/10/staying-productive-while-working-remotely-with-microsoft-teams/>

### Expectations: Pastoral care teachers

Given our boys cognitive associations with home are often tied to relaxation, fun and family time and their behaviours are different in this familiar and comfortable space as opposed to the more rigid classroom environment it is important to establish routines and set exceptions. Why? Because our boys function best with a certain degree of structure accordingly it is important to maintain as much of their pre-existing routine as much possible.

From Wednesday April 15 Pastoral care teachers will need to touch based with each student in their pastoral care group **twice** daily

- When? Between 8.45am and 9.00am and again between 1.40 and 1.55pm.  
Once you have made contact you will need to **record** this using the **pastoral care roll in Simon**. The Director of Administration will ensure that the **two pastoral care rolls** are reflected in Simon so that you can tick off each student twice daily.
- If you cannot for any reason, make contact with a student for **three consecutive days** please refer the student to the **YLC** for immediate follow up.
- Similar to your pastoral care class please establish expectations of your students.

- a. Students are to be dressed and have completed their home morning routine and breakfast prior to 8.45am
  - b. Work with your students to establish a daily schedule that factors in both
    - i. jobs around the house (empty dishwasher, make bed and peg out washing, sweep kitchen floor etc) and
    - ii. exercise (skipping, time on the trampoline etc)
  - c. Sample daily schedule
    - i. 7.00am morning routine and breakfast
    - ii. 8.00am exercise 1
    - iii. 8:45am check with pastoral care teacher
    - iv. 9:15am -11:0am classes
    - v. 11:00am to 11.30am morning tea and complete 1 job.
    - vi. 11:30am- 1.00pm classes
    - vii. 1:00pm to 1:40pm lunch and exercise 2
    - viii. 1:40pm to 1:55pm check in with pastoral care
    - ix. 2:00pm -3:30 classes
    - x. 3:30-4:30pm free time
    - xi. 4:30 – 6:00pm study / class activities
    - xii. 6:00pm dinner
    - xiii. 6:30pm, complete job 2
    - xiv. 7:00pm family time
    - xv. 9:00pm night routine and bed
- Work with Students to set up desk areas.
    - a. The desk/ work area needs to be off the couch, off the bed in an area with minimal distractions.
  - In your pastoral care team meetings hosted by the YLCs you will be able to brainstorm and plan fun ideas to foster connection.
  - Increase in reporting to Child First and Mandatory Reporting  
 For many of our boys home is not the safest place or their preferred place to be. If we are to believe the experts then I am expecting an increase in family violence with Child First and Mandatory Reports flowing from this. It will be the responsibility of the pastoral care teachers and the YLC's to be ever vigilant.
  - Below is a list of resources that are available to support wellbeing should they be required /  
 Special thanks to Bec and the Counselling team for putting this together, please note this list has been included on the College homepage for parents to also access should they be required.

## **Cyber Bullying**

With the move towards online learning, it's important to factor in the online safety of staff, students and the wider school community. With the increased number of boys online and probably unsupervised it is predicted that many through boredom, will explore unsuitable sites that may render them victims. Further, given the majority of communication will be through online chat groups cyber bullying issues are also predicted to peak

eSafety has pulled together a range tips and resources to help teachers and parents as we move to ward online education. See link below.

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

**Any issues of cyber bullying reported to the pastoral care teachers are to be referred to the YLCs for follow up.**

### **Stay Informed**

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

### **Online Self-Help**

<http://braveonline.psy.uq.edu.au/>

<https://ecouch.anu.edu.au/welcome>

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

<https://moodgym.com.au/>

### **Local Services**

<https://ydir.com.au/>

### **Information**

<https://www.mentalhealthonline.org.au/>

<https://kidshelpline.com.au/teens>

<https://www.youthbeyondblue.com>

<https://headspace.org.au/>

<https://headtohealth.gov.au/>

### **Apps**

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

<https://www.headspace.com>

<https://www.calm.com>

<https://www.happify.com/>

**Online counselling**

<https://headspace.org.au/eheadspace>

<https://www.sane.org/services/help-centre/content/2>

<https://www.counsellingonline.org.au/>

**Crisis**

<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

24-hour crisis assessment and triage Ballarat Mental Health Services: 1300661323

**Phone Numbers**

Kids Helpline: 1800551800

Lifeline: 131114

Phone counselling- Sane Australia 1800187263

Lifeline Text line: 0477131114