



Guildford Grammar School

FOUNDED 1896

Looking after your social and emotional self while remote learning

Dear Guildford Grammar Students,

This resource has been created to remind you that we care about you. Whilst we might not be physically together at this time, we can still support you remotely in many ways and there are many online resources that you can access to help you stay positive and motivated.

The School Psychologists have put together some suggestions for your wellbeing at this time.

What can other remote learners teach us at this time?

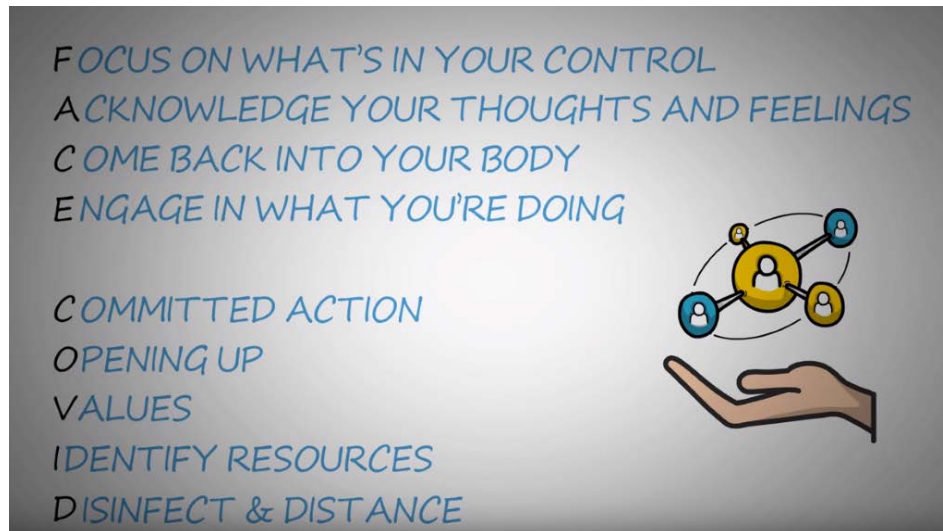
Guildford Grammar School is not the only, or the first school to move to remote learning, so we can learn from those that go before us. Here are comments from students in Sydney who are already remote learning:

<https://www.theresiliencecentre.com.au/what-the-students-are-saying-surviving-and-thriving-in-self-isolation/>

Basically, the message is to stay active, keep a routine, connect with each other as much as you can remotely and keep a sense of humour.

What can I do to keep myself mentally healthy?

There is lots of information out there about how to support yourself during this time. You may find the Russ Harris model - FACE COVID helpful at this time. For the full video please see: [YouTube video](#)



This model teaches us that even in difficult times you can still live by your values and engage in the best version of this new life that's possible.

Are the School Psychologists still available?

For students who are currently seeing the School Psychologists we will continue to support you remotely via MS Teams, phone and/or email. For new students who would like support; please speak to your Head of House for options.

Who else can I talk to?

You always have family and friends but sometimes you would prefer a professional opinion on what you are experiencing. If so, there are many online and phone support options such as:

- Kids Helpline – Phone 1800 55 1800, [Webchat, and email](https://kidshelpline.com.au/kids)
- Lifeline – Phone 13 11 14, Webchat and text message support is also available <https://www.lifeline.org.au/>
- eHeadspace <https://headspace.org.au/eheadspace/>
- Youth Beyond Blue – Phone 1300 22 4636 and online chat or email option <https://www.youthbeyondblue.com/>

Please keep safe, look after yourself, and we look forward to seeing you again in the near future.

Linsey Allen (linsey.allen@ggs.wa.edu.au)
Colleen Middleton (colleen.middleton@ggs.wa.edu.au)
Mairead Healy (mairead.healy@ggs.wa.edu.au)
Senior School Psychologists