



# LYNDHURST SECONDARY COLLEGE

20<sup>th</sup> July 2020

Dear Parents/Carers:

We hope you are well and keeping safe. The purpose of this communication is to outline the support the College has in place for you and your child during this second period of remote learning. We understand the challenges facing our whole community at this time and we want to assure you that we are here to support you in managing your child's mental health and overall wellbeing.

During this time we wanted to remind you of some of the supports we have available at the College, who to contact if you need assistance and other sources of helpful information. We recognise that this second lockdown may be particularly stressful for some students and their families and we encourage you to reach out to us so that we are able to provide your child/ren with appropriate assistance.

If you have any initial queries or concerns regarding your child's wellbeing or learning, please contact your child's sub-school leader. The contact details are as follows:

**Senior School (Years 11 and 12) Mr Anthony Brannan at**  
[anthony.brannan@education.vic.gov.au](mailto:anthony.brannan@education.vic.gov.au)

**Middle School (Years 9 & 10) Ms Jacqui Sampson at**  
[jacqueline.sampson@education.vic.gov.au](mailto:jacqueline.sampson@education.vic.gov.au)

**Year 8 – Mr Bishoy Aziz at**  
[bishoy.aziz@education.vic.gov.au](mailto:bishoy.aziz@education.vic.gov.au)

**Year 7 – Mr Harry Potter at**  
[harry.potter@education.vic.gov.au](mailto:harry.potter@education.vic.gov.au)

Should your child require any further wellbeing support, your sub-school leader will be able to make a referral to the Wellbeing team who will then contact you.

The Wellbeing team are well equipped to work with students to ensure that short term issues do not become long term problems. They are skilled in identifying and assisting with mental health concerns including anxiety and stress. During this period of remote learning, the Wellbeing team will be available to liaise with students, teachers, parents and external professionals; and make other referrals when necessary. If you or your child/ren would like to speak directly to a member of the Wellbeing team,

can be contacted directly on the school number, **5996-0144** or you and your child/ren can email the team directly at **[7108-wellbeing@schools.vic.edu.au](mailto:7108-wellbeing@schools.vic.edu.au)**. This email address will be monitored between the hours of 9am-3pm each day. A member of our team will contact you as soon as possible.

External to the College we encourage you to access accurate mental health and wellbeing information from trusted organisations:

- City of Casey, Youth Counselling and Support Service (YCaSS) 9792-7279
- [Headspace](#) - Specialising in Youth Mental health Information and Support
- [Beyond Blue](#) - Information and support to assist Australians to achieve their best possible mental health

Stay Safe

Regards

Konnie Prades  
Principal

Liska Hilton  
Head of Wellbeing