

Wellbeing Support

Role of the HT:

-the role of the HT of Wellbeing and Engagement is to support student wellbeing throughout high school. Understandably, being a Year 12 student brings feelings of stress, anxiety, confusion, among many more emotions, so your Year Advisor and I collaborate to ensure you're feeling supported throughout the entire process. Above are just some of the ways we strive to support students.

Wellbeing programs/Year meetings:

-Ms Harman will continue to deliver Year meetings throughout your HSC year. These meetings will consist of relevant information to assist Year 12 students to complete their HSC year, including reinforcing study skills, exam preparation and stress management. Ms Harman will also use Year meetings to disseminate important information, documents and programs regarding post-school options such as university and TAFE.

Induction programs:

At the beginning of the school year in 2021, Year 12 students will participate in an Induction Day which will help you to practically prepare how your final year of schooling. This will include sessions on study skills yourself and reminding you of the support available within the school as well as external agencies such as Headspace, the Kids Helpline among others.

Offer extra-curricular activities/programs:

The Wellbeing team at Warrawong HS recognise that not only do we need to support student wellbeing, but we also need to reward you and offer opportunities to engage in some stress-free, fun activities. Nearing the conclusion of your HSC year, some specific events Year 12 students will be invited to participate in an end-of-year celebration, organised by their Year Advisor, as well as engaging in fundraisers within the community to raise money for their school formal.

Parent involvement/support:

Throughout the HSC year, the Wellbeing team will consistently communicate with your parents to deliver significant information relevant to your progress and wellbeing during this important year. This can include discussing concerns relating to the classroom and N-warnings, as well as any observed changes in your behavior. This will mean either myself Ms Murdzevski or Ms Harman contacting home to discuss our concerns with you. We also communicate with you regarding positive incidents, such as end of year celebrations as well as University and TAFE programs. At Warrawong High School, we highly value parental voice, and also welcome any phone calls your parents may have over the course of your HSC year.

Advice/counselling:

We understand the HSC is a stressful time for students, and at Warrawong High School, we offer a comprehensive counselling service which is available 5 days a week. Counsellor support can be based around a range of issues and topics, including stress and anxiety management, peer and family relationships, and the questions you may have regarding post-school life. Our counsellors at Warrawong endeavor to be available as often as possible to students, but when needed, students can be referred onto the counsellor by their Deputy, Year Advisor, classroom teacher, myself, or even self-refer.

Scholarships:

Ms Harman, Mrs Murdzevski and I will also keep an eye out for potential scholarships that may be available to you along the course of your HSC year. Scholarships are a great way to ensure you can get support, whether financial or in terms of providing physical resources (e.g laptop) either during your HSC year, or for your tertiary years whether it's TAFE/uni etc.

To summarise, we, the Wellbeing know that this can be a stressful time in your life, but you don't have to work through it alone. Reach out to any of us anytime you need support or even just a chat, that's what we're here for.