



Bankstown Senior College Newsletter

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From the Principal

I am pleased to report that we have had a very positive start to the year at Bankstown Senior College. We are very proud of the Year 12 Class of 2019, who successfully completed their schooling and moved on to the next stage of their learning journey, whether it be employment or further education. Most new students have satisfactorily completed their probationary period and have now settled into their studies. Students participated enthusiastically in all Orientation activities and Team Building Activities – students gain great benefit from these activities as they help to build a sense of community and connectedness in the College.

Then came COVID-19, with its disruption to the normal running of our College and the lives of all members of our community. In the last three weeks, the College has moved to remote learning (where possible) for all students. The present arrangements are as follows

- Year 12 and Year 11 students are doing remote learning. All students should be in constant contact with their teachers, either through phone, email or Google Classroom and completing work assigned through Edrolo. Assessments will still be done, attendance and engagement will be monitored and students must engage as fully as they can, if they wish to successfully complete their courses. We will regularly update you with information from NESAs, as it becomes available. Please check your emails every day.
- Year 10 are doing a mixture of online learning and subject booklets. Your teachers will be in contact with you as to how you can return work (and assessments)

for marking. Please check your emails every day.

- EFS will continue with booklets. Work for next term is being mailed out this week .. look for it in your mailbox. Please check your emails every day.
- IEC are working both online and through booklets. A new mailout will be done this week.

A word of advice to all our students: If you feel overwhelmed or that you are not coping, remember that students across the state are experiencing the same disruption to their learning. Just do your best and rely on the help available from your teachers and the support staff at the College.

Here are some tips that might help you deal with this stressful time:

1. **Get some exercise** – well known to reduce your feelings of stress.
2. **Take control** – doing something, even if you are not sure how effective it will be, is better than being frozen into inaction.
3. **Have a laugh** - watch a funny movie, and try to see an amusing side of everyday events.
4. **Think positively** – even when things look bad, try to find something good that might come of them.
5. **Learn to relax** - through meditation, tai chi, yoga, a walk, or whatever helps to quiet your mind and make you feel more at ease.

6. **Socialise over the phone or virtually** – make sure you stay in touch with family, friends work colleagues.

I wish you all the best and will keep you updated as any new information comes to me.

Have a restful holiday

Stay safe, stay well, stay home!

Anne Doyle

From the Deputy Principals

Deputy Principal: Jenni Gardiner

I would like to begin by welcoming all the new students to Bankstown Senior College and of course welcoming back all returning students. It has been a very interesting term with the COVID-9 pandemic which has caused a great deal of uncertainty for students, staff and parents. I assure you all that the staff at Bankstown Senior College is working very hard to continue to deliver high quality teaching and learning to students, whether it is online or through booklets and worksheets sent home.

I would like to congratulate the students who were elected to be on the Student Representative Council (see SRC Report). Your ideas and contributions are vital in ensuring the College continues to be a healthy, safe and social environment where students feel a sense of belonging, build positive relationships and actively participate in the school community.

Our first Parent/Community meeting for the year was held on the 10th March and I would like to thank the parents who attended. It is important for parents and community members to have an understanding of the College's 2018-2020 School Plan and gain some insight into various programs and activities offered by the College. Some extra-curricular activities were able to run this term before the Coronavirus restrictions were imposed including; team-building activities, Elevate study skills presentations, White-card training, Valentine's Day sales, author visits, International Women's Day Celebrations, Macquarie Mentoring and a Legal Studies excursion to Supreme Court and Parliament House. These extra-curricular activities allow students to develop and apply their skills and knowledge in different contexts.

Harmony Day is a very special annual celebration of Australia's cultural diversity, reinforcing the message that "everyone belongs". This message of inclusiveness is usually promoted at Bankstown Senior College with a showcase of cultural performances and activities. Unfortunately, this year we were unable to host this event, however students and staff from all cultures and backgrounds worked happily together, painting the 2020 Harmony Day banner

which will be displayed in the College cafeteria. During this period of time while students are learning from home it is very important that you regularly check your emails and respond to your teachers' messages so that they know you are completing the set classwork and can provide you with guidance and assistance. Try to develop a study routine ensuring that you set aside time for rest and exercise. I encourage you all to stay connected to your friends through your phone or email. Most Year 11 and 12 students are also connected through Google Classrooms in different subject areas so please log in every day and check to see if your teachers have posted any new work, resources or information. Assessment schedules, weightings, due dates and assessment tasks are likely to change so you must keep up to date by staying in touch with your teachers. N warnings will still be sent if you do not engage with your online learning or you do not complete assessment tasks.

The Department of Education's [learning from home](#) hub has links to educational resources that will support students learning from home for all stages of learning. Digital teaching and remote learning experts have compiled advice for parents and carers who are supporting their children learning from home. This includes advice about planning the learning day and setting up a learning environment. All department-created resources are publicly available and accessible through the [learning from home](#) hub. Any student who does not have access to a computer or internet should contact the school and we will arrange access to learning by providing you with the required learning materials.

Stay safe, keep calm and enjoy your school holidays.

Deputy Principal: Maria Georgiou

Welcome to the first newsletter for 2020. Despite the challenges posed by the coronavirus in our lives, we will continue to provide another year of ongoing quality learning at Bankstown Senior College. To all of our returning students, welcome back and I wish you continued success in your educational endeavours. To our many new enrolments, welcome to the college and I hope your journey with us is a successful one.

HSC Minimum Standards testing will continue this year for all students in Years 10,11 and 12. All of our Year 10 students and some Year 11 students will be attempting the Minimum Standards tests in Reading, Writing and Numeracy and will hopefully achieve the required level by the end of the year. This will mean that they will receive an HSC when they complete Year 12. Students completing the HSC Minimum Standards tests will now have four opportunities to attempt these tests throughout the year and students are strongly encouraged to take advantage of the

Literacy and Numeracy Support periods to develop their skills in these areas. The WordFlyers program will provide students with even greater support in their development of reading and writing skills. Some students in Year 12 will also be required to achieve the appropriate levels in the Minimum Standards tests and will also be attempting them this year.

Silver and Gold awards have already been achieved this year by a number of very hard working students, and I hope even more students are able to share in this achievement by the end of the year. Receiving these awards shows commitment, effort, perseverance and pride in learning.

Personally I would like to welcome all the new staff to Bankstown Senior College. They join a very committed and supportive staff whose priority is to provide the best possible learning opportunities for all students.

Have a great year!

HSC Legal Studies Excursion Report

The Year 12 Legal Studies class visited the NSW Supreme Court and NSW Parliament as part of their study of NSW criminal law. The class was lucky enough to watch a sentencing appeal in the Court of Criminal Appeals. The appellant appeared via video link from Emu Plains Correctional Centre and the case for appeal on the grounds of excessive sentencing for an immature 20 year old was presented to three judges. The students were really interested to see the Prosecutor and Defence Barrister in action arguing their cases to the judges. The students also did a short tour of the Law Courts Building after downloading the Supreme Court Self-guided Tour App.



After lunch we had a tour of Parliament House where our state laws are made. We visited the Legislative Assembly chambers where bills are debated and we did a role-play in which we discussed a bill to change the legal drinking age to 21 years. Zoha got to sit in the Speaker's chair and Jawid was the Premier of NSW. (see photos) Zakera

showed she would make a great politician and V demonstrated her skills in arguing a case on behalf of the people in her role as a member of parliament. We also visited the Legislative Council chambers where bills are reviewed and either passed to become laws, sent back to the Lower House for amendment or rejected. We were surrounded by great history and tradition in Parliament House. We saw the incredible Mace and the Black Rod which signify when the House is in session and the priceless President's Chair only used by the Queen or her representative, the Governor-General.

Ms Gardiner



Science Faculty Report

Interview to Impress

In term 4 2019, twenty students from the Preparation classes were invited to attend a workshop called "Interview to Impress" organised through the Australian Business Community Network (ABCN). The workshop was held in the NBN building at North Sydney and was designed to help students prepare for a job interview. The day started with getting to know you activities and team building games, followed by students being paired with a mentor from NBN and participating in mock interviews. A great day was had by all and students learned some valuable interview skills. A big thankyou to the NBN mentors who gave up their time to share their experiences and skills with our students.



The successful nominees were Shokofa Karimi and Zeenat Batool. They are both intelligent, hard-working young ladies who have expressed a keen interest to study Science at University.

Shokofa is studying Biology and Chemistry whilst Zeenat is studying Chemistry and Physics. The award ceremony was held at Bankstown Library.



STEM Tiny Houses Project

2019 was our first year at offering Science, Technology, Engineering and Mathematics (STEM) as a subject to Year 10 students. In Semester 2, students completed a major project that required them to build a model of a sustainable Tiny House.

Originating in the US, tiny homes have also been popping up across Canada, Australia and the UK. Tiny houses are promoted as an answer to the affordable housing crisis; a desirable alternative to traditional homes and mortgages. Students had to consider the building materials, energy requirements and physical location of their tiny house so that it was **sustainable**.

Students presented their models to the Preparation students at the end of term 4. A big thank you to Ms Khoury and Ms Sethi for developing the projects and resources for this new course.



Victor Chang Science Awards

The Victor Chang Science Awards were held in Term 4 2019 and we nominated 2 students for the award. It was a very difficult decision as we had many excellent students studying multiple science subjects that would have been worthy of receiving the award.

A Case for Conspiracy

In Term 3 2019, Year 10 students were treated to a hands-on forensic science workshop called "A Case for Conspiracy". Students were asked to solve a murder using forensic science techniques. This involved analysing bullet patterns, tyre marks, DNA patterns and other pieces of evidence to find out who the murderer was and why the victim was killed.

Mr Lowndes



Year 10 - Let's learn about Wellbeing

In Term 4, 2019, Year 10 students participated in a Wellbeing program presented by Collective Leisure. Collective Leisure was founded with the purpose of helping reduce chronic diseases in Australia operating with the belief that 'well-being is without boundaries' which means no matter who you are, where you're from and what your background is, you have the right to a positive well-being.

Founder David Burns, in his previous role, developed a relationship with the College to create excellence through team diversification at Auburn Ruth Everuss Aquatic Centre. He engaged with BSC students and set up a training and employment program 'Breaking down cultural barriers', which won the Parks and Leisure NSW Community Initiative of the year and was featured on SBS in December 2018. Thanks to this unique and progressive program, the Aquatic Centre now employs more than 20 students from BSC in roles ranging from life guards, duty managers, swim teachers and customer service. The Centre together with ADSi run a free program for swimming lessons which many BSC students enjoy. The BSC community is so grateful for the staff organising these great initiatives.

In the Wellbeing program delivered to Year 10 last year, presenters David Burns and Jennifer Barker addressed some very important areas of health and self-care. As most BSC students are mature age, have many study, family and work commitments which impact on their lives and cause them stress. So the College thought it was essential for the students to be guided and advised about aspects of their wellbeing.

Students engaged in a series of three half day sessions to learn about the Wheel of Wellbeing -nutrition, hydration, exercise, management of stress, money, time and leisure as well as the importance of connecting with the natural environment. Sun and beach safety were also addressed. The sessions and activities were varied and engaging. Students initially found the meditation sessions challenging but through practice, they were very receptive to this totally new experience for many. The sport and fitness activities in the Hall created some great team building experiences which students enjoyed. Students were able to document their learning through interactive booklets which they kept to ensure good wellbeing practices for the future.

Thank you to David and Jennifer for their valuable and enjoyable presentations.

Ms Pascalis



From *Past the shallows* in Bruny Island to BSC

On Thursday 20 February 2020, multi-award winning Australian author, Favel Parrett came to BSC to present and connect with her readers about her first novel, *Past the Shallows* (2011) which has been a popular prescribed text in five HSC English classes at the College. In her short career of almost only 9 years, she has attracted a diligent audience from a range of demographics. Most recently she published *When the night comes* (2014) and *There was still love* (2019). As students were told by their teachers about the arrival of this author, early in their course, the excitement amongst them was on the rise. Most of the year 12 students gathered to meet her on campus as she gave a phenomenal presentation. As she spoke, it seemed like the whole room was in some sort of trance as everyone was listening and well engaged in her thoughts and ideas. Meena Rahimi, a year 12 student said "I was waiting for her to visit for almost half a year now. It is really enthralling to see her up close" and I personally agree with Meena as it was really an honour to see a famous author like Parrett up close.



Muhammad Taha and Favel Parrett

Her presentation was very interactive. Even the people who had not read her novel yet, were very interested in it. She answered questions as well as asked the audience what their perspectives were on the novel. Some students in the audience spoke passionately about their favourite extracts in the story, telling her how and why they enjoyed those chosen sections.

The book is an influential masterpiece. The characters touched the readers with their personal journeys. She covered many mysterious aspects in the book and cleared mostly everyone's misconceptions about them. The story is most intriguing as it presents a dysfunctional family and the lives of Dad and his three sons – Joe, Miles and Harry. Brotherhood, the unforgiving nature of the ocean and the secrets of life are a few of the themes explored in the novel.

"It was my first time meeting an author and I wasn't expecting her to be this humble! She was really easy to approach and to talk to." said Ezzatullah, a Year 12

student. Favel enjoyed exchanging ideas with her audience as she said "It is easier to talk about this book with other people. I learn more of the characters of the book as they come alive, by you, the readers when you tell me how and why you liked or disliked them."

Her presentation was not only about the novel, but about being strong, appreciative and humble in life. She told the students to keep "moving forward" and to be vigilant of others on the brink of their hopes as she acknowledged and appreciated the struggles and hardships that fellow refugee and asylum seeker students bore. She might have not said this in her presentation but the method of her way of life and perspective about life was the most inspiring: to be humble and to treat others the way you would like to be treated.

At the end of her presentation, she willingly signed everyone's copy of the book and wholeheartedly embraced her audience. The second visit of Parrett proved to be one of the most important days for BSC this year. Her initiative and effort to travel from Victoria to deliver the presentation were greatly appreciated. In the state of this world, more people like the fabulous Favel are needed as she influences the world with her creativity and her optimism through her writings and winning countless hearts in the process.

By Muhammad Taha Siddiqui, Year 12 EALD student, BSC 2020



A Harmony Day to Remember

BSC loves the arrival of Harmony Day in March every year. Ms Qudsia Rahimi organises a variety of performers from different cultures to entertain the BSC multicultural community. Students engage in the dancing and singing celebrating with their fellow students and teachers in the Hall. Unfortunately, this year, due to social distancing measures forced upon us due to the Coronavirus, Harmony Day celebrations and the traditional BBQ lunch had to be cancelled.

Thankfully, students were still able to express their creativity by contributing to the BSC Harmony Day canvas banner by painting designs in the quadrangle, traditionally organised by Ms Fiona Pascalis-Assi and Ms Niki Skourtis. This absence will be most memorable. We hope for health harmony amongst us all.

Ms Pascalis



Smoking Awareness Sessions for BSC in 2020

Earlier this term, Collective Leisure addressed all BSC students in the College and the IEC in their year groups, to raise awareness about smoking. We all know that smoking has a huge negative, serious impact on our health, however some people find it hard to quit this addictive behaviour.

Presenters Jennifer Barker and David Burns prepared a one hour, informative and engaging session to shock students with some interesting updated statistics. They explain the effects of smoking on the body and suggested some great strategies to encourage smokers to quit. One powerful statistic was the video clip which informed us that a 45 minute smoking session with shisha was equal to smoking 100 cigarettes. On another note, a positive highlight during the session was the meditation experience guided by Jennifer which trained students to become calm and to live in the present moment. This quick and easy strategy has been suggested to distract smokers and choose another activity to create a positive effect on wellbeing rather than a negative one. The presenters captured the audience when they spoke about their own smoking experiences in their younger years and how they eventually successfully quit.

Ms Pascalis



Meditation session during smoking awareness presentation

SRC Report

Our new leadership team for 2020 has been finalised. The new members are:

Year 12 Captains

Hsu Htet
Ali Ashraf

Year 12 SRC

Adam Eid
Ranya Alabbood
Anna Raievska
Ifrad Rahman

Year 11 SRC

Michelle Marasigan
Arduan Alkuheli
Lilly Saade
Hengmin Lin

Year 10 SRC

Kamila Asghari
Nayareh Norzehi

EFS SRC

Arsalan Alkhueili
Krestyan Qayssar

The team, along with many helpers from the student body, particularly year 12 students, have already been immersed in a number of activities. On Valentine's Day on the 14th of February we raised \$360 by selling chocolates and lollies. This money will be donated to WIRES (Wildlife, Information, Rescue and Education Service), after the devastating bushfires which recently occurred. Thank you to all students and teachers who supported this cause.

Students from the SRC, EFS, Year 10 and year 11 also assisted Ms Pascalis and Ms Rahimi on International Women's Day, in wrapping and distributing a gift of chocolates to all members of the college, for a gold coin donation. This will continue later in the year, as we hope to raise money for the Zonta Birthing kits, which will go to severely disadvantaged women in Africa.



Lastly, please feel free to approach your representatives with any suggestions you may have to further improve college life, as soon as normal

college activity resumes.

We hope all staff, students, and their families keep safe. Remember to follow the official guidelines from the government of keeping a safe distance of 1.5 metres from other people, wash your hands, and only go out when you absolutely need to.

Mrs Ginis
SRC Coordinator



Year 10 and SRC Members Preparing chocolates

International Women Day Celebration

International Women's day is all about unity, celebration, reflection, advocacy and action.

On Thursday 5th march auburn diversity services in partnership with other organisations and communities celebrated International Women's Day. Fifteen (15) female students from BSC, Ms Kojic and Ms Rahimi attended this ceremony. It was a day to celebrate womanhood and the various achievements of women throughout the world and within our closer communities.

The event was captivating with thrilling performances from various cultural music groups, dances and drum entertainment by Chinese, Tamil and Arabic groups. There were many more events including an Afghan traditional cultural dress and a fashion parade by the Bankstown Senior college students.

The theme for this years event was "An equal world is an enabled world". This event was an opportunity to celebrate, focus on and advocate for the rights of women in the aim to ensure and equal world for all.

We would like to thank Auburn Diversity Services for all the support that has been provided to our students and for always for their continued support of the CALD communities .

Ms Rahimi



LOOKING AFTER OURSELVES AND OUR FAMILIES THROUGH THE CORONAVIRUS

What's going on?

The Coronavirus, Covid-19, is a Worldwide epidemic. Governments around the world are making decisions to slow the rate of infection of the virus. These decisions change our normal life, for example we may be told to stop going to school for a while, or to stop visiting friends for a while.

How am I feeling about this?

Human beings are programmed just like a computer is programmed. The main program which operates for human beings is to keep safe. This program is in our brains.

It is normal to feel a bit scared, or worried when our world changes completely, and seems to be dangerous. This is what is happening with the Coronavirus, Covid-19. Our brains are picking up the danger signals, and sending messages to our bodies to protect ourselves. This can make us feel anxious and worried.

Feeling worried is not in itself a bad thing. It can help us follow advice to keep ourselves healthy



However, worry can also cause problems for our mental health. We can feel

- Out of control, hopeless, very sad.
- In a funny way, some people can also feel like they don't care about anything. They might behave as if the Coronavirus is funny, like a big joke.

People are different, and react in different ways, but it's all related to living in a world that has changed very much from what we are used to.

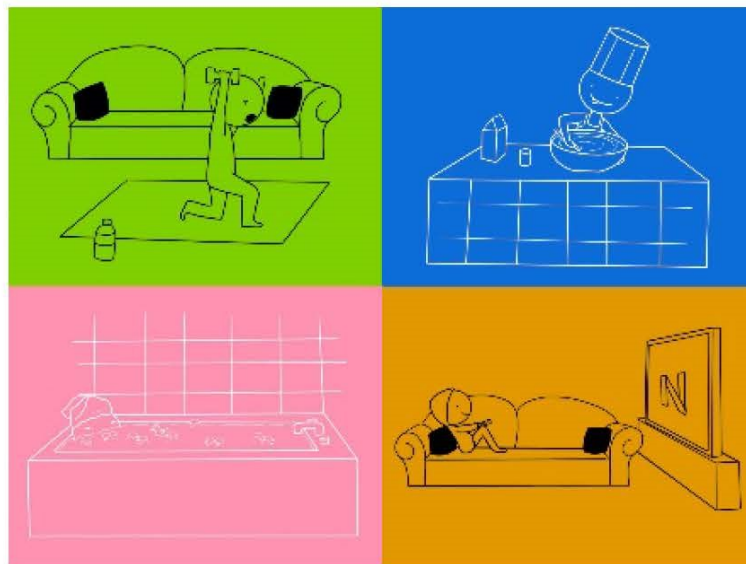
What Can I do to keep Mentally Healthy?

There are some things we can do to help our mental health through this virus, just like there are things to do to keep our physical body healthy.

- We can keep in our minds that what we are experiencing now is **TEMPORARY**. Scientists and doctors around the world are working hard to tell us what need to be done in our society to slow the spread of the virus. In other countries this has meant closing schools, and this might happen in Australia too in the future. Doctors and scientists around the world are also trying to find a vaccine to protect us from the virus.
- Read factual information. Up to date information can be found at the Australian Government Department of Health www.health.gov.au, the Public Health Information Line on 1800 004 599, or the NSW Public Health Line 1300 232 272.
- Be careful of Social Media and rumours. There is a lot of information which is not true. If you are reading information which is making you feel very worried. It is best for your mental health to stop reading that material.
- Stay connected to your friends. If the Government advises you to stay isolated, that means **stay at home** except for 'must do activities', like going to buy food, going to buy medicines, going to work, going to the doctor. **BUT**, you can stay connected to your friends through your phone, or through email.
- Keep your mind active. Watch movies, Read, Listen to music, Do Schoolwork, Have conversations with your families, Write your thoughts down, Write some poetry, Study about something that interests you on the Internet, maybe you would like to find out about a certain country like ...Lichtenstein, for example.
- Keep your body active. Exercise at home. There are many exercise routines on YouTube. You should also be able to find some Yoga classes on YouTube.

Try to have an exercise routine every day. One man in the United States has run a 42 kilometre marathon on the balcony of his apartment.

- Remember that the people who have Coronavirus did not cause it, and did not ask to get it. Be kind to everyone, regardless of their gender, their age or the country they came from. We are all in the same boat with this virus. Being kind is always good for our mental health. It is like our mental health tablet.
- Eat healthy food, and limit things which are not good for us, like smoking, alcohol and taking illegal drugs.



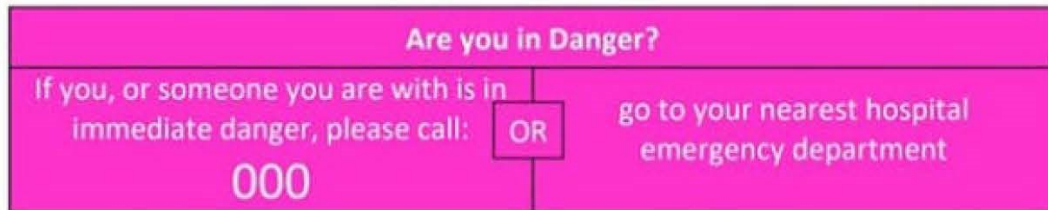
What if I'm still feeling terrible, or I'm worried about someone in my family?

If you feel like you or someone in your family needs help here are some telephone numbers and websites to use

Firstly you may need help through an interpreter.

The INTERPRETER number is 131 450. OR Just call the service and ask for an Interpreter. They should get one.

Support Resources for Students









If you need to talk to someone...

Name	About	Phone	Online
 Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
 SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane



<p>Headspace</p> 	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	<p>N/A</p>	<p>Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/</p>
<p>QLife</p> 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	<p>1800 184 527 3PM - Midnight</p>	<p>Webchat 3PM – Midnight https://www.qlife.org.au/resources/chat</p>
<p>1800RESPECT</p> 	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</p>	<p>1800 737 732 24/7 Interpreter: 13 14 50</p>	<p>Online Chat 24/7 https://chat.1800respect.org.au/#/welcome</p>
<p>Mental Health Line</p> 	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</p>	<p>1800 011 511 24/7</p>	<p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>

If you are looking for an app...

Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free App Store Google Play</p>

<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free App Store Google Play</p>

If you are looking for online support...

Name	About	Website
<p>Bite Back</p> 	<p>Promoting resilience and wellbeing in 12-18-year old's through activities</p>	<p>https://www.biteback.org.au/</p>
<p>The BRAVE Program</p> 	<p>BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety</p>	<p>https://www.brave-online.com/</p>

ConnectEDSpace

A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents

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

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Smiling Mind

Online and app-based program to improve wellbeing of young people through mindfulness meditation.

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

If you are seeking additional information...

Name	About	Website
ReachOut 	<p>Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.</p>	<p>https://au.reachout.com/</p>
Black Dog Institute	<p>Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.</p>	<p>https://www.blackdoginstitute.org.au/</p>

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts

health.nsw.gov.au/coronavirus

