COVID-19: Resources through the lens of **excel**

Enable

CATHOLIC EDUCATION MELBOURNE

Student Wellbeing

- Supporting Wellbeing
- Focusing on student wellbeing
- Supporting children's wellbeing during COVID-19
- COVID-19 Wellbeing resources
- Four core priorities for trauma-informed distance learning
- Emerging Minds Trauma Toolkit (resources to support adults & children before, during & after a disaster/traumatic event)
- School Recovery Toolkit (impact of trauma, how this manifests in the classroom & what schools can do to support recovery)
- How to help Year 12 students get through a tough year
- How students can use time at home to surge ahead academically (Andrew Fuller)
- Supporting young people through the coronavirus: the Anger Stage (Andrew Fuller)
- How to cope with stress related to Coronavirus (headspace)
- Coping during coronavirus (COVID-19) (ReachOut)
- Coronavirus Mental Wellbeing Support Service (beyondblue)
- Mental health resources

Videos/Poster/Books Resources

- Time to Come In Bear: A Children's Story About Social Distancing
- Talking to kids about scary stuff in the news
- How to check in with someone
- Understanding coronavirus for kids (online book)
- Response to teen mental health COVID-19 (poster)
- Helping children cope with stress (poster)

Learn

- CASEL CARES: SEL Resource During COVID-19
- Mindfulness & Resilience
- Build mental resilience during uncertain times
- 10 ways parents can bring social-emotional learning home
- 7 ways to maintain relationships during your school closure
- Innovative ways to make coronavirus a teachable moment
- Formative assessment in distance learning
- 3 tips for humanizing digital pedagogy
- Why are some kids thriving during remote learning?
- Student resilience and boosting academic buoyancy
- Working from home and digital literacy – what can we assume?
- Teaching through a pandemic: A mindset
- Teach from home
- (COVID-19) resources for health promotion

Free webinars every Friday (how SEL can help respond to COVID-19 - variety of topics eg: resilience/ student voice / school leadership/ teacher self-care)

Staff Wellbeing

- Teacher wellbeing during COVID-19
- 10 ways to take care of yourself during coronavirus (ReachOut)
- 'FACE COVID' practical steps for responding effectively to COVID19 (tips to focus on what's in your control)
- Find calm & nourish resilience
- With Jesus in the Desert: A retreat for a time of isolation (Jesuit Communications)
- Supporting learning and wellbeing during COVID-19
- Supporting educators and young people
- Wellbeing Tools

Podcast:

- Supporting teachers through a crisis

Posters

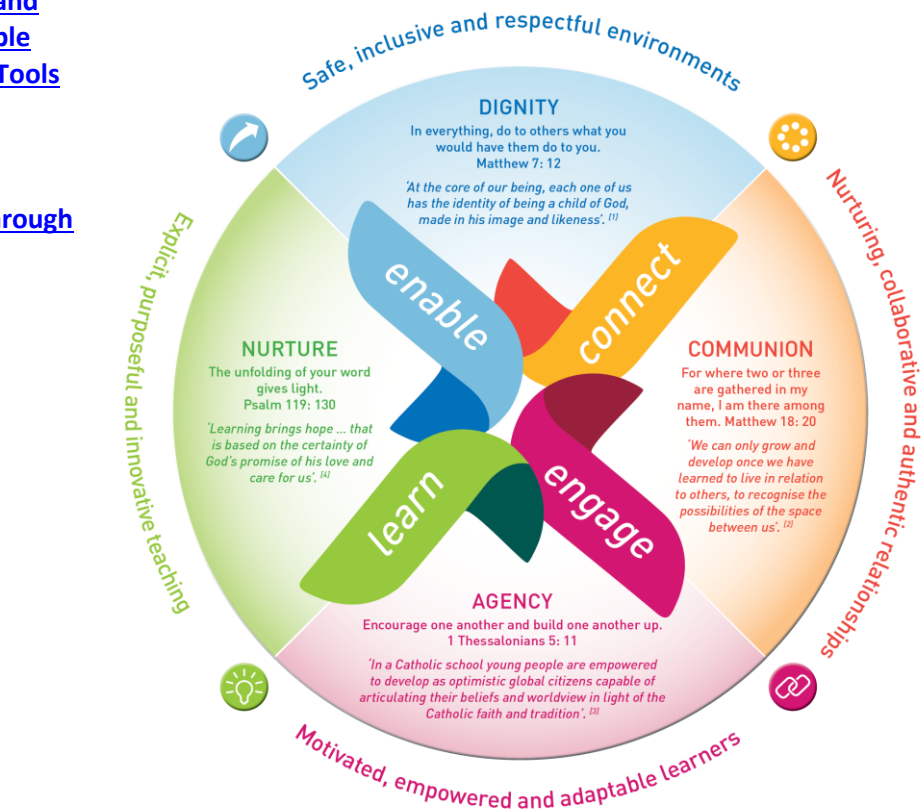- Reframing unhelpful thoughts

Child Safety

- PROTECT: Four critical actions
- Child Protection and Child Safe Standards (PROTECT)
- Safeguarding children during COVID-19 (Instiute of Child Protection: ACU: Tip sheets & resources)
- Unwanted contact and grooming: factsheet
- Family violence crisis response and support during coronavirus
- Domestic Violence Hotlines
- Protecting children from COVID-19 & related risk of violence
- Protecting children from impacts of Coronavirus
  - Helplines & Services

Safe, inclusive and respectful environments

DIGNITY
In everything, do to others what you would have them do to you. Matthew 7: 12
'At the core of our being, each one of us has the identity of being a child of God, made in his image and likeness'. [1]

enable **connect**

COMMUNION
For where two or three are gathered in my name, I am there among them. Matthew 18: 20
'We can only grow and develop once we have learned to live in relation to others, to recognise the possibilities of the space between us'. [2]

NURTURE
The unfolding of your word gives light. Psalm 119: 130
'Learning brings hope ... that is based on the certainty of God's promise of his love and care for us'. [4]

learn **engage**

AGENCY
Encourage one another and build one another up. 1 Thessalonians 5: 11
'In a Catholic school young people are empowered to develop as optimistic global citizens capable of articulating their beliefs and worldview in light of the Catholic faith and tradition'. [3]

Explicit, purposeful and innovative teaching
Nurturing, collaborative and authentic relationships
Motivated, empowered and adaptable learners

Engage

- 10 steps to incorporating student voice into remote learning
- 5 ways to keep human connections when moving learning online due to coronavirus
- Keep children motivated and engaged when learning from home
- Child-directed learning Is the key to stopping the 'school battles'

Online Learning Environment

eSafety Commissioner

- Tips for staying safe online during the COVID-19 pandemic
- Keeping schools and learning safe online
- COVID-19: 5 steps to keep students safe during online learning
- Global online safety advice for parents and carers
- An online safety kit for parents and carers
- COVID-19: Protecting children from online abuse
- Tips for online collaboration tools
- The eSafety Guide (pros & cons: online platforms)
- Guidelines for social media use, video sharing and online collaboration

Free Webinars – Registration

- Online safety module – risks and protective factors
- Child protection and online learning
- Activity pack for online safety
- eSafety and privacy for schools
- The impact of digital technology on student learning and wellbeing
- Navigating uncertain times: How schools can cope with coronavirus
- Coronavirus, virtual learning & the 5 stages of grief

Connect

- Home-supported learning
- Coronavirus: A guide for parents to support their children
- Coronavirus and children in Australia
- Reassuring your child about the unknown
- Reliable resources on COVID-19 for parents (Royal Children's Hospital)
- Supporting shared parenting in the time of COVID-19
- Staying calm and carrying on: A family survival guide
- Mental health advice for parents (practical, evidenced-informed strategies in plain language to help reduce the risk of anxiety and depression in their children.
- Culturally and Linguistically Diverse (CALD) Communities (SBS - information about coronavirus in 63 different languages)
- COVID-19 translated information for people from CALD backgrounds
- Learning from home advice in your language
- Practical strategies for parents for home supported learning
- Family time – from a distance, without technology
- Balancing screen time, sleep, and family during coronavirus

Videos/Posters Resources

- Coronavirus: A guide for parents (SchoolTVme: Michael Carr-Gregg)
- Parenting in the time of COVID-19 (posters)