



Back to School

Everyone at school is working hard to make sure that everyone is safe and that anyone who is unwell will stay home.

Just so you know, it's completely normal to have different feelings when coming back school. You may feel worried, nervous, angry, excited, happy, or any feeling in between.

Talking to friends and family can be helpful. You can always talk to your teacher or any other adult at school. Your school can help you get in contact with someone to talk to, just let your teacher, parent or carer know.

Don't be afraid to ask questions about COVID-19

Not talking about something can actually make us worry more. Let your parents or a trusted adult know if you have questions about COVID-19. They can answer your questions, or help you find the answers.

Focus on what you're doing to stay safe

There are lots of measures you can put in place to boost your safety.

These include regular hand washing and wearing a face mask if you're in Year 7 or above (if you're in Kinder – Year 6, you can wear a mask if you would like to).

Things that help

You feel your best when you focus on:

- + the hobbies and activities that you enjoy
- + spending time outside playing
- + being kind to yourself and to others
- + eating healthy food and drinking water
- + making sure you get to bed on time

Keep talking and seek help if you need

Your feelings are important and you are allowed to talk about them. There are lots of people you can talk to when and if you need to.

If you find that feelings like being worried or upset don't seem to change, make sure you let your family or someone at school know. People want to help, but they need to know how you're feeling so that they can help you feel better.

Some helpful contacts

There are some helplines that are great to use. You can do this on the phone or by online chat, and they are free of charge.

- + **Kids Helpline** 1800 551 800
- + **Kids Helpline Webchat** 8am – 12am
www.kidshelpline.com.au/get-help/webchat-counselling
- + **Lifeline 131 114**, www.lifeline.org.au
- + **Aboriginal Health Services**
(Hobart 6234 0777; Launceston 6332 3800; Burnie 6431 3289)
- + **eSafety Commissioner** www.esafety.gov.au
- + **Headspace e-help** 9am – 1am
www.eheadspace.org.au
- + **ReachOut** au.reachout.com
- + **Working It Out** www.workingitout.org.au
- + **Your local Doctor**
- + **Phoenix Centre** (Southern Tasmania 6234 9138; Northern Tasmania 6724 2820)