



Wellbeing Checklist



Partners in Learning

Some might think it faux pas to talk about mental health issues, but experts say it's highly relevant and needn't put a damper on the home or school experience, especially if it is going to improve your child's social and emotional wellbeing and their ability to engage with learning.

"Positive schooling experiences are of critical importance in the development of young people," says Stephen Muller, Lead Education Adviser – Student Wellbeing at Brisbane Catholic Education. "While it's normal to have ups and downs, if it impacts on day-to-day functioning it is time to check in with them."

"Stress and worry are a part of everyone's normal everyday life, but when it goes unchecked, it can actually turn into a serious issue. Early intervention and prevention are critical. It is important to check in with a young person about how they are travelling. Yes, you may get blank stares or a screwed-up face, but asking shows you care,"

Mr Muller

Sometimes young people find it difficult to articulate how they are feeling. You may first notice what they are doing or how they are saying things. You know your child best – look for changes to their normal way of being. Are they:

- Sleeping more or less
- Eating more or less
- Withdrawn or irritable
- Complaining of headaches and stomach aches with no medical cause
- Reluctant to go to school
- Not wanting to go shopping, sleepovers, engage in family activities, or go to places
- Changes in friendship groups
- Decrease in school results and effort
- Started to engage in risky behaviours – drugs, alcohol, late nights
- Fixated on technology
- Overly self-critical



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While you may notice these behaviours, your child may not seem to worry about them. Ask them explicitly, "Are you OK? How is school? Are you sad or worried about anything?" Give them permission to talk, and remember they are likely to say something at the most inopportune time -don't miss the opportunity!

If you are worried about them, and the way they have been acting has lasted for at least two weeks or you are thinking they may be contemplating harm, seek help from someone who has experience – a family doctor, Guidance Counsellor, psychologist or psychiatrist. The best way to improve wellbeing is to have a positive, stable relationship with your child, set realistic expectations of them and keep the communication open – all the while staying in the role of parent and not friend. If you are worried though, you can call:

Kids Helpline 1800 551 800
Beyond Blue 1300 22 4636
Lifeline 131 114
Parent Line 1300 30 1300

Student wellbeing is at the core of Catholic school life; it is at the heart of informing those committed to Christ and charged with student care. For Catholic schools, student wellbeing is the guiding principle of pastoral care; it is born out of the Catholic teaching based on the unique human dignity of each person created in the image and likeness of God. In John 's Gospel, Jesus says, "I have come that they might have life, and have it to the full".

A Catholic education is about giving our young people a hope-filled future.

For more information and strategies to support student wellbeing at home, go to:

studentwellbeinghub.edu.au/parents/

Parents can also download free resources from [School TV](#), a free BCE Parent service, 24 Hours, 7 days a week.