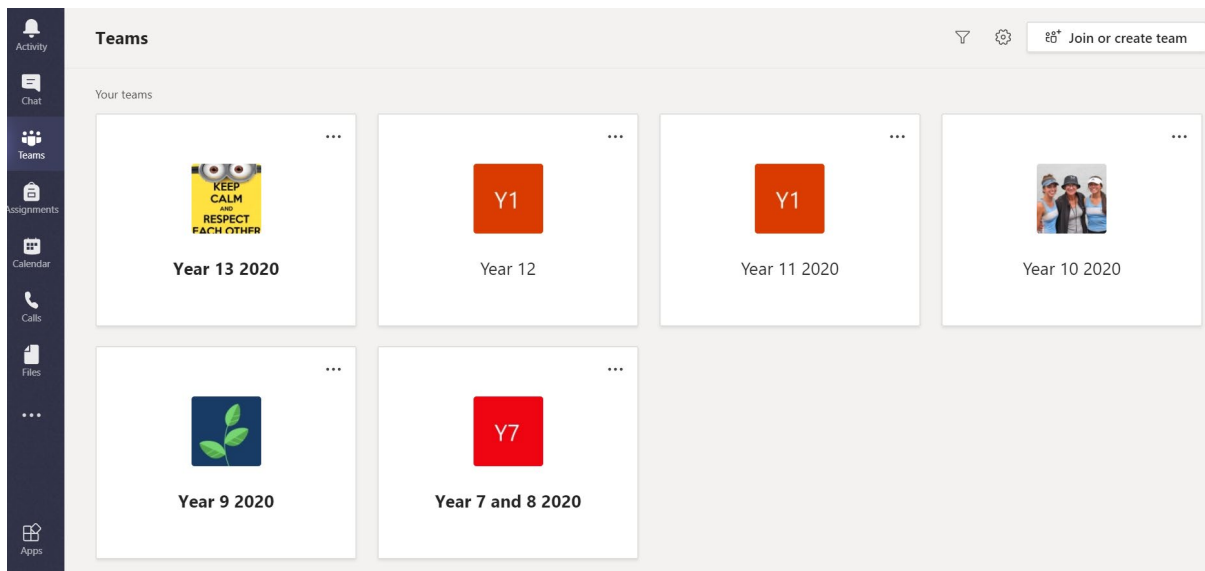


Sacred Heart Girls' College  
Manawa Tapu  
Hauora@Home Student Help Sheet



At Sacred Heart Girls College, we are using Teams and email to support your Hauora and Wellbeing. Your Guidance Counsellor, Deputy Principals, Deans, Teachers and Teacher Aides will continue to work with you to support you.

How will it work?



Click on your Year level Deans team. Information, links and tips will be regularly added on topics such as:

- Wellbeing and Hauora – the five aspects of Wellbeing so we can try to have a balanced life while in isolation.
- Specific Mental Health support – information will be in the Hauora Channel in your team. You will get a post; a link or information will be in the *FILES* area.
- Learning support, study tips, routines and schedules – information will be in the Hauora Channel in your team. You will get a post; a link or information will be in the *FILES* area.

What if I need some individual support? All of the structures that are available for you at school are still available, if you need to talk to someone, here is how you do that:

- Talking to your Teacher or Dean: you can email and they will let you know who to go to or they will contact you or you can use *CHAT* on Teams
- Talking to your Deputy Principal: you can email Mrs Costelloe [bco@shgcnpschool.nz](mailto:bco@shgcnpschool.nz) or Ms Miller [hmi@shgcnpschool.nz](mailto:hmi@shgcnpschool.nz)
- Talking to your School Guidance Counsellor – email [wpa@shgcnpschool.nz](mailto:wpa@shgcnpschool.nz) if you want specific information. If you would like an appointment email [wpa@shgcnpschool.nz](mailto:wpa@shgcnpschool.nz) and an online appointment will be set up for you.

Stay connected, listen to Jacinda, keep calm and above all else make kind and wise choices.

Kia kaha

Wendy Payne

School Guidance Counsellor

