

# MCLC NEWS



Welcome back to the school community and a very warm welcome to our new families that are joining us at the MCLC this year. We hope everyone has had a restful break and are refreshed and ready for a great start to the New Year. It has been a busy start to the term, with lots of excitement from staff and students as we plan for the year ahead. We are confident that our continued focus on fostering positive and respectful relationships with our students will result in them achieving their personal, educational and career goals. Chris Brooks has joined our teaching team this year and is excited to be facilitating the Stage 1 Research Practices and Stage 2 Research Project. Chris brings with her a wealth of teaching experience, she also works for TAFE SA as a lecturer, so we feel extremely lucky to have her on board.



Stage 1 Mathematics students were treated to morning tea from Andy's Bakery and had a short stroll around Lake McIntyre. This was a fantastic opportunity for their teacher to learn a bit about their experiences in previous schooling and develop good working relationships. Many students in the class spoke about their limited time outside and we talked about the importance of Vitamin D and exercise in reducing anxiety and releasing endorphins. The class returned to school and were able to produce an impressive amount of work, a fantastic way to start the term.



On Friday 31<sup>st</sup> January we were very fortunate to have Tracey Wanganeen and Linda Kuchel from STANDBY – Support After Suicide, attend our Centre and address both staff and students around the issues of suicide, grief and support services that are available. They spoke about the importance of starting a conversation with someone you are concerned about using these 4 steps:

1. Ask the question - Are you OK?
2. Listen - with genuine intent and without judgement
3. Encourage action – assist people to talk to someone e.g. family member, close mate, counsellor etc. verbalizing your problems can give clarity or a different perspective. Sharing your problems can also relieve built-up pressure and tension. However, don't take on full responsibility for someone, seek help and involve others
4. Check In – Follow up is integral, always check in to ensure that people are ok and if not, resume the conversation process from step 1.



## SUPPORT CONTACTS

Suicide Call Back Service - 1300 659 467

Lifeline - 13 11 14

Kids Helpline (25 years) - 1800 55 1800

[www.standbysupport.com.au](http://www.standbysupport.com.au)

[www.saregionalaccess.org.au](http://www.saregionalaccess.org.au)

<http://www.beyondblue.org.au>

**Preventing suicide is everyone's business. We all have a role to play!**

### 'How can you help?'

- take all warning signs seriously and ask directly about suicide
- NEVER leave someone at risk on their own
- ALWAYS intervene...whether it be asking if someone is ok, calling an ambulance or 000, your actions may just save someone's life