



Supporting your child's wellbeing during suspension

Parent/carer fact sheet

How to support your child

A good place to start when supporting your child's health and wellbeing during suspension is to gather expert information and advice. For practical advice and information to support your child's wellbeing follow these links:

- [Wellbeing](#)
- [Counselling and psychology services](#)

Positive and open communication between home and school helps provide students with the best chance to succeed.

- Reassure your child that they are a valued member of the school community.
- Raise any concerns with the school.
- Work in partnership with the school team to develop and implement strategies that support your child's engagement in learning.
- Attend your child's return to school planning meeting. This may be held face to face, online or over the phone.
- Talk to your child about appropriate behaviour that shapes positive, safe, inclusive and respectful learning environments.
- Encourage your child to actively share their thoughts and ideas respectfully.

Learning from home while on suspension

- A member of staff will contact you and your child regularly during the suspension period.
- Help your child learn by setting clear times for work periods during the day, finding a quiet space, and asking how their learning is progressing.
- Make sure they have breaks, drink water and support them if they become stressed or worried.
- Allow time for physical activity.
- Supervise your child to use technology safely. The [Using technology](#) site has information and resources that you may find useful.

Helpful Links

- [Learning packages](#)
- [Disability learning and support advice](#)
- [Behaviour support toolkit](#): What to do if your child is suspended
- [Helping your child learn from home](#)
- [Kids Helpline](#) is Australia's only free phone counselling service for young people aged 5 to 25. Call on 1800 55 1800.

Telephone interpreter service

If you wish to contact the school and need assistance with English please call the telephone interpreter service on 131 450, tell them what language you need and ask the operator to phone the school. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.