



Nazareth





Acknowledgement of Country

Nazareth Catholic Community acknowledges that we are meeting on the traditional Country of the Kurna people of the Adelaide Plains and pays respect to Elders past and present.

We recognise and respect their cultural heritage, beliefs and relationship with the land.

We acknowledge that they are of continuing importance to the Kurna people living today.

And we also extend that respect to other Aboriginal Language Groups and other First Nations.

Supporting the Wellbeing of Year 12's

Nicole Laube – Deputy Principal

Introduction – Nicole



Parenting – a role that is one of the most rewarding but one of the most challenging things we do

The pathway will be different for each young person but one that we are committed to sharing with you

THE BIGGEST PERSONAL CHALLENGES

WHAT MORE WOULD HELP?

Solutions suggested by young people

49%



SCHOOL CHALLENGES

High workload, academic pressure, challenges with teachers or learning difficulties.



Be comfortable asking for support or advice



Study harder and more effectively



Greater understanding from teachers and parents about stress levels



Be more organised and manage time effectively

24%



MENTAL HEALTH CHALLENGES

Stress, anxiety, depression, low self-esteem, diagnosed disorders or self-harm



Asking healthcare professionals for help



Be comfortable asking for support or advice



Better access to mental healthcare services



Proper diagnosis and treatment

21%



RELATIONSHIP CHALLENGES

Challenging relationships with family, friends or significant others like lack of support, abuse or death



Be comfortable asking for support or advice



Asking healthcare professionals for help



Asking those closest to me for advice and understanding



Better access to mental healthcare services



Raising our young people to go out and thrive

Nicole Laube

Parenting is different for each of our young people, but please always know we are here to help.



Raising our young people
to be people for the
world God desires

Supporting them as they
learn more about
themselves and the world
beyond school

Year 12 Agreement

High levels of expectations with high levels of support

We are here to guide them and support them but assist in their natural growth in transition to adulthood and life beyond school

Counselling at Nazareth

Kidman Park Counselling Team

Giordy Cimmino

Student Counsellor

Nadia Latte

Leader of Counselling and Wellbeing Services

Bek Shaw

Student Counsellor

Kate Rayner

Family & Pastoral Care Coordinator

Chloe Jarvis

Student Counsellor

Counselling at Nazareth

Counselling at Kidman Park

- 2 counsellors available from Monday-Friday.
- Counsellors work alongside Year Level Leaders, MG Teacher and any other support persons to provide your child with the best care possible.
- Nazareth College also offers family support which may include connecting you with local resources or offering counselling and emotional support to families.

Family Support Referral Form: [Nazareth Family Support Referral Form – Nazareth Catholic Community](#)

Counselling at Nazareth

Why Counselling?

- All students have a right to seek counselling. We always encourage speaking to a counsellor if students are struggling.
- It can be helpful to chat to someone who is outside of their circle to simply listen and provide a non-bias perspective.
- Counselling doesn't always need to be ongoing, there may just be something situational that students want to discuss.

Counselling at Nazareth

When to reach out to the Counselling Team?

Students and families are encouraged to reach out to a counsellor if they need support with *(but not limited to)* :

- Stress Management
- Anxiety
- Time Management
- Family Issues
- Friendship Issues
- Relationship Issue
- Emotion Regulation
- Referral to External Agencies

Counselling at Nazareth

What does counselling involve?

- 1:1 counselling sessions are confidential so we can create a safe and trusting environment for students.
- Confidentiality is crucial for effective counselling, as it allows students to open up about their concerns.
- There are exceptions to confidentiality. We may need to disclose information if there is a risk of serious harm to the student or others.
- This balance helps protect students' privacy while ensuring their safety and well-being.

Counselling at Nazareth

What does counselling involve?

- Sessions are booked by the counselling team and will typically be for 40-minutes.
- The team aims to avoid booking students during subject time and will utilise Study lessons and MG time for sessions.
- Where necessary counsellors will liaise with YLC's and teachers to arrange these sessions.

Counselling at Nazareth

How to refer a student to counselling:

- Filling out the referral form (available on E-Naz or at the bottom of counsellor's email signature).
- Contacting to a YLC or MG Teacher.
- Emailing/Calling us directly.

Referral Form: [Nazareth Years 7-12 Counselling Referral Form – Nazareth Catholic Community](#)

Supporting your child

Supporting your child

Be a cheerleader, not a critic:

- A supportive and affirming attitude creates a safe space for both you and your child.
- When we act as cheerleaders, we can instil confidence.
- Celebrate all success, no matter how small, and acknowledge all efforts to allow your children to believe in their abilities.

Supporting your child

Be a cheerleader, not a critic:

Tips:

- Constant reminder that Year 12 is not going to define their life or careers.
- Support them to make a Plan B to help reduce stress about the future.
- Communicate with them with kindness and compassion, so your child feels listened to, safe and valued.
- Let your child set their own study schedule. If they're not sticking to it ask how you can best support them.

Supporting your child

Schedule 'me' and 'we' time

- You and your family will also cope better with the demands of Year 12 if you schedule regular quality down time.
- Aim for at least 30 minutes a day (but even five or ten minutes will help!).

Supporting your child

Schedule 'me' and 'we' time

Tips:

- Take time to focus on your own needs and self-care.
- Set time aside to do a weekly check-in with each other. Discuss highs and lows and celebrate any wins no matter how big or small.
- Engage in shared hobbies as a distraction from academic stress
- Encourage each family member to set aside 'me time' throughout the week. This allows for individual time to recharge personally.

Supporting your child

Lean into Support Networks

- Building and maintaining strong connections with your support networks is invaluable during Year 12.
- Keeping connected will not only benefit you but your whole family as you navigate the year.

Supporting your child

Lean into Support Networks

Tips:

- Build and maintain a positive relationship with the school community (parents, teachers and supports)
- Share advice and concerns with those around. You are not alone in this journey. Utilise external services and online supports.
- Reach out to extended family for additional support whether this be dinners, school pick-ups or a listening ear.
- If stress and emotions become overwhelming reach out to us to see how we can support your child and family.

Supporting your child

Normalise Stress – But Don't Normalise Suffering

Some stress during Year 12 is expected. However, ongoing distress is not something your child has to handle alone.

Encourage help-seeking if you notice:

- Persistent anxiety or low mood
- Withdrawal from friends or activities
- Significant changes in sleep, appetite, or motivation
- Frequent physical complaints (headaches, stomach aches)
- Reassure them that asking for support is a strength, not a failure.

Supporting your child

Seeking external support:

External support:

- **Kids Help Line** - [Kids Helpline | Phone Counselling Service | 1800 55 1800](#)
- **Reach out** - [Home - ReachOut Parents](#)
- **Headspace** - [headspace National Youth Mental Health Foundation](#)
- **Medicare Mental Health**- [Home | Head to Health](#)
- **Beyond Blue** - [Youth and mental health - Beyond Blue](#)

Accessing a Mental Health Care Plan:

[How to get a mental health care plan | headspace](#)