



## STUDENT WELLBEING - FROM THE SCHOOL PSYCHOLOGIST

The lockdown period has been extended until at least the 30 July and we are very aware that most of our families are located in the areas where higher case numbers have been reported and stricter restrictions have been imposed. Lockdown fatigue is another term that has developed out of these new experiences. We have had to come to terms with a virus that has affected every aspect of our lives and it can leave you feeling physically and mentally exhausted.

Your children are being supported by their teachers, year advisers, staff from the wellbeing team as well as our College Psychologists. We have a team of 3 dedicated psychologists who can assist you and your child if you feel that their mental health has been impacted or they are struggling in one way or another.

## MEET THE TEAM



**Jacqueline Peterson**  
Director of Student  
Counselling



**Marija Bjelan**  
College Counsellor  
- Junior School



**Noah Cleur**  
College Counsellor  
- Senior School

We have a dedicated [page](#) with a range of resources to support you and your child/ren during this period. This page also provides you with a [link](#) to request an appointment for your child to speak to the psychologist.

[Visit Wellbeing Page](#)

The College is here at all times to support you during this, please ensure you reach out if you need to.

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