

Supporting Student Wellbeing at Ripley Valley SSC

At Ripley Valley State Secondary College, we recognise that student wellbeing is the foundation for learning, growth, and success. Our proactive and inclusive approach to wellbeing is built on connection, consistency, and care. We work in partnership with students, families, and external services to provide support that is early, accessible, and tailored to student needs.

Our dedicated wellbeing team—including the Guidance Officer, GP service, Youth Workers, School-Based Health Nurse, DSM and Chaplains—offer a range of programs and supports that foster emotional, social, and psychological wellbeing. Whether it's individual support, small group programs, or whole-school initiatives, we aim to build student resilience, confidence, and belonging.

We also encourage students to take care of their own wellbeing through everyday habits that support a healthy body and mind. Below are some key areas that contribute to overall wellbeing, along with practical tips and links to trusted support services.

Physical Activity

Exercise helps reduce stress, lift your mood, and improve sleep, focus, and energy. You don't need to be an athlete—every bit of movement counts.

Try:

- Walking or riding to school
- Playing a game with friends at lunch
- Joining a sports team or community activity
- Heading outside for a walk, skate or bike ride after school

[More on movement and mental health →](#)

Sleep - Tired Teens cannot learn!

Sleep is essential for concentration, emotional regulation and learning. Teens need 8–10 hours of quality sleep per night. Due to the many distractions teens face, they often require parental support to establish and maintain a consistent sleep routine.

Tips for better sleep:

- Keep a regular sleep schedule
- Avoid caffeine after 3pm
- Wind down with mindfulness or reading
- Keep devices out of the bedroom
- Please book an appointment with our GP service if your child is having difficulties sleeping

[More on sleep tips](#)

Screen Time and Gaming

Technology is part of life, but balance is key. While devices can support learning and connection, too much screen time—especially late at night—can disrupt sleep, reduce focus, and impact mental health. And tired teenagers cannot learn.

Ask yourself:

- Am I physically active each day?
- Am I sleeping well?
- Do I spend time offline with friends and family?
- Am I keeping up with school and hobbies?

Balance tips:

- Set screen-free times (e.g., meals, bedtime)
- Enjoy offline hobbies
- Charge devices outside your room
- Avoid screen use in the hour before bed

[Screen time and mental health →](#)

Nutrition

Eating well fuels your body and mind. A healthy diet can reduce stress, boost mood and support mental health.

Aim for:

- Colourful fruits and vegetables
- Wholegrains and fibre-rich foods
- Protein and dairy or alternatives
- Occasional treats, balanced with nourishing meals

[Healthy eating resources →](#)

Breakdown of Family Relationships

Family breakdowns, such as separation, divorce, or conflict, can be challenging for both children and parents. These changes often lead to feelings of confusion, sadness, or anxiety, which can impact a child's emotional wellbeing, academic performance, and social relationships. Children may struggle with adjusting to new living arrangements, navigating complex emotions, or feeling torn between parents.

For parents, the stress of managing family changes, emotional challenges, and co-parenting can also take a toll on their own wellbeing. While family matters like these are personal and not school-related, we understand how they can significantly impact a child's education, concentration, and overall school experience. It's important for both parents and children to

seek support during these transitions to ensure they have the tools and resources to cope in a healthy way.

Open communication, family counselling, and creating a stable, understanding environment can help alleviate some of the emotional strain. Recognizing and addressing these changes early on is crucial in supporting both parents and children to adjust in a positive manner.

Resources for Families:

- [Relationships Australia](#)
- [Parentline](#) – 1300 30 1300
- [Lifeline](#) – 13 11 14
- [Kids Helpline](#) – 1800 55 1800

Self-Help and Family Support Links

If you or someone you know needs extra support, the following services offer free, confidential help:

Young People

- [Kids Helpline](#) – 1800 55 1800
- [The Brave Program](#)
- [Open Doors](#)
- [COPMI – Children of Parents with a Mental Illness](#)
- **eheadspace** – <https://eheadspace.org.au/>

Parents and Families

- [Lifeline](#) – 13 11 14
- [Parentline](#) – 1300 30 1300
- [Mission Australia](#)
- [Kummara Ipswich and South West Family Wellbeing Service](#)

The Use of Technology in Supporting Mental Health

As mental health challenges among young people continue to rise, many students are turning to online platforms for support services. Services such as **eheadspace**, **Kids Helpline’s chat function**, and **headspace’s AI therapist “Ebb”** are playing a role in providing accessible, personalized, and effective mental health support. By embracing reputable digital platforms, these services ensure that young individuals have the resources they need to navigate life's challenges and maintain mental well-being, 24/7 and at their fingertips.

Technology has proven to be a valuable tool in breaking down the barriers to accessing mental health support. Whether it’s through online chat, phone support, or interactive AI therapy, young people can seek help in a safe and confidential environment. This offers an additional layer of support outside of traditional face-to-face interactions, allowing individuals to access help whenever and wherever they need it.

For more information or to access these services:

- **eheadspace:** Visit eheadspace.org.au or call 1800 650 890.
- **Ebb:** Learn more at headspace.com/ai-mental-health-companion.
- **Kids Helpline Web Chat:** [Kids Helpline Chat](#)

We have also listed a selection of apps that support mental health, providing additional resources and tools to help individuals manage their well-being. These are used by mental health clinicians and promoted as suitable for client use. Visit the [EMHPraC Directory](#) for more resources.