

CASE STUDY: WELLBEING AT MAC He waka eke noa

Jack's story

Jack was 17 years old when he started struggling with feelings of isolation. His parents had recently separated and he felt really alone. He started to withdraw from his family and friends. Sometimes, he felt really hopeless and wondered if life was worth living. One night, he confided in his elder sister and she encouraged him to seek help before things got worse.

Jack felt really alone, especially after his parents' separation.

Seeking help

The next morning, Jack's sister contacted the school guidance counsellor office by phone. One of the counsellors answered and Jack's sister told the counsellor about Jack's situation. The counsellor immediately reached out to Jack via email, offering him a safe and private space to talk. When Jack received the email, he was reluctant to reply, but eventually he responded and agreed to meet with the counsellor. Jack already felt a bit better knowing that someone understood his situation and was there to support him.

Meeting with the counsellor

When Jack met the counsellor, it took him a while to open up. The counsellor didn't rush him. She reassured Jack that she was available to listen whenever he felt ready to talk. She explained that she would need to speak to one of his parents to make a safety plan so Jack would have all the help he needed at this difficult time. The counsellor also said she would need to refer Jack to a GP so the doctor could investigate a possible diagnosis of anxiety or depression. The counsellor explained that the doctor could also do some blood tests to make sure Jack had no deficiencies that might be affecting his mood and overall health, and would decide if Jack needed to be referred to community mental health services for further assessment and support.

Moving forward

The counsellor let Jack know he was welcome to make a regular appointment with her for further support, so Jack started seeing the counsellor once a week. During the sessions, the counsellor focussed on how Jack's self-talk and thoughts were affecting his emotions and supported him with further tools and skills he could use to help him manage his thoughts. Over further sessions, the counsellor was able to assess what support Jack needed with his classroom learning and school generally, and they worked together to remove any barriers that might get in the way of Jack managing his school work.



When students feel valued and supported, it helps them feel confident in who they are, engaged in their learning, and optimistic about the future.

- The public health nurse provides students with confidential and free healthcare support.
- Students can drop in for a chat or make an appointment.
- We are waiting for Health New Zealand to appoint a new nurse to visit our school.
- PUBLIC HEALTH NURSE

CLASSROOM TEACHERS

- Our teachers can help with enquiries about student learning.
- Our <u>online staff directory</u> has teachers' contact details.

WHĀNAU TEACHERS

- A whānau teacher mentors a student throughout their time at MAC.
- Talk to them about student wellbeing.

• Parents can seek assistance for students.

- Students can contact external services.
- The school can also refer students to external services.

COMMUNITY AND GOVERNMENT SERVICES

Our students and their whānau



YOUTH WORKERS

professionals.

DEANS

- We have a junior and senior dean for each house.
- Talk to deans about a student's wellbeing, behaviour or learning.

• Our youth workers are friendly

• Students are welcome to visit the

hub and ask to speak to a youth

adults students can talk to.

• Deans can also refer students.

 This is for students who need additional learning support in small groups or with a teacher aide.

- The school's pastoral care team manages referral of these students.
- Students who exhibit challenging behaviour or anxiety may be referred.
- Parents cannot refer students.

ALTERNATIVE EDUCATION

- Teachers refer students to our special education team.
- Our staff can apply to the NZ Qualifications Authority to seek permission for a student to have support during exams.
- Please speak to a student's teacher before contacting our special education team.
- Contact our Special Education Needs and Disabilities Coordinator Dan Frost to share information about a student's additional needs: frostd@mtaspiring.school.nz

LEARNING SUPPORT FOR EXAMS COUNSELLORS/ KAIĀRAHI Our guidance counsellors are trained mental health

worker.

- They can help students deal with mental health and wellbeing issues.
- Parents and students can contact a counsellor directly.
- Our counsellors are bound by privacy law and a professional code of ethics.
- A guidance counsellor cannot disclose information to parents unless they have a student's consent or there is an imminent threat to the wellbeing of a student.

THERE IS HELP.

Talk to a teacher or dean. | Visit the Wellbeing Hub near student reception.

Contact a MAC guidance counsellor. | Monday to Friday during school hours in term time.

E: dept-guidance@mtaspiring.school.nz | T: 03 443 0496

