



# OCEAN TIDINGS

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*Every Child Matters, Each Moment Counts, Everyone Belongs*

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## **Week 7 - Term 2 Be You Action Team Request**

Dear parents/carers,

Our Be You Action Team are requesting all families complete an online **Parent Be You Survey** at home and all Year 4 to Year 6 students to complete an online **Student Be You Survey** at school. The survey results will allow our team to collect important feedback from all members of the learning community, including educators, families and children. The surveys will be used to find out what's already working and map out further actions to take to support a mentally healthy learning community.

Be You Surveys empower all members of the learning community to share their voice about mental health and wellbeing, and their understanding of a whole-setting approach to building a mentally healthy learning community.

Please note:

- Completing the Be You Survey is optional.
- Be You Surveys are anonymous — individuals can't be identified.
- Participants are never asked to include their name or any other personal details on the survey, ensuring anonymity and security within the learning community.
- Survey questions ask for your perspectives, so there are no right or wrong answers.
- You won't be assessed or graded on your responses.
- Any reporting of data, for internal or public purposes, is reported in aggregate form and individuals can't be identified.
- The surveys will take approximately 10-15 minutes to complete for students, parents and caregivers.
- The specific timeframe to complete the survey will be from **Monday 15 June 2020 until Wednesday 1<sup>st</sup> July 2020**.

The link to complete the **Parent Be You Survey** online is:

<https://secure.peoplepulse.com.au/survey.php?mid=uNo38ypjA1yd2cg3n16fskyl98qq1>

Please choose/type the "learning community" **OCEAN ROAD PRIMARY SCHOOL, DAWESVILLE, WA (School)** when you start the survey.

*Kindness ~ Resilience ~ Responsibility ~ Respect*

A paper **Parent Be You Survey** will also be available, it asks the same questions as the online **Parent Be You Survey**. If you have been a "Home Learning Package" family during the COVID-19 pandemic time, we will send home a paper **Parent Be You Survey** during Week 8. If you would like a paper survey, please ring the front office to request a copy to be given to your child to take home.

By completing the **Parent Be You Survey**, you are helping to improve the mental health and wellbeing of our learning community.

Thank you.

Jemma Tilbury  
Be You Action Team Leader  
Positive Mental Health and Wellbeing Coordinator

### **Seeking support**

If you'd like to talk about what's going on for you, or someone you care about, we encourage you to seek support. There are a range of options available:

Beyond Blue Support Service [beyondblue.org.au/get-support](https://beyondblue.org.au/get-support) 1300 22 4636

Kids Helpline (5-25 years) [kidshelpline.com.au](https://kidshelpline.com.au) 1800 55 1800

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## **Year 4 to Year 6 Students Be You Survey**

During a Health lesson, before the end of Term, our teachers will be providing time for our ORPS students to complete the **Student Be You Survey**. If you would prefer your child not to participate please complete the form below and return to your child's teacher.

I would **NOT** like my child \_\_\_\_\_ in room \_\_\_\_\_ to complete the **Student Be You Survey** in class during the last three weeks of Term Two 2020.

Parent/Caregiver's Name: \_\_\_\_\_

Signature: \_\_\_\_\_