



17th August 2021

Special Message to our Afghan students and families

We would like to reach out to all our Afghan students and their families at this time of turmoil in Afghanistan. We know that many of you still have loved ones in your home country and that it is distressing to see the events unfolding there. Many students have expressed a sense of helplessness at not being able to do anything to help.

Please know that we are thinking of you. Be gentle on yourselves and your families. Make sure you take care of your mental and physical health at this time. We know it is especially hard during this period of lockdown, but make sure you take plenty of breaks. Go outside for some fresh air. Go for a walk or a run. Draw or listen to music to relax and take your mind off things. Stay in contact with your school friends. These are great things to do when you are feeling overwhelmed.

Please reach out for assistance if you need it. We have many people at school who care for you a great deal. Please contact your year advisor, Mrs McFarlane (Student Support Officer), the school counsellors, your deputy principals, head teachers, teachers or whoever you feel most comfortable speaking to, if you want support or help with anything. *The Wellbeing Hub* on Connect 121 has some great resources and links to support services in our school and beyond. We can also help organise support for your families if required.

We cherish the diversity of our community at Arthur Phillip High School. We want our Afghan community to know that we stand alongside them in this time of distress. You do not walk this road alone.

Take care,
From the Arthur Phillip High School staff, students and families.