

## PRINCIPAL'S UPDATE 23 May 2022

Dear all

I hope you are well. Sadly COVID continues to be part of our landscape and we were notified today Monday, of eight students in Years 7, 8 and 10 who have tested positive. If your child has flu like symptoms please have them complete a COVID test and if positive they must stay home for seven days. If they missed collecting the RAT kits from school, encourage them to see me and I can provide a box of 5 tests.

Our new wellbeing nurse commenced at our school last week. Emily Catt is working Thursday and Friday and I have included her role description and a photo. Don't hesitate to contact Emily if you feel she can be of help or if you would like to refer your student for support. I have also included the flyer for the mini-Mos that will be happening soon. I know that many of our families both from Mosman Public and other local primary schools have been involved over the years.

Year 11 were outstanding at their camp last week and feedback from the organisers was extremely positive. As was the feedback regarding Year 7 and 9 and their NAPLAN tests as well as Year 10 and their first formal exam involving StuVac.

The next two weeks do not have any major events, in fact the next event will be the Year 10 into Year 11 Subject Selection evening on 8 June. Last year we held this meeting via Zoom and at this stage we plan to do the same. Closer to the day I will send the Zoom link. As with most of our events it will commence at 7.00pm.

Best wishes

Susan

### **Emily Catt, Wellbeing Nurse**

Hello! My name is Emily, and I'd like to take the time to introduce myself here at Mosman High, as the Wellbeing Nurse. I will be working here Thursday and Friday and my role is to support students in accessing the right services to meet their health needs. I will be working alongside the Learning Support & Wellbeing teams to coordinate appropriate assessments and referrals for students. Students will be able to self-refer directly to me, approach any staff member to request a referral or ask their parents to contact the school and make an appointment.

I will be providing students with a free and confidential space to discuss concerns, and find support with things like sexual health, relationships, drug and alcohol use, mental wellbeing, healthy eating & exercise, housing or homelessness concerns and more. My office, also known as "the retreat" is located at the top of the art block. If students would like to arrange an appointment with me, they can either come and see me, pick up a referral form from outside my office or from the administrative office. I will then arrange an appointment with the student, where we can discuss health and wellbeing concerns, establish some goals, and look at services that will help us achieve these.

I am a Registered Nurse, employed by NSW Health and my background is in paediatric nursing. I have worked at the Children's Hospital for the last eight years in surgical and pain management areas. This

role is a welcomed change for me, and I am very excited to work alongside, and support young people in a school environment that encourages creativeness and academic success. I want students to feel empowered to make decisions regarding their health and feel confident navigating the health-care system. I look forward to getting to know some of the students and working together to achieve positive health outcomes. Please reach out via the school email or phone if you have any questions.

