

R U OK? DAY™ 8 September 2022

Dear Junior School Families,

R U OK? Day (Thursday 8 September, 2022) is our national day of action dedicated to reminding everyone that every day is the day to ask, “**Are you OK?**” and support those struggling with life's ups and downs.

This year our message is:

Ask R U OK? No qualifications needed.

Because a conversation could change a life.

It is important for us all to stay connected and, for those who are able, be willing to support those around us. In the lead-up to **R U OK? Day** we'll help our students know what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life. Whilst children cannot be expected to fix someone's problems, nor know the best way to help and support, we want to encourage our students to listen to what their friend is saying, let them know they care and tell a teacher or trusted adult if they are worried about one of their friends. The goal of creating awareness with an **R U Ok? Day** in the Junior School, is to promote an environment of positive peer support because that is part of *The Faith Difference*.

In the Junior School we are choosing to support this day by:

- Asking all the students and staff to swap 1 item of their uniform for something yellow: this could be yellow socks, a yellow hair ribbon, a yellow hat, a yellow shirt, or something else – the choice is yours as long as it is only **1 item**. It is important all students wear closed in shoes and dress appropriately to participate in school activities.
- We will be celebrating **R U Ok day** at our Weekly Assembly on Thursday 8 September focusing on the message, “**Ask R U OK? No qualifications needed.**”
- Students will be involved in a range of age-appropriate learning experiences to promote mental health and wellbeing.

Including:

- Social stories asking each other ‘**R U OK?**’
- Signs to look out for when our peers don't seem ok.
- Who to ask for help when we or others say ‘I am not ok.’

- Students will receive a wrist band saying 'R U OK?'. This can be worn as a reminder it is normal to have days where we don't feel ok, we can be brave and talk to someone for support. Students are invited to continue wearing their wristband after this day if the wish to.

We don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say we can help someone feel supported and access appropriate help long before they're in crisis, which can make a positive difference to their life. We acknowledge everyone in our Faith community and appreciate this year may have been challenging for some. Like our students, we also encourage adults to reach out for help.

Useful contacts for someone who's not OK

Encourage them to connect with a
trusted health professional, like their GP, or these
Australian crisis lines and professionals:

<p>Lifeline (24/7) 13 11 14 lifeline.org.au</p>	<p>Suicide Call Back Service (24/7) 1300 659 467 suicidecallbackservice.org.au</p>
<p>Beyond Blue (24/7) 1300 224 636 beyondblue.org.au</p>	<p>Kids Helpline (24/7) 1800 551 800 kidshelp.com.au</p>
<p>SANE Australia 1800 18 SANE (7263) sane.org</p>	<p>More contacts ruok.org.au/findhelp</p>

If you have any questions about this day, please do not hesitate to contact the Junior School Administration office.

Kind regards,

Kirsty Clements

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