



Maitland Grossmann
High School

WELLBEING

Strong Minds, Safe Spaces, Bright Futures

STAFF



HEAD TEACHER WELLBEING (HTW)

Amanda Saladine

Head Teacher Wellbeing, Amanda Saladine, plays a pivotal leadership role in fostering a safe, inclusive, and supportive school environment. As the strategic lead of the school's Wellbeing Team, the Head Teacher Wellbeing coordinates and oversees the delivery of targeted wellbeing programs, supports student welfare initiatives, and ensures alignment with the Department of Education's wellbeing framework. This role involves working collaboratively with students, staff, families, and external agencies to respond to student needs, promote positive behaviour, and implement proactive interventions that enhance mental health, engagement, and personal growth. The Head Teacher Wellbeing also leads case management processes, facilitates professional learning for staff, and supports the development and implementation of individualised student support plans. With a strong focus on equity, respect, and student-centred care, the Head Teacher Wellbeing is instrumental in driving a whole-school culture of connectedness and resilience.



HEAD TEACHER WELLBEING - 2IC

Amy Sessions

Amy Sessions serves as the Second in Charge of Wellbeing, playing a key role in supporting and strengthening our whole-school approach to student wellbeing. Working closely with the Head Teacher Wellbeing, Amy helps to lead a dedicated Wellbeing Team committed to creating a safe, supportive, and inclusive environment for all students. She assists in the coordination and delivery of wellbeing programs, contributes to the planning and implementation of support systems, and plays an active role in case management and student referrals. Amy brings warmth, consistency, and compassion to everything she does, helping to ensure that every student feels seen, heard, and supported. Her work focuses on building proactive strategies that promote safety, engagement, and personal growth, while fostering a culture of care across our school. Through her collaborative approach and unwavering dedication, Amy helps to ensure the continuity of care that is so vital to student wellbeing and success.

Leading with heart and purpose to create a school where every student feels seen, supported, and empowered to succeed.





STUDENT SUPPORT OFFICER (SSO)

Lauren Hanlon

Lauren plays a vital role in supporting student wellbeing and strengthening engagement across our school community. As Student Support Officer, Lauren works directly with students through regular wellbeing check-ins, mentoring, and the coordination of school-based programs that build resilience, confidence, and positive social skills. Her calm presence and genuine care help students feel supported and understood. Whether she's assisting with individual challenges or running group programs, Lauren brings empathy and consistency to every interaction. Working as a key member of the Wellbeing Team and in partnership with external support services, Lauren helps foster strong connections and contributes to a safe, inclusive environment where every student feels a sense of belonging and the confidence to succeed.



STUDENT LEARNING SUPPORT OFFICERS (SLSO)

Student Learning Support Officers are the quiet champions of our classrooms, making a powerful impact in the everyday moments that matter most. These dedicated professionals provide essential day-to-day support for students with diverse learning needs, helping them access the curriculum, engage meaningfully in school life, and achieve their personal best.

Working as part of the Wellbeing Team and in close partnership with teachers and families, our SLSOs offer tailored support both inside and outside the classroom. Whether they're helping a student stay focused, providing one-on-one guidance, supporting emotional regulation, or simply offering a steady, reassuring presence, their care and commitment shine through. Compassionate, patient, and deeply committed to inclusion, our SLSOs ensure every student feels seen, supported, and valued. Their contribution is felt across our entire school community, and we are incredibly proud of the difference they make each day.



Guiding, supporting, and believing in every student's potential, one small moment at a time.

SCHOOL COUNSELLORS

Listening, guiding, and empowering students to grow through what they go through.

School Counsellors play a vital role in supporting the emotional, social, and psychological wellbeing of our students. Compassionate and highly experienced, our counselling team offers confidential support and professional guidance to help students navigate life's challenges, improve their mental health, and feel empowered to thrive both in and beyond the classroom. Our counsellors provide a range of services including:

- Individual counselling and wellbeing support
- Mental health assessments and referrals to external services
- Crisis response and support during critical incidents
- Guidance with anxiety, depression, grief, self-esteem, friendships, and family concerns
- Collaboration with parents, carers, and staff to support students
- Contributions to personalised support plans, such as Risk Management Plans (RMPs), Individualised Learning Plans (ILPs), and Student Support Plans (SSPs)

Working closely with families, staff, and the broader Wellbeing Team, our counsellors help ensure every student is supported in a safe, respectful, and inclusive environment. In addition to individual support, our counsellors help lead whole-school wellbeing initiatives, delivering preventative programs that foster resilience, emotional regulation, and positive coping strategies. Referrals can be made by students, parents or carers, or school staff. No concern is ever too small to reach out.

YEAR ADVISORS

Year Advisors are a consistent and caring presence in the lives of our students, supporting their academic, social, and emotional growth throughout their high school journey. Each Year Advisor serves as the central point of contact for their year group, building strong relationships, offering guidance, and creating a sense of belonging and community. They are champions of student success and wellbeing, celebrating achievements, checking in when things get tough, and stepping in early when support is needed. Our Year Advisors work closely with students, families, and staff to ensure each young person feels seen, heard, and supported. From organising memorable events and year group activities to providing one-on-one encouragement and advice, they are dedicated to making every student's school experience positive and empowering. Our Year Advisors go above and beyond every day, and the connections they build often leave a lasting impact that reaches far beyond the classroom.

Year Advisors light the way with care and commitment, helping students navigate challenges, celebrate growth, and believe in their potential.

YEAR 7



Amrit Gill



Piper Innaimo

YEAR 8



Emily Davidson



Laura Hughes



Jennah Malineack

YEAR 9



Kimberley Delaney



Stephen Manning

YEAR 10



Amy Sessions



Stephen Forbes

YEAR 11



Belinda Skinner



Jayden Gunther

YEAR 12



Blaise Edgton



Brad Harris

RESTORATIVE PRACTICES

Restorative Practices are at the heart of how we build a safe, respectful, and inclusive school community. Guided by the philosophy of Real Schools, our approach moves beyond traditional punitive models. Instead of focusing on rules and punishment, we focus on relationships, responsibility, and repair. We ask -

- What happened? (Past)
- Who has been affected and how? (Present)
- What needs to happen to make things right and move forward? (Future)

This structure, known as Past-Present-Future Conferencing, empowers students to reflect meaningfully on their actions, take ownership, and actively restore trust and connection.

Our Restorative Goals at MGHS -

- Promote empathy and emotional literacy
- Support students in taking responsibility for their actions
- Rebuild relationships in a safe, supportive environment
- Foster a culture of respect, inclusion, and personal growth
- Reduce conflict and strengthen classroom climate



Restorative conversations, circles, and conferences are facilitated by trained staff and embedded across all year groups. These strategies are part of our wider Wellbeing Framework and help reinforce the positive, connected relationships we build every day. At MGHS, Restorative Practices aren't just about resolving harm, they are about creating a community where every student feels safe, heard, and empowered to grow.

Building trust, strengthening relationships, and growing together.



WELLBEING INITIATIVES

- Brave
- Breakfast With A Friend
- Daniel Principe
- Girls Who Roar
- iRespect
- KYUP!
- LifeChanger
- Mindfulness
- My Respect
- Outreach
- Own It!
- PCYC
- Shaka Project
- Social Futures
- Top Blokes
- Youth Off The Streets



GIRLS WHO ROAR

A program empowering girls to build confidence, share their voices, and create lasting friendships through workshops and activities focused on self-esteem and personal growth.

KYUP!



KYUP! Project empowers students to raise their standards and advocate for their safety and wellbeing through the principles of self-worth and the basics of self-defence.

LIFECHANGER



LifeChanger supports students in navigating life challenges by offering mentorship opportunities and resources that promote resilience, personal growth, and the development of coping strategies for various situations.

THE SHAKA PROJECT



A program that promotes mental health awareness, resilience, and emotional wellbeing. Using interactive activities, story telling, and practical tools, the program encourages open conversations, reduces stigma, and helps students feel confident in recognising their mental health needs and seeking support when needed.

MY RESPECT & IRESPECT



This program fosters a culture of respect within the school community, teaching students the importance of kindness, empathy, and understanding in all interpersonal interactions.

OWN IT PROGRAM

OWN your worth. OWN your world.

The Own It Program is a unique, school-developed initiative that empowers students to take responsibility for their choices, embrace personal growth, and actively shape the future they want to create. Rooted in the belief that every young person holds value and potential, Own It supports students in becoming resilient, self-aware, and confident contributors, both inside and outside the classroom.

We created the Own It Program to respond directly to the real-world challenges faced by our students emotionally, socially, and academically. Through a structured and supportive pathway, Own It helps students develop the skills and mindsets they need to thrive-

- A strong sense of self – understanding personal identity, strengths, and values
- Growth mindset – embracing challenges, learning from setbacks, and welcoming feedback
- Healthy coping strategies – developing practical tools to manage stress and difficult emotions
- Mental health awareness – recognising signs of struggle and knowing when and how to seek help
- Emotional regulation – understanding and managing feelings in positive, constructive ways
- Confidence and self-belief – learning to speak up, lead, and take initiative
- Connection to support services – building awareness of the support network available
- Positive thinking – cultivating optimism and reframing negative thoughts

By nurturing these life skills, Own It encourages students to take control of their learning, behaviour, and wellbeing, helping them own their worth and truly own their world.

BREAKFAST WITH A FRIEND

Breakfast with a Friend is more than just a meal. It's a much-loved tradition that brings our school community together in the most joyful way.

Held every term in Week 8 on Wednesday mornings, this vibrant wellbeing event sees students and staff come together to share a delicious cooked breakfast while enjoying live entertainment from our incredibly talented students and staff.



Each event is themed around important mental health and wellbeing messages, helping to start meaningful conversations in a relaxed, welcoming space. Whether it's through music, laughter, or shared stories, Breakfast with a Friend is all about connection, community, and care. It's a celebration of what makes MGHS special, a school where everyone is welcome, friendships are nurtured, and wellbeing is a priority. For many, it's the highlight of the term and a beautiful reminder that the best days start with kindness and connection.

SILENT MINDS

Silent Minds is a wellbeing initiative supporting students through quiet, peaceful and purposeful breaks. It provides a safe, structured environment to rest, reset, and recharge emotionally and mentally. Silent minds empowers students with emotional regulation skills and fosters a culture of compassion, calm and care, enhancing their ability to return to learning with focus and confidence.

- Guided mindfulness and breathing techniques
- Quiet space for self-regulation
- Sensory tools and calming strategies
- Individual check-ins with wellbeing staff
- Trauma informed and inclusive practices



CYBER SAFETY AND SOCIAL MEDIA PROGRAMS

The Cyber Safety Programs at Maitland Grossmann High School focus on promoting online safety and awareness among students. Through initiatives like the eSafety Commissioner and ThinkUKnow, we strive to equip students with essential skills for navigating digital spaces safely. Our key resources include Headspace, ReachOut, Parentline, and the Butterfly Foundation. These platforms provide valuable support and information for students and families, fostering resilience and positive mental health.

ESAFETY COMMISSIONER

www.esafety.gov.au

The eSafety Commissioner provides a range of programs aimed at increasing awareness of online safety. The eSafety School Program offers free resources and workshops for schools on topics such as cyberbullying, online safety, and digital citizenship.

THINKUKNOW AUSTRALIA

www.thinkuknow.org.au

ThinkUKnow is an Australia-wide program that provides free, interactive workshops for parents and carers to help them protect children and teens from online harm. It focuses on issues like cyberbullying, online predators, and sexting.

WELLBEING TEAM MESSAGE

*At Maitland Grossmann High School,
wellbeing is not just a program, it's a culture.*

From small everyday check-ins to whole-school initiatives, our Wellbeing Team is here to support, guide, and empower every student. Whether you're seeking help, building confidence, managing challenges, or simply connecting with others, your journey matters. We're proud to deliver evidence-based programs, strong partnerships, and a safe, inclusive environment where students can grow emotionally, socially, and academically.

By fostering a positive school culture grounded in respect, inclusion, and support, the team enhances student engagement, strengthens relationships, and contributes to improved learning outcomes. The leadership in proactive wellbeing initiatives, early intervention strategies, and restorative practices supports a safe and harmonious learning environment. Through their dedication, MGHS continues to grow as a connected, resilient, and future-focused school community where wellbeing underpins every aspect of school life.



ADDITIONAL RESOURCES

HEADSPACE

www.headspace.org.au



Early Intervention and Youth Mental Health Programs at Headspace offer various mental health support programs aimed at young people aged 12-25 to support parents and carers. Maitland Grossmann High School can place referrals. These include services for anxiety, depression, and relationship issues, as well as sexual health and drug and alcohol services. Headspace also runs school-based Youth Mental Health Programs, helping students access mental health support directly within their schools.

BLACK DOG INSTITUTE - HEADSTRONG

www.blackdoginstitute.org.au



HeadStrong is a free curriculum resource that can be used to help students better understand mental health while developing personal wellbeing and resilience.

BEYOND BLUE - BE YOU

www.beyou.edu.au



Be You provides professional development, tools and resources to support mental health and wellbeing in early learning services and schools including but not limited to school refusal, brain development, transition to high school and promoting attendance.

REACHOUT AUSTRALIA

www.reachout.com



ReachOut is an online mental health service designed for young Australians. It provides practical tools and strategies for managing stress, anxiety, depression, and other mental health issues. The ReachOut parents section also offers advice and resources to help parents support their teens.