



# York District High School

2 Trews Rd, York WA 6302

Ph: (08) 9641 3100

Email: [york.dhs@education.wa.edu.au](mailto:york.dhs@education.wa.edu.au)

Dear Students, Staff, Parents and our York DHS Community,

19/08/2021

As a result of community interest and enquiry about our Be You initiative, we are keen to provide some more updates and information around Be You at YDHS.

**What is Be You?** Be You is a national mental health initiative for educators which aims to promote and protect mental health in children and young people. The framework also supports staff mental health through professional development and targeted strategies; and fosters an overall mentally healthy community. York District High School commenced it's Be You journey in 2019, after being selected as a school eligible to receive funding for a 0.1 Mental Health Coordinator Role to help with implementing The 5 stages of the Be You Framework.

**Who is our Be You Team and what are they currently working on?** The Be You team has representatives from a wide range of areas across the school. The team members are as follows:

Nicole Creed (Be You Team Leader and Secretary)	Leonie Whisson (Time Keeper)
Emily Hughes (Internal Coach and Secretary)	Sarina Narkle (Parent Representative/General Team Member)
Conor Gregory (Internal Coach and Communication Coordinator)	Karly Guadagnin (General Team Member)
Charmaine Battista (Secretary)	Mel Whisson (Communication Coordinator)

The team meets 4 times per term to devise and action ideas that help foster positive mental health and wellbeing for students, staff and/or the wider community.

Staff have been upskilling in Mental Health and many have now completed Mentally Healthy Community Modules. 87% have indicated that they found the training beneficial, with 75% indicating that they would change their existing practice after gaining further mental health knowledge. Early feedback indicates the training we have access to through Be You is having a positive impact on our staff.

**This year, The Be You Team will be focusing on the following:**

1. Be You Day/Week
2. Ongoing Staff Wellbeing
3. School Revamp: artwork on the outside wall of the Under Cover Area
4. Further external professional development opportunities for staff and students in the area of mental health and wellbeing.

These priorities are included in the York District High School Be You Handbook which has been created by the Be You Team, endorsed by the Admin Team and shared with all school staff. The aim of developing this handbook is to make Be You sustainable into future years at York District High School.

As part of the implementation process of Be You, recently some staff completed a 2 day course in mental health support. We have recently updated emergency response planning for a critical incident, if one were to occur and formed an Emergency Response Team (ERT).

If anyone has any questions, suggestions or would like to be involved in supporting Be You at York District High School, please contact Nicole Creed at [nicole.creed@education.wa.edu.au](mailto:nicole.creed@education.wa.edu.au).

Thank you,  
**The Be You Team**

*Courage, Effort and Innovation*