



## headspace Schools & Communities transitions: primary to secondary workshop

### Calling all year 6 classes across Australia - join us for a **FREE** online workshop!

The Mental Health Education Program is delivering free online workshops for year 6 students moving into secondary school to prepare them for the changes ahead.

Our student workshop aims to support students to:

- Understand how transition and change can impact mental health
- Understand how to manage stress
- Build resilience and healthy coping skills
- Strengthen a sense of connection and belonging

#### Where:

Online via Microsoft Teams

#### When:

Mon 27 Oct - Fri 31 Oct 2025

#### How to register:

[Click here](#) to scan the QR Code to register through Eventbrite.



Registrations open **Mon 21 Jul 2025** and close **Mon 20 Oct 2025**

Register your interest and receive an alert when registrations open by emailing us: [MHEP@headspace.org.au](mailto:MHEP@headspace.org.au)

# frequently asked questions

## **How will the workshops be delivered?**

The workshops are being delivered online via Microsoft Teams and will be streamed live into classrooms. Please speak with your IT departments to ensure you have access to the Teams online platform. We ask that teachers log into the sessions and stream the workshop via a projector screen for all students to view as a group. Please do not share the Teams link with students to log in individually using their own devices.

## **What technology do we need?**

To participate in the workshops, you will need access to Microsoft Teams and a projector and speakers, to live stream the session. You will also need access to the Teams chat box via a keyboard and also a functioning microphone, should your students wish to speak into the computer to share their ideas with the wider group.

## **Do we have to have our cameras on?**

Whilst it is not compulsory to keep your cameras on, we encourage that you do where possible, so that each group can see each other, and the facilitators can see what is happening in each classroom. We understand that local school guidelines or internet connections may limit whether your group can have their cameras on.

## **How long are the workshops?**

The workshops run for 1hr 15mins. Of this, we've allowed for 15 minutes at the beginning to ensure everyone can log in and their technology is working. The remainder 60 minutes will cover content and activities.

## **How many classes can register from my school?**

All your Yr 6 classes are welcome to join us for our online workshops. Your classes are welcome to register separately or together as a whole cohort. Please be mindful of the extra staff support needed if you are combining your groups.

## **What happens if the time slot I want is full?**

We recommend registering for another session or joining another class from your school if they have already registered and combining your class groups. Classes can also register for the waitlist for their preferred time slot on Eventbrite, in the event another class cancels their registration. If schools register on the waitlist, they will receive a classroom activity to complete with their students in their own time.

## **Can the times be shifted to suit our timetable?**

These workshops are being offered to Year 6 classes across Australia so we are unable to shift the times. Please be sure to check the times of each workshop in your state or territory, before registering for a session.

## **What is my role as a teacher during the workshops?**

We ask teachers to co-facilitate the workshops with us and you will be emailed a Teacher's Guide in the weeks leading up to the workshops. Please review this guide before your scheduled workshop, to be able to best co-facilitate the session with us. Teachers and wellbeing staff are required to monitor the emotional safety and wellbeing of students during and after the session. Please consider your students' personal circumstances and if this is an appropriate workshop for their needs at this time. Teachers are required to manage student behaviour throughout the session.

## **What if my class misses out?**

Limited spots are available for registration to attend the online workshops. Please register for the waitlist for your preferred time slot, in the event that another class cancels their registration. Anyone on the waitlist will be sent a classroom activity to use with their students in their own time.

## **What mental health topics will the workshop cover and what if one of our students has recently been impacted by a tragedy or other critical incident?**

The workshops discuss mental health and how changes and transition may impact how we feel. We also promote help-seeking and encourage young people to reach out to their families and teachers if they need any support. If you're aware of a student in your class who may find these discussions upsetting, please speak with their families and give them the option to opt out. If your school has recently been impacted by a critical incident or suicide death, please connect with the Be You team in your state or territory for support. Please click here to find contact details for each state and territory.

