

Thursday 3 September 2020

COUNCIL TO HELP HSC STUDENTS OVERCOME CHALLENGES

The City of Ryde will stage a new webinar specifically designed to support HSC students through their upcoming exams.

While sitting the HSC can be a stressful time in everyone's life, students sitting this year's school-leaver exams have had to take on additional challenges created by the coronavirus (COVID-19) pandemic.

As part of the City of Ryde's commitment to helping local youth Council will stage the special webinar on Tuesday 15 September, between 6.30pm and 7.15pm.

Hosted by Dr Michael Carr-Gregg, the session will be aimed at HSC students and their parents, providing them with advice on how to prepare for the exams and also take the time to enjoy what is a significant time in their schooling life.

Dr Carr-Gregg is one of Australia's highest profile psychologists who has launched a range of mental health initiatives in the fields of parenting, children, adolescents and the use of technology for mental health.

The City of Ryde is also partnering with Sydney North Health Network to deliver a campaign focused on promoting self-care and looking after each other through the HSC.

The campaign will involve a series of short videos from various stakeholders including GPs, nurses, past HSC students, local youth services and education providers. This campaign will launch in late September.

"2020 has been an extremely stressful year for most of us, but it has been particularly challenging for Year 12 students," City of Ryde Mayor, Cllr Jerome Laxale said.

"As a City we will continue to do what we can to help students during this difficult time."

If you or anyone you know needs help, call Lifeline on 13 11 14.

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