



## Community Update

# Boddington

DISTRICT HIGH SCHOOL

September 2023

25 Pollard Street, Boddington WA 6390

Phone: (08) 9884 2900

MGMOutreach+ (SMS): 0437 286 758

[www.boddingtondhs.wa.edu.au](http://www.boddingtondhs.wa.edu.au)

School Star



### From the Principal

#### A Conversation Can Change A Life

This week the school, along with the wider community, celebrated R U OK? Day. The purpose of R U OK? Is to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling with life. You don't need to be an expert to reach out – just a good friend and a great listener.

This year the message is: I'm **here** to **hear**. Life's ups and downs happen to all of us. So chances are someone you know might be struggling. Your genuine support can make a difference to whatever they are facing, big or small. So don't wait until someone is visibly distressed or in a crisis. Make a moment meaningful and ask them how they're really going.

To help you decide whether you're ready to start a meaningful conversation, ask yourself:

#### Am I ready?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?



#### Am I prepared?

- Do I understand that if I ask if someone's Ok, the answer could be "No, I'm not"?
- Do I understand that you can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might want to talk to me?



#### Picked my Moment?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?



#### Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen with an open mind
3. Encourage action
4. Check in

*Danielle Roache*

Principal

Email: [danielle.roache@education.wa.edu.au](mailto:danielle.roache@education.wa.edu.au)

## What's Happening

22 September 2023

### School Holidays



End of Term 3

9 October 2023



Term 4 Begins

Correct at time of printing

### BDHS POSITIVE BEHAVIOUR EXPECTATIONS



**Strive**

Do your best.

**Considerate**

Be caring and mindful of others.

**Responsible**

*really*  
**Are they OK?**

**Ask them  
today**

**Have a conversation  
using these 4 steps**



**1. Ask R U OK?**

How are you  
travelling?

You don't  
seem yourself  
lately – want to  
talk about it?



**2. Listen with  
an open mind**

I'm here to listen  
if you want to  
talk more.

Have you been  
feeling this way  
for a while?



**3. Encourage  
action**

Have you spoken  
to your doctor  
about this?

What do you think  
is a first step that  
would help you  
through this?



**4. Check in**

Just wanted to  
check in and see  
how you're doing?

Have things  
improved for you  
since we last spoke?

Learn how to ask  
at [ruok.org.au](http://ruok.org.au)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.