



What's Happening

12 September 2024



R U OK? Day

12 September 2024



Assembly - 9am

20 September 2024



End of Term 3

7 October 2024



Start of Term 4

Correct at time of printing

BDHS POSITIVE BEHAVIOUR EXPECTATIONS



Strive

Do your best.

Considerate

Be caring and mindful of others.

Responsible

Do what is expected and own your actions.

► From the Principal

A Conversation Can Change A Life

This week on Thursday 12 September the school, along with the wider community, will be celebrating 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: **Ask R U OK? Any Day.** 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

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Principal

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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

RUOK?TM

A conversation could change a life.