



Diocese of Sale Catholic Education Ltd

Media Release

10 September 2020

A very different RUOK day

Are you okay? was the question virtually circling the Catholic Education Office in the Diocese of Sale today, as employees took time out from their busy schedules to check in with their colleagues.

Staff at the Catholic Education Office usually come together to celebrate R U OK? Day at Sion House in Warragul, in recognition of the importance of mental health. This year, a series of conversation starters were provided to help the 80+ members of the team continue important discussions about their wellbeing while working from home.

Everyone was encouraged to start a conversation with a colleague from another department, to expand their social circle and take the time to speak with people they may not regularly interact with.

Wellbeing is a central focus for Diocese of Sale Catholic Education Ltd. The organisation provides staff at the Catholic Education Office and Catholic schools with a range of support options, including an Employee Assistance Program. Education office staff have also received vouchers allowing them to take two paid wellbeing days in 2020, in addition to their sick and annual leave benefits.

The Director of Catholic Education for the Diocese of Sale, Ms Maria Kirkwood, said wellbeing and pastoral care initiatives aim to ensure staff and students across the Diocese feel part of a safe and inclusive environment.

“R U OK? Day is a timely reminder to reach out to our friends, family, neighbours, and colleagues, as our communities try to manage the additional challenges of a global pandemic,” she said.

- ENDS

For all media enquiries, contact Chloe Smethurst on 0417 534 232