



# Student Wellbeing Bulletin

October 2019



## KEY DATES:

### OCTOBER

10 - World Mental Health Day

18 - Year 12 Red Frogs Presentation

25 - National Bandana Day

## WELCOME...

*"Be yourself. Everyone else is already taken."*

OSCAR WILDE (1854-1900), Irish Poet and Playwright

*In a world that can sometimes make us feel as if we need more knowledge and experience in order to be better versions of ourselves, feeling empowered requires a strength and perseverance that originates deep beneath the surface.*

*Draw on your inner strength and self-belief to feel empowered. We absorb whatever is around us, so surround yourself with inspiring and uplifting people and information. Surround yourself with people that add value to your life.*

*What you do everyday has a powerful impact, so why not make it empowering? Think about changing your passwords to phrases that actively remind you to be the best person you can be. Eg. 'Icanre4chhigher' or 'Iaminsp1red'*

*The more empowered you feel, the more you will be able to empower others and make every day matter, not only in your own life, but in the lives of those around you.*

*Feel empowered by your own ability and strength...*



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## Student Wellbeing Team:

**Paul Graham**

*Manager of Student Wellbeing*

**Kerri Haworth**

*Student Wellbeing Coordinator - Senior Campus*

**Danielle Mott**

*Student Wellbeing Coordinator - Junior Campus*

**Margaret Taylor**

*Integration and Individual Needs Coordinator*

**Maria Disley, Jane Horrabin, Maria Calafiore**

*Integration Aides*

**Jody Clooney, Caz Coady**

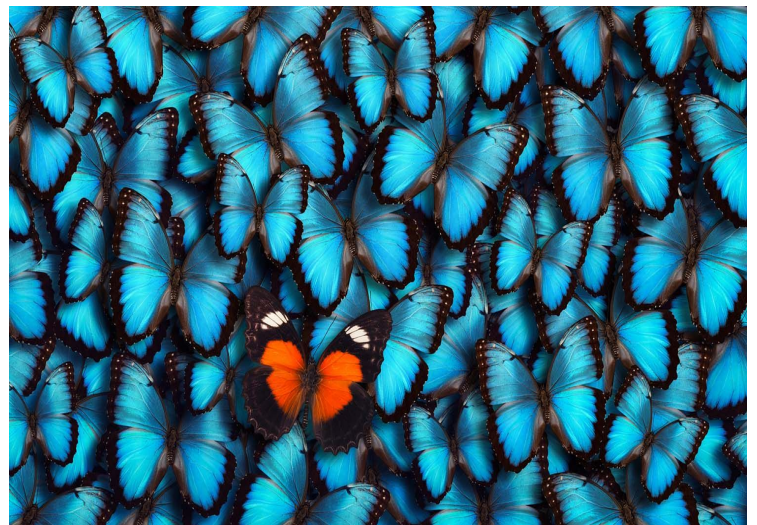
**Penny Fleming, Sophie Goyder**

*School Nurses*

It is hard not to compare ourselves to others, especially when it comes to what marks your friends are getting in school. Especially for our year 12 students who have been told they are competing against all the other year 12's in Victoria... which, of course is true, but it's important not to lose sight of who you are and your journey.

It's at this time of year that our senior students can get quite overwhelmed with "what's next?" and "who am I going to be when I leave year 12?". It's important to have perspective... work hard, do the best you can do, but know that there are a multitude of pathways to get you to your destination.

The most exciting part of your journey is about to start... you are, at this point a MWSC student like everybody else in year 12... but soon you will be you... and whatever it is you want to be.





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## From the Senior Campus

### *RATE YOUR EXCUSES*

Often we intend to achieve something (a gym session, finishing an assignment, tidying our room), but make excuses.

Letting a lack of self discipline get in the way of our actions is disempowering.

Try and allocate a task to do everyday. If you don't achieve it, rate the reason why from 1 (poor reason) to 5 (valid reason). Make it your mission, going forward, to only accept 4s or 5s as reasons not to follow through with your original plans.

TCM

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POWER TO  
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ANYTHING.

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## From the Junior Campus

## End of year stress....

As the end of the school year is drawing closer, students are often busy studying and finishing off CAT's. Often you look at your effort throughout the year and reflect on what you could have done better. Whilst I encourage you all to strive for your best, it is also important to remember a few small things:

***You are not your grades. You are the effort you put in.***

***You can fail at what you do, but you can never fail with who you are.***

***Your current marks do not define the rest of your life.***

***Your current situation is not your final destination.***

During the next few weeks, take the time to do something for yourself. Something that makes you feel a sense of achievement and success. Something that inspires you and makes you feel good about who you are. You might choose to help someone else and make **them** feel valued. You may make time to spend with those loved ones that make **you** feel valued.

I feel empowered when I walk my dog. Being outside and exercising makes me feel good about myself. I know my dog loves her walks and seeing her happy, makes me feel empowered.

I feel empowered when I see my students create dishes in class each week. Seeing their confidence grow and skills develop over the weeks of every student I teach gives me a sense of achievement.

I see empowered people when I see students stand up for themselves or work through difficult situations with guidance.

***What can you do to begin feeling empowered today?***



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## *From Your Caring Nurses*

Our thought patterns contribute to our health and wellbeing and one of the amazing things about our brain is that, by making small changes in our thinking, we can reprogram our thoughts to enable us to stay focused when we need to and get the best possible results. Becoming empowered is one way to achieve this change.

Empowerment also applies to our bodies. Our bodies do lots of odd things but most of the time it's perfectly normal. Understanding what is happening with your body can give you a sense of power over it.

Our bodies are constantly changing; twitches, spasms, embarrassing noises, dizziness...when we understand the reasons why and how our bodies work it provides us with a sense of control and we are able to engage better and achieve more; we can also understand when something is not normal and act on it. Some common things our bodies do can be easily explained and managed:

### **Rumbling stomach**

Our stomachs contain fluid, gas and food particles. The gut muscles constantly tense and relax to move food along, gas bubbles are pushed through the liquid which causes the rumbling sounds we hear or feel; and when we are hungry the rumbles can be more noticeable.

### **Feeling dizzy when you stand up**

The movement of blood in our bodies is controlled by our blood pressure. When we stand up we require a slightly higher blood pressure to push enough blood up to the brain compared with when we are lying down or sitting for a long time. When you stand, the body automatically adjusts the blood pressure, but sometimes the adjustment doesn't occur quickly enough, allowing the blood pressure to fall slightly and making you feel dizzy. It is also more likely to happen if you are a bit dehydrated.

**Legs going to sleep**

When we sit for too long we can compress nerves. These nerves send sensations back to the brain and when they are compressed the messages can't get back to the brain and that's when then feel strange sensations in that part of the body.

**Period pains**

These are caused by the contraction or tightening of the muscles in the uterus. The pain can be in the pelvic area, lower back, stomach or even legs. Some helpful tips to relieve painful periods are to use a heat pack on the belly or lower back, exercise, take pain medications at the onset of pain, and take regularly during the days you normally have pain.

**Nose bleeds**

Dry air, irritations such as pollen in the air, nose picking or injury can cause a blood vessel in the lining of the nose to burst. If you are prone to nosebleeds know how to apply finger and thumb pressure on the soft part of nostrils below the bridge of the nose to control the bleeding and carry tissues to avoid the spread of blood.

Learning about yourself gives you power and empowerment protects you by creating a sense of resilience and positivity which assists you to develop confidence to overcome the challenges at school and in life.





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A reminder that a General Practitioner is now available for appointments at headspace Hawthorn.

Dr Yok is a youth-friendly and LGBTQIA+ friendly Doctor who provides bulk billed appointments for any health related issue (not just mental health).

She is available for appointments on Wednesday mornings and Thursday afternoons.

This service is free with a Medicare card for young people aged 12-25.

To book, young people or their parents can call the centre on ph. 9006 6500

**YOUTH-FRIENDLY**

**DOCTOR NOW AVAILABLE**



**AT HEADSPACE HAWTHORN**

**When:** Wednesday mornings & Thursday afternoons

**Where:** Level 1, 360 Burwood Road Hawthorn

**What:** Any health-related issue

**Cost:** Free with a Medicare card for anyone aged 12-25

**TO BOOK:**

Call headspace Hawthorn  
on 9006 6500

