



Student Wellbeing Bulletin

November 2019



KEY DATES:

NOVEMBER

19 - Cybersafety Information Evening for parents - Growing Up Online - 6:30 pm in the Junior Campus Hall.

25 - Year 10 and Year 11 - Andrew Fuller presentation - VCE 2020.

Tuesdays - The Arvo Club from 3:10 pm - 4:00 pm in the Fishbowl.

WELCOME...

"Whoever is happy will make others happy too."

ANNE FRANK (1929-1945), German Diarist

Try and think about the last time you experienced true joy, if even for a moment, That time you were so filled with delight that you felt truly happy.

We often get so tied up in day-to-day stress that moments of true joy seem rare. But it does not need to be this way.

We can choose to find joy in every day.

We can reflect on the experiences and people that have filled, and continue to fill our lives with joy in 2019.

When you discover the capacity to find joy in even the smallest and most simple of things, share that joy and make the world a more enjoyable place to be for yourself and those around you.

Can you recognise the joy in your life?





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Student Wellbeing Team:

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School Nurses

Mia Walduck

Chaplain

Transitioning from one year level to the next

Transition can be stressful. It can make you feel a bit anxious and apprehensive. So what can we do about managing and minimising that stress, and making it a more joyful experience?

- Recognise that moving *is* a big thing. It is an event that will serve as a milestone in your life. Milestones are often the way that we categorise our lives eg. moving house, going on a holiday, finishing primary school, first job, etc.
- View the change as a challenge, not as a threat. Take an event that you are afraid might overwhelm you and turn it into an occasion you can rise above and conquer.
- Changes in routine can serve as stimulation to your nervous system and allow you to grow new neural pathways.
- Remember other times you have had to navigate transition and use the knowledge that you coped with that to give you strength.



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From the Senior Campus

- Use your support network. Teachers, friends, parents, siblings, Wellbeing staff, sub-school staff. We are all here to help you through.
- Realise that change is inherent to our life. Without change, and staying in our comfort zone, would make our lives very dull indeed. People enter your life and leave it, material possessions come and go, careers evolve and change. No one gets through life without change of some sort. Don't fight it. Embrace it and let it make you stronger and wiser.
- Use your time during ECP and the school holidays to get organised. Create a study schedule that will help you navigate term 1 next year. The smoother your transition, the calmer you will feel and the quicker, this will become your new normal.





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From Your Caring Nurses

Joy is a wonderful word and wonderful to experience.

It is a different feeling to happiness, as it is a deeper emotion that comes from within and can be more of a state of mind than a feeling.

Joy is an intense, momentary feeling of positive emotion. It is usually the small things that bring joy; a child's laugh, watching a dog play, walking in the park. It is the moment that we allow ourselves to feel pleasure.

Moments of joy are sometimes lost as we are hooked on technology. By looking at our devices all the time we miss the wonderful moments of joy. The flight of a bird, the colours of the sky, a magical rainbow, the dog travelling in a car with his face blown by the wind.



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To develop a healthy mind it is important to take at least an hour a day for ourselves and to disconnect ourselves from our devices. Social media is full of false information that can impact our self-esteem as we compare ourselves to other people and believe that everybody is living a fairytale. By taking time for ourselves we are able to rest our minds, find an inner peace and experience the joy in life.



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Chaplain's Thought

'Hello everybody!

My name is Mia and I'm the new chaplain here at Mount Waverley.

A few fun facts about me... I love to cook and finding new places to eat at. Before moving to Melbourne in Sept 2019 I lived in the UK with my husband, who's an engineering officer in the Airforce. We got to travel to a bunch of interesting and cool places, learn about the history of Europe and I even got to meet Her Majesty, the Queen!

I've been working alongside children and youth for the last 10 years and in that time I've learnt a lot about myself and others. I believe that trust and love builds long lasting friendships and that's what I desire to do here at Mount Waverley!

I'm looking forward to meeting you all, so don't be afraid to come and say hello!

Thanks!