



# Student Wellbeing Bulletin

May 2020



## CONTENTS:

- Welcome
- Team Members and Key dates
- Paul's Perspective
- What's happening on the Senior campus
- What's happening on the Junior campus
- From Your Caring Nurses
- Chaplain's Challenge

## WELCOME...

*"It is not the strongest of the species that survives, nor the most intelligent... it is the one that is most adaptable to change."*

CHARLES DARWIN (1809 -1882),

English Naturalist & Biologist

Although this quote was written more than 150 years ago, it is still so very relevant today.

Adaptability as a skill in humans, is the ability to change our actions, course or approach to doing things, in order to adapt to our surroundings and the situations that arise within our environment.

We are constantly changing our lifestyles because the world around us is always changing. As the world evolves, we must evolve with it. During those changes, we learn new skills, we push ourselves outside our comfort zone and discover that we are much more resilient and capable than we give ourselves credit for.

During this very challenging time of a world pandemic, we have all had to adapt to a new way of living, working and learning, and we have shown that we were up to that challenge. Being adaptable ensures our success.



# Student Wellbeing Bulletin

May 2020



## Student Wellbeing Team:

**Mr Paul Graham**

*Manager of Student Wellbeing*

**Mrs Kerri Haworth**

*Student Wellbeing Coordinator - Senior Campus*

**Mrs Danielle Mott**

*Student Wellbeing Coordinator - Junior Campus*

**Mrs Mia Walduck**

*Chaplain*

**Mrs Margaret Taylor**

*Inclusion and Individual Needs Coordinator*

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

*Inclusion Aides*

**Jody Clooney, Caz Coady, Kate Tosin**

*School Nurses*



## KEY DATES:

### MAY:

25 - Student free day  
- Staff resume on-campus work

26 - Year 11 & Year 12 students return to on-campus learning

### JUNE:

8 - Queen's birthday public holiday

9 - All students return to on-campus learning

26 - End of Term 2



# Student Wellbeing Bulletin

May 2020



Parents or carers wanting to discuss concerns regarding their child's wellbeing, should contact the Manager of Student Wellbeing, Paul Graham.

[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au)

## Paul's Perspective...

All of us have had to adapt during remote learning... this includes students, teachers, parents and carers.

There are many positives that have evolved, including learning new ways to communicate, to problem solve, to work together, to think creatively, to work independently and to be more organised. These adaptability skills are essential skills which will help you thrive in your studies and are integral in the workforce.

If you are someone that has struggled with adapting during this time, it's ok because you will get another chance to develop these skills when we return to on campus learning.

To improve your adaptability skills remember to have a growth mindset, set clear and attainable goals, seek help and ask for feedback, and be open to working with others.





# Student Wellbeing Bulletin

May 2020



If you need any support from the Wellbeing team on the Senior Campus, contact Kerri or Paul

[mkd@mwsc.vic.edu.au](mailto:mkd@mwsc.vic.edu.au) (Kerri)

[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au) (Paul)

## What's happening on the Senior campus?

On Tuesday, 12 May, we had the pleasure of providing our Year 10 students with a presentation via Webex Event. The presentation was by Brad Felstead from Felstead Education, titled 'The Power of Sleep'.

Brad was an engaging speaker and had some great information for our students in relation to the health benefits of getting enough sleep, and how that impacts on your brain and in turn, better academic results.

Brad interacted with the students by asking them to complete a document that outlined their average weekly sleep routine and I am sure that some students may have been surprised about how little sleep they are actually getting.

It is so important that we let our brains rest and recharge every night so it is in excellent working order for the following day.

We must take care of our bodies, so they can adapt to our ever changing world, and that absolutely must include getting plenty of sleep.



Things you should know about...

## GOOD SLEEP HABITS

- Many things can help you have a better night's sleep.
- Keep regular times for going to bed and getting up.
- Relax for an hour before going to bed.
- Avoid going to bed on a full or empty stomach.
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again.
- Many poor sleepers spend too long in bed.
- Keep distracting things out of the bedroom.
- Get some sunlight during the day.
- Most adults of all ages need 7-9 hours of sleep.
- An evening nap can make it hard to sleep at night.



# Student Wellbeing Bulletin

May 2020



If you need any support from the Wellbeing team on the Junior Campus, contact Ms Mott or Paul

[mot@mwsc.vic.edu.au](mailto:mot@mwsc.vic.edu.au) (Ms Mott)

[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au) (Paul)

## What's happening on the Junior Campus?

- A** Ask for help with change.
- D** Don't be so hard on yourself.
- A** Allow for mistakes along the way.
- P** Positive thoughts will help you get through.
- T** Take time out to laugh.
- A** A healthy attitude attributes to a healthy mind.
- B** Believe that you can get through this.
- I** Instigate a conversation to see how others are adapting to the change.
- L** Laugh, love and listen to yourself and others.
- I** Identify when you are not doing so well.
- T** Try different ways to do things until you have found the best way for you.
- Y** Yes! You did it. It wasn't easy, but you did it!

# Student Wellbeing Bulletin



May 2020

If you need any support from the Wellbeing team on the Junior Campus, contact Ms Mott or Paul

[mot@mwsc.vic.edu.au](mailto:mot@mwsc.vic.edu.au) (Ms Mott)

[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au) (Paul)

So much adaptability at the JC!  
I don't think we can ask our yr 7 students to be any more adaptable.



## What's happening on the Junior Campus?

Time to reflect...

Grade 6 ended in December 2019 and year 7 started in January. A mix of emotions ranging from joy, sadness, anxiousness, anticipation and excitement would have been felt by all of the students. As first term commenced and evolved, the students settled well into Secondary School life. They made new friends, became more familiar in their surroundings, started to feel a sense of connection with their teachers and a routine started to develop. **BANG!! ADAPT AGAIN.**

Home we go. The range of emotions start again. Uncertainty, anxious, overwhelmed, happy, sad, confused, frustrated, lonely, joy and loads more I am sure. Six weeks into term 2 and the students are reporting that they are feeling more relaxed, comfortable, less anxious and really enjoying attending class in their pyjamas and Ugg boots.

# Student Wellbeing Bulletin



May 2020

If you need any support from the Wellbeing team on the Junior Campus, contact Ms Mott or Paul

[mot@mwsc.vic.edu.au](mailto:mot@mwsc.vic.edu.au) (Ms Mott)

[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au) (Paul)

So much adaptability at the JC!  
I don't think we can ask our yr 7 students to be any more adaptable.

## What's happening on the Junior Campus?

### **BANG!! ADAPT AGAIN.**

So in 2 weeks the students will have to adapt again. The nervous, anxious feelings may surface again. The excitement of seeing friends face to face and being able to engage in face to face learning will bring a mix of emotions. But this time, it will be different. You are all more resilient and adaptable than you were a few months ago. You have made these changes and faced the challenges head on. So let's embrace whatever emotions this change brings. You are adaptable, you are all brave and resilient.

**Teachers are proud of you.**

**Family is proud of you.**

**The Wellbeing Team is proud of you  
Be proud of you too.**





# Student Wellbeing Bulletin

May 2020



Junior Campus:

[jsnurse@mwsc.vic.edu.au](mailto:jsnurse@mwsc.vic.edu.au)

Senior Campus:

[mssnurse@mwsc.vic.edu.au](mailto:mssnurse@mwsc.vic.edu.au)

## From Your Caring Nurses

Most human beings are creatures of habit and often find it hard to do things differently as change can cause anxiety, stress and sometimes even depression.

Personal and academic wellbeing is significantly associated with how well we respond and adjust to change.

Qualities such as resilience and flexibility help us to recover from life's challenges, cope with environmental pressures and not "snap" under pressure.

But another important attribute is ADAPTABILITY; the ability to make changes and adaptations as you go, and to be successful it requires regulation of our thinking, behaviours and emotions.

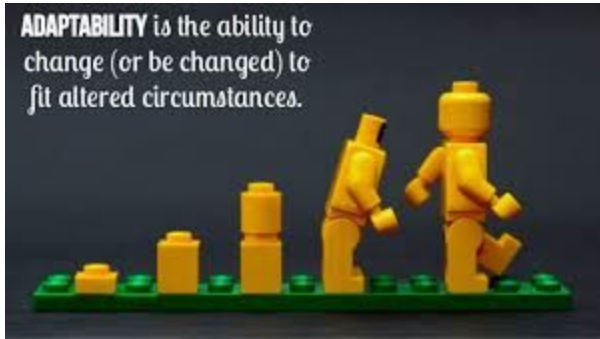
### **Adjustments to thinking include:**

thinking about a new or uncertain situation in a different way (think about the opportunities available in this new situation)

adjusting assumptions or expectations during times of transition and see the positives in change, rather than seeing change as a 'bad' or undesirable thing

### **Adjustments to behaviour include:**

seeking out new or more information, help, or resources to work through a new situation or



activity (ask a teacher for some additional reading or websites for a new topic)

taking a different course of action or developing a new schedule when unexpected changes happen like being given unexpected homework

**Adjustments to emotions include:**

minimising disappointment, frustration, fear, or anger when circumstances change such as when a gathering is cancelled

drawing on or maximising fun, enjoyment and curiosity when circumstances change (focus on the stimulating and fun aspects of a new activity)

Over the last months we have all had to adapt to substantial change in our lives and there will be many challenges in the future as the world adjusts to a new way of functioning so being able to adapt will put you in the best frame of health.

“While all changes do not lead to improvement, all improvement requires change.”

3 TYPES OF  
**FLEXIBILITY**  
THAT HELP YOU ADAPT TO CHANGE

**COGNITIVE**  
Use different thinking strategies and mental frameworks.

**EMOTIONAL**  
Vary one's approach to dealing with emotions and those of others.

**DISPOSITIONAL**  
Remain optimistic and, at the same time, realistic.

Center for Creative Leadership



# Student Wellbeing Bulletin

May 2020



If you need any support from the Chaplain, contact Mia

[wmi@mwsc.vic.edu.au](mailto:wmi@mwsc.vic.edu.au)

CHALLENGE

## Chaplain's Challenge

So as we move into yet another change it can be so overwhelming for us. However, in order to adjust to the change it's always a good idea to look at the routines we have in our lives.

Being at home over the last 8 weeks has definitely impacted on my sleep. I get up later and go to bed later, but in order to adapt to my new timetable of being at school quickly and effectively I have challenged myself to getting a better night's sleep.

### **And this is my challenge to you!**

A few ways that you could do this is by using a sleep app or journal to write down the time you went to bed and woke up. This will allow you to track your sleep schedule and make changes if needed.

Sleep is the best way for our brains and bodies to rest and recover, and is important to help you adapt to your new routines as you start to go back to school!