



# Student Wellbeing Bulletin

August 2020



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# WELCOME...

*"We can do anything we want to do, if we stick to it long enough."*

HELEN KELLER (1880 - 1968) American Author

Perseverance is sticking with things, working hard and finishing what you started, despite any barriers and obstacles that might arise and stand in your way.

The pleasure received from completing tasks and projects is very important to those who are high in perseverance.

Sometimes we have to dig deep and muster the will to overcome thoughts of giving up.

At the moment, we are all growing weary from the uncertainty of the lockdown, the social distancing, wearing masks, remote learning, being temperature tested in almost every shop we go into.

But we must persevere. We must have resilience. We must all work together to overcome this current pandemic.

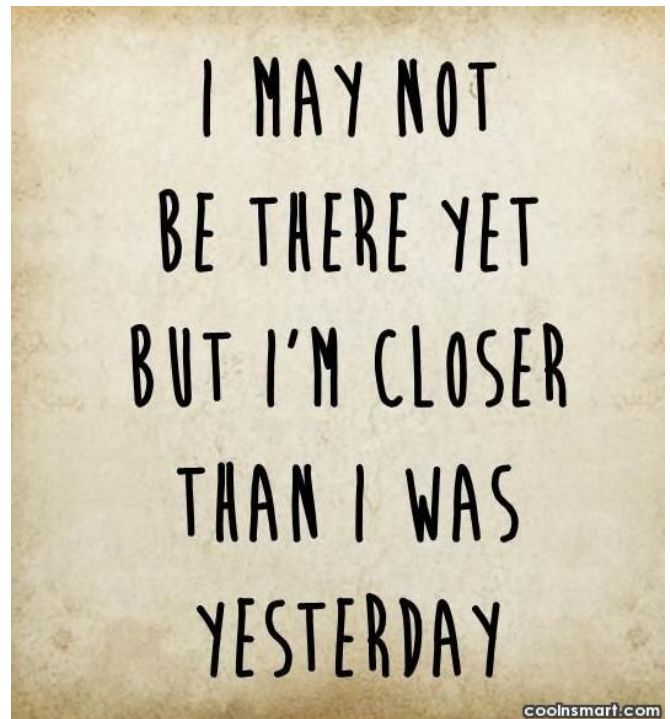
By persevering, despite how overwhelming it can be at times, we will be successful.

Perseverance will see us returning to normal; spending time with friends and family, returning to school based learning, and once again, enjoying the things we have done in the past.



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## 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, Deb Colahan**

*School Nurses*

## KEY DATES:

### AUGUST:

3 - Presentation - Jemima Montag  
- Year 11 & 12 students

12 - Presentation - Lauren Hingston  
- Year 7, 8 & 9 students

24 - Presentation - Study Calm  
- Year 11 students

25 - Presentation - Trav Munro  
- Year 10 students

### SEPTEMBER:

7 - Love Your Body Week begins

10 - R U OK Day

14 - Presentation - Link AOD  
- Year 11 students



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

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

## Paul's Perspective...



Let me introduce you to Perseverance the robot. That's right, NASA's name for this rover, which roams the red planet, is 'Perseverance'.

Perseverance is currently collecting rocks from Mars to bring back to Earth.

The rover's name was chosen from a naming competition which was won by a student Alexander Mather. When presenting the name for the Rover, Alexander explained *"We as humans evolved as creatures who could learn to adapt to any situation, no matter how harsh. We are a species of explorers, and we will meet many setbacks on the way to Mars. However, we can persevere. We, not as a nation, but as humans will not give up. The human race will always persevere into the future."*

Whilst experiencing being in lockdown and remote learning (yr 7 to 10) there will be setbacks, tough moments, times where you lack motivation or are feeling flat, so it is important to remember we will adapt, we will not give up and we will persevere into the future.



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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)

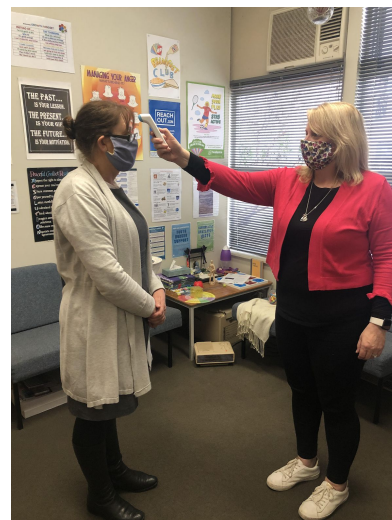
[gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au) (Paul)

## What's happening on the Senior campus?

Our VCE students have been undergoing temperature testing in the Hall each morning so far this term.



The students have been superb with their cooperation and patience as we streamline the process and often have to deal with temperamental devices that struggle on the very cold mornings.

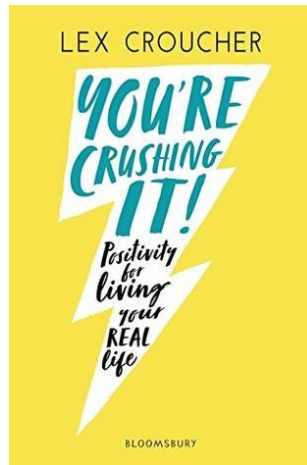


Our wonderful nurses, Jody, Kate, Caz and Deb have been instrumental in showing us how to use the devices and ensure accurate readings.

The Resource Centre on the Senior Campus has a number of books they are promoting at this time.

Head in there and speak with either Ms Whitelaw or Ms Daniels, who can guide you in the right direction for support with Library resources.

This is the book they are currently promoting:



*Sometimes life can be pretty amazing. But other times it feels like:*

- A. Your heart and stomach have been steamrolled into a grisly organ pancake
- B. You are being put through an emotional spiralizer that creates human courgetti
- C. Both of the above. You're a courgetti pancake

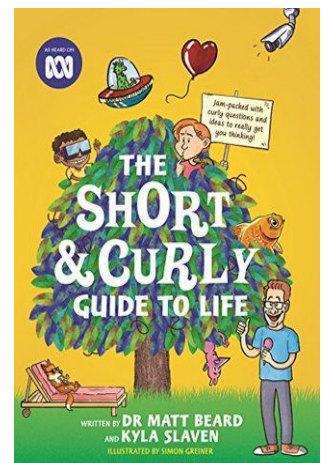
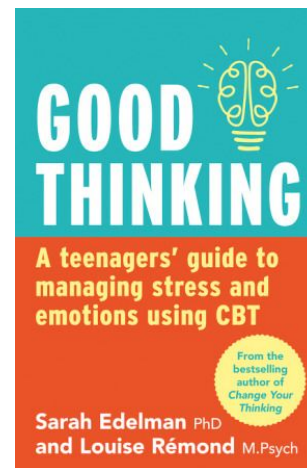
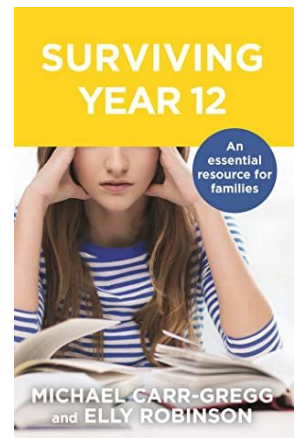
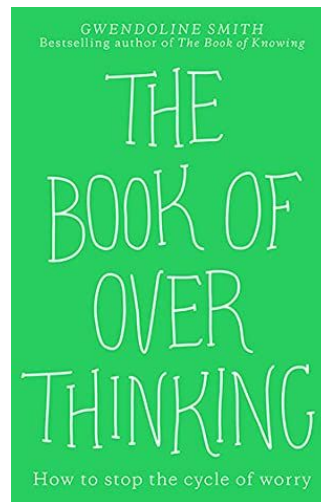
*No, Instagram filters won't make it look any better. And, yes, we all feel this way.*

*An honest, thoughtful and hilarious survival guide for young people by social media sensation, Lex Croucher. Learn that you can face whatever today throws at you, because it has terrible aim anyway. And realise that only you scrutinise your flaws – seriously, no one else is paying attention, there's far too much interesting stuff on Netflix. A must-read for anyone who wants to embrace their actual, real, unedited life. Just always remember ... YOU'RE CRUSHING IT.*

*Lex Croucher's frank and candid text is THE survival guide to help you make it through the crazy, topsy-turvy, whirlwind ride we call life. Brace yourself!*

*Topics include: family and friends, body confidence, technology and social media, relationships, mental health, success and more. (Goodreads)*

Other books students might want to have a look at include:





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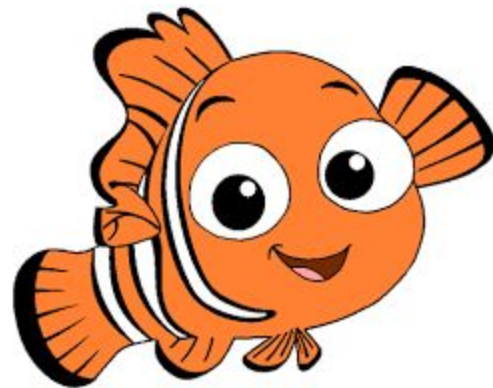


If you need any support from the Wellbeing team on the Junior Campus, contact **Ms Mott** or **Paul**

[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?



### Perseverance - Finding Nemo

We are all a 'Nemo' at some stage, we all have a 'Dory' friend and we all have challenges we face along the way. The above YouTube clip demonstrates 4 different scenes where Nemo the Clownfish shows perseverance. "Just keep swimming" is a phrase I use often as there are days that I feel I just need to stay afloat. I hope you can watch this clip and reflect on your own time of perseverance. I highly recommend a phrase to help get you through.



### Homegroup Challenges

The year 7 and 8 students have been participating in some homegroup activities each morning with a core focus on Wednesday's being Wellbeing. Our Chaplain has created some great challenges for the homegroups and 7H took the



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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?

prize for the most participants from their class in the Lockdown Challenge. The students have also participated in the name workout challenge in which they had to complete certain exercises relating to the letters of their name. Unfortunately some of those students with really long names had a much longer workout than others. It was great to see the students engaged in these activities and chatting about them during their homegroup meets.

The first week back at school the students were to think of a goal that they could achieve during remote learning. This goal required the students to reflect on remote learning in term 2 and an area that the student thought they needed to improve.

Some goals shared with me included: Being more organised, taking recess and lunch breaks, using the planner each day, getting up and having breakfast before class. Hopefully the students are kicking goals with this!!

Perseverance face : Which face do you pull?





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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...

We have been wearing masks to school for just over a week, and on behalf of the Wellbeing Team we would like to congratulate you. We are so proud to see how well all of you have not only adapted to the change but are persevering to keep our school a safe place. The way you conduct yourselves each morning during temperature testing is a real testament to you and your resilience in what has been a challenging year so far, so well done!

We are all wearing these masks because they act as a barrier against droplets when we speak, cough or sneeze. Wearing a mask correctly and consistently can provide some protection from these droplets but please remember the best protection is social distancing, washing hands for 20 seconds and/or using hand sanitiser and staying home if unwell.

We are all in this together and we also understand just how odd wearing a mask can feel sometimes. We are thinking of you all (under there).

It has been really fantastic to see some of the home made masks you've been wearing, especially those made with bright and colourful materials and fun designs. And as always, we enjoy it when we can have a conversation with you as you stop by each morning, even if brief.

### Mask wearing tips:

- Hand sanitize before and after you apply your mask
- Ensure mask is worn correctly and try your best not to fiddle with it once it has been applied
- If the mask becomes damp from your breath or damaged throughout the day, please apply a new one (you may need to bring a few with you to school).
- Please do not remove your mask from your face to talk to friends or teachers.
- If you are wearing a scarf/bandana as a mask, please ensure it is worn correctly (covering both your nose and mouth)
- Dispose of mask into a bin/or wash cloth masks at the end of each day in hot soapy water.





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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

There are moments in life that we won't enjoy, they are hard and we might suffer... But through suffering and hard times we build perseverance.

By having perseverance through the challenging times in life, our character is strengthened. And when we have a strong character, we see and have hope for the future.

Tough times produce perseverance...  
What is it that you need perseverance in?

Perseverance strengthens character...  
What will your character look like after lockdown 2.0?

Character produces hope...  
What is the hope you are holding on to?

My challenge is that you will think about those questions and find an answer to them.

Be encouraged that this time of lockdown will come to an end and you will know how to persevere through the hard things that life throws at you.

You will have a strong character and always find hope for the future.