

Student Wellbeing Bulletin

October 2020



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WELCOME...

"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

FRED ROGERS (1928 - 2003) American Television Host
(Mister Rogers' Neighborhood)

Con/nec/tion *noun*

a relationship in which a person or thing is linked or associated with something else.

Humans are social beings that thrive on connection. We connect with others every day of our lives. It may be family, friends, colleagues, our favourite barista, or even people we meet for the first time.

Human connection gives meaning to our lives, and can inspire acts of kindness, love and humanity. We must nurture our human connections, especially at a time where some of those connections have been very limited due to the restrictions of lockdown. Never before have we craved connecting with others, as we do in this current world.

Oxytocin levels increase when we connect with someone through a hug, touch or even just by sitting close to someone. These connections are associated with happiness. Raised oxytocin levels promote optimism and self-esteem and increase our ability to control our feelings.

Whilst we must adhere to social distancing rules with those outside of our household, we still have the opportunity to connect within our household for that much needed hug.



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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



"Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering."

-Brene Brown

www.MelissaCohenLCSW.com

KEY DATES:

OCTOBER:

23 AFL Grand Final Public Holiday

26 Year 8, 9 & 10 students return to onsite learning

NOVEMBER:

3 Melbourne Cup Public Holiday

12 World Kindness Day

27 Curriculum Day - No students at School

30 ECP begins



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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

Paul's Perspective...

UBUNTU - "I am because we are"



There is a Southern African Philosophy called "Ubuntu" - which translates to we are all connected through humanity. I can only achieve because of the people around me and they can only achieve because of the people around them. This year has challenged us all in many ways, but there's no doubt as we stick together we can achieve great things.

Nelson Mandela once said... *"In Africa there is a concept known as 'Ubuntu' - the profound sense that we are human only through the humanity of others; that if we are to accomplish anything in this world it will be in equal measure due to the work and achievement of others"*.



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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 (Kerri)

gpd@mwsc.vic.edu.au (Paul)

What's happening on the Senior campus? From Kerri

October is always a month filled with mixed emotions for those of us working on the Senior Campus. It is the month where we say goodbye and good luck to our Year 12 students, as they get ready to Graduate, sit their final exams and start a new chapter in their lives.

Having started working at MWSC in 2017, I feel a connection with this particular group of students as this will be the first cohort of Year 12's that I have watched their senior campus journey from Year 9 through to Year 12.

What an absolute pleasure it has been to connect with these young people and watch them grow from the young, adolescent 15 year olds that came over to the Senior Campus to begin Year 9 in 2017, into the mature, young adults that they have become in Year 12.

Wherever your journey takes you, I wish you good physical and mental health and know that with hard work and determination, you can be anything you set your mind to.



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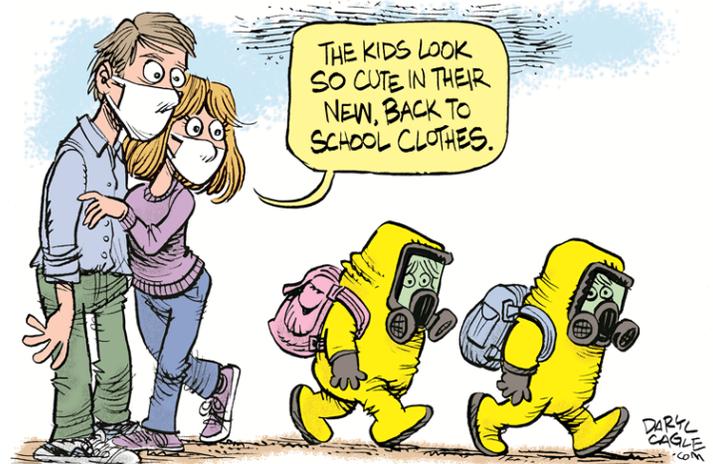
If you need any support from the Wellbeing team on the Junior Campus, contact Ms Mott or Paul

mot@mwsc.vic.edu.au (Ms Mott)

gpd@mwsc.vic.edu.au (Paul)

What's happening on the Junior Campus? From Ms Mott

The year 7 students returned to onsite learning on 12th October. There was an atmosphere of caution and excitement as the students attended their homegroup on that first Monday. It was amazing to see just how well they were able to reconnect with each other and the teachers. Whilst we were all isolated at home, it was evident that the activities that were undertaken during homegroup, activities teachers provided during the various classes and the lunchtime activity groups all helped to keep most people connected and involved. With the year 8 students returning next week, the Junior Campus will again feel that little bit more "normal", a little more loud and a little less "weird".



Joke time..

What do you call a relationship between 2 soft drinks?

A relationSIP





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Junior Campus:

jsnurse@mwsc.vic.edu.au

Senior Campus:

mssnurse@mwsc.vic.edu.au

From Your Caring Nurses...

Our time in remote learning has shown just how powerful our need to connect with others is. Suddenly isolated from our network of family and friends, we quickly learnt different ways of connecting through social media platforms, Teddy Bears were popping up in windows, neighbours who never talked were now caring for each other. These creative ways that we adapted to show that connection with others is an innate need and the positive impact on our health and wellbeing is shown below.

Connect to Thrive

WHAT IS SOCIAL CONNECTION?

The subjective experience of feeling close to and a sense of belongingness with others.

THE BENEFITS OF HIGH SOCIAL CONNECTION:

- 50% increased chance of longevity
- stronger gene expression for immunity (research by Steve Cole, UCLA)
- lower rates of anxiety and depression
- higher self-esteem and empathy
- better emotion regulation skills
- Social connection creates a positive feedback loop of social, emotional, and physical well being.



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If you need any support from the Chaplain, contact Mia

wmi@mwsc.vic.edu.au

ChALLENGE

Chaplain's Challenge

Staying connected to others can be hard, it means making an effort and possibly putting ourselves out there.

But in the end it's all worth it!

When we find that person or people who we connect with easily our lives feel better. Those people go from being someone we've just met to a good friend.

Connection is what we were made for, we don't do well being isolated and alone. I know that in this time of being at home I've really struggled to be alone. But as soon as I was back at school, those meaningful connections were instantly resparked!

So my challenge to you is to make the effort and put yourself out there...

Maybe it's becoming friends with someone you've lost touch with or making a new friend all together!

Go on.... Give it a go!