



# Student Wellbeing Bulletin

November 2020



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## WELCOME...

*"Education is the most powerful weapon which you can use to change the world."*

NELSON MANDELA (1918 - 2013) Former President of South Africa, Anti-apartheid revolutionary and philanthropist.

We often use the words of others to motivate us and inspire us to challenge ourselves and strive to be the best version of ourselves.

This can be particularly important when we don't feel able to self-motivate and need some wise words to get us back on track.

It is important to remember not to stop when you're tired, but to stop when you're done. It is those 1%ers that make the difference between good and great.

Motivate yourself by telling yourself you don't have dreams, you have goals! Be focussed on what you want to achieve, be determined to get up again when you fall, and remember that the mind is a powerful thing and anything is possible, if you believe in yourself.





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DON'T  
STOP  
UNTIL  
YOU'RE  
PROUD

## 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:

### NOVEMBER:

3 Melbourne Cup Public Holiday

12 World Kindness Day

27 Curriculum Day - No students at School

30 ECP begins



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## Monash Youth Ambassadors

My name is Boris Lai, I am a year 9 student in homegroup 9I at Mount Waverley Secondary College. I am involved in Monash Youth Ambassadors (by Monash Council) and would like to promote the work we have been doing to help young people in the community.

As it is nearing the end of the year, students may be feeling stressed about exams and assessments which is why the Monash Youth Ambassadors have created short videos of students interviewing other students about study tips and how to find motivation. Please find the videos below:

### Study Skill Tips Video:

[Study skills tips from Monash Youth Ambassadors](#)

### Motivation to Study Video:

[Check out what other students have done to get their motivation back and stay on their study track!](#)

Another project we have been working on to help young people in the community is the Talking Trees project. This project encourages young people aged 10-25 to adopt a tree and become a tree guardian. Being a tree guardian provides the opportunity for young people to voice their vision for a sustainable monash community through an exciting digital platform. Each adopted tree will be labelled with QR codes that connect back to online profiles giving a voice to young people and nature.

Please find the Talking Trees program website attached below:

[Talking Trees](#)



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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...

In 2020 we were lucky enough to have Commonwealth gold medalist Jemima Montag present to our students on two separate occasions. Once during International Women's Day and then again to our VCE students in term 3. Jemima has a great story to tell of perseverance, resilience and self motivation. Whilst studying year 12, she was training as an elite athlete and she ended up with a perfect ATAR. She achieved this feat by being incredibly self motivated.

To stay motivated, Jemima stated she stopped focusing on the end goal and started to enjoy the process. Whatever your end goal is... whether it's a perfect ATAR like Jemima or achieving something outside of your education you have to make sure you embrace the journey no matter how hard or challenging. If you take on this mentality, the end result will take care of itself. This is great advice for our students headed into ECP and for our year 12's heading into the next stage of their life.





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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?

From Kerri

The past couple of weeks have been all about exams here on the Senior Campus.

At the end of this week, the students will be engaging in their Early Commencement Program (ECP) which will see them start doing work in their 2021 subjects.

With another year rapidly drawing to a close, it is a good time for the students to reflect on their year. It is important to look at the hurdles they faced, and celebrate the challenges they overcame, and the success they achieved.

This has been a year like no other, and hopefully one we won't have to face again, but in amongst the struggles, we have all had professional, educational and personal growth. We have learnt things about ourselves that we may never have had the opportunity to do, had the year not evolved the way it did.

So everyone can give themselves a huge pat on the back, and look forward to a happy and healthy 2021. May everyone come back to school in the new year full of motivation to keep striving for their own personal best.



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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? From Ms Mott

Motivation to write this article and find inspiration at this time of year I admit was a challenge. Like many students the lead up to the end of the year involves a lot of study commitment and assessment task completion. We are all tired and can see the light at the end of the tunnel, but the tunnel also seems so long.

So how do we keep focused and engaged? This is what I have seen from our Junior students:

They have participated in the homegroup activities each week. They have watched the motivational clips each Wednesday that the Chaplain provides.

They have sat in their friendship groups at lunchtime and laughed with each other and others have played basketball or downball or any other game that was on offer.

They actively participated in class every day with a smile on their faces even on the hottest days.

The students have managed to stay motivated through what has been a challenging year. They have embraced the changes, balanced the challenges of school/life balance and are ready to move forward in their schooling.

Well done yr 7 and 8. You have nailed this year! Parents, congrats! You have guided your children whilst navigating your own challenges.



Let's celebrate.



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[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...*

Motivation is the desire to do something in your life. Being motivated helps to achieve goals

Motivation can be directed to all parts of your life:

- School work
- Maintaining a healthy lifestyle - healthy eating & exercise
- Being positive & a positive outlook on all aspects of your life

Just remember good things take time, by staying positive and working hard...you can make goals happen.

The key to success is to focus on your goals, not obstacles.

Motivation is a fire from within; if someone else tries to light that fire, it will only burn briefly... motivation must come from you.

**IF IT IS  
IMPORTANT  
TO YOU, YOU  
WILL FIND A  
WAY. IF  
NOT, YOU  
WILL FIND  
AN EXCUSE.**



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

Senior Campus:

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

## Some tips from the Nurses:

- Music can be a powerful motivator. Play a few songs before you start your day to get you going; it can help to get your mind in the right space.
- Eat breakfast – it gets your brain ready for the day
  - Big goals can be hard to reach, create mini goals to help you along the way & be effective
  - Take time out to exercise. Get outdoors and breathe. Time away from screens will help you with focus and can put a different perspective on your thoughts.
  - Being around the right kind of people can help you grow.
  - Be kind to yourself and celebrate achievement of goals
- Write down some **goals** for the coming year.

Tell someone about your goal. It helps to stay focused & accountable







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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

Motivation is what helps us to get things done in life, but sometimes it's not always easy to get and stay motivated.

My challenge to you is to try the tips below for helping you get motivated as you start fresh in ECP!

1. Set goals for yourself - choose something specific that has an endpoint.
2. Choose goals that interest you - this will help you to stay more motivated.
3. Split your goals into achievable tasks - this helps you build more confidence by seeing your goal task by task.
4. Write your goals down and tell someone - this will help you to stick to your goals and be held accountable for what you've said you'll achieve.
5. Track your progress - this will help you see what you've already achieved and how much progress you need to make to complete your goal.
6. Reward yourself - each time you complete a task within your goal, give yourself a little reward for getting one step closer.