



Student Wellbeing Bulletin

February 2022



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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 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.



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Student Wellbeing Team:

Mr Paul Graham

Student Support & Resources Manager

Mrs Kerri Haworth

Student Wellbeing Coordinator - Senior Campus

Mrs Danielle Mott

Student Wellbeing Coordinator - Junior Campus

Lea Marrison

Social Worker - Senior Campus

Aisha Paternott

Social Worker - Junior Campus

Chaplain

Mrs Margaret Taylor

Inclusion and Individual Needs Coordinator

Maria Disley, Jane Horrabin, Maria Calafiore, Claire Ferguson

Inclusion Aides

Jody Clooney, Stepanie Tang, Libby Spiers, Caz Coady

School Nurses



KEY DATES:

FEBRUARY:

10 - School photos

21 - School photo catch up day

MARCH:

8 - International Women's Day

14 - Labour Day public holiday

19 - National Day of Action against Bullying and Violence

21 - Year 12 - Guest presentation - Dr Michael Carr-Gregg

23 - Year 7 - Guest presentation - ySafe Cyber Safety Education

23 - Parent presentation 7:00pm - ySafe Cyber Safety Education



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Parents or carers wanting to discuss concerns or support in relation to their child's wellbeing, should contact Paul Graham, Student Support & Resources Manager.

gpd@mwsc.vic.edu.au

Paul's Perspective...

All of us have had to adapt during the last 2 years... 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 the last 2 years, it's ok because your teachers are here to support you through the start of 2022.

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.

Check out the latest episode of The Summit on apple and spotify for some great tips from year 11 student, Tasfiya.





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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?

On Tuesday, 1 February and Wednesday, 2 February, the students on the senior campus were involved in a special program to welcome them back to the new school year.

Our Year 9's were involved in a special guest presentation from Project Rockit who are a youth driven movement against bullying, hate and prejudice. Rosie spoke to the students about finding their purpose and taking a stand.



The Year 9's also took part in a presentation from the Student Wellbeing team titled 'Belonging'. This presentation encourages students to look at how they belong in their family, at school and in the community.



The Year 10 students were involved in a guest presentation from Jem Fuller, who encouraged students to remember that 'You Are More Powerful Than You Think'. This was in relation to the power of the mind.



Our Year 11 students had two presentations. The first one was from our Student Wellbeing team and focussed on managing stress in VCE.

The second presentation was from Felstead Education, presented by Gabby Seymour, a Richmond AFLW player. Gabby reminded the Year 11's that Attitude is Everything and the importance of a growth mindset over a fixed mindset.



Our Year 12 students were involved in the presentation from Felstead Education with Gabby Seymour, the previous day, reminding them that they can choose to have a positive attitude rather than a negative attitude, and that they will also get out of Year 12 what they put into it. There is reward for effort.

Felstead Education

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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?

What a huge start to the year we have had. Masks, RAT tests, air purifiers, sanitiser and then the normal anxious start to a school year - Adaptability at it's best!! A new school for the year 7 students and some year 8 students. New teachers, surroundings and expectations were all experienced on day 1. The students came in with a smile, some sat anxiously in assembly whilst others took day 1 in their stride. Whatever feelings were experienced on that first day, each student adapted. They are now familiar with navigating the school. They know the procedure every morning when they get to homegroup and they are starting to set up routines to help them negotiate the school day successfully. Some weeks will be easy and routine, yet others may not. Some weeks there will be events and activities and workload increases that will cause uncertainty or pressure. Adapting a schedule to make these weeks easier or seeking advice on how to tackle these weeks will help each student to prepare and manage themselves.

The Wellbeing team often refer to the "personal wellbeing toolbox". Adding to your own toolbox some strategies on how to manage uncertainties and change, that is, adapting, will help in future times when adaptability of a different kind may be required. If you have not started the toolbox yet, it's never too late.



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Words of Advice from our Social Worker (From Aisha - Junior Campus)

Hello everyone! Welcome back to Term 1. I hope we are all feeling refreshed, rejuvenated and ready to take on 2022.

When I think about **adaptability**, I reflect on the past couple of years and how we all, in one way or another, have developed the skills to be flexible, welcome change and accept that sometimes things are out of our control.

While adapting to new situations can bring some discomfort, it can also highlight our strengths in being resilient when our plans don't go accordingly and our willingness to grow and evolve.

For the year ahead, I hope we can all be confident in our ability to adapt and take things as they come - if we can navigate our way through the rockiness that was 2020 and 2021, we got this!





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Junior Campus:

jsnurse@mwsc.vic.edu.au

Senior Campus:

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 well-being 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.

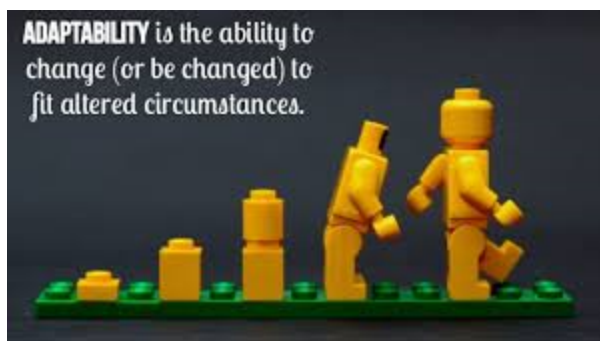
Adjustments to thinking include:

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 seeing the positives in change, rather than seeing change as a 'bad' or an 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



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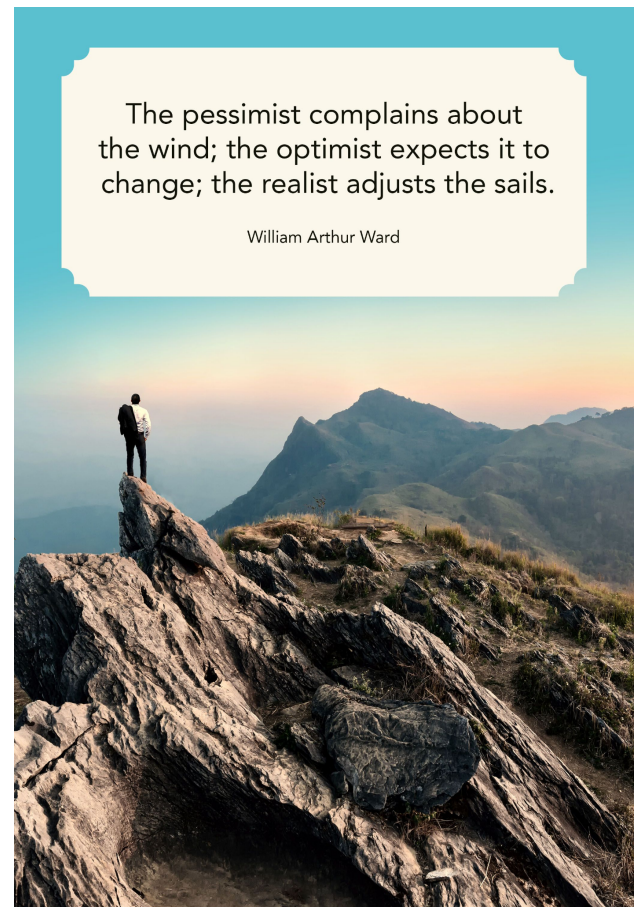


For support with Inclusion, please contact our Inclusion Coordinator, Margaret Taylor

tma@mwsc.vic.edu.au



Inclusion Initiatives...



The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

William Arthur Ward

We look forward to adjusting our sails, often. We had to in pre-covid situations, and will continue throughout post covid.

As our staff numbers change and students we know move on, and in their place different ones arrive we have to make changes. We may tend to think that we don't often change but more often than not we are doing it on a daily basis without even realising.

That's why we get better at what we do, we ADAPT to be able to support our students and school community in the best way we can.