



# Student Wellbeing Bulletin

March 2022



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## WELCOME...

*"Vision without action is merely a dream.*

*Action without vision just passes the time.*

*Vision with action can change the world."*

JOEL A. BARKER Futurist, Author, Lecturer, Film Maker

Vision is so much more than sight. Your vision of something, whether it's real or imagined, incorporates all of your senses, experiences and emotions. Having a vision for your life, gives your life a direction that you can feel as well as see. Knowing where you are heading means you can be mindful of every moment as you live it, fully aware that every experience is part of the journey.

Remember to look at both "the forest" (the big picture) and "the trees" (the day-to-day details).





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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*

**Mia Walduck**

*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*

**YOUR VISION**  
of where or what you  
want to be is the  
**GREATEST ASSET**  
you have. Without  
having a goal it's  
difficult to score.

PAUL ARDEN

## WELLBEING KEY DATES:

### MARCH:

8 - International Women's Day

14 - Labour Day public holiday

19 - National Day of Action against  
Bullying and Violence (school  
activities to take place on 18/3)

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

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

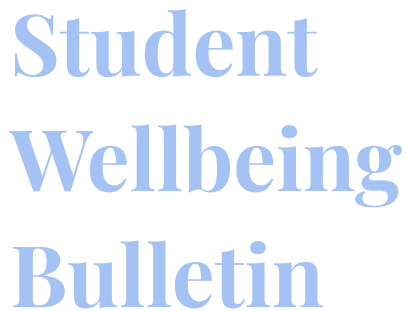
23 - Parent presentation 7:00pm - ySafe  
Cyber Safety Education

31 - Student/Parent/Teacher Conferences

### APRIL:

6 - Open Day/Night - Junior campus

8 - End of Term 1



Student  
WELLBEING

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

## Paul's Perspective...

Goals become more real and attainable when you can picture them.

These can include pictures representing future career/jobs, relationships, travel, experiences and values and beliefs.





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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?

March has been a busy month for the Senior campus Wellbeing team.

There have been a lot of counselling sessions for our senior students as they navigate their way through a long first term.



We had a guest presentation from Dr Michael Carr-Gregg for our Year 12 students, Surviving and Thriving Year 12.

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author of 14 books, broadcaster and a specialist in corporate mental health, families, parenting, children, adolescents and the use of technology for mental health.

This was followed up in the next mentoring class with an activity where students wrote down the demands on their time and then countered it with the resources they have to overcome those demands.

This type of activity allows students to visualise what they have at their disposal to overcome immediate and future challenges.





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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?

### YOU DO YOU

I have so many people that come and talk to me about making decisions or behaving in a certain way based on what others would want them to make or do, in fear of being judged. A lot of times these decisions are not always what YOU want to do. I am not referring to things such as schooling, homework and time to go to bed or what to eat for dinner. The decisions I am referring to go a lot deeper than this. These are decisions that shape the person you are and who you want to be.

The sad thing about this and following others direction or behaviour is that a lot of people are not always happy on the inside with the person they are portraying on the outside. Not being happy with yourself on the inside can often affect how you think you are seen on the outside.

**YOU DO YOU** is about owning who you are. It is about learning to love the person you are so that others can enjoy the REAL you.

**YOU DO YOU** was a New Year's Resolution someone close to me decided to follow herself. I love this because it tells me that **you** accept yourself as crazy or different or normal as you may be. It is also about accepting others as being different to you. You may not always see eye to eye or share the same opinions, but accept these differences and continue on.

So the next time someone does something you wouldn't do, says something you wouldn't say, wears something that is not what you would wear say to yourself "**YOU DO YOU**" and move on.

The next time that you are going to do something based on what others tell you to do, say to yourself "**YOU DO YOU**" and choose what feels right for you.



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

Hi everyone!

I can't believe we are nearing the end of Term 1 already - what a busy time it has been.

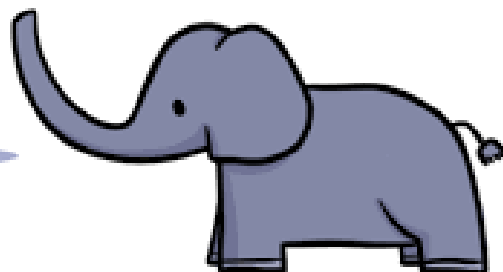
When I first think of the word 'vision', I feel excited and motivated. To me, having a vision is something that can guide me to reach my goals and full potential in life and in the future.

While it's great to set these goals and visions for our future selves, I think it's also important to remember that as our values, interests and priorities change and evolve, so might those future goals and visions - which is okay!

I would say that a part of growing up is accepting that changes will occur in the way we think, act and feel and that the vision that you have for your future right in this moment might not be the same exact vision that you have in a couple of years, or even later this year.

Moving forward, let's be excited for the goals that we envision for ourselves as well as welcome any new opportunities, perspectives and changes that may arise. :)

IT'S OKAY TO CHANGE YOUR GOALS AND DREAMS. YOU DON'T HAVE TO WANT THE SAME THINGS FOREVER.



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MWS



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Senior Campus:

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



*From Your Caring Nurses*

## VISION.....

### *insight needs eyesight*

People all around us are walking with the focus on the screen and not nature. Take the time to [LOOK UP](#) and see the improvements to your mental health that it makes.

### **#LOOKUP**

We also spend a large amount of time staring at screens; laptops, computers, smartphones, gaming systems and television.

Always looking at a fixed distance can have a detrimental effect on our eyes as our eye muscles become weaker as they are not adjusting the focus from near and far.

When using your screens give your eyes a break - Use the **20-20-20 rule**.

Every **20 minutes**, take a **20-second** break and focus your eyes on something at least **20 feet away** (that's about 6 metres).

# 20/20/20

TO PREVENT DIGITAL EYE STRAIN



TAKE A  
**20**  
SECOND  
BREAK



EVERY  
**20**  
MINUTES



LOOK AT  
SOMETHING  
**20**  
FEET  
AWAY

## THE FACTS

**GREAT THINGS  
HAPPEN TO  
YOUR BRAIN,  
AND YOUR LIFE,  
WHEN YOU  
LOOK UP AND OUT**



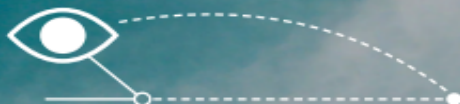
**WHEN YOU LOOK UP AND OUT  
YOUR BRAIN FORMS  
CONNECTIONS, INSIGHTS,  
CREATIVE IDEAS AND  
AHA! MOMENTS**



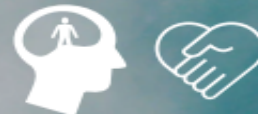
**WHEN YOU LOOK UP YOU  
CHANGE YOUR BRAIN,  
AND OTHERS TOO**



**WHEN YOU LOOK AT SOMEONE  
IN THE EYES YOU LIGHT UP  
EACH OTHER'S BRAIN**



**WHEN YOU LOOK OUT YOU  
SHIFT THE HORIZON SO YOU  
CAN THINK LONGER TERM**



**WHEN YOU LOOK UP  
IT BUILDS EMPATHY, TRUST,  
HOPE AND BELONGING**





# Student Wellbeing Bulletin

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

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



## Inclusion Initiatives...



It can be unsettling when people around you say they have a vision and are focussed on that vision and rarely are distracted from it.

You might say “What is this thing called Vision, I don’t seem to have it.”

Maybe you don’t know who you are yet.

What is important to you?

What do you find yourself caring about mostly?

What makes you happy, curious, excited?

Begin making lists.

Imagine, dream, and make notes to self.

Although other people often can inspire a vision, make sure it is yours and not theirs for you.

There’s no time scale on this, but one day you might find that the same things keep appearing on the list over and over. Your vision is beginning to take shape, or lead you somewhere.

You may come to the conclusion that this vision that's beginning to form will not go away.

You may begin to have an idea of what a vision really is, and begin to take control of it, steer it into the direction that YOU want it to go.

You may begin to Make things happen

This may be the beginning of your future self.

But the longer you take to get started the longer it may take to be realised.

**WHY NOT START NOW ?**



**AND COLLECT THE REWARDS!**