



Student Wellbeing Bulletin

May 2022



CONTENTS:

- Welcome
- Team Members and Key dates
- Paul's Perspective
- What's happening on the Senior campus (Kerri)
- Words of Advice from our Social Worker (Jason)
- What's happening on the Junior campus (Ms Mott)
- Words of Advice from our Social Worker (Aisha)
- From Your Caring Nurses
- Inclusion Initiatives

WELCOME...

"Fortune and love favour the brave."

OVID (43 BCE - c.18 BCE) Roman Poet

Bravery is the courage to speak about a difficult topic; it is forgiving someone who has hurt us; it is facing a fear; it is taking a first step into the unknown; it is embracing the experiences that take us beyond our comfort zone. It is a form of beauty and it is within us all.

Bravery is a means of discovering the flecks of inner, unconquerable strength that lie within each of us. When we allow ourselves to be brave, we have the potential to unleash our inner magnificent hero.

Believe in your own bravery; be the hero of your own life....



Student Wellbeing Bulletin

May 2022



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

Jason Mann

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, Stephanie Tang, Caz Coady

School Nurses

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Bravery is the ability to look fear and hurt in the face and say move aside, you are in the way.

MELISSA TUMINO

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WELLBEING KEY DATES:

MAY:

- 2 - Year 12 - REACH presentation
- 4 - Parent Webinar - Managing Our Expectations of Students in a Covid Normal World
- 6 - Year 10 - Felstead Ed presentation - Nutrition
- 11 - Year 8 - The Hurting Game presentation
- 17 - IDAHOBIT Day
- 23 - Year 11 - Felstead Ed presentation - Study Calm

JUNE:

- 1 - Push Up Challenge begins
- 1 - Year 9 - YSafe presentation
- 8 - Year 7 - Headspace presentation
- 21 - Year 10 - Vaccinations
- 21 - Year 8 - Sophie Taylor - VIS - Australian field hockey player - how to achieve your personal best
- 24 - End of Term 2



Student Wellbeing Bulletin

May 2022



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...

Bravery comes in all forms, shapes and sizes.

From swimming with sharks, to running into a burning building, to standing up for something you believe in.

One of the most powerful forms of Bravery is Vulnerability.

The ability to be emotionally exposed, to express how you are feeling and to let people in, this is for some a very difficult process.

Boys are even less likely to talk about their feelings than girls. There will be boys that feel brave when they run out on the football field or play the violin in front of a 1000 people but rarely do they recognise talking about their feelings as Bravery.

*So I set the challenge... **Be Vulnerable...**
Reach out... Talk about your feelings...*

Be Brave!





Student Wellbeing Bulletin

May 2022



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?

HAVE COURAGE IN YOUR BELIEFS

Often we are afraid to follow our own path, and in particular, to say 'No' when something doesn't feel right to us. Standing up for your beliefs demonstrates bravery that is really empowering.

Make a conscious effort not to shy away from sharing your views (respectfully, politely, compassionately) or saying 'No', even without feeling you need to give a reason, when you feel overloaded or uncomfortable.

STEP BEYOND YOUR COMFORT ZONE

"When I stepped outside my comfort zone, I felt...."

Have a think about when you stepped outside your comfort zone. It could have been giving a presentation in class, trying a new class at the gym, or any other new experience. Facing a challenge head on takes courage, but it helps to build your resilience and self-esteem.

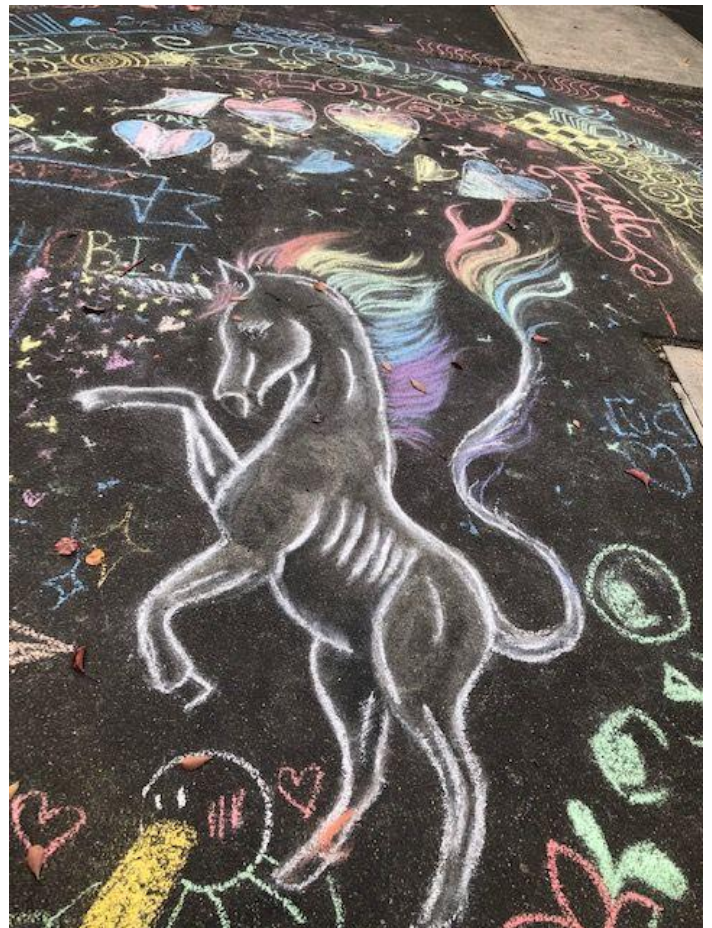
Step outside your comfort zone - it's where the magic happens!



On 17 May we celebrated IDAHOBIT Day.

IDAHOBIT is the International Day Against Homophobia, Biphobia and Transphobia and aims to coordinator events that raise awareness of LGBTIQ+ rights violations and stimulate interest in LGBTIQ+ work worldwide.

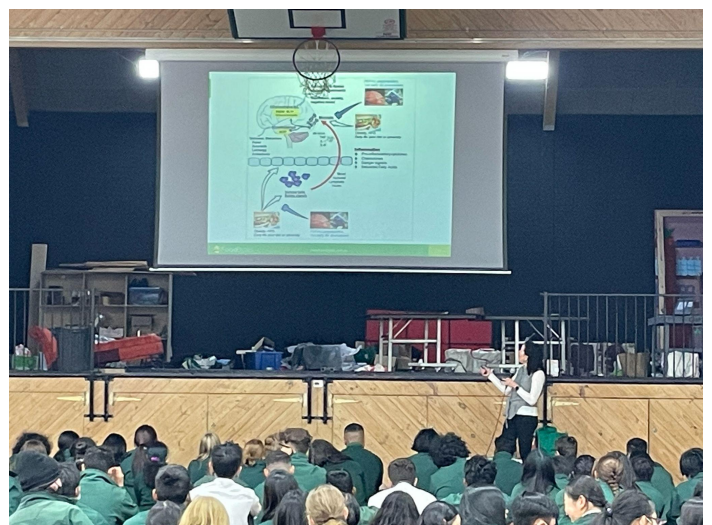
Students on the senior campus used chalk drawings to show their support for IDAHOBIT Day.



The Power of Nutrition

On 6 May the Year 10 students were involved in a presentation from Nutritionist, Teri Lichtenstein on the importance of healthy eating.

Students had completed a survey the week before around their breakfast habits and the importance of starting the day right with a healthy breakfast.





Student Wellbeing Bulletin

May 2022



Words of Advice from our Social Worker

(From Jason - Senior Campus)

I'm sure if we all sat down and reflected upon the people in our lives, we could all come up with names of people who have shown bravery. Whether it's on the sporting field, persevering through illness, standing up to injustices, when in immediate danger or seeking help for the first time, bravery becomes an important trait when it comes to getting things done. Is bravery innate or can it be learnt? I believe it's the latter and here are some important skills to learn so that you're prepared to demonstrate bravery when you tackle your next challenge

- 1) **Engage your values:** Be aware of the values that you hold as they will help you to act in accordance with these. A strong connection to your values will enable you to become confident in the bravery you need to demonstrate in any aspect of your life.
- 2) **Compartmentalise your emotions:** The ability to put your emotions aside whilst you address the issue at hand will allow you to focus on the task. Some people imagine putting their emotion in a box, that's inside a box, that's inside a locked box etc...Sure, if you want to get that emotion out later you can...but that worry is not going to be helpful when you're demonstrating bravery.
- 3) **Focus:** A wise man once said...'What you focus on, you amplify'. Create a vision of yourself having shown bravery and the outcomes you



achieved because of it. Let this vision pull you into a future highlighted by bravery. Create a vivid picture in your mind's eye and see the outcome beforehand.

- 4) **Be goal oriented:** Know what it is you want to achieve and why you want to do it. Put your goals ahead of any discomfort or emotions you feel in the moment and just do it.
- 5) **Tolerate:** Be prepared for backlash...in certain situations, other people will not appreciate your courage and bravery as it can challenge the power structures that are currently held. Re-engage with your values, use rational thought, and stay strong when confronted by others.

Remember: no one became brave by sitting on the couch. We become brave through demonstrating bravery...little by little.



Student Wellbeing Bulletin

May 2022



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?

BRAVERY ON THE Junior Campus

Let's celebrate some of the things that have been happening on the Junior Campus, as well as acknowledge some bravery along the way:

Term 2 started with year 7

Immunisations - bravery for many.

Aisha and I hosted a parent Webinar on a post-covid normal world for teens and what this looks like.

Year 8's watched a play by Brainstorm Productions, called "The hurting game."

This provided the students with strategies to combat resilience, seeking help from others, being safe online and maintaining positive relationships.

Naplan was undertaken, again bravery for many of the year 7 students as it was online and onsite.

I have seen bravery in my year 8 Food Technology classes as students attempted to challenge their own skills and produce decorated cupcakes which some have never done before. Both year levels have had to complete presentations which can be very daunting for some students. We have had students try out for sport teams and go out to play against other schools in a sport that may have been out of their



Student Wellbeing Bulletin

May 2022



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

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comfort zone. Without realising it, we are often brave. We take on challenges not because we want to, but because at times we have to. We take a deep breath and try our best. This is all that we can ask. It feels uncomfortable at times and at the same time, rewarding when it pays off. Well done everyone on being brave!!!

WAYS TO BE BRAVE

Each person has their own BRAVE. BRAVE is not always about being a hero, sometimes it is about making decisions and reflecting on the person you are or who you want to be. It can be about making decisions that are hard, but will help you to achieve the personal goals you have.

WHAT DOES BRAVERY LOOKS LIKE?

What are you feeling?

Acknowledge your feelings. Sometimes this may make you feel vulnerable but these feelings may only be short lived before you start to feel a sense of achievement or empowerment.



**Bravery doesn't
always feel good.**

**The more we
practice acts
of bravery,
the better we
will be at it!**

Letting go of people in your life that are not adding value is brave. Surround yourself with people that add value and help shape the person you want to be.

Share thoughts.

Sharing your thoughts can sometimes be brave. In a classroom discussion students can be fearful of being judged. Bravery is sharing your thoughts and being proud of who you are and what you stand for.

Let go of negativity.

Be kind.

Be kind to yourself. We often put others first and can sometimes take on too much. Saying no is not letting someone down, it's looking after yourself so that you can be there when you are needed.

Trust your instincts. Sometimes we know in our heart what we want, yet feel that we should be doing something else. Be brave and trust your instincts.

Ask for help.

Don't battle things alone. Ask someone for help no matter how big or small what your asking is.



Student Wellbeing Bulletin

May 2022



Words of Advice from our Social Worker

(From Aisha - Junior Campus)

One of the first things that came to mind when I thought about the word "bravery" was the character in the wizard of the Oz known as "the Cowardly Lion."

I think about how the lion first presented himself - scared, timid, unsure of himself. As the story developed, we started to see changes in the lion. We see him taking off that mask that he once hid behind to embrace his inner strengths and all the wonderful things that make him special. We also see how these strengths are embraced and celebrated by his new friends.

The unknown can be a hard thing to sit with sometimes. Something that we can try to remember are the benefits and positive outcomes that come from showing bravery. For the lion, this meant he was able to reveal his inner strengths, let his guard down and attract the right people in his life.

Moving forward, I will try my best to tap into my inner lion to demonstrate bravery. I encourage you all to do the same :)



Student Wellbeing Bulletin

May 2022



Junior Campus:

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Senior Campus:

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From Your Caring Nurses

Being brave also applies to your health. Sometimes we worry about changes in our bodies. We worry about what is 'normal' and what is not. Remembering that normal is a wide range as we are all individuals and unique. Comparing yourself against another person is not useful and can create unnecessary worries. What is 'normal' for someone may not be 'normal' for you. Our bodies can make many noises as well, and these noises can be worrisome, but they can usually all be explained.

What Are Your Body Noises Telling You?

Worrying can affect your health through poor sleep quality, you can feel nauseated, lose your appetite, your heart rate may increase and your mental health can deteriorate. Being anxious can also cause symptoms such as stomach pain, vomiting, diarrhoea, skin disorders, even chest pain. It can also affect your relationships with your friends or family, depending on what the health concern is. Some people even isolate themselves from fear of 'passing on' a disease that they think they have from a Google search.

It takes bravery to talk about concerns relating to many areas of our bodies especially if it is areas such as genitals and bowels, but although it may be embarrassing, talking about it will help alleviate a lot of bad thoughts. If you are worried, ask for help - it can be your parents - they were once teenagers too, a trusted person or a health professional - you will feel a lot better.

TROUBLE SHARED IS TROUBLE HALVED

DOROTHY L. SAYERS



Student Wellbeing Bulletin

May 2022



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

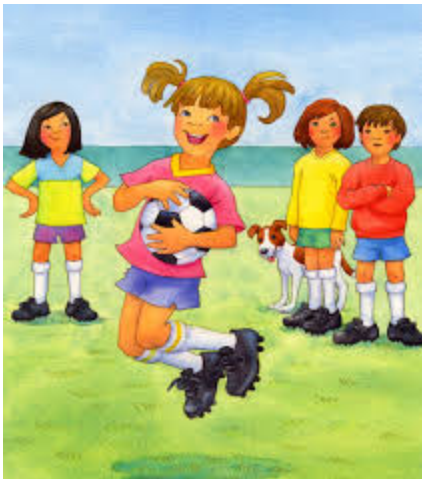
tma@mwsc.vic.edu.au



Inclusion Initiatives...

When you are feeling your least brave, or need to be brave for something that you need to face, draw a picture of yourself feeling and being brave, in addition to visualising it is more tangible.





SEE IT,
FEEL IT,
DO IT!