



Student Wellbeing Bulletin

August 2022



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WELCOME...

"Knowing what must be done does away with fear"

ROSA PARKS (1913-2005), American Civil Rights Activist

A purpose is a reason or intention; while to have purpose means to have resolve and determination.

Developing a deeper sense of purpose in life can help create a more fulfilling life, in which everything you do is for the greater good.

Finding your own clear purpose, a common good to direct your energy, drives you to make better decisions, form stronger bonds, have more self-awareness and contribute to helping make the world a better place.

Seek out your purpose to serve both yourself and others...try doing an Ikigai





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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

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



WELLBEING KEY DATES:

AUGUST:

12 - Year 10 Guest Presenter - Felstead Education - The Power of Sleep

19 - Year 10 Mentoring - follow up lesson for The Power of Sleep

22 - Year 11 Guest Presenter - Jemima Montag - Olympic athlete

23 - Year 11 - Felstead Ed presentation - Study Calm

SEPTEMBER:

12 - Year 11 Mentoring - follow up lesson for Jemima Montag

16 - Year 9 Wellbeing Day - whole day of Guest presenters and activities



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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...

Whilst you are making meaningful experiences for yourself, remember that you can focus on what values and beliefs are important to you, as these will shape the person you are and often guide you to your purpose.

Why Am I Here????.....

As a teenager it's normal to start to ask yourself 'what is my purpose?' or 'what is the meaning to my life?' and 'what am I doing?'

These are tricky questions to answer, especially when there are so many aspects of your life that are out of your control. Often our meaning is given to us by our family's beliefs and values or our religion, but for those who do not have faith it can be harder to find.

Rather than spending hours trying to work out what your meaning/purpose is, try and make meaningful experiences for yourself. For example, engage in an activity that challenges you or takes you out of your comfort zone, or engage in hobbies that you know you enjoy and are connected to your identity, such as being a musician, sportsperson, writer or photographer.

For some of you, especially those in VCE will be struggling with the question, 'what is my purpose this year and beyond?' As we always say - it's ok not to know. It's ok to have a variety of options to consider post year 12. Don't worry if you don't know your purpose... it may not be clear until you are in your mid 20's.



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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

The first 3 weeks of Term 3 have been busy for the Student Wellbeing team. We have welcomed two new RMIT students doing their placement on the senior campus. Carla is completing her Masters of Social Work and Bec is completing her Bachelor of Youth Work and Youth Studies.

So far this term our Year 9 students have also completed REACH workshops focussing on Peer Dynamics - helping students to have respect, empathy and awareness for each other. The Year 9 students also have the Wellbeing Day to look forward to on the last day of Term 3. The day will be broken into four 1 hour segments and will involve multiple guest presentations including the Pat Cronin Foundation, Pelvic Pain Foundation and Real Life Resilience. After lunch the students will be involved in some fun activities that will finish the day with a carnival type atmosphere. Students will be permitted to wear their full PE uniform for the entire day. Students will have 30 minutes break between sessions 1 & 2, 15 minutes break between sessions 2 & 3, and 45 minutes break for lunch. Session 4 will conclude at 2:30pm to coincide with the end of term early finish.



Felstead Education



Year 10 students will be busy in August with their Camp, Course selections, The Power of Sleep presentation from Felstead Education, follow up mentoring lesson for The Power of Sleep, and their Gala.

Year 11 students can look forward to a presentation from Australian race walker, Jemima Montag. Jemima is a Commonwealth Gold Medalist and also represented Australia at the Tokyo Olympics. Jemima recently finished 4th in the World Athletics Championships in Oregon. Jemima has presented to our students in the past and is a fantastic public speaker who provides great insight into combining the demands of studying (Jemima received a perfect ATAR), with dedicating time and energy into her training as a high achieving athlete, when completing Year 12 not so long ago. Keep an eye out for Jemima as she competes in the Commonwealth Games in Birmingham.



Year 12 students were involved in REACH workshops where facilitators guided conversation about thoughts and feelings regarding finishing school. Questions included - How do you feel about finishing school? Do you feel you've been successful this year? What are your passions? Does anyone have a dream that's different from their parents? Is money important to you?



The Year 12 students also had guest comedian Declan Fay (comedy writer for ABC, Netflix shows and Ronny Chieng - International Student). The focus of the presentation was to 'not be left wondering what if?' at the end of this year, as well as to make sure they look after each other as a group.



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"Everything can be taken from a (person) but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."

- Viktor Frankl

Words of Advice from our Social Worker (From Jason - Senior Campus)

Viktor Frankl was a man who had a great impact on my worldview and attitude to life. Viktor Frankl was a Jewish psychiatrist and Holocaust survivor who was imprisoned by the Nazi's alongside his family members including his wife. Frankl would eventually lose all his family members whilst being imprisoned in the concentration camp.

One day whilst in the concentration camp, Frankl wasn't feeling well yet was forced to work in the fields. Whilst walking to the job site, Frankl was slow and stumbling as he didn't have the energy to walk. He was threatened by the guards with death if he kept holding up the group. Frankl then started to imagine his eventual freedom, lecturing at a university on the psychological impacts of concentration camps and his new model of therapy. Frankl imagined himself pacing back and forth across the stage giving the best presentation of his life. When he finally came back to reality, he discovered he had made it to the work site and back again feeling very much alive.

In his book 'A Man's Search for Meaning', Frankl quotes Nietzsche stating "**Those who have a 'why' to live, can bear almost any 'how'.**"

Even in the cruel, horrific and unjust circumstances of being imprisoned in a concentration camp, Frankl was able to find his purpose, to develop his model of therapy and continue to live in hope.



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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?

The Junior Campus has hit the ground running this term and a sense of purpose for all has been poised. The year 7 students have attended workshops run by the Reach Foundation. These workshops were aimed at building connections and designed for the students to get to know each other. It was great to see students sharing personal information about themselves and feeling they were in a safe space to do so. The year 8 students are starting to work on their Personal Best project. This will involve them having to challenge their thinking and dig deep to discover their purpose and how to go about achieving their best self.

There have been staff and student events where teachers and students have tried their very best to be the best! These events have been great to watch as the competition has been fierce.

Subject selection for the year 8 students is now underway and the students have begun to discover the path they are wanting to take as they progress through school. It is a busy term and there is a lot of energy in the air.



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Words of Advice from our Social Worker

(From Aisha - Junior Campus)

Having a sense of purpose can contribute to so many parts of our lives!

Purpose can lead to a greater sense of self, belonging and fulfillment. We all have a purpose even if it's hard to identify and this can look differently for everyone.

Looking at the bigger picture, our purpose could be described through our roles in our families, our careers and how we contribute to the community. Looking at our day to day, our purpose could be to complete a certain task, finish a chore or help a friend.

However big or small the contribution, our sense of purpose adds meaning and motivation to our lives. It's definitely a journey but finding that purpose is what life is all about!





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From Your Caring Nurses

Purpose. Maybe it's finding what interests you and what you love doing, like art, sport or music. Maybe it's having a vision for your future and showing commitment to taking steps to making that happen for you.

Having a reason and a motivation to do something makes it *much* easier to follow through and get it done, which is good for both our emotional and physical health, and staying healthy is one of the best things that you can do for yourself.

People who feel that they have a purpose have been shown in studies to be **physically healthier, less stressed and are more hopeful, happier and sleep better** than their peers who don't feel they have a purpose!

You can learn more about finding purpose by seeing what people you admire have to say about how they found their purpose in their lives.