



Student Wellbeing Bulletin

December 2021



CONTENTS:

- Welcome
- Team Members & Key dates
- What's happening on the Senior campus? (Kerri)
- What's happening on the Junior campus? (Ms Mott)
- Words of Advice from our Social Worker (Aisha)
- From Your Caring Nurses (Jody, Stephanie, Libby & Caz)
- Inclusion Initiatives (Maria)

WELCOME...

"The more you celebrate your life, the more there is in life to celebrate. "

OPRAH WINFREY (1954 -) American television host

Celebration *noun*

a special event that people organise in order to celebrate something.

As another year draws to a close, it is time to celebrate the highs we have reached, and to learn from the lows that have challenged us.

Our students have been magnificent this year as they once again tackled remote learning. The Student Wellbeing Team are so proud of the effort you put into your learning, whilst reaching out for support when it was needed.

Celebrating the highs, gives us the renewed energy we need to overcome the next challenge. Take the time needed over the holiday break to enjoy the freedom we have all worked so hard to achieve and come back in 2022 with renewed energy and some new goals you are going to strive to accomplish.

Take care and stay safe over summer.



Student Wellbeing Bulletin

December 2021



Student Wellbeing Team:

Paul Graham

Manager of Student Wellbeing

Kerri Haworth

Student Wellbeing Coordinator - Senior Campus

Danielle Mott

Student Wellbeing Coordinator - Junior Campus

Phoebe Cummings

School Psychologist - Senior Campus

Aisha Paternott

Social Worker - Junior Campus

Haley Bullmore

Chaplain

Margaret Taylor

Inclusion and Individual Needs Coordinator

Maria Disley, Jane Horrabin, Maria Calafiore

Inclusion Aides

Jody Clooney, Caz Coady, Libby Spiers, Stephanie Tang

School Nurses

Celebrate what you've
accomplished, but
raise the bar a little
higher each time you
succeed.

Mia Hamm

QuotePixel.com

KEY DATES:

DECEMBER:

3 - Correction Day - No students at school

6 - ECP begins

10 - Last day of ECP - Students' final day



Student Wellbeing Bulletin

December 2021



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?

From Kerri

This term has seen us celebrate the graduation of the Class of 2021.

What an outstanding achievement from this group of young people, who have completed their VCE over the past two years in the most challenging and difficult circumstances any group has ever had to encounter. Congratulations to the Class of 2021. We are so proud of you.

The exam period is now underway for the rest of the students on the senior campus and they will be rewarded with a day off on 3 December to reflect on what they have achieved for their current year level, whilst they prepare to begin the work for their 2022 year level on Monday, 6 December.

This time of year holds many reasons to celebrate and we look forward to the much needed holiday break for students and staff alike.





Student Wellbeing Bulletin

December 2021



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?

From Ms Mott

It's time to celebrate !!

We don't often look back and reflect on our own achievements throughout the year.

Sometimes we try to think of our achievements, but have difficulty recalling them. It is so much easier to automatically think of the things we have not done so well, and things we would like to forget. SO LET'S CELEBRATE -

C - Chat to a friend and share a funny experience you shared together this year.

E - Enjoy the last 2 weeks by living in the moment rather than worrying about what has happened, or what may happen.

L - Laugh with those around you.

E - Embrace what journey may be ahead.

B - Be considerate of others around you when this time of year may be difficult for them.

R - Rest up! You have earned it.

A - Add value to someone's day by saying something positive.

T - Take time - to enjoy, relax, embrace and rest.

E - Enter the new year with new goals, new passion, a new reserve of energy for whatever journey the year takes you on.





Student Wellbeing Bulletin

December 2021



Words of Advice from our Social Worker

(From Aisha)

Hi guys!

Is it just me or is everyone ready to put this year behind us???

While the thought of moving forward can be really exciting, some of us might also feel a little nervous and uncertain about the changes next year will bring - different classes, moving up in the school, changing campuses (just to name a few).

Change can feel uncomfortable but there are also some really great things that come with it too - things like new experiences, meeting new people and learning new skills. Change can also bring forth a fresh start (which I think we're all in need of!).

Whatever your thoughts are about change, just know that there is no one exact way to feel, and that's okay. You guys have made it through a really strange and unsettling couple of years so keep that in mind and take comfort in knowing that you got through it!

Be kind to yourselves and enjoy your summer break - you've earned it!



Student Wellbeing Bulletin

December 2021



★
when
you
Choose
joy
You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just♥
might inspire
them to do
the same.

www.homegrownhospitality.typepad.com

From Your Caring Nurses...

Tis the season to celebrate safely

School and study commitments are wrapping up; for some they have already finished, and it is certainly time to have some fun, relax and enjoy the summer with our family and friends but it is important to do it in a safe way so that you remember the holidays for all the right reasons.

- Remember to keep it COVID Safe. Handwashing and hygiene practices remain important. Try and make catch ups outdoors or in well-ventilated spaces and keep some distance between you and others, where possible.
- Make sure you and your friends have a safe way home.
- Stick with your friends when you are out. Not only does it keep you safer but you will have some great memories to share.
- Arrange a place to meet up in case you or your friends get separated.
- Under 18? Skip the alcohol and take care of your brain and your future. You can have lots of fun without alcohol and or other drugs.
- If you are drinking, pace yourself and stay alert; try to break up alcoholic drinks with non-alcoholic drinks or water. When you are drunk or using drugs, you are more likely to do things you normally wouldn't do when you're sober. And other people may take advantage of you when you're out of it.
- Know what to do if an emergency happens – call Triple 000! Nothing is as important as your life or your friends' lives.

<https://www.youthcentral.vic.gov.au/advice-for-life/staying-safe/parties-what-to-do-if-something-goes-wrong>

Junior Campus:

jsnurse@mwsc.vic.edu.au

Senior Campus:

mssnurse@mwsc.vic.edu.au



Student Wellbeing Bulletin

December 2021



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

tma@mwsc.vic.edu.au



Inclusion Initiatives...

Celebrate what you want to see more of!

You were extremely flexible with remote learning

Celebrate!

You were challenged

Celebrate!

You adjusted

Celebrate!

You were supportive and supported

Celebrate!

You realised the importance of teamwork

We are so very proud of you.

Celebrate YOU!