



# Student Wellbeing Bulletin

September 2021



## CONTENTS:

- Welcome
- Team Members & Key dates
- Paul's Perspective
- What's happening on the Senior campus (Kerri)
- Psychology corner - Senior campus (Phoebe)
- What's happening on the Junior campus (Ms Mott)
- From Your Caring Nurses (Jody, Caz, Libby)
- Chaplain's Challenge (Haley)

## WELCOME...

*"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel."*

ELEANOR BROWN (1973 - ) American Novelist

## Self-Care

You cannot pour from an empty cup, so if you don't take care of yourself, then you won't have the energy, strength or motivation to do anything.

The safety demonstration on an aeroplane always tells you to put your own mask on before you put anyone else's on. Because if you aren't taking care of yourself, then you most certainly cannot help anyone else.

Sometimes we have to force ourselves to do self-care but once we've done it, we feel much better - and that's the point!!





# Student Wellbeing Bulletin

September 2021



## Student Wellbeing Team:

**Mr Paul Graham**

*Manager of Student Wellbeing*

**Mrs Kerri Haworth**

*Student Wellbeing Coordinator - Senior Campus*

**Mrs Danielle Mott**

*Student Wellbeing Coordinator - Junior Campus*

**Miss Haley Bullmore**

*Chaplain*

**Mrs 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*

It is so *important*  
to take time for  
yourself and find  
clarity. The most  
important relationship  
is the one you have  
with yourself.

✕

DIANE VON FURSTENBERG

GH

## KEY DATES:

### SEPTEMBER

3 Year 8 - Guest Presenter - Luke Kennedy  
- Labelling

6 Year 11 & 12 - Guest Presenter - Jemima  
Montag - Resilience

6 - 10 Body Kind Schools Week

9 R U Ok? Day

17 Year 9 & 10 - Year 9 and 10 Wellbeing Day -  
Including interactive guest presentations  
and yoga session



# Student Wellbeing Bulletin

September 2021



Parents or carers wanting to discuss concerns regarding their child's wellbeing, should contact Paul Graham, Manager of Student Wellbeing.

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

## Paul's Perspective...



When reflecting on your self care strategies in this issue of the bulletin, I want you to ask yourself are my self care strategies "reactive or proactive"? Although there is nothing wrong with reactive strategies...such as listening to music when you feel stressed or doing some breathing exercises to calm the mind, it's important that we are doing as much as we can to be proactive in looking after ourselves to try and prevent getting overwhelmed. Some of the basic proactive strategies are limiting screen time after school day finishes, getting outside every day, eating fruit twice a day, doing exercise every day, stretching morning and night, practicing mindfulness... the list goes on and on.

During this challenging time where a lot of things feel out of our control, the 1 thing that is in our control is the effort we put into our self care..so stay kind to yourself and be pro-active!



# Student Wellbeing Bulletin

September 2021



If you need any support from the Wellbeing team on the Senior Campus, contact Kerri or Paul

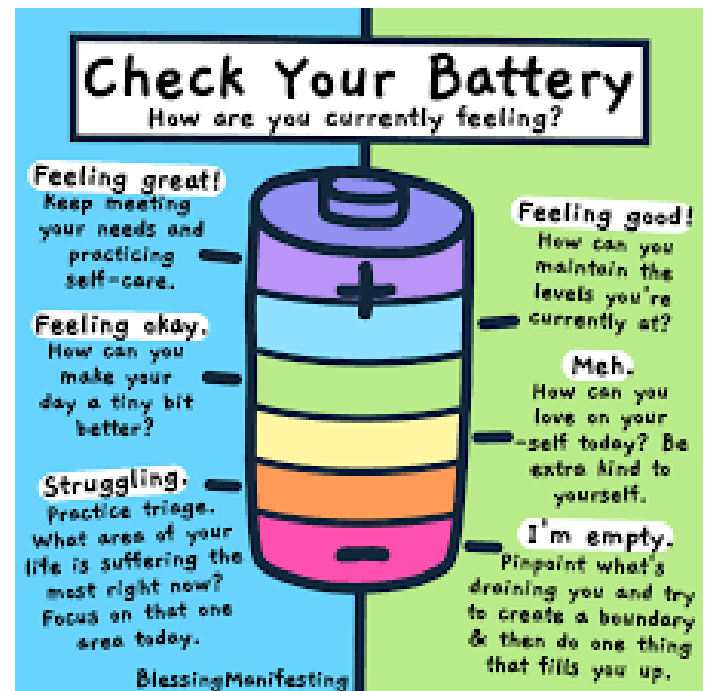
[mkd@mwsc.vic.edu.au](mailto:mkd@mwsc.vic.edu.au) (Kerri)

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

## What's happening on the Senior campus?

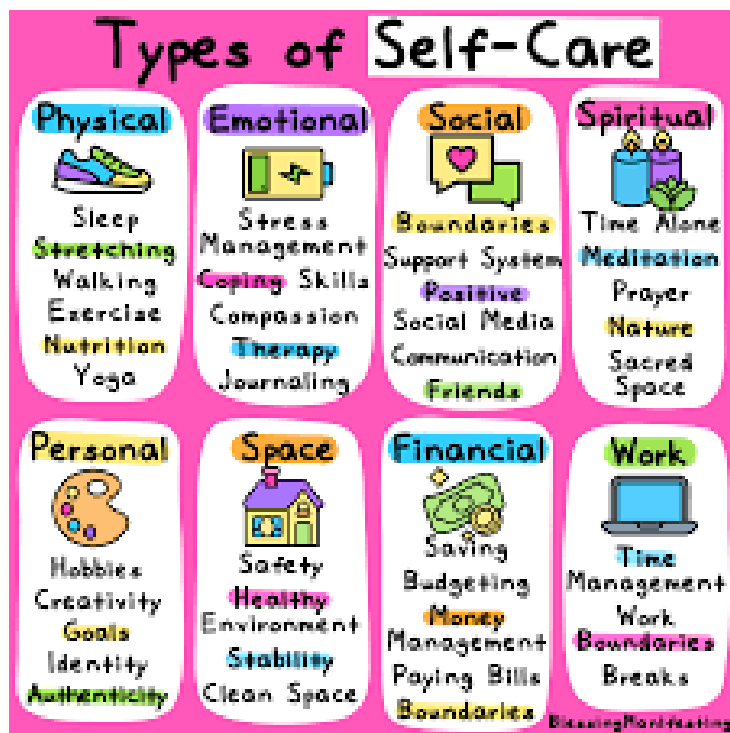
From Kerri

*Self-care is not Selfish*



Your self-care battery will tell you when it needs recharging. Just like a phone, airpods and laptop need recharging, so do humans.

Sometimes it will take more self-care for you to feel good or great. Other times you may just need to top your battery up.



Self-care can be categorised in many ways - physical, emotional, social, spiritual, personal, space, financial and work.

Putting in boundaries is also an important type of self-care. Protecting yourself from negative influences is a form of self-care. It doesn't always have to be about doing positive things (which is still important), self-care can also be about avoiding negative influences so you are protecting yourself from heartache, pain or being hurt.

Relationship boundaries make sure you are treated the way you deserve to be treated (with respect, as an equal, valued).

Friendships need to be adding value to your life, and if they aren't, then it's time to reassess the friendship to determine whether it is one you want to move forward with.

## self care for BAD DAYS







# Student Wellbeing Bulletin

August 2021



## Psychology corner - Senior campus

(From Phoebe)

There are a number of practical strategies that we can use as self-care techniques. These include:

- *Exercise:* Exercise can increase concentration and confidence. Did you know that 90% of young people don't exercise enough! Exercise does not have to be lengthy or vigorous - even small amounts of light exercise helps to lower cortisol (our stress hormone) in our body!
- *Nutrition:* Eating nutrient dense foods gives our brain energy to function optimally. 90% of serotonin (our happy hormone) is made in our gut, so a happy, healthy digestive system can prevent mental illness such as depression.
- *Sleep:* Ideally, we require 8-10 hours of sleep per night. Sleep is important as it allows us to better think, learn, and remember information. When we are tired we make more

risky decisions, tend to experience more negative mental health issues, and have a weakened immune system.

Beyond these practical strategies, we can also use some mental self-care strategies.

These include:

- Increasing the amount of self-compassion and self-forgiveness we are showing ourselves.
- Acknowledge all achievements and efforts - even if they feel small.
- Being flexible with our expectations and the amount of pressure we put on ourselves.

Not only can these strategies help us when we are struggling, but they can also help prevent mental health decline when we are well!

## Self-Care Ideas

For when you're short on time

Listen to  
music

Go for  
a walk

Watch  
something  
easy-going

Colour

allow  
yourself  
a treat

Listen to a  
positive  
podcast

Meditate

Just  
Rest

look at  
photos  
(that make you smile)

Turn off  
your  
phone

Pamper  
yourself

Read a  
book

© LIVINGPRETTYHAPPY.COM



# Student Wellbeing Bulletin

September 2021



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?

From Ms Mott

This week the year 8 students attended an online presentation on "labelling" by Luke S Kennedy, a motivational speaker. This was quite a confronting presentation as Luke touched on some personal aspects of his life and how being labelled as a youth, led him down a destructive path that he no longer wanted to identify with. It took him many years before he realised that these negative labels did not define him. He created new labels and these words he used to label himself, became thoughts, and these thoughts turned to a positive reality. The focus of this presentation was helping students to focus on becoming happy, confident and limitless by focusing on their true self. Taking away from your true self is when you worry about what others may think of you and this can stop you from doing what you want to achieve. Other people attach labels to you, these can be positive labels or labels that lead to self doubt.

When thinking of self care, Luke suggested looking at each day as a blank page of limitless opportunities. Luke asked that we look into the mirror every morning and say "I am happy, I am powerful". How many people do this? We generally criticise ourselves when we stare at the mirror.

Very easily we get upset with ourselves if we make mistakes. Mistakes demonstrate that you are pushing yourself so instead of being upset, look at these mistakes as a learning opportunity.

So now it is time to do some self care: What labels do you want to embrace and which labels would you like to discard? Now is a perfect time to reflect.





Student  
WELLBEING

**Junior Campus:**  
[jsnurse@mwsc.vic.edu.au](mailto:jsnurse@mwsc.vic.edu.au)

It is important to know when to take a time-out for yourself. With the stresses of everyday life and work it is easy to feel overwhelmed and burnt out without realising it until it's too late. Placing yourself first and taking some time out for yourself is the best way to provide self-care.



# Student Wellbeing Bulletin

September 2021



If you need any support from the Chaplain, contact Haley

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

CHALLENGE

## Chaplain's Challenge

Decluttering challenge.

The less clutter we have in our surroundings, the less cluttered our mind can feel. The process of decluttering can also be very therapeutic.

You don't have to declutter everything at once! Just do a different space here and there, when you can.

Some places that you might want to declutter along with guides/examples for doing so...

### Email inbox:

Get your email inbox to 0.

<https://www.youtube.com/watch?v=9ql1CQfxWxQ>

### Desk or night stand:

This youtuber takes the konmari method and fixes it to a small space such as her desk. I like the Konmari method, but my discrepancy with it is the full commitment to decluttering. That might not be realistic for some, so instead of this part of the method, do what this youtuber has done and commit this method to a small space at a time.

<https://www.youtube.com/watch?v=o4msSjIJDUU>

### Phone apps:

This one is super easy and really refreshing - go through your apps and delete all of those unused ones and organise your home screen and make it practical and aesthetically pleasing.

### Desktop:

Again, super easy. Take some time to reorganise your folder and delete old images that you downloaded from google for something that you simply don't need... Go through your downloads and try and get that to empty by allocating them to folders and deleting the things that you don't need. Also, empty that rubbish bin, too! An empty desktop bin is the most satisfying thing!