

Wantirna College

STUDENT WELLBEING

BULLETIN

Term 1 - February - 2023



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MEET THE STUDENT WELLBEING TEAM!

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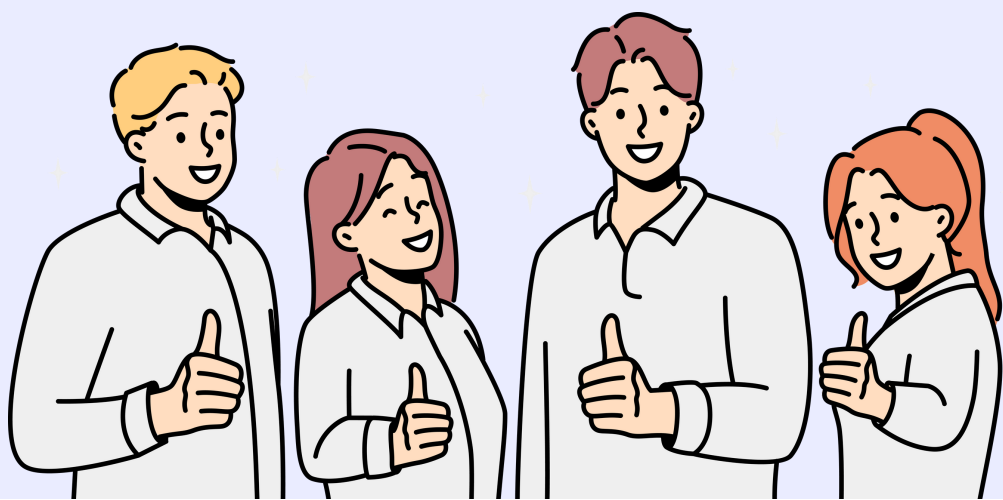
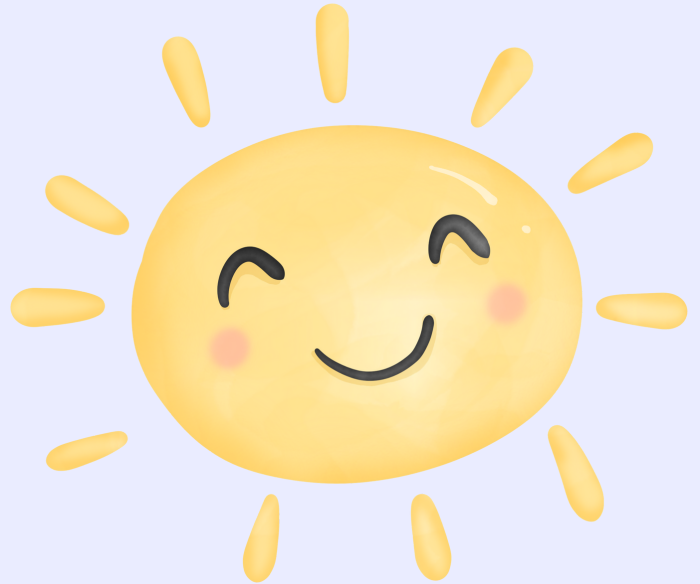
Eva Gray, Melissa Wade

School Nurses

Placement Students

Susan, Yvonne, Johara, Candace, Olivia, Jane, Aaron, Isabella, Kasun and Donna.

You can reach them on teams @ SWBC

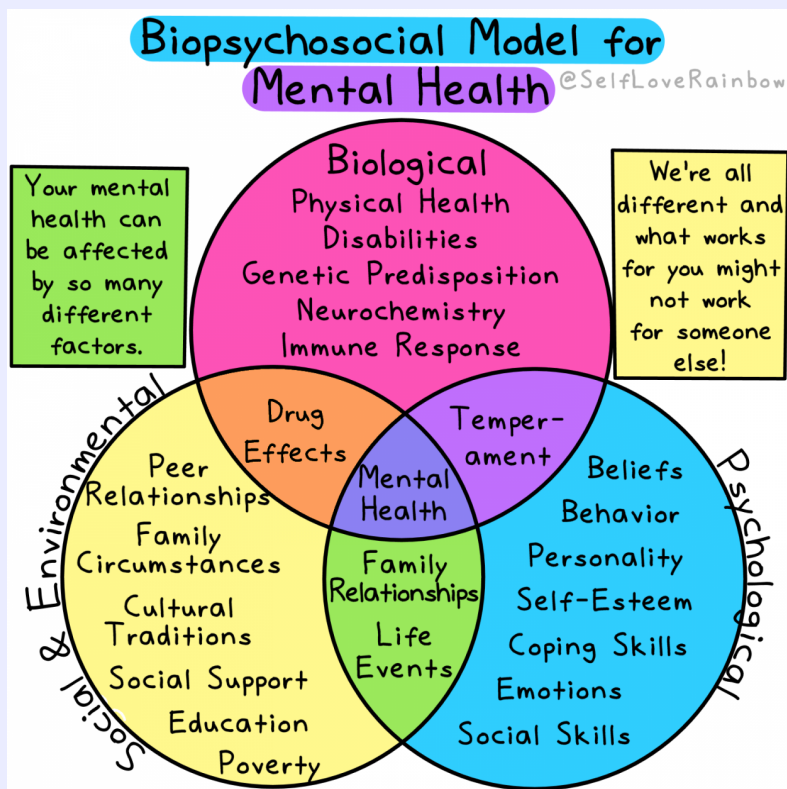


Foundations for a good Mental Health Routine

Having a good routine for mental health can be a great way to improve your wellbeing. But where to start? Mental health consists of many domains. The main three are:

- Biological (Physical Health)
- Psychological (Mental Health)
- Sociological (Social Health)

These three areas are connected, and make up the basis for Mental Health. This is why maintaining good mental health and wellbeing needs to be a multifaceted approach.

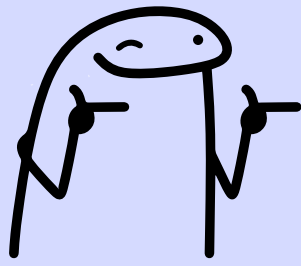


Consider these areas of your areas of your life. Do you feel like your needs are being met in each area? Below are some great ways to improve your wellbeing:

- Having a Morning and Night Routine
- Taking Breaks Throughout the Day to Recharge
- Making Time for Fun
- Get Moving
- Nourish Yourself
- Enjoy your relationships
- Lastly, continuously practice self-care.

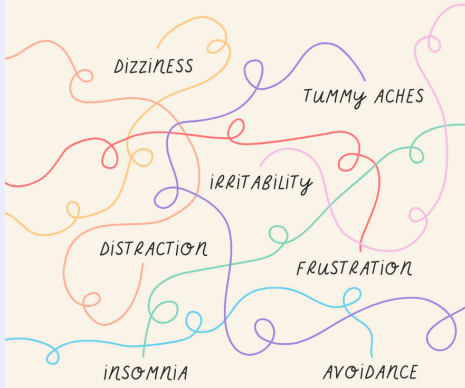
TAKE CARE
OF
YOURSELF





FORTNIGHTLY MEME DROP

ANXIETY CAN LOOK LIKE:

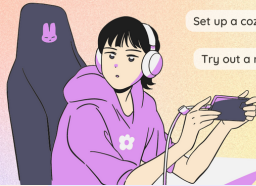


Self Care Ideas

for Gamers!

Play your favorite video game

Have a gaming session with friends



Set up a cozy gaming space

Try out a new game genre



• TIPS TO •

BE YOURSELF

1. Know yourself
2. Let go of negative self-talk.
3. Focus on your strengths Limiting beliefs manifest as negative self-talk
4. Stop living in the past
5. Stop caring about what others think.
6. Be open to change
7. Be vulnerable
8. Express yourself
9. Get out of your comfort zone
10. Find your community

5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 things you can see



4 things you can touch



3

things you can hear



2

things you can smell



1

thing you can taste

SELF-CARE CHALLENGE

1

Do a random act of kindness

2

Do something creative

3

Stay off social media for a day (or longer)

4

Spend a day alone in nature

5

Declutter your room/apartment

6

Spend time with animals!

7

Give yourself a compliment in the mirror

8

Spend a day alone in nature

9

Spend time with a loved one

10

Watch a comfort show or movie

11

Dance it out!

12

Dress up and take yourself out on a date

Did you do all of the activities? Comment Below!

BE AROUND PEOPLE WHO ARE GOOD FOR YOUR MENTAL HEALTH



you automatically lose the chances you don't take

[Now Playing]

Celebrate Every Small Win



LOOKING FOR SUPPORT?

Knox Youth Services

Knox Youth Services provides information, referral and support programs for young people aged 10 –25 years who live, work, study or relax in the City of Knox. Workers at the Centre can provide information, support and individual assistance about:

- family conflict
- accommodation
- drug and alcohol issues
- relationships
- sexual health
- sexuality
- employment and training

Address: 2 Capital City Blvd,
Wantirna South VIC 3152

Phone: (03) 9298 8469



EACH Community Health

EACH provides a range of health, disability, counselling and mental health services across Australia.

Address: 1063 Burwood Hwy, Ferntree Gully VIC 3156

Phone: 1300 003 224

headspace Knox

headspace Knox offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information.

Address: 2 Capital City Boulevard, Westfield Knox Ozone,
Wantirna South, Victoria 3152

Email: info@headspaceknox.com.au

Phone: (03) 9801 6088

WANTIRNA COLLEGE BREAKFAST CLUB

Start the day off right!
Come join us at the
Uniform shop (next to
Wellbeing in the B Block)
between
8-8:30 on Tuesdays and
Thursdays for free
breakfast and a hang



Toast, Milo,
Fruit,
Toasties,
Cereal and
More* 😊

*subject to availability

WHAT IS ON IN KNOX?



1600 Ferntree Gully Rd
Gilbert Park, Knoxfield
(Carpark end of Forbes CI)

- BEGINNER - INTERMEDIATE
- LESSONS ARE FREE
- EQUIPMENT PROVIDED FREE!
- AGES 5 - 105
- ALL ABOUT HAVING FUN & GAINING CONFIDENCE!

LESSON SCHEDULE	HOLIDAYS	School TERM
Monday	11:15-12:00	
Tuesday	11:15-12:00	
Wednesday	11:15-12:00	
Thursday	11:15-12:00	
Friday	11:15-12:00	
Saturday	11:15-12:00	11:15-12:00
Sunday	11:15-12:00	11:15-12:00



Bookings essential! Go to the website link and click the 'BOOK NOW' button!

the
KNOX SKATE & BMX PARK

@knoxskatepark Knoxskatepark Knoxskatepark@ymca.org.au Knox.ymca.org.au/lessons

The Hut Gallery - Ferntree Gully Arts Society is at The Hut Gallery - Ferntree Gully Arts Society. 2 d · Ferntree Gully, Melbourne ·
"Anything Goes" is the current exhibition showing at the Hut Gallery until end of February and features artwork by members of the FTG Arts Society. #thehutgallery #artsociety #ftgart #dandenongrangesartists #artexhibition #anythinggoes

Moonlight Movie Night

It's a perfect summery night out — the big screen under the stars, ice cream in hand, just around the corner in your neighbourhood park. And it's free!

Whitehorse Moonlight Movies is pleased to bring two outdoor movies to the community this season. Tote your bean bag, your picnic blanket or your low-rider chairs — no glass, please — and settle in for some open-air cinema (we'll have ice cream and coffee trucks waiting!).

Thor: Love and Thunder

Date: Friday 17 February 2023
Time: Gates open 7pm; screening 8pm
Where: Simpson Park - Mitcham
Admission: Free
Rating: M



Trans and gender diverse writing group



Join us for an online writing group via Zoom for trans and gender diverse young people.

The workshop will also be for any other queer-identified people between the ages of 13 to 25 to connect and get writing.

The group will be run and facilitated by two young adult published authors, Alison Evans and Nevo Zisin who both identify as non-binary and queer.

It will be a safe space for writers of all levels of experience to create, write and share ideas.

Fortnightly on Tuesdays:

7 February, 21 February, 7 March, 21 March, 4 April, 18 April, 2 May, 16 May, 30 May, 13 June, 27 June.

Event details

Free, bookings essential

Tuesday 7 February to Tuesday 27 June

Fortnightly 5pm to 6.30pm

Next session
Tuesday 21 February, 5pm to 6.30pm

View next (5) ▾

03 9658 9731

youngadults@melbourne.vic.gov.au

Bookings and tickets

Online event

knox Rainbow Youth Action Group

LGBTIQ+ 16-25s

Help increase rainbow visibility in the City of Knox
The Rainbow Youth Action Group is for LGBTIQ+ people aged 16-25 who are keen to develop new skills and are passionate about advocacy.

You'll participate in monthly meetings, undertake training and get involved in community education activities such as fundraising and public speaking at functions and schools.

Interested? Contact us
Madeleine Power madeleine.power@knox.vic.gov.au 9298 8000 or
Chenal Mupotsa chenal.mupotsa@headspaceknox.com.au

headspace Knox City Council



EMPLOYABILITY SKILLS WORKSHOP

Come and listen to Olivia from Swinburne who will talk about the major employability skills you will gain through volunteering. Learning while you are a volunteer can be less stressful than a paid role, giving you time to practice these skills.

Manager of Volunteer for Knox Resource Centre, Sally Disting-Laird, will also be there to answer questions.

Wednesday 22nd Feb

10am - 12pm | FREE



9758 7081
enquiries@coonarahouse.org.au
22 Willow Rd, Upper Ferntree Gully VIC 3156

MOVE YOUR WAY

Move Your Way is back!
13 February - 12 March 2023
Book your free classes today
knox.vic.gov.au/MoveYourWay

Knox City Council