

Student Wellbeing Bulletin

Term 2 June 2022



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Have you considered?

Connection

Being connected and having healthy relationships are important for your mental health and wellbeing.

Feeling connected has 2 parts:

1. Your relationship with yourself which can help you cope with life's challenges and help you look after others as well
2. Building upon your skills and learning to understand your strengths and areas that may need building upon.

In order to build a connection with someone try asking a question, hang out with like-minded people, get active, join a 'safe' online game, give 'yes' a go, try volunteering or getting a part time job if you're old enough.

If you're struggling to make connections, consider making a plan:

- Who would you like to reach out to?
- What activity would you like to try?
- How will you try and make a connection?
- When are you going to do this?
- Talk to someone if you need help



June 2022



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Eva Gray, Melissa Wade

School Nurses

**Student Wellbeing
Bulletin**

Key Dates 2022

24th June - End Term 2

3rd – 10th July – NAIDOC week

11th July – Start Term 3

27th August – Wear It Purple Day

9th September – R U OK day?

16th September – End Term 3

3rd October – Start Term 4

6th – 10th September – Women’s Health
Week

20th December – End Term 4

**WHAT’S HAPPENING IN THE
COMMUNITY?**



Join the Knox Live FReeZA Program
Events by young people, for young people.

- Plan and manage live music and cultural events
- Develop new skills and professional relationships
- Gain free industry experience and career pathways

For ages
15-25
Apply Now

More Info & Apply:
www.knox.vic.gov.au/freeza
arts@knox.vic.gov.au
9729 7287

The FReeZA Program is funded by the
Victorian Government's Department of
Family, Fairness and Housing.
freeza VICTORIA
www.freeza.vic.gov.au



June 2022



**YOU ARE INVITED TO OUR
Journey Tracks Cultural Program
DEADLY BASKETBALL CLINIC &
CULTURAL WORKSHOP DAY**

For Aboriginal & Torres Strait Islander Youth who live, socialise, and study in **Knox and Maroondah**.

Learn and hear from Rick Baldwin, a proud Gungal Kurnal man on the importance of leadership, cultural connection, keeping active and having fun playing basketball, along with Special Guest Coaches at our Basketball clinic and Cultural workshop day run by Steve Parker.

Deadly Basketball Clinic is all about developing and improving your basketball skills and love of basketball. By the end of the day, you too could alley-oop and shooting hoops just like Patty Mills' brother. So hey mob, being active is good for our health and wellbeing in keeping our spirit strong and deadly, come join us for fun day!

Included in the day:

- Welcome to Country & Smoking Ceremony
- Skills and development sessions
- Special Guest Coaches
- Cultural workshop
- Smoothie Bikes
- Giveaways and so much more.

For Aboriginal & Torres Strait Islander children and youth aged 8 - 17 years

When: 24th June 2022 at 10am - 2pm (9:45 check in for 10am start)
Where: Knox Basketball Stadium 7 Park Crescent, Boronia VIC 3155
Register to attend this event: <https://forms.office.com/r/ZVagKstwiV>
Contact: Vanessa, Aboriginal Health Promotion Officer - 0439 809 617

Ngarrang Gulinj-al Boordup Team and Koorie Basketball Academy are working in partnership to deliver this day.



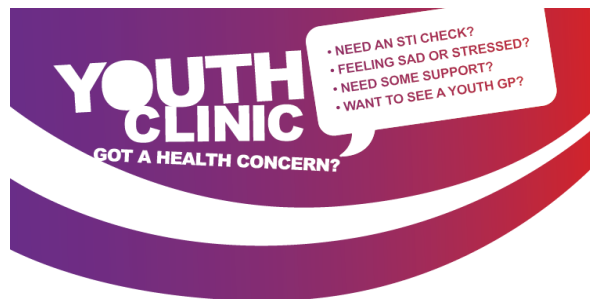
knox
Free 2 Be Me
Knox Youth Services

**LGBTIQ+
11-14s**

Free 2 Be Me provides a fun and safe space for young people aged 11-14 who identify as LGBTIQ+ or are questioning, with sessions running fortnightly after school hours.

Interested? Contact
Luis Castanon luis.castanon@noic.vic.gov.au 9298 8000

Student Wellbeing Bulletin



Free, confidential and caring clinic for 12-25 year olds.

- See a nurse or doctor about:
- ✓ checks for sexually transmitted infections
 - ✓ general sexual health questions
 - ✓ pregnancy testing and pregnancy options
 - ✓ emergency contraception
 - ✓ feeling unwell or feeling good, but don't know why
 - ✓ counselling support
 - ✓ coughs support
 - ✓ coughs, colds, skin conditions, aches and pains, lumps and bumps, in fact, just about anything.

Clinic sessions times:

- Monday: 9am - 5pm
- Tuesday: 9am - 5pm
- Wednesday: 9am - 5pm
- Thursday: 9am - 5pm
- Fridays: by appointment

Where: Building B, 46 Warrandyte Rd Ringwood

Transport: Ringwood Station is a seven minute walk away. The 207, 304 and 364-6 buses run along Warrandyte Rd.

Contact: For appointments call 9871 1800 or email youthclinic@each.com.au

Cost: FREE!

Main Office
20 Melbourne St, Ringwood VIC 3134
t 1300 003 224
e info@each.com.au w each.com.au



Maroondah, Yarra Ranges and Knox Councils: Social Media Self-Defence sessions

Please see attached for information on two free online Social Media Self-Defence sessions for women aged 16+ in June.

What: Free online webinar: Social Media Self-Defence for women presentation aged 16+, presented by the Office of the eSafety Commissioner.

This training teaches women and girls how to use tech tools to manage their social media more safely and effectively and how to recognise and report online abuse.

When: There are two sessions available: Monday 20 June, from 7.30pm to 8.30pm, or Wednesday 22 June, from 12 noon to 1pm.

How: See attached flyers for more information. Register to attend [here](#).

Maroondah Council are hosting this event in partnership with Yarra Ranges Council, Knox City Council, eSafety Commissioner and EDVOS Eastern Domestic Violence Service

June 2022



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your city
Emerge
Knox Youth Services



LGBTIQ+
18-25s

Emerge is a fortnightly support group for people aged 18-25 years who may identify as gay, lesbian, bisexual, gender diverse or questioning. In a safe and supportive environment, you'll have the opportunity to connect with others in the LGBTIQ+ community and discuss topics like coming out, transitioning, sexual health as well as friends, family and relationships. Best of all, you'll build your confidence and have fun!

Interested? Contact
Luis Castanon luis.castanon@knox.vic.gov.au 9298 8000



knox
your city
Remake Remodel
Make your own tote bag



For young people aged 10 - 25 years who live, work, study or have a connection to Knox

Tuesday 5 July, 10.00am to 4.00pm
Coonara Community House,
22 Willow Rd, Upper Ferntree Gully
Come along to this upcycling workshop to learn how to turn old denim jeans into a great new tote bag! No sewing experience required. Facilitated by Here and There Makers and the Knox Council Waste education and Youth Services teams.

Free all day workshop including pizza lunch

For details contact Youth Services 9298 8000 or email youth@knox.vic.gov.au Bookings essential Register at stickytickets.com.au/4757W knox.vic.gov.au



Social Media Self Defence



Online eSafety presentation for women and girls aged 16+

Free and interactive

Monday 20 June
7.30pm to 8.30pm
or
Wednesday 22 June
12 noon to 1pm



Bookings essential

Did you know that women are more likely to be the target of online abuse? This online session will help women and girls aged 16+ to use social media platforms more safely and effectively. Learn to use privacy settings, recognise online abuse and how to report it. Delivered by the eSafety Commissioner 'Women in the Spotlight' program aimed at elevating and protecting women's voices online.

How to book

Go to www.maroondah.vic.gov.au/SocialMediaSelfDefence or scan the QR code



The event is hosted in partnership with eSafety Commissioner, EDVOS Eastern Domestic Violence Service, Knox City Council and Yarra Ranges Council.

1300 88 22 33 or 9298 4598
www.maroondah.vic.gov.au

knox
your city
4 Me
Knox Youth Services



LGBTIQ+
14-18s

4 Me is a support program for rainbow young people aged 14 - 18 who live, work, study or hang out in the City of Knox. In a safe environment, young people who identify as LGBTIQ+ or are questioning will be able to explore their relationships with themselves, others and their community.

Interested? Contact
Luis Castanon luis.castanon@knox.vic.gov.au 9298 8000



Student Wellbeing Bulletin

June 2022



Swinburne Skills and Jobs Centre

Our focus is always on you and your career

We are here to help you by providing advice and support whether you are leaving school, navigating study options, apprenticeships, or traineeships, exploring new career opportunities, or looking for work.

We offer a range of free services for individuals of any age who are:

- interested in studying
- currently studying
- seeking an apprenticeship or traineeship
- looking for a job
- changing careers
- returning to the workforce

We provide you with:

- tailored and impartial support to help you take the next step in your career goals
- pathways, options, skills, and knowledge that will benefit you now and into the future

Our free services include:

- Individual career consultations/counselling (online and face-to-face)
- Resume and cover letter assistance
- Job matching for apprentices and employers
- Job search assistance and information on employment trends
- Interview skills
- Training and course information
- Support to identify your transferrable skills that help your job applications stand out
- Links to local community learning and referral services
- Tailored workshops from interview skills and updating your resume to finding an apprenticeship, preparing for further education and more!

Locations

Swinburne University
Croydon Campus
12-50 Norton Road
Croydon VIC 3136

Swinburne University
Wantirna Campus
389 Stud Road
Wantirna VIC 3152
(By appointment only)

Contact us

skillsandjobs@swin.edu.au
03 9726 1450
swinburne.edu.au

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Education and Training



Knox Express, Shop 1001
509 Burwood Hwy
Wantirna South

FREE

Thursdays in July
4pm - 7:30pm

VIRTUAL REALITY

AT KNOX EXPRESS

Come and see what you can do as you explore!

ALL AGES WELCOME

No need to book, just come along!