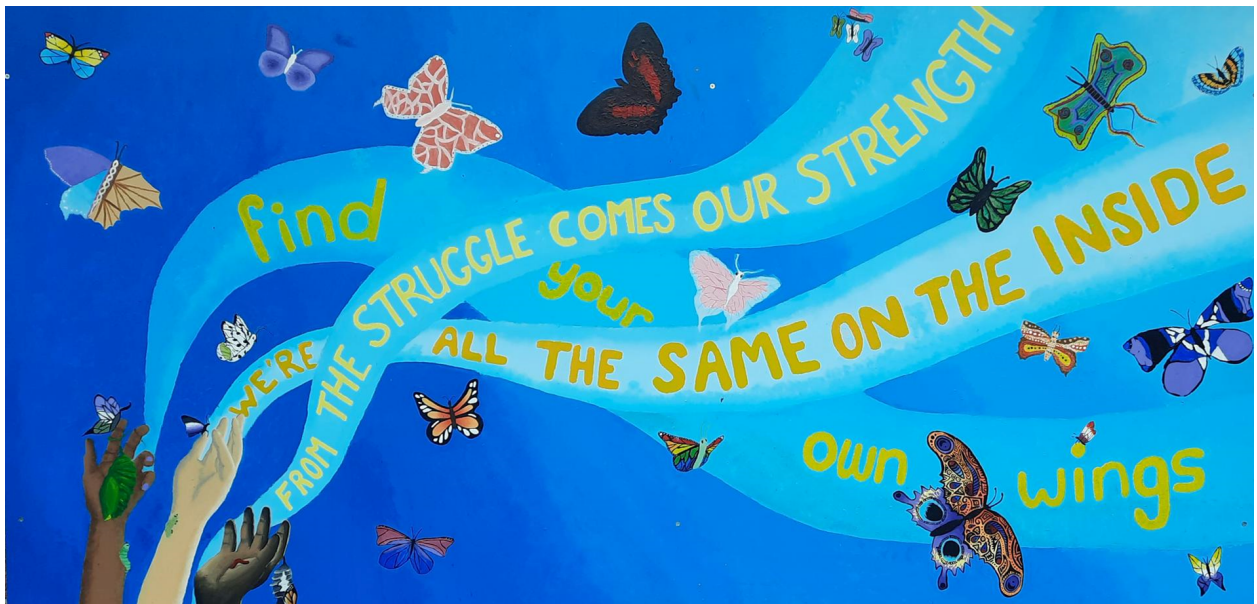




Student Wellbeing Bulletin

TERM 4 - November, 2023



CELEBRATION

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

OPRAH WINFREY (1954-)

American television host

CONTENTS

- Student Wellbeing Team,
Get In Touch, and
Helpful Contacts
- Introduction
- Let's Celebrate
- 'Tis the Season to Celebrate Safely...

Student Wellbeing Team

Mrs Kerri Haworth
Director of Wellbeing

Mrs Nella Foley
Mental Health Practitioner

Ms Beth Mennie
Youth Worker -
Les Twentyman Foundation

Jackie (Friday)
Brett (Friday)
Counsellors

Get In Touch:

You can get in touch with the Wellbeing team via your coordinators, your parents or by sending an email yourself.

You can also self-refer via the link on the school website wellbeing page.

Helpful Contacts:

Headspace

<http://www.headspace.org.au/>

Headspace Centres can be a one-stop shop for all young people who just need some help with everyday stuff or wellbeing and physical health.

Kids Helpline

<https://kidshelpline.com.au/>

Kids Helpline is across Australia, it is free, private and confidential 24/7. Mainly for young people aged 5 to age 25. Call them on.. 1800 55 1800

Lifeline

<https://www.lifeline.org.au/>

Provides all Australians everywhere experiencing a personal crisis allowing 24-hour support. Call them on.. 13 11 14

Beyond Blue

<https://www.beyondblue.org.au/>

Provides information and support which helps tackle head-on the effects of mental health issues no matter where or what age. Call them on.. 1300 22 4636

INTRODUCTION:

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 tackled their learning. The Wellbeing Team are so proud of the effort you have all 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 a well deserved rest and come back in 2024 with renewed energy and some new goals you are going to strive to accomplish.

Take care and stay safe over summer.



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

Mia Hamm

QuotePixel.com

LET'S CELEBRATE -

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 teachers (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.

Whatever your thoughts are about change, just know that there is no one exact way to feel, and that's okay. You have made it through this year, so keep that in mind and take comfort in knowing that you got through it!

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

E - Enjoy the last weeks of term 4 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 2024 takes you on.

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.

- Make sure you and your friends have a safe way home when you go out.
- 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! Emergency services are there to help you, not get you into trouble with your parents. Nothing is as important as your life or your friends' lives.



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