

# Student Wellbeing Bulletin

Term 3 September 2022



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*Have you considered?*

## Health & Wellbeing

Having good health and wellbeing is about living life in a satisfying way, looking after our bodies, coping with life's challenges and being able to manage life's stressors.

There's a lot we can do to look after ourselves; from trying to maintain healthy food choices, learning strategies to manage stress & anxiety, taking time out for self-care which could include mindfulness, exercising and developing effective communication skills.

If you're needing guidance or ideas about how to do this, there are a number of online resources available such as Reachout.com, Headspace, Beyond Blue.



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September 2022



## Student Wellbeing Team:

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*Inclusion Aides*

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**Eva Gray, Melissa Wade**

*School Nurses*

## Key Dates 2022

16<sup>th</sup> September – End Term 3

3<sup>rd</sup> October – Start Term 4

6<sup>th</sup> – 10<sup>th</sup> September – Women's Health Week

20<sup>th</sup> December – End Term 4

## WHAT'S HAPPENING IN THE COMMUNITY?

**Hang out at Space 4 Us!**

This is a monthly gathering for you to connect with other young people who have a family member with mental health concerns.

Meet new people, just from others in similar situations, and learn new ways of looking after yourself.

Join us for games, group activities, outings, food, online catch ups and more!

**IT'S A MONTHLY GATHERING – 4U!**

**New Space – New Activities**  
4Tk The Base 8 Station Street RINGWOOD

**2022 Dates**

- Mon 21 February 4.30-6pm
- Mon 21 March 4.30-6pm
- Monday 11 April (school holiday activity)
- Mon 16 May 4.30-6pm
- Mon 20 June 4.30-6pm
- Mon 18 July 4.30-6pm
- Mon 15 August 4.30-6pm
- Monday 19 Sep (school holiday activity)
- Mon 17 October 4.30-6pm
- Mon 21 November 4.30-6pm
- Monday 12 December – Celebration

For more information contact  
FaPMI Co-ordinator  
Michelle on M: 0481 913 607  
Or email:  
[fapmi@easternhealth.org.au](mailto:fapmi@easternhealth.org.au)  
This monthly activity is fully supervised and open to young people aged 12 - 18 years living in the Eastern suburbs of Melbourne

**PLEASE REGISTER TO ATTEND**

PLEASE NOTE: Space 4 Us follows a COVID safety plan including QRcheck in & visa requirements. Please ask staff if you have any questions.

**easternhealth VMCH wellways**

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## KNOX Reel Respect

A workshop for young people passionate about building respect in their community



For young people aged 13-25 years who live, work, study or have a connection to Knox

**Friday 30 September 10am to 4.00pm**

Knox Youth Information Centre, 2 Capital City Boulevard Wantima South, (Next to Headspace Knox)

As part of '16 Days of Activism Against Gender-based Violence' this workshop will explore a variety of topics including; healthy and unhealthy relationships, gender norms and expectations, family violence and bystander action.

Participants will be encouraged to explore these themes by creating reels that communicate actions young people can take to prevent gender-based violence in our community.

Facilitated by EDVOS and the Knox City Council

For more information or to register contact  
Kathy Clark@knox.wa.gov.au



Free workshop including lunch



## ConnectUs.

Connecting you to local people to find your **best you.**



**Want to find your **best you?****

Try ConnectUs, an anonymous service finder website for people aged 10-25 in the outer east.

Use this site to find local people and supports to boost your social, emotional and mental health, build your skills and connect with groups and activities.

You're not alone.  
ConnectUs can connect you.  
Scan the QR code to find out more.



**Find your **best you.****


[connectus.serviceseeker.com.au](https://connectus.serviceseeker.com.au)


**Join Knox Youth Services at the Knox Skate & BMX park**

**Wed 21 Sept 12-2pm**



**Make tie dye socks**

**BBQ lunch**

**Spin the wheel for prizes**

**Its free!!**

**Register with YMCA crew @the park**

**Cnr Ferntree Gully and Gilbert Park Drive, Knoxfield**



# Bulletin

## September 2022



**headspace Day holidays**  
Pause, Reflect & Reconnect

Are you between 12 and 25 and interested in joining? Register by calling Knox headspace on 9801 8088 or email [jasmine.scampton@headspaceknox.com.au](mailto:jasmine.scampton@headspaceknox.com.au)

**Puzzle Time**  
Come down and check out the awesome board games and Rubiks we have going on, we have the best of the best in Uno, House Tropic, puzzles and more!  
Tuesday 20th Sept 2-4pm

**Paws for Thoughts**  
We have DOGS! Do you have a dog? If you love dogs and want to come down and meet our doggy friends, listen to awesome music and maybe play a game then this is the day for you to come down and visit us!  
Tuesday 20th 4-5:30pm

**Pot a Plant**  
How awesome are plants? If you love all things gardening and stuffy come join us as we pour a pot and plant some super cute succulents!  
Thursday 22nd 1-3pm

**Escape Room**  
Who doesn't enjoy being locked in a room, searching for clues to solve a case? It's super fun! If you're into puzzles and all things scary then come join us for our amazing Escape Room experience!  
Tuesday 27th 2-4pm

Located at headspace Knox 2 Capital City Blvd Wantirna South

**KNOX SKATE & BMX PARK**

**RAD DAD SKATE SESH**

**BBQ + BREAK DANCING**

**Sunday September 18**

11-15 RAROD SESH  
FREE BBQ 12:00  
BREAKDANCE LESSON 1:00

BOOK ONLINE: [KNOX.YMCA.ORG.AU/LESSONS](http://KNOX.YMCA.ORG.AU/LESSONS)

Free webinar

## Digital technologies and mental health webinar

October	AEDT
Wed 12	7:30-8:30pm
Mon 17	12:30-1:30pm
Thurs 27	12:30-1:30pm

[esafety.gov.au](http://esafety.gov.au)

## KNOX Youth Engagement Crew



We are looking for enthusiastic young people to create, organise and lead activities and campaigns about important issues involving young people in Knox!

Knox Youth Engagement Crew is open to young people 10-25 years who live, work, study or have a connection to Knox!

The group meets fortnightly on Tuesdays 4 -5:30pm at the Youth Information Centre, 2 Capital City Boulevard, Wantirna South.(Westfield Knox).

Contact Kate, Knox Youth Services on 9298 8000 or email [youth@knox.vic.gov.au](mailto:youth@knox.vic.gov.au)



Get involved & make a difference!

**If you need support during the school holidays contact:**

- Kids Helpline: 1800 551 800
- Knox Youth Information Service: 9298 8469
- Headspace Knox: 9801 6088
- Police: 000