

# Student Wellbeing Bulletin

**Term 3 September 2022** 



#### **Contents:**

- Have you considered?
- Team members
- Key dates
- What's happening in the community?

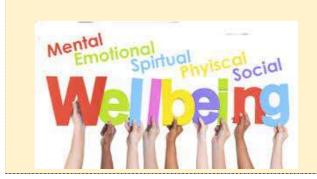
### Have you considered?

# 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.



# Student Wellbeing Bulletin September 2022



#### **Student Wellbeing Team:**

#### **Guiseppe Relia**

Student Wellbeing Coordinator

grl@wantirnacollege.vic.edu.au

#### Sanela Avdic

Social Worker

sav@wantirnacollege.vic.edu.au

#### Lea Marrison

Mental Health Practitioner

Imr@wantirnacollege.vic.edu.au

#### **Tajinder Wulff**

Mental Health Practitioner

twu@wantirnacollege.vic.edu.au

#### Kylie Rackham

Inclusion and Individual Needs Coordinator

rac@wantirnacollege.vic.edu.au

Clare Jones, Ky Laurito, Ling Ma, Wayne Marsh, Deanna Poon, Fiona Tan, Corina Tay, Merrill Tunstall, Mary Ann Moodley

**Inclusion Aides** 

#### **Shannon Leane**

Speech Pathologist

kla@wantirnacollege.vic.edu.au

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?



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



For more information contact FaPMI Co-ordinator Michelle on M: 0481 913 607 Or email:

tapmi@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

### 2022 Dates

Mon 21 February 4:30-fgm Mon 21 March 4:30-fgm

Monday 11 April (achool 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 builday activity) Mon 17 October 4.30-6pm

Mon 21 November 4.30-6pm Munday 12 Desember - Colobration

PLEASE NETTE: Space & UL Solicex a: COVID-safety plan including CPL/Section & vax requirements Please ask codf if you have any questions:

easternhealth

VMCH

wellways

# **Student Wellbeing Bulletin**

### September 2022







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

Knox Youth Information Centre, 2 Capital City Boulevard Wantina Bouth, (Next to Headispace Knox). As part of 16 Days of Activers Against Gender-based Victored this workshop will explore a variety of topics including; healthy and unhealthy reducingshaps, gender norms and expectations, family vicience and bystender action.

Facilitated by EDVOS and the Knox City Council

For more information or to register contact Kare Clark@securic.gov.su







Free





# **Student Wellbeing**

# **Bulletin**September 2022













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! Get involved & make a difference!

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

Contact Kate, Knox Youth Services on 9298 8000 or email youth@knox.vic.gov.au.







# If you need support during the school holidays contact:

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