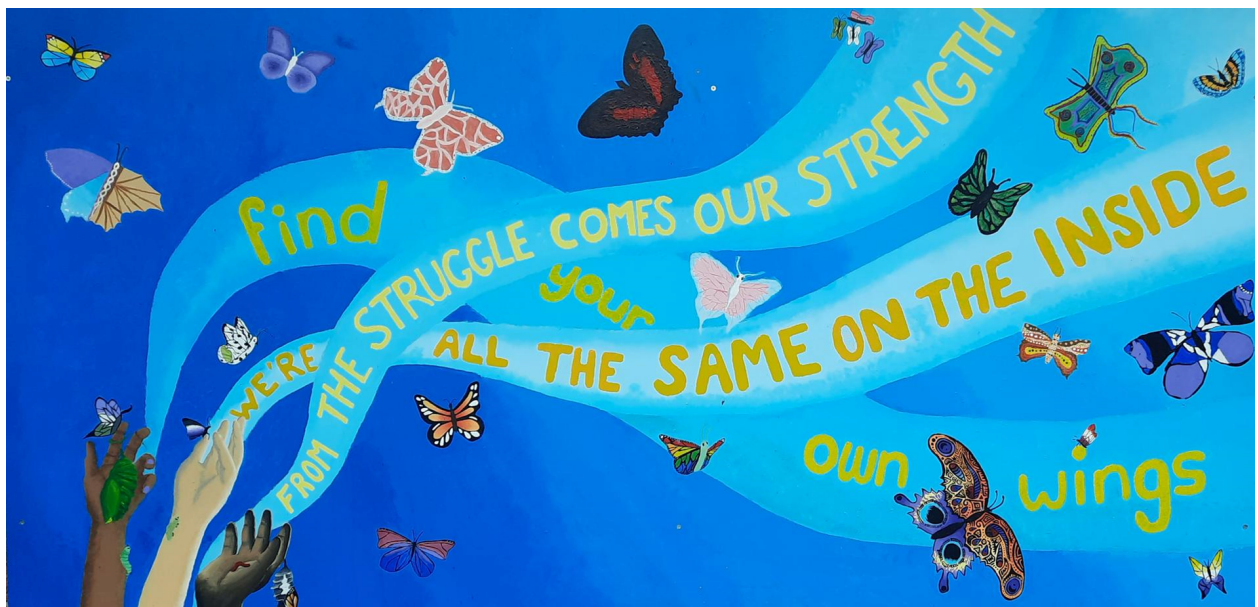




Student Wellbeing Bulletin

TERM 3 - September, 2023



CONNECTION

"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person."

FRED ROGERS (1928 - 2003)

American Television Host (Mister Rogers' Neighborhood)

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Student Wellbeing Team

Mrs Kerri Haworth
Director of Wellbeing

Mrs Nella Foley
Mental Health Practitioner

Ms Beth Mennie
Youth Worker -
Les Twentyman Foundation

**Claire (Tuesday & Wednesday);
Nivi (Monday and Thursday);
Brett (Friday); and
Jackie (Friday)**
Counsellors

Get In Touch:

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

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:

Con/nec/tion *noun*

a relationship in which a person or thing is linked or associated with something else.

Humans are social beings that thrive on connection. We connect with others every day of our lives. It may be family, friends, colleagues, personal trainer, coach, our favourite barista, or even people we meet for the first time.

Human connection gives meaning to our lives, and can inspire acts of kindness, love and humanity. We must nurture our human connections, especially during times that we find challenging. The beginning of this decade showed us more than ever the importance of building and nurturing meaningful connections with others.

Oxytocin levels increase when we connect with someone through a hug, touch or even just by sitting close to someone. These connections are associated with happiness. Raised oxytocin levels promote optimism and self-esteem and increase our ability to control our feelings.



When you hug someone, take some deep breaths and consciously feel your shoulders lower away from your ears. To release oxytocin, that hug needs to last for 20 seconds or longer.



Hugging reduces stress levels by reducing the level of cortisol in the body; improves heart health by lowering your blood pressure; boosts self-esteem by reminding us that we belong; improves relationships by improving bonding and trust; and reduces pain from the release of 'feel good' hormones called endorphins.

WHO ARE YOU GOING TO HUG TODAY?

(Please make sure you have the consent of the other person first)

WHAT'S BEEN HAPPENING WITH WELLBEING DURING TERM 3:

Year 7

24 July - Toolbox Education workshops on Emotion Regulation where students were introduced to what their triggers might be and learnt a set of tools that will help them to 'let the air out before they burst'. This helps to de-escalate conflict, let emotions out in a healthy way, and lower the intensity of situations.

Year 8

24 July - Courage to Care workshops on discrimination and vilification based on race and ethnicity.

Year 9

14 August - Felstead Education presentation on Power of Nutrition which included free healthy snacks and an activity where students were required to be nutrition detectives to critically evaluate the ingredients on 'healthy' food packaging.

Year 10

16 August - We Are Gibber live theatre performance, 'Smashed' where students learnt the effects that underage drinking can have on their health, safety, relationships and future pathways. The students really enjoyed this interactive presentation and the feedback was very positive.

Year 11

28 August - Vision Board - a lesson plan was created for the pastoral care lesson on the importance of creating a Vision Board. Students learnt the benefits of creating one and how to do it. They were given time during the pastoral care lesson to start their own digital vision board.

Year 12

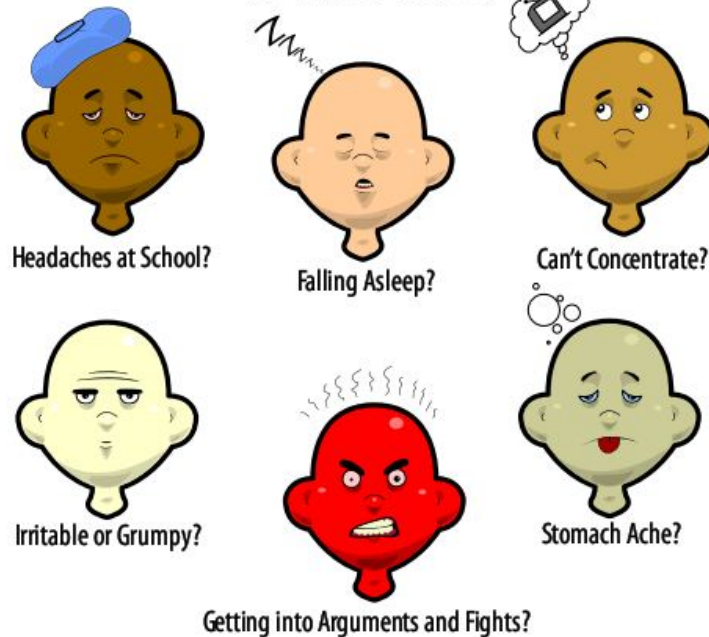
4 September - Red Frogs will present their 'Schoolies' (party safe) information session to the students. This interactive session will provide students with tips and strategies on how to navigate Schoolies and keep themselves and their mates safe during this time.

R U Ok? Day

14 September - Kingston Youth Services will be coming to the School during lunchtime to engage the students in activities. A lesson plan has been created for students to learn the importance of asking R U Ok?, and to let the people they care about know that they are 'here to hear'.

NO BREAKFAST?

IS THIS YOU?



School Breakfast:

Many children who come to First Aid with headaches, nausea, dizziness and anxiety have not had breakfast.

Breakfast is called the most important meal of the day for a reason - as it has many health benefits.

Studies have found that eating breakfast can:

- Improve speed in short-term memory tests;
- Assist with problem solving;
- Help children do better in creativity tests;
- Improve alertness, which may help with memory and learning;
- Improves mood and reduces anxiety; and
- Children are likely to pay more attention in class.

CHELTENHAM SECONDARY COLLEGE BREAKFAST CLUB

FREE FOOD!!!!!!



Cheese Toasties
and
Fruit Cups!!!!



The Wellbeing Team welcomes students and staff
to come along and enjoy breakfast and a chat

PERFORMING ARTS BUILDING BALCONY

TUESDAY AND THURSDAY

8:15 am - 8:45 am

THINK about that DRINK

ENERGY OR ENEMY DRINK

DON'T BE FOOLED



WHAT ARE YOU DRINKING?

carbonated water, sucrose, glucose, citric acid, natural flavors, taurine, sodium citrate, color added, panax ginseng root extract, L-carnitine, caffeine, sorbic acid, benzoic acid, niacinamide, sodium chloride, Glycine max glucuronolactone, inositol, guarana seed extract, pyridoxine.... and many more chemicals

Energy drinks can contain up to 14 teaspoons of sugar!



THIS IS MORE THAN DOUBLE THE RECOMMENDED DAILY INTAKE OF SUGAR

Possible side effects

- Caffeine addiction
- Nervousness
- Diarrhoea
- Headache
- Insomnia
- Obesity
- Anxiety
- Tooth decay
- Rapid heart rate
- High blood pressure



WATER IS THE SMARTER DRINK



DRINK MORE WATER

- Increases Energy
- Relieves Fatigue
- Promotes Weight Loss
- Flushes Out Toxins
- Improves Skin Complexion
- Maintains Regularity
- Boosts Immunity
- Improves Mental Clarity

