

Wantirna College

STUDENT WELLBEING

BULLETIN

Term 1, February 2023



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MEET THE STUDENT WELLBEING TEAM!

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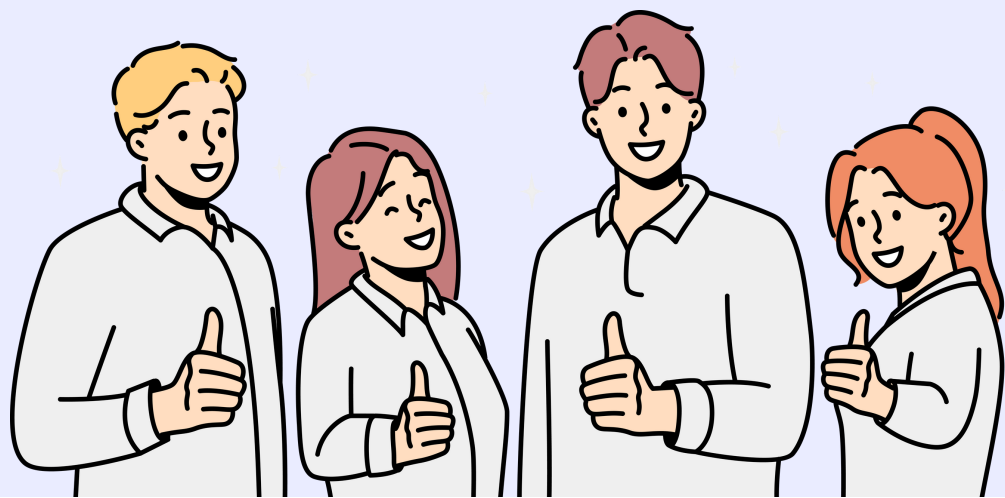
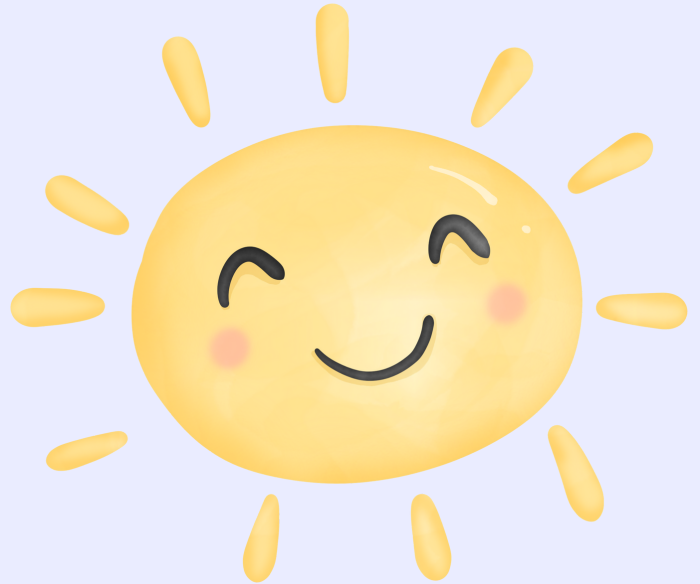
Eva Gray, Melissa Wade

School Nurses

Placement Students

Susan, Yvonne, Johara, Candace, Olivia, Jane, Aaron, Isabella, Kasun and Donna.

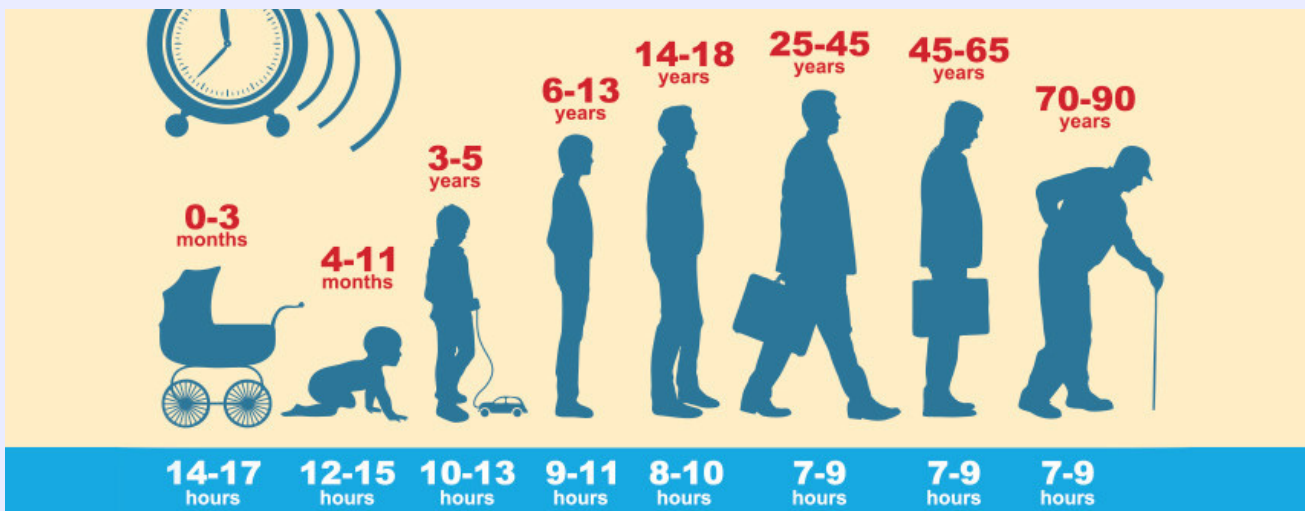
You can reach them on teams @ SWBC



Improving Your Sleep Routine

Sleep is an essential biological function for life. During sleep, many important functions take place that help the body in physical repair, recovery, brain development, cardiac function, and metabolism. Good sleep is also linked to improving memory and mood.

Many people who seek therapy may struggle with sleep. It is important to consider how much sleep you need. This differs between people, but the general rule of thumb is as follows:



Common Barriers to Sleep

Not getting enough time to yourself during the day

Did you know lack of sleep might be due to not having free time during the day? It is common for people who don't get enough time alone to decompress to stay up later to make up for lost time. This can be intentional or unintentional. If you feel your schedule is too busy, and you struggle to sleep, consider if you are getting enough time to yourself.

Anxiety and rumination

When you're anxious, sleep can be difficult. Often people who struggle with anxiety find at bedtime anxious thoughts might take over - they might ruminate.

Often these thoughts might come up due to trying to avoid anxiety during the day. When night comes, there are less distractions, and these thoughts might come in then. Learning to sit with anxiety and process this can help with getting a good night's sleep.

Improving Your Sleep Routine (Continued)

Caffeine too close to bedtime

Coffee, Tea, Energy drink and other stimulants can greatly affect sleep. Even if it feels like the effects have worn off, they may still affect your ability to sleep, and the quality of your sleep. A good rule of thumb is to avoid consuming caffeine past midday.

Poor sleep hygiene

Setting up a great environment and routine before bedtime can greatly improve chances of better sleep. Below is examples of things you can do to improve sleep hygiene.

Exercises before bed

Low-impact exercise can be helpful before bedtime. Stretching is a great way to prepare for sleep, as is yoga.

Adjusting Screen Lighting

If you find it difficult to limit screen time before bed, changing your light settings can be a great compromise. The default settings on monitors have a blue light that suppress the sleep hormone, melatonin. You can counter this by changing your phone settings to "night mode" in your settings.

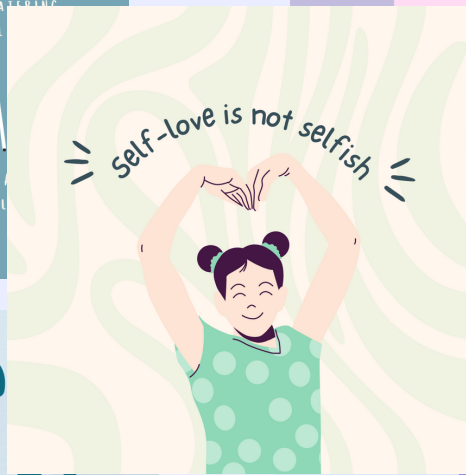


Other ways to improve sleep:

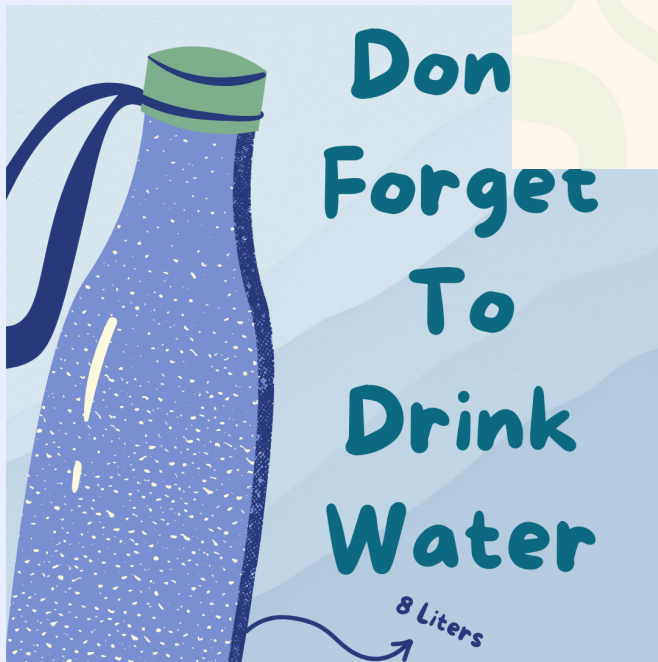
- Go to bed at the same time each day to set your body clock
- Avoid caffeine or other stimulants six hours before bed
- Try not to rely on substances to fall asleep - as this disturbs sleep and risks dependence
- Relax for an hour before bed
- Listening to calming music or noise



FORTNIGHTLY MEME DROP



things to let go of



LOOKING FOR SUPPORT?

Knox Youth Services

Knox Youth Services provides information, referral and support programs for young people aged 10 –25 years who live, work, study or relax in the City of Knox. Workers at the Centre can provide information, support and individual assistance about:

- family conflict
- accommodation
- drug and alcohol issues
- relationships
- sexual health
- sexuality
- employment and training

Address: 2 Capital City Blvd,
Wantirna South VIC 3152

Phone: (03) 9298 8469



EACH Community Health

EACH provides a range of health, disability, counselling and mental health services across Australia.

Address: 1063 Burwood Hwy, Ferntree Gully VIC 3156

Phone: 1300 003 224

headspace Knox

headspace Knox offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information.

Address: 2 Capital City Boulevard, Westfield Knox Ozone,
Wantirna South, Victoria 3152

Email: info@headspaceknox.com.au

Phone: (03) 9801 6088

WANTIRNA COLLEGE BREAKFAST CLUB

Start the day off right!
Come join us at the
Uniform shop (next to
Wellbeing in the B Block)
between
8-8:30 on Tuesdays and
Thursdays for free
breakfast and a hang



Toast, Milo,
Fruit,
Toasties,
Cereal and
More* 😊

*subject to availability

WHAT IS ON IN KNOX?

Trans and gender diverse writing group



Event details

Free, bookings essential

Tuesday 7 February to Tuesday 27 June

Fortnightly 5pm to 6.30pm

Next session

Tuesday 21 February, 5pm to 6.30pm

Bookings and tickets

Online event

Join us for an online writing group via Zoom for trans and gender diverse young people.

The workshop will also be for any other queer-identified people between the ages of 13 to 25 to connect and get writing.

The group will be run and facilitated by two young adult published authors, Alison Evans and Nevo Zisin who both identify as non-binary and queer.

It will be a safe space for writers of all levels of experience to create, write and share ideas.

Fortnightly on Tuesdays:

7 February, 21 February, 7 March, 21 March, 4 April, 18 April, 2 May, 16 May, 30 May, 13 June, 27 June.

knox your city
Rainbow Youth Action Group

LGBTIQ+ 16-25s

Help increase rainbow visibility in the City of Knox! The Rainbow Youth Action Group is for LGBTIQ+ people aged 16-25 who are keen to develop new skills and are passionate about advocacy.

You'll participate in monthly meetings, undertake training and get involved in community education activities such as fundraising and public speaking at functions and schools.

Interested? Contact us
Madeleine Power madeleine.power@knox.vic.gov.au 9298 8000 or
Chenai Mupotsa chenai.mupotsa@headspaceknox.com.au



Wally Tew Reserve, Park Drive, Ferntree Gully

Knox Festival

Saturday 4 March

Free event



Moonlight Movie Night

It's a perfect summery night out — the big screen under the stars, ice cream in hand, just around the corner in your neighbourhood park. And it's free!

Whitehorse Moonlight Movies is pleased to bring two outdoor movies to the community this season. Tote your bean bag, your picnic blanket or your low-rider chairs — no glass, please — and settle in for some open-air cinema (we'll have ice cream and coffee trucks waiting!).

Puss in Boots: The Last Wish

Date: Thursday 6 April 2023
Time: Gates open 6pm; screening 7pm
Where: Box Hill Gardens - Box Hill
Admission: Free
Rating: PG



LESSON SCHEDULE

	HOLIDAYS	School TERM
Monday	11:15-12:00	
Tuesday	11:15-12:00	
Wednesday	11:15-12:00	
Thursday	11:15-12:00	
Friday	11:15-12:00	
Saturday	11:15-12:00	11:15-12:00
Sunday	11:15-12:00	11:15-12:00



1600 Ferntree Gully Rd
Gilbert Park, Knoxfield
(Carpark end of Forbes CI)

- BEGINNER - INTERMEDIATE
- LESSONS ARE FREE
- EQUIPMENT PROVIDED FREE!
- AGES 5 - 105
- ALL ABOUT HAVING FUN & GAINING CONFIDENCE!



Bookings essential! Go to the website link and click the 'BOOK NOW' button!

the ymcas
KNOX SKATE & BMX PARK

MOVE YOUR WAY

Move Your Way is back!

13 February - 12 March 2023

Book your free classes today
knox.vic.gov.au/MoveYourWay

