

MAY 2023

ISSUE 07



STUDENT WELLBEING CAREER BULLETIN

Mount Waverley Secondary College

Emotional Intelligence

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PURPOSE

At Mount Waverley Secondary College we value a holistic approach when it comes to supporting the needs of our students. It's integral to the wellbeing of our students that families are supported in their role to nurture their young person. The Carer Bulletin is authored by Aisha Paternott and Jason Mann - Mental Health Practitioners at Mount Waverley Secondary College, and is our way of connecting with the carers of our students. We hope to offer you general parenting advice, greater awareness of what is happening at Mount Waverley Secondary College and provide links to support agencies from the community that offer a range of structured programs and supports to assist families.

We are continually thinking about topics that we may include in these bulletins and information to share. We would also love for you to have a say in what we include in the bulletin. So if there are any topics you would like us to cover please feel free to contact Aisha - pai@mwsc.vic.edu.au

WATCH THIS SPACE...

We hope you enjoy this month's bulletin on Intellectual and Emotional Intelligence. Next term, we will be running a parent seminar on Emotional Intelligence and how that is promoted throughout the school community in order for our students to achieve their best academically while contributing towards their social and emotional learning.

The seminar will be held on Wednesday August 2nd facilitated by Jason Mann & Aisha Paternott (Mental Health Practitioners). We have a particular interest in this area and we are very excited to deliver more information on this topic to you all next term.



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EMOTIONAL INTELLIGENCE

Aisha Paternott

& Jason Mann

(Mental Health Practitioners)

Emotional Intelligence

Emotional intelligence (or Emotional Quotient (EQ)) is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflicts.

What are the benefits of Emotional Intelligence?

- Strengthens your ability to build stronger relationships
- Higher succession rates at work and at school
- Strengthens your ability to achieve personal goal

The Components of Emotional Intelligence

Daniel Goleman proposes five different components of emotional intelligence they are:

- Self-regulation: your ability to control impulsive feelings and behaviours and managing your emotions in healthy ways. E.g., taking initiative, following through on commitments, adapting to change.
- Emotional Self-Awareness: you can recognise your own emotions and how they contribute to your thoughts and behaviours. Having surety on your strengths, weaknesses and self-confidence.
- Social skills: managing relationships, inspiring others and inducing desired responses from them.
- Empathy: having empathy for others and understanding other people's emotions, needs and

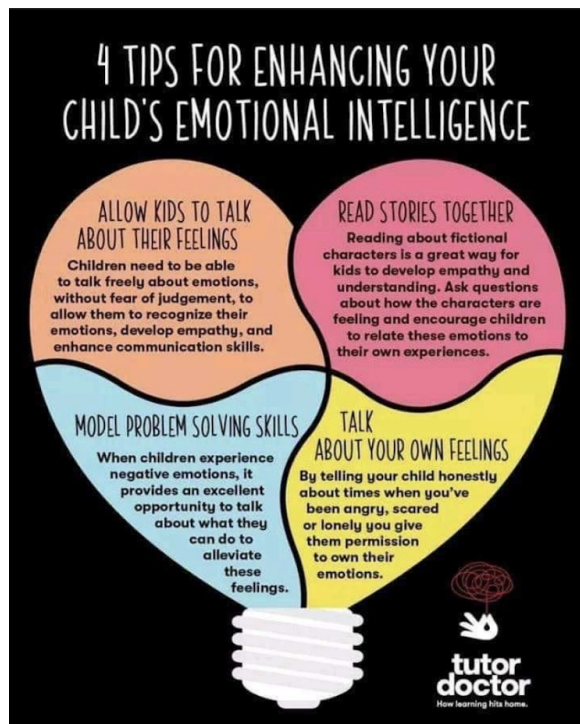
concerns. E.g., picking up on other's emotional cues, recognising dynamics in a group or organisation, ability to socialise comfortably.

- Motivation: you have the ability to develop and maintain good relationships, communicate clearly, inspire and influence others, can work well in a team and manage conflict.

How a Strong EQ can Equal a Strong IQ

Having a strong emotional intelligence can impact your intellectual ability or intelligence quotient (IQ). Both forms of intelligence can build off one another. E.g. your IQ can determine what university you go to or what course you take, however your EQ will help you manage the stress and emotions when facing assessments and exams.

According to Goleman, bullying, disciplinary problems, violence and drug abuse are reduced in schools with a high EQ. Students who are strong in the areas of emotional intelligence are often seen to have higher academic performance and improved behaviour.





Emotionally Intelligent Parenting

So what would it look like to incorporate emotional intelligence into the parenting of your child?

Be aware of your emotions and your child's emotions.

As an emotionally intelligent parent, it's important to be aware of one's own feelings around emotions and be able to regulate them. Your emotions are an important source of information and they don't preclude you from being rational. If you can model a positive approach to handling your emotions, it's very likely your child will notice. Once you are aware of your emotions you can then tend to the emotional needs of your child.

Accept strong/difficult emotions

When parenting adolescents it is very easy for emotions to run very high. At times hurtful messages can be shared which could almost raise the roof! Emotionally intelligent parents won't shy away from talking about these emotions with their child as they know that bottling emotions up creates a pressure cooker that will make things worse down the track. They let their child know that their emotion is ok and that you understand their frustration. They are also aware that there are behaviours that are hurtful and will communicate this to their child..

Discipline to teach, not to punish

The definition of discipline has been lost over time. The root of the word 'discipline' is the word disciple, which means 'student', 'pupil' or 'learner'. A disciple therefore is someone who learns through instruction, not through punishment. An emotionally intelligent parent will set limits and boundaries, and the consequences for breaking those boundaries respectfully. They teach skills to last a lifetime, knowing that yelling, ignoring or punishing may work in the short term but will not teach their child skills to manage their behaviour.

They develop their children's intrinsic motivation

Intrinsic motivation is the ability to persist with a task despite obstacles without the need for others' approval. Emotionally intelligent parents help their child to set goals and assist them in discovering the steps required to achieve them. Goals can be set not only for academic pursuits but also hobbies, sports, or even chores at home. Emotionally intelligent parents praise their child's efforts instead of the outcome of their goals and model a love of challenge and persistence in the face of adversity.

WHAT'S HAPPENING ON CAMPUS?

Senior Campus

Food for Thought: On the 9th May, Terri Lichtenstein (Dietician and Nutritionist) attended MWSC to present to our students on the power of nutrition. Terri focused her presentation on nutrition for the brain and encouraged our students to read the packaging of the food they are buying rather than falling for marketing gimmicks.

IDAHOBIT Day: As a school, we celebrated International Day Against Homophobia, Biphobia and Transphobia on the 17th May. Students participated by making rainbow ribbons, getting 'glittered up' and eating cup cakes and fruit.

Junior Campus

IDAHOBIT: The junior campus also celebrated IDAHOBIT Day. IDAHOBIT day is a world-wide celebration and day of awareness for the LGBTQIA+ community. Here at MWSC, we are committed to creating a safe, accepting and inclusive environment for all staff, families and students who identify as LGBTQIA+.

On the Junior Campus it was wonderful to see many students get involved in a pride flag scavenger hunt as well as bracelet and ribbon making.

Monday lunchtime activities: Our school chaplain Jaimi has been doing a wonderful job on the junior campus in facilitating lunchtime activities on a Monday. So far, this has included outdoor games, Guinness world records and a What's In the Box guessing game. As this term has been busy with assessments, it's been a breath of fresh air for our students to shift their focus momentarily and engage in different activities at lunchtime.



IDAHOBIT Day Celebrations at the Junior Campus

Reconciliation Week: Reconciliation Week was celebrated from May 27-June 3. In keeping with this year's theme to Be a Voice for Generations, we encouraged our students to use their voice and participate in a range of homegroup and lunchtime activities. These included sticker-making, conversations during homegroup about what it means to be a voice for future generations and role-models and a beautiful display of what Reconciliation means to us at MWSC.



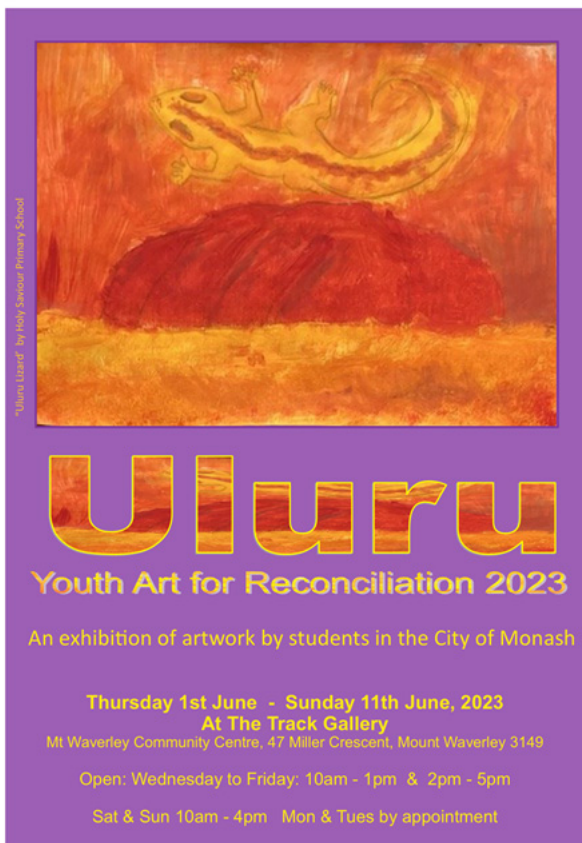
Reconciliation Week at the Junior Campus

WHAT'S HAPPENING IN THE COMMUNITY?

ULURU - Youth Art for Reconciliation 2023 Exhibition - Thursday 1st June - Sunday 11th June

The Track Gallery, Mt Waverley Community Centre, 47
Millers Crescent, Mount Waverley

An exhibition of artworks by students in the City of Monash. Monash Reconciliation Group is a local group working to build links between Indigenous and non-Indigenous people. It aims to liaise with residents, government bodies and other organisations interested in bringing about reconciliation and social justice



Happy Sad Man Screening

Multiple Locations

Join us for a FREE screening of the award-winning documentary, Happy Sad Man.

In recognition of Men's Health Week, which runs from 12-18 June 2023, Monash Council is offering 2 screenings of Happy Sad Man, followed by a Q&A session with the filmmaker.

This must-see documentary follows the stories of 5 different Aussie men exploring their own experiences with mental health and masculinity.

Watch trailer: <https://vimeo.com/294254156>

In person session

Clayton Community Centre (Theatrette)
9-15 Cooke St, Clayton

Wednesday 14 June 2023
6pm - 8.30pm

(Supper and light refreshments also provided).

Bookings: <https://www.trybooking.com/CHHTH>

Online session

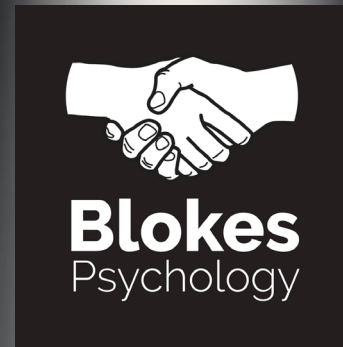
Online, link sent upon booking

Wednesday 7 June 2023
6.30pm - 8pm

Bookings: <https://www.eventbrite.com.au/e/happy-sad-man-a-film-by-genevieve-bailey-online-screening-tickets-635087312247>



Spotlight on...



Well-known social scientist Brene Brown once said “men are often pressured to open up and talk about their feelings and criticized for being emotionally walled-off; but if they get too real, they are met with revulsion.” As we progress and evolve as a society, our intention is to break down those pre-existing stereotypes that assume that in order to be a certain gender, you must behave and act in a certain way. We know that however you identify, all humans experience emotions and we must learn to support these expressions.

With that being said, there are more and more services that exist in today’s society tailored to supporting men’s mental health. It is with great pleasure that we inform our families of Blokes Psychology - a service started by a previous MWSC student who is a registered psychologist and has started his own business to support this movement. Blokes Psychology is co-located at 27 Station Rd Cheltenham and Suite 4/9 Church Street Hawthorn.

Blokes Psychology’s mission is to empower and support men in their mental health journey. They strive to create a safe and welcoming environment where men can openly discuss their life challenges, feelings and emotions without fear of judgment. Through evidence-based practices and a holistic approach, they aim to assist men in achieving optimal mental wellness and improve the quality of their lives. Their goal is to break down the stigma surrounding men’s mental health and provide accessible resources for all boys & men to improve their mental wellbeing. Approximately 70% of men avoid seeking support all together.

Blokes Psychology provide face to face psychological support & counselling to boys & men, specifically tailored for males and also offer services via telehealth (phone & video sessions) to males all around the country and the world.

And whilst Blokes Psychology specialise in supporting boys & men, we also pride ourselves on providing a safe and supportive environment where all individuals, regardless of cultural, gender or sexual identity, can receive equitable mental health services and support.



They are committed to promoting inclusivity, diversity, and non-discrimination in all aspects of our practice, and to empowering individuals to understand and address their mental health needs.

You can find out more about Blokes Psychology at <https://blokespsychology.com.au/>

Blokes psychology podcast can be accessed at <https://blokespsychology.com.au/the-podcast>

A WORD FROM OUR COLLEGE NURSES

WAIT A MINUTE

One of the greatest skills to master is waiting. Waiting is a pivotal skill, meaning it impacts the success of learning more advanced skills. In today's world, children are used to having their needs met immediately; Smart phones, Google, Amazon one day delivery, Uber eats etc - they all provide platforms that provide instant gratification. Children who don't know how to 'wait' may engage in problem behaviours when put into situations where they don't get their desired item or activity 'right now'; they may become aggressive, defiant and may eventually have a meltdown. Often it is the behaviour that is treated however it is the skill deficit that really needs to be addressed in order to fix the behaviours.



In the First Aid Office we apply WAITING to address health concerns at school. For students with non-urgent injuries such as weekend sports injuries we encourage them to WAIT until recess and lunch to visit the First Aid Office for advice or management. In this way their learning is not impacted, and the classroom is not disrupted. For visits during class time, students must get a note in their diary from the teacher and WAIT in the allocated First Aid zones on each campus until the Nurse is free to see them. Whilst waiting, students can take a moment to themselves, take some time to sort their thoughts out and this opportunity also improves their emotional intelligence.

Patience is not the ability to wait, but the ability to keep a good attitude while waiting

Questions I wish my parents had asked me

YOUNGMINDS

#Take
20

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like *insert video game/app/tv show/fossil collection*, what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about *insert subject*?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?

MOUNT WAVERLEY SECONDARY COLLEGE STUDENT WELLBEING MODEL



YOUR WELLBEING TEAM CONTACTS

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Student Wellbeing Coordinator - Junior Campus

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Margaret Taylor

Inclusion and Individual Needs Coordinator

**Maria Disley, Jane Horrabin, Kathy Ragavan,
Claire Ferguson & Maria Calafiore**

Inclusion Support Staff

Jody Clooney, Caz Coady & Stephanie Tang

School Nurses

