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ISSUE 05



# STUDENT WELLBEING PARENT BULLETIN

**Mount Waverley Secondary College**

*Self-Care*

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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 Parent 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 parents 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](mailto:pai@mwsc.vic.edu.au)

# A FINAL NOTE FROM YOUR MHPS

It has been a pleasure for us to deliver these parent bulletins monthly to the families of MWSC. The topics that we cover reflect areas we believe families of our community would benefit from receiving further information on to enable a deeper understanding of yours and your child's wellbeing. If there are any other topics that you would like to see addressed in these bulletins, we gladly welcome your suggestions.

We would like to wish you and your families a safe, joyous and peaceful summer break and we look forward to seeing you in the new year.

All the best,  
Aisha & Jason.



COMMUNITY | CHOICE | ENGAGEMENT

Junior Campus 145 Stephenson's Road, Mount Waverley VIC 3149 T +61 3 9887 9290 F +61 3 9887 9231  
Senior Campus Lechte Road, Mount Waverley VIC 3149 T +61 3 9803 6811 F +61 3 9887 9308  
Postal Address PO Box 346, Mount Waverley VIC 3149  
[www.mwsc.vic.edu.au](http://www.mwsc.vic.edu.au)

# SELF-CARE

*Aisha Paternott  
& Jason Mann  
(Mental Health Practitioners)*

## What is self-care?

The World Health Organization defines self-care as: “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability.”



## Why self-care can be hard to practice as an adult:

As an adult or care-giver, you may view practicing self-care or putting yourself first as being selfish; however, in order to care for your loved ones, you need to be the best version of yourself. This includes you not feeling drained or as if you're running on empty. When you're looking after yourself and practicing good self-care, everyone around you benefits.



## Different types of self-care during the holiday season:

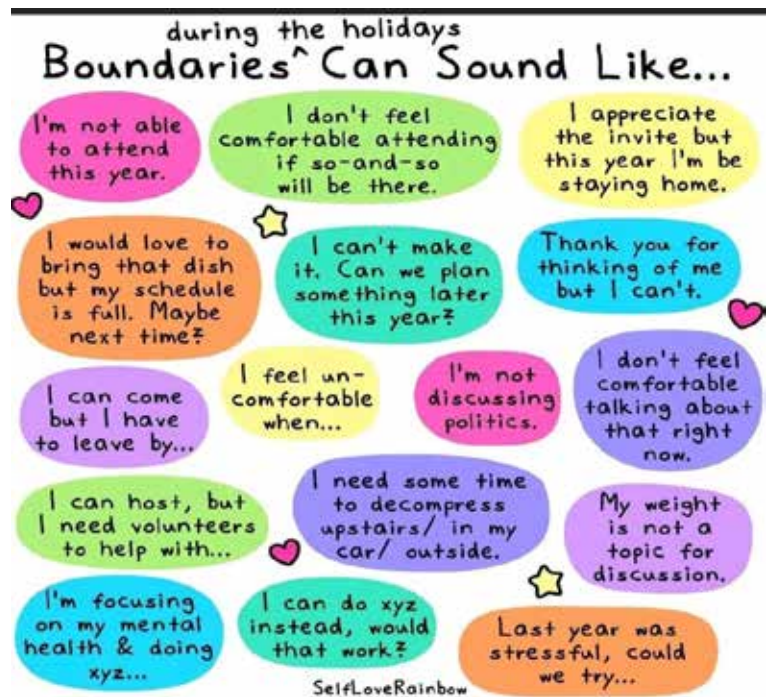
- Don't over commit yourself to social plans: During the holiday season our social battery can run low. Become comfortable with saying no to things or to people if you need to protect your peace and recharge your batteries.
- Make a (realistic) budget: having a budget during the holiday season can be a helpful tool to keep us on track and to maintain our financial boundaries without going overboard.
- Maintain as much routine as possible: sometimes our regular routine can go out of whack during the holiday season. If having a routine is something you find comforting and stabilizing for your mental health, it is important to prioritize that. Social plans can still exist outside your routine but what shouldn't exist is compromising your mental health and wellbeing.
- Treat yourself! While we often get so caught up in buying gifts for others, we forget that another important person who is deserving of gifts and treats... that person is YOU! A treat or a gift to yourself doesn't need to break the bank. It could be taking yourself out for a coffee, site-seeing, driving around listening to music or simply putting your feet up and watching a movie (from start to finish!)



- Let go of expectations to make it the “best Christmas” or the “best summer break” - like all good things, sometimes there are some undesired or unplanned things that also occur. Try to be open to this as it allows you to accept that life isn't perfect.

- Practice gratitude: the holiday season can be a time to reflect on the year that has passed and to show our gratitude for the positive things that have occurred. And if it hasn't been your year, allow yourself to feel a sense of pride for the fact that you've overcome any hardships and challenges.

- Be kind to yourself and others: the end of the year can be an exciting and happy time but it can also be filled with sadness, grief and stress. Let this be a reminder that not everyone sits in the same boat and that kindness and consideration goes a long way during this time.



### Self-care versus self-medication

Self-medication includes anything that offers an in-the-moment escape or avoidance. Much like using procrastination to cope with anxiety, the immediate sensation is relief, however the long term result increases the problem. To check whether your self-care may actually be self-medication ask yourself the following questions:

- Do you feel regret or shame after your self-care routine? Rarely should you feel this way practicing self-care, however self-medication can often lead to this.
- Do you notice yourself becoming increasingly rigid about the activity you engage in?
- Is the goal of the activity almost entirely about ‘making you stop feeling bad’ rather than making you feel replenished?

Check in with yourself during the holiday period to ensure that your self-care is actually self-care.



# WHAT'S HAPPENING ON CAMPUS?

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## Senior Campus

On the Senior Campus we have seen all of our year levels complete their exams and move into the Early Commencement Program. Our students did an amazing job managing their studies and nerves during the exam period and should be congratulated for all their efforts on their first full year back on campus since 2019.

Our Social Work placement student Carla, finished her first placement with us. Carla played a valuable part in our team, managing the wellness zone and providing great support to our students. Carla was also instrumental in setting up support structures to assist our Year 8 students moving from the junior campus to senior campus.

We are also sad to say goodbye to Kerri Haworth (Student Wellbeing Coordinator) who after 6 years is leaving MWSC as she moves into a Director of Student Wellbeing role at another school. Kerri has worked tirelessly for our students and their families over the past 6 years whilst also being a valuable colleague to staff at MWSC.

## Junior Campus

It's been a busy month of transitions over on the junior campus. While the Year 7s are moving to Year 8 and still remaining on the same campus, it can still be a big change in terms of expectations and responsibilities.

The Breakfast Club that has run on Tuesday & Thursday mornings has been a huge success. It's been wonderful to see students come together for a meal and to play some games before starting their school day. We look forward to recommencing the Breakfast Club next year.



The newly painted steps to the Wellness Zone on the Junior Campus

Other club activities that have been going on this past month are painting the steps of the wellness zone. A couple of Year 8 students from the Respect Club, our Social Work student and myself spent a Thursday afternoon painting the steps and creating a more vibrant space and allowing the students to leave their mark on this campus as they embark on their journey to the senior campus.

Our Social Work placement student, Jack finished up his placement just before the end of term. Jack was a wonderful contribution to the wellbeing team and made positive connections with the students. We are lucky at MWSC to have developed relationships with universities that allow us to gain enthusiastic, determined students as well as offering them the opportunity to work within a positive learning space.

In the first week of ECP, the students held a fete which was a great kick start to the transition period. Other activities that have been occurring during this time are double dutch Fridays. This has been a successful activity and one that a lot of students and staff have gotten involved in and showcased their skipping skills!

We've been very fortunate to have our School Chaplain Jaimiella lead the Tinnies for Vinnies initiative which brought on a lot of donations for this great cause. We thank the students and their families for engaging in the act of giving and kindness to emphasize the real meaning of the holiday season.

# WHAT'S HAPPENING IN THE COMMUNITY?

## Christmas Square 26th November - 25th December

Christmas comes to life at Christmas Square with festive decorations aplenty and the city's iconic 16-metre light-up tree. Pop in to visit the big man himself at Santa's Workshop from 26 November..



## 12 Days of Christmas in Monash Tuesday 13th December - Saturday 24th December

From Glen Waverley to Huntingdale, we will be delivering Christmas right across Monash, with a 12 Days of Christmas program to spread joy across our suburbs with something for everyone.

Our performers and artists will entertain residents with daily pop-up events within our parks and main business district areas to surprise and delight the community.

### Program

Tuesday 13 December, 3-6pm

Roller skaters at Poath Road Parklet, Hughesdale

Wednesday 14 December, 3-6pm

Circus tricks at Winbourne Road Parklet, Mount Waverley

Thursday 15 December, 3-6pm

Tap dancing duo at Huntingdale Shopping Centre

Friday 16 December, 3-6pm

Stilt walkers at Kingsway, Glen Waverley

Saturday 17 December, 10am-1pm

Lollies, bubbles and roller skaters at Eaton Mall, Oakleigh

Sunday 18 December, 10am-1pm

Roller skaters and circus tricks at Clayton Community Centre & Clayton Rd

Monday 19 December, 3-6pm

Roller skaters at Pinewood Shopping Village, Mount Waverley

Tuesday 20 December, 3-6pm

Adagio elves at Poath Road Parklet, Hughesdale

Wednesday 21 December, 3-6pm

Circus tricks at Winbourne Road Parklet, Mount Waverley

Thursday 22 December, 3-6pm

Tap dancing duo at Huntingdale Shopping Centre

Friday 23 December, 3-6pm

Adagio elves and stilt walkers at Clayton Community Centre & Clayton Rd

Saturday 24 December, 10am-1pm

Lollies, bubbles and roller skaters at Brandon Park Shopping Centre



# Spotlight on...



**Kmart and the Salvation Army** have been working together for 35 years to assist Australians and Kiwi's doing it tough at Christmas. Thanks to the donations from the community, over 10 million gifts have been handed out through the program.

## How to get involved:

**1. Choose a practical gift** that will go beyond Christmas time and leave it under the Wishing Tree at your local Kmart store. Here are some hints: Gift cards, Books, Sporting equipment, Back to school supplies, Arts & crafts, Headphones, Educational toys, Toiletries, Musical instruments. A Salvation Army representative will then collect the gifts from Kmart stores and oversee their distribution to those in need.

**2. Scan the QR code** to make an online contribution. or go to <https://www.kmart.com.au/kmartwishingtree/>

**3. Give money in stores by:**

- a) Scanning the QR code at the Wishing Tree Station in any Kmart store to make a donation of your choice.
- b) Click the Wishing Tree logo on self-serve checkouts and add a contribution to your transaction.
- c) Drop a coin in a coin collection box located at the registers.





# A WORD FROM OUR COLLEGE NURSES

## A QUICK REMINDER

If your young person is feeling under the weather for any reason please think twice before sending them to school. Sending a young person to school whilst symptomatic places their health and the health of others at risk. Let's act together in keeping the community safe by ensuring that we stay home when unwell.

## SELF-CARE STRATEGIES

Improving your child's understanding of some simple self-care strategies will also increase their wellbeing

**Breakfast** is important to good health and will significantly improve attentiveness in class and behaviours. Children who have not had breakfast attend the first aid office the most frequently.

Most **sport** or **play injuries** can be managed with these simple techniques.



**Nosebleeds** stop faster by pinching the nose. Tissue or paper towels should not be put into the nose as when removed the bleeding can start again.

If your child suffers from **hayfever**, also called seasonal allergies or allergic rhinitis; it can mean sneezing, congestion, runny nose and other bothersome symptoms that can leave them feeling miserable.

Prevention is the aim for hayfever

We stock antihistamines at the College for occasional use however we cannot provide daily medications to your child. If you would like some hayfever medication kept at the College for your child, please bring the medication, in its original packaging, to the First Aid Office along with the completed [Medication Information Form](#). If you are using an anti-histamine please consider using a non-drowsy formula.



# MOUNT WAVERLEY SECONDARY COLLEGE STUDENT WELLBEING MODEL



## YOUR WELLBEING TEAM CONTACTS

**Paul Graham**

Student Support and Resources Manager

**Kerri Haworth**

Student Wellbeing Coordinator - Senior Campus

**Danielle Mott**

Student Wellbeing Coordinator - Junior Campus

**Aisha Paternott**

Mental Health Practitioner - Junior Campus

**Jason Mann**

Mental Health Practitioner - Senior Campus

**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

