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ISSUE 06



STUDENT WELLBEING PARENT BULLETIN

Mount Waverley Secondary College

Perspicitve

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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



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PERSPECTIVES

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Perspectives across the lifespan

Our view of the world has consistently changed throughout our lifetime. As babies our view of the world was dependent upon the person that held us. Our view was probably limited to around chest height and staring at the ceiling or at times facing backwards over the shoulder of our carer. Then when we started to gain some mobility we crawled around on the floor, gaining a little more independence, but our gaze still limited to not much higher than floor level. Then we began to 'toddle' around, awkwardly walking, but again increasing in our independence, now being able to see the world from a standing position. And who could forget the wonder that occurred when for the first time you realised you could bend over and view the world upside down through your legs!

Our understanding of the world as a child is largely influenced by the caregivers around us. If our caregivers view the world as safe and secure we also believe that this is true. If our carers share with us their absolutes (don't drink alcohol, don't swear, ... is bad) then as children we will also latch strongly to these beliefs. However, as we grow older and enter our teenage years our perspective changes. It's the teenagers role to work to individuate and come to an understanding of who they are, forming their own identity. Within this process is a natural 'sorting out' of their previous knowledge and viewpoints: what they know, what they don't know and what they know that isn't so!

The developing adolescent and their changing perspectives can be a source of conflict at home if it's at odds with another members view of the world. How you handle differences of opinion and viewpoints with

your young person will go a long way to enabling them to feel safe in their identity formation and expression.

Perspective as a Character Strength

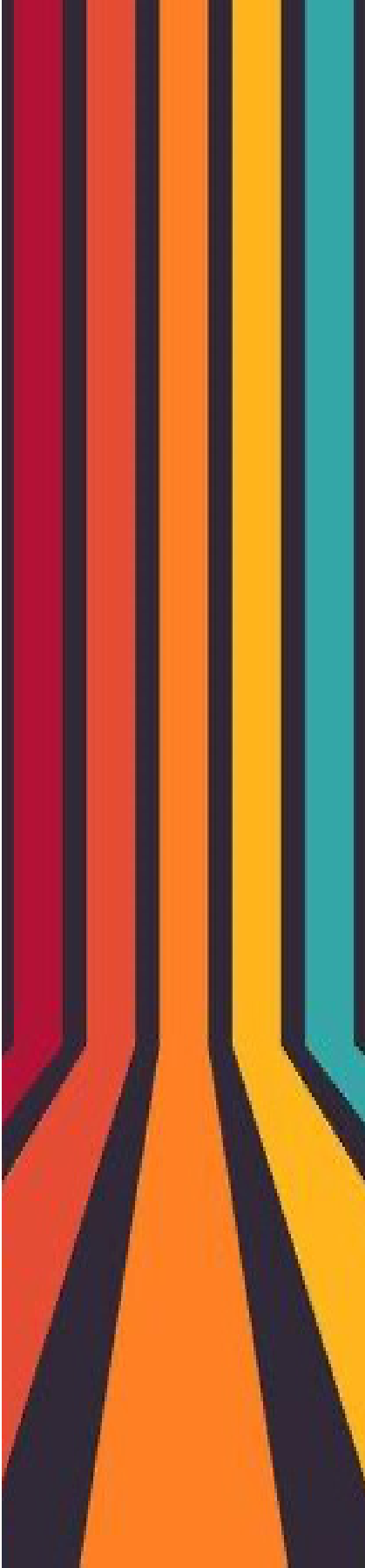
Perspective is one of the 24 character strengths identified by Dr. Martin Seligman which are integral to his theory of positive psychology. Rather than focusing on diagnosing deficiencies, Dr Seligman proposes that we can 'diagnose' strengths and from focusing on these, increase our wellbeing.

Perspective as a character strength is grouped as a component of the 'wisdom virtue', along with creativity, curiosity, judgment and love of learning. It is the ability to see the bigger picture in a situation. The flexibility to see both the forest and the trees, coupled with the knowledge and life experience and the ability to coordinate these to give a balanced view.

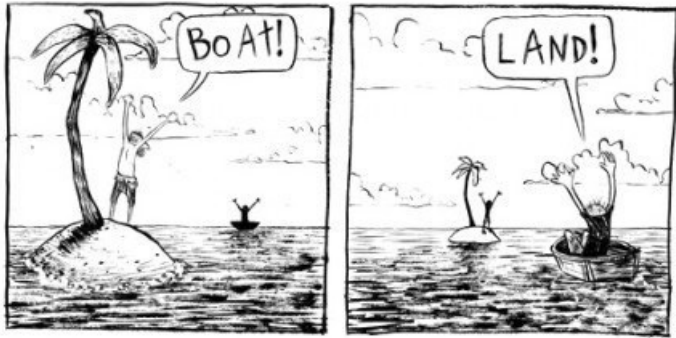
An interesting point about perspective is that perspective requires not only cognitive abilities such as rational decision making and the ability to weigh evidence but also the ability to understand people, their emotions and exhibit good levels of empathy. Perspective requires one to be able to balance all of these factors.

Utilising Perspective

The ability to see a situation from multiple perspectives, come to rational decisions and communicate this effectively with empathy is a lot easier to write than do! If we overuse perspective there is a danger that we can be seen as 'preachy' and perhaps even judgmental. As caregivers to adolescents, there is also a risk to the relationship if you forget that sometimes people need to learn for themselves. Taking away that learning from your teenager and maintaining the stance of 'expert' can be quite harmful for your relationship with them. In these situations it may be more useful to ask questions, encouraging your teenager to think through the situation, creating dots and allowing them to join them. Don't discount your young person's ability to help develop your perspective either.



There is a tendency to underuse perspective when we are emotional or just disconnected from people and issues. As adults age we become focused on other issues and we can lose sight of the concerns that we faced as teenagers. In these situations it can be easy to jump to conclusions or be rigid in our understandings. To connect with your adolescent in order to gain better perspective, try being curious about the topic at hand and be aware of your own emotional state.



Key Questions to Ask

What are the other people here thinking and feeling? What might be going on that I don't see? How might their background/context impact this? What does this person/situation need?

Am I making some kind of unhelpful assumption or thought error such as catastrophising/ black and white thinking/ jumping to conclusions? Is there another view?

Does this issue need addressing urgently, would it be better to reflect?

What is the best thing that could happen here? What's the worst? What's the most likely?

Exercise

Pick 3 very mundane events that happen each day that were not a big deal for you emotionally. Then come up with at least 3 different plausible explanations for that event.

Someone wise once said, "*A conclusion is what you reach when you're tired of thinking.*" There's a little bit of truth to that statement.

WHAT'S HAPPENING ON CAMPUS?

Senior Campus

The Power of Poi: Over the past three weeks, one of our social work placement students has been running a lunch time workshop “the power of poi”. Within the workshop, students and staff are offered the opportunity to get in touch with their playful side and learn the fundamentals to poi spinning. Poi is a traditional Maori (custodians of New Zealand) practice which involves learning how to spin a ball at the end of a rope (in this case, a tennis ball in a sock). The space offers participants to move their body, learn a new hobby and simply do something for the sake of doing it. Poi has been proven to increase attention, grip strength and balance, which can be highly valuable to students or staff.

International Women’s Day: On March 8th we celebrated International Women’s Day! This year’s theme was Embrace Equity. Equity ensures that everyone is able to get access to the same opportunities, our differences and life history can create different barriers when accessing opportunities. To have equality, we must first Embrace Equity.

Our wellbeing captains hosted a breakfast followed by a panel where two of our Social Work placement students asked questions to some of the women in leadership within the school including the wellbeing captains, students, teachers and principals. This was a really powerful experience and it was fantastic to hear from a range of women of all different walks of life.

Junior Campus

Year 7 camp: On Wednesday February 15th the Year 7 cohort ventured out to Phillip Island Adventure Camp and I think it’s safe to say, a lot of fun was had by all! While our Junior School Leader Ms Mott had promised

us nice weather, I don’t think we were expecting such extreme heat, however we managed by staying cool with kayaking, beach walks and lots of other fun activities. It was great to see friendships being made and students stepping out of their comfort zone to try new things such as the giant swing!

Breakfast Club: Breakfast Club on the junior campus continues to be a very popular hangout on Tuesday and Thursday mornings. If your child is an early riser and would like to have some breakfast and engage in some social activities before school, please encourage them to attend. Details: LA37 Tuesday & Thursday mornings, 8am-8.45am.

Lunchtime social clubs: There are always fun and exciting activities run at lunchtime and plenty of options for your child to engage. If they are unaware, there is a Year 7 social club that runs at LA61 on Tuesdays at lunch and the Year 8 social club that runs on Thursdays at lunch at the same location.

Harmony Week activities: what a week this was! We had the awesome Mr K lead some fantastic initiatives on the Junior Campus such as each student learning a new word in a different language, creating a homegroup motto to embody multiculturalism at MWSC, a chance for students to write down what harmony means to them and my most favourite activity of the week - karaoke and just dance in the hall on Friday! We had an excellent turn out and it was so special to see students singing and enjoying their lunch with each other.



WHAT'S HAPPENING IN THE COMMUNITY?

Glen Waverley Carnivale - Friday 31st March

A plentiful program of family friendly free entertainment in the heart of the Glen Waverley Precinct. Marvel and the spectacular carnival acts, interactive performers, face painters and roving entertainers.

Glen Waverley Precinct, Kingsway, Coleman Parade, Railway Parade, O'Sullivan Road, Glen Waverley, 3150



Mental Health First Aid (Workplace) Thursday 13th April 9am - 11:30am via Zoom

This course is suitable for all adult members of the community and is particularly recommended for those working in the human services industry. Participants will gain skills in recognising common mental health problems, develop knowledge of possible causes and learn how to provide initial support to those in need.

You will learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis

resolves, using a practical, evidence-based action plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. It is an education course, to learn how to give first aid to others, not a therapy or support group.

This is a blended course comprising two 2.5 hours of face-to-face learning and an online component which takes approximately six hours to complete.

You must book [here](#) to enrol in this course.

Melbourne Now - Running Daily until 20th August

The Ian Potter Centre: NGV Australia

Celebrating new and ambitious local art and design, Melbourne Now will cross a range of contemporary disciplines including fashion and jewellery, painting, sculpture, architecture, ceramics, video, performance, printmaking and publishing.

The inaugural 2013 exhibition was an unprecedented survey of some of the most exciting local contemporary practitioners. Ten years on, Melbourne Now 2023 will again highlight the latest art, architecture, design, and cultural practice shaping Melbourne.

The exhibition also marks the second edition of the hugely popular 'Design Wall' showcasing work by dozens of the city's most innovative design practitioners, as well as popular NGV Kids interactive projects.



Spotlight on...



RUN THE TAN 2023

presented by  Liberty

Run the Tan is a charity run that has occurred yearly on April 30th since 2019. The ‘Tan Track’ spans 3.827km long around the beautiful Botanic Gardens in Melbourne and is suitable for runners of all different levels of ability. Their mission is to Promote a healthy and active lifestyle for ALL Australians and raise awareness of the positive impact that exercise has on Mental Health and Wellbeing.

There are multiple different events to take part in or watch for Run the Tan. The event that we feel would be most suited to families is the public fun run. Please see the details below.

Fun Run (public): This public fun run is open to anyone who would like to take part, from serious runners to families simply wanting a fun day out. For this event you can enter alone, or you can create a team for your workplace, friends, or family. This fun run also holds special waves for faster runners in each age group to allow the chance to win a spot in the Age Category Hall of fame, medals, and prize money for the fastest Man and Woman up Anderson Street Hill.

You can register for ‘Run the Tan’ here by signing into Race Roster, entering your details, and picking your events. You must act fast as spaces are limited!: <https://raceroster.com/events/2023/62211/run-the-tan-2023>



A WORD FROM OUR COLLEGE NURSES

HEALTH CONTINUUM

How healthy am I? How healthy do other people think I am?

Your perception of your health is influenced by your level of education, beliefs, family and more. Others' perception of your health is largely due to how much they know about you.



Where you put yourself on the Health Continuum may be different to where others may put you. The reason for this is due in part to what your perception of health is. A basic perception of health is free from injury or illness however health status is more complex as it is made up of a fusion of physical, mental and social well-being. Through the media and society we have been led to believe that being healthy means being 'beautiful' however this is often not the case. Many people have poor health as they are focussed on a superficial view of themselves; they may spend a lot of time in a gym, eat little food, have lots of Instagram followers but no real friends. Also consider elite athletes that take drugs either as performance enhancing or recreational. What we perceive as good physical health may actually be poor when you consider their mental or social status. How you manage your health and the value you place on your health has a big impact on how your children view health and what they will pass onto their children.

VAPING

A current health danger to children is vaping. Vaping is the inhaling of a vapor created by an e-cigarette (or vape pen). E-cigarettes heat a liquid until it becomes vapor and is inhaled. This is in part due the perception that it is not harmful to health. Vaping does cause poisoning, addiction, seizures, burns, lung injury and smoking uptake and the true health harms for vaping are not known yet. Vapes are not water, they are full of harmful chemicals, many that are not listed on the pack, including nicotine.

If you are concerned that your young person may be vaping, start by asking them in a non-judgemental manor if they have tried vaping. It's important to maintain a healthy dialogue with teens and not act in a way to shut it down. Even if you don't think your young person vapes, talk to them about it anyway.

SHOULD I TALK TO MY KIDS ABOUT

vaping?

ARE YOUR KIDS SCHOOL-AGE?

yes

It's likely they already know more about vaping than you do, so it's time to catch up.

E-CIGARETTES ARE NOW THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH

no

They're younger.

You may be able to wait a few years, but the tobacco industry will be targeting them with marketing and candy flavored e-cigarettes soon.

no

They're adults.

Are they trying to quit tobacco use all together?



DO THEY ALREADY VAPE OR HAVE FRIENDS THAT DO?

no

Good! They are steering clear of nicotine addiction, which is great for their brain. The human brain is still developing until age 25, which means it's easier to become addicted. Exposure to nicotine at this age can cause problems in learning, memory and attention.

yes

Teens are more likely to become addicted to other tobacco products if they vape.

60% OF HIGH SCHOOL E-CIG USERS ALSO USE SOME OTHER TYPE OF TOBACCO



yes

Research shows that e-cigarettes should not be recommended as a tool to quit smoking. For help with quitting visit quitplan.com.

no

Some users are addicted to e-cigarettes just like any other tobacco product.

NICOTINE ADDICTION IS DIFFICULT TO OVERCOME AND WILL LIKELY REQUIRE SUPPORT FROM A MEDICAL PROFESSIONAL



E-LIQUIDS CONTAIN NICOTINE AND OTHER CHEMICALS THAT ARE NOT PROVEN SAFE TO BREATHE IN. WHEN E-LIQUIDS ARE HEATED, THE AEROSOL PRODUCED HAS BEEN SHOWN TO CONTAIN HEAVY METALS, ULTRAFINE PARTICLES AND CANCER-CAUSING CHEMICALS



DO THEY ALREADY SEE THE HEALTH IMPACTS OF VAPING?

no

That's not surprising. Since e-cigarettes have only been on the U.S. market since 2007 we're not sure what the long-term health impacts of heating and inhaling the chemicals in e-liquids will be.

yes

In the short-term, vaping can cause throat irritation and worsen respiratory conditions like asthma and bronchitis. Lithium battery explosions are also a risk and can cause burns.



TALK TO THEM!

There is a lot of misinformation about vaping and it's important young people know that it poses a serious health risk and youth are being targeted in order to make a profit.

Visit our website at www.panmn.org and learn how to talk to your children with free resources at e-cigarettes.surgeongeneral.gov

Physician Advocacy Network

a project of Twin Cities Medical Society

MOUNT WAVERLEY SECONDARY COLLEGE STUDENT WELLBEING MODEL



YOUR WELLBEING TEAM CONTACTS

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Margaret Taylor

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

Inclusion Support Staff

Jody Clooney, Caz Coady & Stephanie Tang

School Nurses

