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ISSUE 03



# STUDENT WELLBEING PARENT BULLETIN

Mount Waverley Secondary College

*Transition*

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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.gov.au](mailto:pai@mwsc.vic.gov.au)

# ABOUT MENTAL HEALTH

# PRACTITIONERS (MHP)

Mental Health Practitioners provide direct counselling support and other early intervention and health promotion services for students, as well as coordinating support for students with complex needs. In counselling sessions, the MHP supports your child by directly, offering feedback, strategies and tools to help your child manage their concerns. Mental health practitioners provide short term interventions for students with mild to moderate mental health needs and liaise with internal and external services where students need more intensive supports. MHPs also supports your child by providing feedback, strategies and tools to relevant school staff to improve your child's learning and development. MHPs may also run small group activities with students experiencing the same or similar concerns. Students are referred to the MHP program through Paul Graham (Student Support and Resource Manager). Paul can be contacted at [gpd@mwsc.vic.edu.au](mailto:gpd@mwsc.vic.edu.au)



COMMUNITY | CHOICE | ENGAGEMENT

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# TRANSITION

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

## What does transitioning look like?

A transition is a process or a period of change from one state to another. During adolescence, our youth can experience a lot of change whether it be developmentally, mentally, socially, and educationally. This can look like:

*Developmentally:* changes in hormones, puberty, identity

*Mentally:* changes in thought processes and emotions

*Socially:* changes in friendships and interests

*Educationally:* changes in year levels, campuses, and subjects

Transition can be a time of uncertainty and discomfort, not only for youth but for everyone. Some people deal with change well and others may need some extra support. In supporting someone through this time, it's important to talk openly about the transition and what they are experiencing.

## How can you support your child during this time?

### Getting comfortable with the uncomfortable

This can be easier said than done however, when accepting and being open about your feelings towards change, this can open the door for someone else in a similar experience to share their feelings and ways that they might cope with transition. Having someone that you can relate to can bring forth a deeper sense of community and support which is helpful in a time of unfamiliarity.

### Prepare yourself

Sometimes planning too far ahead can feel overwhelming to a young person but if you can make a realistic plan to support your child during a time of transition (e.g. preparing your young person to transition from Year 8 to Year 9 – you can do this by

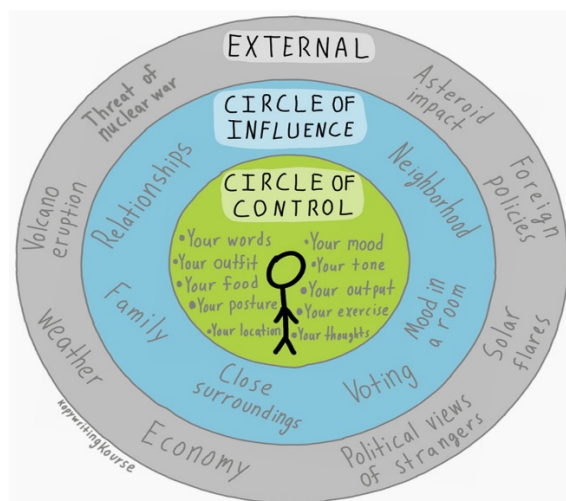
talking to their teachers and coordinators and informing them of what to expect for the following year), this can be a helpful way to reduce anxiety and prepare your young person for the unknown.

### Reach out for support

If you feel like your young person is having some difficulties in the any sort of difficult life change or transition, there is always support available from school.

### Acknowledge what change you can and cannot control

Another thing that can be easier said than done however getting into the practice of accepting that there are certain life changes and events that will occur irrespective of what we might prefer, it can then help you to shift your focus on the things you can control, giving you a deeper sense of ownership of your life (please see image of Circle of Control below).



### Understanding that change is inevitable

If things remain the same, we can never grow, learn, and evolve and life becomes stagnant. Change and transition allows us to move in a forward direction and experience new and exciting experiences that might not be possible if we don't choose to recognise change and transition as a normal part of life.





# TRANSITIONING INTO EXAMS

It's also a time of transition for our Year 12 students (and some Year 11 students) as they finish off their course work and head into the examination period. For some students this may come as a relief as their study becomes simplified after juggling SACs whilst also attending to their future exams. For others this can bring a new load of stress and worry due to the significance of the exams on their ATAR. It's not unusual for parents to also get anxious at this time of year as well!

As we enter the exam period here are some tips on how to manage the home environment so that your student can feel well supported during this time.

## **1) Ask your child 'How can I best support you during the exam period?'**

- o Every student is different and therefore requires different supports. It may be helpful for one student to have a parent go through a practice essay with them, while for another this may intensify their pressure.
- o Ask 'How can I be helpful?' and 'How would I be unhelpful?'
- o Be upfront and communicate!

## **2) Ensure that your child is taking breaks and getting adequate rest/sleep**

- o The goal is to study efficiently, and this is best done by looking after one's wellbeing through breaks.
- o Study without breaks can easily become inefficient as the longer you study without breaks the less focused you become leading to poor recall of the material studied.

## **3) Remember your role as a parent is to develop the 'whole-child'**

- o An ATAR does not define your child!
- o Emotional intelligence, Communication Skills, Problem Solving Skills, Self-Discipline, Social Skills are excellent indicators of future success.
- o It's important for our students to strive for their best however it's also important that our students know that we see more in them than a study score or ranking.

# WHAT'S HAPPENING ON CAMPUS?

## Senior Campus

### RU OK Day

On Tuesday the 6th September students celebrated RU OK Day. The day started with a free pancake breakfast, with supplies provided by Syndal Baptist Church, and run by the school's Wellbeing Team. At lunchtime the school's award-winning Senior Stage Band performed a wonderful concert in the theatre, with student representatives presenting on the ways music can be beneficial to one's mental health. The students were also able to participate in a lunchtime Amazing Race, where they collected clues from different locations that provided information on supporting their mental health. All participants received a delicious RU OK cupcake for their efforts!

### Jemima Montag

On the 22nd of August, the Year 12s had the special opportunity to hear from Jemima Montag. Jemima is a remarkable young woman with a long list of achievements, including but not limited to; receiving two Commonwealth Games gold medals for racewalking, being an International Olympic Committee Young Leader, being an Ambassador for Bluearth Foundation, creator of program 'Girls Play On', as well as receiving a perfect score in high school, and is currently studying Medicine at Melbourne University.

Jemima presented to the Year 12s about motivation. Jemima explored how learning to sit with discomfort is important for developing resilience and positive self-talk skills, and how it can be a lesson in coping with adversity. Jemima also broke down how students can create the ideal study conditions for themselves, which involves reflecting on what is best for their mind, body, and environment. Jemima explored the difference between motivation and discipline, and how if students focus on what they can control (discipline) they can still be motivated by their values, and use both to help them focus on a goal. Lastly, Jemima emphasised the value of celebrating the smaller, every day wins, and the importance of acknowledging hard work and effort along the way.



Jemima Montag - 2x Commonwealth Games Gold Medalist

## Junior Campus

August and September have been busy months over on the Junior Campus. We celebrated Wear It Purple Day on August 26th and it was wonderful to see students and staff get into the spirit of celebrating diversity by wearing a touch of purple, making badges with positive messages, and making bracelets. The Respect Club did a sensational job in making posters and raising awareness on how we as a school community can continue to create a safe and positive environment for our LGBTQIA+ friends.

To follow this celebration, the Year 8 students had a visit from Nix from Minus 18 at assembly on Wednesday August 31st. Minus 18 is an organisation that supports LGBTQIA+ individuals by leading positive change, building social inclusion, and advocating for an Australia where all young people feel safe and empowered. Nix's message of their personal experience was extremely powerful and well-received.

On September 8th, it was RU OK Day. Due to it being a student-free day, students and staff celebrated this day on Tuesday the 6th of September. This day was celebrated on the Junior Campus with a pancake breakfast, yoga at lunchtime and a visit from our school's furry friend, Macey! While the day acknowledged an important message, it brought light to the fact that checking-in and caring for one another is a consistent practice within our school community which is something that all staff, students and families should be proud of.

# WHAT'S HAPPENING IN THE COMMUNITY?

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**Monash Youth Services** always have something exciting going on. You can check their events calendar here. Here are some programs your child may be interested in:

**This Girl Can - Introductory Self Defence Program:**

This Girl Can, and Senshi Karate have teamed up for a two-hour beginner self-defence program for the women of Monash, providing a supportive, informative and engaging environment for women to get connected and get involved.

**Sunday 18 September 2022**

10am-12pm, followed by refreshments

Napier Park Scout Hall (998 High Street Road, Glen Waverley)

Bookings essential: via [Trybooking](#). Limited to first 30 registrations.

**Quiksound:** On Mondays from 5-6pm young musicians come together to create music and plan cultural events. Check out the website for details on how to apply.

**Study space:** Every Tuesday from 3-5pm, students can study in a free and supportive space supervised by Youth Workers.

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## **Indian Performing Arts Convention**

It's a carnival of Carnatic music and a bounty of Bharatanatyam! Join us for a celebration of creativity with performances, collaborations and talks by acclaimed musicians and dancers from India, Singapore, and Australia. Whether you indulge in favourites from home, or introduce yourself to something new, the Indian Performing Arts Convention 2022 is sure to inspire, inform, and delight.

Tickets available [here](#)



U. Rajesh creates magic with a collaboration across cultures that celebrates the confluence of musical traditions. See him at the Indian Performing Arts Convention.

## **ATAR Notes**

Free Online VCE Revision Lectures

Delivered by recent high achieving Year 12 graduates

Units 1/2 & Units 3/4: Chemistry, Literature, Methods, Legal, Physics and more!

Monday 26th September - Friday 30th September

**Thursday 29th September Parent session: Support your child through their study**

**@5:30pm-6:30pm**

Register here: <https://atarnoteslectures.com/vic>

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## **Did You Know...**

A reminder to parents that their children can access a free breakfast every Monday, Wednesday, and Friday morning from the Senior Campus Wellness Zone, available from 8:15-9:00am.

The Breakfast Club continues to run on the Junior Campus every Tuesday and Thursday morning from 8am-8.45am in LA37.



# Spotlight on...



All families with children between 10 and 16 years can now get free, expert parenting tips and strategies via the Teen Triple P Online program. This FREE program is funded by the Victorian Government, and you can get ideas on how to positively support your teenager's emotional wellbeing, social skills and more.

The online program is interactive with videos, worksheets and activities and can be done anywhere, anytime. They offer practical suggestions to help you:

- create the best environment for your teenager's development
- know how to address behaviours, promote new skills, and help emotional self-regulation
- raise happy, more confident, and capable teenagers
- improve your relationship with your teenager
- feel confident about your own parenting choices

Support your teenagers to thrive – these tips and tools are FREE for all Victorian families! Get started today at <https://www.triplep-parenting.net.au/vic-uken/get-started/online-course-pre-teens-and-teens/>

Free statewide access to Triple P's online programs is funded by the Victorian Government





# 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. If your child is returning to school and has some lingering symptoms it's highly suggested that they wear a mask. Let's act together in keeping the community safe by ensuring that we stay home when unwell.

## SACK TAPPING - HARMLESS OR HARMFUL?

Both males and females are participating in this trend of whacking boys in the testicles and it is being driven by Tiktok and #sacktapchallenge.

For many it is a brief moment of discomfort and embarrassment however for others it can have lasting medical and health issues. It can be considered sexual assault; testicles can be damaged resulting in a painful recovery. In some cases, emergency surgery is needed; which may result in the loss of a testes and infertility problems. Legal action can also be taken against perpetrators

Please raise this issue with your child so they understand that participating in this craze is not wise and it may have unwanted lasting consequences.

## HEALTH IS GOOD FOR EVERYONE

Health can mean many things to many people. We always wish for good health, but it is not until ill health strikes that we think about our health and look for ways restore it.

Buddha said, "To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."

As a community there are many ways to help our college in order to ensure good health is maintained. Allergy Awareness is one way. Thinking about the lunches that our children take to eat and whether there are any allergy foods that could harm someone's health should they be ingested or transferred by contact.

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. The College asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops. This will greatly assist our school in planning to support your child's health and wellbeing especially with camps and excursion planning.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

For good health students need to have plenty of sleep, be active and eat well with breakfast being the most important meal of the day.

At times of ill health, the Nurses on Campus are here to assist. We provide accident and emergency care together with support for ongoing medical issues, in a caring and confidential environment. Unless it is an emergency, your child will be encouraged to attend the First Aid Office during the recess or lunch period so that their learning is not impacted.

# 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

