

Volume 25 Issue 13: 20 August 2021

From the Principal

Mr Holmes

“They Will Shine”

Dear Families and the broader community of Thomas Carr College,

We continue to remain positive at the College as we strive to keep our students on-track with their studies while keeping them connected to their teachers and cases. This is not an easy task under the current conditions, as we are well aware of the pressures this places on families and students.

I came across the following reflection in our Parish bulletin last Sunday:

Reflection for the week

Where there is righteousness in the heart,
there is beauty in the character.
When there is beauty in the character,
there is harmony in the home.
When there is harmony in the home,
there is order in the nation.
When there is order in the nation,
there is peace in the world.

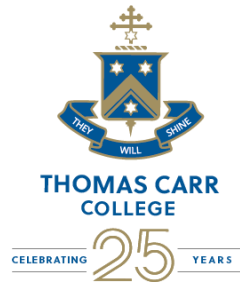
A.P.J Abdul; Kalam

We continue to review and revise our College calendar trying to preserve key events postponing these to Term 4. However, it is not possible to delay all events. As you read this edition of The Beacon you will be uplifted by the reflections of our students and staff. I received the following news in relation to the partnership we have with a farm that is a component of our Year 9 studies, affirming the richness of our education at Thomas Carr College:

‘On August 5th one of our key stakeholders Yan Yan Gurt West Farm, Jill and Andrew Stewart were awarded The Bob Hawke Landcare Nation award.

Our core curriculum at the Good Samaritan Campus focuses on regenerative agriculture, culminating in students presenting a whole farm plan to the Stewart family at Yan Yan Gurt West Farm.

We wrote to acknowledge and congratulate the family for the award of the Bob Hawke Landcare Award on 5 August. The Good Samaritan staff have described the wonderful program you present to our Year 9 students investigating Whole Farm Planning and how



COMING EVENTS

Friday 6 August to Thursday 2 September	LEARNING@HOME continues. Please check all College notices via Operoo
Tuesday 24 August @ 7pm	Online Year 12 Graduation Parent Information Night
Note:	We will continue to update our community with regard to the current COVID-19 restrictions as information comes to hand. Thank you

College Students & Staff taking part in the **Vinnies Winter Sleepout**



Prayer

We come to you, loving God, with hope in our hearts and prayer on our lips. We pray that care and compassion, watching and accompanying be part of our ordinary lives.

We pray that our eyes be open to see the needs of those who struggle to provide for their families and that if we can help, we do help in ordinary ways. We pray that we try to understand each other in our struggles to make sense of the forces that are beyond any one of us, that we see beyond threats imagined or real, that we hear beyond shouted anger or mocking taunts or cursing threats and note the cries for help that rest mostly silent in ordinary times.

Amen

College Theme for 2021

“We have this HOPE as an anchor for the soul firm and secure”

Hebrews 6:19

College Vision

Thomas Carr College is a dynamic Catholic learning community, guided by the Gospel. Excellence and opportunities to develop are pursued. Through our hope and service to others we shine our light into the world.

integral their tour of Yan Yan Gurt West Farm is to their comprehension of regenerative agriculture and delivery of the students' final presentation. The day they spent with the family is very important to the overall goals of our Year 9 Country Experience and provides an authentic experience to realise where our food and fibre comes from.

Congratulations once again on this prestigious award and I look forward to hearing reports of the two remaining Year 9 groups that will visit your farm in October/November.'

Once again I congratulate all involved in the Vinnies Winter Sleepout and the generous sponsors.

I ask all families to follow the current guidelines and make a phone call to the College seeking permission to enter the premises if it is a matter of urgency.

Take care and stay safe.

BREAKING NEWS

Please refer to the message from the Hon. James Merlino relating to **VCE Plans for 2021** in the attachments section in this newsletter edition.

From the Deputy Principal of Organisation and Wellbeing

Ms Angelico

Calendar Updates

Our staff are committed to the holistic education of our students and therefore they continue to organise and reorganise a range of programs with much enthusiasm, despite the challenges we face. Due to the current situation in our city, it is disappointing that we have to continue to postpone or cancel events and experiences which have been designed for our students and our community.

Over the next few weeks, we have had to make the following decisions:

- **The Year 8 Shine Program** has been cancelled in the current format.
- **The Alumni & Staff Trivia Night** has been postponed to Term 1 2022.
- **The Fathers' Day and Grandparents' Day Mass** will be shared as an online reflection and the breakfast is cancelled.
- **The Parent Forum – 7th September** will be an online event via Zoom. I will send information to families via Operoo and the link to join in the online discussion.
- **Thomas Carr Carnival Day – 10th September** has been postponed again. This will be a normal teaching day and the new date will be published later this term.
- **The Good Samaritan Campus Family Fun Day – 12th September** has been cancelled. A video will be created to showcase the programs offered at our country campus.

As more information emerges, we will keep you up to date. Thank you for your support and understanding.

Designing Pathways into the Future and Subject Selection Process

Over the past few weeks, Mr Bryson, the Heads of Learning and Careers Team, with the support of the Year Level Coordinators, Homeroom Teachers and Subject Teachers have been working diligently to inform and counsel our students in not only choosing and subjects for next year but seriously thinking about and designing their individual learning pathways to the future.

I thank all involved in the process and for the huge amount of work and energy invested into providing excellent resources and support for our students. I thank them also for their flexibility in taking different directions, as required, due to the unexpected lockdowns.

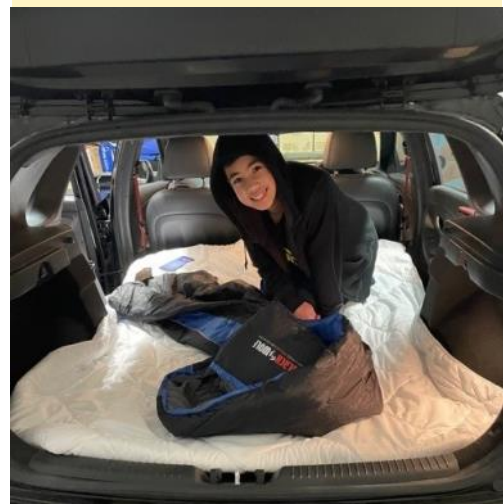
Student Leadership 2022

The selection process for the College Captains and College Vice Captains for next year

9 Gold at Yan Yan Gurt West Farm



College Students & Staff taking part in the Vinnies Winter Sleepout



is underway and next week, we will be launching the process for the selection of House Captains 2022. These roles will hold broader responsibility from 2022, beyond assisting and leading the sporting carnivals. We encourage as many students as possible to consider leadership opportunities and to engage with the process.

From the Deputy Principal of Learning and Teaching Mr Bryson

"What do you want to be when you grow up?" ... "Kind," said the boy.

Source: [The Boy, the Mole, the Fox and the Horse](#) (Mackesy, 2019)

Throughout this term, I have shared with our staff various quotes from the book titled, *The Boy, the Mole, the Fox and the Horse*. Written by Charlie Mackesy, it is a tale of a curious boy, a greedy mole, a wary fox, and a wise horse who find themselves together in sometimes difficult terrain, sharing their greatest fears and biggest discoveries about vulnerability, kindness, hope, friendship, and love.

In recent times, this book has become more well-known as it also offers inspiration and hope in uncertain times. As we continue through this period of remote learning and as students finalise their subjects for next year, this simple yet powerful quote highlights the role we play as teachers and parents in not only helping students navigate through these choices as they 'grow up' but also the important role we have in creating opportunities for them to see their true purpose and value in the world.

I also share this quote as a constant reminder of the importance of us taking the time out of the day to 'be kind' and how during these difficult times, we as a community can continue to work in partnership to support the learning and wellbeing needs of the young people in our care. I continue to be inspired and energised by the ongoing support and generosity showed within our community and share the below resources that may also assist with supporting the learning and overall wellbeing needs of our students during the next stage of remote learning.

LEARNING@HOME (Resources for parents and students)

Adapted from the [Learning from Home Information for Parents](#) section of the Department of Education and Training Australian (Victoria) and the Independent Schools (AISNSW) [Learning from Home](#) websites the below information and attached resources provides useful tips and strategies in how we can all ensure we continue to support and nurture the wellbeing of our students throughout this time.

Students are encouraged to:

- ⇒ Talk with your parents and develop family expectations to limit non-essential screen time.
- ⇒ Stand up and stretch regularly between all classes.
- ⇒ Have regular breaks from being online such as recess, lunchtime and evenings.
- ⇒ Please also be reminded of the following key information:

For any student who does not have access to the internet or is unable to access SIMON or MS TEAMS please contact the College to notify their subject teacher of their attendance and any questions they may have at the start of the day.

Students feeling overwhelmed or struggling with this constant need to adapt to the situation beyond their control are encouraged to contact their Homeroom Teacher, Year Level Co-ordinator or the College Counsellors.

To access additional resources, click on the following links:
For students, click on [5 Ways to Student Wellbeing at Home](#).
For families, click on [10 Steps for Family Wellbeing](#).

We look forward to students returning onsite in the coming weeks and will continue to keep you updated on all relevant information.



COVID-19



**Stay home if sick
and get tested**



Even if you have
mild cold or flu-like
symptoms



**THOMAS CARR
COLLEGE**

CELEBRATING **25** YEARS

In the meantime, please contact your child's subject teacher with any subject-specific related questions. All Homeroom and wellbeing related questions can be directed to your child's Homeroom Teacher or Year Level Co-ordinator.

Tutor Learning Program

A reminder that the College's Tutor Learning Program is available during this period of remote learning. Tutors will continue to contact teachers to access their classes via MS TEAMS and create a channel to continue to provide targeted literacy and numeracy to students support during scheduled classes.

Students will also be contacted informing them that additional support will also be available during scheduled times outside of timetabled classes. This will continue as per the current after-school arrangements on a Tuesday and Thursday. If you have any questions about the online support these students will receive as part of the College's Tutor Learning Program, please contact Mr. Timothy Ong (Literacy) and Ms. Claire Warner (Numeracy).

2022 Subject Selection – IMPORTANT UPDATES

Students are in the final stages of entering their subjects for next year with all web-preferences due to be entered using the online portal by Friday 20 August.

Once these have been entered, students are reminded to please print the receipt as "PDF" and email a copy to their Homeroom teacher by **Monday 23 August**.

Due to the online nature of the subject selection process, if there are any issues with the above dates or final questions about the subjects offered next year, please contact your child's Homeroom Teacher.

Questions related to the subject selection process for students in Years 7 to 9 can be directed to Mr. Nick Ambrozy (Director of Learning and Teaching – Middle School). All other questions related to the subject selection process for Year 10 and 11 students including applications to undertake a VCE Accelerated subject can be directed to Ms. Geraldine McIntyre (Director of Learning and Teaching – Senior School).

Please contact Mr. Casey Backhouse (VCAL/VET Co-ordinator) for any questions related to the VCAL and VET options offered at the College.

Further information outlining the subjects offered at each year is also available to view on the College website under the Learning and Teaching section and by clicking on [Curriculum Overview](#).

Term 3 Progress Reports

On Wednesday 1 September, Term 3 Progress Reports will be available for families to access via the Parent Access Module (PAM).

Progress Reports are designed to provide feedback on a range of areas related to your child's learning, study habits and overall progress. These reports provide feedback on your child's progress throughout the term and form the basis for discussion at the upcoming Parent-Teacher-Student Conferences to be held at the end of this term.

Parent-Teacher-Student Conferences

Due to the current lockdown restrictions and COVID-Safe protocols, Parent-Teacher-Student Conferences will be held online.

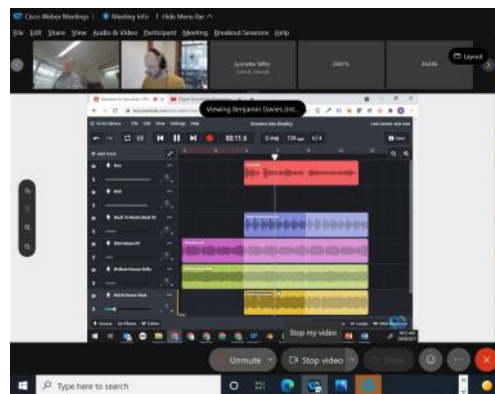
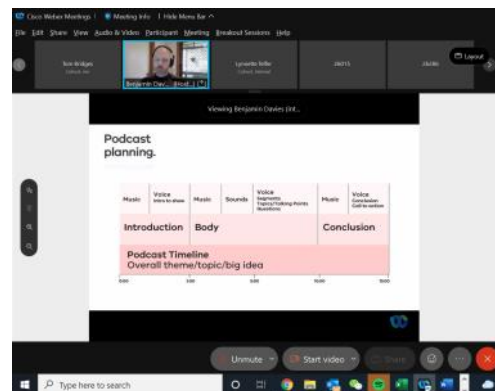
All teaching staff will be available for interviews using MS TEAMS on the following dates:

- Thursday 9 September (4pm to 8pm)
- Thursday 16 September (4pm to 8pm)

Families will receive further information on PAM and Operoo outlining how to access their child's Progress Report as well as how to book online interviews with their child's teachers for the upcoming Parent-Teacher-Student Conferences. Bookings will open on Wednesday 1 September and close the day prior to the above listed dates.

Throughout the latest period of remote learning, Year 10 Business students collaborated online with the Wyndham Tech School to create and publish their very own digital Podcast Series. After interviewing local businesses, students produced entertaining podcasts exploring the inner workings and strategy of small businesses in the local area. Thanks to Wyndham Tech School and the local community businesses involved for their support.

Thank you to Mr Bridges for sharing.



THOMAS CARR
COLLEGE

CELEBRATING **25** YEARS

In the meantime, we encourage your son or daughter to continue to apply themselves to the best of their ability across all their subjects and we look forward to discussing your child's progress with you later this term.

From the Head of Senior School

Mrs Sheridan

This weekend my family and I sat together to watch "Thor: Ragnarok". This movie is the introduction of Korg. He is a funny and offbeat character. His first lines are "Allow me to introduce myself. My name is Korg. I'm kind of like the leader in here. I'm made of rocks, as you can see, but don't let that intimidate you. You don't need to be afraid, unless you're made of scissors! Just a little Rock, Paper, Scissors joke for you." Most people need some light relief in their life. Not every aspect of every day can be serious and intellectual.

Korg is played by Taika Waititi who was also the director of this movie, Hunt for the Wilderpeople and Jojo Rabbit - for which he also won an Academy Award (for writing the Best Adapted Screenplay). In Jojo Rabbit, Waititi plays a version of Adolf Hitler. It is hard to imagine a character further removed from the loveable Korg. He also wrote the original version of a Disney movie that later went on to become Moana. The version we see on our screen edited out much of Waititi's message about gender and family, he is not even listed in the credits.

Waititi is a proud Maori man. He has won accolades and taken part in campaigns around human rights and against racism. https://youtu.be/g9n_UPyVR5s His phrasing "You don't have to be a full on racist, just being a tiny bit racist is enough. A smile, a cheeky giggle, even a simple nod in agreement it all adds up, and it gives others the message that it's okay..." has been a powerful tool in helping his community understand the impact of every moment and every word/action. His wit and humour remind me that lessons need not be dull. "You don't need to be afraid" of the terrifying looking rock man and racism needs input to thrive. These are easy messages to know and understand when delivered with his trademark humour and intelligence.

From the Head of Senior School

Mr Rowe

"The Severity of your problems is a matter of perspective. Change your perspective and most of them become insignificant. Some of them will no longer exist as problems – but opportunities instead." Ernie J Zelinski

This quote from Ernie J Zelinski is more than twenty years old, but like all good ideas, it stands the test of time. Over the last two weeks I have found myself reading older books and with time on my hands as I have had to complete a 14 days isolation after becoming a secondary close contact.

The 14 days of quarantine seemed like a mountain put in front of me when I first became aware of the tight restrictions, not being able to even leave the property that I live on. My initial perspective was that I had so much taken away from me, but as I stopped and reflected, I began to make a list of the jobs and tasks that I had been putting off because "I didn't have the time". My perspective quickly changed from the 14 days isolation being a burden to being an incredible opportunity. I am writing this article on day 13 of my isolation period and have only two of the fifteen tasks on my list to complete. I am not going to lie and say it has been a breeze, but whenever I started to shift to a negative mindset, I cognitively made a choice to focus on the positives.

There are so many circumstances at the moment that we know of, and worryingly, even more that we don't, of people being in difficult circumstances. Melbourne being on tighter and longer restrictions creates large amounts of pressure on people and challenges our resilience and mental health daily. Check in on each other, support your friends and loved ones and help them look for the positives, however difficult they might be to find.

To all members of the Thomas Carr Community, I implore you to look after yourselves and each other. Reach out to those you know and the College if you need support.



Reflections from Year 11 Student, Ruhani Mamgain

Round Table Discussions with Sarah Connolly MP

The Young Women's Roundtable discussion involves a monthly discussion with the member of parliament Sarah Connolly. A few female students from Thomas Carr College have taken part in these discussions along with other students from schools across the Western District. It involves a monthly meetings via Zoom, where as young women we discuss the issues and alterations happening in our community as well the MP herself informing us of the strategic law reforms and changes being put in place in the community to achieve social cohesion. As young women who will emerge to be great leaders it allows for our opinions to be expressed and give us a voice to be apart of a bigger movement, with the everchanging society, as we are the future.



Together as a community we will get through the difficult times.

From the Director of Faith and Mission

Mrs McCarthy

Feast of the Assumption

Last Sunday August 15, the Church celebrated a most significant feast day: the feast of the Assumption of Mary into heaven. On this day, we honour Mary and all women who lead us to Christ through their examples of courage and love.

As we were unable to celebrate this day with a whole College mass, the College community united in prayer on Tuesday morning to celebrate this special occasion. I commend our Liturgy and Social Justice captains, Mia Bellet and Fr Jude Pirotta mssp who featured in the liturgy, "Mary, Mother of Hope."

"Like Mary, we too may experience uncertainty and fear in our lives... Mary knew that God would keep His promise. This was the ground of her hope. May our trust in the promises of God be the ground of our hope too."

During this liturgy, we will come to see how Mary, the Mother of God, is the most perfect image and model of hope to us all. We look to Mary to teach us anew how to be people of hope and courage for our times. In this year, when our College theme is Hope ("We have this hope as an anchor for the soul, firm and secure," Mary remains the most perfect model of hope. She teaches us that, even amid change and uncertainty, God's Word speaks to life's greatest challenges. Her life was marked by trust, confidence and perseverance, hope in the promises of God.

"On this feast of the Assumption, let us pray that the life of Mary, Mother of Hope, inspires us to be hope-filled followers of Christ, knowing that our God never abandons us."



Shane Nicole Villegas

College Vinnies Winter Sleep-Out

A huge thank you to our students and staff who gave up the comforts of their bedroom to sleep out for one night on Friday 6 August 2021 in solidarity with those who are experiencing homelessness and poverty.

Thomas Carr College Vinnies Conference has been holding the Winter Sleepout for the past ten years in the College's Fr Barry Tobin gymnasium. Unable to have it onsite again for the second consecutive year, participants chose to sleep out in their backyard, veranda, garaged car, lounge, floor, or garage to raise awareness of homelessness issues and to raise much-needed funds during the COVID-19 lockdown for St Vincent de Paul Society.

The evening offered all participants an opportunity to understand the plight of the homeless and also raised much needed funds for Vinnies in excess of \$6000. Special thanks to our Social Justice Coordinator, Ms Shirley Dagmang, the Social Justice and Liturgy Captains, and past Social Justice Captains who assisted on the evening.

From Mrs Dagmang: A heartfelt thanks to our alumni Alex Lapina, Kerry Wang, Laura Mallia, Natasha Smith who facilitated the Poverty Games and Activities. Thanks also to Mrs Terese Smith who commissioned all staff and students in the morning prayer on Saturday 7 August to continue the mission of caring and doing good works that honours the dignity of everyone, especially the poor and the homeless.

The stories of lived experiences that were shared by Lina Pahor and Tracey Vo, the President of Footscray Vinnies Conference and the President of Footscray Soup Van, respectively, were inspirational and moving. In our thoughts and prayers, we send messages of hope to those who are experiencing homelessness in and around our school community.

From the Year 12 Level Coordinator

Ms Paterakis



Congratulations to Shane Nicole Villegas of Year 12 Red who was awarded the Helen

Landbury Leadership Award. The Award is an initiative of the Catholic Education Commission of Victoria and is awarded to a student who has demonstrated outstanding leadership in the area of community service.

Shane Nicole has worked extensively to support those less fortunate in our community. She helped establish the St Vinnies conference in our College, of which she is a Co-president and has raised both funds and awareness for St. Vinnies, the Missionary of St Pauls and the Aboriginal Catholic Ministry. Despite the rigours of studying her final year of VCE, Shane volunteers at the St Vinnies Op shop, and is the Liturgy captain at Thomas Carr College.

Thea Villegas



From the Head of Learning, Science, STEM, Health and Physical Education

Mr Manitta

Reflections from Year 11 student, Thea Villegas

It has been three years since I entered the University of Melbourne Girl Power in Engineering and IT program. This four-year program is run by young women, for young women, for 30 to 40 Year 9 girls every year and aims to inspire and empower young girls in STEM as well as to combat the gender imbalance in the workforce.

As part of the 3rd year of the program, I was able to pick a mentor from a range of current students and Professors at Melbourne University. My mentor's name is Jayn Wong, who is a currently a 2nd year Bachelor of Science student, majoring in Computing and Software systems. She decided to become a mentor as she too was clueless about her pathways for University and wanted to be able to be that guiding hand when she had none. She was discouraged from pursuing the STEM field as she was told that girls only thrive in the arts/commerce disciplines and wanted to disprove that mindset.

Over the past 3 months, we worked together on a SMART dream board. Slowly but surely, we are tackling each one of them, turning each dream into a goal and into a reality. Some of the dreams that we are working on right now include networking and pitching. Jayn and I have worked especially hard on discerning my pathways to University and Post-University.

After each session, I can feel my growth. No longer do I feel like a timid 12-year-old who just inched out of Primary School, I believe that I am able to confidently make decisions, big or small, as I am always guided by my mentor and dream board.

I encourage all of you, not just those who identify as women, to find a mentor. This could be your older sibling, parent, sports coach, teacher or even a series of books. Taking the time to step back and reflect has been the most valuable lesson I have learnt from my mentoring sessions, especially in such a fast-moving and constant-changing society that we live in. Your mentor will help you grow in ways you can't imagine and maybe one day, you will be the one mentoring too.



THOMAS CARR
COLLEGE

CELEBRATING **25** YEARS

20th Aug 2021

Exam Plans For The Class Of 2021

The Victorian Government is setting a pathway to ensure Year 12 students can approach their final months of school with confidence, scheduling new exam and assessment dates ahead of the year's final exam periods.

As we confront the immediate challenge of the current Delta outbreak, Victorians know how important it is to follow the stay-at-home orders, get tested and get vaccinated to run this virus to ground. At the same time, it's vital to outline a plan to give senior secondary students the clarity they need as they prepare for their final assessments.

Subject to ongoing public health advice and epidemiological conditions, the 2021 General Achievement Test (GAT) will be held for all Year 12 students across Victoria on Thursday 9 September, with extra COVIDSafe conditions in place to keep students and school staff safe.

While students in metropolitan Melbourne continue remote learning, school-based assessments that cannot be conducted remotely – for example, performance or practical assessments – may be completed in person at schools from 30 August, in groups of no more than 10 students at a time.

VCE written and performance exam dates will remain as originally set – with performance and oral exams scheduled to begin on Monday 4 October, and written exams to run until Friday 17 November, subject to further public health advice.

These timetables will allow results and the ATAR to be released on Thursday 16 December.

All examinations, onsite school-based assessments and the GAT will be conducted with extra health precautions in place – like the use of face masks, enhanced cleaning of exam spaces and smaller than usual group sizes to allow students to be physically distanced.

Students who are unwell at the time of an assessment will be required to get tested and return home to isolate, and a Derived Examination Score will be calculated if a rescheduled assessment is not possible.

In light of the continued disruption to the 2021 school year, the Consideration of Educational Disadvantage will apply to each and every student completing one or more VCE or scored VCE VET Unit 3-4 subject in 2021 – giving students certainty that the only thing counting towards their score is their effort and hard work.

Consistent with the approach in 2020, the process will consider the individual impact of coronavirus on each student including school closures, students' health impact, remote learning and mental health challenges – and will use data like the GAT, other assessment and school comparisons to calculate final VCE results.

Quotes attributable to Minister for Education James Merlino

“Right throughout this pandemic, students have responded with resilience and positivity in the most difficult circumstances – and now we’re giving them the confidence they need to get through their final exams and enjoy the end of their schooling.”

“We know so many kids have been impacted by the pandemic this year, and our Consideration of Educational Disadvantage process will make sure every student is assessed individually on their effort – not the disruptions.”

“All of these dates are subject to the health advice at the time – which is why it’s so vital that every Victorian does the right thing. Stay at home, get tested, and get vaccinated if you can, so our students can finish the year strongly.”

From St James the Apostle Parish

St James Parish Father's Day Raffle

Join the Parish of St James as we celebrate Father's Day with the chance to win a prize for our Fathers, Grandfathers and Father figures in our lives. Be in the draw to win one of four prizes (on display in the Church Narthex) by simply visiting <https://www.trybooking.com/BTLMG>.

Raffle tickets at \$5 each. Ticket sales close on Sunday 29 August at 8:00pm and prizes drawn on Tuesday 31 August.

Father's Day Raffle

\$5 a ticket

Tickets will be on sale from **Saturday 7th August** via Trybooking <https://www.trybooking.com/BTLMG>, at weekend masses and at the parish office during office hours (9.30 am – 2.30 pm)
[Cash preferred for purchases]

The Prizes will be on display in the church narthex. Ticket sales close on **Sunday 29th August at 8.00pm**. Raffle prizes will be drawn on **Tuesday 31st August**.

2nd **1st** **3rd** **4th**

CORKCICLE.

ST JAMES THE APOSTLE PARISH

The poster features a light blue background with various Father's Day-themed items like a coffee cup, a mustache, a bow tie, and a plate of food. It also shows four prize categories: 1st, 2nd, 3rd, and 4th. The 1st prize is a large trophy containing a bottle of wine, a mug, and a box of 'CORKCICLE'. The 2nd prize is a collection of gift items including a bottle of wine, a box of 'TASTE' chocolates, and a box of 'CORKCICLE'. The 3rd prize is a collection of grooming products like a bottle of 'TASTE' aftershave, a box of 'CORKCICLE', and a box of 'TASTE' soap. The 4th prize is a collection of gift items including a box of 'TASTE' chocolates, a box of 'CORKCICLE', and a box of 'TASTE' soap.



10 STEPS FOR FAMILY WELLBEING



1 Establish a daily schedule and routine



4 Find daily opportunities to connect, take notice, be active, keep learning and give



6 Encourage screen breaks and time offline



8 Prioritise physical activity, sleep and healthy eating



2 Allocate several breaks throughout each day – either staggered or together



5 Keep a check on your child's mental health and wellbeing



7 Speak to family, friends and teachers for support



9 Access reputable wellbeing support e.g. Beyond Blue, Head to Health or Kids Helpline



3 Dedicate time to talk and be present together as a family



10 Focus on gratitude at the end of each day



@AISNSWWellbeing



5 WAYS TO STUDENT WELLBEING AT HOME



Connect

Connect with family and friends around you both on and offline. Invest in these important relationships now and for the future.



Take Notice

Be present online and offline. Notice what is happening around you and how you are feeling. Reflect, pray or practice mindfulness to help appreciate what matters most to you.



Be Active

Step outside, play a game, dance, do yoga or a fitness workout (individual or in pairs with a physical distancing of 1.5m). Discover a new activity to suit your space and fitness level. Variety is the key



Keep Learning

Try something new, fix a bike, do a puzzle, read a book, create, learn a song or play a musical instrument. Set a goal and work towards it. Learning develops confidence.



Give

Do something nice for a family member or friend, or talk to your neighbour. Thank someone or smile. Being kind helps us feel better and creates connections – real and virtual.



@AISNSWWellbeing