

We are all in this together!

THE WELLBEING WRAP

Parent and Student Edition

Issue #2, 2022

THE WELLBEING WRAP

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Education for Life

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Kenmore SHS Support Staff and Bullying. No Way!

Hello and welcome everyone to the second edition of our Wellbeing Wrap.

This edition sees an introduction to just a small part of our large student support team at Kenmore.

Ms Jacoby and I have asked each of these team members to introduce themselves to you to ensure you know their names, faces and ways in which they can support.

Additionally, we wanted to bring to your attention to the upcoming national day of action against Bullying and Violence - Friday 18 March, 2022. This year will be a celebration of 12 years of connecting schools and communities to find workable solutions to prevent bullying.

This year's theme is Kindness Culture and the idea that we can all build a

Kindness Culture together - promoting inclusion, respect and community belonging for all students in Australia.

Week 8 sees Assemblies permitted again in schools, and as such, we will be focusing on this national day of action during these on Monday 14 March.

*Ms Jacoby and Mr Meikle
Wellbeing HoYs*



Action for Happiness

Mindful March:

'Action for Happiness', an organisation dedicated to create a happier, kinder world, and has dedicated the month of March to Mindfulness. Each day this month they have recommended a mindful activity for others to try. Check it out [here](#), or google 'Action for Happiness'.



ACTION FOR HAPPINESS

Parent Resource: Understanding Adolescence—School TV

During adolescence, a child's brain can be considered as being "under-construction". The rate at which this progresses will vary depending on the individual and also their gender. As a result, some parents may view adolescence as stressful or difficult. However, it does not need to be. Setting boundaries, implementing consistent monitoring and maintaining a strong and loving connection will help families adjust during this time.

It is also an important time to keep the communication lines open through clear and age appropriate conversations. Speak openly about changes that they are experiencing and be conscious of their mental health as many of the conditions people confront in adulthood, can begin to manifest in adolescence.

In this edition of SchoolTV, adult carers can learn how to guide and best support their young person as they transition through adolescence. Find it on the school website or click [here](#).



Our Support Staff at Kenmore SHS

School Based Youth Health Nurse

A warm welcome to everyone! My name is Adrienne and I am the School Based Youth Health Nurse here at Kenmore State High School. I am based at the school Tuesdays, Wednesdays and Thursdays.

The School Based Youth Health Nurse works with students, school staff and parents to:

- Address concerns or problems about health & wellbeing
- Help create a more supportive, healthy school environment
- Promote preventative health measures
- Connect people to other support services outside the school



I work with individuals and school members to identify and act on issues that affect both the individual and the health of the school community. This includes helping with curriculum, teaching and learning activities, supporting an environment and school culture that supports health and wellbeing and working with the community and other services.

I can see young people privately and confidentially to talk about: health concerns - mental health and general wellbeing -relationships - sexual health - personal/ family issues - smoking, alcohol & other drug use – gender and sexuality- referral to other services – sleep hygiene- feeling unhappy/stressed – puberty/development. There will also be regular health information articles in the school newsletters so look out for those.

How to Make an Appointment:

Students are welcome to stop by my office in G8 to book in a time with me. Alternatively, students can schedule an appointment through the Junior/Senior hub or ask the guidance officer/Head of Year/Year Coordinator to make a referral to me. Students can also contact me via email.

I look forward to meeting many of you in the coming year - **Adrienne**

Youth Disaster Recovery - We are acutely aware of the impact the recent weather events have had on our community and our hearts and thoughts were and still are with you. If you and your family have been significantly impacted you may be interested in the resources provided by the Youth Natural Disaster Recovery. An online platform developed by the Mater Young Adult Health Centre, Brisbane. It provide programs for young adolescents and adults, predominantly aged 16-25 to address their emotional, social and educational needs (<https://www.youthdisasterrecovery.com.au/>)

Our Support Staff at Kenmore SHS

Hello! My name is Justin and I am one of the Kenmore SHS Chaplains

The chaplaincy service exists to support students. Chaplaincy's ideal goal is that students enjoy life. I'm tempted to say just school life, but school life is just a facet of who that student is. It is our aim that students move forward and not backwards in their journey. We hope that they take courage and not shrink, and encourage them to see the beauty and curiosity that can be found in life.

It is true that there can be much to fear in life, often these fears are of our own making, sometimes they are beyond our control. If chaplaincy can encourage and assist those that struggle, we will do so.

Chaplaincy can also encourage and assist those that are doing really well, and let these awesome students inspire others. Ultimately, we want to create a sense of belonging and community for any and all students we see.

School life is a brief, and in this brief moment we are shaped into our future selves.

Hello, I'm Fiona and I have joined the Chaplaincy team this year with Justin, working Mondays and Tuesdays.

I have been a school chaplain for over ten years, working across several local primary schools. I am also currently Chaplain at Kenmore Primary School, where I work during the end part of the week, with younger students.

My background is Psychology. I have a Masters degree in Educational Psychology and have worked in the school system in Queensland since we moved from NZ in 2004. I have an interest in mental health, and am currently working through a counselling diploma, whilst also parenting three daughters in their teens and twenties.



Chaplains – Justin Prestidge & Fiona Foley