

We are all in this together!

THE WELLBEING WRAP

STUDENT & PARENT EDITION

Term 2, Week 4

STUDENT & PARENT EDITION



Education for Life

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- School TV Updates
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Meaning Project - Kindness Campaign

Hello students and parents and a belated welcome to Term 2!

The year is flying by and we are working hard here to ensure the health and wellbeing of our community is prioritised.

The Monday Wellbeing lessons kicked off in week 4 and students were tasked with reviewing their TrackEd profiles. TrackEd is a program that collates a variety of different pieces of information on our students into one location. Allowing teachers to see how their students are tracking 'at a glance'. We encourage you to

ask your child about their TrackEd Profile reflections - they will have a copy in their books.

The other important part to our Term 2 program is the Meaning Project within each cohort. This term, each cohort will be learning about, and in some cases, contributing to a Not for Profit organisation.

The Yr7s will be dedicated to the Children's Hospital, Yr8s on Red Cross, the Yr9s project is built around the RSPCA, Yr10s on Shoes for Planet Earth, the Yr11s around Flood Support for Families, and Yr12s on St Vinnies and Homelessness.

Finally, this term sees us enact a Kindness Campaign among our students and staff.

The aim of this being to encourage everyone to lead with kindness in any interaction and activity they take part in. This involves a range of elements, but in particular, staff are on the lookout for students who are showing their kindness in many ways.

When they see it, they will give students a Kindness Ticket - which students can then place in a raffle draw for tuck-shop vouchers.

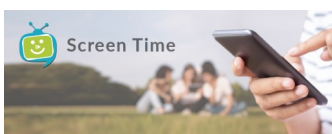
School TV Updates - [Screen Time](#)

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home.

As families transition back to pre-COVID routines, some are still struggling to re-establish boundaries and rules around using screen-based devices.

Many parents continue to deal with digital conflict and tech-tantrums on a daily basis.

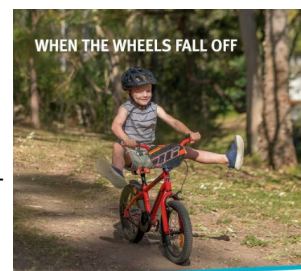
The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal. Click the above hyperlink for more information.



Family and Child Connect Services

[Family and Child Connect](#) is a free, unlimited and confidential service that can connect families to practical support to help them bounce back in tough times. Family and Child Connect can connect you to local services for:

- managing your child's behaviour
- building better family relationships
- stopping violence at home
- budgeting and managing money alcohol, drug or gambling problems



family and child connect 13-FAMILY 13-32-64

Other Wellbeing Updates

Shave for a Cure

It was fantastic to see so many students and staff get involved in the World's Greatest Shave at the end of last term. A grand total of **\$18,798** was raised. What a fantastic effort from all involved! A special shout out to teachers Steven Loxton and Will Fozard for shaving their locks!



Belonging Clubs Expo

On Thursday of Week 1, Kenmore had its very first Belonging Clubs Expo. This involved the coordinators of the wide range of extra-curricular clubs and groups coming together underneath B Block to promote their activities and sign up new participants.

Kenmore's Belonging Clubs have something for everyone. From

It was fantastic to see so many students interested in what is happening around the place. Often, if a student is having troubles fitting in, or even looking for new friends, these groups are a great place to start. All students have also been emailed a copy of the below booklet - which gives lots of information on each club/group.

Come along to our Open Day, Saturday 21st August from 9-12, and visit our Belonging Clubs and Support Services Hub at the activities centre.



Enrol now for YEAR 7 2023

Book an enrolment interview for Saturday 4 June 2022
Submit a Program of Excellence application (Ken-X, GIEP, MEX)

APPLICATIONS CLOSE WEDNESDAY 1 JUNE 2022

Celebrating
50
YEARS OF
EXCELLENCE

