

We are all in this together!

THE WELLBEING WRAP

STUDENTS & PARENTS

Issue #4, 2022

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Education for Life

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Term 3 Wellbeing Program!

Welcome back to school, students and parents!

This term in our Student Wellbeing program we are focusing on our school value of *Learning*, with a particular focus on *Health* (the H of PERMAH) and the character strengths: *Prudence & Self-Regulation*. Each lesson will have these as the overarching themes.

During these lessons, students will complete the Alcohol and other drugs (AOD) education program.

The AOD education program uses a harm-minimisation approach to support young Queenslanders to develop a greater awareness and understanding of the impacts of alcohol and other drug use, their capacity to make responsible, safe

and informed decisions and their ability to effectively manage challenging situations.

The program is informed by the department's drug education and intervention advice and supports the Learning and Wellbeing Framework.

Focus	Health – How can I ensure that I am making responsible choices for my health and wellbeing?					
Pillar of PERMAH	Positive Emotions: experiencing good feelings like happiness, peace and joy. Health: establishing habits that increase physical and psychological health.					
Character Strengths	Prudence: careful about one's choices, cautious, not taking undue risks. Self-Regulation: self-control, disciplined, managing impulses, emotions, and vices.					
School Value	Learning: everything we do is focused on discovering, growing and improving.					
Whole School Events	NAIDOC Week; RU OK? Day; Kenmore Gift					

Year Level	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Year Level Theme	What influences my decisions?	How can I live a healthy life?	How is alcohol used in Australian society?	How can I be a positive influence?	How can I make responsible decisions and develop strategies to ensure the safety of myself and others?	What are my roles and responsibilities in creating a safe night out?



Meet the Wellbeing Coordinators

Karla Pope
Deputy Principal
(Inclusion)



Elise Jacoby
Head of Year 10



Stacey Stacey
Head of Year 8



Assessment Planners & Goal Setting

The start of a new term always provides a welcome opportunity for renewed hope, vigour and purpose. To help with this students will soon receive via email their Assessment Planners for Semester 2. This details assessment tasks and due dates for each subject. It is important that students spend time making these dates visible and planning their time effectively. During the week 4 Student Wellbeing lesson all year groups will be reflecting on semester 1 and setting goals for the term ahead. Discussions at home about their goals and assessment planners are crucial to a successful term and we thank you for your support in having these conversations.



Be Involved at KSHS 2022

The 2022 edition of “Be Involved” at KSHS has recently been updated and available on the school website. This is a collection of the vast array of opportunities, clubs, competitions, and events that are available for the students at Kenmore SHS to be involved in each year. Collating this together has being a joy in itself - a testament to our staff for all the work they do in providing these opportunities and to our students for their commitment and involvement in each of the opportunities. Our school values encompass Belonging, Integrity, Learning, Excellence and Partnerships. Students who are involved in any or many of these opportunities will be espousing many of these school values in all elements of their participation. We aim for all students at Kenmore to Flourish and Belong - we want students to be actively involved across our school. Students get the opportunity to show Accomplishment, to have Purpose, to be Engaged, to develop Relationships and to gain and recognise Positive Emotions (all of our PERMAH Pillars) when they are involved in any of these activities in our great school.

You can access the Be Involved document [here](#).



Resource of the Week — SchoolTV

Did you know?

Kenmore SHS subscribes to a service called School TV. This resource is purely for parents and regularly updated to empower you as a parent in a range of topics. One of the topics covered is vaping.

Over recent months, there has been a growing concern about the impending epidemic affecting young people in relation to the use of e-cigarettes and the trendy pastime of vaping. As this activity grows in popularity, most teenagers are unaware of the associated risks and the potential impact vaping can have on their development and overall health.

Head to Kenmore SHS website or click [here](#) to find out more.



Parenting Our Gamers: Gaming Webinar

For pre-teen and teenage children, gaming can be a social activity that encourages cooperation, group problem-solving and teamwork. It can also be a way for children to unwind or explore their creative sides.

But you're not alone if you don't really understand what's going on when your child games or whether the games they're playing are right for them. To help with this there is an upcoming webinar designed specifically for parents to view through the Raising Children Network.

In this webinar, they'll explain:

- how to help your child get the most out of gaming
- how to reduce the risk of negative gaming behaviour
- what your child can teach you about gaming – and why it's good to join in sometimes!

This webinar is suitable for families with children aged 11-16 years who want to learn more about their child's gaming and how to make the most of it. In the webinar, you'll be able to ask questions, share experiences, and hear other parents' experiences and ideas.

When: Tuesday 16 August 2022, 7 pm AEST, or at these times in other states.

Duration: 40 minutes, followed by a 20-minute question and answer session

To sign up to the webinar or find out more [click here](#).



Resource of the Week — SchoolTV

The other recent special reports that have been added to the list of resources available to parents include:

Celebrating NAIDOC Week:

https://kenmoreshs.eq.schooltv.me/wellbeing_news/special-report-celebrating-naidoc-week

Managing Overwhelm:

https://kenmoreshs.eq.schooltv.me/wellbeing_news/special-report-managing-overwhelm

COVID Fatigue youth mental health:

https://kenmoreshs.eq.schooltv.me/wellbeing_news/special-report-covid-fatigue-youth-mental-health

Head to Kenmore SHS website or click [here](#) to find out more.