

We are all in this together!

# THE WELLBEING WRAP

STUDENT & PARENTS

Issue #4, 2022

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Education for Life

### This Issue:

- RU Okay? Day
- Wear it Purple Day
- Be Involved at KSHS 2022– Alphabet Alliance
- A spotlight on Physical Activity in our Young people
- School TV Reminder—Physical

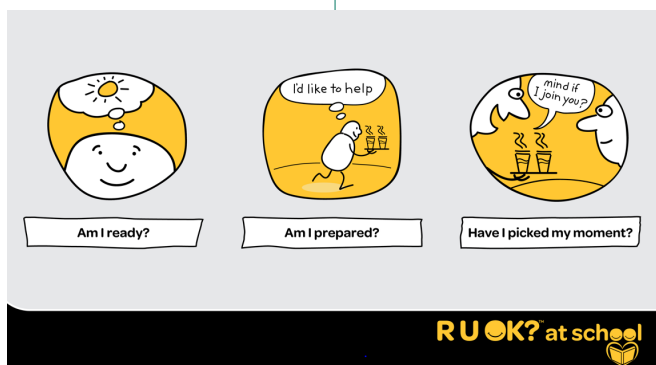


## Term 3 Wellbeing Events– RU OK? Day

This term we have celebrated a range of events such as RUOK Day, Wear it Purple Day and we look forward to celebrating Mental Health Week early next term.

In our Assembly in Week 6 we spoke with all students about RU OK? Day and the importance of supporting peers through asking “Are you okay?”, listening, encouraging action and checking in. We discussed ways to go about doing this effectively and let students know that there are a wide range of support services they can access both externally and here at KSHS.

On Thursday the 8th of September we will run a range of activities in support of RU OK Day including hand painting, colouring and music and just dance will run at first break. While our Senior students are on either exam block (11/12’s) or involved in SET plan conversations on the day, we look forward to seeing as many junior students as possible get involved on the day.



Just some of the resources shared with students during our Week 6 assembly around the importance of being prepared and picking the right moment to ask “RU OK?”



## Wear it Purple Day

On Friday the 26th of August we celebrated 'Wear it Purple' Day. Wear it Purple strives to foster supportive, safe, empowering and inclusive environments for LGBTIQ+ young people. At KSHS we celebrated by wearing purple and ran events Under B Block at lunchtime, including a pledge stall and a create your own rainbow origami. Additionally we held an art show in S Block foyer. It was fantastic to see so many staff and students come out in celebration of this event.



### WHAT EXACTLY IS LGBTIQIA+?

**DON'T BE EMBARRASSED IF YOU'RE AN ALLY BUT WOULDN'T COUNT YOURSELF AS AN EXPERT! IN SHORT IT MEANS:**

- L** **LESBIAN** (a woman who is sexually/romantically attracted to women)
- G** **GAY** (a man who is sexually/romantically attracted to men)
- B** **BISEXUAL** (someone who is sexually/romantically attracted to more than one gender)
- T** **TRANSGENDER** (a term used to describe someone who does not identify as their assigned gender at birth: may also refer to Trans, Transitioning, Trans Man and Trans Woman)
- I** **INTERSEX** (a blanket term people who are born with sexual characteristics that do not subscribe to one specific gender, such as physical characteristics).
- Q** **QUEER AND QUESTIONING** (Queer: a term reclaimed by the LGBTIQIA+ community to represent their wider community and identify. Questioning: a person who is currently exploring their own sexuality).
- A** **ASEXUAL** (someone who shares no or limited sexual attraction to others, however may still engage with romantic interests).
- +** **THE 'PLUS'** is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other seven initials. An example: Sistergirl and Brotherboy' are terms used by Aboriginal and Torres Strait Islander people to describe gender diverse people that have a female/male spirit that is different to their 'assigned' gender at birth.

## Be Involved at KSHS: The Alphabet Alliance

At KSHS we have a wide variety of groups and clubs that students can join in order to promote a sense of belonging. In light of Wear it Purple Day, we wanted to shine a spotlight on our Alphabet Alliance, this is a support group for LGBTIQ+ students and allies. Students meet each week to socialise with safe peers in a safe place. Students meet every Thursday at lunchtime in S110.

You can access the wide range of groups and clubs in our Be Involved document located on our website [here](#).

# Spotlight on Physical Activity–The H in PERMAH

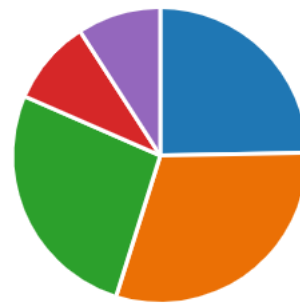
Physical activity and exercise is not only vital to a child’s overall development but it has so many other benefits. With children spending more time on computers being sedentary, it is even more important to get kids moving more. Exercise improves concentration by helping to establish connections between different parts of the brain. It helps kids develop fundamental movement skills impacting positively on their confidence, self-esteem and ability to develop social skills. On an emotional level, it reduces stress and anxiety while improving posture and sleep. Physical activity and exercise is good for your child’s health, now and in the future. Parents should encourage their kids to move or play sport at every opportunity – in and out of school.



In our recent Wellbeing Pulse survey we surveyed students on how often they are getting the recommended 60 minutes of moderate exercise each day? Of the 910 students who responded to the survey, the majority of students complete the recommended exercise between 4 and 7 days each week. There are some fantastic resources available below on SchoolTV regarding physical activity and young people.

## How many days per week are you getting the recommended 60 minutes of moderate exercise each day?

● 6-7 days per week	225
● 4-5 days per week	274
● 2-3 days per week	243
● 1 day per week	85
● 0 days per week	83



## Resource of the Week — SchoolTV– A spotlight on Physical Activity

There is a great section available on our KSHS School TV site focusing on physical activity. This includes some great videos regarding the benefits of physical activity, the link between exercise and good mental health, the most beneficial type of exercise and a range of other fantastic video resources. In addition there are a range of articles on ‘How Much Exercise is Too Much?’, ‘Walking for Exercise: Is it enough by itself?’ and fact sheets on Physical Activity and Depression and Keeping Motivated.



### Physical Activity and Exercise

<https://kenmoreshs.eq.schooltv.me/newsletter/physical-activity-exercise>