

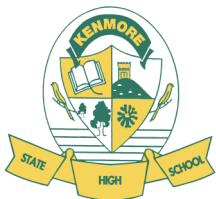
We are all in this together!

THE WELLBEING WRAP

STUDENTS & PARENTS

Term 4, Week 2

STUDENTS & PARENTS



Education for Life

This Issue:

- Welcome Back & Term 4 Student Wellbeing Program
- About Queensland Mental Health Week
- Mental Health Week @ KSHS
- Sleep Week
- Resource of the Week—Smiling Mind

Welcome Back & Term 4 Student Wellbeing Program!

Welcome back to school, students and parents! We hope you had a restful and enjoyable holiday.

This term in our Student Wellbeing program we are focusing on our school value of **Excellence**, with a particular focus on **Engagement & Accomplishment** (the E & A of PERMAH) and the character strengths: **Perseverance & Gratitude**. Each lesson will have these as the overarching themes.

This term kicked off with



'Awareness, Belonging, Connection'

the Student Leadership team have organised a range of activities for staff and students.

With the final term of the year well under way, there is still plenty to look forwards to—KSHS Premier Awards Night, Gala Days and Belonging Events just to name a few.

We can't wait to see all that our students accomplish!

our school community recognising Queensland Mental Health Week (QMHW). In line with this year's theme:

Focus	Accomplishment – How can I ensure I achieve my goals?
Pillars of PERMAH	Accomplishment: striving for and achieving things that really matter to us Engagement: being fully involved in a task and living with interest and curiosity
Character Strengths	Perseverance: persistence, finishing what one starts, overcoming obstacles Gratitude: thankful for the good, expressing thanks, feeling blessed
School Value	Excellence: we are committed to personal excellence
Whole School Events	Mental Health Week; Sleep Week; World Teachers Day; Remembrance Day

Year Level	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Year Level Theme	First Year - Accomplishment	Continue Striving - Perseverance	Achieving More - Engagement	Keep Engaged - Engagement	Keep Going - Perseverance	Final Year - Accomplishment

About Queensland Mental Health Week



QMHW is an annual awareness initiative that aims to promote individual and community mental health and wellbeing, boost awareness of mental illness, reduce stigma and discrimination, and celebrate the contribution of the mental health and community sectors. QMHW takes place in the week of World Mental Health Day on 10 October. In 2022, the week will be celebrated from Saturday 8 October to Sunday 16 October. The theme for 2022 is 'Awareness, Belonging, Connection', reflecting the important factors that help people maintain positive mental health and wellbeing. It is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing.



Mental Health Week @ KSHS

There are six actions we can take to improve our moods, build resilience, and boost our mental wellbeing. These are:

1. **Get healthy**— being active and eating well is good for your mind and body
2. **Keep learning** — learning new things can be fun and boost confidence
3. **Show kindness** — practising small acts of kindness, volunteering time, or simply helping a friend in need can help you feel more satisfied with life
4. **Connect** — spending time with other people is important to everyone’s mental wellbeing and can be done while carefully observing social distancing
5. **Take notice** — paying more attention to the present and the world around you can help you relieve stress and enjoy the moment
6. **Embrace nature** — connecting with the outdoors and taking care of the planet is the best recipe for world wellbeing.

With this in mind, the student leadership team worked hard to put together an amazing week of activities to raise **AWARENESS**, build **CONNECTION**, and foster a sense of **BELONGING**. Some of the activities included: Family Feud themed Trivia, Yoga, Rock Painting and Dodgeball. It was great to see so many staff and students involved! The rock painting in particular was a huge hit!



BELONGING & INTEGRITY

Emotions & Health
Gratitude, Humour, Appreciation

LEARNING & EXCELLENCE

Accomplishment & Engagement
Perseverance & Curiosity

PARTNERSHIPS

Relationships & Purpose
Love, Kindness, Teamwork, and Social Intelligence

Sleep Week

Newborn babies find it easy. Toddlers sometimes find it daunting. Teenagers are convinced they don't need it. Adults want it but frequently don't have the time for it. Seniors have time for it but often can't achieve it. Yet it's a simple fact that whatever your age, getting a good night's sleep is one of the best ways of staying happy and healthy. It's just as important as a good diet and regular exercise. This year Sleep Health Foundation launched the first Australia-only Sleep Week which ran from Monday 26th of September – Sunday 2nd of October.

Adequate amounts of sleep are an essential part of our health, productivity, performance and overall wellbeing. Sleep Week shines the spotlight on sleep, which is often overlooked as a health and lifestyle factor, to promote the importance of sleep via education and awareness.

We all need different amounts of sleep depending on our age. We also all have different factors that influence how long we sleep for and how well we sleep. How and when we sleep changes dramatically from around the onset of puberty, through to when you are about 20 years old.

How Much Sleep Do You Really Need?	
Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

Good Sleep Habits

- Go to bed at the same time each night. The body has an internal clock and hormones that control sleepiness and wakefulness. This clock works best if there is a regular sleep routine.
- In the hour before going to bed, it is important to have a relaxing sleep routine.
- Turn off all screens (e.g., computers, smartphones) 1-2 hours prior to bed, and if possible, not have them in the bedroom.

Find all this and more at <https://www.sleephealthfoundation.org.au/>

Resource of the Week — Smiling Mind

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

- #1 Apple Health & Wellbeing App 2018 – Australia
- Trusted by over 6.1M people
- 100% evidence based
- FREE Programs for children and adults
- Just 10 minutes a day!

