

St Paul's Primary School

Wellbeing & Community Newsletter

Issue 3, 2023

Thursday 22nd June, 2023



The St Paul's Community acknowledges the Wurundjeri people as the Traditional Custodians of the land on which we teach, learn and pray. We acknowledge the continued deep spiritual attachment and relationship that Aboriginal and Torres Strait people have to Country and pay our respects to Elders, past and present as we commit ourselves to the ongoing journey of reconciliation.



In Term 3, we welcome Haido and Stephanie to the Core Wellbeing Team...

Mrs Nicole Azarnikow will begin Parental Leave on the 14th of July. Mrs Haido Borg has been appointed to replace Nicole in her role as **Student Wellbeing Leader** and will commence in the role at the start of Term 3.

3 Fun Facts about Haido:

- ★ Has a rescue cat named Zendaya
- ★ Loves the colour purple
- ★ Enjoys eating Thai food

Mrs Stephanie Garcia has been appointed to replace Ms Mareta Parsons as **Learning Diversity Leader** (LDL) commencing at the start of Term 3. She will be working in the LDL role on Monday, Tuesday and Thursday supporting our current LDL Leader, Mrs Kara Brizzi.

3 Fun Facts about Stephanie:

- ★ Loves to travel
- ★ Enjoys cooking
- ★ Has a twin brother



Updated St. Paul's Core Wellbeing Team (Term 3)

Rebeca Lopez: Mental Health and Wellbeing Leader
rlopez@spsunshinewest.catholic.edu.au



Lisa Peplow: RE Leader / Child Safety Officer
lpeplow@spsunshinewest.catholic.edu.au



Haido Borg: Student Wellbeing Leader
hborg@spsunshinewest.catholic.edu.au



Kara Brizzi: Learning Diversity Leader
kbrizzi@spsunshinewest.catholic.edu.au



Cathy Doran: Deputy Principal
cdoran@spsunshinewest.catholic.edu.au



Stephanie Garcia: Learning Diversity Leader
(Mon, Tues, Thurs)
sgarcia@spsunshinewest.catholic.edu.au





At the end of Term 2, we farewell Chloe De Rosbo-Davies (Catholic Care Counsellor) and Poppy (Therapy Dog). They will be leaving St Paul's to fulfil other roles outside of schools.

We would like to welcome Emily Dyos (Catholic Care Counsellor) who will be working at St Paul's on Mondays and Wednesdays beginning in Term 3. We look forward to working with Emily.

My name is Emily and I'm excited to introduce myself as the new Psychologist (provisionally registered) commencing at St Paul's on Mondays and Wednesdays in term 3, 2023. I'm passionate about working with young people and their families and am looking forward to learning about the school community. In this role, I'll be walking alongside some of the young people at St Paul's as they go through life's journey, providing psychological support to the best of my ability. I hope that you all have a safe and restful school holidays and I look forward to meeting you all next term.



National Sorry Day at St Paul's

On Friday the 26th of May, the students and staff at St Paul's Primary School were very fortunate to have Wurundjeri Elder, Aunty Annette Xiberras come to our school and perform a Welcome to Country Ceremony. Together we celebrated the beginning of Reconciliation week and acknowledged the importance of National Sorry Day to our Aboriginal and Torres Strait Islander community.

The students and staff were then welcomed around a fire pit and enjoyed the beautiful eucalyptus scented smoking ceremony. We were shown how to embrace the beautiful cleansing smoke as we walked through it. Aunty Annette went on to welcome us to Wurundjeri Country and assured us all that today, and this week wasn't just about Aboriginal history but everyone who sees themselves as being part of Australia's history!

Aunty Annette gave everyone a sense of belonging on Wurundjeri Country and reassured us all that we are on this Reconciliation journey together.

We are all very excited to be travelling on this Reconciliation journey together!



Butterfly Foundation Incursion

A few weeks ago the SMA students participated in an incursion at school run by the Butterfly Foundation. The incursion focused on:

- strategies to build resilience and improve self esteem
- understanding the various influences on body image and ways to manage these positively
- media and social media literacy skills
- modifiable risk factors that underpin body image issues
- protective factors
- the importance of help-seeking



The Butterfly Foundation has a National Helpline (1800 33 4673) that offers free and confidential support. *"We're here for anyone in Australia concerned about eating disorders or body image issues, whether you need support for yourself or someone you care about. All our counsellors are qualified mental health professionals with a background in psychology, social work or counselling. They also have specialist training in eating disorders and body image."*

A BodyKind FAMILY...

6 WAYS TO BE #BODYPOSITIVE



Talks kindly about bodies; our own and each other's



Values ourselves and each other, for who we are not how we look



Tries not to compare our bodies and appearance to each other and our friends



Finds ways to move that are enjoyable and make us feel good



Enjoys a range of fun and nutritious foods and listens to what our bodies need



Treats our own and each other's bodies with kindness and respect



Recognises no one is perfect and anyone can ask for help

For free resources to help you connect with your teenager and family around body image and being body kind visit www.butterfly.org.au/bodykindfamilies

In a world where we can be anything, let's be BodyKind



1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.



2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an 'ideal' body, think: What goes into looking that way? How many people do you see in everyday life that look like that? Is it realistic or helpful to compare yourself to that standard?



3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.



4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.



5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.



6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.

Concerned about someone?
Butterfly's free and confidential National Helpline can support you.

Phone Email Webchat
1800 33 4673
www.butterflynationalhelpline.org.au

Respectful Relationships Topic 3

The third topic covered in SEL this year was Positive Coping. Learning in this topic provides opportunities for students to identify and discuss different types of coping strategies. When children and young people develop a language around coping, they are more likely to be able to understand and deliberately use a range of productive coping strategies and can prevent the use of unproductive coping strategies. Students build their collection of coping strategies and benefit from critically reflecting on their own choices and being exposed to alternative options.

Activities introduce students to the concept of self-talk and practice using positive self-talk to approach and manage challenging situations. Positive self-talk is a key strategy for coping with negative thoughts, emotions and events. It is associated with greater persistence in the face of challenge and can be learnt or strengthened through practice.

Positive Coping Student Work: JTC

When I am angry I sit in the shade and ~~the bird~~ here the wind blow kids playing look up the sky and when I feel good I ~~sten~~ up and enjoy the sunny day.

Flora

This is a great strategy to help you when you feel angry Flora!

✓ 8/5

rub my face

do yoga or stretch

do yoga with my friends

take a break & use calming tools like stress balls & take deep breaths

WALK AWAY COOL DOWN

It's normal to feel angry sometimes but I need to find helpful ways to control my angry feeling

I watch TV

make a calm game

do some exercises

Go to sleep or take a shower

Play with my toys

Listen to calm music or look at photos

I read a book

do some exercises

Excellent work Nikolas! ✓ You have mentioned so many great strategies to help you when you feel angry. 8/5






In this lesson, JTC students identified coping strategies to help in dealing with anger.

Nikolas

Lexie

Doing some yoga Gary for a walk
 Taking a ^{deep} DIP breath going to a calm space
 It's normal to feel angry Sometimes
 But I need to find helpful ways to control my anger


Great strategies to help you control your anger in a positive way Lexie! 8/5

Celine





Some ways to get away your anger
 It's normal to feel angry Sometimes
 But I need to find helpful ways to control my angry feelings
 Excellent work Celine! These are great strategies to help you when you feel angry. 8/5

Drink water & Cool off
 Do a big breath and cool off
 Calm Down and do some fun activities
 Take a
 Take a Big Breat
 Get some Fresh air
 Stay strong Relax cool off
 Be strong cool off calm down and Relax
 Thing About
 Have happen and a bit of




Angelie

take a break
 It's normal to feel angry Sometimes
 but I need to find helpful ways to control my angry feelings
 Scribble on paper
 Great work Angelie! These are some great strategies to help you when you're feeling angry. 8/5

Heiravel

take deep breaths
 It's normal to feel angry Sometimes
 but I need to find helpful ways to control my angry feelings
 Great strategies to help you when you feel angry Heiravel! 8/5



Respectful Relationships Topic 4

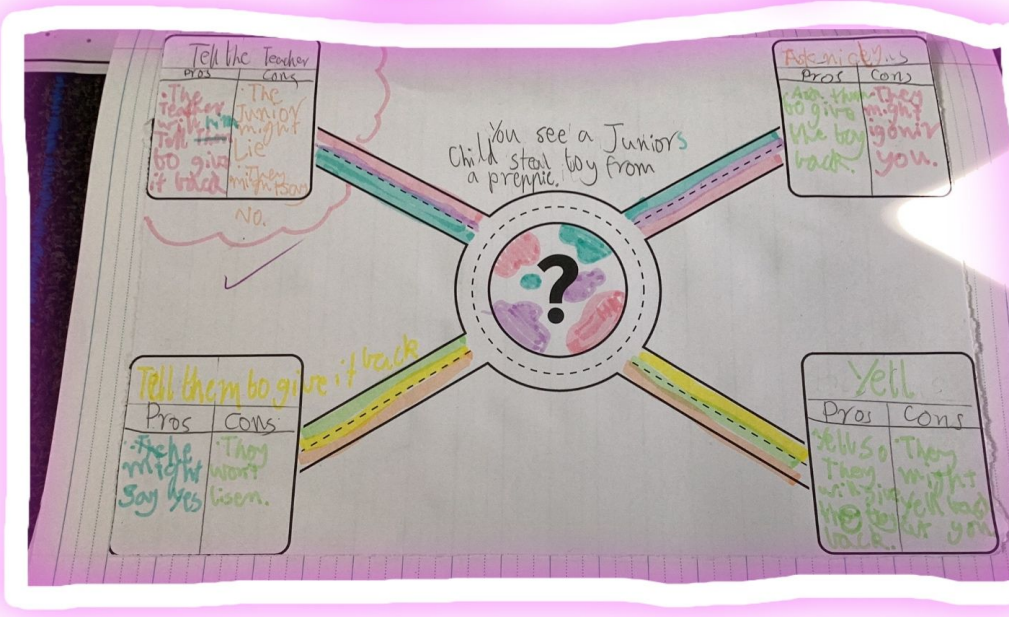


The fourth topic covered in SEL this year was Problem Solving. It is important to help students learn a range of problem-solving skills through applied learning tasks so they are able to cope with the challenges they will face in the future. Problem solving is identified by the World Health Organisation as a key skill for health. To be able to solve problems, children need to be able to think critically and evaluate the consequences of various actions.

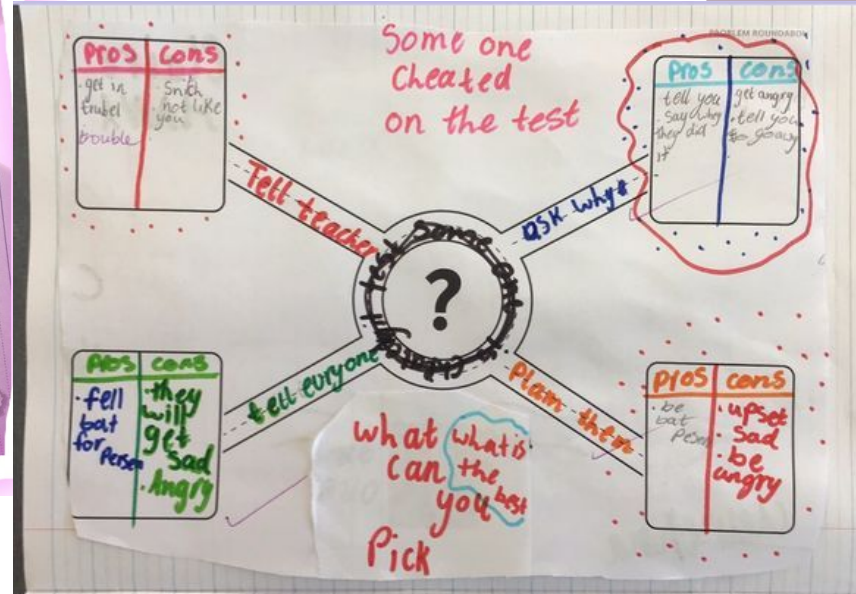
Problem-solving skills are an important part of the coping repertoire. The classroom program provides a number of learning activities to develop students' problem-solving skills. The activities in the program assist students to develop their critical and creative thinking skills, and to apply them to scenarios exploring personal, social and ethical dilemmas.

Problem Solving Student Work- MET:

In this lesson, MET students developed their recognition that problems are a normal part of life and recognised that there are solutions to problems. They developed a range of strategies to use to solve problems.



Ellie



Claire

Core Values Award

Congratulations to PMD!

PMD were our May Core Value Award winners. They won the Care and Compassion Core Value Trophy.

PMD earned the Care and Compassion Core Value award for demonstrating care for each other and their teachers. PMD always use their manners and include others. PMD collaborate well when working in groups and pairs.

We congratulate PMD and Miss Melissa for being role models to others by showing care and compassion for all.



Student Podcast - Zoe and Aliza

On Friday 9th June, a select few middles and senior students visited the Arts Centre for a Podcast Excursion. The purpose of this visit was for students to experience all the different technologies to create your very own podcast.

We needed to write our own podcast script. Zoe wrote a podcasts on how to beat boredom, called Boredom Buster. Aliza wrote a podcast called Zen Zone, its purpose was to help others find peace in their everyday life. We could only record one and we choose to record Zen Zone.

We used different equipment including microphones, headphones and a mixing box to record our voices. Then we used an app to edit and enhance the recording. You can listen to our final cut by scanning this QR code, we hope you find your zen after listening. Thanks for listening – Aliza and Zoe (SAS)



**Zen Zone
Podcast**

Support Phone numbers

NEED TO TALK?

Support & Information Contact Point for Young People

Crisis Helplines

Emergency Services

(Call if you or someone you know is in danger)

000

Open: 24/7

Lifeline

lifeline.org.au

13 11 14

Open: 24/7

Help & Support

Kids Help Line

kidshelpline.com.au

1800 551 800

Open: 24/7

Beyondblue

<https://www.beyondblue.org.au/>

1300 224 636

Open: 24/7

Butterfly Foundation

<https://butterfly.org.au/>

1800 334 673

Open: 8am – midnight, 7 days

Victorian Aboriginal Health Service

vahs.org.au/yarning-safenstrong

1800 959 563

Open: 24/7

Family Violence

1800RESPECT

1800respect.org.au

1800 737 732

Open: 24/7

The Orange Door

orangedoor.vic.gov.au

1800 312 820

Open: 24/7

Quick Help Guide

Support Available To You During Times of Crisis

Help & Support Lines

Lifeline

lifeline.org.au

13 11 14

Open: 24/7

Nurse On Call

<https://www.healthdirect.gov.au/nurse-on-call>

1300 60 60 24

Open: 24/7

Griefline

<https://griefline.org.au/>

1300 845 745

Open: 7 days, 12 noon–3 am

Vinnies Welfare Assistance Line

www.vinnies.org.au

1800 305 330

Open: Mon-Fri, 10am-3pm

HeadtoHelp

headtohelp.org.au

1800 595 212

Open: Mon-Fri, 8.30am-5pm

SANE

<https://www.sane.org/>

1800 187 263

Open: 10am – 10pm weekdays

Victorian Aboriginal Health Service

vahs.org.au/yarning-safenstrong

1800 959 563

Open: 24/7

MensLine

www.mensline.org.au

1300 789 978

Open: 24/7 for men

Support Services

Jesuit Social Services

<https://jss.org.au/>

8595 2438

Open: 24/7

Smith Family

<https://www.thesmithfamily.com.au/>

0468 521 300

Open: 9am-5pm

Food

Anglicare Emergency Relief – Sunshine

Walk in Service – No appointment required

0427 812 517

Open: Mon and Thurs, 10am-1pm

Salvation Army – Sunshine

Leave a message and they will contact you.

9364 9335

Open: Wed to Fri, 10am-3pm

Family Violence

GenWest

<https://genwest.org.au/>

1800 436 937

Open: 24/7

1800RESPECT

1800respect.org.au

1800 737 732

Open: 24/7

Safe Steps

www.safesteps.org.au

1800 015 188

Open: 24/7

If you cannot safely call the phonenumber email: safesteps@safesteps.org.au

Financial Stress

Anglicare

anglicarevic.org.au

0439 271 411

Open: 24/7

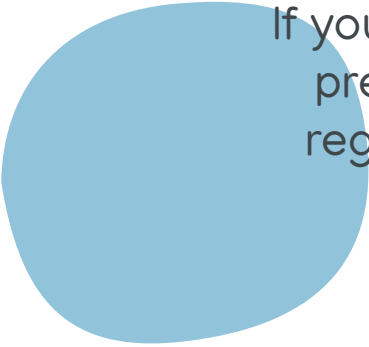
Good Shepherd Australia New Zealand

They provide free, confidential and independent advice.

1800 007 007

For more helpful numbers, see

<https://www.health.vic.gov.au/mental-health-services/telephone-and-online-services>



If you would like any further information about the content presented in this newsletter or have any suggestions regarding topics to cover in our next issue, please feel free to contact us.

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To view previous issues of the Wellbeing and Community Newsletter, [visit our school website.](#)

