

St Paul's Primary School

# Wellbeing & Community Newsletter

Issue 5, 2023:

**Wednesday 22nd November,  
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.*



# Updated St. Paul's Core Wellbeing Team (Term 4 - 2023)

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# Mental Health & Wellbeing

Just like our bodies, we need to keep our minds healthy too!



Mental health is all about our mind's health. Mental health is made up of your emotional (feelings), psychological (thoughts) and social wellbeing (connecting with other people). It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

Wellbeing includes feeling good both mentally (in your mind) and physically (in your body). When our wellbeing is flourishing, you can manage your own thoughts, feelings and behaviours. We can keep problems in perspective and cope with challenges. Flourishing wellbeing doesn't mean you are happy all the time, but you are aware of your emotions and can manage your strong feelings. During times when we are struggling with our mental health or wellbeing, we can use strategies to help us feel better. Different strategies work for different people, some examples of helpful strategies may be: listening to music, going for a walk, calling a good friend, patting a pet or seeking help from a trusted adult.



Flourishing /  
Really great!

Going Ok

Struggling

Impacting how I feel  
and think every day

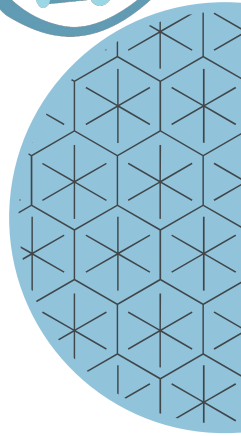
# Mental Health & Wellbeing at St Paul's

At St Paul's, we value our school communities Mental Health and Wellbeing. We have invested in raising the profile of mental health and wellbeing of our students, staff and families. In doing so, we have employed a full time Student Wellbeing Leader and a Mental Health and Wellbeing Leader. We established our Core Wellbeing Team who meet weekly to discuss how to further support wellbeing in our school.

In 2022, we wanted to further raise the wellbeing profile with our students by providing a physical and tangible space, The Mental Health and Wellbeing Hub (The Hub). The purpose of the Hub is to provide a calm, safe space available to students when/if they need it. Students continue to have access to the Hub to help support their Social Emotional Learning, during class times and recess/lunch.

We use the space:

- to facilitate small SEL groups
- as a calm space for students to use at recess/lunch times when needed



# Our Wellbeing Hub has moved!

Due to the building works, the Mental Health and Wellbeing Hub has moved to the portables.



Students can still access the space when needed as well as during recess and lunch times

# Mental Health in Primary Schools Project

At the end of 2021, St Paul's was invited to take part in the Mental Health in Primary Schools (MHiPS) pilot project. Due to the success of the project at St Paul's and at the other 100 pilot schools, in June 2022, the Andrews Labor Government announced they would further fund this project to support 1800 Victorian primary schools to build their capacity in mental health. The funding will enable MHiPS to scale to every government and low-fee non-government primary school in the state. The scale-up will occur from 2023-2026.

The MHiPS Model enabled St Paul's to have a full time Mental Health Wellbeing Leader (MHWL) role (an experienced educator). The role of the MHWL is to build the capability of the whole school about mental health and wellbeing (identification, promotion and prevention), provide support to staff and support students with mental health needs, establish clear pathways for referral for students who require further support, and monitor and evaluate student progress.

We were very lucky at St Paul's to be one of the first schools to come into the project and to continue our journey with the MHiPS model to support our school and community to promote and support a mentally positive community.

# Want to know more? Visit these resources

**Good Mental Health for  
Children: 3-8 years**



**Mental health in pre-teens  
and teenagers: 9-18 years**



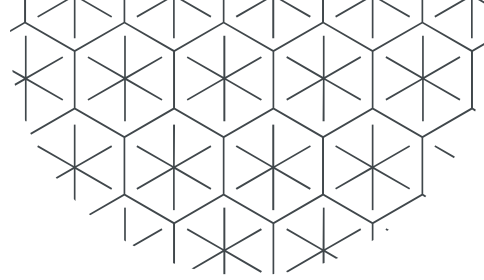
**Mindfulness for children and  
teenagers: 3-18 years**



**Positive thinking: activity for  
children, teenagers and parents**



# Day For Daniel



On Friday 27th October, students were encouraged to wear red and donate a gold coin to remember Daniel Morcombe.



As a school we were able to raise \$227 for the Daniel Morcombe Foundation – what a great effort!





# Who was Daniel Morcombe?

Daniel Morcombe was a 13 year old boy, living with his parents and brothers on the Sunshine Coast in Queensland.

While on his way to buy Christmas presents for his family at a local shopping centre, he went missing.

He was last seen wearing a red t-shirt, waiting for a bus on Sunday 7th December 2003. He was abducted and murdered; after years of searching Daniel was finally found in 2011.

Daniel's parents, Bruce and Denise, started the Daniel Morcombe Foundation to give back to the community who had supported them. Today, the Daniel Morcombe Foundation is one of the most well known not for profit child safety organisations in Australia. Daniel's story changed child safety in Australia and the determination and dedication of his parents has inspired the entire nation.

# Child Safety at St. Paul's



Day for Daniel supports what we do at St Paul's in having a strong Child Safe Culture.

Ministerial Order 1359 requires all Victorian Schools to comply with requirements to keep children safe. The 11 Child Safe Standards are underpinned by Ministerial Order 1359 and came into effect from July 2022.

The Day for Daniel aligns with Child Safe Standard 3: Child and Student Empowerment and Child Safe Standard 4: Family Engagement.

Day for Daniel encourages all members of the St Paul's community to have discussions around Child Safety with the visible reminder of the colour red in memory of Daniel Morcombe. .

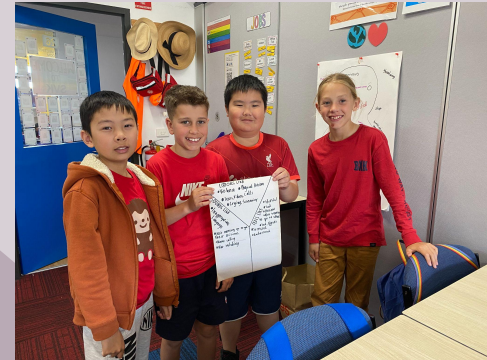
# Child Safe Standards



Please scan the QR  
code for more  
information on the Child  
Safe Standards

# Day for Daniel Activities

Across the school – each year level participated in a number of activities with the focus of keeping students safe!



# Core Values Award

## Congratulations to PRB!

PRB were our October Core Value Award winners. They won the Care and Compassion Core Value Trophy.

PRB earned the Care and Compassion Core Value award for helping others and showing kindness to one another.

We congratulate PRB and Miss Rachel for all their hard work and dedication to being such caring and compassionate members of the St. Paul's community.



# 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](https://lifeline.org.au)

13 11 14

Open: 24/7

### Help & Support

Kids Help Line

[kidshelpline.com.au](https://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

[vahas.org.au/yarning-safenstrong](https://vahas.org.au/yarning-safenstrong)

1800 959 563

Open: 24/7

### Family Violence

1800RESPECT

[1800respect.org.au](https://1800respect.org.au)

1800 737 732

Open: 24/7

The Orange Door

[orangedoor.vic.gov.au](https://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](https://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](https://www.vinnies.org.au)

1800 305 330

Open: Mon-Fri, 10am-3pm

HeadtoHelp

[headtohelp.org.au](https://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

[vahas.org.au/yarning-safenstrong](https://vahas.org.au/yarning-safenstrong)

1800 959 563

Open: 24/7

MensLine

[www.mensline.org.au](https://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](https://1800respect.org.au)

1800 737 732

Open: 24/7

Safe Steps

[www.safesteps.org.au](https://www.safesteps.org.au)

1800 015 188

Open: 24/7

If you cannot safely call the phonenumber email: [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)

### Financial Stress

Anglicare

[anglicarevic.org.au](https://anglicarevic.org.au)

0439 271 411

Open: 24/7

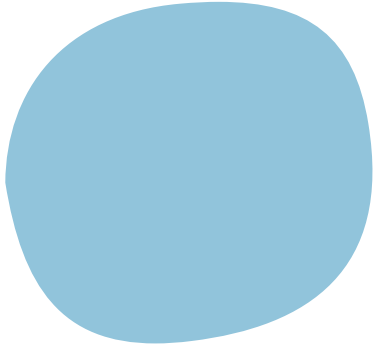
Good Shepherd Australia New Zealand

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.

Haido Angelos

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

