

# Wellbeing Hub Newsletter



## Welcome 2017 & Meet our Team

Our Wellbeing Hub Newsletter is now into its second year. Last year we had so many positive comments about the articles and tips published. We continue to welcome any feedback or input into our newsletter. Just to remind families, the Wellbeing Hub Newsletter is published at the end of each term. It is available to view on our website at <http://www.goldengrovehs.sa.edu.au/news-publications/other-news.html> and on the Skoolbag app.

From last year, we have a change to our Wellbeing Hub team. Our team consists of 2 student counsellors – Belinda Noack and Tim Potter. We welcome Tim into the Student Counsellor role for term 1 and term 2 of 2017. Sandy Rawlings continues her role in 2017 as Family & Youth Counsellor, working with FLO and disengaged/non-attending students and their families to promote engagement, Lisa Hubbard and George Hirst are our Student Support Officers/Mentors who point students in the right direction when entering the Wellbeing Hub. Lisa and George support the effective operation of the Wellbeing Hub.

## InSchool Psychology

GGHS have developed a positive partnership with InSchool Psychology for nearly 4 years now. InSchool Psychology provides free psychological services to our students and their families. It is offered onsite through the Wellbeing Hub.

We would like to welcome back Michelle Appleyard who began working with us and our students in 2016. Michelle

works on a Tuesday with referred students. Celine Wei also joined our partnership in late 2016 and works for a half day on Wednesdays.

For any more information regarding how to use this service, please contact the school and ask to speak with our student counsellors, Belinda Noack or Tim Potter.

## Articles of the Term

### LIFE – SCHOOL BALANCE

by Cherie Gauci at  
Grassroots Wellness

Flick through any health or lifestyle magazine and no doubt you will find at least one article written for adults, by adults, that focus on the ultimate work / life balance and tips on how to minimise daily stress. While teenagers may not be raising a family or working full time, sadly many are still under a lot of pressure from their daily responsibilities. Too commonly the effects go unnoticed by parents, teachers and peers and the teenagers can be at risk of slipping through the cracks without support or guidance.

We know too well that the effects of stress, when left unattended, can creep, leaving us feeling overwhelmed, tired and anxious (not to mention a host of other symptoms listed below).

Teenagers tend to try to manage and cram into their lives a variety of daily activities like studying late into the night, juggling sports, having a social life, running to a schedule, family disruptions, as well as just having everyday issues, all of which add to emotional stress. While adults are more likely to recognise signs of stress within themselves, sometimes teenagers may miss these important signs - that they are in need of additional support or access to activities that can help them manage their stress. They could even find it hard to tell someone how they are feeling, particularly if they are not coping. As a parent this is concerning in itself, however one of the best strategies as a parent if you are concerned about your teenagers, is to look out for one or more of the following symptoms:

- Losing interest in things they once enjoyed
- Not eating or sleeping well
- Wanting to be alone / avoiding friends and family
- Daydreaming
- Procrastinating
- Sudden drop of school grades
- Feeling guilty or not worthy
- Showing extreme emotions – anger / sadness (overreacting)
- Worrying constantly about appearance
- Feelings of being afraid
- Constant headaches / stomach aches
- Forgetfulness
- Withdrawing from social situations
- Inability to concentrate well or make decisions
- Turning to drugs / alcohol
- Eating too much or too little
- Over exercising (obsessive)
- Taking risks
- Struggling to get up in the morning
- Feeling overwhelmed

All of the above are signs that something is not going so well and they may need support around better prioritising their life, perhaps a listening ear as well as having the support that allows them to take time out to learn new coping strategies and/or undertake stress reducing activities.

If left unattended and the stress continues over a long period of time, studies have shown that brain chemistry can be affected possibly leading to depression, anxiety, thoughts of suicide and complete withdrawal and loneliness.

There are many different ways to help manage and cope with stress and to allow the mind and body to relax. This could be an activity like yoga, meditation, dancing, nature, reading or listening to music.





Or a quicker simpler method of a few minutes of deep breathing and breath awareness. This is a fantastic way to relax the nervous system and calm the body.

If you suspect your teenager is experiencing stress or overwhelm it is important to speak with them about it, identify the issue(s) and work together in getting back on track as soon as possible. This could mean a combination of counselling, time

## What rules should you have around digital devices? By Michael Grose

*Young peoples' digital technology use needs to be managed and monitored by parents. That means we need to have some rules and guidelines.*

Only a few short years ago the biggest question making the rounds of parents about tweens and teens was if their young person should have a mobile device. Now it's a matter of when, not if, they get a mobile phone. Increasingly, young people are beginning secondary school as experienced digital users with many coming to secondary school on the first day with a tablet in their schoolbag and a mobile phone in their pocket.

One thing is for certain, technology is an issue you'll struggle with for the rest of your parenting life. We've created the technology and unleashed it on our kids and now we seem to be scrambling like mad to keep up. Adding to this complexity is the fact that technology keeps changing rapidly. We just come to grips with one device or app when a new one comes along that we have to learn about.

Technology is here to stay. It's no point being doom and gloom, as digital technology has so many advantages. For instance, most parents report that

management and stress relief activities such as yoga, breath work and meditation.

Cherie Gauci is a Wellness Coach at Grassroots Wellness ([www.grassrootswellness.com.au](http://www.grassrootswellness.com.au)) and is currently teaching Yoga at Universal Balance Wellness Studio, Redwood Park and at the Australian School of Meditation and Yoga, North Adelaide.

they feel safer when teenagers have their own mobile phones because of the GPS features that allow them to know the whereabouts of their young people. Teenagers also report that their mobile provides an important communication safety net for them as the driver for greater independence takes them further from home.

You'd have to be living under a rock not to realise that digital technology also presents new challenges such as cyber-bullying, gaming, worries about social media, and young peoples' exposure to inappropriate images. On top of this digital technology gives young people access to a virtual world that is totally seductive, particularly for those with poor impulse control. Also, the nature of technology means that young people can spend a lot of their time heads bent and staring into a screen, which is not healthy in the long term.

Young peoples' digital technology use needs to be managed and monitored by parents. That means having some rules and guidelines in place. Every family makes up their own rules to suit their circumstances but here are some suggestions that will help you put some order into the digital devices that come into your home.

### 1. Know what the rules and expectations are at school

This is a great starting point for families. Every school is different – some allow mobile phones to be kept in student lockers or backpacks, while others allow



limited mobile phone usage in-between classes or even during class time to aid with assignments. Make sure that you and your child know what the rules are at school. Importantly, support the school and align your expectations with those of the school.

## 2. Specify hours for digital use

Determine the time your young person can start using tablets and mobile phones and when they need to be shut down at night. It's smart management for the whole family to work within those guidelines so it becomes the way you do things in your family. This age group is incredibly susceptible to being pressured by peers to be online 24/7 that I suspect there will be some young people who appreciate an acceptable 'out' from their digital device.

## 3. Consider a digital contract

Mobile phone "contracts" were popular with parents a few years back and I still think they are a smart way to go. Set out your tablet and digital phone usage guidelines and print them an agreement that you and your young person can both sign. If there are any disputes, then you both have the expectations in writing. This notion maybe a little formal for many peoples' tastes but it removes the grey areas around expectations that many young people are likely to exploit.

## 4. Lay out consequences from the start

Put known consequences in place if these usage rules are broken such as removal of the tablet or phone for a short time. These should be reasonable rather than excessive and include some input from your young person, which should make it more likely to cop should they need to be implemented.

## 5. Talk about respectful relationships, safety and pornography

You can't let your young person loose on digital technology without having

multiple conversations about keeping safe, respectful behaviour and pornography. Each of these topics is a separate issue on its own but each is impacted by the virtual, boundary free nature of digital technology with massive ramifications for the quality young people's relationships and wellbeing.

## 6. Be prepared to learn

Be ready to learn about social media and different apps and games that young people may be playing. But, also be mindful of boundaries. A recent Australian survey found that young people view TV-watching as a way of connecting to their family and social media to as a way of connecting to their friends.

## 7. Change rules if need be

Many families will have a young person who thinks that rules are made to be broken so they always push boundaries, limits and parent patience. Parents, on the other hand, should believe that rules are made to be changed. Be prepared to change your rules based on your young person's behaviour, maturity, sleep patterns, incompleteness of homework, bullying or other issues that will invariably crop up and make them realise that the rules you set just aren't working.

## 8. Keep digital technology out of bedrooms

If there was one rule that you should stay firm on, then this is the one. Many young people are in sleep deficit as it is without bringing digital devices into the frame. They may say they want to charge it in their room. Keep the charger in a public place. They may even want to use their mobile or tablet to wake up in the morning. I applaud them taking on this task but get them an alarm clock instead.

## 9. Have a digital detox at least one day per week



## Why Parents Today Matter More Than Ever

### “Building a relationship with your child”



Wow, what a great topic to start this year's Golden Way Partnership Community Parenting forums, hosted at the Golden Grove High School. Our speaker for this topic was Joy Anasta. Joy, (Psychotherapist, Counsellor, Parent Coach) who has her own private practice, working with children and their families, addressed an eager audience of over 85 community members including parents and teachers. Joy shared insights and strategies on how to handle some of the most challenging issues facing parents today, while building and maintaining a healthy relationship with our children.

Joy's main message throughout the evening was; “Children flourish in an environment with structure and established boundaries, where agreement to ‘house rules’ (Non-negotiables) is expected, in order for our children to reach their full potential”. Joy spent time ‘unpacking’ different parenting styles, prompting many of us to consider the impact these approaches may have on the behaviours and attitudes in our children. Joy also explored the new phenomenon of **over-indulgence**, the **difference** between what our children need and what they want to balance the teaching of compassion, love, patience and responsibility. Joy spoke further about including chores for children from as young as 3 years old so that they develop a resilience to give and receive

As is common practice in our forums, people from the audience were able to raise questions at the presentation providing an opportunity for specific parenting issues to be addressed.

Following every presentation offered by the Golden Way Partnership Parenting forums, there is an opportunity for people to attend a follow up group (Day/Night groups available). This opportunity provides a ‘safe’ place for parents/caregivers to explore and consider ways to apply this parenting information into their day to day relationships with their families.

Our next speaker at GGHS is Mark Le Messurier. The date and topic of this presentation is yet to be advised (Term 2 2017).

If you were unable to attend Joy Anasta's presentation but would like to be on the email list for further presentations or parent group involvement please contact Sandy Rawlings (GGHS) on 8282 6400.

**Sandy Rawlings**  
Family Youth Counsellor



## Cyber-safety Tip of the Term

According to a new study from Pew Research Centre, 92% of teens report going online daily, including 24% reporting going online almost constantly. 56% of teens, 13-17 years of age, go online several times a day.

Given these statistics, our tip to help teens use social networking safely is:

**DON'T BELIEVE EVERYTHING YOU READ**

## Wellbeing App of the Term



### 'Balanced'

Some of us are not so great at making time for our health and wellbeing. Balanced is a scheduling app that gently reminds you through push notifications to have some balance in your life such as going for a walk, practicing yoga, reading a book, etc.

**Best features:** Welcoming and colourful interface; wellness reminders modified to suit your goals; encouraging and positive tone.

**Cons** Scheduling tracker only works week-by-week; free version limited to five activities.

*Free, [iOS](#) only.*

## Useful Websites for Parents and Teens

- [www.reachout.com.au](http://www.reachout.com.au)
- [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- [www.esafety.gov.au](http://www.esafety.gov.au)
- [www.headspace.org.au](http://www.headspace.org.au)
- [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

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