

Wellbeing Hub Newsletter

Safe Schools Coalition

Despite negative media attention, Golden Grove High School is proud to continue the partnership with Safe Schools Coalition Australia. By joining the coalition, we make a commitment to build a school that is free from homophobic and transphobic bullying – a school that is safe and inclusive for same sex attracted, intersex and gender diverse students and staff. This fits in with our school values of Identity, Care and Respect.



This national program was initiated with Commonwealth funding to deliver on the aims of the National Safe Schools Framework - to build safe school communities where diversity is valued, the risk from all types of harm is minimised and all members of the community feel respected, included and supported.

Australian research shows that experiencing homophobic and transphobic harassment can result in low self-esteem, poor academic achievement, absenteeism, poor mental health and higher rates of suicide. This program will help us in our ongoing commitment to support all students to thrive at Golden Grove High School.

As a member school we receive free access to high quality resources, tailored professional development, consultancy and ongoing support from SHine SA who deliver the program in SA.

'*Families Like Mine*', an online resource that offers practical advice to families of gender diverse and same-sex attracted young people can be accessed from www.beyondblue.org.au.

Cyber-safety Tip of the Term



DO NOT GIVE OUT PERSONAL INFORMATION

You should never share your last name, home address, school name, or telephone number. Remember, just because someone asks for information about you does not mean you have to tell them anything about yourself!

Articles of the Term

'BED-UCATION' – Adolescent Sleep and Wellbeing

Adolescents require around 9-9.5 hours of sleep per night due to their increased growth rate and for their brain to carry out functions like:

- Storing information
- Linking information
- Concentrating and
- Problem solving

IS YOUR CHILD GETTING THIS?

If not, it can cause many problems in the following areas:

- Emotion (depressed and moody)
- Sporting and academic performance reduced, including truanting
- Poor decision making
- Lacking enthusiasm
- Poor immune system

POOR SLEEP = POOR LEARNING – SO WHAT CAN YOU DO?

- Try and get your child's sleeping pattern into a routine. This includes weekdays and weekends. No more than one hour difference. However they may need to catch up on some sleep on the weekends so use 'napping' for ONLY 20 minutes around the 4pm mark.
- minutes before bed time.
- Have breakfast outside as the natural light can assist in your child waking up.
- Exercise is great, but not close to bedtime as it will stop your child from falling to sleep.
- No caffeine after dinner time.

MORE SUPPORT

- www.sleepfoundation.org/doze
- www.sleepaus.on.net
- www.focusededucation.com.au
- www.sleepsense.net
- Book – Solve your Child's Sleep Problems by Richard Feber
- Book – The Sleep Sense Program by Dana Obleman



5 Tips For Lowering Stress Resilience by Happy School

Choose a positive attitude – our attitude has a HUGE impact on our stress levels and our effectiveness each day. It is vital to realise that our attitude is NOT imposed on us. We have a choice each and every day. We can choose to be positive and enthusiastic or negative and at the mercy of others. The choice is ours! The attitude that we have is probably the most important decision that we make each day.



Only worry about things you can control – worrying about things that are beyond our control is a waste of both time and energy. “Only worry about the things you can control.

Forgive and move on – holding on to resentment is also a waste of energy. At times we are hurt by the actions or behaviours of others. People disappoint us at times and let us down. Holding a grudge and animosity to others eats away at us and consumes energy. That energy could be better used investing in positive relationships with people who matter in our lives. Move on! People make mistakes, they hurt us, disappoint us and let us down. You have a choice to consume energy revisiting that or move on!

Make exercise a habit – physical exercise is one of the most effective stress management strategies. However often one of the first things that we stop doing when we get busy is exercising. Making exercise a regular part of our schedule is important and needs to remain a priority, especially when we get busy and are therefore even more susceptible to stress. At times of stress it is VITAL to keep exercising.



Show gratitude – recognising and acknowledging the good things that exist in your world is helpful in keeping perspective. We have much to be appreciative for – freedom, choices, abundance of food, friends and a job that has the potential to make a difference in the lives of others.

A thought courtesy of Jimmy Harmon

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd asked the “half empty or half full” question. Instead, with a smile on her face, she inquired: “How heavy is this glass of water?”

Answers called out ranged from 8 oz. to 20 oz.

She replied, “The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralysed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes.”

She continued, “The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralysed – incapable of doing anything.”

Remember to put the glass down.





Wellbeing App of the Term

The Check-in App

Who's it for?

Anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.

How's it work?

The app takes you through four steps, super easy and super quick, getting you to think about where you might check in, what you might say and how might you support your friend. There is also a section showing you things to consider, such as what if my friend denies there is a problem or what if I say something silly.

After you have had your conversation you can go back into the app and rate how it went. The app will then give you advice on the next steps.

There's also links to where you can get support and tips from young people.

Where do you get it?

It's free to download from [Google Play](#) and the [Apple App Store](#).

Useful Websites for Parents and Teens

- www.reachout.com.au
- www.kidshelpline.com.au
- www.esafety.gov.au
- www.headspace.org.au
- www.bullyingnoway.gov.au

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