

# Montmorency Secondary College NEWSLETTER

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**MONTMORENCY**  
SECONDARY COLLEGE

24 March, 2022 Newsletter No. 2

## **STUDENT PROGRESS INTERVIEW DAYS (STUDENT FREE DAYS)**

**TUESDAY 29 MARCH & WEDNESDAY 30 MARCH, 2022**

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**END OF TERM 1—EARLY DISMISSAL**

**Friday 8 April, 2022**

**Students dismissed at 1:22pm—Buses depart 1:30pm**

## **FROM THE PRINCIPAL**

And that was Term 1!

Term 1 has been an exciting and busy start to the year. With the overlay of COVID management, Rapid Antigen Testing and the work to return to usual operations at Monty has meant that the term has been jam packed with learning, assessments, activities, sports days, excursions and camps. Thank you for the efforts of our whole school community including staff, students and families for their support throughout the term.

### **International Women's Day – Celebration & Pauline Toner Prize – Monday 8<sup>th</sup> March**

Monday 8<sup>th</sup> March was International Women's Day, an annual celebration of the social, cultural and political achievements of women across the world. The theme for 2022 was #BreakTheBias, designed to bring conscious and unconscious bias to the forefront.

Montmorency Secondary College attended the 'Celebration & Pauline Toner Prize' Event hosted by Vicki Ward MP. The Pauline Toner Prize is available to young women in Year 9 and above who live/study in the Seat of Eltham; and nominations must show leadership promoting social justice, gender equality and/or preserving the environment and the unique actions taken by the nominee.

This year, Tahlia Sakkas was nominated for this prestigious prize for her efforts in removing the stigma related to Mental Health and supporting and promoting wellness amongst the Monty school community. Tahlia led the 2021 Wellness Week initiative and co-ordinated activities for students and staff to engage and reconnect with school post-remote learning. An initiative that continues into 2022 and we are all very excited about. Congratulations on your nomination, Tahlia – well done.



**Frances Ibbott, Caitlin Penrose, Clara Di Biase, Maya Manganaro, Tahlia Sakkas, Marney Ryan, Natalie Henry, Abbey Campbell, Remy Brent**

**Tahlia Sakkas**

## FROM THE PRINCIPAL Cont...

### Wellness Week – Monday 21<sup>st</sup> March to Friday 25<sup>th</sup> March

Wellness Week is again up and running for 2022, and the SRC are excited to promote wellness and positive mental health activities for students and staff at the College. The week kicked off with Assembly on Monday 21<sup>st</sup> March and the week of activities will include a Heart project, Mindfulness activities, Wordle Wednesdays, Guess the Staff Member competitions, Scavenger Hunt, Gratitude Wall and other activities designed to provide connection and engagement throughout the year.

### Swimmers off to State!

Congratulations to those swimmers who made it through to District from our swimming carnival earlier this term. From an impressive 87 swims on the day, 42 results registered first or second place from Monty students. Congratulations and well done to those who competed on Wednesday 23<sup>rd</sup> March at WaterMarc and to the 5 students who have made it through to the State Finals!

### Camps & Excursions

Delightful that there have been so many opportunities for students to get back into excursions and camps; and engage in real world learning opportunities outside of the classroom. The broad range of activities and events on offer to students is amazing and has included Year 7 Camp to Angelsea; Outdoor Ed Camps – Year 11 & 12 Camps – Falls Creek, Grampians, Snorkelling; Year 9 Endeavour – Salvos & Street Art Walk; Top Arts & Top Designs visits highlighting exemplary VCE student work; and Art – CBD Street Art & Blender Studios. We hope to continue to engage students in learning with the additions of these experiences to complement the classroom program.

### New School Council

Montmorency College Council has been appointed for 2022, and we are delighted to welcome the new Council for the first meeting on Wednesday 23<sup>rd</sup> March. The College Councillors include:

#### Parent Representatives

Sue Tutera  
Matthew Trounce  
Neal Topia  
Jane Gillard  
Kelly Rogel  
Jenny Young  
Danielle Smith

#### DET Staff Representatives

Frances Ibbott (Executive Officer)  
Clara Di Biase  
Mark Lohrey  
Michael Weeding  
Joshua Perez

#### Student Representatives

Charlotte Freestone  
Brayden Dimmack

#### Community Representative

Colin Baker

### Student Progress Interviews – Tuesday 29<sup>th</sup> March & Wednesday 30<sup>th</sup> March

Student Progress Interviews have been planned and scheduled for Week 9, on Tuesday and Wednesday. They are running on-site in a face-to-face setting.

We ask families to be conscious of physical distancing and COVID safe practices and to not attend if they are displaying symptoms of COVID-19. Please note, all families attending on site must be double vaccinated as required by the Department of Education.

*“In Victorian government schools, parents, carers and other adult visitors (excluding students who visit a school to complete a secondary school subject) who enter school buildings must be able to show evidence of two doses of COVID-19 vaccine or have a valid medical exception. Proof of vaccination can be checked by a COVID-19 digital certificate (Service Victoria app or smartphone wallet) or printed copy of a digital certificate or immunisation history statement.” <https://www2.education.vic.gov.au/pal/covid-19-vaccinations-visitors-volunteers/policy>*

Interim Reports have been completed and distributed, and bookings for these interviews are now open and can be booked through Xuno.

Families who are unable to attend (for a range of reasons) should make contact with their child’s teachers to arrange an alternative time to discuss their child’s progress – this may be through email or phone call. **This is an important opportunity to discuss progress on student learning with your child’s teachers and we encourage all families to attend.**

## FROM THE PRINCIPAL Cont...

### Information Evening – Tuesday 5<sup>th</sup> April

An information evening for prospective parents will be running to showcase and share Montmorency Secondary College with the broader College Community. It will be an opportunity for prospective families who have not booked in for a school tour to be able to visit the school premises. It should be noted that the school tour presentations will be the same as the Information Evening.

### Athletics Carnival – Thursday 7<sup>th</sup> April

As we near the end of Term 1, the College's whole school Athletics Carnival will again be running on Thursday 7<sup>th</sup> April. It will be a wonderful opportunity for students to compete in the athletics program and connect with other students and staff on the day whilst competing for House points! We look forward to another wonderful day.

As the end of Term 1 draws near, I would like to thank staff, students and families for the continued and ongoing support with engaging positively in the educational experiences on offer here at Monty; to thank you for your support with the Rapid Antigen Testing program that has enabled us to stay open and operational and deliver teaching and learning face-to-face and on site. It has been a big and impressive school term, and I hope that all take the time to rest and recharge over the school holidays break.

Frances Ibbott  
Principal

### TERM 1 & TERM 2, 2022 AT A GLANCE

Tuesday 29th & Wednesday 30th March	Student Progress Interview Days (student free days)
Tuesday 5th April	College Information Night
Thursday 7th April	Athletics Carnival
Friday 8th April	Last Day of Term 1—Early Finish 1:22pm
Monday 25th April	Anzac Day
Tuesday 26th April	Term 2 Begins
Monday 2nd—Friday 6th May	Year 9 City Experience
Monday 9th—Friday 13th May	Year 10 Work Experience
Wednesday 18th—Friday 20th May	Year 8 Camp—1
Monday 23rd—Wednesday 25th May	Year 8 Camp—2
Monday 30th May —Thursday 9th June	Year 10 & 11 Exams
Friday 10th June	Report Writing Day (student free day)
Monday 13th June	Queen's Birthday Holiday
Friday 24th June	Last Day of Term 2—Early Finish 1:22pm

### YEAR 10 VACCINATIONS

#### Wednesday 24 August, 2022

Year 10 Vaccination Consent cards have been sent home via students and are now due back at the College. Please return ASAP.

The Secondary School Vaccine program offers a free Meningococcal ACWY vaccine to all Year 10 students. This is delivered by the Banyule City Council Immunisation Service.

# College Reminder: Mobile Phones

*In 2019 the Minister of Education announced that “Mobile phones were banned for all students at Victorian state primary and secondary schools from Term 1 2020”. The new mobile phone policy required that students who choose to bring mobile phones to school must have them switched off and securely put away during school hours.*

## The role of technology

We live in an exciting and technology-rich world and mobile phones are an important modern day communication tool. The school acknowledges that access to a mobile phone by children is important to many of our families in providing a sense of safety for their child while travelling to and from school, and for confirming or changing after school arrangements.

## Managing the impact of mobile phones

Mobile phones often create disruptions and distractions in classrooms. Establishing a ‘mobile phone free zone’ helps teachers to establish and maintain a focused and productive teaching and learning environment.

Research has found that mobile phones can be disruptive in classrooms and open to misuse at school (e.g. accessing inappropriate content, cyberbullying, and unauthorised photography). Additionally, research shows that the unregulated presence of mobile phones in classrooms can undermine students’ capacity to think, learn, remember, pay attention and regulate emotion.

At recess and lunchtime our school also values the opportunity for students to communicate with each other face-to-face or be involved in activities rather than being focused on a device, particularly when using the device to engage with social media.

Technology is increasingly impacting the way in which students learn and communicate. Therefore, when a student has been given explicit permission to access and use such devices to enhance learning by the classroom teacher, mobile phones will be permitted for that specific purpose.

For a small number of students with particular health needs, an exception to the policy may be granted. Please contact the school if you would like to discuss this.

We would like to remind all students and members of our school community of our school’s expectations regarding the safe and appropriate use of mobile phones at school. The mobile phone policy can be found on the College website for further information and reference.

## Emergency situations

In the event of an emergency or if you need to contact your child, we ask that families contact the staff in the school office who will pass on a message as needed.

Many Thanks

Clara Di Biase—Assistant Principal

## MONTMORENCY SECONDARY COLLEGE SCHOOL TOURS

Small group tours and information sessions are conducted regularly at the College throughout February, March, April and May. If you are considering enrolling your child at Montmorency Secondary College we warmly invite you to join us on a tour to see our College in action.

Bookings for College tours can now be made online via the College website [www.montysc.vic.edu.au](http://www.montysc.vic.edu.au)

**PLEASE NOTE:** The College has introduced a number of protocols to ensure we remain COVID safe.

All participants are required to pre-book their tour. Unfortunately, we are unable to accommodate anyone who has not pre-booked. Tour sizes are capped, and tours are limited to 3 attendees per family to ensure social distancing. Tours are limited to those families of current Grade 6 and Grade 5 students.

Tours will begin at 9.15am, and generally conclude by 10.50am. Families are asked to enter the College through the Dobson Road entrance.

*In line with current Victorian Government regulations, all patrons attending this event must be fully vaccinated against Covid-19. Proof of double vaccination will be required on arrival at the College.*

If you need to cancel or change a booking please contact the General Office on 9422 1500.

## Breaking the Bias

International Women's Day

On Monday the 7th March, Montmorency Secondary College was invited to attend the International Women's Day event at Monsalvat, hosted by Vicki Ward, MP. The event presented the 2022 Pauline Toner Prize, where nominated young women from each surrounding school were acknowledged for their achievements throughout 2021. Also, in attendance were Principals, Assistant Principals, teachers and the nominees' parents.

Melanie Kwee, Director of Communications and Stakeholder Engagement at Major Roads Projects Victoria, shared her experience as a woman forging her path in a traditionally male dominated industry. Melanie's stories reflected the 2022 International Women's Day theme of "Breaking the Bias," and it was a pleasure to be in attendance.

The Pauline Toner Prize recognises the achievements of local young women active in the community in areas of social justice, environment and/or gender equality. It was a privilege to be amongst eight other incredible nominees, and a huge congratulations to Shahla Paynter, Eltham High School, who was awarded the 2022 Pauline Toner Prize.

Tahlia Sakkas 12B

*Pictured Right: Montmorency Secondary College students, Tahlia Sakkas, Abbey Campbell, Remy Brent and Maya Manganaro attended the International Womens Day event at Monsalvat.*



*Pictured L to R: Frances Ibbott (College Principal), Caitlin Penrose (English/Literacy Leader), Clara Di Biase (Assistant Principal), Maya Manganaro, Tahlia Sakkas, Marney Ryan (Parent of Tahlia), Natalie Henry, (Learning & Teaching Leader), Abbey Campbell and Remy Brent.*



## Year 7 Camp—Angahook Holiday Camp

For our Year 7 camp, we went to Angahook holiday camp, near Aireys Inlet. It was one of the best camps I have ever been on, the people were nice, the activities were salubrious, and it was overall just fantastic. Some of the activities were giant swing, archery, rock climbing, low ropes, and a day down at the beach raft building and surfing. All of the activities were loads of fun and I think everyone enjoyed it immensely. I think that most of us would go back without a second thought!

Murray Lister 7A



## MUSIC NEWS

Many of our Y7 students have started the exciting new journey of learning an instrument over the last week since returning from camp. There are still a few students that are being placed, so please be patient as every application is attended to. There are a limited number of places still available for brass (trumpet/trombone) and string (violin/cello) starting lessons. If interested please complete the google form linked here

<https://forms.gle/dmNLJUazq23dsjUT6>

### NEPAL FUNDRAISING EVENT

A wonderful night, filled with music took place last Thursday at the Heidelberg Golf Club to aid Eltham Rotary to raise money for a school in Nepal. Thanks to many of the students in the VCE music class who volunteered to provide some wonderful background music throughout the night, as well as being involved in a class band. The night culminated in the Funk Band performing two of the songs that they have recently recorded at Jets Studios. Congratulations to all involved.

Sharon Cooke



## PERFORMING ARTS NEWS

The cast of 'The SpongeBob Musical' has officially been announced. See below interviews with Zane Saavedra (SpongeBob) and Ava Keiper (Sandy), two of our Year 12 students who have taken on the lead roles in the show. More information on tickets coming soon!



**Zane Saavedra**

### **Why do you think the SpongeBob Musical is such a great show?**

This show, to put into 1 word, is everything. It is hard to explain how much this show is a love letter to musicals without just straight up spoiling the entire thing. But the important thing to make clear is that you can walk into this show loving one aspect of musical theatre and leave having seen that element executed in a fun and exciting way. From a tap-dancing jazz number to a rap battle this show will leave no stone, or shell, unturned and doesn't shy away from big ensemble pieces that will amaze. Just from the few full cast rehearsals we have had it is clear that this musical is very special to everyone working on it and I cannot wait to share it with all of you. – *Zane*

I believe 'The SpongeBob Musical' is such a great show because it values teamwork and has a variety of characters allowing a range of performers to shine. This show is comedic, high energy and extremely relatable for audience members. - *Ava*

### **What inspired you to audition for the role? What is your favourite part about the character?**

After finishing 'Matilda' at the end of last year, the news of this year's production was announced. I was quite excited about it and knew that I was going to audition to be in the show, however I was completely stumped as to what role I should audition for. After a few weeks of listening to the songs and some convincing from Ava, Sandy Squirrel, I decided on trying for SpongeBob. Having no formal singing training before it was a challenge to practice over the holidays but coming back to school I felt confident and ready. I felt very fortunate when I got the role, as SpongeBob, in both the TV show and the musical, is a very interesting character, and I was very excited to explore and develop my own interpretation of them. This show investigates how people react in the face of crisis and how friendship, unity and the power of optimism can save the world. SpongeBob, being one of the only characters willing to save his town when faced with the end of the world must overcome his insecurities and stop trying to become someone that he is not, but rather except himself and become a strong leader because of this. – *Zane*



**Ava Keiper**

I was inspired to audition for the role of Sandy as she possesses qualities I wish to see more in myself. She is driven, smart and courageous and that is why I love this character so much. In addition to this, I have absolutely loved my time performing in all Montmorency Secondary College productions available to me and I knew this show and character would help me end my time performing with the college on a high note. - *Ava*

### **What is the best part about the Monty performing arts community?**

By far the best part of the performing arts community is the community itself, and the relationship the students share with the teachers. The less formal relationships, I believe, lead to a more inclusive and comfortable environment where all of us can learn and grow our performing arts talents. The cast of 'SpongeBob' is around 80 students and teachers, yet you never once feel lost in the crowd, whether you have a solo song or are a part of the ensemble you always have the opportunity to express your ideas and creative interpretations. You feel this unity between all these people who share the same love and craftsmanship for the performing arts, building up relationships with everyone for years all culminating into the performance week where all of your handwork pays off and you get to perform. It quickly turns from an inclusive work environment to one huge family where no one is more or less important than the next person. – *Zane*

My favourite thing about the Monty performing arts community is the sense of connection. This program sparks engagement and friendships between all year levels as we work together to achieve great things. I love how the connections established through these productions develop overtime, it's so rewarding seeing cast members interacting not just in rehearsals but out in the school yard too. – *Ava*

**Interviews and photos by Sienna Brent**



# Nepal fundraiser a great success

After three postponements last year the Rotary Club of Eltham finally made it happen together with support from the Montmorency Interact Club Executive and the fabulous Monty Music department.

Despite my early concerns about numbers attending we had a full house and could not have added another seat! The night was packed with activity, the highlight being the one hour motivational presentation by Mark (Squiz) Squirrel on his experiences as a commando and humanitarian aid worker in war zones, culminating in reaching the summit of Mt Everest. Special mention must also go to the College VCE Music class, Funk Band and individual performers who all did a sterling job entertaining guests and promoting the College music program. Thanks also go to Fran Ibbott and the College staff who supported the event by their attendance.

The silent and live auctions helped to raise the staggering sum of \$9,000 which will be supplemented by a further \$5,000 from a benefactor. This will guarantee the Teacher Training Facility being funded in Kathmandu, Nepal will be fitted out and fully operational in the near future. Its role is in-service training for teachers in remote mountainous localities and will help to raise the standard of education in a country where literacy is still only around 75%. Some of the funds will provide basic school supplies for students in remote schools, which we take for granted here.

Ian Toohill—International Director

Vicki Bucher—Interact Coordinator

Rotary Club of Eltham





# The Hurting Game

Brainstorm Productions will be presenting their student wellbeing performance 'The Hurting Game' for Year 7, 8 and 9 students.

Year 8 & 9—24th May, 2022

Year 7—13th May, 2022

'The Hurting Game' is a live theatre experience that explores the skills we need to cope with life's challenges and build meaningful connections. The performance highlights the games we play to give ourselves a false sense of power and belonging, which can lead to anxiety, loneliness and disconnection. It challenges students to think about how they treat themselves and others, both online and offline, and provides strategies for breaking unhealthy behaviour patterns. Issues such as (cyber)bullying, mental health and body image are unpacked in the post-performance Q&A and help-seeking information is provided. The themes can be followed up further in the classroom with a series of curriculum-aligned lesson plans.

'The Hurting Game' is part of our student wellbeing curriculum and has been developed by education and mental health professionals. This engaging theatrical experience uses humour, relatable characters and real student experiences to spark conversations about friendships, online behaviour, resilience and mental health.

Brainstorm Productions is one of Australia's largest and most respected theatre in education companies, performing to over 300,000 students every year. They offer a range of programs to help schools build healthy and harmonious environments, addressing issues such as mental health, cyber safety, bullying, resilience and positive relationships. They are endorsed by the eSafety Commissioner as a Trusted eSafety Provider. If you would like to know more about Brainstorm Productions, you can visit

[brainstormproductions.edu.au](http://brainstormproductions.edu.au), or follow them on Instagram ([@brainstormproductions](https://www.instagram.com/brainstormproductions)) or Facebook ([Brainstorm.Productions](https://www.facebook.com/Brainstorm.Productions)).

**Brainstorm**  
Productions

## **DOES YOUR CHILD NEED TO LEAVE SCHOOL EARLY???**

- Students are not permitted to leave the College grounds during the school day without permission.
- It is expected that students will make dental, medical and other appointments, outside school hours wherever possible.
- If a student needs to leave school early for any reason, the following procedure should be followed:
  1. The student should have a note from the Parent/Guardian requesting permission for the student to leave school at the specified time.
  2. Upon arrival at school, the student is to take the note to their Level Co-ordinator, who will then sign the note and return it to the student.
  3. The student then presents the signed note to their class teacher when they need to leave.
  4. Once the student leaves class, they will present the note to the General Office staff and sign the Early Leavers record. The office staff will retain the note for attendance recording.
  5. If the student needs to return to school later in the day, or following the appointment, they need to report to the General Office and sign in.
- It is important that class interruptions are kept to a minimum. Wherever possible, parent/guardians are asked to avoid telephoning the College in order to have students paged or dismissed from class and should follow the above procedure instead.

## **ARRIVING LATE TO SCHOOL**

- Students who arrive after Home Group need to report to the General Office to sign in and collect a Late Pass.
- A note from a Parent/Guardian, explaining the student's late arrival, should be provided to the General Office, or alternatively, the Parent/Guardian should telephone the General Office, providing a reason for their child's late arrival.
- Students who do not provide an acceptable reason for being late to school may be given detention.

## **ILLNESS AND FIRST AID**

- Students who become ill should advise their classroom teacher that they are feeling unwell and receive permission to report to Sick Bay, located in the General Office.
- Students should not use their mobile phones to contact parents directly during class time.
- Students who report to Sick Bay will be attended to by the College Nurse and, if necessary, parents will be contacted.
- It is important that a current emergency telephone number is listed on each student's school record. Any change to the home address, work address and telephone numbers or emergency contact should be provided to the General Office immediately.

## CAREER NEWS



### KANGAN INSTITUTE EXPERIENCE DAYS 2022

Kangan Institute will be hosting a series of Experience Days open to secondary schools students across our campuses in 2022. Experience Days are hands-on structured workshops that showcase our courses, facilities, teachers, students and industry connections. With a suite of interactive workshops and fun activities to choose from, participants gain insight into the opportunities on offer when studying with TAFE.

#### WHAT HAPPENS ON THE DAY?

- Participate in hands on interactive workshops run by our experienced teachers.
- Receive in-depth information about our courses and career pathways.
- Tour our campus and see the facilities.
- Hear from our industry partners about what's happening in the field
- Enjoy a FREE lunch
- Free bus transportation (school groups only) within a 50km radius of campus\*

#### HOW THE DAY RUNS

- Schools attending Experience Days will take part in 2 x 90 minute workshops that provide insight into different Kangan Institute course areas.
- Each workshop has been matched with a 'sister' workshop based on their compatibility, e.g. 'Hairdressing & Beauty Services' or 'Engineering & Construction'.
- Prior to arriving on campus, students must select their area of interest and will complete both sister workshops on the day.

#### EVENT TIMES

10:30am – 12:00pm: Workshop 1  
12:00pm – 12:30pm: Lunch Break  
12:30pm – 2:00pm: Workshop 2

## Kangan Experience Days

These events are free including bus travel and lunch.

### Event 1 – Kangan Docklands Campus Thursday 23<sup>rd</sup> June

#### Study Area: Automotive

Workshops: Motorsport Mechanical, Auto Electrical & Autobody

(Students will experience all 3 workshops)

### Event 2 – Kangan Cremorne Campus Thursday 25<sup>th</sup> August

#### Study Area: Fashion

Workshops: Fashion Design & Fashion Merchandising

#### Study Area: Hair & Beauty Service

Workshops: Hairdressing & Beauty Services

Any students in Year 9 or 10 interested in attending this event need to register their interest with Mr Weeding in the Careers Office.



## Rare opportunity for students considering a pathway to the Auto Industry

The Australian Automotive Aftermarket Expo and Collision Repair Expo will be held at the Melbourne Convention & Exhibition Centre, 1 Clarendon Street Southbank from Thursday 7- Saturday 9 April 2022

Hosted by the Australian Automotive Aftermarket Association, more than 250 companies will showcase new products and services over 16,500 square metres. The stunning feature includes the **Workshop of the Future Pavilion** which includes a display of state-of-the-art equipment and technology as well as regular presentations from industry experts.

Working within the automotive industry is fast-paced and an exciting career choice, with over 17 million cars and motorcycles registered in Australia that all need to be serviced and repaired. The automotive industry is currently on the road to a more environmentally friendly future and technological innovation will be a crucial feature as cars continue to evolve to meet the needs of a low carbon economy.

On Saturday 9 April only, the Expo will be open for the first time to school students.

Free Tickets will be available at the ticket box to students simply by your students scanning a QR code at the Expo entrance

It would be appreciated if you could circulate this information to your senior students.

- What:** Australian Auto Aftermarket Expo and Collision Repair Expo
- Where:** Melbourne Convention and Exhibition Centre
- When:** Saturday 9 April 2022 10am – 4pm
- Access:** Student scan a QR code at entrance of Expo. All students must be double vaccinated and will also scan the government QR code on entry.

For further information please email [autoadmin@iecgroupp.com.au](mailto:autoadmin@iecgroupp.com.au)

# School Holidays

WELLBEING SUPPORT

FOR TEENS

HOLIDAYS CAN BE FUN AND RESTFUL. A TIME TO SLEEP IN, DO SOME FUN ACTIVITIES WITH YOUR FAMILY, AND HAVE A BREAK FROM YOUR STUDY AND THE RIGOROUS DEMANDS OF ATTENDING SCHOOL.

HOWEVER FOR SOME STUDENTS, IT MAY BE A LONELY TIME, AND YOU MAY MISS SOME OF THE USUAL SUPPORTS, SUCH AS YOUR FRIENDS AND TEACHERS AND SCHOOL STAFF. (OR MAYBE NOT 😊)

THIS GUIDE PROVIDES TIPS TO CONTINUE LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING DURING THE SCHOOL HOLIDAYS AND SERVICES TO REACH OUT TO IF YOU NEED SUPPORT.

## **Actions to support positive mental health over the school holidays**

- **Exercise boosts mood and mental health – make it fun!**
- **Nourish your brain by eating healthily – it will also improve your mood**
- **Prioritise sleep to support mental and emotional wellbeing**
- **Explore relaxation techniques and coping strategies**
- **Stay in touch and catch up with friends and loved ones**
- **Make time to do things you enjoy**
- **Practice positive self-talk – and remember you are not alone**
- **Seek professional help if needed.**

**Feeling it: mindfulness resources and activities for students, tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, and seeking support if needed**



## **Signs that you or a friend may need mental health support**

**Keep an eye out and seek professional help for changes that last two or more weeks such as:**

- **Loss of interest or involvement in activities normally enjoyed**
  - **Feeling 'low', unusually stressed or worried**
  - **Ordinary things get harder**
  - **Being easily irritated or angry**
- **Taking more dangerous risks, like using alcohol or drugs**
  - **Withdrawal or feeling overwhelmed**
- **Difficulties with concentration and motivation**
  - **Having a lot of negative thoughts**
  - **Changing in sleeping and eating.**



## Supporting your friends

**You and your friends are most likely to turn to each other for support before seeking out an adult or service provider.**

**You and your friend's can support each other by:**

- **·contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others**
- **·reaching out to a friend, offering support and letting them know you care**
- **·letting your friend know you may need to tell a trusted adult about your concerns.**

**Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website: [How to help a friend going through a tough time.](#)**

## Mental health supports

1. **·Your local GP can provide you with additional support. Ask your adult carers to make an appointment for you with your local doctor if you feel like you might need support or a referral.**
2. **·[ehespace](#), online and phone support and counselling to young people aged 12 to 25 and their families and friends: 1800 650 890 / [www.headspace.org.au/ehespace](http://www.headspace.org.au/ehespace)**
3. **·Kids Helpline, online and phone counselling for young people aged 5 to 25: 1800 551 800 / [www.kidshelpline.com.au](http://www.kidshelpline.com.au)**
4. **·[headspace Counselling](#): All Victorian secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your local headspace centre.**
5. **·Lifeline, crisis support and suicide prevention for all Australians: 13 11 14 / [www.lifeline.org.au](http://www.lifeline.org.au)**
6. **·Beyond Blue, online and phone counselling for individuals experiencing depression and anxiety and their families:1300 224 636 / [www.beyondblue.org.au](http://www.beyondblue.org.au)**
7. **·Head to Help, digital mental health resources from Australian organisations: 1800 595 212 [www.headtohelp.org.au/](http://www.headtohelp.org.au/)**
8. **·Suicide Call Back Service, online, phone and video counselling for anyone affected by suicidal thoughts: 1300 659 467 / [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)**
9. **·contacting 000 if you are in an emergency, or at immediate risk of harm to yourself or others.**