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WOW

HELPFUL WELLBEING LINKS

[Headspace Beyond Blue ReachOut Head to Health](#)

Positive Health & Wellbeing

THIS ISSUE:

- **Staying Connected**
- **Getting Healthy**
- **Regulating Device Time**



Staying Connected:

Our social connections are very important to us all, especially adolescents.

Our connections are the bedrock to our wellbeing.

As parents, we can encourage positive relationships and ways to meet or make friends at school.

Each school day at VPSHS, all students have the opportunity to participate in organized lunch time activities.

Students can view the lunch time activities roster via Day-map notices.

For more ideas on how you can help your student strengthen their friendships click on:

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-peer-pressure/help-your-teenager-make-great-friends>



Regulating Device Time:

Many of our adolescents are engrossed by the digital world.

As adults, it is important that we help our students to learn self-regulation and appropriate online safety.

Click on the following link for ideas on how to converse with your student and/or model online safety.

<https://www.esafety.gov.au/parents>

Getting Healthy:

Taking care of our body is one of the most important things we can do to improve mental health and wellbeing.

Getting active, eating well and getting enough rest, strengthens our immune system and sense of wellbeing balance.

This can sometimes be hard to achieve in our busy lives.

For more ideas and information on how you can help your student stay healthy click on:

<https://mentalwellbeing.initiatives.qld.gov.au/get-healthy>

Do you know about the VPSHS Lunch Time Support Room?



The Lunch Time Support Room (LTSR) is open at second break in Moongalba.

Encourage your child to come along to the LTSR, to talk to one of our trained staff, about social concerns and challenges.

Staff will assist with strategies and guidance to make every environment a great environment.

CHAPPY CHATTER VPSHS FACEBOOK

Inspirational Wellbeing Information to Students and Families

General Practitioner Outreach Clinic At VPSHS

VPSHS has GP support services for any concerns student have regarding their health and/or wellbeing. Dr Lesley Wyld and Dr Patrick Chen (from the Victoria Point Surgery – The Good Doctors), are based at the school Student Services HUB each week and can provide health care, health information, advice and treatment. For more information about the GP Outreach Clinic Services at VPSHS Student Services HUB or to make an appointment for your child, Ph: 3820 5838 or Email: wellbeing@vpshs.eq.edu.au

Words of Wellbeing



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