

# MENTAL HEALTH AND WELLBEING NEWSLETTER Term 4 Week 2 2025



Dear Parents and Carers,

This term, students at Clairvaux will continue developing their social and emotional skills through a variety of learning experiences.

Week 1: all classes will revisit expected behaviours to support a positive and productive learning environment.

Week 2: the whole school will reflect on our Touchstones of Growth and Respect.

Week 3: students will participate in a Cyber Safety "Inform and Empower" incursion.

Week 4: will focus on the Day for Daniel, a day dedicated to raising awareness about child safety and preventing child abuse.

Week 5: students will continue exploring child safety, learning strategies to keep themselves safe.

Throughout the term, students will reflect on the strategies they have learned this year to support their wellbeing and positive functioning. Grade 5 and 6 students will also explore further themes of being safe socially while online, leadership and transition to secondary school

***If you have any further questions about your child's SEL learning, please don't hesitate to contact your child's classroom teacher OR the Wellbeing Team.***

| Social and Emotional Learning in Term 4 |                                                                                       |        |        |        |        |                          |                                                  |
|-----------------------------------------|---------------------------------------------------------------------------------------|--------|--------|--------|--------|--------------------------|--------------------------------------------------|
|                                         | Prep                                                                                  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5                   | Year 6                                           |
| Week 1                                  | Welcome Back to School. Review of the expected behaviours in the classroom for Term 4 |        |        |        |        |                          |                                                  |
| Week 2                                  | Touchstones; Growth and Purpose                                                       |        |        |        |        |                          |                                                  |
| Week 3                                  | Cyber Safety Week; Inform and Empower Incursion                                       |        |        |        |        |                          |                                                  |
| Week 4                                  | Day for Daniel - Australia's Biggest Child Safety Lesson Friday 31st October          |        |        |        |        |                          |                                                  |
| Week 5                                  | Child Safety                                                                          |        |        |        |        |                          |                                                  |
| Week 6<br>-Week 9                       | Mental Health and Wellbeing Recap - Using strategies to help us feel well!            |        |        |        |        | Respectful Relationships | Respectful Relationships                         |
|                                         |                                                                                       |        |        |        |        | Leadership               | Michelle Mitchell<br>- Preparing for High School |

## TOOL OF THE WEEK

### Week 1: Review term 3

**Week 2: Dandelion breathing** Imagine where inside you, your worries live. Now imagine a big fluffy dandelion there, As you breathe in, imagine breathing into the dandelion. Hold for two, then breathe out slowly as though you're blowing the dandelion flowers away. Imagine some of your worries or big feelings floating away with them.

**Week 3: Use your 'super body fuel' energy** When our amygdala senses something it might need to protect us from, it hits the panic button. It surges our bodies with a 'super body fuel' (Adrenaline) to make us faster, stronger and more powerful. This week we will move in a way that uses our 'super body fuel' energy. Find a safe space and try push-ups against a wall, 'big swinging' your arms side to side, or forwards and backwards'.

## TOUCHSTONES

Congratulations to each of the year level award recipients for demonstrating these qualities during last term.

### Connection

PPB - Jack M  
1HB - Long D  
2AC - Jasmine S  
3RB - Evelyn J  
4SJ - Delcie C  
5LO - Zephyr O  
6IB - Isaac S



### Respect

PSK - Rose A  
1EH - Max C  
2AP - Esme C  
3ST -Soyul S  
4JH - Ella K  
5VR - Frankie H  
6DC - Sadie S



During term four our touchstone focus is Growth and Purpose

## WORLD MENTAL HEALTH DAY

Mental Health Day – Continuing the Conversation at Clairvaux

Last week, communities across the world acknowledged Mental Health Day – a reminder that looking after our minds is just as important as caring for our physical health. At Clairvaux, we believe that nurturing mental health should not be a one-day event but a daily practice for both adults and children.

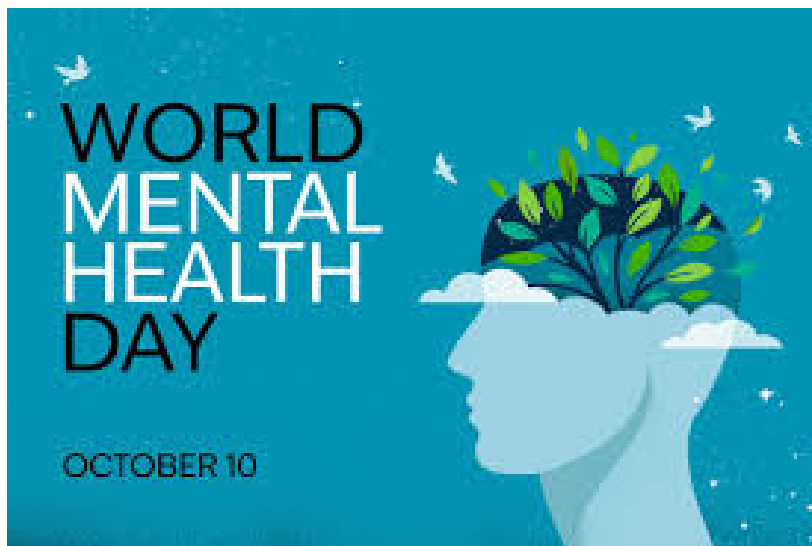
Just as we encourage healthy eating, regular exercise, and good sleep, we also want to normalise talking about emotions, stress, and wellbeing. When parents model healthy habits, children learn that caring for our minds is a natural part of life. Looking after yourself is not selfish – it is one of the most important ways you can support your child's growth.

We also recognise that as parents, it can sometimes feel hard to know what to do or where to start. Upskilling ourselves with strategies to manage stress, build resilience, and foster healthy routines benefits both us and our children. At Clairvaux, we aim to play a role in this by:

- Teaching students simple strategies through our Tool of the Week and other SEL (Social & Emotional Learning) lessons.
- Sharing information and practical tips with families through this Wellbeing Newsletter.
- Working alongside parents as partners, acknowledging that the development of the whole child includes strong family and community support.

Together, we can create a culture where mental health is openly discussed, where strategies are shared, and where both adults and children feel equipped to face challenges with resilience.

By continuing the conversation beyond Mental Health Day, we strengthen not only our own wellbeing but also the wellbeing of the children in our care.





Facilitated by  
Experienced  
Psychologists



Ideal for Year 6 students who may benefit from  
**building confidence, social skills, and emotional readiness**  
before starting high school

- ✓ Tuesday's 4:30pm - 5:30pm
- ✓ Starts Tuesday 11<sup>th</sup> November
- ✓ Weekly themed activities
- ✓ Guided group discussion & reflection

5 WEEK  
PROGRAM



\$485

**SESSION DATES**

11<sup>th</sup> Nov 4:30pm

18<sup>th</sup> Nov 4:30pm

(Break 25<sup>th</sup> Nov)

2<sup>nd</sup> Dec 4:30pm

9<sup>th</sup> Dec 4:30pm

16<sup>th</sup> Dec 4:30pm



Click [this link](#) to see more about the confidence project

## Wellbeing Tip Box for Parents

Here are three small ways you can support your own wellbeing — and model healthy habits for your child:

1. **Pause & Breathe** – Take 2 minutes each day to stop and practise slow, deep breathing. Invite your child to join you.
2. **Talk Openly** – Share with your child one thing you found tricky today, and how you managed it. This shows that it's okay to face challenges.
3. **Move Together** – Go for a short walk, play outside, or stretch together. Movement boosts mood and creates connection.



## Minty's Adventures and Wellbeing Reminder

Minty, our much-loved school wellbeing dog, recently had a fun sleepover at one of our staff member's homes! She is such a valued part of our school community and absolutely adores all the attention and care she receives from everyone. During her time away at Rheannon's house, Minty enjoyed plenty of tummy rubs, chasing balls, going on long walks, and having calm rest time with the children. Over the holidays, she had a great time at the beach—running with other dogs and jumping through the waves! As we welcome Minty back to school, we'd like to remind our families of the expectations our students follow when spending time around her. We show empathy and kindness by:

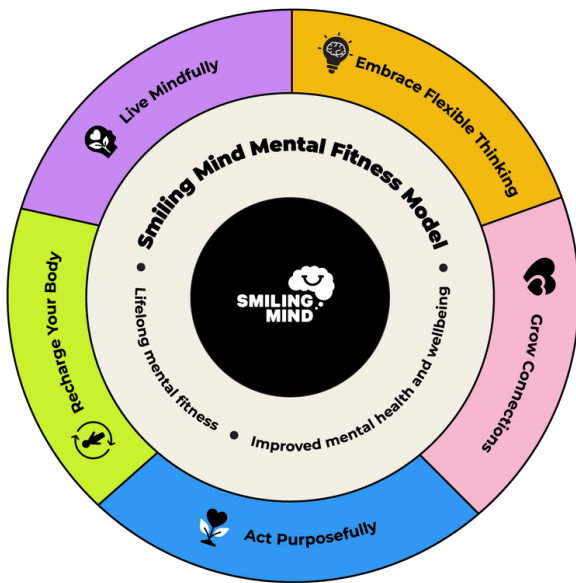
- Avoiding crowding around Minty
- Not staring directly at her
- Asking before touching or patting her

Most importantly, we let Minty guide interactions and initiate contact when she feels comfortable. This helps her feel safe, relaxed, and happy while she supports our wellbeing at school.



## Smiling Mind - Mental Fitness

Mental fitness –Your foundation for thriving. Evidence shows there are a range of skills that underpin mental wellbeing. And, just like we train different muscles to build physical fitness, we can practise a range of skills to build mental fitness and support our ability to thrive. Mental fitness reflects our ability to be at our best each day, navigate challenges, and support a state of positive mental wellbeing. It's our foundation for thriving. In practice, mental fitness involves consistently and intentionally developing the mental skills we can draw upon to respond to setbacks, sustain healthy relationships, navigate change and uncertainty, and make effective decisions. These skills can be proactively developed before mental ill-health arises, and help us navigate life's ups and downs. Everyone can practise mental fitness—it's never too late, or too early, to get started. [Read more here.](#)



## EMERGING MINDS

Emerging Minds is an Australian organisation dedicated to the mental health and emotional well-being of infants, children, adolescents, and their families. They have been active for over 20 years. They lead the National Workforce Centre for Child Mental Health, in collaboration with partners such as the Australian Institute of Family Studies, the Parenting Research Centre, and the Royal Australian College of General Practitioners. Emerging Minds recognises that families come in all shapes, sizes and forms.

They share information about the needs and experiences of children from birth. They acknowledge that every child is unique and has different strengths, vulnerabilities and experiences that shape their health and development. Sign up to their newsletter at <https://emergingminds.com.au/> - the September issue covered a range of topics including:

- parenting during recovery from mental illness
- adjusting to parenthood for fathers and non-birthing parents
- ending shame and building understanding about periods (podcast episode)
- how a speech pathologist can support your child (podcast episode)
- the importance of building your support networks
- subscribing to our podcast.

## Strategies to Help Nurture After School Calmness



Consider cutting back on the amount of stimulation your child encounters when they get home: Don't ask too many questions. Save the school recap for dinner time. In our house, we start meals with the rose and thorn ritual. Each person goes around the table and shares their thorn ( one difficult thing about the day) and their rose ( one wonderful thing about their day). We sometimes throw in "one brave moment from your day". [Read more here](#)

# 7 early signs of screen addiction in kids:

- Meltdowns when the screen goes away
- Constantly asking for more screen time
- Loss of interest in other activities
- Sneaking in screen time when they think you're not looking
- Rushing through homework or chores to get back to screens
- Being grumpy or irritable until they get their device
- Frequent headaches, tired eyes, poor sleep



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