







MENTAL HEALTH AND WELLBEING NEWSLETTER

Term 2 Week 10 - 2026



TOUCHSTONES

This term, along with reinforcing the underpinning of all our behaviour with Respect, the three Touchstones we are focusing on are:

	 <p>Charlotte S</p>	<ul style="list-style-type: none"> ● KINDNESS: A student embodying kindness consistently chooses to lift others up through helpful actions, inclusive behavior, and gentle words. Underpinned by a deep respect for the feelings of those around them, they actively look for ways to support their peers and build a welcoming school community.
	 <p>Chloe S</p>	<ul style="list-style-type: none"> ● POSITIVITY: A student embodying positivity approaches daily challenges with a constructive attitude and a willingness to see the best in every situation. Guided by respect for themselves and their learning environment, they embrace effort over perfection and inspire others to keep trying even when things get tough.
	 <p>Olivia H</p>	<ul style="list-style-type: none"> ● HAPPINESS: A student embodying happiness finds joy in their own growth and genuinely celebrates the successes and milestones of others. Rooted in mutual respect, they foster a safe, cheerful space where everyone feels valued, connected, and free to be themselves.

MACS Commitment to Child Safety

Our staff continue to uphold the 11 Child safe standards. Over the course of the year we spend time focusing on what each standard means for us and how we enact it at Clairvaux. We will continue to share with you a focus on each standard across the year as we cover them.

- [Child safe standard 3:](#) Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.
- [Child safe standard 4:](#) Families and communities are informed and involved in promoting child safety and wellbeing.
- [Child safe standard 5:](#) Equity is upheld and diverse needs respected in policy and practice.



Tuning Into Our Students: Connecting Home and School

We are incredibly fortunate at our school to have access to rich resources and programs that support the emotional and social well-being of our community. Recently, our wonderful school counsellor, Di, ran a highly successful 6-week online *Tuning in to Kids* parenting program. We feel incredibly proud of and empowered by the parents who stepped up to take part in this initiative, dedicating their time to strengthening connections with their children. Due to the fantastic response, if we have enough continued interest, we will absolutely look at running this valuable program again in the future.

Building on the success of the parent program, Di recently extended this learning directly into our school day. She ran targeted professional development sessions for both our teaching staff and our wonderful Learning Support Officers (LSOs). These sessions were designed to reinforce the core principles of emotional safety, positive reinforcement, and social-emotional learning across our entire team.

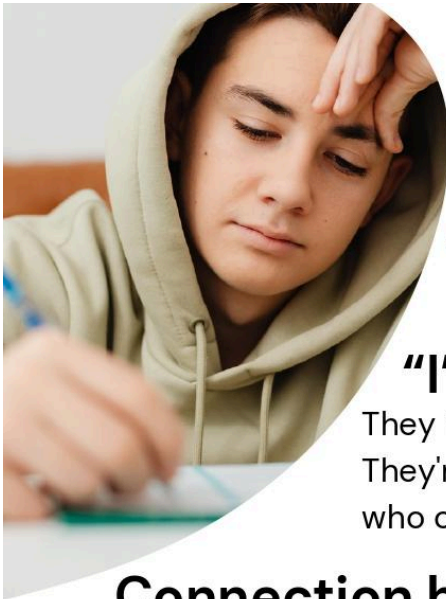
Our staff walked away with practical strategies to weave these ideas into daily school life, focusing heavily on:

- **Emotional Safety:** Ensuring every student feels secure and valued the moment they step into the classroom.
- **Restorative Conversations:** Helping students navigate conflicts and challenges with empathy, accountability, and respect.
- **Ready-to-Learn Support:** Recognising when a student might not be in the best frame of mind, and knowing exactly how to support them back to a place of calm and focus.

We are so grateful to have a staff that is deeply open to this learning. They constantly strive to embody the best versions of themselves, ensuring our school remains a safe, nurturing environment where every child feels ready to learn and supported through every ups and downs.

Thank you again to Di, our staff, and our parents for partnering together to wrap this blanket of emotional support around our students!





5 THINGS WE'RE LEARNING ABOUT BOYS AND CONNECTION

"I'm fine" is rarely a full sentence

They have realised emotional language costs them socially. They're not refusing to talk, they're managing risk. The boys who open up need to trust who they are sharing with.

Connection happens side by side

Boys tend to bond through shared activity, not direct conversation. Walking side by side, the kick of a footy, packing up or doing jobs, these are important moments. Sit-down talks often shut things down. Side-by-side activity opens them up.

Friends become the mirror

A boy's sense of who he is starts shifting from "what my family thinks of me" to "what my mates think of me." This isn't a loss of values, it's a developmental milestone. Schools that name this transition for parents see less panic and more curiosity.

One adult changes everything

Decades of research on boys' resilience keep landing on the same finding: a single trusted non-parent adult (a teacher, coach, uncle, mentor) is one of the strongest protective factors we know of.

Not words. Behaviour!

A boy who's struggling rarely says, "I'm struggling." He withdraws, gets louder, picks fights, loses interest, or disappears into a screen. The behaviour is the communication. The question worth asking is "what's he trying to tell us?"

Joel Hines is a former school principal, mental health clinician, and author working with schools and parents on raising boys well.

www.joelhines.au

Help is here for Parents as well– free support in our community

Mental Health and Wellbeing Locals are a **free** service for people aged 26 and over. They provide treatment, care and support for your mental health and wellbeing close to home.

- Free support and you don't need a GP referral, Medicare card or mental health care plan
- Local mental health support close to home
- Access to a wide range of professional and confidential support, from psychologists, peer workers and other mental health workers

Help is here

Free mental health and wellbeing support

FREE

Free and no GP referral needed

Open near you

mental health & wellbeing local
Free support in your community

VIC

Why visit a Mental Health and Wellbeing Local?

Whether you're feeling stressed, overwhelmed, isolated or lonely - or maybe you're worried about a relationship, Mental Health and Wellbeing Locals are here to help you improve your mental health and wellbeing.

This includes anyone who is experiencing mental health and substance use concerns at the same time.

Types of support available

Access a range of professional and confidential support options which may include:

- Mental health support workers
- Peer support workers – professionals with their own lived experience of mental health challenges who get what you're going through
- Psychologists
- Mental health nurses
- Social workers
- Occupational therapists
- Psychiatrists
- Care-coordinators
- Wellbeing support workers – to provide holistic wrap around care, and more.

You will receive respectful, responsive and judgment-free support by caring professionals.

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Podcast

Dr Billy (a developmental paediatrician) [@drbillygarvey](#) and Nick (a developing parent) talk strategies to support kids using iconic 80s & 90s movies



raisingchildren.net.au

the australian parenting website

Suitable for 6-11 years

Good apps, games, TV, movies and online videos for children: 6-11 years

Key points

Good-quality apps, games, TV, movies and online videos can be good for children's development.

You can check for quality by looking at engagement, learning, messages and settings in apps, games, TV, movies and online videos.

It's best for children to avoid apps, games, TV, movies and online videos with violent, sexual, consumerist, gambling and antisocial themes.

On this page:

- [Why screen time quality is important](#)
- [How can you tell whether apps, games, TV, movies and online videos are good quality?](#)
- [1. Check the quality of engagement in apps, games, TV, movies and online videos](#)
- [2. Check the learning and development benefits of apps, games, TV, movies and online videos](#)
- [3. Check the messages in apps, games, TV, movies and online videos](#)
- [4. Check the settings in apps, games, TV, movies and online videos](#)
- [Apps, games, TV, movies and online videos to avoid](#)

Why screen time quality is important

The quality of screen time matters.

Good-quality apps, games, TV, movies and online videos can be good for many aspects of your child's development, including their [learning](#), behaviour and wellbeing. And your child will get the most benefit from good-quality digital media when it's balanced with other activities like [physical play](#), [creative play](#), [reading](#) and [socialising](#).

In contrast, poor-quality digital media has very few benefits. For example, your child will get very little out of spending time alone watching things like 'epic fail' videos.

How can you tell whether apps, games, TV, movies and online videos are good quality?

You can work out whether apps, games, TV shows, movies or online videos – like YouTube videos – are good quality by looking at:

- how your child engages with them
- whether they help your child learn and develop
- what kind of messages they have
- whether the settings are right for your child.

You can help your child learn about quality by talking together about what makes a media experience worthwhile. As your child gets older, you might encourage your child to tell you why they think an app, game or YouTube video is good quality when they ask to install or view it.

1. Check the quality of engagement in apps, games, TV, movies and online videos

The best apps, games, TV, movies and online videos:

- stimulate and entertain your child
- leave your child feeling happy and good about themselves
- make your child feel safe, rather than threatened or anxious
- have ideas and story elements that are age appropriate for your child
- engage your child's imagination.

Examples of apps, games, TV, movies and online videos that promote engagement might be:

- a YouTube video with an unusual twist
- an app with interesting artwork
- a game with quirky characters
- an app that guides your child through age-appropriate mindfulness or relaxation activities.

2. Check the learning and development benefits of apps, games, TV, movies and online videos

The best apps, games, TV, movies and online videos help your child learn and develop. They:

- encourage creativity
- encourage problem-solving
- develop communication skills
- develop social skills and caring behaviour
- promote a healthy lifestyle
- inspire new off-screen play and creative ideas.

Examples of apps, games, TV, movies and online videos with learning and development benefits might be:

- an app that lets your child create content like video clips, animations or comics
- a game that helps your child do virtual science experiments
- an app that helps your child keep in touch with friends and family
- a YouTube video that encourages your child to take turns, work as a team or help others
- an app that demonstrates sport skills.

3. Check the messages in apps, games, TV, movies and online videos

Good apps, games, TV, movies and YouTube videos:

- have positive messages about relationships, family and lifestyle
- have inclusive messages about disability, gender, race and culture.

Online reviews can help you decide whether a movie, app or game is good quality and has benefits. Try [our movie reviews](#), [movie reviews on Common Sense Media](#) or [app reviews on Children and Media Australia](#). Use [Australian Classification](#) to find out what different age classifications mean.

4. Check the settings in apps, games, TV, movies and online videos

To get a sense of overall quality, you can also check the following aspects of apps, games, TV, movies and online videos:

- Age range – check that the recommended age range matches your child’s age.
- In-app purchases – check that in-app purchases are blocked and one-click payment options are disabled.
- Privacy settings – check the terms and conditions to see whether and how games and apps collect data, and make sure you’re comfortable with this.

Children often want the apps and games their friends have. A [family technology plan](#) can help you manage this kind of [peer influence](#) and [pestering](#).

Apps, games, TV, movies and online videos to avoid

It’s best if your child avoids apps, games, TV, movies and YouTube videos that:

- celebrate violence, bad attitudes, unhealthy eating, gambling and other antisocial activities
- present children in a sexualised way
- are designed to market or sell products like snack food or movie merchandise to children
- make children feel they need to ‘watch just one more’ or ‘play just one more’, including games that don’t allow children to save their progress.

It’s best for your child to avoid games that simulate gambling, have casino themes, betting activities or risk-and-reward activities, or use fake money or tokens. Games with gambling themes and activities might lead to gambling in adulthood.

Sleep, teens and mental health:

[what parents need to know](#)

Research from Black Dog Institute’s [Future Proofing Study](#) reveals the strong link between teen sleep, mental health, and overall wellbeing. Many teenagers aren’t getting the recommended 8–10 hours of sleep, increasing their risk of depression, anxiety, and poor school performance. This article explains why sleep matters, what affects it, and practical ways parents can support better sleep habits.



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BETTER  MENTAL HEALTH

CLAIRVAUX STUDENT COUNCIL (CSC)

The Clairvaux Student Council (CSC) is a wonderful opportunity for our students to develop leadership and community spirit. The council is made up of two representatives from each class across Levels 3 - 6, and these positions change each semester to give as many students as possible a chance to lead.

Throughout the year, each year level focuses on a different area of community life, such as wellbeing, social justice, or the environment, by driving key school events. These include Clean Up Australia Day, R U OK? Day, Harmony Day, the Caritas Project Compassion focus and NAIDOC and Reconciliation Weeks. The CSC also supports our school Carnivale, assists with fundraising, has begun to look at refreshing our Woodlands and provides weekly news updates to keep everyone informed.

We want to say a huge thank you to all the students who ran for a position this semester. We were so impressed by the hard work, courage, and fantastic ideas that went into your speeches, and we know our selected representatives will be wonderfully supported by their classmates.

Semester two badges will be officially presented to the students named below at our Friday assembly this week at 9:10 AM. We hope to see you there!

Year 3		Year 4		Year 5		Year 6	
Lily S	3MN	Isla W	4CM	Ruby M	5LO	Luca C	6ST
Dom E	3MN	Chloe S	4CM	Xavier T	5LO	Eli G	6ST
Ted C	3JB	Maya F	4MC	Matteo E	5VR	Will Ea	6RM
Zaeli M	3JB	Evie W	4MC	Rebecca L	5VR	Will Eb	6RM
Eliza S	3AW	Ethan O	4LB	Duncan B	5AP	Zazie M	6MM
Alex M	3AW	Zoe J	4LB	Karissa E	5AP	Lilah M	6MM
		Lilah H	4KB	Lenny D	5JK	Zoe S	6AC
		Tom L	4KB	Charlotte H	5JK	Jack B	6AC

