

# Wellbeing Newsletter

**Edition 1 | Term 2 | July 4, 2025**



## The Senior Events Student Leadership Team

### Declan Shai

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## Upcoming Events

International Day of Friendship  
30th July

Bullying No Way Week  
11th – 15th August



## ☀ Community and Events Team Update – End of Term 2 ☀

*From the Community and Events Team (CE) at St Aloysius Catholic College*

Dear St Aloysius Catholic College community,

As we come to the end of term two, we'd like to thank every student, staff member, and family across our College community for your ongoing support and involvement in our various College events.

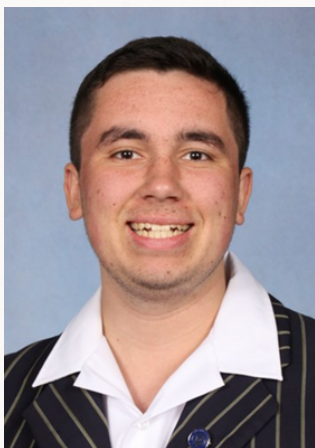
The Community and Events Team has had a busy and exciting few weeks, and we are proud to share some of the highlights and upcoming initiatives.

From student-led Q&As, to mental health fundraisers, leadership workshops, and beyond – it's been a powerful reminder of the strength, kindness, and leadership within our community.

Read on for a look at what we have been up to – and what lies ahead next term!

# *Meet the Community and Events Student Team*

We, as a team, are students dedicated to building a stronger, kinder St Aloysius community. Here's a little bit about who we are:



## *Declan Shai*

### PREFECT

Declan is the leader of the CE Team and a school-based trainee at TasGov. Across his three days a week at the College, in between his studies, he supports event coordination, community engagement, and mental health initiatives. Declan is passionate about creating meaningful, student-led opportunities that involve and empower students across all year levels.

YEAR 11



## *Izzy Grimwood*

### SENIOR STUDENT LEADER

Izzy brings creativity and confidence to the team. She helps lead student voice initiatives and supports wellbeing-focused events. Known for her strong leadership and communication, Izzy plays a key role in creating inclusive and impactful opportunities across the Senior Campus.

YEAR 10



## *Bonnie McClay*

### STUDENT LEADER

Bonnie is based at the Senior Campus and supports student leaders across the Middle Campus. She plays a key role in student engagement, wellbeing, and peer connection. Bonnie also helps lead student marketing – designing posters, advertising events, and promoting opportunities across the College.

YEAR 9

*Inspire | Lead | Create*





# Wellbeing Updates from College Staff

Each edition, College staff will share a short wellbeing update — offering insights into how we are supporting student wellbeing across the College. 🙌



## Mr Paul Reidy

COLLEGE PRINCIPAL

I fully support this terrific initiative from the College Senior Events Team. Looking after your wellbeing helps you stay healthy, manage stress, build strong relationships, and enjoy life. It supports your body, mind, and spirit so you can be your best self. In short it helps you Be the Good.

COLLEGE WIDE



## Mr Tom Elkhair

DIRECTOR OF PASTORAL CARE

"Be your best self" is a popular phrase. But this can only happen if you feel safe and secure. But everyone's different; some people re-charge from being social, while others prefer to listen to rock music, play Minecraft or sleep in. So, take Pastoral lessons seriously, think about joining a Lunch Club, or volunteer for something. All this will help to give you wellbeing skills and space to be your best self!

SENIOR CAMPUS

*STRIVE, BELIEVE, ACHIEVE*

# Wellbeing Message from the College Counsellor

Each edition, one of our College Counsellors will share a short wellbeing message — offering insight into how we are supporting student wellbeing across the College. 📌



Catholic Care's counsellor is available on **Mondays, Wednesdays, and Thursdays** during school hours for student wellbeing support.

"It is so inspiring to see students taking charge of making mental health a priority and focus at St Als. Well done to the Community and Events Student Leadership team! We all have mental health challenges at different times of our lives, no matter how old you are or what role you have – it's comforting to know we are all in it together!

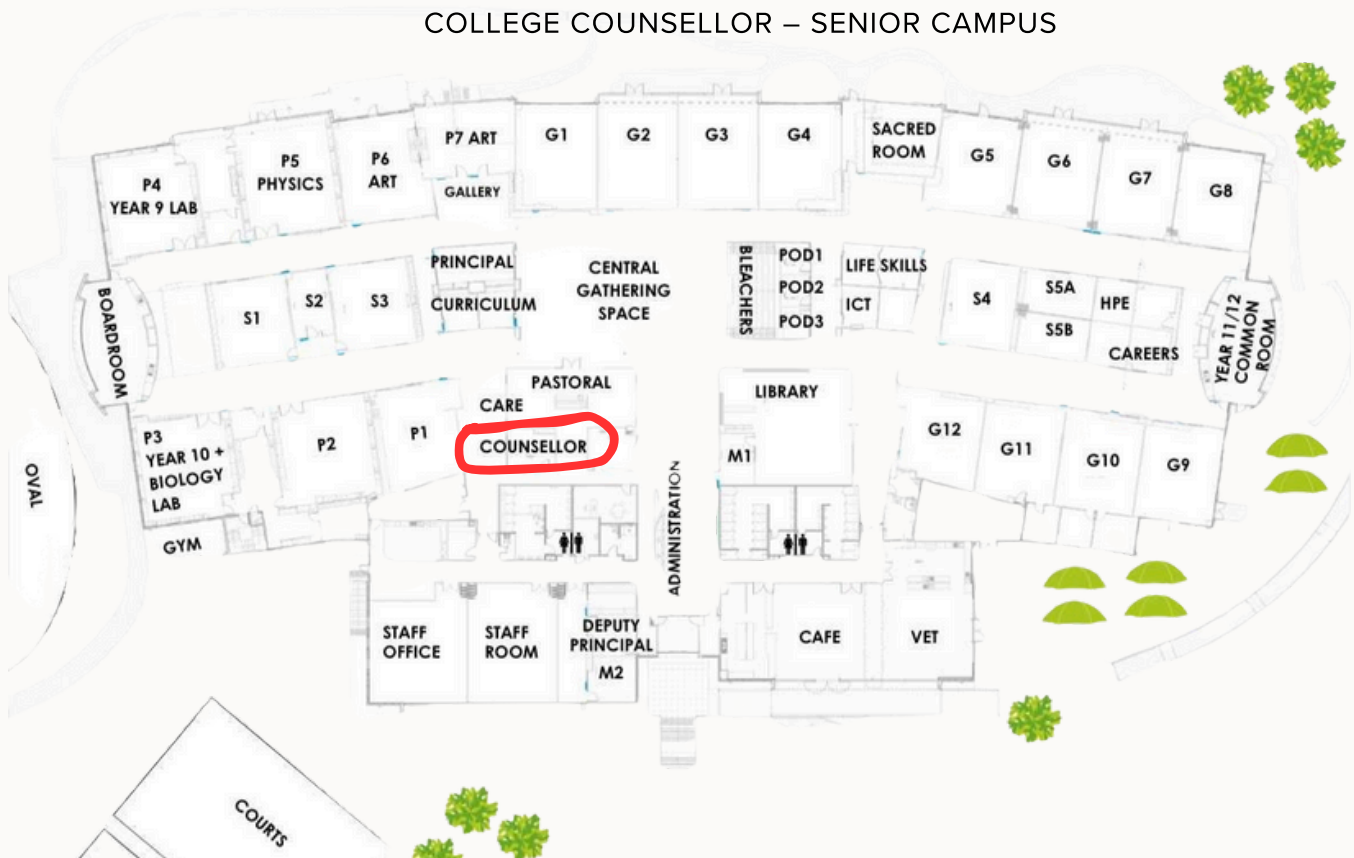
Knowing as much as you can about mental health, how to support others and finding support for yourself, is not only a sign of kindness and resilience, but it can also be empowering.

Come by the counselling room behind Senior Campus reception (see red circle on map below) if you would like to ask any questions about counselling on campus. I would love to meet you! It is a safe and confidential space where you are encouraged to just be yourself. Alternatively, you can approach your year level coordinator or homeroom teacher if you would like to be referred.

I hope to meet some new faces soon.....Go well!"

*Pippa*

COLLEGE COUNSELLOR – SENIOR CAMPUS







# SPEAK UP! Stay ChatTY Visits

## Senior Campus – Thursday, 29th May

In May, we were excited to welcome Tom from *SPEAK UP! Stay ChatTY* for a student-led Q&A session at the Senior Campus, hosted by Izzy and Declan. Thanks to the Sports Team for organising a charity netball match. Together we raised around \$200 for Stay ChatTY and, more importantly, awareness around mental health! A proud shout-out to our leaders who were featured on the cover of the *Kingborough Chronicle* (June 10<sup>th</sup> edition) raising awareness in the wider community!

## Middle Campus – Thursday, 19th June

In June, Mitch from Stay ChatTY visited the Middle Campus, where Bonnie and Marni (Year 8) ran a thoughtful Q&A. We are so proud of their confidence and maturity in leading this important conversation.

Full feedback from both visits will be shared with our College's Counselling, Executive, and Pastoral Care teams early next term.



## Senior Campus (Tom's session):

- "I learnt that when you're not happy, talking to people can help you feel better."  
**Year 9 student**
- "One thing I found powerful was how one decision can affect so many people."  
**Year 10 student**
- "The ability for people to mask their true feelings."  
**Staff member**

## Middle Campus (Mitch's Session):

- "I learnt that you should always make sure your mental health is okay before helping others, because it can make your own mental health worse."  
**Year 8 student**
- "I learnt to always speak up to your loved ones so they know you're okay."  
**Year 7 student**

## Shorts Day and Sausage Sizzle – Middle Campus – Friday, 20th June

What a vibe! Thank you to everyone who rocked their shorts and helped run the sausage sizzle. It was a fun, positive way to raise awareness and funds for mental health.

✓ **Great news:** thanks to support from Mr Reidy, staff training around mental health will start rolling out from term three across all campuses.

💰 **Total amount raised for SPEAK UP! Stay ChatTY: \$688.30**

# Student Leadership and College Guidelines Workshop

## **Monday, 16th June – Senior Campus**

Senior student leaders recently came together to co-design a version of our new *College Membership Guidelines*. The format focuses on “I can expect to...” and “I will be expected to...” – a shared set of values for all students.

The Guidelines will be launched in **mid term three, 2025**, following a formal presentation to the Executive Team in **week two of term three**.

## Breakfast Club - Thank you!

To all of our amazing volunteers at the Senior and Middle Campuses – thank you. We’ve loved seeing so many students and staff connect over eggs and bacon this term. Please remember to show kindness and respect at Breakfast Club.

**Breakfast Club is a safe, welcoming space for all ❤️.**



## **Fun Facts for Students**

### **1. Exercise boosts brain power**

Just 20 minutes of physical activity can improve concentration and help you learn better.

Reference: Centers for Disease Control and Prevention (CDC), 2022

### **2. Sleep helps memory and mood**

Teens need 8–10 hours of sleep to stay focused and emotionally balanced.

Reference: Sleep Foundation, 2023

### **3. Helping others boosts your own wellbeing**

Volunteering or acts of kindness can increase happiness and lower symptoms of depression in young people.

Reference: Mayo Clinic Health System, 2023

## Year 9 IGNITE Program

Each Friday afternoon, Year 9 students take part in the **Ignite 9 Program** — a new initiative for 2025. The challenge involves a mix of adventure-based learning, teamwork, and personal reflection, held across a range of locations.

**Ignite** is designed to support student wellbeing by building resilience, confidence, and a strong sense of connection among peers.

*“The Fusion Challenge is more than an outdoor experience — it’s a journey of growth.”*

— **Peter Kay, Year 9 Ignite Coordinator**





## 💙 Do It For Dolly Day

Earlier this term, both campuses recognised Do It For Dolly Day — a national day to raise awareness about bullying and the importance of kindness. We shared this message across screen displays at the Senior and Middle Campus to keep Dolly's message alive:

***"Be kind. Always."***

Let's continue to stand together for kindness, inclusion, and safety — online and in person.



### Fun Facts for Families 🏠

#### 1. Consistent routines support children's wellbeing

Daily routines help children feel secure, manage emotions, and reduce stress at home.

Reference: Raising Children Network (Australia), 2022

#### 2. Shared meals strengthen family connection

Eating together, even a few times a week, builds stronger relationships and supports mental health.

Reference: The Family Dinner Project, Harvard University, 2021

#### 3. Family fun time reduces stress

Laughing and playing together helps lower stress levels and strengthens emotional bonds.

Reference: American Psychological Association, 2018

## 💛 Year 10B Takes on the Push-Up Challenge!

**Class 10B took part in the Push-Up Challenge, a national initiative raising awareness for mental health through 23 days of push-ups.**

Led by Mr Will Maby, several students showed strong commitment, completing the challenge from 4th-26th June — even during exams!

Well done to **Izabella Klassen, Ned Wise, Joseph Vey-Cox, Jackson Newbon, James Manson-Trengrove, Grace McDermot-Batt, and Ava Gordon-Smith** for seeing it through — and to everyone who gave it a go!



Proudly supporting



# ☀ Term 3 Community Engagement – We Are Getting Involved!

Next term, the CE Team is getting more involved in community events. We are keen to attend, support, and celebrate the incredible things our students are doing outside of school. Got something coming up?  
**Let us know – we'd love to be there!**



## 🏆 Student Achievement Wall

We love celebrating student wins – big or small! If you know a student doing something awesome, let **Georgia** know. You can also drop physical copies onto the Achievement Wall outside **Mr Kay's office (G10, Senior Campus)**. Let's keep lifting each other up!

## 👤 2026 Student Leadership

To every student who is leading in their own way – in class, on the field, at home or in the community – we see you.

If you're thinking about applying for a formal leadership role in 2026, you should!

Your leadership in the College makes a difference.



## 💡 Do You Have an Event Idea?

In term three, we are building a strong focus on **student voice** and **engagement**. If you have an idea for a fundraiser, social event, or initiative – we would love to hear it..



### Fun Facts for Staff 🧑

#### 1. Small wins boost motivation

Acknowledging small achievements throughout the day helps maintain motivation and reduces stress.

Reference: Harvard Business Review, 2011

#### 2. Nature breaks improve mental clarity

Spending just 10 minutes outdoors or around greenery can restore attention and reduce mental fatigue.

Reference: University of Michigan, 2015

#### 3. Taking regular breaks boosts productivity

Even short pauses during the day help reset your focus, reduce burnout, and improve performance.

Reference: University of Illinois, 2011



# Bullying No Way Week – Happening in Term 3

Senior Campus students will take part in Bullying No Way Week during Pastoral Care lessons next term. This national initiative helps build awareness and promote respectful relationships at school.

**More information to come next term.**



## Winter Wellbeing tips

### 1. Keep moving

Stay active with indoor walks, stretching, or home workouts to boost mood and energy.

### 2. Get some sunlight

Even in winter, try to spend time outdoors during the day to support your sleep and vitamin D levels.

### 3. Stay connected


Social interaction (even a quick call or message) helps combat winter loneliness and lifts your spirits.

### 4. Nourish your body

Eat warm, nutritious meals with plenty of vegetables, whole grains, and immune-boosting foods.

## Check Out Our Wellbeing Board!

Did you know we have a dedicated **Wellbeing Board** in the front office at the Senior Campus? The board is packed with helpful resources, support information, and student-led content to promote mental health and wellbeing.

 And exciting news — **Wellbeing Boards are coming to each Learning Centre at the Middle Campus** in term three! Stay tuned!



# Meet Our Middle Campus Community and Events Leaders!

Did you know we also have Community and Events Leaders based at the Middle Campus? They help plan events, share ideas with the Senior Campus team, and support student engagement across Years 5–8.

- **Zuhayr Karim** (Year 8) – [zuhayr.karim@cathstu.tas.edu.au](mailto:zuhayr.karim@cathstu.tas.edu.au)
- **Marni Guest** (Year 7) – [marni.guest@cathstu.tas.edu.au](mailto:marni.guest@cathstu.tas.edu.au)
- **Jacob Pereira** (Year 6) – [jacob.pereira@cathstu.tas.edu.au](mailto:jacob.pereira@cathstu.tas.edu.au)

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## Contact Us:

If you have questions, ideas, or would like to get involved, please reach out:

- ✉ [declan.shaismith@cathstu.tas.edu.au](mailto:declan.shaismith@cathstu.tas.edu.au) (**Declan**)
- ✉ [isabel.grimwood@cathstu.tas.edu.au](mailto:isabel.grimwood@cathstu.tas.edu.au) (**Izzy**)
- ✉ [bonnie.mcclay@cathstu.tas.edu.au](mailto:bonnie.mcclay@cathstu.tas.edu.au) (**Bonnie**)
- ✉ [sacc.marketing@catholic.tas.edu.au](mailto:sacc.marketing@catholic.tas.edu.au) (**Georgia**)

Follow us on social media:

**Facebook:** [St Aloysius Catholic College](#)

**Instagram:** [St Aloysius Catholic College](#)

Or visit our website to stay up to date with events and news:

[staloyus.tas.edu.au](http://staloyus.tas.edu.au)

## Thank You All

A special thank you to **Georgia**, our Marketing and Communications Officer, for her ongoing support in helping us share and celebrate the life of our College.

We're also incredibly grateful to the many staff across all campuses who have supported our events, initiatives, and student leaders throughout term two – your encouragement makes a real difference.

Thank you for your support this term – have a safe and restful break.

**Here's to connection, community, and a great term ahead.**







# Need Support Now?

If you or someone you know needs support, please reach out to a trusted adult or one of the services below:

- College Counselling Team – Available during school hours
- Lifeline – 13 11 14
- Kids Helpline – 1800 55 1800
- Beyond Blue – 1300 22 4636
- Headspace Hobart - 03 6231 2927
- **In an emergency, call Triple Zero (000)**

You're never alone – support is always available.



**Black Dog  
Institute**



**HEAD TO  
HEALTH**





# St Aloysius

## Community & Events Team



*"Be leaders wherever it behooves you to be. Leaders of thought, leaders of action, leaders of joy, leaders of hope, leaders of the construction of a better world." – Pope Francis*

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