

Student Wellbeing Digest

The Week that was...

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Week 4 Online Learning

Lockdown, lockdown... lockdown.

We understand for some students, this gift of time at home was well-received, and for others, you were counting down the days to return to your usual lessons. Online learning and lockdowns can be challenging for all involved including teachers, parents and of course students. What we do know is that emotionally we will approach learning remotely differently (This is totally ok!), practically, there are actions we each can take to maintain our motivation and to approach each day productively.

Research suggests our morning and evening routines can prime us for success. Routines help us achieve more, think clearly, and do the tasks/work that matters (purposeful). Routines keep us from stumbling through the day, ensuring we get the most important things done. It takes a dusting of GRIT (passion and perseverance towards our long term goals), along with positive routines that can set us up for success.

Starting your day with a 'CUE' can build your positive routine: An example of a 'cue'- 'Change into your 'work clothes for the day (some students even put their school uniform on during lockdown!)/ Sitting down with your breakfast and planning the day with your school timetable/ Starting with a 'Smiling mind' 5 minute meditation/ phoning a friend and discussing the day ahead/ even making your bed etc. This cue signals the start of your routine, and enables ACTION towards your goals.

The image to the right outlines other ways to 'cue' your readiness to learn and boost your motivation including practising kindness and exercising.

CAVRD WELLBEING AND POSITIVITY REMINDERS

MOTIVATION

LET'S LEARN TOGETHER WEEK 4

Exercise
Take time to move.
Walk your pet, ride your bikes and explore!

I AM grateful
Write down 3 things you are grateful for each day

MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING

NATURE
Take a walk, sit in the sunshine

THURSDAY 5TH AUG
Connect and touch base with your PS class

FRIDAY 6TH AUG
WEAR JEANS CHANGE LIVES. JEANS FOR GENES
Wear jeans while online learning to support those with Genetic diseases

CARE ARMY

Wear colours of your home nation. T-shirt, jersey, flag hat etc.

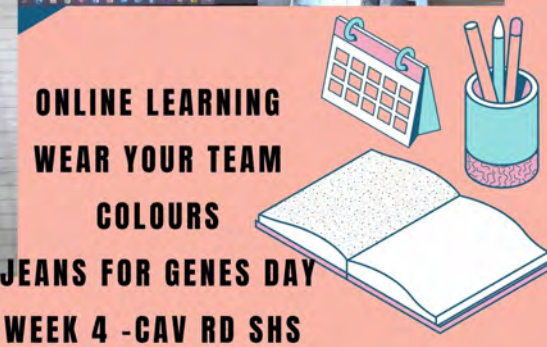
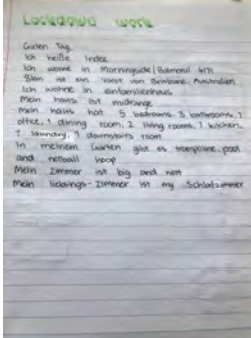
CAVRD HIGH SCHOOL
MIL SINE PULVERE

Email Mr Faulkner Thursday and Friday photos of your online learning to earn points for your House - nrfau0@eq.edu.

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EVERY DAY
IS A GOOD
DAY TO
LEARN.



The challenge was set..

From the above image, Cavendish Rd SHS students were still asked to actively engage and all I can say is that the Cav Rd SHS students are one of a kind.

Supported by an amazing group of staff members, students were still enriched and keen to be involved in the school community

To the right, is a quick reflection of the week 4 with students in their online learning.

Home nations day on Thursday 5th August asked students to wear their home nations colours for the Olympics and earn house points for the number of images emailed in seeing JOHNSON house being crowned the winners.

Friday 6th of August was Jeans for Genes day raising awareness for Genetic diseases and I am proud to say that we were overwhelmed with support for a great foundation.

General Student Reminders

T Block Uniforms and Sporting goods

A general reminder to students who have loaned uniforms from Mr Francis and the T Block Wellbeing space. Please make sure you return these as soon as you can. We know it is getting cold so jumpers are in HOT demand.

Lastly, thank you to the fantastic P n C and Cav Rd community. From your purchases at Athletes foot we are able to lend out to students nearly \$700 of sporting equipment. Reminder to students to ensure they sign the equipment out and it is their responsibility to return it at the end of the break.

