

# CONNECT FOR MENTAL HEALTH WELLBEING BULLETIN



TERM 2, 2025

## WHY DOES WELLBEING MATTER?

The Norfolk Village State School Wellbeing Bulletin provides a **CONNECTION** to our community to build **ENGAGEMENT**, develop positive **RELATIONSHIPS**, celebrate our achievements **TOGETHER**, nurture positive **EMOTIONS** and make **WELLBEING MATTER**.

## SUPPORTING YOUR CHILD IN COMING TO SCHOOL

What to say (and not to say) when your child says, "I don't want to go to school."

It's common for children to occasionally resist going to school. Their reasons can range from anxiety and social challenges to academic pressures. Responding with patience and support can make a significant difference.

### What to Say:

- Acknowledge Their Feelings:** "I understand that you're feeling upset about going to school today."
- Ask Open-Ended Questions:** "Can you tell me what's making school hard for you right now?"
- Reassure Them:** "It's okay to feel nervous. Let's talk about what we can do to make things better."
- Collaborate on Solutions:** "Would it help if we spoke to your teacher together about this?"

### What to Avoid Saying:

- Dismissing Their Emotions:** "There's nothing to worry about. Just go to school."
- Using Threats:** "If you don't go to school, you'll be in big trouble."
- Minimizing Their Experience:** "Everyone has to go to school. It's not a big deal."

### Additional Tips:

**Establish a Consistent Routine:** Regular morning routines can provide a sense of security and predictability.

**Stay Calm and Supportive:** Your composed demeanour can help soothe your child's anxiety.

**Seek Professional Support if Needed:** If school refusal persists, consider consulting with school or external mental health support for additional assistance.



[CLICK HERE](#)

For more detailed information and resources, visit the Raising Children Network's guide on School refusal: children and teenagers



**CHILD Magazine - How to get your kids to talk about their feelings**  
Editor Elizabeth Westrupp and Christiane Kehoe look at ways parents can help their children to share their feelings.

[CLICK HERE](#)

## CONNECT WITH US

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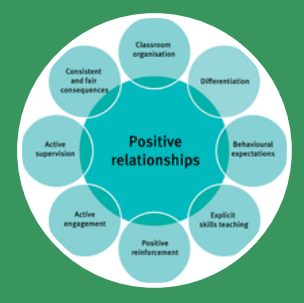
**CHAPLAIN**  
Raine Winn

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### PBL Focus

- I AM A SAFE, RESPECTFUL, LEARNER  
I will be a safe, respectful, learner
- I can follow classroom routines and behaviour expectations
- I AM A LEARNER  
I will always give my best



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# TEACHING YOUR CHILD TO COPE

## HELPING CHILDREN REFRAME SETBACKS

Kids learn resilience when we help them see setbacks as part of their growth story—not as failure. Try talking about challenges like a story where they're the hero learning and growing along the way. It builds confidence and emotional strength.

Whether it's friendship challenges, missing out on opportunities, or navigating school feedback like report cards, children can face disappointment in many forms. This thoughtful article from CHILD Magazines offers insight into how parents can help kids build resilience and redefine success on their own terms.



## RECIPE

### WINTER LUNCH BOX SNACK

#### Mini Frittata Bites for Focus & Immunity (Serves 12)



##### Why it works?

- Eggs = brain fuel to aid focus and concentration!
- Veggies = vitamin boost to support a healthy immune system!
- Sweet potato = steady energy to get them through the day!

Packed with eggs, sweet potato, and veggies—these bites support your child's brain and immune system during the cooler months (great for the fridge or freezing for later use)

##### Ingredients:

- 6 eggs
- ½ cup grated cheese
- ½ cup mashed sweet potato
- ¼ cup chopped spinach
- ¼ cup chopped red capsicum
- Pinch of turmeric (optional – immunity boost for Winter)
- Salt & pepper for flavour

##### Method:

Preheat oven to 180 degrees (fan forced). Whisk all ingredients, pour into a greased mini muffin tray, and bake in oven for 15–20 mins until set. Enjoy warm or cold in lunchboxes.

## ? DID YOU KNOW...

### FREE RESOURCES ARE AVAILABLE

Across the 4208 postcode there are a number of vital services available to Norfolk Village State School families. You may also like to access these links to information and ideas for parents, carers and families.



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## PODCASTS

### HAPPY FAMILIES



The Happy Families podcast, hosted by Australian parenting expert Dr. Justin Coulson and his wife Kylie, offers concise, evidence-based advice to help time-poor parents navigate everyday challenges and build stronger family connections (listen on Spotify or your Apple Podcasts app).

#### Episode #1216 – Nutritional Deception

Paediatric dietitian Kareena Savage reveals how misleading food marketing and hidden sugars in baby and toddler foods can affect children's behaviour, focus, and long-term health, empowering parents to make informed nutritional choices.

[CLICK HERE](#)

#### Episode #1215

#### Help! My 8-Year-Old Is Totally Self-Centred

Dr. Justin Coulson offers insights into age-appropriate egocentrism and provides gentle strategies to help children build empathy and improve social relationships.

[CLICK HERE](#)

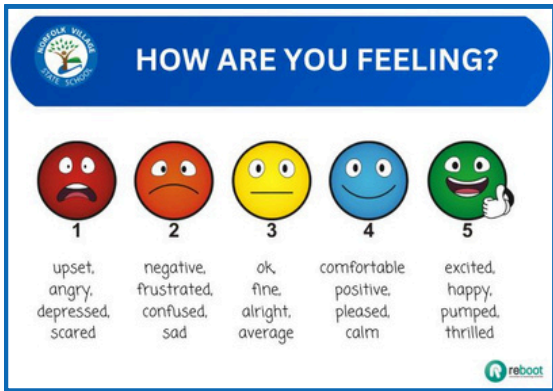
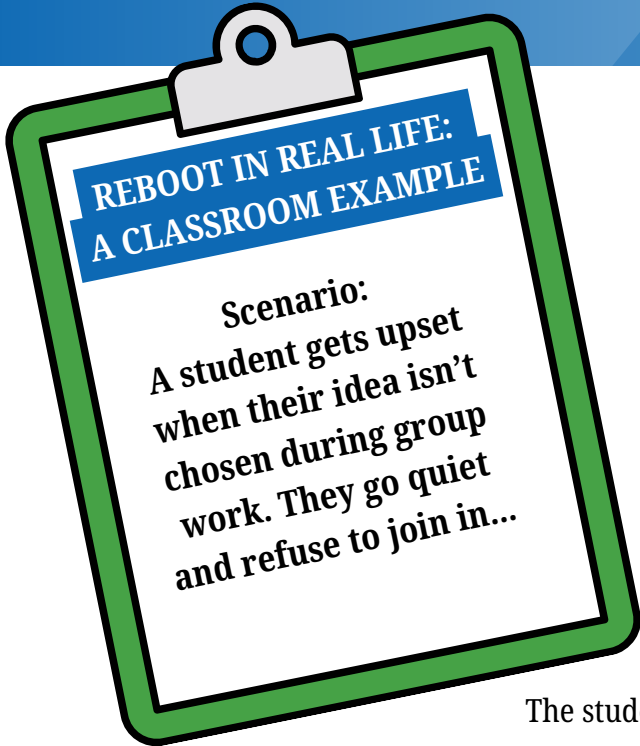
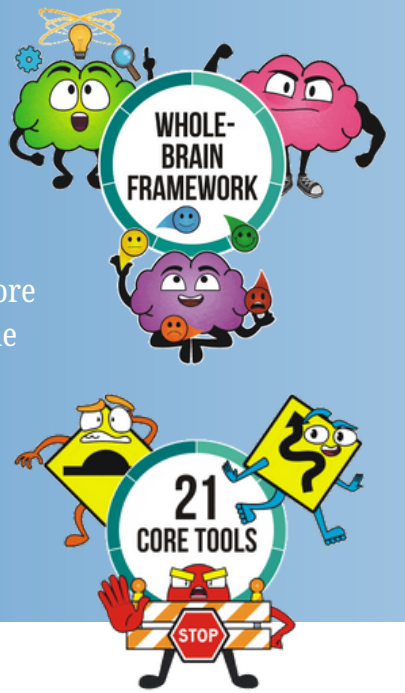


REBOOT IN REAL LIFE: A CLASSROOM EXAMPLE

Reboot is a practical neuroscience-based and trauma-transformative toolkit to empower everyone to make the most of their life and learning opportunities. Reboot’s 7-Step Whole-Brain Framework creates the optimal conditions for learning and growth, and the 21 Core Tools help young people become more self-aware, responsible and resilient as learners. Reboot is explicitly taught and delivered by the classroom teachers at NVSS.

Earlier this year, students began using the Reboot Framework to develop important social, emotional, and learning skills.

This term, we want to give you a clear, practical example of how your child might use Reboot in a real school situation.



What Face Am I At?

The student identifies they’re at an Orange Face (2) — feeling frustrated or confused. Could also be Red/1 if they’re very upset or scared, or Yellow/3 if just feeling “meh.”

What Brain Am I In?

They recognise they’re in their Emotional Brain — overwhelmed and withdrawing. Could also be Wild Brain if reacting loudly.

Are There Roadblocks or Speedbumps?

They’ve been feeling unheard in group work all week — this is a roadblock. A speedbump might be a one-off, like being tired or having a tricky morning.

What Strategy Can I Use?

The student heads to the Calm Corner, uses 5-finger breathing, and repeats a positive phrase: “I can try again next time.” Other options: flower breathing, squeezing a stress ball, counting to 10, short walk, or drawing.

What’s My Next Step?

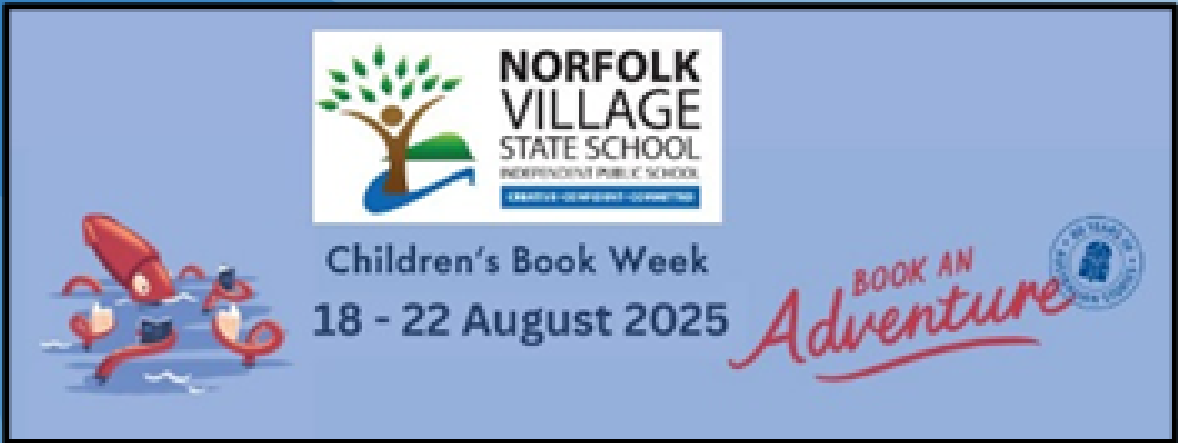
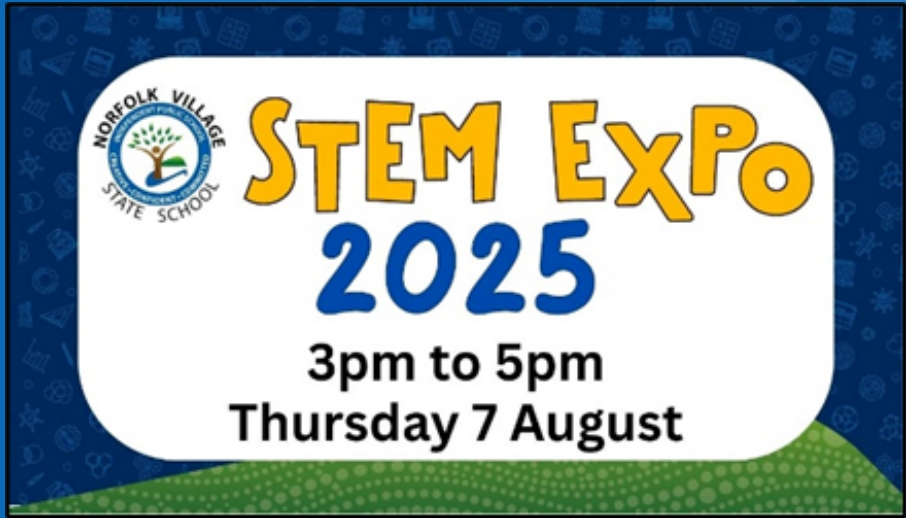
They choose to rejoin the group and share their idea respectfully. Or: speak with the teacher, write their idea down, or ask to help in another way.

What Face Am I At Now?

They check back in and point to a Blue Face (4) — feeling calmer and more settled. Could also move to Green/5 if feeling proud or excited again.

How parents can support: Encourage your child to use the Reboot language at home to talk about their feelings and choices. This shared language helps build their emotional awareness and self-regulation skills — both at school and with family.

COMING UP  
TERM 3 STEM EXPO & BOOK WEEK + MORE



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# CELEBRATE TERM 2 AT NORFOLK VILLAGE STATE SCHOOL



Performing Arts Concert



OWSHS Gala Day



Under 8's Day



Athletics Carnival



World Environment Day



Active School Travel

## WHAT'S POPPIN' AT HOLIDAY ACTIVITIES

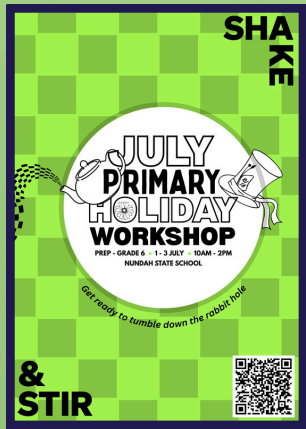
Links to holiday activities in our local areas

[City of Gold Coast - Things To Do](#)

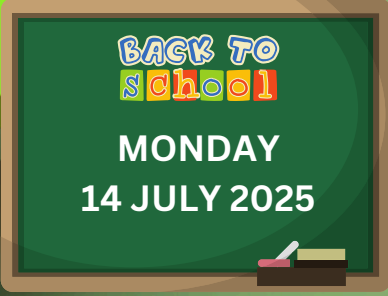
[Brisbane City Council - What's On](#)

[Logan City Council - School Holiday Guide](#)

[Ormeau Community Centre](#)



Enjoy adding to your reading list this holidays and keep up the great work in the reading challenge



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