

# CONNECT FOR MENTAL HEALTH WELLBEING BULLETIN



TERM 3, 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**.

## PARENTLINE PARENT WELLBEING

Free and online counselling SERVICE for parents

Parentline is here to talk all things parenting. It is a free phone and online counselling for parents and carers in QLD and NT provided by Your Town. Read the information below and click on the links to find out more.

**sometimes** you just need  
someone to talk to.  
**sometimes** you need  
guidance.

We know that families are complex and that anything can affect the functioning of a family. Whether your concerns feel big or small, we are here to support your family needs.

Parentline is a confidential telephone and online service providing professional counselling and support. We offer FREE education, guidance and support for parents and others who care for children in Queensland and the Northern Territory.

### How can we help?

We work with you to:

- Help you work through what is worrying you
- Identify and strengthen ways to increase family wellbeing
- Find other services and information to help you

### What can we talk about?

Anything!

Including:

- All things parenting
- Relationships in your family
- Family breakups
- Mental and emotional wellbeing

*so call us for a chat. we're here for you.*



1300 30 1300



webchat



follow us on facebook @ParentlineQLDNT

Parentline is a service of **youtown**.

**"An important part of being a parent is  
looking after yourself too."**



**It's not selfish to look after yourself**

Take time to reflect on your own wellbeing.

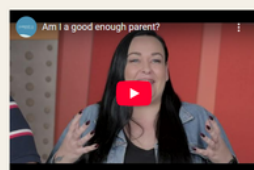
**CLICK HERE**

Parentline / 08:20 PM

## WEBINARS

These webinars are for parents, grandparents and caregivers. They are provided to you by the partnership between Parentline and the Queensland Family and Child Commission who work together to encourage parents and caregivers to support one another and seek support from their schools and professional services.

### FREE webinars to help you with the challenging moments



Get knowledge, insights, tips and strategies to support yourself, your children and family through challenging times and issues.

Cyberspace parenting

Transitions

Diversity

**CLICK HERE**

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Queensland  
Family & Child  
Commission



### 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



EMPOWERING NVSS FAMILIES

## CONNECT WITH US

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**GUIDANCE OFFICER**  
Nicole Russon



**P-2 DEPUTY PRINCIPAL**  
Lisa Murray



**WELLBEING & ENGAGEMENT  
TEACHER - Angela O'Keeffe**



**CHAPLAIN**  
Raine Winn

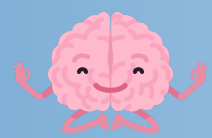
While all care is taken to ensure this information is accurate at the time of distribution, details are subject to change.





# 🔗BULLYING NO WAY! TAKE A STAND TOGETHER

## UNDERSTANDING & PREVENTING BULLYING



We are not responsible for the content and privacy practices of other websites. Please be aware that all links and websites were checked at time of publication, changes after this date are out of our control.



### Definitions of bullying, harassment, discrimination and violence

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

#### Bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

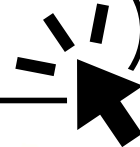
Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

Likewise not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies.)

READ MORE



TAKE A STAND TOGETHER BULLYING. NO WAY! www.bullyingnoway.gov.au

### PODCASTS

## BULLYING NO WAY



#### Bullying and your teenager

This podcast with Professor James Scott, a clinical child and youth psychiatrist, and the head of the Child and Youth Research Group at the QIMR Berghofer Medical Research Institute in Queensland, discusses the signs your teenager may be experiencing bullying, how to start the conversation with them and how you can approach the school to resolve the issues.

CLICK HERE



BULLYING NO WAY

## ? 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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EMPOWERING NVSS FAMILIES





I am a SAFE, RESPECTFUL LEARNER - I use my Smart Brain to be successful at school.

This term we introduced a whole school self-control strategy: **STOP**, **THINK**, **ACT**.

The goal is to use consistent language across P-6 For example:

“Are you showing your self-control?”  
“You need to stop, think and act”.



## RECIPE

### SPRING TIME LUNCH BOX SNACK

#### SAVOURY MUFFINS



Mix up the vegetables used in this recipe to include what you have available and what's in season – finely shredded baby spinach, finely chopped capsicum and corn kernels would also work well.



health + wellbeing  
Queensland

#### INGREDIENTS:

2 ½ cups wholemeal self-raising flour  
1 teaspoon bi-carb soda  
1 ½ teaspoons ground paprika  
Cracked black pepper, to season  
200g pumpkin, peeled and grated (approx. 1 ½ cups)  
1 medium zucchini, grated  
1 medium carrot, grated

#### METHOD:

Preheat oven to 180°C. Line a 12-hole muffin tin with baking paper or paper muffin cases.  
Combine the wholemeal self-raising flour, bi-carb soda, ground paprika and cracked black pepper in a large mixing bowl. Squeeze out and discard any excess liquid from the grated pumpkin, grated zucchini, and grated carrot, then add to the mixing bowl along with the finely sliced spring onions, finely chopped parsley, crushed garlic and finely chopped chilli. Mix well to combine.  
In a separate bowl, whisk together the eggs, extra virgin olive oil and milk.  
Add the wet ingredients to the dry ingredients and gently mix to combine.  
Spoon the mixture evenly into the prepared muffin tin. Bake in the oven for approximately 25 – 30 minutes or until a skewer comes out clean. Turn the muffins out onto a wire rack to cool.

3 spring onions, finely sliced  
1/3 cup parsley leaves, finely chopped  
4 garlic cloves, crushed  
1 long red chilli, deseeded and finely chopped  
2 eggs  
¼ cup extra virgin olive oil  
1 cup milk

## COMING UP

### TERM 4 - GRANDPARENTS'DAY, SWIMMING, AWARDS & MORE

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# CELEBRATE TERM 3 AT NORFOLK VILLAGE STATE SCHOOL



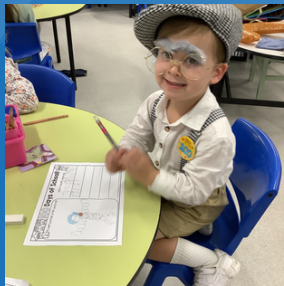
Year 2 Beenleigh Historical Village



Athletics Championships



Year 6 Camp



100 Days - Prep

STEM Expo

Book Week

## 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](#)
- [Ormeau Community Centre](#)



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