



College Update | Week 9, Term 3, 2024

Welcome to week 9, and SPRING.

Congratulations to all of our Sports Aerobics teams who competed at National's over the weekend. We are very proud of you!

If you follow the [ACTION FOR HAPPINESS MOVEMENT](#) you will have noticed that it is [Self-Care September](#). It is important that we all take time out of our busy schedules to ensure that we are taking care of ourselves. No one can pour from an empty-cup. Taking time to recharge is critical for students during peak assessment times. [The Resilience Project](#) also has some great resources and tips on how we can prioritise self care on their [TRP@HOME](#) page.

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS Happier · Kinder · Together



[R U OK Day](#) will take place on Thursday the 12th of September. This is an important day to us at Whites Hill. We encourage all of our community members to wear yellow on this day. Check in, connect, have a conversation, it could change someone's life.

Applications are open for Secondary Students to apply for the prestigious fully funded [Premier's Anzac Prize](#). This is a once in a lifetime opportunity to delve into the Anzac legacy through workshops and visits to historical sites in the United Kingdom and the Western Front (France and Belgium). [Applications close on the 6th of September.](#)

The Stop It at the start campaign is holding a [RESPECT COMPETITION](#). This competition is open to all students in Years 4 to 9. Students are invited to create a storyboard to demonstrate what respect means to them. The winning entry will be turned into an animation by a professional animation studio. Winners and runners-up will receive excellent prizes.


This weekend, Saturday 7th of September the MATSURI festival will be hosted on the college grounds. The festival was a HUGE success in 2023, and it promises to be even better in 2024. For those of you who live around the college, please be aware that a large number of visitors will be expected on the streets adjacent to the college.



Be kind to yourself and others.

Have a fantastic week.

From the Team at Whites Hill 😊

CARES focus this week		Explicit Teaching of CARES values
	Safety We actively support the wellbeing of all.	PBL Teaching Matrix
		Primary – We consider and think about the impact of our actions on others. Secondary – We consider and think about the impact of our actions on others.

Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: **HATS**

All students at the college are required to wear a hat when they are in the sun or outdoors.

Our uniform policy can be found on our [website](#). Uniform shop [link](#).



Gratitude Empathy and Mindfulness

Who is someone you feel really **grateful** for today? Tell us why.

THE RESILIENCE PROJECT.

What's on this week – Week 9

Monday 2 nd September to Wednesday 4 th September	Year 5/6 Camp
Saturday 7 th September	Matsuri Festival

What's coming up

Week 10	Monday 9 th September – P to 6 Parent Teacher Interviews Thursday 12 th September – R U Ok Day Friday 13 th September – Write a book in a Day. All week – Year 10 and 11 Hospitality Work Experience All week – Year 12 Mock External Exam Block
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