Exciting times ahead!

Filming on Friday

Last Friday Global Pictures returned to film the secondary video for our combined Hospital Schools Project. A group of students from Chatswood High School participated in the filming as actors and extras, with James taking the lead role. It was another long day starting at 6am and finishing at 4pm.

Congratulations on your effort throughout the day – you were all positive and enthusiastic and polite! We know you thoroughly enjoyed seeing the filming process from beginning to end however thank you for taking part in our important project. It was a pleasure to have you here and you were a credit to yourselves and your school. Thanks also to Trish Berry their wonderful drama teacher – we value our collaborative relationship with you and Chatswood High School.

Next month we will have the completed videos which aim to reduce student anxiety regarding hospitalisation, raise awareness of Hospital Schools within the greater community, and enhance collaborative partnerships with parents, census schools and community.

A big thank you to all of the nursing staff on the children’s ward – I appreciate your flexibility on the day. A special thankyou to Chris Dockrill who travelled down from the mid-north coast to play ‘Mr Robson’ – we really appreciate your time and professionalism.

Vanessa Murphy
RNSH School Principal

We had some fabulous feedback on our first newsletter...

‘I just wanted to say that I, and a few colleagues, had no idea that there was a school on hospital grounds for currently admitted children. We were thoroughly impressed by both your newsletter and the work you and your staff are doing – please keep these newsletters coming! Amazing work!’ Claire

‘The newsletter was a delight to read. Well done!’ Laura

‘I think this is awesome, just had to say so. Well done!’ Michelle
Our staff attended the Mental Health and Wellbeing Conference last month…

AUSTRALIA AND TOBACCO (Paul Dillon): Australia leads the world in anti-smoking success. Evidence was clear smoking kills, causes cancer and a range of other major health problems. There has been a big drop in the number of young people smoking – since 2013 we have achieved all time lows with only 3% of 12-17 year olds smoking daily.

How Relationship Builds the Brain - implications for schools (Judy Bailey)

One of the most important sets of connections in the brain relates to attachments (relationships). A secure attachment allows us to understand the feelings and needs of others, to understand the consequences of our actions, to feel remorse, to concentrate and become a learner.

When dealing with hyper vigilant, frightened, distressed children you will first have to calm their brainstem. The cortex or thinking and reasoning part of the brain tends to shut down when stressed and the brain retreats to the brainstem or the fight or flight zone. The teen brain is a work in progress. The prefrontal cortex, the part of the brain that deals with judgement and reasoning, is not yet fully developed. It is geared for risk taking, it is egocentric and operates in the limbic area of the brain (the emotional part). It has trouble reading facial expressions accurately and often sees anger where there is none.

Wellbeing Framework link to RNSH School

The new Department of Education ‘Wellbeing Framework for Schools’ highlights how an individual’s wellbeing, that is, how you feel about yourself, is constantly changing. Wellbeing has a multi-dimensional nature, including the following domains:

- Cognitive wellbeing is related to achievement and success and is important for gaining knowledge and experiencing positive learning;
- Emotional wellbeing relates to our self-awareness and how we regulate our emotions, our resilience;
- Social wellbeing is our connectedness to others;
- Physical wellbeing, our feelings of safety and security, enables positive health outcomes; and
- Spiritual wellbeing, relates to our sense of meaning and purpose, our beliefs and values.

Our team work in partnership with students and their parents/carers, and health staff to determine the best approach in looking after all aspects of their wellbeing. By giving our students choice in the activities in which they are interested and various opportunities to engage and learn, we are supporting their self-regulation and self-discipline, and through their achievements their wellbeing is enhanced.

Mindful relaxation for students

This teddy’s clever teen owner created the knitted scarf whilst in hospital. “It’s good (knitting) for people who have depression because its like mindfulness” she added.

Trivia

What am I? I come along once in a minute, twice in a moment, but never in a thousand years?

What are the next two letters OTTFFS__ of this sequence?

Answers in the next issue

Molly with her amazing creations!