

# WEEKLY WELLBEING BUILDER



WEEK 3  
Remote  
Learning  
2.0



BEING



COURAGEOUS

**STUDENT SUPPORT SCAVENGER HUNT - SEE HOW MANY, YOU CAN TICK OFF!**

# HOW STUDENTS CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING LOCKDOWN



Be there for each other. If a friend needs extra support try and support them to find it



Engage in a relaxation or meditation activity each day which you can all be part of online



If a friend is struggling demonstrate care and compassion



Identify things you have found helpful and share with each other



Work through homework tasks together online. A great way to maintain relationships and stay in contact



Schedule a time each week where you can all connect and catch up on what you have done



Engage in some group online exercise. This can help boost mood and reduce stress and anxiety



Identify some self care activities that you can all engage with



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other



Make sure you check in with each other on a regular basis and see how everyone is doing



@BELIEVEPHQ

## SLEEP TRACKER

HOW MANY HOURS SLEEP DID YOU GET?

M. T. W. T. F. S. S.



## MOOD TRACKER



# MY CREATIVE SPACE

## 2020 - CHRISTMAS CARD DESIGN COMPETITION ENTRY GUIDELINES

The Christmas Card Design Competition is open to all students in Catholic primary schools and secondary colleges in the Diocese of Sale.

### Theme

This year the theme is based on the following scriptural quote:

*And she gave birth to her firstborn son and wrapped him in bands of cloth and laid him in a manger, because there was no place for them in the inn.  
(Luke 2: 7-8)*

- Only religious images are to be used, not images of Santa, Christmas trees or presents.
- No words are to be written on the picture.

### Artwork Conditions

- Owing to problems caused by the pandemic, entries this year will be in digital form.
- All artwork submitted must be the original work of the student. Group submissions will not be eligible for prizes.
- A maximum of one entry per student is permitted. There is no limit to the number of entries a school may submit.
- All entry forms (see attached) must include the student's name, school, class and year level. Please specify which grade level for students in composite classes. Please also ensure that the hand writing can be easily read.
- A typed list of all entries is to accompany submission from each school.
- Entries become the property of this Office and may be used for publicity purposes. The artist will be acknowledged at all times. The *Best of Primary School* and *Best of Secondary College* entries will be featured on this year's Catholic Education Office Digital Christmas Cards.
- Entries must arrive at this Office **by 4.30 pm Friday 23 October 2020**. Entries should be emailed to: [publications@ceosale.catholic.edu.au](mailto:publications@ceosale.catholic.edu.au)
- All queries are to be directed to Dr Sr Rose Duffy csb via email [rduffy@ceosale.catholic.edu.au](mailto:rduffy@ceosale.catholic.edu.au) or phone 5622 6624.

