

WEEKLY WELLBEING BUILDER



This week, rate your wellbeing on Monday and then try to keep a record of where you have been able to incorporate the Tips for Wellbeing Continuity over the week and then rate you wellbeing on Friday and see what the difference is.

WEEK 4
Remote
Learning
2.0



BEING



COURAGEOUS

MONDAY'S MOOD TRACKER



FRIDAY'S MOOD TRACKER



1. Stay Calm (Did I...)

Acknowledge your feelings but rather than focus on the 'what ifs', concentrate on what you actually know and the positives in your life.



2. Self Care

Look after yourself. Ensure you get a good night's sleep. Eat healthy. Exercise. Self soothe, reassure yourself and use relaxation techniques like mindfulness, deep breathing or meditation.



3. Perspective

It is ok to feel nervous but try to maintain perspective. Experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.



4. Facts

Be mindful about where you are drawing your information from. Use reliable sources who are reporting responsibly and with balance.



5. Social Media

Take a break from news or social media, especially if there is no new information or you are feeling overwhelmed.



6. Activity

Maintain your day-to-day normal activities and routine. Where possible keep doing the things you enjoy.



7. Connection

Stay in touch with friends and family members. Chat and talk regularly.



8. Support

Don't be afraid to ask for support. This could be from friends, family, school staff or other organisations.



9. Hygiene

Follow the recommendations issued by qualified health professionals. Wash your hands regularly, cover coughs, disinfect surfaces and dispose of tissues properly.



10. Mix it Up!

Create a healthy and bright work space for yourself. Sit in a chair that supports your back. Stand up and walk around for a few minutes every half an hour. Give your eyes a rest from the screen by looking at something in the distance.



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
- All queries are to be directed to Dr Sr Rose Duffy csb via email rduffy@ceosale.catholic.edu.au or phone 5622 6624.

