

GLENEAGLES SECONDARY COLLEGE

WELLBEING

NEWSLETTER

RESPECT

INCLUSION

STAMINA

EXCELLENCE

Wellbeing at Gleneagles

**GLENEAGLES**
SECONDARY COLLEGE

At Gleneagles Secondary College, student wellbeing is a priority. Our Wellbeing Team is here to support students through the ups and downs of high school by providing a safe, supportive, and welcoming environment. Whether students need help with friendships, stress, motivation, attendance, or someone to talk to, we are committed to helping every student feel connected, valued, and supported to succeed both personally and academically.



HALF WAY THERE

YOUR WELLBEING, OUR PRIORITY

As we step into Term 2, the Wellbeing Team is excited to see our school community buzzing with energy, growth, and connection. This term has kicked off with a range of new and returning programs designed to support our students' wellbeing, strengthen relationships, and help every student feel connected, supported, and ready to thrive.

From lunchtime activities and student check-ins to targeted support programs and positive wellbeing initiatives, our focus continues to be creating a safe and inclusive environment where students can build confidence, resilience, and a sense of belonging. We know that when students feel connected, they are more likely to succeed both inside and outside the classroom.

Included in this edition, you'll find updates on how these programs have started, the positive impact they are already having, and the achievements and milestones students have reached so far. We are proud of the engagement and enthusiasm shown by our students and look forward to continuing to build a supportive and thriving school community throughout the term.



Introducing our Cultural Support Workers

We're excited to welcome two new staff members, who are an extension of our Wellbeing Team!

Both staff members were once students at Gleneagles themselves, meaning they have walked the same paths and understand the experiences and challenges students may face throughout high school.

Introducing...



Sohail AMIRI

Who inspires you the most?

My older brother has always been a role model who inspires me most in my life

What's your favourite thing about our school?

The engagement and passion on the soccer pitch.

If you could have any superpower, what would it be?

I would choose telekinesis because I then can always be lazy.

What advice would you give other students?

Use AI to make learning easier not assignments done easier.

What's something people would be surprised to know about you?

I started at this school in year 7 and somehow made it here



Ali Akbar MOHAMMADI

Who inspires you the most?

My dad

What's your favourite thing about our school?

We have Farsi and Arabic MEAs which make the studies easy for students as well as parents problems in school

If you could have any superpower, what would it be?

Invulnerability

What advice would you give other students?

To always have a goal in their life as it pushes them to work hard towards achieving it

What's something people would be surprised to know about you?

I started school in year 10



◆ BREAKFAST CLUB ◆

Did you know Breakfast Club runs every morning from 7:30am – 8:20am in the Community Room?

Breakfast Club is a great way for students to start the day with a good meal, connect with friends, and ease into the school day in a positive and welcoming environment. Whether you're grabbing some toast before class, having a quick chat, or just looking for a calm space before the bell, everyone is welcome!

A healthy breakfast can help improve focus, energy, and learning throughout the day – so come along, grab a bite to eat, and start your morning the right way.

We look forward to seeing you there each morning!



◆ Engagement Programs ◆



FUTURE HER

The Future Her Program has launched with a new group of Year 8 students, aiming to support female students as they navigate high school. The program focuses on building confidence, positive decision-making, respectful relationships, and strategies to manage school life through discussions and activities.

Students from Chisholm Institute are also supporting the program by helping facilitate sessions and sharing their experiences. Future Her continues to empower young women to grow in confidence, connection, and leadership both at school and beyond.



BUNJI BOYS

The BUNJI BOYS Program continues to be a strong foundation of the wellbeing support programs at Gleneagles Secondary College.

Focused on resilience, respectful behaviour, and positive student engagement, the program uses activity-based learning to help students build confidence, stamina, teamwork, and important life skills.

Over the years, the success of the program has carried throughout students' high school journeys, supporting them to become more confident, connected, and successful both inside and outside the classroom. BUNJI BOYS continues to create positive pathways for students and remains an important part of the school's wellbeing programs.



BUNJI BOYS SOCCER

Building from the success of the BUNJI BOYS Program, the Bunji Boys Soccer Tournament has once again kicked off for the year, starting with our exciting Year 7 vs Year 8 competition!

Students form teams of six and compete against other teams during Thursday lunch times in the school gym.

The tournament has quickly become a positive and energetic part of the school week, bringing students together through teamwork, healthy competition, and fun.

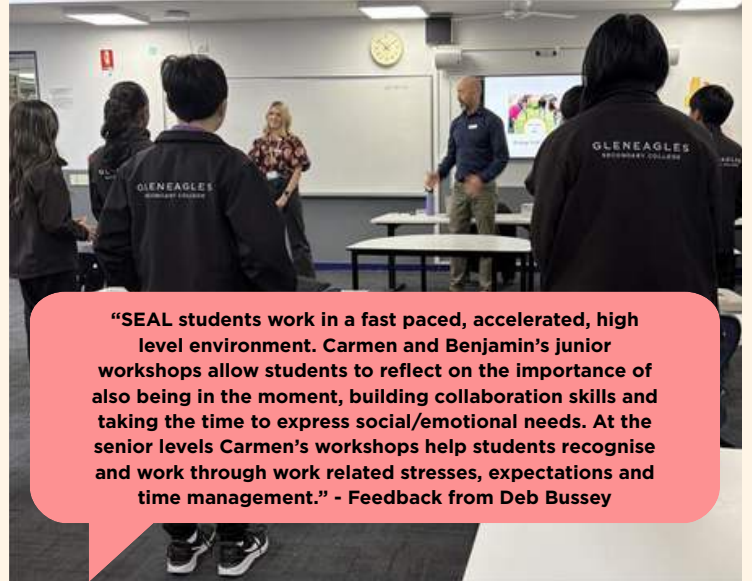
More than just a game, the competition encourages sportsmanship, respect, and positive student engagement, while giving students the opportunity to support, encourage, and cheer one another on. The Bunji Boys Soccer Tournament continues to strengthen connections between students and promote a positive school culture across year levels.

◆ Engagement Programs ◆

THRIVE TOGETHER

Thrive Together is a three-session wellbeing workshop for junior SEAL students focused on building skills in collaboration, emotional literacy and regulation, and conflict resolution. Through interactive activities, students develop practical strategies and life skills they can apply in real-world contexts, supporting their academic success, relationships, and resilience.

This program is run by the school Mental Health Practitioner, Carmen McGruddy and Adolescence Nurse, Benjamin Ratcliff.



“SEAL students work in a fast paced, accelerated, high level environment. Carmen and Benjamin’s junior workshops allow students to reflect on the importance of also being in the moment, building collaboration skills and taking the time to express social/emotional needs. At the senior levels Carmen’s workshops help students recognise and work through work related stresses, expectations and time management.” - Feedback from Deb Bussey

MANY HANDS

The Many Hands program is a hands-on school initiative for Year 10 students that supports engagement, wellbeing, and connection to school. Designed for students who may struggle in traditional classroom settings or face minor behavioural challenges, the program involves working alongside staff to create practical projects such as seating areas and garden spaces. Through teamwork and construction activities, students build practical skills, confidence, responsibility, and pride while developing a stronger sense of belonging and ownership within the school community.



LEADERSHIP PROGRAMS

At Gleneagles Secondary College, students are currently involved in two leadership programs that support confidence, connection, and personal growth. The ***Strong Roots, Bright Futures Leadership Program*** encourages young men to explore identity, belonging, and positive masculinity while developing empathy, confidence, and leadership skills through guided discussions and activities.

Students are also participating in the ***AMWCHR Girls Leadership Program***, delivered by Australian Muslim Women’s Centre for Human Rights, which is an intensive small-group program focused on building self-awareness, communication, confidence, and leadership, while also exploring topics such as human rights, community participation, and legal systems. Both programs provide meaningful opportunities for students to strengthen their voices and develop skills that will support them beyond school.



DOCTORS IN SCHOOL

You can see a Mental Health Nurse or Doctor every Friday at school 9am-1pm. It is free, confidential, and you don't need a Medicare card. Nurse Chloe and Dr. Wes can help with lots of things, including:

- Physical assessments and specialist referrals
- Mental health assessments and Mental Health Treatment Plans
- Blood tests
- Sexual health education, contraception options and STI tests
- Healthy eating, activity and sleep
- Alcohol and drug use education

We have a new Mental Health Nurse who has joined us this term. Nurse Chloe comes to us with so much passion and commitment to supporting our student with their mental health.

If you would like to reach out to our Wellbeing team, please visit our Centre located next to B2 or email us at wellbeing@gleneagles.vic.edu.au



Dr. Wes



Nurse Chloe



Book an appointment today

Book in through our website:
<https://www.gleneagles.vic.edu.au/articles/17>
or let a wellbeing staff member know and they can support you to book in.

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◆ CHISHOLM PLACEMENT STUDENTS ◆

Since the beginning of Term 2, Gleneagles Secondary College has welcomed Chisholm placement students Nadia and Jemma, who have been supporting students in class and helping facilitate the Future Her Program.

Throughout their time at the college, both Nadia and Jemma have built positive connections with students and staff, while gaining valuable hands-on experience. They have shared that they have already learnt so much from their time at Gleneagles and have enjoyed being part of the school community.

SAGA

SAGA runs every Thursday lunchtime in the Community Room as a student-led group that provides a safe, supportive, and inclusive space for students and their allies. It offers a welcoming environment where students can connect, socialise, and feel included while engaging in positive discussions about identity, respect, and belonging. The group also helps promote awareness, kindness, and inclusion across the school community through activities and initiatives that encourage understanding and respect for others.

DEADLY

The Deadly group runs every Friday lunchtime in the Community Room and provides a culturally safe and supportive space for Aboriginal and Torres Strait Islander students. The term “Deadly” is used as a positive expression meaning excellent, strong, and proud within community contexts. The group promotes connection, wellbeing, identity, and pride in culture while also encouraging positive relationships and support among students. It is a welcoming space that celebrates culture and strengthens student engagement and belonging within the school.



RESPECTFUL Relationships

Respect is the foundation.
Together, we build safe, supportive and positive connections.



RESPECT

Value each other's feelings, boundaries, and differences.

Treat others how you want to be treated.



COMMUNICATION

Talk openly and listen with care.

Check in, be honest, and encourage each other.



TRUST

Be reliable and honest. Trust is built over time and broken in moments.



BOUNDARIES

Everyone has limits. Respect a "no" and give each other space.



SUPPORT

Celebrate each other's wins and be there during tough times.



KINDNESS

Small actions make a big difference. Choose kindness every day.

WHAT IT LOOKS LIKE



You feel safe to be yourself



You encourage each other



You respect boundaries



You speak kindly and listen



You lift each other up

NOT OKAY



- Put-downs or jokes that hurt
- Pressuring someone to do something
- Ignoring or excluding someone
- Sharing private information
- Any behaviour that makes someone feel unsafe or uncomfortable



Everyone deserves respect. Always.

NEED SUPPORT?



It's okay to ask for help. Talk to someone you trust. We're here for you.



Wellbeing Team



Your Year Level Coordinator



Kids Helpline: 1800 55 1800



kidshelpline.com.au



SCAN ME FOR MORE SUPPORT SERVICES

Be kind. Be respectful. Be you.