

Mount Macedon P.S Wellbeing and Inclusion Newsletter

Upcoming Events

Macedon Ranges Health

Mental Health Forum

Wednesday, 16th Nov.

4pm - 6:30pm

Community connections

First & Forever

Day-long festival event

featuring the country's

finest First Nations musical

talent.

Sunday 27 November

Hanging Rock, Woodend

Hosted by the Dja Dja

Wurrung, Taungurung and

the Wurundjeri Woi

Wurrung

Resources

Brene Brown on

Empathy vs Sympathy.

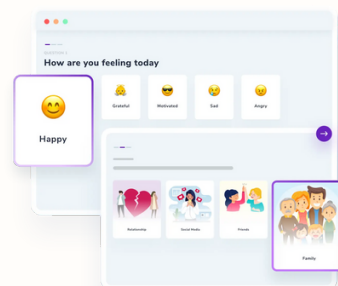
A beautifully animated short video
exploring the best way to ease
someone's pain and suffering

Student Wellbeing

This semester, the grade 4/5/6 students have been trialing the use of Skodel to help manage their feelings and create a plan to better wellbeing.

Students check in once a day to reflect on how they're feeling and identify what's behind that feeling.

Skodel provides immediate support to help students with access to interactive coaching sessions. It provides teachers valuable insights into student's wellbeing and allows for timely support and intervention.



Inclusive Education

This term we are partnering up with Macedon Ranges Health to host our termly Conversations Around Mental Health - Parent Session, LIVE at their Mental Health Forum. This will focus on supporting students for change. Keep an eye out for the flyer in next week's newsletter!