

# MENTAL HEALTH AWARENESS / HPE WEEK

## Mental Health Awareness/HPE Week in 2016

In Term 4 2016, (Monday 31<sup>st</sup> October to Friday 4<sup>th</sup> November), the Health and Physical Education Department at Bundamba State Secondary College (BSSC), delivered a program that would showcase the numerous sporting, recreational (both indoor and outdoor) and fitness opportunities that students from distinctive year levels have access to during their school life at BSSC. Mental Health Awareness/HPE week helped to recognise the critical role that promotion of health and wellbeing has had on our school culture and school community. Through physical activity, participation and engagement in scheduled physical activities and mental health/wellbeing workshops this has brought a positive feel and vibe amongst the school. Students were engaged in a wide variety of physical activities that promoted positive personal health, hygiene, diet, physical, social and emotional wellbeing as well provide recognition for students participation with the arrangement of prizes and gifts that were kindly donated from Ipswich/Brisbane sporting and community organisations such as Brisbane Lions, Brisbane Heat, Ipswich Jets, Genesis Fitness and Headspace.

The second key focus of this week was to promote 'Mental Health Awareness'. This program was designed to enhance the students understanding of mental health and the significance of challenges impacting on people's lives and how they choose to cope with these challenges. This week has helped students address suicide and mental health challenges as suicide is the single biggest killer of males under the age of 45. Research states that 41% of males who contemplated suicide felt they couldn't talk about their feelings. The charity LIVIN presented to our senior students during Thursday's BDP lesson of that week to open up conversation to reduce the stigma, and empower people by 'LIVINWELL'. This program has reached many schools across Australia and it was great to have them out to speak to our junior students back in Term 3 also. It has been great to have the LIVIN' team share their extremely important message here at Bundamba as we look to build an associative with this charity into the future and help spread the positive message of conversation and "It Ain't Weak To Speak". Mental health issues are a growing concern amongst adolescents and through conversation we hope together we can save lives directly or indirectly through education.

| Mental Health Awareness/HPE Week<br>Monday 31 <sup>st</sup> October – Friday 4 <sup>th</sup> November |         |  |  |  |   |   |
|---|---------|--|--|--|---|---|
|   |         | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
| Mental Health Awareness   | Library | <i>Inspired Minds – Logo Design</i><br>LIVIN Competition<br>All Year Levels<br>WYNN-MARKHAM/PEARSON  | <i>Meditation Group and Diaries of a Broken Mind</i><br>(Documentary)<br>All Year Levels<br>WYNN-MARKHAM/PEARSON | <i>Stillness and Silence</i><br>(Meditation)<br>All Year Levels<br>WYNN-MARKHAM/PEARSON          | <i>'LIVINWELL – It Ain't Weak To Speak'</i> (LIVIN)<br>Year 10-12 students only<br>KERRIGAN | <i>'Painting your Feelings'</i><br>(Chalk Mural – Handball Courts)<br>All Year Levels<br>WYNN-MARKHAM/PEARSON |
|   | Ongoing | <i>Mental Health Awareness Hub – Logo Design for 2017</i><br>All Year Levels<br>WYNN-MARKHAM/PEARSON |  |  |   |   |
| HPE Week Activities   | U.C.    | AVAILABLE FOR NORMAL LUNCHTIME USE   | AVAILABLE FOR NORMAL LUNCHTIME USE   | AVAILABLE FOR NORMAL LUNCHTIME USE   | AVAILABLE FOR NORMAL LUNCHTIME USE  | AVAILABLE FOR NORMAL LUNCHTIME USE  |
|   | Hall    | <i>Futsal Championships</i><br>Yrs. 7-9 ONLY<br>DUNN/MCLENNAN  | CLOSED   | <i>Teacher vs. Students</i><br>Basketball Match<br>Student Councils ONLY<br>ALL TEACHERS WELCOME | CLOSED  | <i>Futsal Championships</i><br>Yrs. 10-12 ONLY<br>DILEGGE/MCLENNAN  |
|   | Oval    | <i>Ultimate Frisbee/Frisbee Golf</i><br>All Year Levels<br>DILEGGE/WELLINGS                          | AVAILABLE FOR NORMAL LUNCHTIME USE   | CLOSED   | <i>Touch Football Titles</i><br>All Year Levels<br>MCLENNAN/DUNN                            | <i>Traditional Games</i><br>(Indigenous/Cultural)<br>All Year Levels<br>HERBST/TAZELAAR                       |
|   | Courts  | CLOSED   | AVAILABLE FOR NORMAL LUNCHTIME USE   | CLOSED   | <i>3 vs 3 Basketball Challenge</i><br>All Year Levels<br>WELLINGS/HERBST/CRISP              | CLOSED  |
|   | LTC     | <i>Climb Mt Everest</i><br>All Year Levels<br>TAZELAAR/CRISP<br>*MUST HAVE RETURNED CLIMBING NOTE    | CLOSED   | CLOSED   | CLOSED  | CLOSED  |



To culminate Mental Health Awareness/HPE Week (Term 4, Week 5) on Friday 4<sup>th</sup> November, Bundamba State Secondary College played an exhibition basketball match against Ipswich State High School for the LIVINWELL Cup in honour and recognition of the mental health efforts that have occurred at both schools leading up to this event and highlighted the importance of exercise and healthy competition to tackle mental health challenges amongst teenagers. The Bundamba Open Boys Basketball Team consisted of: Joseph Arop, Mait Arop, Zander Locke, Tovio Setefano, Martinez Lopau, Mason Barwick, Shaylan Stewart, Iuta Felise-Masei and Peter Tongu with referees Jarred Alpers and Angus Bogg officiating the match. This match went down to the wire with Ipswich State High School coming out on top 54-53. Our boys took a six point lead at the half time break. Our boys played their hearts out right to the final whistle and should be commended on their efforts and how well they represented the school. Bundamba looks forward to heading out to Ipswich next year to reclaim the LIVINWELL Cup.

Written by Andrew Tazelaar (SAC HPE)

