WELLBEING WORD

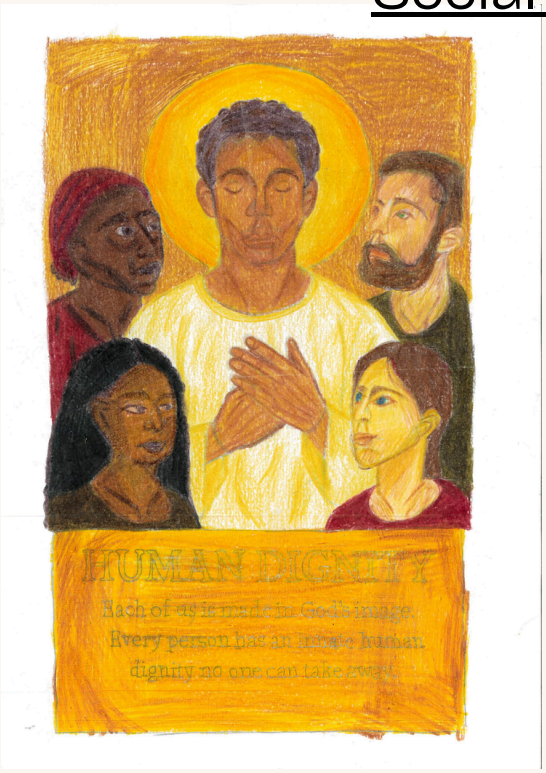
Welcome to the

Wellbeing Word

Word of the term: “Belonging.”

The feeling that you’re accepted, included, and valued for who you are and knowing you have people and places in school where you can be yourself, you don’t have to fit in but you are welcomed as you are.

Students’ artwork pieces on Catholic Social teaching:



By a Year 7 student

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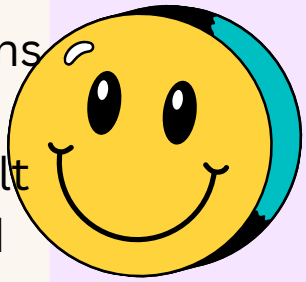
Meet Mia:



Mia's existence was centred on small 6-inch screens and the relentless, hollow buzz of notifications. Although she was 'connected' to everyone, she felt overwhelmed by the weight of numerous unread messages and the harsh blue light illuminating her room. until she inadvertently stumbled into the back room of the community center, where the only sound was pencils scratching on paper. In that environment, she found a group huddled around canvases, their fingers stained with charcoal and paint. There were no 'likes' in this space, just the calming sound of palette knives moving across surfaces. When a girl handed her a brush, Mia felt the twitch in her thumb finally ease. In the vibrant, unfiltered warmth of the art studio, she traded her online followers for genuine friends she could truly connect with.

Try this:

- Join a new club, team or activity outside of school
- If you see someone alone, invite them to join you

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