In week 6 we celebrated Wellbeing Week where each day had a focus on different ways to help us nurture our wellbeing. On Monday we launched Wellbeing Week with some music and games in the amphitheatre for students, and a fundraiser morning tea for staff to help support BeyondBlue. We joined forces with the Year 11 leaders with toast on Tuesday and added some fruit and yoghurt to the mix with a focus on healthy eating. Wednesday we had some space provided in the Learning Centre where the focus was good use of technology where we had some students engaging in games and Thursday was the importance of having some time to recharge with a movie and popcorn to end the week. We would like to thank all staff who helped and participated in the activities for the week as well as our Mission Captains Alice Chizmesya and Jack Humphries for all their help and support.

The counselling team wanted to share an app we have recently come across that we think could really change the way our students behave online. An app called ‘ReThink’ aims to help prevent cyberbullying. Rethink gives adolescents who are trying to post an offensive message on social media a second chance to reconsider their decision.

Here is a write up of the app from the iTunes store:

“ReThink is a non-intrusive, innovative and award-winning solution to stop cyberbullying before it happens, especially in young adolescents and teenagers. Use ReThink Keyboard to give your child a second chance to pause, review and ReThink their messages on text messages, emails, social media and any apps that use a keyboard.

My name is Trisha Prabhu, I am 15 years old and I am the creator of ReThink. Spurred into action by the anger, sadness and frustration of the death of an 11-year old girl that committed suicide because she was repeatedly cyberbullied, I took on the cause to find a solution to stop cyberbullying. The result was my product - ReThink. I have had the honor of presenting ReThink at various national and international events, seminars, forums, schools and universities. Together, we can stop this silent pandemic and promote internet positivity and responsible digital citizenship in young kids. Please visit http://rethinkwords.com/ to learn more.”

Trisha Prabhu has also presented on TEDX Teen Talk for more information please visit:
https://www.youtube.com/watch?v=YkzwHu6C2U

ReThink is available on both Android and iOS stores

Aleksandra Cabot Counsellor