



JOHN TONKIN
COLLEGE

EXCELLENCE | RESPECT | COMMITMENT

Issue 2 - 2025

WELLNESS MAGAZINE

Connection

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou





Belonging



Breakfast Club – More Than Just Toast

Mornings at home can be a whirlwind—especially with teenagers. In a perfect world, we’d all get eight hours of restful sleep, wake up refreshed, and start the day in a calm, organised way. If that’s your morning routine, I truly admire you! But for many families, the reality looks quite different—missing breakfast essentials, rushing out the door, and doing our best just to get everyone where they need to be.

That’s why, at Tindale Campus, we offer Breakfast Club every school day. Run by a team of dedicated volunteer staff, it’s become a warm and welcoming start to the day for many of our students. We currently serve toast with a variety of spreads, and we’re hoping to expand the menu with the help of student and parent volunteers—especially for setup and cleanup.

Starting the day with something to eat—no matter how simple—helps students feel settled and better prepared to focus, learn, and engage in the classroom. A good breakfast supports both physical and mental wellbeing, which are essential foundations for a successful school day.

Our hope is to bring Breakfast Club to MET Campus as well, so that all students across John Tonkin College can access a friendly space to begin their day nourished and supported.

Personally, I love being part of Breakfast Club once a week. It’s always a joyful space, filled with respectful, cheerful students—and it’s a reminder of how powerful small acts of care can be in shaping a positive school culture.

Kim Savins
Principal

BREAKFAST CLUB

Daily - Tindale Campus

"It's not just the toast - it's the vibe,"

one student said with a grin, holding a warm slice as they leaned into a conversation with a friend.

It's just after 8am at John Tonkin College's Tindale Campus. The early morning quiet has given way to the familiar sounds of footsteps, chatter, and laughter echoing through the spine. The scent of freshly toasted bread drifts down the hallway, trailing behind the soft buzz of an 80s classic playing from a portable speaker. It's a simple scene, but a meaningful one.

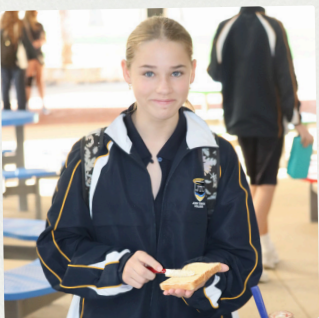
At the heart of it is our Breakfast Club—a small but mighty ritual where toast, conversation, and connection come together before the first bell.

Staff volunteers greet students with a smile and a nudge toward the plate, while others quietly hover near the station, enjoying the warmth of both the food and the company.



For some students, breakfast might've been a forgotten step in the morning rush. For others, it's a second round of fuel before a busy day. But for all, it's a moment to pause. To be welcomed. To feel part of something steady and familiar.

It's easy to overlook the impact of a slice of toast, but in this setting, it's so much more—it's routine, it's support, and it's community. And as our students head off to class, hands warmed by their breakfast and hearts lifted by a kind word or quick laugh, we're reminded that wellbeing doesn't always need to be big. Sometimes, it's as simple as starting the day with someone who sees you.



Check out our breakfast on Facebook

STUDENT Wellness



For Year 10 student Izzy, taking care of her wellbeing has come from more than one path. From the calm of the outdoors and forming friendships that feel more like family through the JTC Bushrangers Program, to the steady support of trusted staff, she's discovered what truly makes a difference to her mental health. One of those key supports has been Joseph, our valued chaplain, who has become a consistent and reassuring presence in her life.

In this issue, Izzy shares how Joseph's guidance and care have helped her navigate the challenges of school, reminding us all of the power of being genuinely supported. Her experience shows how both connection and environment can shape our sense of belonging and balance.



Joseph is available;

Tindale Campus - Mon & Fri
MET Campus - Weds

Students can arrange initial
appointments via Student
Services consultation.



Over the past three years, our chaplain - Joseph has been more than just a chaplain to me. He has been a mentor, listener and most importantly a constant and comforting presence.

There were moments when everything felt overwhelming. When school pressures, personal issues and self-doubt made me feel like I was drowning. It was in moments like these that Joseph's door was always open. He never rushed a conversation or treated any problem as too small. Whether I needed guidance, encouragement or simply a quiet space to breath he was always there.

“What sets Joseph apart is the way he treats everyone who walks through his door.”

He doesn't just counsel students - he embraces us as if we're family. His kindness is sincere and his care for each of us is evident in every interaction. He remembers the little things, checks in when you least expect but most need it and always makes time.

I know I speak for many students when I say that Joseph has been a rock for us. He celebrates with us in our joys and sits quietly with us in our pain. Joseph gives so much of himself simply to make others feel seen, heard and valued.

Izzy

Uniform Shop Information



Meet our team *in the* Wellness Hub

We believe. We empower. We succeed

Dee
Mindfulness Coach

Michelle
Youth Worker



Anushka
School Psychologist

Joseph
School Chaplain



Meet **Donna & Luke**
School Nurse

Hi, I'm Donna, one of the school nurses at John Tonkin College. My role is to support the mental health and wellbeing of our students, ensuring they have the care they need to succeed both academically and personally. Our Nurses work closely with students, families, and staff to provide comprehensive health services, including mental health and sexual health support, health education, and we refer to outside agencies for further assistance.

Our goal is to create a safe and healthy learning environment for all students, helping them to feel confident, engaged, and ready to learn. If your child needs support, don't hesitate to reach out to us through the Student Services team.

Students can find us in the Wellness Hub on each site, where we are ready to assist with any health-related concerns or questions.



Donna is available;
Luke is available;

MET Campus - Tues & Weds (alternate weeks)
Tindale Campus - Tues & Thurs

Students can arrange initial appointments via Student Services consultation.



Department of
Education



INFO



Q & A
Support your child's
stress



in the Wellness Hub

We believe. We empower. We succeed

elevate
education

TERM 2 PARENT SUPPORT SERIES

Free Parent Webinars

Join us and Elevate Education for FREE
60-minute webinars designed to help you
support your child's studies at home.

ASK ME ANYTHING (LIVE Q&A)

18th June @6:30pm (AEST)

HOW TO HELP YOUR CHILD ALLEVIATE STRESS

2nd July @6:30pm (AEST)

**REGISTER
NOW!**

[Click here to register](#)



in the Wellness Hub

We believe. We empower. We succeed

Triple P – Positive Parenting Program

Proven, positive tips that can help every family
You can support your child's development, grow closer and solve problems – positively. There are many simple strategies you can start using right now, to make every moment count!

- Boost their emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Set good habits early and prevent problems from getting worse with practical strategies you can start using straight away.
- Join more than a million Australian families who've been helped by the Triple P – Positive Parenting Program!
- Backed by 35+ years of research studies here and around the world.



Positive parenting in Western Australia | Triple P programs near you

Western Australia, this is for you! Triple P positive parenting helps you support your child's or teenager's development emotional wellbeing (and be less stressed)!

[Choose your FREE course - click here](#)

ATTENDANCE WEEK



Tuesday



**Pyjama Day:
“Wake Up and Show
Up!”**

Monday 9 June - Friday 13 June 2025

JTC marked Attendance Week (9–13 June) with a vibrant mix of themed days, student recognition, and a clear message: every day at school counts.

The week kicked off with an assembly celebrating students with outstanding attendance, setting the tone for five days of fun and focus. Each day carried a different theme, including World Ocean Day, Silly Socks Day, and a hotly contested pizza prize for the best-attending class.

But the standout was Tuesday’s Pyjama Day, where students embraced the cold weather in comfort—turning up in slippers and dressing gowns while staying fully engaged in their learning.

“You could feel the energy all week,” Deputy Principal, Che Heeley explained. “Students had fun, but they also understood why we were doing it.”

Behind the dress-ups and prizes was an important message: regular attendance builds stronger learning habits, boosts achievement, and sets students up for success beyond school.

At JTC, Attendance Week was more than a celebration—it was a show of commitment, connection, and community.

Wednesday



World Ocean Day



Thursday



**Wear Silly Socks Day:
“Sock It to Absences!”**



Friday

**Free Lunch for Best
Class Attendance**



**JOHN TONKIN
COLLEGE**

EXCELLENCE | RESPECT | COMMITMENT

