

Issue 3 - 2025



JOHN TONKIN
COLLEGE

EXCELLENCE | RESPECT | COMMITMENT

Resilience

"I have not failed. I've just found 10,000
ways that won't work." – Thomas Edison

WELLNESS MAGAZINE



Be Prepared!

This issue of our Wellness Magazine has a focus on preparing for the upcoming ban on social media for those under 16 years of age.

From my perspective as a school principal who has been around for quite a while, I am excited that this courageous step has been taken. I have seen the very real and disturbing evidence of the impact that inappropriate use of social media has had on our young people.

However, I am also very realistic in that I know that this change will not come about without considerable challenges. For the majority of our students, their sense of belonging is very connected to social media. It's loss will be grieved and you may experience some changes in behaviour at home.

I urge all families, to have conversations now about the change. Start making plans to reduce usage and replace it with other activities. Our kids are going to have to get back to the basics of communication and spend more time actually in the presence of other human beings. The dynamics within households will need to change along with this.

Changing habits - essentially, this is what it all comes down to, but the more entrenched the habit, the harder it is to overcome. It can be helpful to understand habit behaviour and how to change them:

<https://www.healthdirect.gov.au/creating-healthy-habits>

We are on this journey together and will support families however we can with these changes. Please just do not underestimate how challenging this change may be for your child.

Kim Savins
Principal



WELLNESS HEAD CAPTAIN

P.O.V



Managing stress and checking in with friends can sometimes get lost in our busy day-to-day lives. This term, we spoke with Year 12 School Captain, Ella B, to discover her tips on staying balanced and supporting others during exam time.

Ella shared that planning her study schedule in advance helps her avoid feeling rushed. She takes short breaks, ensures she gets enough sleep, and eats properly to prevent burnout. "I try to plan my study time so I don't feel overwhelmed, and I make sure to take breaks and get enough sleep," Ella said. "If I start to feel stressed, I'll talk to a teacher, friend, or family member — it really helps."

She also makes a conscious effort to check in with her friends. "I usually send a message or ask them in person how they're going," Ella explained. "If they seem quiet or different, I'll invite them to chat or hang out, just to let them know they're not alone."

Ella's approach is a great reminder that managing stress and supporting each other are key parts of wellness — and that small acts of care can have a big impact.



NAIDOC WEEK



**THE NEXT
GENERATION:
STRENGTH,
VISION &
LEGACY**
6-13 JULY 2025

**“When young
people feel seen
and connected,
their confidence
and wellness
grows.”** Aboriginal Education Team

2025 NAIDOC Week is held during the school holidays — from 6 to 13 July 2025. We embraced and acknowledged this when we returned, in Week 2, Term 4 at John Tonkin College, uniting both campuses in meaningful reflection and celebration of this year's theme:

**“THE NEXT GENERATION:
STRENGTH, VISION & LEGACY.”**

Our Aboriginal Education Team — led by Aboriginal Education Support Coordinator, Jo Bell, and Follow the Dream Coordinator, Andrea Tacko — worked closely with staff, students and community partners to deliver a truly memorable week of culture, pride and shared learning.

Elder George Walley provided a Welcome to Country and spoke to our students about the importance of this year's theme, inspiring them to look ahead with confidence and pride.





“Seeing our students connect with culture, share stories, and celebrate who they are has been incredibly powerful.

This week wasn’t just about activities – it was about pride, identity, and showing our young people that their culture is strong, valued, and belongs here at John Tonkin College.”

Jo Bell, Aboriginal Education Support
Coordinator

From cultural performances, storytelling and interactive learning experiences, the events created a strong sense of community across our school. Students enjoyed a cultural food exhibition including kangaroo stew prepared by Murdoch University nursing students through the Deadly Koolinga Chef Program, explored a stunning photography installation featuring students in traditional dress, and learned more about culture directly from Elders and mentors.

A visit and performance from Zero EmCee – recently returned from representing Australia and Noongar culture on the world stage at the Amersfoort Jazz Festival in Amsterdam – was a major highlight. His message about the opportunities that open when you embrace your identity and passion left a lasting impression on students, many of whom eagerly lined up for autographs and photos.

These celebrations are more than just events – they support student wellness by building belonging, confidence and cultural understanding. NAIDOC Week at John Tonkin College reminds us that all our young people – Aboriginal and Non-Aboriginal – truly are the next generation, shaping their future with strength, vision and a proud sense of legacy.

A heartfelt thank you to our Aboriginal Education Team, event leaders, students, staff, families and community for helping bring NAIDOC Week 2025 to life.



[Check out our the NAIDOC photos on Facebook](#)

Social media changes are coming

From 10 December, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account.

What you need to know

- The age restrictions are likely to apply to **Instagram, Facebook, Snapchat, TikTok** and **YouTube**, among other platforms.
- **Online gaming and standalone messaging apps** are among the types of services that will not be included.
- Children under 16 will still be able to see publicly available social media content that doesn't require logging into an account.

Find out more at
eSafety.gov.au



Social Media Ban

Social media can be a source of connection, yet it also brings pressures that can impact young people's wellbeing, sleep, learning, and sense of safety. As part of the WA Government's new state-wide Social Media Ban for students during school hours, we are focusing on supporting healthier habits and helping students feel more present and engaged throughout the day. This change aims to reduce distraction, prevent cyberbullying during school time, and strengthen our school culture so every student can learn and connect face-to-face with confidence.



We encourage families to talk with their children about these expectations and support them in developing positive digital routines. Our staff will continue to guide students in responsible and respectful technology use, preparing them for life beyond school. Thank you for working with us to look after student wellbeing and ensure school remains a safe, focused environment where every child can thrive.

At John Tonkin College we are actively helping students adjust to this shift. Our wellbeing team and teaching staff will provide guidance on managing screen time, building strong friendships, and finding healthy ways to switch off from the digital world during the school day. We are also here to support parents and carers with tips and resources if needed. Working together as a community gives our young people the best chance to develop balanced digital habits and feel great about their learning and interactions at school.

Uniforms

Scan the QR code for further information



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OPERATING HOURS

Tuesday to Friday: 9am - 5pm
Thursday: 10am to 6pm
Saturday: 9am - 1pm



in the Wellness Hub

We believe. We empower. We succeed

SOCIAL MEDIA AGE RESTRICTIONS WEBINARS

Parents and carers

We invite parents and carers to join a short 30-minute online information session to learn more about the upcoming national changes to social media access for children under 16. The webinar will explain why the new age restrictions are being introduced and how they are designed to better protect young people online.

The session will outline which platforms will require users to be 16+, what options remain available, and practical ways you can support your child's online safety and wellbeing during the transition. You will leave with a clear understanding of the new rules, confidence to guide your child, and access to trusted resources that promote safe and positive online engagement.



eSafety News



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Australian Government



eSafety
Commissioner



^{in the} Wellness Hub

We believe. We empower. We succeed

elevate
education

- WHAT'S -
UP?

**REGISTER
NOW!**

Term 4 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.*

Scan the QR code
to register



In Term 4 we'll cover:

1. **How You Can Help Your Child Manage Their Time**
- 29th October @6:30 (AEDT)
2. **How To Help Your Child Alleviate Stress**
- 12th November @6:30 (AEDT)
3. **How You Can Build Resilience in Your Child**
- 26th November @6:30 (AEDT)
4. **How You Can Set Your Child Up for Success**
- 10th December @6:30 (AEDT)



Meet our team *in the* Wellness Hub

We believe. We empower. We succeed

Dee
Mindfulness Coach

Donna
School Nurse



Anushka
School Psychologist

Joseph
School Chaplain



Meet **Michelle**
School Youth Worker

Hi, I'm Michelle, and for over six years I've been the Youth Worker at both JTC campuses. I support students' wellbeing by providing a safe, approachable space to talk about challenges, build resilience, and develop positive relationships.

I work with staff and community services to help students overcome barriers, whether through one-on-one support, group programs, or connecting them with the right resources.

Message for students:

If you're having a tough time, need advice, or just someone to listen, I'm here for you—no judgement. You can see me by asking at Student Services.



Michelle is available;
MET Campus - Tuesday
Tindale Campus - Wednesday

Students can arrange initial appointments via Student Services consultation.



