



### Level News:

#### GRADE 5 NEWS

##### Mental Health Week

Earlier this term it was Mental Health Week. Mental Health Week is about promoting good mental health and about sharing your mental health issues and letting people know that it is nothing to be ashamed about. As part of this, our class did a couple of activities to raise our own awareness and the awareness of others.

*Mental health* is about being able to learn to your full capacity, cope with daily life stresses and live your life in a free and satisfying way.

*Mental illnesses* affect your thoughts, feelings, actions and memory. There is no single 'cause' of a mental illness, instead it's normally the result of a number of overlapping things. It can occur at any age and it is usually longer lasting than mental health problems.

During our time researching about mental health, we discovered some facts about it that we thought were important. These include that:

- Mental health is the single biggest problem for young adults in Australia.
- Mental health problems can affect your feelings, thoughts and actions, and can cause difficulties in everyday life.
- Getting help early makes a significant difference.
- Depression is a significant issue for people of aged between 16 and 24
- Getting sleep is important in maintaining good mental health.

During our time researching about mental health, we also discovered some facts about how you can look after your mental health. Some things that might help include:

- Trying not to worry so much and deal with any problems you have early on.
- Getting regular exercise and getting lots of sleep.
- Talking to people about any issues you have and expressing yourself through art.

Lexi, Max, Bethany, Blake, Evelyn & Rhys

<http://headspace.org.au/get-info/what-is-mental-health/>

<https://www.youthbeyondblue.com/footer/stats-and-facts>



#### GRADE 6 NEWS

##### Eltham High Art and Technology Exhibition

On Tuesday the 10<sup>th</sup> November the Grade 6s went to the Art and Technology Exhibition at Eltham High School. When we arrived we were arranged into groups of ten and guided around the exhibition by some Year 7 students. The Year 7s had lots of activities for us like scavenger hunts and picking out your favourite artwork and telling the group why you liked it. I especially liked the scavenger hunt. There was a whole range of artwork and technology on display. There were paintings, drawings, robotics, sculptures, woodwork, clothing, musical instruments, videos and photography. All the Grade 6s enjoyed the day and admired the artwork that was produced by the high school students. I would like thank Ms Cook and Miss Atkinson for making this day possible.

James Marsden 6C

