



# THE WAY



## FROM THE DEPUTY PRINCIPAL & HEAD OF JUNIOR SCHOOL

### **Welcome to the exciting start of our 2025 learning journey!**

Everyone has had their first day or days in their new classes and we are ready for an excellent year of learning ahead. The energy in the Junior School is truly uplifting. It's been wonderful to see the students reconnecting with their friends, welcoming new faces and sharing plenty of laughter and smiles. Our new Prep and Kindy students are settling in beautifully, getting accustomed to their routines and embracing all the new experiences that come with the start of the school year. They look so grown up in their College uniforms!

At the beginning of each year, we often reflect on what we'd like the months ahead to look like for our children. Let me ask you a question to consider. What would make the biggest difference in your child's life right now? Perhaps they are navigating the excitement or nerves of making new friends, managing some anxiety, or adjusting to new routines. Maybe you're looking for tips on how to balance screen time at home or seeking ways to support your child's wellbeing.

To help with all of this and more, I'd like to remind you about an excellent, free resource available to all families through our College website: **School TV**. You'll find it under the 'Current Students' tab, or you can simply click the button below.

### [School TV](#)

**School TV** is a comprehensive wellbeing platform that offers evidence-based information and practical advice for parents and carers. It's a rich collection of videos, articles, interviews and other resources on a wide range of topics relevant to raising healthy, resilient children. Here are some of the many topics covered:

- Managing Screen Time
- Online Gaming
- Friendships & Belonging
- Trauma
- Neurodiversity
- Raising Boys and Raising Girls
- Sleep

I encourage you to explore School TV, whether you're looking to address a specific challenge or simply want to learn more to better support your child. To get started, Dr. Michael Carr-Greg has a short, 2-minute video that introduces the School TV platform—it's a great place to begin

### [Introduction](#)

As we move forward into this year, we are here to partner with you every step of the way. We are passionate about nurturing and growing your children in learning, wisdom and service. It's great to be a part of our vibrant learning community and I look forward to working alongside you for a bright future ahead!

**Mrs Sandy Wheeler**  
Deputy Principal & Head of Junior School

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