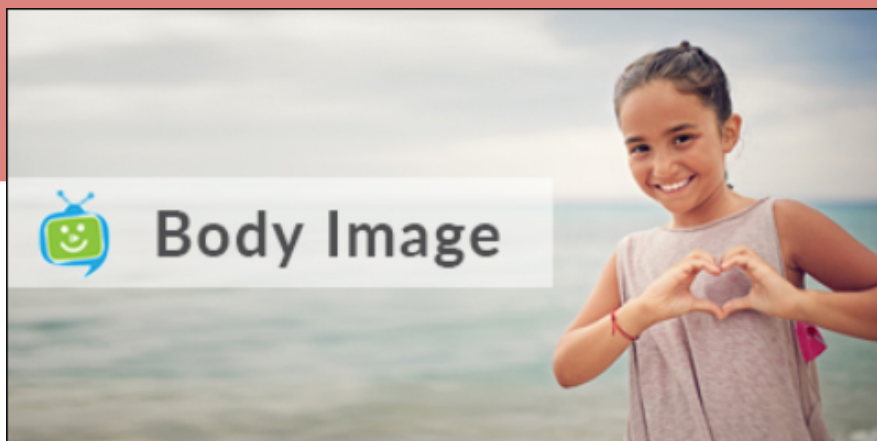




# WELLBEING NEWS

## IN THIS EDITION OF SCHOOL TV - BODY IMAGE



Kids today are more obsessed with their body image than those in past generations. This is partially influenced by the media and their social connectivity. Encouraging kids to have a healthy body image in childhood, can lay the foundations for good physical and mental health later in life.

A recent study highlighted that body image is one of the top three concerns for Australian youth. Over half of girls in high schools have tried to lose weight. One-third of teenage boys wanted to be thinner and another third wanted to be larger. Children need to understand that their body shape and size is not a reflection of their health or success. Parents and schools need to work together to help kids understand that everyone is born with their own 'body-suit'.

In this edition of SchoolTV, parents will learn how to encourage their child to have a positive body image and why it is so important to their mental health.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact Jess Courtney for further information or seek medical or professional help.

Here is the link to the Body Image edition of SchoolTV  
<https://spcamperdown.catholic.schooltv.me/newsletter/body-image>

TERM 3 WHOLE SCHOOL  
REWARDS  
**Week 4**

Mercy	Lourdes	Nazareth	Fatima
13	14	11	18
67	76	69	92

## New Whole School Focus

Our new whole school focus is on the importance of using good manners. Simple acts- like greeting others by name and with a smile, saying please and thank you, and showing respect in our words- help create a welcoming and positive school environment for everyone. By practising these small but powerful habits, we strengthen our community and show kindness to those around us. Families are encouraged to support this focus at home by modelling and encouraging the use of manners in everyday interactions.

PLEASE

THANK  
YOU



A FREE WEBINAR

# Digital media literacy & safety

## PART III

### Supporting Primary & Secondary students

This webinar is **Part III of a series**.  
In this session, topics include:

- New Social Media Regulations
- Digital Footprint and Reputation
- Screen Time and Brain Development
- Parental Controls



Online, Wednesday  
**3 September, 2025**  
7.30 - 8.30 pm



### Dr Michael Carr-Gregg

Renowned child and adolescent psychologist, Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



### Susan McLean

As Australia's foremost cybersafety expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.

**Don't miss out.**  
**FREE event.**  
**Scan to register.**

