A PLACE OF CALM
Becoming the best version of yourself

Rosebud Secondary College is building an innovative facility promoting the learning of positive mindfulness strategies for our youth and families within the Southern Peninsula.
Your invitation to be part of a vital Mornington Peninsula initiative.

Together we will build a Wellness Pavilion for youth and families at Rosebud Secondary College.

The wellbeing of Young Australians Report Card helps us understand the health and wellbeing needs of young Australians. It recommends we focus on positive family, mental health, social and emotional development opportunities and modelling so that our youth feel supported and nurtured. [www.aracy.org.au](http://www.aracy.org.au)

**Rosebud Secondary College is supporting our youth and their families as they work through challenges and recognise alternate opportunities and techniques. We need more than a classroom to achieve this, we need a peaceful place to help them reflect and grow.**

“Rosebud Secondary College is not alone in addressing challenging trends in concerning behaviours and depressive symptoms within our community. We want to support our students, and their families, and it’s with this in mind that we are taking a lead role in addressing these issues through the programs we can offer within The Wellness Pavilion for our school and community”

- Andrew Nicholls, Principal

**A quiet space for youth to reflect, learn mindfulness techniques and seek connections and support**

“After interviewing the parents of Australia’s sporting greats, it was clear that the secret sauce was to resource a child’s interest. To have young people live into their talent, we need to give them support, opportunity and the right environment. It’s tough to ask them to cook a cake without an oven.”

- Mark Dobson

**“I support the Rosebud Wellness Pavilion project and encourage all students to dream big, go after them and never ever give up!”**

- Sally Fitzgibbons

**Dr Craig Hassed**

Co-Author of Mindful Learning & pioneer of resilience-building programs

“A family is not an island. Healthy families can only exist in a society that supports their needs.”

- STEVE BIDDULPH

**“In this modern world there is such a pressing need to provide broader support and life-skills for children and adolescents and I believe that mindfulness is life’s most important life-skill. It is therefore tremendous to hear that the Rosebud Secondary College and wider community are getting so interested in providing support for mindfulness and building the Wellness Pavilion. I hope and expect that it will be a great success.”**

- Andrew Nicholls, Principal

“I support the Rosebud Wellness Pavilion project and encourage all students to dream big, go after them and never ever give up!”

- Sally Fitzgibbons

**Mark Dobson**

Talent Development Specialist and author of Parenting Freak Ability

**Sally Fitzgibbons**

Professional Surfer.
Vision

The World Health Organisation predicts that by 2020 more youth will be affected by depression than any other health problem.

Being a teenager can be complex – there are so many decisions to make, rules to figure out, challenges to address and stressful moments to work through.

In today’s stressed and busy world, families need places and initiatives like the Wellness Pavilion to provide positive opportunities and avoid harmful risks to our youth. They need access to supportive services and techniques to help them thrive.

“There is no health without mental health” – World Health Organisation

Innovation

The Wellness Pavilion is a collaboration between experts in mental health, educators, the community and our kids.

Our project is modelled on the successful Bentleigh High School Meditation Centre project.

It will be a quality, purpose-built place for the teaching of mindfulness strategies. Located at Rosebud Secondary College it will be easily accessible to all Southern Peninsula families.

This will be a community based project using donated labour and materials.

The Wellness Pavilion benefits:

• be a physical place and emotional space for the teaching of mindfulness strategies for students, teaching staff and families to address life’s challenges

• nurture personal resilience

• encourage positive growth

• support mindfulness teaching techniques

• ease stress through meditation programs

• identify places of peace and personal calm

• be a centre for health and wellbeing excellence for young people

• feature innovative practices in mindfulness for youth to learn and apply to their lives

• create an integrated link between community, professional support agencies and front line services

• provide direct access to supportive personal development and specialist services

• offer community wellbeing support to all in the Southern Peninsula
Realising our vision

We can’t do this alone. This facility cannot be funded by the Department of Education. The Wellness Pavilion will be a place of calm from which we can all benefit.

We invite you to contribute to a happy, healthy and thriving Mornington Peninsula.

The estimated costs of the Wellness Pavilion is $850,000.

We are working towards building the Wellness Pavilion in 2015 / 2016.

We are calling for businesses and individuals within our community to:

Give time  |  Give money  |  Give materials

and most important of all, to give hope for a balanced and resilient future for our youth.

The Rotary Club of Rosebud-Rye has started our project with $50,000 seed funding, but that’s just a start. As well as further financial donations, we are seeking donations of products and services from businesses within our community.

Supporting our vision

4 Ways To Contribute

• Make a financial donation
• Host a fundraising event and donate your proceeds
• Donate building and landscaping materials
• Donate labour to help us build the Pavilion

Visit the Wellness Pavilion page at www.rsc.vic.edu.au

We’d especially love to hear from local builders and tradespeople who want to invest in our youth and our community.

*All donations over $2 are tax deductible.

Support our teenagers to become the best versions of themselves

THE WELLNESS PAVILION ADVISORY COMMITTEE HAS REPRESENTATIVES FROM

Rosebud Secondary College | Rosebud Secondary College Council | Rotary Club of Rosebud-Rye | Mornington Peninsula Shire

The project also has the support of Peninsula Health, Headspace, Beyond Blue, Mornington Peninsula Youth Services, the Communities that Care Initiative, Schools Chaplaincy Program and local Members of Parliament.

For further information about the Wellness Pavilion Project contact Rosebud Secondary College Principal, Andrew Nicholls

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