

# ACHIEVING WELLBEING TOGETHER

Wellbeing refers to a person's mental, physical, social, emotional, and spiritual health.

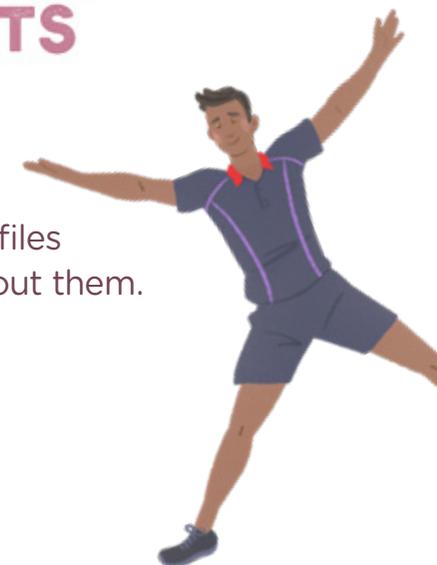
A positive sense of wellbeing helps us feel connected to others and gives our lives purpose and meaning. We tend to have higher levels of happiness, self-confidence, and resilience when we prioritise our individual wellbeing.

A keen sense of belonging forms the core of the wellbeing program at St Joseph's College. The Catholic Faith and our Mercy Values focus on the development of the student as a whole person and highlight an individual's intrinsic value: both loved by God and deserving of love and respect from others.



## MEET THE TEAM THAT SUPPORTS YOU

Click on their profiles  
to learn more about them.



St Joseph's College values the confidentiality of students and families. The Wellbeing Team maintains secure notes of all issues and discussions to enable the college to satisfy its duty of care, including:

- Providing for and supporting the student's education.
- Supporting the student's social and emotional wellbeing and health.
- Reducing the risk of reasonable and foreseeable harm to the student, other students, staff or visitors.

Contact us today on (03) 5018 8000  
[wellbeing@sjcmda.vic.edu.au](mailto:wellbeing@sjcmda.vic.edu.au)

# MR SAM DE LUCA

## MENTAL HEALTH CLINICIAN



I can see the relief in other people when someone is there to help.

During university I volunteered for an aid organisation in Bendigo. After volunteering, I was eventually employed by that same organisation as a Homeless Support Worker. I went on to found the organisation's Mildura branch, which has grown to become Haven Home Safe, providing services throughout Victoria and other parts of Australia. I also worked as a Child Protection worker for a while.

To keep up my love for learning I trained and practiced family dispute resolution and counselling for a few years. In that role, I worked with couples to improve relationships with each other and their children. I would also provide dispute resolution to ensure that children were heard when it came to family separation. I trained as a Men's Behaviour Change practitioner, as well.

### GIVING BACK TO THE COMMUNITY

I enjoy giving to society and others, and that is one of the main reasons I joined the SES about 15 years ago. I have attended a few accidents and storm incidents over those years, and I think that is what keeps me strong mentally. I can see the relief in other people when someone is there to help.

### HOBBIES/INTERESTS

Motorbikes | Soccer | Photography | Cycling | Working on the block

# MRS REBECCA DEA

## MENTAL HEALTH CLINICIAN



I really do believe it takes a village to raise a child.

I completed my Bachelor of Arts in Psychology and Forensic Science at Swinburne University of Technology in 2017. I then returned home to Mildura to follow my passion to pursue a career in the fields of child development and safety. I began by working in Child Protection for the Department of Families, Fairness and Housing for 5 years.

As a previous St Joseph's College student, the opportunity to work in the community which helped foster my beliefs and values as a young individual was an exciting opportunity that greatly interested me.

### IT TAKES A VILLAGE

After working alongside community agencies and schools to support vulnerable children, I really do believe it takes a village to raise a child. Our children are faced with ever-changing and complex challenges in our modern world. However, they are extremely capable when they have the support of a nurturing and strong village around them.

I am passionate about mental health, wellbeing, community and culture – all things that St Joseph's College values and nurtures within its culture.

### HOBBIES/INTERESTS

Fitness | Walking | Travelling | Cooking |  
Spending time with family | Meditation/Mindfulness

# MRS JANE SPARKS

## STUDENT ENGAGEMENT AND PASTORAL LIAISON OFFICER



It is the most amazing thing in the world to 'find your tribe'.

I work as a member of the Wellbeing team, and I also offer outreach support to the wider college community. It is my pleasure to help students enjoy their learning and their time in secondary school. I love being a part of a student's growth over the transition from primary school into secondary school through to graduation.

I have extensive experience and knowledge in the areas of Wellbeing and Mental Health. Over the last 20 years, I have held lots of community roles, including: working at Mallee Family Care, MASP, and DHHS. More recently, I've contributed as a counsellor at Headspace and worked with Student Wellbeing teams in several public schools across Sunraysia.

### FIND YOUR TRIBE

I have a strong belief that 'people need people'. We work best when we look after ourselves and each other. It is the most amazing thing in the world to 'find your tribe'. I can help you find the best ways to look after your physical, emotional, social, and spiritual wellbeing. You can learn the skills to live your best life, and now is the best time to start!

#### HOBBIES/INTERESTS

Yoga | Pilates | Craft | Music | Natural Living/Essential oils.