



Dear Wyndham CEC Community

As Wyndham CEC's Child Safety Officer my role is to provide advice and raise awareness on child safety. This edition of our Child Safety and Wellbeing Newsletter reflects:

- Body shaming
- Julia Gillard Community College news

This will be the last newsletter for 2024. Please stay safe and have a great break over the festive season.

## Wyndham CEC's Commitment to Child Safety

Wyndham CEC has legal and moral obligations to contact authorities when concerned about a child's safety.

**body-shaming-** noun

variants *or* **body shaming**

: the act or practice of subjecting someone to criticism or mockery for supposed bodily faults or imperfections

"One day I had to sit  
down with myself and  
decide that I loved  
myself no matter what  
my body looked like and  
what other people  
thought about my body."

—Gabourey Sidibe

@livesimplynatural

Beauty isn't  
about having a  
pretty face.  
It's about having  
a pretty mind,  
a pretty heart,  
and a pretty  
soul.

## **Wyndham CEC's Statement of Commitment**

Wyndham CEC is committed to Child Safety  
has no tolerance of child abuse  
and actively works to protect and empower children

### **What is body shaming?**

Body shaming involves humiliating someone by making inappropriate or negative comments about their body size or shape. As well as “fat shaming,” you may also hear negative comments if you’re underweight or in reference to a specific body part.

This type of criticism can be made to others or yourself. You may feel unhappy with your weight or how your body looks and judge yourself harshly. You may even engage in negative self-talk, such as “I feel so fat today” or “I need to stop stuffing my face with food.”

The act of body shaming can be carried out in person or remotely via the internet and social media and can be done by your parents, siblings, friends, or people you’re not even close to.

Even in a joking manner, remarks about what you eat or how much food you consume constitutes body shaming. Giving someone advice about dieting or praising weight loss is also considered body shaming, whether intentional or not. Often, your friends and family members don’t want to hurt your feelings, but their comments can still be of a critical nature. They may not realize the negative effect that questions like “Have you lost weight?” or “Do you really need to eat all of that?” can have.

While nobody is immune to societal pressures to look a certain way, comments about your body are unnecessary in any context. Whether the body shaming is being done by yourself or others, there are ways to overcome the problem, build body positivity, and learn to look at yourself in a more compassionate and realistic way.

## Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety  
Has no tolerance of child abuse  
and actively works to protect and empower children

Werribee Community College

## Social media and body shaming

Social media often emphasizes physical appearance and makes it easy to post hurtful comments about others. The overall message is often that you should strive for the perfect body and find ways to hide your flaws. This can have a huge influence on your body image.

Body shaming on digital platforms is related to cyberbullying, but there are ways to fight back against those who body shame online, overcome the pain and anguish they cause, and reclaim your sense of self-worth.

What to say to someone who is body shaming you?

Fight body shaming with positivity: **"Thanks for your concern, but I'm really happy with how I look! I'm not looking for input about my weight."** Explain that their words hurt: "You may not realize it, but when you talk about my looks, it makes me sad because I put lots of effort into my appearance."



## Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety  
has no tolerance of child abuse  
and actively works to protect and empower children

### Body Shaming



## Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety  
has no tolerance of child abuse  
and actively works to protect and empower children

### Parents Information Page

**Wyndham CEC has a strong commitment to Child Safety in the Werribee Community College as can be seen by the following:**

- Wyndham CEC has a designated Child Safety Officer—Lesley Nallawalla.
- If you have any questions she can be contacted on :0409 218 071 or at 20 Synnot St, Head Office



### Support Services

- **ORANGE DOOR** <https://www.vic.gov.au/familyviolence/the-orange-door.html>
- **SUN SMART** <https://www.sunsmart.com.au>

24-hour telephone assistance is available through:

- **Kids Helpline (5 to 25 year olds)- 1800 551 800**
- **Beyond Blue- 1300 224 636**
- **Lifeline - 13 11 14**
- **1800 Respect - 1800 737 732**
- **MensLine Australia - 1300 789 978**
- <https://www.esafety.gov.au/>
- If you have been scammed online, visit [www.scamwatch.gov.au](http://www.scamwatch.gov.au).
- If you have been a victim of cybercrime, call the Australian Cyber Security Hotline on 1300 292 371 or visit [www.cyber.gov.au](http://www.cyber.gov.au).

The eSafety Commissioner website also has information to help parents with their children/young people if they are having any concerns or problems with social media or online activity. [CCYP | Resources](#)

[Body Shaming: The Effects and How to Overcome it - HelpGuide.org](#)



# Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety  
has no tolerance of child abuse  
and actively works to protect and empower children

## Julia Gillard Community College Student's Page

### Celebrating 50 Years and the Launch of Julia Gillard Community College

Our Community Centre recently came together to celebrate a remarkable milestone—50 years of service, growth, and positive change in our local community. The celebration was made even more special by the presence of the Hon. Julia Gillard AC, the 27th Prime Minister of Australia, who joined us as our guest of honour. This event not only marked our rich history but also the exciting new chapter of our future with the official launch of our Julia Gillard Community College, a school inspired by Julia's ongoing advocacy for education and equity.

During the formal celebration, two of our community college students, Dalia and Chris, had the opportunity to share their personal stories with the audience, speaking about the profound impact our school has had on their lives. Dalia spoke openly about her struggles in mainstream education and how our school has helped her rebuild her confidence. "When I think about how my school has helped me, I'm so grateful I switched," she shared. "My old school made me feel overlooked and unheard, but here, I feel seen, supported, and understood." She went on to highlight the strong connections she has formed with her teachers, whose genuine care and attention have been pivotal in her academic growth. "The teachers here really care about us—they listen to our concerns and encourage us to do our best," Dalia said, reflecting on how much that has changed her outlook on education.

Chris also shared his journey, speaking about his previous disengagement with education and how, over time, our school has helped him develop a new mindset, enabling him to achieve things he once thought impossible.

After the formal celebration, Julia Gillard took the time to visit our school and meet with students, an honour that was deeply appreciated by all. Her visit was a powerful reminder of the importance of education and community in shaping the future of young people.

The launch of Julia Gillard Community College marks the beginning of a new chapter for our community, one that is grounded in the values of opportunity, support, and the belief that every student can thrive. Thank you to everyone who made this celebration so memorable, and here's to the next 50 years of empowering students, fostering connections, and continuing to make a difference in the lives of those we serve.



# Wyndham CEC's Statement of Commitment

Wyndham CEC is committed to Child Safety

has no tolerance of child abuse

and actively works to protect and empower children

## Julia Gillard Community College Student's Page

### Year 12 Students: Learning and Connecting at the Local Aged Care Facility

In 2024, our Year 12 VCE VM students, guided by their teacher David, took the initiative to visit a local aged care facility as part of their VCE VM PDS Unit 4 (Project Unit). Inspired by the ABC series *Old People's Home for Teenagers*, which showcased the power of intergenerational connections, the students were eager to engage with elderly residents through planned activities. The series highlighted the profound impact that building empathy and fostering relationships between generations can have on both young and older participants. Here, one of our students shares their reflections on the experience.

*As a community we decided to work together to decide on a community project that we felt was best for others and would have positive effects on those involved. With this we decided to go out and spend some time at a retirement home in the hopes of helping them with social isolation and allowing them to have a couple of hours of fun times and laughs. Through a lot of planning and hard work we were able to put the pieces together and spend a day at Manor Court, where we feel we successfully achieved our goal of tackling social isolation and loneliness. We would work hand in hand with the employees and assist them with their day-to-day tasks of ensuring the happiness of the residents at Manor Court.*

*Despite some challenges along the way, we were able to maintain productive communication with our stakeholders, ensuring the success of our efforts.*

Chris Knight

