

MAY 2021

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Happy Wednesday!

In today's newsletter, you can check out these great articles and information:

- Federation's Living Values Charter – have your say
- National Reconciliation Week 2021
- 'lunch and learn' sessions
- Exercise Right Week
- Australia's Biggest Morning Tea
- the importance of core strength

We encourage you to continue taking the time to identify ways you can support your ongoing self-care and wellbeing.

Stay well and have a great Wednesday.

Federation's Living Values Charter – have your say

What does it mean, personally and professionally, as a member of Australia's leading regional university to transform lives and enhance communities?

What are the behaviours that we demonstrate in all of our interactions with our colleagues, students and communities to bring our shared values to life?

The five enabling principles in the Federation Strategic Plan 2021–2025 have been expanded into our five core organisational values to form a Living Values Charter.

Feedback is being sought from all staff on the behaviours that demonstrate these values:

- **Inclusion** - We champion access, diversity and inclusion for all, acknowledging our Aboriginal and Torres Strait Islander heritage, culture and knowledge.

- **Excellence** - We excel in all that we do, acting with integrity and taking responsibility for our actions.
- **Empowerment** - We create a supportive environment of opportunities, trust and respect, taking informed risks in pursuit of success.
- **Collaboration** - We are stronger together. We build relationships as genuine partnerships based on shared goals.

[Have your say on the 'Living Values Charter' here](#)

To learn more about the Living Values Charter visit the dedicated [Living Values SharePoint site](#). This site provides a detailed presentation, and an overview video from the VC Staff Forum, about what the charter means to Federation.

We strongly encourage everyone to participate and have your say!



National Reconciliation Week 2021

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Held on 27 May to 3 June each year, the 2021 National Reconciliation Week theme [More than a word. Reconciliation takes action](#) urges the reconciliation movement towards braver and more impactful action. This year also marks 20 years of Reconciliation Australia and almost three decades of Australia's formal reconciliation process.

For reconciliation to be effective, it must involve truth-telling, and actively address issues of inequality, systemic racism and instances where the rights of Aboriginal and Torres Strait Islander peoples are ignored, denied or reduced. Reconciliation must live in the hearts,

More than a word. Reconciliation takes action asks people to take this awareness and knowledge and use it as springboard to more substantive, brave action.

While we see greater support for reconciliation from the Australian people than ever before, we must be more determined than ever if we are to achieve the goals of the movement — a just, equitable, reconciled Australia.

As history tells us, this will only happen through continued and concerted action from those who are already part of the reconciliation movement to those who are yet to join.

The University's commitment to Aboriginal and Torres Strait Islander people is unwavering and is supported through our [Reconciliation Action Plan](#).

You are encouraged to [show your support by exploring more about National Reconciliation Week](#) and participating in events and training that will be promoted in the coming week.

Useful resources and events

- [Register here for the 'lunch and learn' - National Reconciliation Week, Understanding Victorian Aboriginal Languages](#) to be held on Thursday, 27 May and presented by Katrina Beer, Manager, Aboriginal Education Centre
- [Share our pride - this website will give you a glimpse of how life looks from an Aboriginal and Torres Strait Islander perspective](#)
- [National Reconciliation Week – go to the website to learn more about the history of NRW](#)
- [Reconciliation Australia - website for the lead body for reconciliation in Australia](#)
- Stay tuned for further corporate communications regarding NRW activities!



Lunch and learn sessions

The 'lunch and learn' sessions are designed to provide staff with information and assistance in a range of areas that support their personal and professional needs and interests.

We encourage you to check out and register for the upcoming sessions below.

[Register here for any 'lunch and learn' session](#). A Microsoft Teams link will be sent following registration.

Upcoming sessions include:

26 May 2021 12:30pm – 1:15pm	Exercise Right – how to safely get the most out of your exercise regimen <i>Dr Deborah Pascoe, School of Science, Psychology and Sport</i>
27 May 2021 12:30pm – 1:15pm	National Reconciliation Week – understanding Victorian Aboriginal Languages <i>Katrina Beer, Manager, Aboriginal Education Centre</i>

Resources [Health and wellbeing page](#).



Exercise Right Week

Exercise Right is a public awareness campaign powered by Exercise and Sports Science Australia (ESSA) with the goal of helping Australians to live more active lives and to understand where to get the 'right' advice for their individual needs (regardless of age or health status!).

Held from 24 to 30 May 2021, Exercise Right Week is an annual awareness campaign aimed to highlight the benefits of exercise for health and wellbeing, and to help Australians to understand where to get the right advice for their individual needs.

In addition to having access to the state-of-the-art Health and Sports Precinct, staff at Mt Helen can access the [Clinical Exercise Centre](#) which is run by accredited exercise physiologists and students as a part of the Master of Clinical Exercise Physiology program. The clinic is open to the public and provides services for individuals who have an injury, suffer from a medical condition, or who are just unfit or nervous about commencing exercise.

Clinic and exercise activities

The Clinical Exercise Centre will be conducting '*pre-exercise*' and '*blood pressure*' checks in clinic room P103 at the following times:

- **Tuesday, 25 May** | 1:00pm to 3:00pm
- **Wednesday, 26 May** | 2:00pm to 4:00pm

To support your daily exercise routine, the UniSports team have weekly group fitness sessions that you can participate in:

- **Monday, 24 May** | Kids fitness - 10:00am*, Balance and Stretch - 12:00pm
- **Tuesday, 25 May** | Water aerobics - 7:00pm
- **Wednesday, 26 May** | Kids fitness - 10:00am*, HIIT - 12:00pm
- **Thursday, 27 May** | Pilates - 12:00pm

** Kids fitness sessions are run exclusively as part of our Federation Children's Centre kindergarten program.*

'Lunch and learn' event

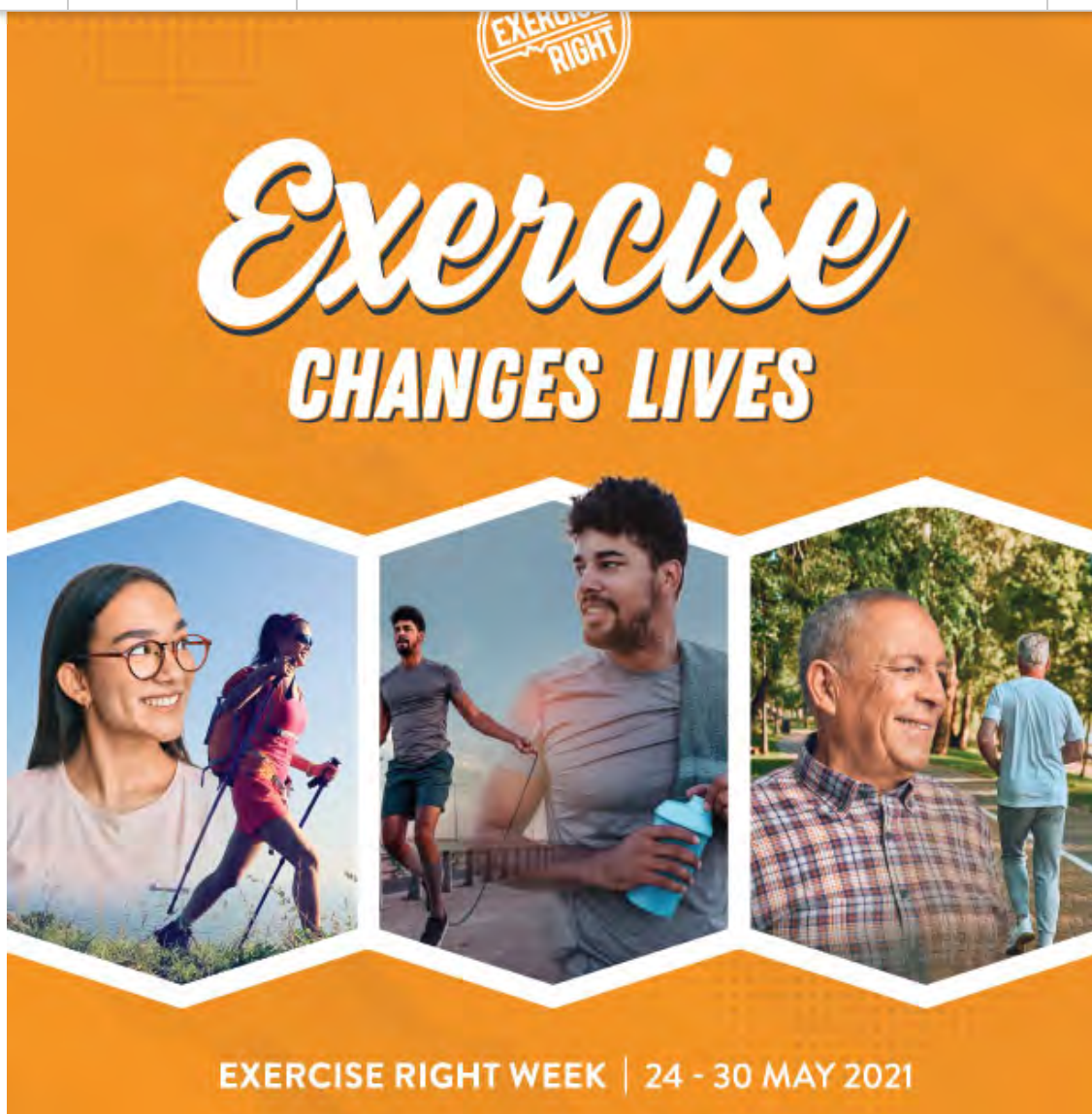
On Wednesday, 26 May 2021, Dr Deborah Pascoe from the School of Science, Psychology and Sport will be presenting the lunch and learn topic '*Exercise Right – how to safely get the most out of your exercise regimen*'.

In this session, Deborah will cover:

- why exercise is important
- planning what exercise suits you
- how to exercise safely
- resources for exercising and recovery.

[Register here for the 'lunch and learn' session 'Exercise Right – how to safely get the most out of your exercise regimen'](#)

Keep your eye on FedNews for further information and Exercise Right Week activities!



Australia's Biggest Morning Tea

Australia's Biggest Morning Tea is Cancer Council Australia's most popular fundraising event and the largest, most successful event of its kind in Australia.

Why host a Biggest Morning Tea? 1 in 2 Australians are diagnosed with cancer before the age of 85. We want to change that, and we need your help.

This year, the Cancer Council are aiming to get more people involved and raise over \$13 million, to fund research, prevention and support services for those affected by cancer. Hosting a tea is a fun and rewarding way to support the event and help save lives - with more than a million people sipping their way through morning teas at work, school, home and in the community.

It's your morning tea, and you can host it any way you like!

You can host at home with friends and family, at the local park with your community, or via online video chat with your colleagues.

However you choose to host, just know that every dollar you raise is going to make a real difference to the lives of people impacted by cancer.

1. **Register to host your Biggest Morning Tea** – and receive a free host kit
2. **Plan your tea** – pick a date, invite your friends, and start planning the fun
3. **Have fun and raise funds!** Have a tea-riffic time and raise funds for people impacted by cancer.

By hosting a morning tea, you will help raise vital funds to bring us closer to a cancer free future.

[Go to the 'Biggest Morning Tea' website for more information](#)

You can also get inspiration for your morning tea with these favourite recipes:

- [Banana cake](#)
- [Spiced apple and blueberry crumble friands](#)
- [Asian vegetable fritter balls with hoisin sauce](#)



The importance of core strength

In a recent article published in The Conversation, Federation University's Dr Andrew Lavender, Senior Lecturer in the School of Science, Psychology and Sport wrote about 'Core strength: why is it important and how do you maintain it?'

In the article, Dr Lavender, notes that many people have become more sedentary in recent times with lockdowns and working from home due to the COVID-19 pandemic. If you're moving less, this may have impacted your core strength. Or, you may just be thinking you need to improve it.

So, what exactly is the core?

The core consists of the muscles in your midsection, or torso, surrounding the spine and

The core muscles are not considered powerful, but they play a fundamental role in stabilising the spine and pelvis. They're also key to maintaining good posture.

These functions are important to ensure you can move your limbs easily. Your core also protects you against injury – people with a weaker core are more likely to sustain a back injury. Core muscle strengthening is often an important part of rehabilitation after a back injury.

We use our core muscles while performing daily tasks like getting up from a chair, standing, walking, vacuuming and lifting things.

Some signs you might need to work on your core

As with other muscles, if we don't use our core muscles enough, they become weak. When our core becomes weak, our movements are less supported, which can put pressure on other parts of our bodies.

Weakness in the core muscles can be associated with:

- lower back pain, particularly among older people
- knee pain.

If you haven't been exercising for a while, and you're experiencing lower back pain or knee pain, it may be a sign your core muscles have become too weak and it's time to do some work on strengthening them.

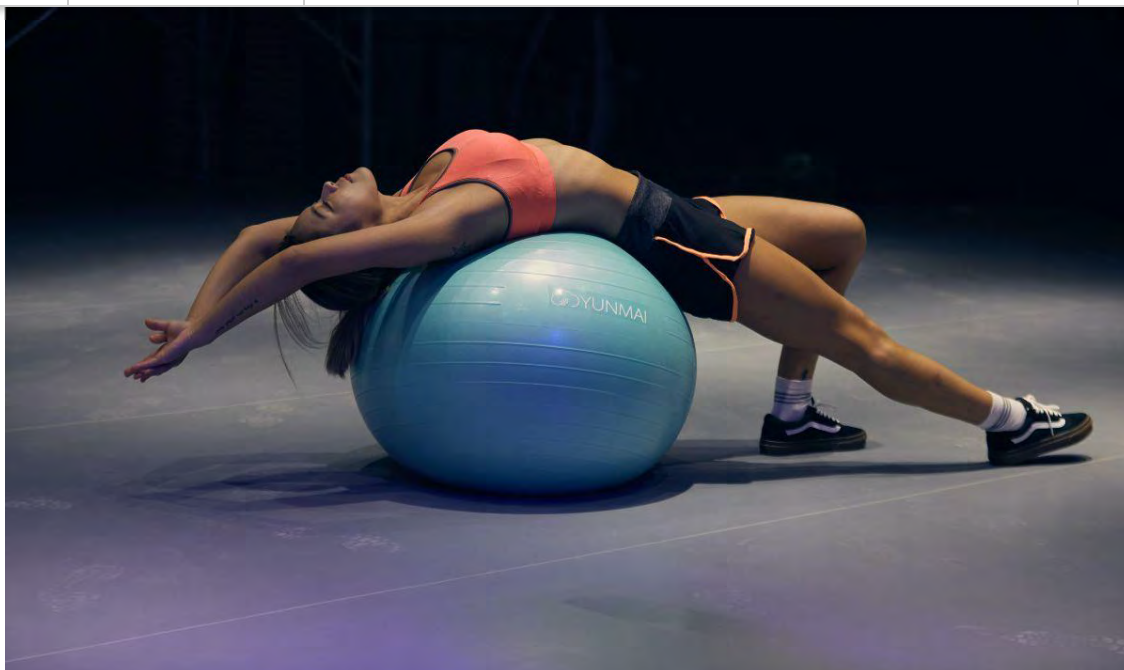
How to strengthen your core

While walking and running do involve activating the core muscles to some degree, to really target the core we can look to some specific exercises like the traditional sit-up or stomach crunch.

Any exercise that activates the core muscles more than usual will help improve core strength. Sit-ups, crunches and planks will target these muscles directly, and adding unstable surfaces like Swiss balls can enhance the activation.

But remember, other types of physical activity, like going for a jog or doing squats, can help your core strength too.

[Take some time to read the full article 'Core strength: why is it important and how do you maintain it?'](#)



Quick Links

[iMindTime - provides you with a range of different mindfulness exercises to try out over six brief sessions](#)

[Mental health and wellbeing - information guide](#)

[Health and wellbeing resources](#)

[COVID-19 support for staff](#)



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