PRINCIPAL’S REPORT
BUILDING RESILIENT YOUNG PEOPLE

Resilience is a concept as old as Epictetus and has become firmly entrenched in the modern vocabulary. It can be broadly defined as the ability to cope with stress and adapt to adversity. It can also be considered the ability to “bounce back” after a setback. It is a desirable quality in us all.

The school curriculum demands the explicit teaching of resilience, but it can’t be learned through the acquisition of knowledge alone. Resilience skills need to be developed through experience. There is a strong affective component, meaning that having the right attitudes and feelings is just as important as knowing what it looks like. One of the other challenges in building resilience is the popular view that stress and adversity are wholly detrimental and to be avoided at all costs. To assume that the world is, or ought to be, free of such worries is not only naive, but counterproductive to the wellbeing of young people.

HSC PDHPE students should be able to explain the inverted U hypothesis which describes the relationship between arousal (stress) and performance. A certain level of arousal is essential – with too little or too much, performance suffers. I relate it to State of Origin footballers. They need to work themselves up before a match to be ready to cope with the high intensity of play. Occasionally, an over-excited player will fumble a ball or make a head-high tackle on the first hit up, illustrating the point.

Students will face many sources of stress at school including formal examinations and assessments, unanticipated poor results, arguments with other students, changes to school routines and the constant push from teachers to meet high expectations. We all want children to be able to cope and parents can be empowered knowing that they can have a far greater impact on developing resilience than any teacher.

Allow your children to make mistakes. Don’t let them be scared of failure. More importantly, don’t let yourself become preoccupied with the possibility of their failure. When the inevitable happens, use it as a teachable moment. It sounds trite, but every cloud has a silver lining and you must make the effort to find it.

Help your children to deal with problems by themselves. Teenagers are capable of interacting with adults and peers maturely. Give them advice and guide them towards seeking solutions, but resist the temptation to call another parent to settle a grievance or take matters into your own hands. If the situation is serious and directly related to the school, seek advice from staff.

Actively seek opportunities to take your children out of their comfort zone. Life for today’s children can be incredibly sterile and convenient. The fortunate among us have 24 hour access to each other and the things we want, spending much of our ample free time in carefully conditioned environments. When children are suddenly removed from these comforts, they often struggle to cope. Does the thought of camping make your children shudder? If so, it’s probably exactly what they need.

Promote the physical health of your children. Mental, social and emotional health are inextricably linked to physical health. All people need to be physically active. An unhealthy body cannot support the pressures brought to bear on the mind in stressful situations.

Finally, have a positive attitude to life yourself. If something doesn’t go your way, don’t dwell on it – show you can move on. Model the attitude that anyone can succeed in the face of difficulty and keep things in perspective.

Greg McDonald
Relieving Principal
What's On Term 3

Week 6
Mon 17 Aug  P&C Meeting in school library 7.00pm
Mon 17 Aug  UOW into Uni Program talk Year 11 p2
Wed 19 Aug  Geography Field Trip to Minnamurra Year 11
Thur 20 Aug  South Coast Warriors - Hanging Rock

Week 7
All week  HSC Trials
Fri 28 Aug  ACT Mountain Bike Championships - Mt Stromlo

Noumea

A large group of students (French and Science classes), teachers (Mrs Ramsland, Mr O’Keeffe, Mrs Anuyahong and Teacher’s Aide Belinda O’Keeffe) and one parent are off to Noumea in New Caledonia on Thursday, 17 September for a study trip which will involve attending French lessons and studying tropical ecology, amongst many other things. The trip will focus on supporting the work done in the classroom which can be enhanced by first-hand experience of the language, the culture and the environment.

Teachers have put in over one year’s worth of preparation and planning to fulfil the Department of Education’s requirements and guidelines to conduct the trip.

All students are now preparing for this exciting excursion which will see them leave Australia for one week. There will be a lot expected of the students travelling and they will face many challenges as they spend part of their school holidays attending lessons and studying the tropical environment of New Caledonia.

We are all really looking forward to this wonderful learning experience and hope the students will be able to bring back a lot to share with others in their classroom.

Reioni Ramsland
French Teacher

Student Achievement

ELIJAH KINNANE
Year 8 history students are studying the transformation of the ancient to the modern world and the key ideas that followed. Elijah’s standard of work has been outstanding and he has put a great deal of additional time and effort into this subject.

Well done Elijah!
SCOLIOSIS

Parents of girls in Year 7 and 9 are reminded to check their child for Scoliosis or curvature of the spine. This is an important health problem which affects 25 in every thousand, with three in one thousand requiring active intervention in the form of a brace or spinal surgery. Screening of students between the ages of 11-13 can be a sound preventative measure. A brochure has been distributed to female students in years 7 and 9, as recommended by the Spine Society of NSW and it is recommended for parents to also check the website at www.scoliosis-australia.org for more information.

NEEDLES

A reminder to all parents of Year 7 students that your child’s final round of injections will be on Monday, 14 September (last week of Term 3). Please ensure your child is at school on that date to complete their immunisation program.

Reioni Ramsland
Girls Supervisor

HOW TO TAKE CONTROL OF YOUR ASTHMA

You can take control of your asthma by knowing what medication you need to take, how much, and when and how you should take it. Your doctor will work with you to find the right medication and amounts for you.

Follow these steps to take control today:

- See your doctor regularly
- Make sure you know how to use your inhaler properly
- Get a personal asthma action plan from your doctor or nurse
- Get informed - know more about your asthma
- Join Asthma Assist - you will be kept up to date with the latest in asthma information

SPRING, HAY FEVER AND ASTHMA

Spring means warmer weather, longer days and increased pollen. For many people in Australia with asthma or hay fever, August to March is a particularly difficult time.

If hay fever is causing a child problems, they should see their doctor to make sure their asthma is well controlled and that they are taking the right medications for both conditions.

- Take medications regularly
- Postpone outdoor exercise - on high pollen days
- Stay indoors on very high pollen days
- Shower in the evening - washes off any pollen instead of it settling onto bedding

Asthma Info Line 1800 278 462
Our school now has a FREE app
Recieve school information, instantly and directly to your smartphone

How to download your FREE app

1. From your mobile device go to the App Store (iPhone/iPad) OR Google Play (Android) search for School Stream and download the app to your phone
2. Make sure you agree to push notifications
3. Once School Stream has finished installing, open the app, type your school name into the search THEN select your school

For more detailed instructions go to schoolstream.com.au/download

Our P&C MEETING
School Library - 7pm
17 August
All Parents Welcome

Graduated Licensing Scheme Workshop
Wednesday, 26 August 2015
6 - 8.00pm
Dr Mackay Community Centre
Page Street, Moruya

For more information
Call ESC Safety Officer 4474 1347

good

School Matters regularly includes community information and advertisements. The School does not endorse or accept responsibility for these activities. Attendance at or use of these services is at the discretion of the students.