

# Newsletter

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**Dear Parents & Students,**

## A Family Prayer for the Year of Faith

O God our Father,  
in Jesus you call all Christian families and homes  
to be signs of living faith.  
By the light of the Holy Spirit,  
lead us to be thankful for the gift of faith,  
and by that gift  
may we grow in our relationship with Jesus, your Son,  
and be confident witnesses to Christian hope and joy  
to all we meet.  
In the name of Jesus Christ our Lord. Amen.

## What is Prayer?

Prayer is the raising of one's mind and heart to God in thanksgiving and in praise of his glory. It can also include the requesting of good things from God. It is an act by which one enters into awareness of a loving communion with God.

"Prayer is the response of faith to the free promise of salvation and also a response of love to the thirst of the only Son of God" (CCC, no. 2561)

## PRINCIPAL MATTERS

### Staff Matters

This term we welcome two new staff members. Mrs Lesley O'Shea has commenced as the new Student Welfare Officer, replacing Mrs Carmel Taylor. Mr Luke Austin has begun a twelve-month appointment, replacing Mrs Jolene Faint in the position of Aboriginal Education Assistant for the duration of her maternity leave. Both staff members have much to offer the school community and are very welcome.

During the holidays Miss Jennifer Smith celebrated her marriage to Graham Madden in Sydney. I am sure all families join staff in wishing Jennifer, Graham and their son Tahg all the best for the future.

Miss Melissa Gardner also became engaged in the holidays. We look forward to the impending nuptials, to be held in 2014.

### Pupil Free Day

Staff participated in a professional development day on Monday 15 July. This is the second day that has been dedicated to preparing for the introduction of the Australian Curriculum from 2014. We focussed particularly on developing a culture of increased academic aspiration in the school and examined opportunities made available for this through the new curriculum. Staff worked in faculties to develop *Scope and Sequence* documents, programs, registers and resources and looked at new ways of engaging and challenging students. It was a productive day.

### Parent/Teacher Interviews

Thank you to all the parents who attended parent/teacher interviews late last term and this week. The interviews are an important part of the reporting process and enable families and the school to gain a more complete picture of each student's progress. The discussions can prompt further conversations that may assist in goal setting and actions towards improvement.

### Woolworths Earn and Learn

Thank you to all families who supported the 2013 Earn and Learn campaign. McCarthy gained 12,360 points and will now be able to access a wide range of resources across a number of subject areas by redeeming them.

### Round 2 Enrolment Interviews

Interviews will be held during Weeks 3 and 4 of this term for applicants seeking enrolment in Year 7 2014 through the second round. Offers will be made in the weeks following the interviews.

### Uniform Compliance

Upon enrolment, all students and parents agree to comply with all school policies, including the published Uniform Policy, established by the School Steering Committee (a group of parents, staff and community members). The school then endeavours to ensure that uniform requirements are met by all students.

From time to time, fashion trends conflict with these requirements. However, the school uniform is not a fashion statement and does not change for trends. This has been made very clear at school assemblies, through school newsletters and, in some cases, through individual letters addressing particular issues.

### Diary Dates

25 July: School Photos  
26 July: School Photos catch-up day  
29 July: HSC Trials commence  
31 July: ICAS English test  
1 Aug: Australian Maths Competition  
5 Aug: Show Team to Brisbane  
5 Aug: HSC Drama performance evening  
10 Aug: HSC Indonesian Beginners Examination  
12 Aug: Diocesan Athletics Carnival – Tamworth  
12 Aug: HSC Textiles & Design due  
12 Aug: HSC Industrial Technology works due  
13 Aug: Year 10 Excursion  
13 Aug: ICAS Maths test  
13 Aug: CCC Netball – Penrith  
15 Aug: Whole School Mass  
19 Aug: HSC Drama projects due  
20 Aug: AgQuip  
20 Aug: Board & Association Meetings  
24 Aug: HSC French Continuers Examination

Despite this, some trends continue to be a problem, in particular coloured sports shoes, canvas school shoes, ear spacers and nasal piercings. All students must understand that continued defiance of the school Uniform Policy may impact their ability to represent the school in any capacity or even, in the long term, whether the school will provide a reference.

#### **Attendances - Leave**

As per government requirements, if a student is going to be absent from school for 5 days or more, an 'Application for Exemption from Attendance' form MUST be filled out PRIOR to the leave taking place. These forms are available from the office.

#### **Permission Validation**

If someone other than a parent is collecting and signing a student out from the school, a written note or email is required from the responsible parent/carer. Please refer notes or emails to the Attendance Officer, Mrs Kate Walden [kwalden@mccarthy.nsw.edu.au](mailto:kwalden@mccarthy.nsw.edu.au).

#### **Notification of Student Absence**

Please be aware, that as per government regulations, ALL absences MUST be explained within 7 days. After 7 days have passed, all unexplained absences will remain so, and cannot be changed.

*Mrs Kate Rayment – Principal*

## **ASSISTANT PRINCIPAL**

#### **School Zones**

NRMA recently launched its 'Keep School Zones Safe' survey, the purpose of which is to obtain information on the number of 40 km/h school zone signs that are faded or obscured. School zone signs were first installed in NSW over twenty years ago and the NSW government has committed to upgrading all faded and obscured signs.

The survey contains just six questions and allows respondents to upload photos of the signs and other safety features at their school zone.

To complete the survey please visit [www.mynrma.com.au/schoolzonesafety](http://www.mynrma.com.au/schoolzonesafety)

#### **House Merit Points**

While congratulations are due to Edmund Rice after winning the Athletics Carnival and to MacKillop for winning the participation shield, I would like to report the updated House Merit points, which include points for attendance (Chisholm 56, Edmund Rice 60, Dominic 61 and MacKillop 65), as well as other events and competitions across the school year. The House with the most cumulative points at the end of the year will be presented with a trophy at Award Night.

Chisholm	2002
Edmund Rice	2007
Dominic	2236
MacKillop	2013

*Mrs Sally Sparke – Assistant Principal*

## **RELIGIOUS EDUCATION**

#### **Village Space Performance**

The dramatic presentations by the group *Village Space* from Catholic Mission, were very well received by students from Years 7 and 10. 'Where Is My Home?' was the presentation for Year 7 and it focussed on the challenging topic of refugees and asylum seekers, while Year 10 were given a thought provoking insight into the struggles faced by indigenous peoples in Bougainville in the 1990s and NSW in the 1960s. The scripts for these performances were based on real situations and will give rise to valuable discussion in RE and HSIE classes.

#### **Whole School Mass Term 3**

Mass will be held in the four Catholic Churches in Tamworth on the Solemnity of the Assumption on Thursday 15 August at 11.30am. All parents and friends are welcome to attend.

#### **Reconciliation**

Monsignor Wilkes and Father Roel will provide the opportunity for Year 7 students to receive the sacrament of Reconciliation, at school, on 6 August.

*Mrs Carol Wheaton and Mrs Cate Allen – Religious Education Coordinators*

## **PASTORAL CARE**

#### **Welcome**

We welcome Gabriel and Gilbert Navarro (Year 7), Faith Melvey (Year 8), Alison Berry (Year 10) and their families into the McCarthy community.

#### **Condolences**

We offer our prayers and sympathy to Liam Bordley, Alex Leonard, Aleisha Hawken and their families following the deaths of their grandfathers and Emmalene and Adelaide Tinson following the death of their grandmother.

#### **Mental Health Seminars**

The next free seminars being presented by Hunter New England Health, headspace and Centacare are 'Anger' (Monday 26 August) and 'Bullying' (Monday 16 September), 5.30pm, The Goodies, Brisbane St. RSVP headspace 67629290.

#### **Winter Health**

If your child has a cold, please supply, as appropriate, tissues, lozenges etc. It would be greatly appreciated if all parents could remind their child of hygienic behaviours such as coughing or sneezing into the crook of the elbow or into a tissue, washing hands

often and disposing of tissues correctly. If your child is very ill please keep them at home so they can recover more quickly and the chance of cross infection is reduced.

Good diet, exercise and sufficient sleep will reduce the incidence and severity of winter ailments. This is particularly important for senior students as they approach examinations.

### Scoliosis

In line with the National Self-Detection Program for Scoliosis, all Year 7 and Year 9 girls will be given a pamphlet; Scoliosis Self-Detection, this week. Scoliosis (spinal curvature) can be a significant health problem for adolescent girls. Further information can be found on [www.scoliosis-australia.org](http://www.scoliosis-australia.org)

### Year 9 Resilience Rally

On Monday 22 July, Year 9 participated in a 'Resilience Rally' program at school. The sessions and activities were designed to promote the development of resilience – the ability to adapt and cope when we encounter a negative or stressful experience. Increased resilience promotes academic achievement and good mental health, as well as reducing the incidence of risk taking behaviours.

The day was organised by Mr Dan Mitchell and myself in accordance with the Healthy Schools Healthy Futures Program. I would like to thank Helen Carter and Bree Constable (headspace), Kylie Yeo (HNEH), Constable Robyn Smith (NSWPF) and Kylie Pursche and Luke Allen (HSHF) for their invaluable contributions on the day.

Year 9 SLC members are to be commended for their organisation of the Trivia session.



### Theme For The Week

We started the term discussing the benefits of a *Positive Attitude*. We are all more likely to be successful and happy if we adopt positive habits of mind, associate with positive people, accept instead of complain, and try to find opportunities in misfortune.

Effective *Time Management* can enhance academic achievement, increase opportunities for leisure and family activities, and help students to have a balanced, successful and enjoyable lives. Students were asked to identify and control wasted "nothing" time, prioritise tasks, and use their planners, term calendars and study plans.

### Family Relationship Centre

The following courses are being held by the Family Relationship Centre at the V Guy Kable Building:

Free *Hey, Dad! for Fathers* seminar will be held on Wednesdays for 8 weeks commencing 7 August from 9.30am – 11.30am.

*Keeping Kids in Mind* seminar meets the requirements for parents who have been ordered by a court to do a post separation course and will be held on Wednesdays for 5 weeks commencing 14 August from 12.30pm – 3.00pm. The cost is \$50. Sessions will cover grief and loss, building resilience, bridging the gap, looking back and moving forward.

Contact 6762 9200 for further information.

*'The main thing is to make the main thing the main thing.'* Steven Covey

Mrs Julie McGregor – Pastoral Care Coordinator

## PHYSICS

On 17 June, Year 11 Physics and Biology students, plus Year 12 Physics students attended the annual Sydney University HSC Kickstart workshops, which for 2013 were conducted at Peel High School. The workshops included 'hands-on' demonstrations across a range of topics, as well as a lecture for Year 12 Physics students on the Space topic. The staff attending included Mr Brian Kells & Mrs Melissa Lees as well as ex Physics teacher, Mr Kim Slattery.

## PARENT INFORMATION

### Strike Bowling Social Evening

Parents are invited to attend the Association's Strike Bowling Social Evening which will be held on Friday 9 August.

Next **Association Meeting** will be held on Tuesday 23 July at 7.00pm for 7.15pm in the Staff Room. All parents are welcome and encouraged to attend.

To keep up-to-date on topics covered at our monthly meetings please go to [www.mccarthy.nsw.edu.au](http://www.mccarthy.nsw.edu.au), click on McCarthy Parent Association and follow the links to meetings.

## CAREERS NEWS

### Year 10

Six Year 10 students recently participated in the Big W Partnership program. They were: Taylah Burt, Georgia Cherry, Mark Robertson, Taylah Ryan, Kylie Thomson and Samantha Woods.

The *My Career Plan* forms to be completed by students and their parents/guardians were due back to the student's Maths teacher last week. Please return any outstanding forms as soon as possible. Any students with questions over subject selection are reminded



that they can see me in the Careers Room on Tuesdays and Fridays at lunchtime.

### Year 12

All Year 12 will receive their UAC 2014 books and early entry application details on Tuesday 13 August. Please remember that the Trial HSC exams are very important to successful early entry applications.

### TAFE Try a Trade Day

A number of Year 9 and Year 10 students attended the TAFE Try a Trade Day at the end of last term. The practical experience gained will be useful when students are required to make career related decisions in the future.



*Mrs Susan Barrett – Careers Advisor*  
[careers@mccarthy.nsw.edu.au](mailto:careers@mccarthy.nsw.edu.au)

## VET NEWS

### Regional Trainee of the Year

It has been an exciting few months for students studying vocational courses at McCarthy.

Firstly, congratulations to Jessica Crough and Courtney Coleman for being nominated for the NSW Regional State Training Awards held in Tamworth on 21 June. Both girls have worked very hard juggling their school commitments as well as their traineeships in Allied Health. Congratulations to Courtney Coleman who won the award of Regional Apprentice/Trainee of the Year and will now be flown to Sydney on 22 July to be interviewed for the award of State Apprentice/Trainee of the Year. We wish Courtney all the very best for this interview. We are very proud of her efforts and achievements in her traineeship.

### Year 11 Hospitality

Hospitality students in Year 11 completed their first mandatory work placement in the last week of Term 2. I was thrilled to receive so many positive comments from local employers about their presentation, professionalism and enthusiasm.

This term, Year 10 students interested in TVET courses or gaining School Based Traineeships/Apprenticeships as part of their subject selection for 2014 will be invited to attend an information evening. The date and time of the evening will be advertised in the daily notices and through the school app. If parents think their child may be interested in this, then they are most welcome to attend and gain valuable information.

Finally, Year 12 TVET students and School Based Trainees and Apprentices are nearing completion of their courses. I wish them all the best in the coming months. They have balanced school and their other course and work commitments very well. To those students electing to sit the optional HSC exam, I wish them well in their Trial exams.

*Mrs Raelene Maxworthy – VET Coordinator*

## MATHEMATICS

### The Importance of Parent Perceptions to Mathematics Education

The state results in last year's HSC debunked a popular misconception about Mathematics. In every Mathematics course on offer, a female candidate came first in the course. It is a misnomer that female students are less capable than their male counterparts. However, research has suggested that by Year 3, this is a wide held belief amongst students. This is an illustration of the influence that perceptions and expectations can have on student empowerment. Learning, after all, can be considered a confidence game.

It has been recognised that parents play an important role in the culture a child brings to school with regards to their learning. Parents have done a wonderful job of modelling reading practices at home with children from early infancy, by reading to, with and around their children. Students can 'see' from very early on that reading and literacy is important to their everyday life as adults. We don't hear 'When will I ever need to read in life?', but Maths teachers hear 'When do I need Maths when I leave school?'

As adults, most of the Mathematics we complete in our lives we do in isolation. We do not share our mathematical reasoning and how we utilise Maths in our everyday life. We do not explain to our children that we are estimating if we have enough fuel remaining to reach the petrol station, whether we have enough time to reach the destination based on the current speed, if there are sufficient funds in the bank to make the next purchase, and whether there are enough portions of food to satisfy everyone? The list of mathematical tasks we complete in a day is endless, but it is all done in silence.

The Australian Association of Mathematics Teachers has identified a number of concerns that parents feel when assisting their children with Mathematics which limits their involvement. These concerns are:

- Parental fear of Mathematics – many adults have poor self-perceptions of themselves as mathematicians from their own school experiences, and tend to avoid Mathematics with their children.
- Parental views of what is important in Mathematics – parents can feel at odds with contemporary approaches to learning Mathematics being used in schools, given that these are not what they experienced.

Parents can play a positive role in their child's mathematical development. We acknowledge that at times you may feel out of your comfort zone with your child's Mathematics, but your positive and supportive influence and attitude towards Mathematics speaks volumes to your child. A suggestion is to log on to your child's HOTmaths account with them to see what they are studying in Maths at the moment. Success in Mathematics is a reflection of a successful dynamic between student, parents and school.

*Mrs Jane Ashcroft – Mathematics Coordinator*

## ENVIRONMENTAL COUNCIL

### McCarthy's Got Talent

The Environmental Council is hosting the annual McCarthy's Got Talent on Friday 30 August in the school hall at 6.30pm. This is a wonderful opportunity for students to showcase their creative talent in music, art, drama performance and dance. Students will be asked in the coming weeks to audition during lunch times for the talent quest. In the past we have seen performances from all year levels. This year the talent show coincides with Year 12 HSC Music performances which will be a tremendous benefit to the students. Parents, students, grandparents and other family members are encouraged to attend the night.

The talent quest is a great opportunity to fund raise for the Environmental Council. Last year the council was able to fund the recycling bins for each classroom and support the "Save the Orangutan Foundation in Malaysia."

### National Tree Day

The Environmental Council has organised School Tree Day for Friday 26 July. Tamworth Regional Council has generously donated thirty native plant species to plant on the school grounds. With the consultation of Mr Forrest, our groundsman, the students decided on three wattle varieties; western golden wattle, bent-leaf wattle and willow-leaf wattle. Year 8 Agriculture students will plant the shrubs on the oval on the Tribe Street and Johnston Street boundary.

We are always looking for new members to join the council. We meet every Friday Day 5 in A2 at lunch time.

*Mrs Sharon Stuart – Environmental Council Teacher*

### JUMP ROPE FOR HEART

On Friday 19 July all Year 8 students took part in the annual Jump Rope for Heart Day. The day is designed to raise money for the National Heart Foundation. It also reinforces many of the messages taught in PDHPE. The importance of regular exercise and a nutritious diet for the health of each individual is a constant theme throughout Years 7 - 10.

For three hours the students skipped through their favourite music in friendship groups they had organised themselves.

The day was wonderfully supported by our students with 30 students raising over \$50.00 each. Many students achieved their target of \$30.00. Well done to all those students.

Several students raised over \$100.00; Jack Awad, Hannah Macpherson, Claire Salter, Kristina Sfeir and Penelope Donald while Devon Fourie (\$200.00) and Katherine Sleiman (\$350.00) were outstanding fundraisers.

I thank all the students who supported this event and hope they had an enjoyable and rewarding day.

I would also like to thank Mrs Ashleigh Jones, Mr Luke Adams, Mrs Jane Burt and Mrs Libby Molony for working alongside the students and helping the day to run smoothly.



*Mr Ian McKenzie – PDHPE Coordinator*



### menALIVE Weekend for Men

What are you doing on the 24-25 August? Could you benefit from a weekend, featuring talks, personal testimonies, opportunities for discussion and space to reflect? Since *menALIVE* commenced in 2003, over 4300 Catholic men have been encouraged and inspired at weekends across Australia. Now, the first *menALIVE* weekend in the Diocese is being organised in Armidale, conducted by experienced leaders from the *menALIVE* Team. To find out more direct your enquiries to: phone 0447-172-010 or 0405-297-000 or the Armidale parish office 6772 2218.

### EX-STUDENTS IN THE NEWS 2013

**Steven Cavanagh** – captain of McCarthy Catholic Senior High School in its inaugural year (1972), was awarded an Order of Australia Medal for service to education and rugby league.

**Adam Donnelly** – graduated from University of Newcastle with Bachelors of Arts and Education and was awarded the Geoffrey Alan Cranfield Memorial Prize for outstanding results.

**Courtney Hallam** – won the National ABCRA Juvenile Barrel race event, the final Aggregate and All Round Cowgirl National Title and Finals Aggregate.

**Alecia Simmonds**, **Peter Munro** (SMH) **Katharine Murphy** (Guardian Australia), **Breanna Chillingworth** (NDL Tamworth), **Mark Ferguson** (Channel 7 News), and **Anna Henderson** (ABC Radio, Canberra) – some of our ex-student journalists.

**Liz Johnsen** (nee Halpin) - inducted as Life Member of Tamworth Basketball Association.

**Amy Vee (Visser)**, singer – completed her debut LP *Fits and Starts*.

**Luke Morgan** – selected for the third year as a saddle bronc rider in major events at the Sydney Royal Show.

**Paddy Ryan** – in the NSW Waratahs. Special guest at TAS Rugby Carnival and Catholic School trials.

**Simon Bartlett-Taylor** – was appointed as Principal of Oxley High School.

## SPORT

### Hockey

Congratulations to Dana Constable who played a starring role in the U18 NSW Hockey team which won the National Championship in Canberra during the holidays. Dana was outstanding throughout the two weeks, showing plenty of courage to play the semi and final whilst injured. The team's assistant coach was Mr Andrew Davy and the manager was former student Stephanie Purdy.

Isaac Farmilo was a member of the NSWCCC Hockey team that competed in the Tri Series event last term in Sydney. He will travel to Hobart in August as part of the NSW Under 16 All Schools' Hockey team to contest the Australian Championships. We wish him well.



**NSWCCC Basketball – Penrith**

Last term, McCarthy Open boys qualified for the state finals in NSWCCC Basketball championships played in Penrith on 17 June. The team consisted of: Tom Paff, Nathan Paff, Connor Haddad, Luke Fulwood, Alex Leonard, Kurt Larkham, Rhys Chillingworth, Will Jackson, Leo Steyn and Max Chillingworth. McCarthy won Game 1 against Mount Carmel High, Varroville 39 – 26, and Game 2 against Trinity College, Goulburn 48 – 20, but drew 38 all with Patrician Brothers, Fairfield in Game 3. This resulted in being placed second on a count back in their pool. The boys played the strong team from St Dominic’s, Kingswood in the quarter final resulting in their first loss 48 – 36. Thank you to the coach Mr Matthew Hobson and to Mr Wayne Northey for driving the bus.

**Athletics Carnival**



The school Athletics Carnival was held last Wednesday 17 August. There was an excellent level of student participation and spirit. Congratulations to Edmund Rice for winning the overall point score on the day. Thank you to Greg Vella from Go Go Expresso for attending the carnival.

**Point Score**

Edmund Rice 772 points, Dominic 721 points, MacKillop 641 points and Chisholm 594 points.



**Age Champions**

*Girls*

- 12 years Kate Pianta
- 13 years Hollie Constable
- 14 years Hannah Macpherson
- 15 years Alice Murphy
- 16 years Abby Schmiedel
- 17+ years Mikala Dimmock

*Boys*

- Jesse Collins
- Conor Lang
- Jayden Gimbergh
- Douglas Pianta
- Isaac Farmilo
- Rhett Graham



The Armidale Diocesan Athletics Carnival will be held on 12 August in Tamworth. Students who qualified will be notified closer to the event.

**NSW All Schools Cross Country**

Last week Ella and Sophie Heeney competed in the NSW All Schools’ Cross Country Championships at Eastern Creek in Sydney. Congratulations to Ella Heeney who won a silver medal in the 13 years age division and to Sophie Heeney who placed 11<sup>th</sup> in the 16/17 years division. Ella will now go on to represent NSW at the Australian All Schools’ Championship to be held in Launceston in August. We wish her well.

**AFL - Term 3 News**

There will opportunities for boys to play AFL this term for McCarthy.

Thursday, July 25 and Thursday August 29 - Year 7 and 8

Thursday 12 September - Year 9

Tuesday 17 September - Years 11 and 12

These games are held after school against Farrer sides at Farrer. Students will be transported from MCC by school bus. Parents are asked to pick players up at Farrer at 5.15pm.

**Tamworth AFL Competition - U15s**

There are two games coming up very shortly. This Sunday, 28 July at Inverell at 11.30am and Saturday 3rd August at 11.30am at Farrer. Any player who wishes to attend and requires transport, please see Mrs Stuart.

We are always looking for new players to play Australian Rules Football. If you would like to try out AFL as a sport please see Mrs Stuart.

## The Language of Resilient Families by Michael Grose ([parentingideas.com.au](http://parentingideas.com.au))

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance. Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

**1. “Come on, laugh it off.” Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

**2. “Don’t let this spoil everything.” Strategy:** containing thinking **Good for:** kids who feel overwhelmed; kids who experience rejection; perfectionists.

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

**3. “Let’s take a break.” Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

**4. “Who have you spoken to about this?” Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

**5. “I know it looks bad now but you will get through this.” Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

**6. “What can you learn from this so it doesn’t happen next time?” Strategy:** positive reframing **Good for:** kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

**7. “Don’t worry – relax and see what happens!” Strategy:** acceptance **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

**8. “This isn’t the end of the world” Strategy:** maintaining perspective **Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. *“Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”*

**9. “You could be right. But have you thought about ... ” Strategy:** flexible thinking **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace *“I’m furious”* with *“I’m annoyed”*. *“It’s an absolute disaster”* with *“It’s a pain”*. *“I can’t stand it”* with *“I don’t like it”*. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

**10. “What can we do about this?” Strategy:** taking action **Good for:** kids who mope; who experience disappointment; who feel inadequate. Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

### Bring resilience into your every-day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.



# STRIKE BOWLING BAR Social Night

**Friday 9 August**

**6.30pm for 7.00pm start**

\$20 per person includes 2 games and pizza served at the lanes

Limited numbers

First in bowls best!

Payment in FULL required by Tuesday 6 August.

Unfortunately cancellations cannot be refunded.



Additional food (hot chips and wedges) and drinks at own cost.

**Please note: This is an over 18s only night**

**MCC Association Strike Bowling Bar Social Night**

RSVP 6 August to the office.

Please enclose cash or cheque payable to MCC Association.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of people: \_\_\_\_\_

**Please note: This is an over 18s only night**