



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 21st October, 2019

Edition #30

## A MESSAGE FROM OUR PRINCIPAL COLLEGE VISION

*BENALLA P-12 COLLEGE ENSURES THAT EVERY CHILD LEARNS AND IS PREPARED FOR THE FUTURE THROUGH A COMMITMENT TO EXCELLENCE IN TEACHING, HIGH EXPECTATIONS AND POSITIVE RELATIONSHIPS IN A SAFE AND INCLUSIVE ENVIRONMENT.*

This morning we held our final whole school assembly for the year. It also marked the end of the school year for Year 12 students and they were fittingly farewelled by students, staff and parents.

Our current College Captains, **Willow Plex, Melanie Stretton, Tiahna Fox and Declan Chibnall**, also finished their terms in office at this assembly. They each spoke about their time in the role and reflected on the experience. On behalf of the College I would like to thank all of them for the great role models they have been and the way they have represented to College in such a positive way on many occasions. I sincerely hope they have enjoyed their time and student leaders and feel they have left some sort of legacy behind through their work.

The current captains handed over to our new College leaders today. After an exhaustive selection process of written applications, speeches and interviews, **Edward Mentiplay-Smith and Jessie Gervasoni** were chosen as our new College Captains, with **Ebony Mathieson and Isaac Rowlands** as Vice Captains. I am confident these students are very deserving of the role and will do an excellent job of representing the school throughout the year. Congratulations also to all our new campus leaders from Waller Street and Avon Street for also taking on the challenge of being a student leader and for being selected.

### Waller Street Assistant Principal

Last week I sent a letter to all families of students at our Waller Street Campus, informing them that Assistant Principal Heather Leary was retiring at the end of this year. Heather has had an outstanding career in education in the North East Region and has made an enormous contribution to Benalla P-12 College over many years. She will be greatly missed and we wish her all the best for a long and happy retirement.

Mr. Sam Hazell has been appointed as the new Assistant Principal at Waller Street. Sam is a current member of staff here at the College and brings a lot of experience to the role. I am extremely confident that Sam will do a great job at Waller Street and across the College and will be able to 'hit the ground running' in 2020.

*Continued.....*

**TERM 4 DATES, MON 7<sup>TH</sup> OCTOBER- FRI 20<sup>TH</sup> DECEMBER**

## DATES TO REMEMBER

**MON 21<sup>ST</sup>-25<sup>TH</sup> OCTOBER**

Year 10 Work Experience Week

**MON 21<sup>ST</sup>-31<sup>ST</sup> OCTOBER**

P-2 Swimming Program

**MON 21<sup>ST</sup> OCTOBER**

**WHOLE SCHOOL  
ASSEMBLY-  
FAREWELL TO YEAR 12'S.**  
9.50am at the Faithfull St  
Stadium.

**TUES 22<sup>ND</sup> OCTOBER**

Last Day of Year 12 Classes

**WED 23<sup>RD</sup> OCTOBER**

Year 5 Beechworth Gold  
Excursion.

**24<sup>TH</sup> - 25<sup>TH</sup> OCTOBER**

Yr 8 Outdoor Ed Survival Camp

**WED 24<sup>TH</sup> OCTOBER**

Taekwondo - Select Yr 8 & 9  
students

**FRI 25<sup>TH</sup> OCTOBER**

Yr 7 Boys Hume Basketball

**MON 28<sup>TH</sup> OCTOBER**

Hume Intermediate Girls  
Basketball

**STUDENT FREE DAY**

Monday 4<sup>th</sup> November

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Benalla Show

Well done to all the students who put work into the Benalla Show in the various categories available. The kitchen garden program presented a lot of produce which was very well received. Thankyou to all the staff who were involved in setting up the displays over the two days.

### Student Free Day

Monday November 4<sup>th</sup> is a student free day for the whole College. Staff will be involved in a range of professional learning activities throughout the day. Childcare will be available at Waller Street on the day.

### State Athletics

On Friday, Year 10 student, Elliot McCallum and Year 8 student Charlize Thompson, competed in the State Athletics finals in Melbourne. Both students are to be congratulated for reaching such a high level and for representing the school in such a positive manner on the day in trying conditions. Elliot competed in 4 events, coming 5<sup>th</sup> in the Shot Put, 4<sup>th</sup> in 100m and 200m and 3<sup>rd</sup> in the Long Jump. Charlize competed in the Javelin and came 8<sup>th</sup>. Well done to both Elliot and Charlize for both doing so well.

### Year 10 CEDA Nepal Students

Over the holidays and the first week of term, 5 Year 10 students travelled to Nepal as part of an extension program with 15 Mile Creek Outdoor School. Alex Dowe, Jess Patterson, Andre McLean-Frankling, Cheyane Vaughan and Molly Ferwerda all took on the challenge of visiting and trekking through this amazing country. From all reports they had a fantastic time, climbing to over 4000m in altitude and completing some valuable volunteer work at a remote village. Well done to all of these students for taking on such a life changing experience.

Tony Clark  
Executive Principal

## ATTENDANCE

### EVERY DAY COUNTS

**Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.**

### Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

We ask that students and parents schedule appointments outside school hours so their learning is not impacted. If we all work together we can make a difference and continue to improve student outcomes.

If you are having trouble getting your child/ren to school every day, please pop in to see one of our student wellbeing team:

- Avon St/Clarke St Campus -Scott Greig 5762 1646
- Waller St Campus -Bron Greig 5762 2600
- Years 7-9, Faithfull St Campus -Lou McCloskey 5761 2777
- Years 10-12, Faithfull St Campus -Craig Carley 5761 2777

**We would love to support and work together with you to get your child back on track attending every day.**

Email: [benalla.p12@edumail.vic.gov.au](mailto:benalla.p12@edumail.vic.gov.au)

Web: [www.benallap12.vic.edu.au](http://www.benallap12.vic.edu.au)

Avon St  
Yrs F-4  
P: 035762 1646

Attendance Hotline  
035762 1646

Waller St  
Yrs F-4  
P: 035762 2600

Attendance Hotline  
035762 2600

Faithfull St  
Yrs 5-6 Hub  
P: 035761 2752

Attendance hotline  
035761 2747

Faithfull St  
Yrs 7-12  
P: 035761 2777

Attendance Hotline  
035761 2747



## AVON ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Students of the week this week went to Chance, Damon, Bjorn, Cheyanne, Charlee and Maddi

### GOLDEN SHOVEL AWARDS



Congratulations to our Golden Shovel Award recipients for week 2 in Term 4.



### PARENTING SEMINAR

#### Bringing Up Great Kids



**Bringing Up Great Kids is a FREE program for anyone caring for kids aged 0-12 years.**

**This program helps you build strong, positive relationships with your kids**

- Explore how what we think and feel influences how we parent our kids
- Learn about how kids brains grow and work
- Understand kids communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids, and how can we do this
- Find out ways parents can take care of themselves and find help if they need it

Date: Starting 28th October 6 week program every Monday  
Time: 9.00 am - 10.30 am  
Location: Avon St Campus  
Cost: FREE!  
Please contact Scott Greig-0447710149 if you are interested in attending by Thursday 24th October



### WOW AWARD

Mr Clarks WOW award goes to Amelia Lowen for her acrostic poem. Well Done Amelia!



### RED APRON AWARDS



Red Apron award winners were Pharon & Harry.

### SCHOLASTIC BOOK CLUB



**Avon Street Scholastic Book Club Orders are due in by 9.00am Wednesday 23rd October**

Scholastic Book club catalogues have been distributed to students. Orders can be paid for online through Scholastic Book Club Loop Orders using your credit card. Three easy steps can be found on the back page of the catalogue.

If paying by cash or cheque, please make payable to Scholastic Book Club and return to the office by the due date.

**Please note that late orders cannot be accepted.**

For more information contact Scholastic Book Club  
1800 021 233



## WALLER ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Students of the week for week 1 were:

Back L-R: Liam, Gaige, Kaleb, Chelsey, Kiera and Olivia  
Front L-R: Jake, Nicholas, Zara, Torah and Tayn

### GOLDEN SHOVEL AWARDS



Golden Shovel awardees were:

Back L-R: Lachlan, Kobe, Kaleigh, Jessie and Imogen  
Front L-R: Jaxson, Josh and Torah

### SCHOLASTIC BOOK CLUB



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### HIGHLIGHTING EXCELLENCE

The focus for the 1/2 area this term is Poetry. We have been learning about the various elements that appear in poetry, for instance, rhyme, rhythm, repetition, alliteration, imagery and onomatopoeia.

It was 1/2 H's turn to present their work at assembly this week. We were very proud to share the poems we wrote, which focused on the element of rhyme.



### WORK PATHWAYS FOR PARENTS



**Are you confused about how to start a career? What to do?**

**Who can help you get started?**

**Get support & not cost anything!!!!**

**Come to our 1st Work Pathways session on**

**Thursday the 24th of October at**

**9:00am to 12:00pm**

**Morning tea provided.**

**Benalla P-12 College, Waller Campus**

Work Pathways for parents is a free 6 week program where you will learn new digital skills, job seeking skills, hospitality skills through classes and demonstrations and much much more.

To book your space or for more information contact Bron Greig at the Waller Campus on 5762 2600

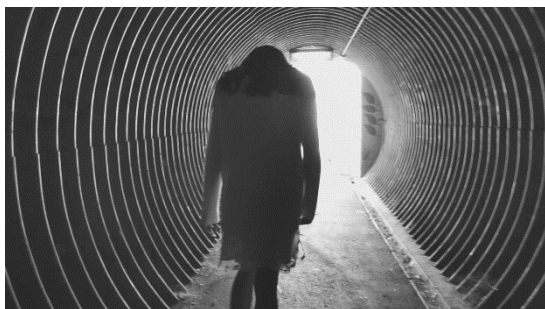
## 5/6 HUB NEWS

### BENALLA P-12 HITS THE BIG SCREEN

Last term the students of Miss Ewen's 6B class made a movie over a number of weeks to enter in the Sunshine Short Film Festival. As you can see on their website, we have made the top nine. The festival has a "horror/comedy" theme so the students researched the kinds of monsters and ghosts there are in Indonesian culture and chose three to include in the movie.

We chose the title "The Disappearances". In the movie, a group of students put photos of the monsters online and start mysteriously disappearing one by one.

The students wrote the story, created a script and storyboard, chose costumes and locations, took turns at operating the camera and directing, and acted in the movie before the long editing process. On 31 October Pak Steve and some of the cast will be attending the premiere screening of the movie at the Sunshine Village Cinema Complex in Melbourne where the winners will be announced. Fingers crossed!  
Congratulations to all students involved for a huge project completed on time with great panache.



Charlotte as Kuntilanak, one of our monsters



Jack, about to get ambushed by Roro Kidul, a water monster



Lachlan, Nikita, Rory and Jet searching for clues

## THE GREATEST SHOW

Not long now! The excitement is building as Grade 5/6's concert approaches. This year it is titled "The Greatest Show" and will be held at Benalla Town Hall in Nunn St at 7 pm on Tuesday 29<sup>th</sup> October.

Tickets are disappearing fast so get your notes in quickly!

The students of Grade 5/6 have been working hard to learn their lyrics and practice their dance moves as well as finding some great costumes. Seating is limited but if you are unable to attend the evening performance you are welcome to come to our afternoon rehearsal at the town hall at



1pm on 29<sup>th</sup> October.  
Keeli defies gravity



Bu Perry's class demonstrating their muscles



6A have got faith!



## FAITHFULL ST CAMPUS NEWS

### CLAY TARGET SHOOT

The 37<sup>th</sup> Annual Clay Target Championships was held at the Benalla Shooting Range on Monday the 14<sup>th</sup> of October. Benalla P-12 College students, Waylon Walker, Jasmine Woodford and Hayley Hopkins represented the school very well when competing against 220 other students from both public and private schools from all around Victoria. The event was set up and ran by the Benalla Field and Game members who do an outstanding job of teaching correct shooting technique and gun safety during the day. Students got to shoot at 20 moving clay targets for the day, with the highest scoring students receiving trophies at the end of the competition. This is an annual event and any students at our school who hold a Junior Shooters Licence are encouraged to sign up for the event next year.




### ROYAL MELBOURNE SHOW SUCCESS

Jessie Gervasoni competed in the Commonwealth Clydesdales Junior Handler Championship Denzildon Trophy and won! She also achieved Reserve Champion in the Champion Mare class and 2nd in the Junior Handler Wee Willie Perpetual Trophy. Jessie is coached by Sally Loney with the Meadow Lane stud at Goomalibee. She works and trains the Clydesdales after school each week- her lead filly Memoir is pictured below which she won her classes with.



### 2020 SPORT& REC TRAINEESHIP



**SPORTSREADY**  
EDUCATION & EMPLOYMENT

**Sport & Recreation Traineeship**

Are you finishing off Year 12 and Interested in joining Benalla P-12 College as a Trainee in 2020?

Get off the bench & Kick start your career

**Details**  
12 month traineeship  
Earn while you learn  
Certificate III in Sport & Recreation  
Or  
Certificate IV in Sports Management

**Application**  
Job application meeting selection criteria is due in to the general office by  
Wednesday the 20th of November / 2019

To get the selection criteria & for more information on how to apply contact

Mr Clark or Mrs Cairncross  
At the Faithful Campus.

For more information on what the traineeship involves contact :

Michael Caruso  
P: 0416 274 572  
E: michael.caruso@aflsportsready.com.au  
**aflsportsready.com.au**

### 2020 YEAR 9 INFORMATION SESSION

Come and explore our Year 9 Future Makers Camp, Careers Program, Young Leaders to China Leadership Program and a range of opportunities offered exclusively to our Year 9 students.

#### 2020 Year 9 Information Session

**When:** Wednesday, 30<sup>th</sup> of October, 2019

**Time:** 5:30 PM-6:10 PM

**Venue:** Year 9 Centre, Faithfull Street Campus, Benalla P-12 College

## FAITHFULL ST CAMPUS

### WELLBEING NEWS

The Wellbeing team provides several programs and events throughout the year to help promote positive health and wellbeing to all students.

**The below events/programs are taking place on the Faithfull St Campus:**

### US PRIDE

Us Pride, the support group for students who identify as LGBTI and their supporters/friends/allies meets every second Thursday from 12.30pm. Us Pride provides a safe space for students to express themselves and to seek assistance in a supportive environment. The group also works to reduce bullying and discrimination throughout the college as well as increase education and awareness of inclusion and diversity. For any enquires about attending the group please contact Craig or Lou in Wellbeing.

### THE BREAKFAST CLUB

The Breakfast Club at Faithfull operates every Tuesday, Wednesday, Thursday and Friday morning in the Stadium. All students are welcome to come along and enjoy toast, a variety of toasties, cereal, fruit and milkshakes. Term four can be a hectic and stressful term, so make sure you are looking after yourself by having a good breakfast.

### THE "BE YOU" ROOM

The "Be You" room is open at lunchtimes for students looking for a safe space to chill out. The Be You room has giant games like Jenga and Connect Four and is fully supervised. The Be You room is open most lunchtimes and is located in D1.

### THE LIVE4LIFE YEAR 8 CELEBRATION DAY

The Live4Life Year 8 Celebration Day is on **Wednesday 23<sup>rd</sup> October**. This is the culmination of the Live4Life program for the Year 8's which included each student learning Teen Mental Health First Aid. Current Year 8 students may continue to promote the positive mental health message in the college by joining the Live4Life Crew in 2020. Find out more info on the day.

### DR & NURSE SERVICE

#### Dr & NURSE SERVICE

EVERY TUESDAY

9AM - 12:30PM

CALL OR TEXT MESSAGE FOR  
APPOINTMENT:

**0427752398**

Private, confidential & free



Alternatively you can arrange an appointment by seeing Craig Carley or turn up to the surgery during the walk in sessions from 10:30 to 11:15

The Dr & Nurse service is available every Tuesday from 9am-12.30pm.

**To make an appointment, just call or text 0427 752 398.**

Alternatively, you can arrange an appointment by contacting Craig Carley or by attending the surgery during the walk in sessions from 10.30am -11.15am.

## PARENT & RELATIONSHIP EDUCATION PROGRAMS

### TUNING INTO KIDS- EMOTIONALLY INTELLIGENT PARENTING (2-10 YEARS)

Venue: Pangerang Community House, 38 Ovens St, Wangaratta  
Date: Fri 8<sup>th</sup> Nov- 6<sup>th</sup> Dec  
Time: 10am-12pm  
Call: 03 57 23 2000 to book your place.

### POSITIVE PARENTING TELEPHONE SERVICE

Venue: Free call telephone service  
Date: ongoing  
Time: day & evening appointments  
Phone: 1800 880 660

## AFTER SCHOOL CARE NEWS

### UPCOMING ACTIVITIES

To view the activities and afternoon tea menu, click on the following link:  
<https://benallap12.vic.edu.au>

### HOW TO BOOK:

**Bookings can be made by contacting:**

**Waller Street Campus:**

**57622600 or Mob 0407 715 660**

**Avon Street Campus:**

**5762 1646 or Mob 0428 014 133**



Piper, Darcey and Lily at the Aquamoves in Shepparton.



Kaitlyn at Benalla Library attending a cartoon drawing class.



## COMMUNITY NEWS

### BENALLA SWIMMING CLUB

Swimming is a great way to keep fit and have fun. Swim training can also have many benefits for your performance in other sports as a form of cross training. Benalla Swimming Club invites interested kids to give Swim squad sessions a try. The Club provides tailored coaching programs designed to improve your swimming technique and overall fitness in a positive and fun environment.

Our **Come and Try sessions** have been designed for potential swimmers to "try out" squad swimming. These **Come and Try sessions** will be held on:

Mon October 21<sup>st</sup> 4:00pm – 5:00pm

Wed October 23<sup>rd</sup> 4:30pm – 5:30pm

The sessions will be held at the Benalla Aquatic Centre, in the 25m pool and swimmers can choose to attend as many of these sessions as they like. Just mention at the counter that you are here for the **Come and Try** sessions.

Further information on joining the club and squad training times will be provided at these sessions. If you are keen to learn more, or try swimming with the squad straight away please contact our coach Gary Bowman on 0422354371, or visit our website at <http://benalla.swimming.org.au/>



Benalla Salvation Army Presents

## FAMILY FUN FUNDRAISER

**THE SALVATION ARMY**

Saturday, 9TH November (3PM-6PM)  
85 Bridge Street West, Benalla  
\$5 per person OR \$15 for a family

Come Join Us For....  
Party Food  
Table Games  
MOVIE - Trolls (showing at 3:15pm)



## CELEBRATE CHILDREN'S WEEK

23rd October, 11am-1pm  
Sir Edward 'Weary' Dunlop Learning Centre  
(Benalla Library)

Come and try  
Kids Yoga



Learn about  
Healthy Teeth



Petting Zoo



Learn about  
Safety



Meet a  
Dietitian



Come and try  
PEEP



The theme for Children's Week 2019 is  
**Children have the right to be healthy, safe & happy.**



This Children's Week activity is presented by Benalla Rural City Council in partnership with the Victorian Government



Australian Government  
Department of Education and Training



## Benalla Festival

Kids Flea Market

The Village by the Lake – Lake Benalla Foreshore

9<sup>th</sup> November 2019, 3-5pm



Are you between 5 and 12 years old? Do you want to earn some extra pocket money? Then the Kids Jumble Sale is for you.

Some ideas are you can sell:

- old toys or board games you no longer play with
- home grown produce, such as fruit and veggies you have grown
- plants and small trees
- handmade items, like bird/ doll houses, jewellery or drawings
- bikes or scooters that are too small
- clothes (including uniforms) that don't fit

For more information and to book a market stall, please contact Benalla Festival Committee Member **Caroll Bolitho** on 0416 213 488 or at [candabolitho1@bigpond.com](mailto:candabolitho1@bigpond.com)



# FINANCIAL WELLBEING FOR WOMEN

Do you want to gain the skills to manage  
your money with less stress?

Want to feel more in control of your money?

You can learn how to:

- Set small money goals
- Tackle debt and build savings
- Know where to go for help
- Feel more confident about money issues

Join our friendly group for  
2 hours a week over 8  
weeks!

For more information or to  
register, please contact Waminda  
Community House or call  
Colette on 0448249964 or  
Trish on 0407 387 660

FREE

SESSIONS STARTING  
OCT 22ND

10.00AM - 12.30PM  
WAMINDA  
COMMUNITY HOUSE



The  
**Centre**  
your Community College

# If your friend is not okay...



**headspace**

National Youth Mental Health Foundation

## If your friend is not okay...

Getting help for a friend can take a bit of time and effort but it is worth it. As part of being a good and supportive friend, there are times when we will need to check in with our friends, to ensure that they are okay. Good help will assist your friend to deal with their problems and help them get on with life.



ARE  
YOU  
OKAY?

## If your friend tells you that they're not okay...

**1 Listen and try not to judge or "fix things" straight away** – taking the time to listen lets them know that you care and that their feelings are important. If someone has been going through a tough time, it can be a big relief to talk about what has been going on. Listening can be helpful, even without taking any actions, it might just be what they need. And don't panic, the fact that your friend sees something is wrong is a really important first step.

**2 Let your friend know that they don't have to go through this on their own** and that you are there to help and support them.

**3 Some people need 'time' or 'space' before they're willing to accept help.** Just giving them information about where to get help or providing them with fact sheets can be useful.

**4 Suggest they read stories at [headspace.org.au](http://headspace.org.au) about other young people who have made it through difficult times;** it may help reduce their feelings of being alone and give them hope for the future.

**5 Be honest about why you are worried** and ask if anyone else knows about how they are feeling.

**6 Encourage them to try some self-help strategies.** Things like eating well, exercising, writing feelings down, getting enough sleep, doing things they enjoy and avoiding alcohol and other drugs are just a few self-help tips that your friend could try. (Visit [headspace.org.au](http://headspace.org.au) to download the 'Tips for a healthy headspace' fact sheet).

**7 Don't be too forceful in encouraging self-help activities.** It's important to understand that your friend may not feel able to use them because of how they are feeling, or they may not be enough to help them to feel better. If they're interested, you may be able to do some of the strategies with them (e.g. going for a walk, watching their favourite movie).

**8 Encourage them to talk to a trusted adult** about what is going on and how they are feeling (e.g. a family member, teacher, sports coach).

**9 Sometimes, self-help strategies and/or talking to family and friends is not enough and that's okay.**

There are a lot of professionals out there who can help. Suggest they make an appointment with their general practitioner (GP) or their nearest **headspace** centre if things don't begin to improve. You could offer to go with them if they need some extra support.

**10 Let them know about eheadspace** if your friend would prefer to seek help online rather than face-to-face. **eheadspace.org.au** provides free online and telephone support (1800 650 890) for young people. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) also provide free and confidential support over the phone.



# If your friend is not okay...



## If your friend doesn't want to get help and you are still worried

Continue to support them in a respectful way. Try not to judge them or become frustrated.

Let their family or another trusted adult know that you are worried. You have to strike the right balance between your friend's right to privacy and the need to make sure they are safe. If you decide to tell someone else, try to let your friend know first that you are planning on doing this.

## What not to do or say

Don't tell them to cheer up or get over it – this is not helpful.

Don't encourage them to have a night out involving drugs or alcohol. Substance use may help them cope with their concerns temporarily, but is likely to make things worse.

Don't make promises you can't keep – if your friend is at risk of harming themselves or somebody else, you need to seek immediate help, even if they ask you not to.



If you are worried that your friend needs urgent medical help or might hurt themselves or somebody else, you need to tell somebody immediately, even if they have asked you not to. This could be a parent, teacher, their GP, someone from a local health service or by calling 000.

## Some things you can say or ask to encourage someone to seek further help

- **Have you talked to anyone else about this?** It's great that you have talked to me, but it might be good to get advice and help from a health worker.
- **Did you know that you can get free and confidential support online or over the phone?** You can log on to **headspace.org.au** to get online and telephone support from a mental health professional. You can also call Kids Helpline or Lifeline to speak to someone. All of these services are anonymous.
- **I know you're not feeling great now, but with the right help and support, you can get through this.**
- **Getting help doesn't always mean sitting on a couch with a psychologist or taking medication.** Did you know that GPs can help with this sort of stuff? Find one that bulk bills then all you need is your Medicare card (i.e. you don't have to pay)
- **There are some great websites you can check out to get more information:**  
**headspace.org.au;**  
**reachout.com.au;**  
**youthbeyondblue.com**



Supporting a friend through a tough time can be difficult. Remember to look after yourself and your needs. Following the 'Tips for a healthy **headspace**' fact sheet may be a good way to look after your own wellbeing to prevent any problems developing. If at any stage you feel overwhelmed you should consider getting some support from a trusted adult (e.g. parent, teacher or GP). You can also contact **headspace** or Kids Helpline.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit **headspace.org.au**



## Daily lessons in resilience

by Michael Grose

Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

### ADULT REACTIONS MATTER

It's in our reaction to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- *Stuff happens*
- *Don't look for fault or*
- *blame Keep your perspective*
- *Pick yourself off and continue with what you were doing*

### HOW TO REACT

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- *Match your response to the*
- *incident Stay calm and be positive*
- *Don't look for fault or*
- *blame Remember, stuff happens*

### RESILIENCE LESSON FOR PARENTS – "OH WELL"

Every day there are opportunities for parents to give their children lessons in resilience.



A child misses being picked for a team that he had his heart set on joining. *"Oh well. Let's see how you go next time"*

When a boy experiences rejection in the playground at school. *"Oh well. You'll find that some people don't want to be your friend."*

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. *"Oh well. Sometimes we don't get the marks we think we deserve."*

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support.

When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

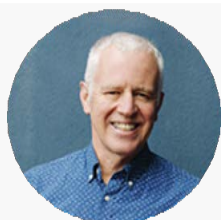
When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.



## Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.