



# Mallacoota P-12 College

## Newsletter

Wednesday, 19th November 2014

Week 7 of 11



*'I have a feeling we are not  
in Kansas anymore.'*

*Dorothy/ Wizard of Oz*

### VCE DINNER

Tonight we will be dining with our Year Twelves and their families at Boydtown to congratulate them and wish them well in their completion of The Victorian Certificate of Education. They have certainly been home grown products with Amy, Tom, Leanna, Patric and Mark all being long established Mallacoota students. We are very proud of them and wish them a happy and wonderful future in their next adventures.

### Preparing today's students for *tomorrow*

Building Resilience



### How to help your children successfully face challenges



Q&A with Building Resilience  
creator Associate Professor  
Helen Cahill, Deputy Director  
Youth Research Centre,  
Graduate School of Education,  
University of Melbourne

### Why is it important to be resilient?

It's important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don't understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

### REMINDER

THIS FRIDAY 21ST NOVEMBER  
IS A PUPIL FREE DAY  
NO STUDENTS  
REQUIRED AT SCHOOL ON THIS DAY

### DATES TO REMEMBER

#### This Week:

- Nov 21st - Pupil Free Day
- Nov 24th - Kinder Transition
- Nov 26th - School lunch sale (Last one for 2014)

#### In the Future:

- Dec 1st - Kinder Transition
- Dec 5th - Yr 10/11 Students Last Day
- Dec 8th - Girls Surfing Day
- Dec 8th - Yr 7/8 Canberra Camp
- Dec 12th - Music & Pizza Night
- Dec 16th - School Presentation Night
- Dec 18th - School Clean up
- Dec 19th - Last day of Term!

### Birthdays

- 21st Nov - Callan Munday  
- Bowan Joiner
- 25th Nov - Loki Beedle  
- Natasha Clarke

All students are reminded that they  
must be wearing a hat  
whenever they are  
outside during term 4.





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### **What can parents do at home to help children be resilient?**

The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

### **What does a resilient student look like in primary school?**

A student who is able to identify when they can successfully problem-solve and when they can successfully identify the need to seek help. A child in the playground may be disagreeing with a friend about what to play together and they problem-solve by deciding to take turns playing different games. Help-seeking is about asking a teacher, parent or an older child to assist them when they are unsure.

### **What does a resilient student look like in secondary school?**

In secondary school, students should be identifying those critical moments when they should be sharing certain information with their friends or parents to help them face a challenge.

### **How can secondary-school aged friends help each other to be more resilient?**

Teenagers are more likely to turn to their friends for support and it's important for friends to provide each other with a positive space to discuss problems. Instead of just sounding-off to each other, they can use open-ended problem-solving skills to help them have conversations where they do not feel judged.

When they engage in this kind of interaction, teenagers are in a better position to think about all the possibilities and to choose what's right to

do for them. It's important for teenagers to know that asking for help is a strength, not a weakness. It is an act of courage to speak up and ask for help.

### **If I'm a parent and I don't think my child copes very well with challenges and change, what should I do?**

You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It's important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

### **What is the school's role in building resilience among children?**

The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher's role in modelling resilience and problem solving skills themselves.

### **What is the best advice anyone ever gave you about being resilient?**

Rather than being explicitly stated, it was more role modelled. In my family, it was very much 'have a go of it.' That was a very strong family message.

Learn more

<https://education.edugate-cms.eduweb.vic.gov.au/about/department/Pages/resilienceframework.aspx>

Have a great week,  
Tim



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### PREP / ONE NEWS



On Monday we went to see the new CFA shed. We were all very impressed by the size of the new building. We got to wear the Captain's hat, sit in the fire truck and have a very important discussion about next fire season in the meeting room. Some of us got our very own fire helmet whilst others got to use a fire extinguisher. Thank you to Darren and Stuart Johnston for giving us a tour through this great new facility.



### Lucky Last Super School Lunch for Springwood

Wednesday 26th November 2014

Lunch time Dining in Room 2

ONLY \$5.00 per student or staff!

No need to order, please pay at the door.

On the Menu - **Pancakes**  
with yummy different topping choices:

Maple syrup

Pan Fried Banana

Stewed Apples / Mixed Berries

Lemon and Sugar

Ice Cream



Volunteer parents are hosting healthy, yummy school lunches for all students and staff. All proceeds go to the Springwood Students 2016.

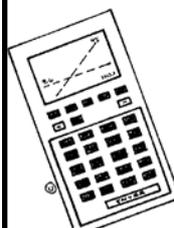
A massive thank you to everyone for your ongoing support and assistance!!



### REMINDER

Year 7/8 Canberra Trip  
coming up  
8th - 11th Dec

### SCIENTIFIC CALCULATORS



Available at the school office  
for only \$20.

This is the calculator all  
secondary students should have  
for Maths and VCE Sciences.



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Mon	Tue	Wed	Thu	Fri
17	18	19	20	21
Term 4- Week 7 8:55 Kinder transition	Yr 12 Orientation day	7p School Council	10 New Kids on the Block	Pupil Free Day
24	25	26	27	28
VCE Headstart				
Yr 9/10 exam week				
Term4- Week 8 8:55 Kinder transition		Mountain Bike Invitational 12:20p School lunch sale	10 New Kids on the Block	
Dec 1	2	3	4	5
VCE 1/2 exams			10 New Kids on the Block	Yr 10&11 students' last day
Careers- student season				1:15p P-12 Assembly
Term4- Week 9 8:55 Kinder trans. & Parent info. s				
8	9	10	11	12
Canberra Camp Yr 7/8				Yr6-10 end of yr electives
Yr6-Yr7 transition program				5:30p Music & Pizza night
Girl's Surfing Day			10 New Kids on the Block	
Term 4- Week 10				
15	16	17	18	19
Primary Nippers program			School Clean Up day	End school year
Term 4- Week 11 Yr6-10 end of yr electives	Yr6-10 end of yr electives 5:30p School Celebration night (ti			

**2nd Hand Uniform and Bookshop  
will be Open on  
Wednesdays  
from 2 pm to 3.20 pm  
at the School Music House**



**Summer uniform in stock  
Dresses, T-shirts, Shorts and  
Windcheaters... Most sizes avail.**

### 1:1 laptop program

All student laptops are required to be handed in before students finish their academic year.

Over the summer break technicians will re-image laptops with the latest software and operating system updates, including windows 8. As always students should routinely back up their work.

Students will be re-issued with their updated laptop at the start of 2015.



Thanks in advance for your continued support and cooperation.

Luke Molan  
ICT Coordinator