

## Principal's report:

'There is no elevator to success; you have to take the stairs'.

## Out with the old and in with the new – Goodbye and Thank You! Welcome!

It was with regret that Milena Idrus, Deepi Ekanyake and Nicole Hunt left us at the end of last term. Ms Idrus retired and received a wonderful farewell from both staff and students, many of whom had finished at Marsden years ago and made the effort to come back just to show their appreciation. Ms Ekanyake received a permanent position at Galston HS and Ms Hunt has followed up on her dream of raising horses. Marsden is grateful for the efforts these teachers put into our school.



We welcome:

- Camilla Corbett (Music – permanent)
- Lech Madry, (Music – temporary)
- Charlotte Zhou (Maths – permanent)
- Del Singh (relieving Head Teacher English)
- Matthew Metzke (English - temporary)
- Nicholas Milner (Senior Tutor - temporary)
- Elise Gillard (school counsellor three days)
- Niall O'Brien (HSIE - temporary)
- Sarah van der Kley (HSIE – temporary)
- Brad Williams (PDHPE - temporary)
- Elise Mirabito (Visual Arts - temporary)
- Lyndal Spooner (Office manager IEC - permanent)

## Now Marsden is looking even better

During the last school holidays a lot of maintenance work was carried out on our school. All internal corridors of the main blocks were painted in a light shade of grey, brightening up the thorough fare and making our school so much more inviting. The Industrial Arts area has finally been painted externally. Visual Arts received the first of its renovations, with a new wall being erected to support more effective teaching and learning and a large fence was added to the Cola area to ensure our equipment (mostly basket balls) don't go flying over the neighbours fence any more.

## Getting the support for our students right

The Learning Support Team headed up by Pam Howes, Stephen Smith and Lauren Soutter has moved into the new created Learning Hub in the library. The move has enabled the team to access space and resources, providing students with more targeted support. In addition the school has increased its staff resourcing to include three new teachers in Learning Support. These teachers will be working with students in the classroom as well as in small groups to increase their skills and comprehension of learning.

## World Teachers' Day – Friday October 28

I want to acknowledge the teaching and administrative staff at Marsden High School who work very hard, are loyal and dedicated to their cause providing an excellent education for students - and are a pleasure to work with. We are always in the business of reflecting on improvement. While I would never suggest for one moment that we know all the answers and that there is not more to do, with sixty five teaching and fourteen administrative staff, I can't think of a better collective to deliver terrific things for your children. I am very proud of the staff at this school.

## 2017 Senior Prefect leadership Team

It was with great pleasure we welcomed in our new Senior Prefect Leadership Team. A profile of our new leaders will be emailed out to all in the next day or two. We are proud to announce Marsden's leaders for 2017 are:

School captains: **Alessandra Somido** and **Callum Irving**  
Sports Prefects: **Sarah Travis** and **Jordan Wass**

Prefects: **Alex Chen, Emily Xu, Stephanie Ewings, Samir Khattab, Timothy Pinzone, Ben Spenceley, Vanessa Wang**

## Year 12 Graduation 2016

Year 12 Graduated on September 22 in a wonderful ceremony coordinated by Ms Fevzi. We wish them all the very best for the future and thank them for their efforts. I have included a few excerpts from my graduation address:

*You probably don't need me to tell you that today marks a major transition in your lives, but I will. You are graduating from Year 12, from up to six years at Marsden and from schooling as you have known it, for the past thirteen years. It's a rite of passage, from child and teen to adult, from innocence to experience, from dependence to independence. ...*

*I am very impressed by so many students in this cohort. I am especially impressed by the students who have truly dedicated themselves to their studies and who have been keen to do their best throughout their HSC.*

Year 12 - many of you need special mention - in particular those of you who:

- *took the lead in organising events for your year group and the whole school.*
- *have had challenging events thrown your way and have dug deep and continued with their education*
- *have managed their studies with quite significant health issues.*
- *have managed considerable family commitments whilst trying to find time to study.*
- *have juggled sporting or work commitments with their studies.*
- *Who have come to our school as International students, you have tried to the best of your ability, whilst trying to overcome the barrier that is the English language.*
- *came here as refugees and who have worked tirelessly to learn English and create a future for themselves. We are particularly honoured to have you in our school as they have taught us humility and acceptance, and the value of education. Your hard work, kindness and resilience in the face of all that you have endured, humbles us.*

*... I quite like the thoughts of Tim Minchin – satirist, songwriter, musician, comedian and now high-profile lyricist and creator of Matilda's musical score – whose genius is recognised worldwide and whose biting wit, compassion, decency and insights make him a man worth listening to ... life according to Tim Minchin:*

1. *You don't have to have a dream - Instead, he argues that we should try pursuing a passionate dedication to short term goals or, as Minchin says, "see the shiny things" in the here and now – today. Be micro ambitious, he says. In many ways, this is about appreciating the present, being mindful of what is seen, done and felt.*

*Such approaches slow life down – and this is not necessarily a bad thing. In fact modern psychology promotes a far greater adherence to the appreciation of small, momentary aspects of life to centre people, calm them to build a less anxious and more resilient person. I think this is what John Lennon tapped in to when he famously said: "Life is what happens when you're busy making other plans". Minchin and Lennon would argue: go slower, take time, appreciate "the now".*

2. *Be hard on your opinions, say Minchin - Your opinions should be constantly and thoroughly examined. Hit your biases, prejudices and assumptions. There is room in your opinion suite for other perspectives. I think Minchin is probably right here. Sometimes, and therefore too often, those who are strident and gung-ho lose sight of the power of the shades of grey, the complexities and subtleties of other arguments. Absolutes – words like never, always, everyone – are a minefield, giving no room for flexible, alternative perspectives*
3. *Respect those with less status - Minchin tells the story of the celebrity cocktail parties that he now must attend where the rich, famous and powerful congregate. He judges people not on how they treat him – with his now high roller celebrity, man-of-the-moment status, but how they treat the waiters. Those who are haughty or indifferent or terse to the people serving the drinks and food (on invariably poor wage rates) are dismissed by Minchin as shallow, unethical and unworthy. A strong position – but one grounded in a deep conviction that respect for all is important*

4. *Define yourself, says Minchin, by what you love not by what you oppose. Be pro not just anti, be generous not just critical. There is such a difference to people's demeanours and dispositions when they focus on the positive compared with challenging things which are objectionable. It's not either or..... it's just that the definition of yourself based on your passions makes for a far more interesting, vital, optimistic person. It's the basis of well-being and resilience.*
5. *Don't seek happiness, says Minchin. If you: See the shiny things, thoroughly examine your biases, respect all no matter their station, find your loves and emphasise these, then, happiness will find you.*

### **Year 12 2016 – so what happens now that the HSC is over**

The HSC is all but over for the current cohort. The exams have finished and now BOSTES is going through its marking and result accumulation process. HSC results will be delivered to students via email and text message from 6.00 a.m. on Thursday 15 December 2016. Students will also be able to access their results at the same time via Students Online.

For this to be effective it is important that BOSTES has accurate student contact details. So parents of Year 12 2016, please encourage them to log into Students Online and check that their email addresses and mobile telephone numbers are recorded correctly. If it is their school email address that is recorded, they should consider changing it to their personal one, as they will have left school by the time results are released.

Students who do not wish to receive their results by email or SMS may opt out by going to the My Details section of Students Online. This function will be available until 5.00 p.m. on Wednesday 14 December 2016. Information on online security can be found at: <http://www.australia.gov.au/information-and-services/public-safety-and-law/online-safety>.

On Wednesday 21 December 2016, students will be able to download all their BOSTES credentials from Students Online as a PDF. Eligible students will receive their HSC testamur in the post between 18 and 20 January 2017. Students will be able to order a further copy of their HSC testamur or a printed copy of their Record of Achievement and course reports at a cost of \$17.00. Alternatively, they can print all of the documents themselves from Students Online. For further information: Go to the Students Online homepage or call 1300 13 83 23. We invite all Year 12 2016 back to Marsden on Friday December 16, to celebrate their success. Students will be emailed an invitation.

### **Year 12 2017**

Our next Year 12 cohort is primed and ready to go in regards the HSC. Term 4 marks the beginning of the final journey, with all students encouraged to make the most of the opportunity. The assessment guidelines, schedules and expectations were given out at the parent information evening in Week 2, along with study planners. Success in the HSC requires consistency of approach and setting up strong goals. In Week 7 students will receive their Preliminary HSC report after undertaking an evaluation of their results. Ideally in the HSC year, Marsden expects students to undertake 12 units of study at school. This allows room for error as the ATAR is calculated on the results of the best 10 units, including English. This policy is supported by academic research conducted by the NSW Board of Studies, Teaching and Educational Standards which indicates that students who complete 12 units of study achieve better overall results. Realistically though, as we want to ensure our students engage in their learning and their curriculum pattern reflects their interests and therefore they will apply themselves more fully, students seeking to revise their pattern of study are to organise a meeting with either myself or Ms Weller to discuss their options in detail.

To ensure this we have restructured the use of the library where the priority is for our senior students to have a quiet and comfortable learning environment. Mr Nicholas Milner is the senior tutor employed to coordinate support for senior students who have study periods between lessons 2, 3 or 4; he is currently working with all subject areas to develop resources to support the teaching and learning especially in regards to assessments and course work. In addition he will be organising sessions on how to study (best practice) and develop study timetables. If Senior students do not have a timetabled class lesson 1 or lesson 5 they are able to arrive for lesson 2 or leave at lunch (after lesson 4). If

students do not have timetabled classes lessons 2, 3 or 4 they will be working in the library with the senior tutor.

### **Aiming for the sky**

Thanks to the assistance of our fantastic Aboriginal Education Assistant, our wonderful Aboriginal students have been provided with many opportunities. The AIME program at Western Sydney University involves all of our Year 7 – 9 students with the purpose of providing positive role modelling in regards the importance of education, Charlie, Jacob, Blake and Caleb are pictured with Aunty Jeanie. Currently, we also have students teamed up with Meadowbank TAFE finding out about the fitness industry.



### **New to High School parent information evening November 28**

Getting the transition into high school correct is one of the most important things. On Monday Week 8 the Year 7 2017 Year Adviser, Lauren Soutter and myself will be presenting on what starting high school means to students and what it can involve in regards parents. We will discuss how year 7 is structured, the programs we run at Marsden as well as provide information on the bigger picture with the development of the teenage brain. Parents of students in Years 4 and 5 are also encouraged to attend. The evening will be in the school library from 5.45 pm for parents of pinnacle students and from 6.30 pm for all.

### **One of the wonderful opportunities Marsden offers our students:**

Rosemary Blowes in Year 11 has just returned from a nine day Outdoor Recreation Course at Lithgow TAFE. She joined a group of ten boys and one girl from various country high schools. Whilst there, she completed activities such as Canoeing, Rock Climbing, Canyoning and Abseiling. Sounds like a lot of fun so far doesn't it? Rosemary had never participated in any of these activities before this camp. Not only was there a practical component where she had to demonstrate competency and was assessed on her performance in several trials in each area, she had to pass written/theory assessments on equipment, safety and other aspects of each one. Then there was the cooking for the whole group, including a vegetarian instructor, setting up and packing up campsites, equipment packing and checks and debriefings held and run every evening by the students. These aspects of the course were also assessed and had to be completed successfully to pass.

Rosemary pushed herself through an intensive program over the 9 days and went well outside her comfort zone on many occasions. Early starts and quite a few kilometres of walking were the order of each day. She was particularly determined to conquer rock climbing and abseiling. Rosemary has a fear of heights. Canoeing included capsizing into cold water whose surface was covered in green Algae - it gets into wet suits too we were told! Along the way however, she experienced several beautiful moments in nature and admitted she did not really miss her phone or the electronic world. The TAFE instructors were supportive and encouraging and helped her prove to herself she could do many things she thought she would not be able to do.

Rosemary should be very proud of her efforts and achievements over the course. She is feeling very positive and very 'can do' at the moment. Marsden congratulates her on such a fantastic achievement.

### **The Gonski funding is beginning to make a difference but there's still a long way to go - update**

What is Gonski? Four years ago the Gonski review found Australia's performance in education was slipping and achievement gaps between students from poor areas and wealthy areas were growing. The plan recommended by the review involves funding all schools according to the needs of their students for the first time. It is a national plan that involves the Federal and State governments working together to improve the results students achieve and make sure no child misses out due to their background, family income or location. Schools that require additional funding will get it in increasing amounts over six years. As a Principal, I encourage our community to support this once in a generation investment in the education of our children. You can show your support for our children by registering as a supporter on the Gonski website. The Resource Allocation Model (RAM) is the methodology for distribution of additional Gonski funds to complement the ongoing funding for every school.

### Congratulations:

- Zane Mestousis and Anita Leos Montelongo whose film won best sound track at a recent DoE School Film Festival held at the Sydney Opera House. They have been invited to Nepean Arts Centre on Thursday November 10.
- Andy Chen and Jon Aylward for their efforts in the ASX schools stock market game.

Mr Lance Berry  
Principal

**Our next P&C meeting is on Tuesday 29 November in the Library at 7:30pm**

### School Calendar

<b>Mon 7 Nov</b> 12 Retail Workplacement	<b>Tues 8 Nov</b> 12 Retail Workplacement Yr 7 Gala Day	<b>Wed 9 Nov</b> 12 Retail Workplacement Yr 9 Camp	<b>Thurs 10 Nov</b> 12 Retail Workplacement Yr 9 Camp	<b>Fri 11 Nov</b> 12 Retail Workplacement Yr 9 Camp
<b>Mon 14 Nov</b>	<b>Tues 15 Nov</b>	<b>Wed 16 Nov</b> International Students Camp	<b>Thurs 17 Nov</b> International Students Camp Vaccinations	<b>Fri 18 Nov</b>
<b>Mon 21 Nov</b>	<b>Tues 22 Nov</b> Grade sport semi finals	<b>Wed 23 Nov</b> Primary School Gala Day	<b>Thurs 24 Nov</b> Primary School Gala Day Duke of Ed Camp	<b>Fri 25 Nov</b> Duke of Ed Camp
<b>Mon 28 Nov</b> Aust Business Week Yr 7 2017 settling on to High School	<b>Tues 29 Nov</b> Aust Business Week P&C Meeting	<b>Wed 30 Nov</b> Aust Business Week Beach touch	<b>Thurs 1 Dec</b> Aust Business Week NRL Leogue in Harmony GALA Day	<b>Fri 2 Dec</b> Aust Business Week
<b>Mon 5 Dec</b> Yr 10 Workplacement Yr 9 Ready to Succeed Yr 7&8 rewards excursion	<b>Tues 6 Dec</b> Yr 10 Workplacement Orientation Day Yr 7 2017	<b>Wed 7 Dec</b> Yr 10 Workplacement Sports Assembly P3 & P4 Junior Performance Night matinee Junior Performance Night	<b>Thurs 8 Dec</b> Yr 10 Workplacement Yr 9 Peer Support Training Camp	<b>Fri 9 Dec</b> Yr 10 Workplacement Yr 9 Peer Support Training Camp
<b>Mon 12 Dec</b> Positive Rewards Excursion Library Monitor Thankyou Excursion	<b>Tues 13 Dec</b>	<b>Wed 14 Dec</b> Stage 4 & 5 Presentation	<b>Thurs 15 Dec</b> Presentation Day	<b>Fri 16 Dec</b> Yr 12 ATAR Morning Tea Last day of term

# Welcome new staff to Marsden High School



Mr Brad Williams - PDHPE



Mrs Lyndal Spooner – IEC. Mr Niall O'Brien – HSIE, Ms Camilla Corbett – Music, Miss Sarah van Der Kley



Mr Lech Madry – Maths/Music



Mrs Jean Moran – Aboriginal Welfare



Ms Elise Mirabito – Visual Arts, Ms Daljeet Singh – English, Mr Matt Metzke - HSIE



Ms Elise Gillard - Counsellor

# Sharemarket success for John and Andy

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Year 9 commerce students Jon Aylward and Andy Chen have taken this year's ASX Schools Share market game by storm. The Marsden High School students recently made over \$7000 profit in the six-week game which is played by more than 6000 students nationwide. This profit was primarily driven by their investment in cyclical mining stocks. This helped the students' team, aptly named "the High Rollers" to achieve a 3rd placing in NSW and 10<sup>th</sup> in Australia overall. "The experience was a worthwhile one" Jon commented. Andy was less diplomatic "we took a shot at that mining stock and got lucky". Year 9 commerce teacher, Mr David Najdek said that "the students have performed exceptionally well to place in the top 10 in Australia. They have clearly learned some valuable investment acumen which they can hopefully employ later on in life". The students have been recognised by the ASX and will receive an award for their impressive result.



ANDY CHEN



JON AYLWARD

# Year 10 International Communications - Taronga Zoo Excursion

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When Miss Lee said to us "We are going to Taronga Zoo on an excursion" we were excited about it because it was the first time we (Justin and Jay) were going to the Zoo in Australia.



Thursday 15th September 2016 was the day of the excursion and it was a very sunny day and we were eager about it. We arrived at school at 8.40am and left for the zoo at 9.10am. The bus ride to the zoo was very boring but when we arrived at the zoo at 10.00am we were excited again.

Walking into the zoo, we were keen to see all the animals. The first animals we saw was the koala and the giraffe! Taronga Zoo had 6 different walking courses to see the animals and there were animal shows to see too. Our group went on 3 different walking courses and saw 2 shows, the birds and the seals. It was great!

Then it was lunch time. During lunchtime some students bought food at Taronga Zoo and some students ate their own lunch. After lunch we continued on our course but we got lost at times and wasted some time.

At the end of the excursion, all the International Communication students gathered at the last checkpoint at 2.00pm and we saw that every single student enjoyed the excursion. They were laughing, smiling and talking about the animals and shows they saw. Then we got onto the bus at 2.15pm and left for Marsden High.



Some of the students fell asleep. We guess they were tired from all the walking and enjoyment from the day. We couldn't see all the shows because we didn't have much time but we had fun and were happy.

Justin (Yonghyeon) Lee and Jay (Minjae) Jeong



## Year 9 & 10 Photography Incursion: Peter Solness

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During term 3 of this year, the photography students of year 9 and 10 were presented with the once in a lifetime opportunity to work with the award winning light painting photographer Peter Solness. Light painting is a unique type of photography that involves long exposures and certain camera settings. What makes light photography so different is that you are illuminating the subject or drawing in the air with torches and lights. Over the four-hour workshop, the students learnt a number of skills and tried them out using torches and lights of many different sorts and colours.



We started inside, learning the camera settings and practiced light painting flowers. We composed these images by lighting the flower with a torch and then painting the background with different coloured torches or lights that create interesting patterns and textures. Next we stepped outside and with the help of Peter Solness and the art teachers, practiced photographing a tree that would normally be in pitch black. Last but not least we went onto the oval and created light orbs and tunnels. We created these by swinging coloured lights on strings in particular patterns and shapes.

“Overall, it was fun to be at school during the night and rare opportunity that I really enjoyed.” Said Jasmine.K, a year 9 photography student.

“It really opened my eyes and made me look at things a new way. I never thought you could use light in that way and I enjoyed watching the students have fun.” Says Ms Larsson, the photography teacher and organiser of the workshop.

By Lucy.M and Jasmine.K





# Music

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Year 7 are currently looking at Australian Indigenous Music and are learning about traditional instruments and are composing using rhythmic ostinatos.

Year 8 are studying Programme Music and are starting composition activities where they create a piece of music for a chosen storyline.

Year 10 are finishing up their Jazz unit and have just performed some great versions of 'Watermelon Man' to the class. The class is about to start 'My Project' where they can choose a topic and spend the rest of the term preparing to present their topic to the class.

Year 12 are completing their first topic from the HSC course - Popular Music. The students are experimenting with Soundtrap to create compositions and are working on class performances.

Don't forget that ensembles are still on this term:

Tuesday - Vocal Ensemble 7:50am all voices welcome, no audition required

Wednesday - Concert Band 7:50am all woodwind and brass players welcome, no audition required

Friday - Jazz Band 7:50am please see Ms. Corbett if you are interested in joining

## Welcome to our new Prefecture Leadership Team for 2016/2017

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Congratulations to our 11 new Prefects who were inducted into their student leadership roles on Wednesday 12<sup>th</sup> October at a whole school assembly. Our formal assembly began with the Welcome to Country by Jake Nelson and an energetic dance performance by the Senior Dance Group to 'Working Day and Night'. Mr Berry then spoke of the important role of leaders within our school community before presenting each of our Prefects with their school blazer. Our outgoing Captains and prefects, many of whom were able to make a guest appearance on the day just before their HSC exams began, enjoyed ceremoniously 'handing over' the leadership roles by pinning on each new leader's prefect badge.

This important assembly was very ably lead by our 2015/2016 School Captains Brooke Seifert and Owen Zhao in their final official duties. Both Brooke and Owen spoke of the “..rewarding year..” they had spent as Captains of our school and how much they had “..enjoyed working closely with the school community.” Brooke and Owen then welcomed our new 2016/2017 School Captains, Alessandra Somido and Callum Irving, to the microphone for their first official speech to the Marsden school community. Both Alessandra and Callum rose to the occasion and shared some of their future goals as the new student leaders of our school.

**Congratulations** to our new Prefecture Leadership Team (PLT) for 2016/2017:

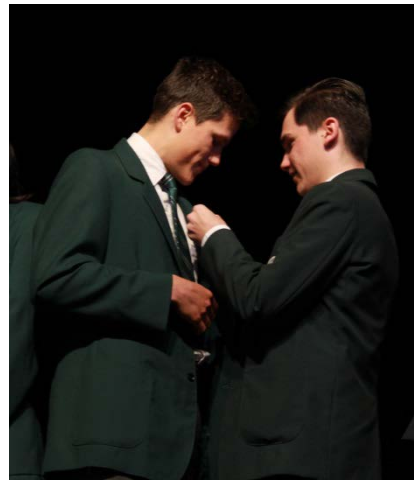
Alexander CHEN; Stephanie EWINGS; Samir KHATTAB; Timothy PINZONE; Ben SPENCELEY; Yiwen (Vanessa) WANG; Jiahang (Emily) XU

**Sports Prefects:** Sarah TRAVIS and Jordan WASS

**School Captains:** Alessandra SOMIDO and Callum IRVING



Senior Dance Group performing 'Working Day and Night'



Handing over, from the experienced to the new – Ryan Pascoe presents Ben Spenceley with his Prefect



Wonderful to have so many family members able to attend the Prefecture Induction assembly.



Such wonderful leadership skills on display – 6 of our outgoing prefecture team congratulating our new PLT.

## you CAN make a difference

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This term the SRC, in conjunction with Ms Rubbo's 8Z English class, will be running a Can Drive to support the work of the Exodus Foundation. By bringing in cans of non-perishable food items (see the list below) the Marsden school community will be able to contribute to the hampers and emergency food parcels that the Exodus Foundation distributes to those living rough and to struggling families across Sydney.



**The Exodus Foundation Can Drive** will be running at Marsden throughout Week 6, **beginning Monday 14<sup>th</sup> November**. Students (and their families) are asked to please donate as many times as they can by bringing any of the following items to the Library drop-off point:

- Canned protein, e.g. ham, chicken
- Canned fish e.g. tuna, salmon, sardines
- Canned soups
- Canned spaghetti
- Canned baked beans
- Instant coffee (500g or larger)
- Supermarket gift cards are also accepted which are not given directly to clients, but used to buy the freshest food and produce as required on the day

If you would like to learn more about the work of the Exodus Foundation please visit:

<http://www.exodusfoundation.org.au/candfooddrive>

# Year 10 Discovery Learning - Australian Business Week 2016

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In Week 8 of this term, all Year 10 students at Marsden will be participating in a week-long discovery learning process called Australian Business Week, or ABW for short. This is a great programme, taking students out of the comfort zone of the classroom and bringing them into the virtual world of running a business and working as a productive member of a team. Students will learn together, discovering what they need to know with extensive ABW resources and the guidance of business mentors.

Current educational research shows that, of the skills our students will need when they enter the workforce, problem solving, teamwork and communication are the most necessary. The ABW programme is built on these 21<sup>st</sup> century skills, giving students real-life experience; working as part of a co-operative team; applying mathematical ideas to real life situations; seeing business concepts in action like supply and demand and profit and loss.

Students will work in company teams of app. 11 -12 students, with classes for all Year 10 suspended for the week as students complete the following tasks together:



Step into a role in general management, operations, marketing or finance; Compete against other teams; Make environmental decisions; Complete case studies; Write a company report; Create a virtual product, process or service; Give an oral presentation; Produce a video commercial; Mount a trade display.

Australian Business Week is a fantastic global programme with over 20 years' experience. Marsden looks forward to our third year running ABW as we know that the students will benefit greatly from this invaluable event.

Mrs Trish Swinkels & Mrs Remma Sharma  
ABW Coordinators

## Tools for a Successful Life: Resilience

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Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success. When we apply resilience through the positive psychology lens, the learning is not only to bounce back, but to bounce forward.

Examples of challenges some young people may face where resiliency skills are essential:

- Physical illness
- Change of school
- Transitioning from primary school to high school
- Change in family make up (divorce, break up)
- Change of friendship group
- Conflict with peers
- Conflict with family
- Managing study workload



Having resiliency skills minimises the effect that negative, stressful situations can have on a young person. These skills allow a young person to face challenges, learn from them and apply these skills towards living a healthy life.

## Practising Resilience

### 1. Emotional awareness and self-regulation

This is the ability to identify emotional experiences and control emotional response to external events. Resilient people are comfortable with their feelings and they express a broad array of emotions – happiness, joy, fear, sadness. Resilient people don't get "stuck" in an emotion. Although they might feel sad or scared, they accept that this is a normal part of life and these feelings don't prevent them from coping with the situation and moving forward.



### 2. Impulse control

We all have impulses to do things and say things – these are not always in our best interest, nor helpful to others. To be resilient doesn't mean to stop these impulses, but it does require you to stop acting on every impulse that does not serve you well. These skills of impulse control can be learned.



### 3. Optimism

Learning the skills of optimism can help protect against depression and anxiety. Optimism involves learning to think positively about the future – even when things go wrong. It's about looking objectively at a situation, making a conscious decision to focus on the good. Optimistic people are happier, more engaged, succeed more and are better problem solvers. Optimistic attitudes need to be realistic – it is shooting for the stars without losing site of the ground (Reivich & Shatte 2002).

### 4. Flexible and accurate thinking

To be resilient requires flexible and accurate thinking, seeing different perspectives. Someone who is resilient can come up with a variety of reasons for being successful in something (multiple factors). Flexible and accurate thinking allows multiple solutions to a problem, having Plan B and C is vital to resilience.

### 5. Empathy

This is the ability to recognise another person's feelings and respond accordingly and respectfully. Understanding another's emotion in relation to that of your own. Empathy assists resilience through developing strong supportive relationships. Understanding other people's feelings / emotions / experiences is particularly helpful when people are experiencing tough times.

### 6. Self-efficacy

Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and a belief in yourself. Always work on achieving your personal best. We all have impulses to do things and say things – these are not always in our best interest, nor helpful to others. To be resilient doesn't mean to stop these impulses, but it does require you to stop acting on every impulse that does not serve you well. These skills of impulse control can be learned. This is the ability to identify emotional experiences and control emotional response to external events. Resilient people are comfortable with their feelings and they express a broad array of emotions – happiness, joy, fear, sadness. Resilient people don't get "stuck" in an emotion. Although they might feel sad or scared, they accept that this is a normal part of life and these feelings don't prevent them from coping with the situation and moving forward.

### 7. Connecting and reaching out

This involves placing importance in help-seeking behaviours through connections with other people. Having a range of friendship circles that reflect different areas of social need and making the effort to build and nurture friendships that move and change with time.

Developed from: <http://au.professionals.reachout.com/building-resiliency-in-young-people-resource>

# Careers



## AFL NSW – 2017 Young Leaders Program – Moore Park

The AFL is Australia's premier sporting organisation supporting a constantly evolving national competition which has experienced rapid growth over the past 10 years, particularly in NSW. The AFL has over 600 permanent employees around the country, and AFL NSW are responsible for growing and developing Australian Football across the State.

We are looking for outstanding individuals who are looking to launch a career in sports administration and/or sports development. This specifically designed program will introduce the trainee to all aspects of the AFL NSW business with a focus on customer service, game development, leadership and sales skills. You will be trained by experts in their field to be the public face of the AFL brand in the community and across the Sydney schools network.

The traineeships will commence in January 2017 and you will work full-time (38 hours per week) for the duration of the school year and also complete a tailored Certificate III Business qualification to compliment your on the job learning.

AFL NSW will be hosting trainees at both their Moore Park and Blacktown offices.

### Duties & Responsibilities

The Young Leader Program trainees will sit within the AFL Game Development team which has the overall brief of increasing participation levels of AFL across Sydney. The trainee will be buddied up with a Development Coordinator and have many responsibilities including:

- Deliver and support the coordination of participation programs (AFL 9s, in-school and after-school, Community Club Auskick, multicultural, Indigenous) focusing on:
  - AFL skill acquisition;
  - GWS Giants, Sydney Swans and AFL-fan development;
  - Community engagement
- Support the delivery of promotional activities both in schools and the wider community;
- Provide exceptional levels of customer service to new fans and players of Australia's Game.
- Be a positive and engaging 'Brand Ambassador' of the AFL at all times.

### What we are looking for:

- Energetic, bubbly, enthusiastic applicants with a can-do attitude
- Proven experience in working within a team to unite towards one goal.
- A love of sport and the desire to help grow the fan base of the AFL
- Experience in teaching/coaching skills to young people/leading teams/public speaking/performance.
- Good computer skills
- Must be an Australian Citizen

Unfortunately as these are traineeship positions, applicants who have completed tertiary qualifications are not eligible to apply.



## ACE THE HSC!

Supported by **MACQUARIE University**  
SYDNEY AUSTRALIA

## HSC Seminars for Year 11 & 12 Parents and Students

*Helping you achieve HSC Success*

Sunday 13th November – Macquarie University

## FREE SEMINARS

Registration is essential, please visit:

[hscintheholidays.com.au](http://hscintheholidays.com.au)

# Community News and Information

**OUTWARD BOUND**  
Inspiring Australians

## Young Explorer

**Looking for a meaningful gift for your child?  
Give them a school holiday experience they will remember - let them explore their potential at Outward Bound Australia.**

**Young Explorer:**  
A unique adventure program custom made for 12-14 year olds and designed to foster confidence and self-awareness in young adolescents.  
(High Ropes, Raft Building, Orienteering, Hiking and many more)

**Location:** Uki, Nth NSW (4th—10th December)  
Jarrahdale, WA (10th - 15th December)  
Tharwa ACT (11th - 17th December)

**Course Fee:** \$990 (all inclusive) Please enquire for pick-up/drop-off options  
1800 267 999 | [www.outwardbound.org.au](http://www.outwardbound.org.au)

**No ordinary week!**  
**Summer Camp**  
Wondering what to do with your summer holidays?  
Looking for the greatest adventure of your life so far?  
Want to do stuff you have never done before?  
This invitation is for you...

Waterskiing!  
Mountain Bikes!  
Abselling!  
Hike to the roof of Aus!  
Ain't no mountain high enough! I can do this all day.  
Eat, sleep, play, repeat!

**YoungLife Australia**

**Camp details!**  
Date: 15-21 January 2017  
Venue: The Station, Jindabyne  
Cost: \$490 ex transport

**Register online!**  
www.younglife.org.au/summercamp  
Or if you really like filling out paper or don't like the internet...  
Download registration and indemnity form from the website.

**Earlybird Rego**  
Register and pay \$60 deposit by **28th November 2016** to get the early bird rate of \$430!!!

**Transport info**  
Travel from Young Life areas is fixed at \$140 but may vary based on local area needs. Please see your area manager or call the National Resource Hub on 1300 557 647 to confirm.

**Fundraising**  
Need a little help with funds to make your adventure a reality?  
Your leaders will give you the chance to earn money off camp – odd jobs, BBOs, etc. Put your hand up! It is a great way to reduce your camp price and maybe learn something new.