



**Baldivis**  
Secondary College

# NEWSLETTER

For more photographs please visit our website



## Hello to the Baldivis Secondary College Family!

Welcome to the 2017 school year. This is a very exciting year for BSC on a number of fronts. We are now for the first time a fully-fledged high school with

the full complement of year groups. We welcome our new Year 7 students and now see our first intake of students from 2013 enter into their final year of high school in Year 12. With an additional year group we have grown to over 1750 students at this stage. We also welcome an additional 32 staff members to the BSC family.

Our focus for 2017 is improved student performance. To do this we are demanding that staff and students are working to their best each and every day. I have stated to everyone that we will maintain high expectations on their performance and to look for creative and innovative ways to find further improvements. Importantly parents

and guardians play an essential role in checking in with their child to ensure that they are doing their best and completing their work.

Last year saw a decline in our overall attendance rate. I am asking parents to ensure that your child is present every day and on time. This is so vital in supporting your child to be their best. Even students who have an attendance rate of 90% are actually missing one day per fortnight of school. This has major implications in being able to be as successful as they can be.

The most successful students are those students who genuinely engage and get involved in the classwork



Year 7 First Day

## COMING EVENTS

<http://www.baldivissc.wa.edu.au/coming-events/>

6 & 7 February Year 11 VET students Work Readiness Program  
 13 February Year 11 VET Induction Day  
 20 & 21 February Year 11 VET students First Aid Course  
 20 February Year 10 Jade Lewis Presentation  
 21 February P&C AGM - College Board Room, 6:30pm

22 February  
 27 February  
 1 March  
 2 March  
 3 March

Swimming Carnival  
 Year 8 Cricket Fixture  
 College Photos Year 10, 11, 12  
 Year 10 Cricket Fixture  
 College photos Year 7, 8, 9

### UNIFORM SHOP HOURS

Tuesdays 8:00am – 11:15am  
 Thursdays 1:00pm – 3:45pm

If you have any queries regarding uniform, please contact Sue on 0447 641 429 or Email [southwest@uc.nellgray.com.au](mailto:southwest@uc.nellgray.com.au)

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*Student Leaders, Keziah Cheesman Year 10 and Dyson Robinson, Year 8*

and activities each lesson. Parents can also assist in the success of their child by ensuring that your child is fully involved in each lesson. Teachers will contact you if there are concerns about your child's classroom involvement. Your support will be essential to get your child moving in

the right direction.

We are very fortunate to have such a large number of delightful and positive students in our community who are keen to learn. I look forward to seeing each of our students further develop their skills and knowledge over the year and to continue to develop into fine young men and women that we all can be proud of.

The college remains as an approachable institution. If there are ever any concerns we are always here to listen and respond. Baldvis SC is not an entity without heart and soul. It is a community founded on respect with an ethos built on Knowledge, Excellence, Unity and Integrity. It is not just buildings but importantly a community of people of diverse backgrounds and experiences including you, the parents. Together we are Baldvis Secondary College.

I look forward to all of us working positively together to ensure that all of our students are the best that they can possibly be and establish a wonderful platform for themselves to launch the rest of their lives from.

Kindest regards

*Keith Svendsen*

Principal

## P&C NEWS

The P&C AGM will be held on Tuesday, 21st February in the College board room at 6:30pm.

All parents and citizens are welcome to attend, it would be great to welcome new faces to our Baldvis Community.



*Year 7 students*

# WELCOME TO OUR NEW STAFF!

Justine Cole	Deputy Principal	Ashley Lloyd	HASS
Danielle McLernon	Arts Media	Mark Mulholland	HASS
Tristan Ward	Arts Media	Tara Armstrong	HASS
Julia Yusof	Dance	Jennifer Tomlin	Health & Phys Ed
Sheryl Crossan	Home Economics	Emilie Lewis	Health & Phys Ed
David Bennett	Design & Technology	Natasha Dhue	Mathematics
Andy Glendenning	Design & Technology	Richard Heptinstall	Mathematics
Greg Hart	Design & Technology	Robin Rosario	Mathematics
Peter Ryan	Design & Technology	Brad Summers	Mathematics
Kristy Hackford	English	Hamilton Stott	Mathematics
Carol Puskic	English	Alex Lathlam	Mathematics
Chris Stephenson	English	Saad Parekh	Mathematics
Angela Teasdale	English	Mark Couzens	Science
Sharyn Clayden	HASS	Kyla Myers	Science
Carla De Trindade	HASS	Kat Anderson	Education Assistant
Shaun Fowler	HASS	Sarah Ah Oune	Education Assistant



Year 12 students Cheayla Fryer and Mitchel Gruin

# Parenting *ideas* PD

*Building parent-school partnerships*

## Taking the Resilience message home

I know you know this but I'm going to say it again.

Lack of resilience is probably one of the biggest problems facing Australian families today.

Here's the surprising bit. It's parents more than kids that need help understanding resilience. I say this for two reasons.

Firstly, lack of parental resilience is being caught by their children who take their cues from their parents.

Secondly, high parent anxiety is now having serious negative consequences in the classroom including impacting negatively on student behaviour, well-being and learning.

Serious money and resources needs to be put into funding services for mental health as these issues are only getting worse. But in these tight fiscal times you can't rely on government coffers to come to the rescue.

In the meantime one of the strategies that many schools are using to reduce parent anxiety, and the subsequent over protection and over reaction to relatively minor issues facing children is to help parents develop a greater understanding of resilience. This includes what resilience is; why it's important and most significantly, how they can put it into practice at home and in their everyday lives.

One of the easiest and least expensive ways to help parents gain a deeper understanding of resilience is to do what great teachers have always done – make the most of teachable moments. That is, make use of the many opportunities to influence parents that arise throughout the course of the year whether it's discussing a student's progress with parents; replying to a query over your handling of a classroom situation

or talking through a student's behavioural or social issues that a parent raises with you.

**Here are some ideas to help you make the most of these educative moments to promote resilience to parents:**

### 1 Model calm listening

Teachers frequently experience parents' extreme emotions just as parents often experience their children's extreme emotions. When confronted with heightened anxiousness or even anger it takes skill and practice to remain calm, look the other person in the eye and validate their emotions without taking on those emotions yourself, becoming fearful or defensive. Slow deep breathing helps; look away momentarily from the highly emotional person will also help you manage the stress the situation brings.

Adults, like children, frequently become overwhelmed by emotion when they are under stress. We always feel more vulnerable and less fearful when we are stressed. Kids are no different. Discuss with parents the importance of listening calmly to children when they are upset and resist taking on their emotions. If they are angry then it's better to listen and learn about what lead them to being angry rather than sharing their emotions and reflecting anger back to their children.

### 2 Encourage supportive parenting

Effective parents will generally go through three phases when assisting children with difficulties – first, they'll protect them –the default position for most mums. Then they'll look at ways to support them emotionally (keep their chins up) before looking at ways to teach kids either to handle the situation more effectively or how to cope with their emotions (see no. 4 below).

**Here's an example of how it works:**

A child tells his mother that another student in his Year 2 class has been making spiteful comments to him during recess and lunchtime. The comments are making him unhappy. It's natural for a mother to want to protect her children from difficulties including potential conflict at school – so the protective parent comes to the fore. A meeting with the child's teacher is organised, which doesn't go well as the mother is still very protective of her child and has become defensive. She has taken a position- that is, the other child needs to be punished – and she refuses to budge. It's at this point that you need to appeal to the supportive parent, or even better, the teaching parent. You can do this through your use of language – "I know this is difficult but your job now is to help your son cope. He needs your support right now and this problem may not resolve itself for a while." Alternatively, you can discuss the three phases (protective, supportive and teaching) pointing out which role (protector, supporter, teacher) does her child need her to play.

### 3 Accept difficult experiences

A principle of resilience worth sharing is that children's previous experiences of minor, developmental adversity helps them to cope with more significant adversities that they inevitably experience in adolescence and beyond. Either consciously or unconsciously they reach back and use the skills they have developed through previous experience to help them get through. The 'stuff' includes: disappointment, loss, change, rejection, conflict and failure. How stressful these events are will depend on children's spirit, the support they get from home and their coping skills.

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# ...Taking the Resilience message home...

The hard part for parents is helping children and young people manage unpleasant feelings that come with missing out on something they had their hearts set on; managing the feelings of anger before they suddenly erupt or seeing their child mope morosely around the house for days on end after they've experienced a loss or a disappointment.

## Helping kids manage emotions that overwhelm include:

- ✓ **Validating the emotion:** It's normal to feel annoyed/hurt/frustrated by this event.
- ✓ **Sharing the feeling:** It's healthy to talk about your feelings with someone you trust.
- ✓ **Spending some time on your own:** Some kids, like adults, need silence and solitude to process their emotions.
- ✓ **Spending time with people you feel comfortable with:** Encourage kids to spend time around people they know and trust.
- ✓ **Distracting yourself:** Taking your mind off your hurts and worries for a time is perhaps the best medicine of all – a joke, a movie or a visit to a friend can help make feelings more manageable.

## 4 Talk about coping

Coping helps us put up with difficult and stressful situations while we continue with our everyday life. It may be suitable to lead a parent to reflect on how they manage when life throws them curve balls and they experience 'stuff'. Healthy adults develop a series of coping mechanisms to draw on when they experience stress or difficulty, so they don't become overwhelmed. It helps if parents can share their own coping mechanisms with their kids. Coping skills include humour, containment, distraction, asking for help and keeping their perspective. (Check out the Parentideas Coping e-Book.)

## 5 Use resilient language

Children and adults in resilient families and schools tune into the needs of each other, choosing situation specific language rather than regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes. They 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. Encourage families to identify and develop their own language of resilience that they can draw on when life gets tough.

## 6 Mine those GEM's –gratitude, empathy, mindfulness

Resilient children share many positive attributes including independence, problem-solving, optimism and good social skills. There are three common attributes shared by resilient individuals the world over that parents can quite easily encourage in their children– gratitude, empathy and mindfulness.

Kids can practice gratitude simply by being thankful for what they have rather than continually wanting more, which is a particular problem in our community right now.

Empathy is the ability to understand how others think and feel. Kids from large families often have a headstart in the development of high level skills like empathy as you have little choice but to look out for each other. In small families, which are the norm right now, kids are more likely to be self-centred and self-absorbed, which doesn't naturally promote empathy.

Mindfulness is the ability to focus on the present and ignore distracting thoughts and emotions. It's perhaps the ultimate in relaxation that is denied many children in the stressful, high tech times in which they currently live.

## 7 Promote mental health

The links between resilience and well-being are well established so look for opportunities to discuss the building blocks of good mental health with parents including maintaining a healthy diet; getting plenty of exercise; having hobbies and interests; building healthy connections with others; ensuring they have downtime and getting plenty of sleep. Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

Teachers have plenty on their plate already so I don't want to add to your load. Rather I encourage you to make best use of the many incidental moments that you have with parents throughout the natural course of the year to help parents to apply many practical aspects of resilience to their everyday parenting. Making the most of teachable moments is one of the most efficient and effective opportunities you have at your disposal.



## BIG 3 Points

- 1 A greater knowledge and understanding of resilience is one of the main strategies you can use to reduce parent anxiety.
- 2 Make the most of incidental educative moments to promote resilient parenting practices.
- 3 Put resilience practice into your own life so you are better placed to assist others



# Tuning in to Teens

## Raising your teenager a challenge?

**FREE** six session parenting program  
for parents of teens aged 10 – 18 years old

A program to boost parent-teen connection. Parents who recognise, understand and respond to their teen's emotions can also help teenagers understand and manage their own emotions which can result in fewer emotional and behavioural difficulties.

- Where:** Darius Wells Library and Resource Centre  
Level 1, 2 Robbos Way, Kwinana (above the Dome Cafe)
- When:** You have a choice – 6 consecutive weeks, starting Wednesday 8th February  
or Thursday 9th February
- Time:** 6.30pm – 8:30pm (Wed) or 10am-12pm (Thurs)
- Cost:** FREE - refreshments provided
- Contact:** Lois on 6164 0500 to enquire or book your spot.

**Booking and commitment to all 6 weeks is essential.**

**RSVP by Monday 6th February. Places are limited.**

