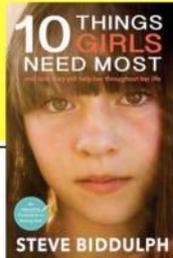




Parent Corner

Issue 6, **3 August 2017**



RAISING GIRLS !

an evening with Steve Biddulph

Steve is returning to Brisbane for the launch of his new book *10 Things Girls Need Most* - and coming to Mount Alvernia College for one night only.

Entertaining, powerful, and practical, this talk covers girls at every age.

Learn how you can help your daughter to grow up wise, warm, and strong. Understand the five stages of girlhood, and the unique roles played by mums, dads, and aunts in girls' lives.

"Biddulph is a spellbinder"
- 60 Minutes
"Electrifying" - UK Telegraph

Steve's books, including *10 Things Girls Need Most*, *New Manhood*, *Raising Girls* and *Raising Boys*, are in four million homes around the world.

NB Please note that babies and children cannot be admitted to the sessions.



Mount Alvernia College, Kedron
Saturday 19 August
7.30 PM

Tickets \$30 Book online at

[https://
www.trybooking.com/
QLDX](https://www.trybooking.com/QLDX)

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Calendar

Fri 4 Aug	1.00pm Choral Workshop—Middle and Senior Voices
Sun 6 Aug	5.00pm <i>Brisbane Sings</i> —QPAC
Mon 7Aug	Biology Olympiad Exam FCIP Ensemble Photos
Tue 8 Aug	8.30am QUT <i>Adolescent Aware Survey</i> (Yrs 9 & 10) 1.00pm Year 10 Home Economics Textiles excursion 2.00pm Year 8 Dancing—LGI,2,3,4 (Padua) 6.15pm Year 12 Drama excursion
Wed 9 Aug	Physics Olympiad Exam
Thu 10 Aug	11.37am Clare Assembly 7.00pm Year 7 into Year 8 2018 Subject Information Evening



From the Deputy Principal Staff and Student Development



Change is all for the Better

This week you are going to read some insights from our Pastoral Team about dealing with change. Every year level has its own dilemma with change as it affects their age group, but it is how one deals with these changes that can be the opportunity for growth or a point of stagnation or, in some cases, regression into unreasonable behaviours.

Let us look at how we as adults may deal with change. If you are like me, you set goals at the start of the year. You decide that this is the year that you are going to eat the right food, exercise just the right amount, and make sure you have time for friends and family. If this is you, how are you going with that right now? As adults we have the ability to set out **to** change and even this is hard, so how does this affect the young people in our lives, who not only have to try and set goals to affect change but have to also deal with changes that are happening both internally as well as in the people around them, including peers and family?

As a parent of a young adolescent you are actually dealing with change every day, especially if you are unfamiliar with the world of parenting an adolescent. Each day can be different and each day, while you may set out to think things are going to be the same as yesterday, or that your child isn't going through significant changes herself, you are having to find a way to respond to the change that you see in her and you don't even have a manual to do this.

Parenting girls is as delightful as it is challenging. While you may want everything to remain the same, this is never going to be the case. Your daughters will have friendships issues, they will struggle with aspects of academia, and they will challenge your authority, because that is all part of working through adolescence. If we want them to come out the other side as independent and resilient young women, then it is how we deal with these changes that is crucial.

While we all fall into the trap of wanting to protect our children from harm, not allowing our girls to have some input into how to deal with change will never allow them to experience the inner growth that comes from rescuing themselves. They will remain stagnant; they will never learn to deal with social difficulties because someone else is always there fighting the battles for them.

Listening and support are essential elements. Girls need to know that someone is listening to them, but they also need to be given the right advice about how to deal with friendship issues or struggles they are having in relationships. This advice does not involve stepping in and solving the problem, but it does involve being there when their actions may not have led to a desired result. Discuss with them what worked and what didn't. Give them some alternatives for further action, and let them know that you are there ready and waiting to be further support if necessary. Dealing with change is part of life even the difficult changes that come our way. There is nothing like knowing there is someone walking beside us rather than stepping in front of us to solve all its challenges.

Annette Butterworth



From the Year 7 Pastoral Guardian



Change - An Ongoing Process

Beginning high school brings about change. This is expected. However, change continues to happen for our Year 7s with the start of a new semester: change in timetables, extra-curricular activities, some teachers, routines. One area of change that you may come to experience more of this semester is that occurring around friendship groups.

'I can't change the direction of the wind, but I can adjust my sails to always reach my destination.'

Jimmy Dean

Changing friendship groups will begin to occur as your daughter's maturity and willingness to embrace new opportunities increases. She may see herself changing and seeking new friends, or she may see her current friends changing in a way with which she does not feel comfortable, therefore causing her to seek out new friendship options. Neither of these circumstances are bad; they are opportunities for an adjustment in order to feel a greater sense of emotional and social satisfaction.

What does matter is how the change is handled. If your daughter finds herself wanting or needing to change friendship groups, it is important for her to consider the following:

- Avoid fighting the need to change. By embracing the change with a positive mindset, a more productive outcome, a new routine, and greater sense of taking control for a better result will be achieved.
- Get involved in **any** possible activity at school, so that she can connect to a wider range of people.
- Be herself – and the best version of herself. Don't try to impress others by showing off, or by speaking unkindly of others.
- If joining a new group, be prepared for some initial discomfort. Patience is needed.
- Always take the time to ask others about themselves. This shows them that they are interested in them and wanting to know them more.
- Create opportunities for connecting with others outside of school, to further build meaningful friendships; for example, going to Francis School Study, movies, bike riding on the weekend.

Conversation Starters

What changes have you had to cope with this semester?

Have you noticed your friends changing? If so, in what ways? How does this make you feel?

What changes are you looking forward to this semester? What are you hoping to experience or achieve through these changes?

Upcoming Event

Wednesday 30 August – Brainstorm Production *Cyberia* for all Year 7s. This is a dramatic and engaging presentation to reinforce the importance of cyber safety.

Until next time

Jeni Barlow

(continued next page)



From the Year 8 Pastoral Guardian



Transitional change from Year 8 to Year 9 will be a challenge for some, but to other students this change will be viewed as a natural progression through secondary school.

Many of the girls will discover new friends in their new learning groups while maintaining those who they connected with in Years 7 and 8. The shift in groups and changes may mean there will be some ups and downs, but this will be navigated successfully through growing maturity and resilience.

Some may lament the loss of stability and security when they have got to know and remain with their core teacher for two years. However, the time is right when your daughter is cognitively mature to get used to, and be exposed to, a variety of teaching styles and personalities. Your daughter's Pastoral Guardian will assist her in her journey, and will endeavour to ensure that this transition is as smooth as possible. Assisting her in solving problems that arise will support her growth mindset and resilience.

As parents, you can positively talk about the new changes. Help your daughter to see change as a part of life, to view a situation in a broader context, and to keep a long-term perspective. Encourage her to see that there is a future beyond the current situation. An optimistic outlook enables good things in life to be envisaged and allows her to keep going, even in the hardest times. Viewing past challenges and how these were negotiated can build the strength to handle future challenges such as the one from Year 8 to Year 9.

Michael Butterworth

Upcoming Events

Tuesday 15 August, 2.00pm	Dancing (LG 5, 6, 7)
Tuesday 22 August, 2.00pm	Dancing (LG 1,2,3,4)
Wednesday 23 August, 8.30am	Science performance— <i>Global Gamble</i>
Thursday 24 August, 7.00pm	Year 9 2018 Subject Information Evening



From the Year 9 Pastoral Guardian



You recently received an email with links to the Year 9 Camp permission and medical forms. There are a number of scenarios which are likely to play out in your homes. Firstly, they may excitedly demand that you get online NOW and sign them ASAP so that they can attend. An alternative scenario is that they hand them to you and, with 'puppy dog eyes', say, "Do I really have to go ...". Another alternative is that they neglect to alert you that the camp email has been sent to you at all and you discover from another source that they need to be in "Yesterday!" Or they may simply take it in their stride and organise having their permission/medical completed with little or no fuss, which makes you question, "Are they even going to miss me????"

Regardless of how this scenario plays out in your house, it is extremely important that all the girls are a part of this experience. This particular camp requires that the girls are pushed out of their comfort zone, are participants in their teams, and are exposed to activities that will challenge them. Not all people like to be pushed out of their comfort zone; it is important, however, for these girls to experience these challenges as before long they will be heading into Year 10. Year 10 offers new challenges, such as needing to move out of their learning groups, and mixing with many other girls within the year level. The camp also starts to introduce the idea of *Thinking Beyond Themselves*, the theme upon which Year 10 is based.

Encouraging your daughters to have a positive attitude to camp and saying, "Yes, darling, of course you have to go", if she tries to convince you otherwise, is absolutely essential. We are all working together on a journey towards the girls becoming confident, resilient, and positive young women who tackle challenges head-on. And, if they are not so willing, then a gentle prod from both home and school to tackle new experiences will serve them well in the years ahead.

I look forward to all camp permissions and medical forms completed in the very near future, and if you have any concerns please let me know.

Therese Dooley

From the Year 10 Pastoral Guardian



It was lovely to see that all Year 10 students have begun Term 3 refreshed and eager to jump into their new electives and the challenges that this semester will bring.

During Personal Development lessons this term, Year 10s will receive information to assist them to develop their SET (Senior Education and Training) Plans. The interviews for these will be held in Week 9 this term - week beginning Monday 4 September. Your daughter will be allocated a date to attend. If you are available, you are welcome to attend these interviews to support your daughter. This semester has been busy for Year 10, with many students and parents attending Subject Selection Evening and the Futures Expo. Both these events, along with SET Plans, will assist you and your daughter to make the correct decision for choosing senior subjects and future career. With all this in mind, this is a perfect time for girls to reflect on their personal goals and make any necessary changes to their individual study plan and extra-curricular or work commitments, to focus on their studies.

“Nothing is impossible, even the word itself says, I’m possible.”

Audrey Hepburn

Last Friday, several Year 10 students organised a volleyball game at lunch between Year 10 girls and their Chinese buddies who are with us for a few weeks. This definitely was an entertaining game to watch. I look forward to more inter-house events organised by Year 10 House and SAC Representatives throughout the term.

Teena Christofis





From the Year 11 Pastoral Guardian



Year 11 students are in transition to leadership in this semester. The turning point has been reached where our cohort is looking ahead to being the 2018 seniors and thinking about future directions in their lives.

A starting point was the Year 11 Retreat, titled *The Sum of many Parts*, at Alexandra Headland. The focus of the retreat was to bring the students together to start thinking as a leadership year level. Students engaged in enjoyable, problem-solving activities and challenges requiring initiative and teamwork, both on the oval and at the beach. As well as the energetic, physical, fun activities, there were reflective sessions in which small groups shared concerns, their journey so far, affirmation of friendships, and opening up of a new understanding of other students who are not in their direct friendship groups. It was interesting that all teachers and leaders on the retreat could sense a distinct cohesion of the group over the two pleasant days. Superb weather also enabled the girls to enjoy a relaxing afternoon and early morning walk along the beach.



Back at school, students seemed to have settled quickly into learning, focussing on maintaining and improving their results in readiness for Year 12. I was pleased with the participation and enthusiasm of this cohort at the Athletics Carnival at the beginning of Semester 2, which demonstrated their house spirit, and ability and willingness to lead younger year levels. The captancy process is well underway and this term nominees will be interviewed by the CLT.

Finally, on a social note, with two weeks until the Semi-Formal, there is an air of excitement as girls prepare for this event. I look forward to seeing the elegant transformation of our young women at this turning point of their growing up.

Karen Farrow

Upcoming Events

Tuesday 15 August, 6.30pm Semi-Formal (*classes end at lunch time*)

Wednesday 23 August, 1.30pm Brainstorm production *Wired*



From the Year 12 Pastoral Guardian

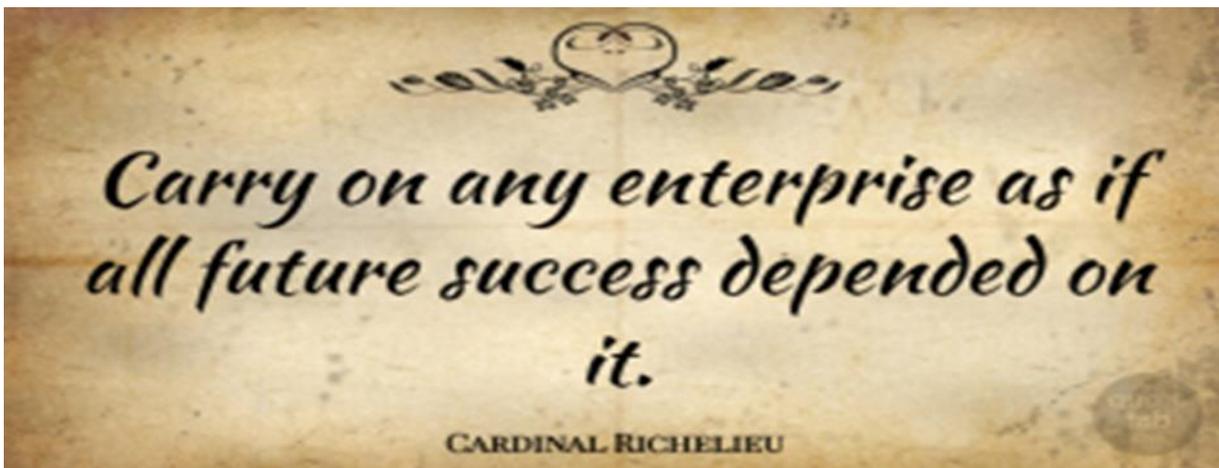


A Future Filled With Change

Everything we experience is a chance to learn and grow but, with no planning, the prospect of life after school can raise many questions: “How will I work out what I want to do with my life?” “How will understand how to navigate the journey ahead?” “How will I set my own routines?”

The College has assisted in providing advice for your daughter’s future, and this will no doubt reduce uncertainty and anxiety. Remember, change is inevitable, so encourage your daughters to prepare for the future today. Even if their plans seem vague, promote healthy conversations on responsibilities once they enter the workforce or go on to further study. Remind them that manoeuvring the journey ahead will be based on their ability to *change* and *adapt*. Goals set will change and the forks in the road may challenge your daughter to make decisions. Finally, remind your daughter to, with every endeavour in her life, be enterprising, as her success will be reliant on this approach.

Bridget Piper



Upcoming Event

QCS Test—Tuesday 28 & Wednesday 29 August



COUNSELLORS' CORNER

Helping your Adolescent Cope with Change

Change is an unavoidable constant in our lives. Some change is good and some not so good. All young people will experience change at school – entering high school, transiting to a new year level, new teachers, different subjects, different classrooms, different students in the class, and changing time-tables, just to name a few. Many will also experience changes in their family situation, moving house, changing schools, change in friendships, or loss.

Fortunately there are ways to adapt to change, and even take advantage of change. Here are some tips to help your daughter manage change, build resilience, and keep learning.

- **Change is a normal part of life:** Encourage your daughter to see change as a normal part of life and as an *opportunity*. Change can provide an opportunity to learn something new, to acquire new skills and strategies, and to think outside of the square. We will never be free from change but it is our choice how we will respond to it.
- **Humour:** Help young people to find the humour in the situation. Young people are often very good at finding a funny side of an otherwise difficult situation. The use of humour can be an effective way to provide the levity needed to see a difficult situation from a different perspective. It can also simply relieve some of the tension around a situation and allow for a constructive discussion.
- **Listen:** Listen to your daughter's concerns and to her feelings. They might seem minor to you but not to your daughter at that time. Often you will be the best person for her to talk to but other times it may be a friend, other family member, Pastoral Guardian, or a College Counsellor. While it is important to listen and acknowledge her fears and feelings about change, it is also important not to get bogged down in negative emotion (such as frustration and anger) as it can get in the way of our natural adaptation to a new situation. It is more productive to consider the problems that you can solve rather than lament about the ones you can't change.
- **Help your daughter to problem solve:** Worry and rumination do not solve problems; in fact they breed anxiety and are very different to problem solving. Structured problem solving is a positive coping strategy.
- **Be solution focussed:** Help her to think about other times when she has managed change and challenging situations – what worked for her and what didn't?
- **Remove as much uncertainty as possible:** Our ability to cope with change is mediated by many factors, including temperament. Some of us can tolerate uncertainty well while many of us struggle. For instance, many young people transitioning to a new school or to a new year level worry about how they will keep up with assignments or how they will find their way around. Assisting your daughter to ask questions can help to reduce some of that uncertainty. Visual calendars and timetables are very effective strategies.
- **Keeping up a regular routine:** As much as possible try to keep to a predictable, regular routine at home. This can assist your daughter to feel safe and secure when confronted with significant change.
- **Nutrition, exercise and sleep:** Try to ensure that your daughter is eating healthy foods, getting sufficient sleep (not interrupted by phones, etc), and regular daily exercise. Research has consistently demonstrated that 30 minutes of cardio exercise per day is the best form of stress management.

Lorraine Slaven



Bookchat Breakfast (free event)

Are you a book lover? Are you interested in hearing about the latest and greatest on the book scene?

Members of the Mount Alvernia College community are invited to join iCentre staff for a Bookchat Breakfast on Friday 18 August, 7.30–8.15am). Limited places are available – to RSVP please email Helen Stower (stowh@mta.qld.edu.au).

Guests of the Bookchat will enjoy breakfast in the cosy comfort of the iCentre while listening to teacher librarians Helen Stower, Margaret Donaghue, and Krystal Gagen, discuss books. This Bookchat will cover recent fiction releases and a reminder about some of the enduring great reads for adults. We will also let you know some of the celebrated new releases for young adult and middle school readers, and highlight the most popular titles borrowed by readers at Mount Alvernia College.



Congratulations to Sophie Lilley, who competed in the Queensland School Sport State Championships for golf in Toowoomba last week. Over four days of competition in very cold weather, she played four rounds of golf, resulting in her Net Runner Up award. The Met North team, of which Sophie was a part, was also awarded the Runners Up trophy.

This is a fine achievement and a well deserved reward for the dedication and commitment Sophie shows to her chosen sport.

*Jeni Barlow
Year 7 Pastoral Guardian*



Parking around the College

Dear Dr Tuite

I am contacting you as part of Brisbane City Council's commitment to pedestrian and child safety around schools. Since 2011, Council officers have been attending schools to promote safe parking and ensure that motorists are complying with local traffic conditions.



As you are aware, child safety and illegal parking around school zones remains a concern for parents, children, local residents and schools alike. Parking spaces during pick up and set down times are at a premium and, subsequently, competition for these spaces can lead to poor driver behaviour and potentially dangerous parking practices.

While it is certainly not Council's intention to make parking near schools an overly onerous task, regulating parking activities is necessary to promote safe driving during pick up and drop off times. Over the next school term, Council officers will be attending school zones to ensure safe parking. Parking fines may be issued in cases where illegal parking is observed.

I would like to take this opportunity to ask that you encourage parents, guardians and visitors of your school to visit Council's website at www.brisbane.qld.gov.au/traffic-transport/parking-permits/parking-rules to learn more about parking in Brisbane.

I would also like to thank you for your support in addressing this issue. If you wish to discuss the matter further, please contact Mr David Lyon, Suburban Safety Team Supervisor, on 3403 8888.

Yours sincerely

Aaron Spinks
Parking Compliance Team Leader
Compliance and Regulatory Services



Open from 7.00-11.00am & noon-3.30pm Monday to Thursday, and 7.00-11.00am & noon to 3.00pm Friday. Staff, parents and friends are very welcome to drop in for coffee—
\$3.50; \$3 in own cup.

La Cucina

Roster

Term 3

Friday 4 August

Angela Bodman, Jan Nichols

Monday 7 August

Jacqueline McLindon, Julianne Rzepka

Tuesday 8 August

Janine Hennessey, Julie Ingle

Wednesday 9 August

Michael McErlean, Lidia Ranalli

Thursday 10 August

Amanda Russell, Gabrielle Shoesmith

Any enquiries: please call Jane or Jo in the College Office—3357 6000.