

Yr 12 Newsletter Week 4

Dear Year 12,

So, your Year 12 year is not quite what you expected... in fact, it looks nothing like you expected. It is okay to admit to being worried, stressed or disappointed at this time and please reach out if you need help. But we also want you to acknowledge one thing that we have learnt from being your year advisors:



You are a very resilient, determined and caring group of people so we know you will keep adapting to the changes, keep focusing on what you can control and keep responding in a proactive way. To help you do this we would like you to try to integrate mindfulness into your daily routine.



Mindfulness refers to a mental state where a **person's awareness is in the present moment**. When someone is being mindful, they are calmly acknowledging and accepting their feelings, thoughts and bodily sensations in the present moment.



Mindfulness will help you make peace with uncertainty

This situation is one of extreme uncertainty. One thing we do know, however, is that **worrying** about it **won't change the outcome**. Learning how to tolerate the uncertainty is a huge part of **building healthy coping skills**. Practicing mindfulness each day will give you more choice in how you respond to challenges in your life and the ability to more consciously choose where you are placing our attention. This can help **calm anxiety**.

What does the practice of mindfulness look like?



Formal Mindfulness

Formal practice is mindfulness meditation where you sit, usually with the eyes closed, and focus attention on one thing, usually either your breathing or the sensations experienced within your body.



Informal Mindfulness

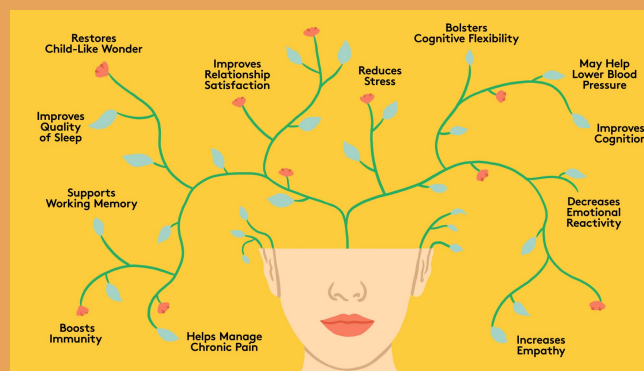
With informal practice you bring the same kind of improved attention that you might get from formal practice to everyday situations. This involves directing your full and non-judgemental attention to the activity you're undertaking at a particular moment - it might be having a cup of tea, writing in your journal or appreciating nature during one of your daily walks.

It doesn't have to be complicated

Here are some simple activities:

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe.
- **Mindful Meal:** Pay attention to the smell, taste and look of your food.
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Colouring:** Colour something. Focus on the colours and designs.

There are many benefits



- + Helps reduce stress, [anxiety and depression](#)
- + Greater [stress resilience](#)
- + Improves sleep quality, reduces fatigue
- + Improves concentration, memory ability and mental processing
- + Slows aging ([lose less gray matter](#))
- + Helps us make better choices by allowing us to respond with awareness- we become responsive rather than reactive and much, much more.

<https://www.youtube.com/watch?v=7CBfCW67xT8>



To get started download the FREE Smiling Mind app.

<https://app.smilingmind.com.au/programs/16/>

A trip down memory lane





- Uni Open days: these have gone virtual including TAFE. You need to register for a lot of them so do this so you don't miss out.
- Every University has student ambassadors or student support. Calling the Uni is the best way to get questions answered that you may have wanted to ask at Open Days
- TVET students: please keep attending and let me know of issues ASAP. TVET HSC Trial exams have been cancelled. You will have received an email about this. Let me know if you have questions
- UAC: Register and pay. Cost increases at end of Term 3
- EAS: Complete forms and email to me ASAP. Email me if you need help.
- Schools Recommendation Scheme (SRS): All students should be applying for this
- Co-Captains: Sydney Future Leaders Scheme application process has changed. Details haven't been released yet, I'll keep you informed via email.
- Please use your extra lockdown time to apply for Scholarships!

NESA

NESA has a new [COVID-19 Special Consideration Program](#) to recognise where COVID-19 has caused significant disruption or disadvantage to HSC students. Currently, the program is available to students whose preparation for their language (oral) exams, performance exams or the development/completion of their major project was significantly impacted by COVID-19.

Read the information on NESA's website for more information.

<https://educationstandards.nsw.edu.au/wps/portal/nesa/covid-19/coronavirus-advice/hsc-%20exams-and-major-projects>

Yr 12 Formal

Year 12 Formal has been moved from Wednesday, 10th of November 2021 to Tuesday, 16th of November 2021.

Yr 12 Meeting

Join us for some fun on **ZOOM** on **Friday** at **11:30 am**. Use the link below:

<https://nsweducation.zoom.us/j/165371724?pwd=WDRDV2Z4Z2gvSHB4UjJNWUg1anV6UT09>

Remember to wear your school jersey for our Zoom meeting.

If you want to learn more about Mindfulness read the book or watch the documentary below.



<https://www.myyearoflivingmindfully.com/>

Reach out

If you need help with anything please don't hesitate to contact us, even if you just want to talk to someone. Everyone knows we love a good chat!

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We are here for you,
Ms Neves and Ms Di Rosario

