



HEAD OF YEAR 7

Newsletter

Alison Moore

TERM 4: THINKING BIG

Dear Parents and Carers,

Can you believe how quickly this year has gone? It feels like only yesterday I was meeting our Year 7s on their Orientation Day, and now they're heading into their very last term of the year. As we know, Term 4 will fly by so it's important we are setting our young people up for a successful term ahead. Take some time to remind them that our Interim reports are just an 'moment in time' and that we always have opportunity here at school to change the narrative of our academic and social experiences. Effort and behaviour gradings can change for the positive and that in turn will impact our academic outcomes.



Encourage them to 'Think Big' about the term ahead and to set some time-sensitive goals that address the areas they are hoping to improve the most here at school.

And to top off the year, in **Week 9 (Tuesday 2nd December)** we'll be heading to Wet'n'Wild for our annual End of Year Celebration Day. Keep an eye out for more information in the coming weeks about permission forms and payment dates

REMINDERS



Away for the Day: Mobile phones and devices are away for the day. Students need to head to the office and hand them in if they choose to use them as directed by staff. Repeated referral to the office will mean myself or Stephanie Mee (Deputy Principal) will follow through with further supports.



Late Arrivals: If your child arrives late to school, please notify us by **calling or texting:**

SMS: **0427 925 653**

Phone: **(07) 3511 3860**

If we don't receive notification, the late arrival will be recorded as **unapproved** and your child will be issued a **lunchtime detention**. Detentions are to be completed at **second break (Tuesday to Friday)** in E05.

Your timely communication helps us keep accurate records and ensures students understand the importance of punctuality.



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BUILDING SOCIAL RESILIENCE AND CONFIDENCE IN OUR ADOLESCENTS

Being a teenager is hard work at times. It is important students understand that behaviours and social interactions throughout their lives – not just in high school – can be a tricky thing to navigate. Additionally, teenagers need modelling and coaching on how to react to these issues. Should your child come home from school upset about some behaviour or social breakdown at school, it's important that you model for them appropriate ways to interact with others. Below are some tips for having these conversations with your child.

1. Keep calm



You are your teenager's biggest fan – this is very important and something we value immensely – however, it's imperative that you don't react physically or emotively when your child is discussing an issue with you. Actively listen to them debrief while trying to find the key points they are identifying. Be sure to remember that this is your adolescent's truth. Their emotions and feelings are valid and important. It is also important to remember there is always more than one side to a story. Remain calm, ensure your child talks out their feelings and try to guide them to focus on a positive by the end of the conversation.

2. Discuss their actions



Ask your teenager what their role has been in this social/behavioural breakdown. Encourage honesty and remind them that no matter what they tell you, you will support them to move forward, even if it turns out they've made some choices that do not align with their personal values/qualities. Try not to point fingers at others and focus instead on helping your child to see both sides of the story. It's also useful to let them know they're not alone and they're not the only teenager who has had to face this before! Sharing stories of how you've overcome losing friendships or how you've approached building new relationships is a great way to help your teenager contextualise the issues.

3. Ask who they spoke to at school



If it is a physical issue, a perceived threat or some other issue where your adolescent feels harmed, we expect them to report it to us so we can swiftly assess the problem. If your teenager is only speaking to you, this will actually escalate the issue for them and can create more problems.

Encourage them to speak with an adult at school they trust as soon as an incident occurs. It's important we are helping our children to develop skills and strategies to solve their own problems. An important part of high school is becoming more responsible and learning how to adapt to the challenges life will throw at us once we're outside the schooling environment.



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4. Create a 'check-in' date with your child accompanied by some goals



Create a time with your child for the following week to check in and set some goals for them should any further issues arise. Set goals that focus on positive outcomes and encourage them to find pro- social ways to problem solve issues.

If you would like to do some further reading or to explore some other tips regarding supporting your teenager socially, the below articles have some great, evidence-informed advice.

<https://raisingchildren.net.au/adhd/social-emotional-wellbeing/adhd-friendships/friends-friendships-teenagers-adhd>

Article by 'Raising children' regarding specific strategies for teenagers with ADHD.

<https://theconversation.com/adolescence-can-be-awkward-heres-how-parents-can-help-their-child-make-and-maintain-good-friendships-107362>

Article by Dr Michael Chambers – Australian Catholic

Let's Stay Connected

Just a friendly reminder that you're always welcome to reach out if you have any questions, concerns, or just want to chat about how your young person is going at school. Whether it's about friendships, learning, or wellbeing - I'm here to help.

You can contact me anytime at headofyear7@thegapshs.eq.edu.au.

Alison Moore
Head of Year 7