



HEAD OF YEAR 7

Newsletter

Alison Moore

TERM 4: THINKING BIG

Dear Parents and Carers,

The final newsletter for 2025! As I said at the beginning of the term, I cannot believe our 7s have nearly completed their first full year of their high school journey at The Gap. It has been such a joy to watch the growth in your young people throughout the year and see the resilience and determination they have shown.



We're looking forward to celebrating the achievements of the Year 7s at our upcoming Junior Excellence Night on Thursday 27th November from 6:00 to 8:30. Students will receive an invite over the next couple of weeks to attend.

DATE CLAIMERS

Week 6 – Remembrance Day – Tuesday, 11 November

Week 6 – TULA Concert – Friday, 14 November

Week 8 – Year 7 Accelerated Music Concert – Wednesday, 26 November

Come along and support the amazing work of our Year 7 students at 6:30pm in the Auditorium as they celebrate their year of learning.

Week 8 – Junior Excellence Night – Thursday, 27 November

Join us for a night celebrating the learning of all our Junior School students from Year 7-9. More information regarding this event will be sent out to parents and students soon.

Week 9 – Year 7 Wet and Wild – Tuesday, 2 December

Week 9 – Esports – Wednesday, 3 December

I am wishing you all a wonderful break over the holidays. It has been an absolute privilege to work with you all this year. I have been so grateful to you all for your communication, advocacy and advice regarding supporting your young people.

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

Alison Moore
Head of Year 7



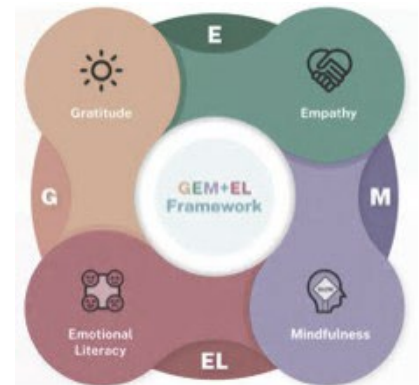
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TERM 4: CONNECT

Connect lessons this term, our Year 7 students have been engaging with *The Resilience Project* curriculum with a focus on **Emotional Literacy**. Students have been learning to recognise and label their emotions more accurately and to understand the link between how we feel, how we think, and how we behave. Through class discussions, activities and reflection tasks, students are building their vocabulary around emotions and developing strategies to express themselves in healthy and respectful ways.



Below are some examples of our GEM chats we've been exploring with students - you're welcome to use these prompts at home to help build gratitude, empathy and mindfulness in everyday routines.

THE RESILIENCE PROJECT

GEM Chats Emotional Literacy

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations**.

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice emotional literacy.

Try these prompts:

- ★ What **emotion** do you feel right now and why?
- ★ What are **some emotions** you have felt today/this week? How did you **identify** them?
- ★ Describe a moment from your day when you **felt excited**.
- ★ What emotions have you noticed today in your **friends, teachers** or **family members**? How did you recognise these emotions?
- ★ What could you do today/tomorrow to **experience a positive emotion**?

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

[@theresilienceproject](#) [The Resilience Project](#) [The Resilience Project](#) [theresilienceproject.com.au](#)

THE RESILIENCE PROJECT

When do you **feel the happiest**?

Where are you?
Who are you with?
What makes you feel this way?

THE RESILIENCE PROJECT

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What **emotion(s)** did you feel before school, at recess, or lunch?

THE RESILIENCE PROJECT

New Social Media Regulations: What you need to know



From 10 December 2025, the Australian Government will introduce new laws restricting access to social media for users under the age of 16. This reform represents a major shift in how young people engage online, aiming to reduce exposure to harmful content and protect their mental health. Research from the eSafety Commissioner reveals that almost four in five children aged 8 to 15 have already encountered harmful material online, and more than 60% report anxiety or social pressure linked to social media use. These findings highlight the urgent need to delay access until young people are developmentally ready to navigate these digital environments safely.

Why This Matters

For many families, this reform confirms what they have long suspected — that social media is shaping young people's wellbeing in ways that are not always positive. Early exposure has been linked to rising rates of anxiety, poor sleep, body image issues and cyberbullying.

Delaying access gives children valuable time to build emotional regulation, resilience and critical thinking skills before being exposed to the complex social pressures and addictive design features of social media. It also helps parents and schools re-establish healthy boundaries around technology use and reclaim influence over children's moral and social development.

What families should do now?

- 1) Have the conversation** - help your child understand the purpose of these reforms. Reassure them it is about protection, not punishment
- 2) Audit your child's digital life** - know what apps they use and how they use them.
- 3) Download their data** - encourage them to save photos, videos and messages before 10 December, as some accounts and content may be deleted permanently.
- 4) Set healthy boundaries** - keep bedrooms screen-free overnight, enjoy device-free meals and promote balance through outdoor play and creative activities.
- 5) Stay informed** - follow updates from the eSafety Commissioner for the latest advice and support tools.