This is our first totally E-Newsletter. Check your email is correct!

NORTHCOTE HIGH SCHOOL
E-Newsletter

Volume 86 Issue 16
Celebrating 87 years of education in 2013
11 September 2012

WHAT’S COMING UP

• Tues 11 Sept: Yr 11 Macbeth performance
• Tues 11 Sept: Pds 1&2 Yr 7 immunizations
• Wed 12 Sept: Yr 10 High Resolves Pd 1–3
• Thurs 13 Sept: Parent Teacher Meetings 1.30-7.20 Classes dismissed at 12.30
• Friday 14 Sept: Yr 7 Sport
• Friday 14 Sept: Yr 12 Sausage sizzle
• Friday 14 Sept: Mr Mana Movie Fundraiser (see P2)
• Mon 17 Sept: China Tour departs (to 29 Sept)
• Mon 17 Sept: Pds 1-3, Yr 9 High Resolves
• Mon 17 Sept—Wed 19 Sept: Unit 3-4 Prac Exams
• Wed 19 Sept—Fri 21 Sept: Music Tour
• Frid 21 Sept: Last day of Term Three. School ends 2 pm

Term 4

• Mon 8 Oct: First day Term 4
• Mon 8 Oct: VCAA Oral & Perf Exams
• Thurs 11 Oct: Meliora Sequamur Awards Night
• Tues 16 Oct: 8H Boho camp (to 19/10)
• Tues 16 Oct: Yr 12 Graduation. Wilson Hall, University of Melbourne 6.30 for 7.00 pm
• Wed 17 Oct: Senior Music Concert
• Frid 19 Oct: NHS Art Show
• Tues 23 Oct: 8F Boho Camp (to 26/10)

Yr 8 High Resolves 4th year

High resolves is a University initiative, designed to help students realise that they have a personal role to play in how we develop as a global society. Northcote High School has been a part of the project since it began 4 years ago. Alex Brooks, a Yr 10 Mentor, is shown above centre, leading a group of Year 8 students in discussion.

Adolescent health commercial

Brave Media’s Chris Benz, who made the multi award winning film Tagged and has made several Cybersafety ads here, came again last Thursday to film part of a advertisement on adolescent mental health. Thanks to all students who volunteered. At right is Director Amanda Jane, looking at an ultra high def picture of Annabelle Stray!

INSIDE THIS EDITION

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School Contacts
General Office
9488 2300

School Email
info@nhs.vic.edu.au

Student Absence
Parents must log on to Compass
Personal Safety and Security

Bike security

It’s hard to believe that an adult would deliberately steal school students’ bikes, but that appears to be what has happened over the last few weeks at NHS. Our CCTV has recorded a man in his 40s on school premises, at various times, taking unlocked or poorly secured bikes.

Please note the following

1. Always secure bikes to a bike post with a new D clamp lock or similar. Some older style combination locks can easily be broken. Never leave a bike unlocked.

2. Never leave a bike at school overnight or on the weekend.

3. The school does not carry insurance for student bikes. Owner onus applies.

Sept 14, Mr Mana Movie Fundraiser – Madagascar 3

Come, one and all, to a very special evening. As a tribute to the late and much loved Mr Manousopoulos, and as part of our year-level Philanthropic Project, the Year Nine Captains’ Council are hosting a very special screening of Madagascar 3 at the Westgarth Cinema on Friday September 14 at 6.30pm. Money raised will be donated to the Neurosurgery Unit of the Royal Melbourne Hospital. All are welcome!

Please join us to share in a fantastic and funny film (we all know how much Mr Manousopoulos liked to laugh). Refreshments and a special community-organised raffle with spectacular prizes to be won.

Tickets are only $17.50 each for the movie and a raffle ticket.

For more information, please contact Year 9 Captain, Rishi Mishra, or Year 9 Program Leader Mr Jules Damschke (9488 2382).

Important Dates for Year 12 Students

<table>
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<tr>
<th>Event</th>
<th>Date/Time</th>
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<tr>
<td>Exam Assembly – covers all the information you need to know about your exams</td>
<td>Tuesday 11th September Period 5 in the Library</td>
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<td>Exams Week</td>
<td>Wednesday 19th Sept – Friday 21st Sept</td>
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<td>VTAC applications CLOSE (timely)</td>
<td>28th September 5:00pm</td>
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<td>SEAS supporting documentation due to NHS</td>
<td>Monday 8th October</td>
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<td>SEAS application CLOSE</td>
<td>Tuesday 9th October 5:00pm</td>
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<td>VCAA LOTE oral and performance dates</td>
<td>Monday 8th October – Tuesday 6th November</td>
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<td>Final day to buy Formal tickets</td>
<td>Friday 12th October</td>
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<td>Graduation</td>
<td>Tuesday 16th October</td>
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<tr>
<td>VTAC Scholarship application CLOSE</td>
<td>Friday 19th October 5:00pm</td>
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<tr>
<td>Celebration Assembly</td>
<td>Tuesday 23rd October Period 1 in the Hall</td>
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<td>Celebration Day Breakfast – last day of formal classes</td>
<td>Thursday 25th October</td>
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<td>VTAC change of preferences CLOSE</td>
<td>Friday 26th October 5:00pm</td>
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<td>International Students’ Dinner</td>
<td>Thursday 25th October</td>
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<td>November exam period</td>
<td>Thursday 1st November – Thursday 22nd November</td>
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<td>VCE/VET/GAT results</td>
<td>Monday 17th December</td>
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<td>NORTHCOTE HIGH SCHOOL CLOSES FOR 2012</td>
<td>Thursday 20th December 4:30pm</td>
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<tr>
<td>VTAC change of preferences RE-OPENS</td>
<td>Monday 26th November 9:00am</td>
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<td>CLOSES Monday 24th December 12 NOON</td>
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Coming up for parents—Years 7-9 Parent Teacher Meetings, Thursday 13 September.

Online Reports can be read on, and bookings open on Friday September 7, at 9.00 am.

A. The Year 7-9 Parent Teacher Meetings are Thursday 13 September, 1.30-7.30 pm.

B. The whole school operates periods 1-3, with dismissal at 12.31 pm.

C. Bookings will be made online, using Compass School Manager from Friday, 7 September.

How Yrs 7-9 parents can make a booking on Compass

1. On the welcome page, after you have logged into Compass, you will find Parent Teacher Conference. Click on it to follow the link.

2. Under available events you will see “Yr 7-9 PTM 13 September” Click on this

3. Up will come two panes. At the top is “My Bookings”, with available spots in green. At the bottom are the names of your son/daughter’s teachers—“Available Staff” and others.

   Don’t be confused by the list—in addition to your child’s teacher, it automatically brings up Heads of School, Year Level Program Coordinators and all Assistant Principals. Of course you won’t want to see most of these people but they are there for the few who need to.

4. Click on the time you would like to see a teacher, in the top pane. Pull down to find your teacher’s name. Click the Update button. A green sign at the top will show you it’s done! It’s a good idea to print or copy down your bookings. (The screen grab is shown above)

5. If you don’t have a computer at home, you will be able to contact our office (9488 2300) for assistance.

Or you can email compass at compass@nhs.vic.edu.au
Maths Competition results

Two hundred and sixty students from Northcote High, with around 75,000 students entering from Victoria and hundreds of thousands more throughout Australia and the Asia Pacific, sat this mathematics competition in August this year. Students from Private, Catholic and State schools competed. NHS results were fantastic with 4 High Distinctions, 60 Distinctions, and 126 Credits.

4 High Distinction Certificates:
(Students who performed in the top 2% of their year.)

Year 7: Jacob Robinson, Joseph Walker
Year 8: Alison Huynh
Year 9: Tania Le-Yu Zhang

60 Distinction Certificates:
(Students who performed in the top 15% of their year).


Year 8: Jennifer Huang, James Stewart, Jackson Goerner, Mia McConville, Hugh O’Donnell, Martin Read, Frank Nguyen, Ari Dale, Molly Eastman, Dylan Vogel, Eren Akyayli, Hannah Cameron, Dorian Friday, David Mercuri, Daniel Ryan, Curtis Wright, Indigo Tolhurst, Katie Hickey, Zaccheus Evangelides, Kate McKenzie, Devin White, James Foot, Deniz Unal.

Year 9: Michael Francis, Michael Luu, Alistair Watson, John Kalathas, Emily Ross, James Butler, Anna-Maria Salatas, Zhen Lin.

Year 10: Loukas Tsigaras, Ryan Nguyen, Jack McMurtry

Year 11: Shijia Yang, Yixin Chen.

126 Credit Certificates:
The following students received Credit Certificates.

Year 7: Daniel Coleman, Claire Dowling, Claudia Manly-Thornton, Miranda Starr, Imogen Temby, David Nguyen, James Cornwallis, Kai Hughes, William Huynh, Hilary Johnson, Naomi Leigh, Julia Makridis, Peter Margaritis, Yiannis Mihailidis, Ciara McCabe, Michael Pandos, Anastasia Adams-Picard,
Continued...

Li Ly Baxter, Xi Griffin, Noah Lenten, Zoe Sakellaris, Lachlan Szigeter,
Yu Qing Yang, Matthew Bagnato, Eleanor Cooney Hunt, Nicholas Moody,
Kiril Stavrevski, Edward Clayton, Shirley Killen, Theodore Chistmann,
Sean Foley, Phoebe Henessy, Riley Arbuckle, Patrick Butler, Saro Blaikie,
Stephen Costa, Louise Graham, Nicholas Obst, Isabelle Williams, Grace Hilder,
Greta McNab, Gaelan Pettit, Isabelle Verigos.

Year 8: Jared Mason, Matthew Moses, Roger Wei, Sean Watt, Yao Dong Yu,
Claudia Caputo, Alexei Sopov, Raphael Aguilar, Emily Do, Cindy Huynh,
David Miao, Tapanan Stanford, Jayan Greenwood, Ruby Roseman-Gannon,
Isabella Ostrognay, Noah Weymouth-Large, Aleksandra Stapmanns,
Natasha Bergman, Luisa Romeo, Daylon Seakins.

Year 9: Amelia Fuller, Theo Sekulov, Nic Visser, Matilda Learmonth,
Kate Bongiovanni-Hodges, Dana Louey, Soraya Soumitri, Chelsea Bai,
Sean Bellew, Maria-Helena Cassin, Noah Darby, Henry Di, Sam Scholten,
Michelle Wells, Jacob Long, Katherine Ryan, Carla Lane, William Symons,
Nicola Brown, Gabi Cleary, Sian Gilmour, Hannah Kuang,
Melita Sliker-Bateman, Ellie Bountris, Ally Kepas, Behzad Niknami,
Mikayla Johnson, Llewellyn Stone, Shaad Krishnan- D’Souza, Nell Ayers,

Year 10: George Abou-Saba, Yushu Wang, Halim Francis, Finn Cole-Adams, Kevin Sun,
Ruowen Wang, Richard Yan, Remy Coleman, Alison Tealby, Rachel Zhang,
Elinor Mills, Jesse Jones, Asibal Paraskevas, Sally Zeng, William Ma,
Kieran Rickard, Spencer Wong, Timothy Graham, Anthony Nguyen,
Eunhye Roh, Erin Langley, Jose Asibal, George Bountris, Gabriella Saraghi,
Renee Gymnopoulos, Yifan Zhang, Jeff Chilcott.

Year 12: Lakeisha Stephen.

Congratulations to all students who received an award and to all students who participated.

Geoffrey Thomas & Chris Bouniotis (Competition Managers)

Student Attendance Update.

In week 10 (17/9 – 21/9) we will be running a test through Compass of SMS text messaging parents when their child has not arrived at school. As with any system test we anticipate there may be some glitches and we appreciate your tolerance during the test week.

Please assist us by logging on to compass (which you can do from the school website) and ensuring your phone number and all other details are up to date. (The message will be sent to ‘Family A’ only in the case of split families.) We hope that this functionality will assist us connect better with families around student attendance and provide you with accurate and up-to-date information.

We will communicate findings of the test to families at the start of term 4.

Many thanks for your support. Mr Butler
These inspiring women are in the early stages of their careers and of their lives. According to create more efficient solar cells with quantum dots and Dr Sue-into new treatments for blood cancers, Dr Baohua Jia who was work-Australia. This year's Fellows were Dr Kylie Mason who was looking-L’Oréal Australia awards fellowships worth $25,000 to support the Institute for Medical Research in Parkville. Students attended the 2012 L’Oréal Australia and New Zealand Girls in Science Forum that was held at Melbourne’s Walter and Eliza Hall Institute for Medical Research in Parkville. L’Oréal Australia awards fellowships worth $25,000 to support the research of three women scientists chosen from applicants across Australia. This year’s Fellows were Dr Kylie Mason who was looking into new treatments for blood cancers, Dr Bachua Jia who was work-ing to create more efficient solar cells with quantum dots and Dr Sue-tonia Palmer who wanted to give kidney disease patients more control of their lives. These inspiring women are in the early stages of their careers and our 2012 Year 8 students are currently participating in the High Re-solves Module 2 Social Justice. Next year they will take part in the High Resolves Leadership Program. We enjoyed the Year 8 program and thought it was a lot of fun. We really enjoyed the activities that we took part in, like the activity family tree, showing that we all have the same background. Another activity was watching the Freedom Writers which is a movie about racism in a high school. In the movie there is a new teacher that attempts to break down the racial barriers between students and in the wider community. We also looked at historical figures such as Gandhi and the change he brought about due to his influence and persistence: we watched clips from a film based on his life and looked at the concept of a leader and a follower. We guess it partly shaped the way we work in a team and it also really got us thinking about some key issues in today’s society and how to respect people and what they like. It really opened our eyes to some of the issues around the world, and ongoing issues like racism and bullying. Currently we are taking part in the year nine high resolves programme. We select a theme and elect goals that we aim to achieve by the end of the year. Our “theme” this year was the environment and the three goals from that are: 1. Getting the Global Citizenship Centre running on renewable energy. 2. Installing as many power saving light tubes in the school as we can. 3. Raising awareness at NHS, of the importance of looking after our environment. We are from the GCC group and have paired with the Green Team. Along with the Green Team we helped with the movie night which raised approximately $600. On the Year 10 to 12 parent Teacher night we held a bake sale raising approximately $300. Much work still needs to be done to achieve our goal but we are making progress. The light bulb group has purchased chocolate boxes, researched specific bulbs and got quotes. Now something that many students seem to be struggling with: What goes in what room and corridor bins. Things that can be recycled e.g. paper, cardboard, go in the YELLOW. In the RED bin things that can’t be recycled are put; food, used food containers. Etc. NHS High Resolves 2012 The Year 10 High Resolve students decided that our Community Action Project objective was to be ‘helping disadvantaged youth.’ To reach our objective we decided to work towards improving the standard of the soccer field in Atherton Gardens to be a safe and well used facility for youth. We chose this project because we wanted to help bridge the gap between the two communities, Northcote and Fitzroy and because we thought it would be an achievable project where we could make a real difference to the lives of our community members. The surface of the Atherton Gardens soccer field is currently muddy, very uneven with potholes and there are a lot of bare un-grassed patches. To achieve our project we decided that we first needed to inform to Yarra City council about what we wanted to change and how we thought it could be achieved. First, we invited the Yarra City Council members to a presentation about our project and what we hoped to achieve. After this we attended a Yarra City Council meeting and put forward our request for AstroTurf to be installed on the field. Council responded that the field had been refurbished in 2009 and that in fact the field was not con-sidered a field but rather classified it as “a backyard for the resi-dents.” We then resubmitted a request to the the meeting for it to become classified as a field, thus enabling it to receive the same amount of money directed to maintenance as other sporting fields in the Yarra area. After a lot of persistence and in spite of many refusals, we managed to work with the council and make the changes to the field that we and the community wanted. The Atherton Gardens Reserve is now identified as a soccer field and is soon to be receiving the same amount of maintenance as other fields in the area. We are now in the process of raising the money by organising sausage sizzles and selling chocolates, to complete our community eng-agement part of the project, where we will be holding a movie night on the field for the Atherton Gardens residents and the local commu-nity. We will show them our community project journey and celebrate the achievements together with a free BBQ, drinks and a movie. We are proud of what we have achieved so far and thank our High Re-solves facilitator, Kat Bordon and our NAB mentors for the great support they have provided. Yr 10 team L’Oreal Science Forum for girls On Wednesday 22 August a selection of 20 Northcote science stu-dents attended the 2012 L’Oréal Australia and New Zealand Girls in Science Forum that was held at Melbourne’s Walter and Eliza Hall Institute for Medical Research in Parkville. L’Oréal Australia awards fellowships worth $25,000 to support the research of three women scientists chosen from applicants across Australia. This year’s Fellows were Dr Kylie Mason who was looking into new treatments for blood cancers, Dr Bachua Jia who was work-ing to create more efficient solar cells with quantum dots and Dr Sue-tonia Palmer who wanted to give kidney disease patients more control of their lives. These inspiring women are in the early stages of their careers and many are juggling the demands of raising a family while pursuing a career in science. Past Fellows have included biologists, botanists, zoologists, doctors, astronomers and physicists. At this forum, we were able to hear from this year’s Fellows and ask questions and have discussions. We were then given a tour of the Walter and Eliza Hall institute, guided by PhD students and postdoctoral scientists and were told of the new and developing research going on. We finished with afternoon tea with all the other students from the other schools and other researchers as well as receiving a L’Oreal gift bag. It was a very inspiring experience. Bella Fyffe Zac & Nelly Yr 9
Da Shan’s Sports Report

Our Term 3 Divisional Sporting Competitions started last week with our Year 9 students winning both the Boys and Girls Basketball and the Boys Table Tennis finals. Our Year 8 students played Basketball and Table Tennis on Friday 7th Sept winning Girls Basketball and Boys Table Tennis.

On Friday 14th Sept our Year 7 students will be out playing their Basketball and Table Tennis finals. We will also have Year 7 and 8 Hockey matches on this day. Our Year 9/10 Boys and Girls Hockey teams have already won through to the regional finals in term 4.

In early Term 4 we compete in the Regional Athletics (first Thursday back) at Meadowglen. To get ready for the athletics and under the encouragement of Year 7E student - Eleanor Cooney-Hunt we entered our winning Divisional Year 7 Boys and Girls relay teams in the 2012 Adidas All Schools Track Relay Championships at the Lakeside Stadium in Albert Park. It was a learning experience running against all of the private schools in Victoria. The broadcaster made special mention of Northcote High - being the first time we had run at these championships. Our 2 teams displayed true grit both finishing fourth. Our students were very happy to beat many of their more seasoned rivals. We watched many relay races paying close attention to the changeover techniques of the most successful teams. Eleanor has lined up our Year 7 runners to practise at Collingwood Harriers before they compete again.

Our VCE students have had a great futsal tournament this term with the teachers team being unbeaten at present. Names like Bissett, Reale, Lange, Damschke and Wood have been displaying some amazing skills on the smaller gymnasium arena. The finals will be held in week 10 of term 3 at lunchtime. Any students, parents or staff who wish to watch these finals should contact Mr. Hore. Heavily discounted tickets will be available to supporters of our staff team.

In week 3, Term 4 we will have many teams competing in regional Basketball, Table Tennis and Hockey finals. We will keep training as we rise to this higher level of competition.

During the last week of term 3 and over the holidays, Da Shan will be returning to China with 40 students from all over Victoria. 3 students from Year 9 and 10 from Northcote will also attend this language tour to Beijing University and Xian. Our Victorian students will also have a day of competition at the famous Birds nest Olympic venue in Beijing. Our language tour needed a taste of sport to make it complete.

Da Shan (Mr Price)

Northcote High Adult Singers

Our choir has had one of its first major performances! We performed at Hot August Night last month and are ready for more. We will be meeting again next term and everyone is welcome to join. As men are outnumbered by about 10:1 it would be great if we could have just a few more of them, but we would be very pleased to hear from anyone who is interested. The group is led by Stephen Sharpe who is a parent of students at the school and among many other things a songwriter and music teacher, and has directed other community choirs.

For more details you can email Brenda at brenda@shorewalker.com or ring 0438 196 522.
2013 1:1 Digital Device Further Information

Please find below the proposed introduction schedule for 1:1 digital devices at Northcote High School.

Please note that for the Year 7 &8 ipad, families are welcome to source their own ipad, perhaps one they already own from any supplier, provided it can run the required applications. The school will also have a recommended supplier.

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<th>Year 7 2012</th>
<th>Year 8 2012</th>
<th>Year 9 2012</th>
<th>Year 10 2012</th>
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*NCSSF – National Secondary School Computer Fund – “Rudd Computers”

Frequently Asked Questions

Please find below some concerns raised by families and our responses to them

2013 Year 9

Why can’t we bring a notebook we already own / have a choice as to the type and specification of device?

The major reason is that due to licensing limitations the Department software can’t be installed on privately owned devices. In addition there are significant advantages in having a common operating environment in terms of technical support and teacher training in curriculum applications.

Why is it so expensive when I can find a cheaper device on line or elsewhere?

The school includes in extended warranty and insurance as well as free Department licensed software which means other devices are not cheaper if these are factored in. Insurance and extended warranty are necessary to provide for peace of mind for families.

2013 Year 8

Why do students need more than one device over the course of their secondary schooling?

Digital devices are regarded as having a working life of between 2 and 3 years. Beyond this changes to software and capabilities make them generally redundant.

Why an ipad?/ Isn’t it good for consumption rather than production?

The digital device is a tool and like any tool it has a range of uses. Experience in other schools highlight aspects that we are keen to encourage in our Year 7 & 8 program in terms of collaboration, instant access and documenting learning. This experience shows that students are capable of adapting its use. More important are the apps used and types of tasks undertaken to make the ipad or tablet a creative production tool. The school will also be recommending the purchase of a keyboard cover to both protect the ipad and assist with data entry.
Italian Exchange Students visit Zoo

Our three Italian exchange students Tommaso, Federico and Stefano joined the Year 11 Italian class on an excursion to the Melbourne Zoo last week. During the visit our three guests led the way in modelling their language skills to describe native animals in their habitats. Our Year 11 class was also encouraged to converse in Italian whilst escorting the boys around the zoo and undertaking language tasks together. A highlight of the day was the 'Italian' picnic with gourmet food served up at lunchtime.

Tommaso, Federico and Stefano have been wonderful additions to our Lote class as they have provided students with greater opportunities to improve their language skills as well as strengthen cultural links with young people from overseas.

The excursion marked the end of Tommaso’s visit to Melbourne as he left for Rome the following day. What a great way to finish off his stay with us!

Thank you to the Moorhouse family for hosting Tommaso whilst he was in Melbourne.

Adele Fattore

Sustainability News

The Merri Stationeers will be holding a working bee at Merri Station on

Sunday, 16 September, 10.00 'til 2.00

This work will continue the job started over two years ago in the beautification of the station surrounds. We will be planting the mulched area south-west of the station.

Please wear sturdy shoes & gloves and bring spades, picks and mattocks if you have them.

Refreshments and a BBQ lunch will be provided, please meet near the entrance to platform 2

COBURG CRICKET CLUB
JUNIOR CRICKET SEASON 2012/13

- Would you like your child involved in your local cricket club.
- Does your child have skills you would like to see developed.
- Is your child looking to have fun and make friends.

If you answered yes to any of these questions please contact us.
- Training is organized in a safe environment.

Registration Day
At City Oval Harding Street Coburg,
Sunday 16th September 2012 at 10am -12pm

Or register your interest including contact details with our club secretary at: bettina.t@bigpond.com
Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious.

Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Published by Michael Grose
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www.parentingideas.com.au
www.parentingideas.co.uk
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