Dear families,

“This fellow welcomes sinners and eats with them.” Luke 15:1-32

In the Parable of the Lost sheep, Jesus searches for the one who has strayed and exults upon finding and bringing the sheep home. This parable suits the life of schools, where much time and attention can be spent ‘working with’ and ‘walking with’ the lone, cheeky or even devious sheep in order to bring them closer to the flock.

At times we must contend with a clientele expectation of ‘only for some of us’. This is definitely not how we operate through our vision and mission to serve all. Our welcome statement on the college website states that we are open to all and that faith, wisdom and compassion underpin our mission. This is also the message shared with students as we encourage new friendships with the mixing of student through transition to Year 8 and acknowledge that some relationships will change over time. Parents may sometimes feel challenged by their children’s friendships but at all times it is best to give careful guidance rather than attempt to exert control.

We too, cannot manufacture relationships too much for you; there are only a limited amount of classes any age group can enter and schoolyard friendships are the natural and delightful product of socialisation skills. At best, open dialogue and well planned family time out of school hours is the best influence on where, how and with whom your child mixes. But let us hope they have time for the lost sheep rather than just settle for the 99. We think about the natural human compelling of reaching out to the other, particularly this week as we have focussed on the ‘R U OK?’ theme. ‘Checking in’ with someone should happen at any time but it is important to highlight this strong educational message that it is appropriate to ask and equally appropriate to admit, that things aren’t always travelling smoothly for us or someone we love.

We have enjoyed a wonderful term of special events across all campuses and the most sacred happens this weekend with our Year 7’s Sacrament of Confirmation. There has been much preparation in the months prior with the students contributing so well to their workshop in readiness. We welcome all families to share in this special time at 7:00pm Saturday at St Teresa’s or 10:30am at Our Lady Help of Christians, this weekend. Bishop Greg O’Kelly will be at both masses. There is also another Youth Mass at 5:30pm on Sunday at OLHC. These are becoming very popular.

Congratulations to Rice House for winning the Primary Sports Day. Finally we had some nice weather, albeit a tad chilly. Thank you to Mr Molyneux for his work with this event.

As in last week’s Newsletter we are asking for feedback about what our current website says or more importantly, doesn’t say about us. For what topics have you sought Q & A but not found it? What ‘how to?’ anecdotes have you needed to seek from other parents because it is not explained elsewhere? Please email info@samaritan.catholic.edu.au with any suggestions.
Greetings as winter turns to spring and we are experiencing changeable weather and each morning ask ourselves the question what will I wear today?

Over the last few weeks in our parish we have been looking at our gifts and asking how we can contribute to the building up of our Parish community by sharing these gifts.

This coming weekend Bishop Greg O’Kelly is coming to administer the Sacrament of Confirmation to our young people. In this Sacrament the candidates CONFIRMS the commitment made at Baptism to live Jesus’ Good News in their every day lives. The Bishop anoints them saying “Be sealed with gifts of the Holy Spirit”. This seal and anointing is saying to the young person you are being set aside to witness to the Holy Spirit working in your life. It is giving them the grace and encouragement to live lives of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. These are the gifts the Holy Spirit gives to each of us.

Perhaps we can look back to our Confirmation day and ask ourselves the question “do we call on the Holy Spirit and acknowledge the graces and gifts that are given to us?”

“The Spirit also helps us in our weakness for when we do not know how to pray as we should the Spirit himself intercedes for us.’ (Romans 8: 26) In this verse from Paul we are assured that the Holy Spirit never lets us down and hopefully this gives us the courage to know that we are never alone in our desire to bring the Good News of Jesus to our world.

Let us pray with our families and our Parish Community that the love, joy, peace and goodness that the Holy Spirit gives to us may be a blessing to all we live, work, play and come in contact with.

Sister Helen Mills
FOR THE PARISH TEAM

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<th>WEEKEND MASS TIMES</th>
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**RELIGIOUS DIMENSION**

**R U OK? Day** is a national day of action and it is happening **today**, September 12. It is dedicated to reminding people to regularly check in with family and friends and meaningfully ask the question ‘Are you ok?’ It aims to highlight issues of mental health and raise awareness and prevent suicide.

To have a meaningful ‘R U OK?’ conversation, follow these steps.

1. **Ask R U OK?**
   - Start a general conversation; preferably somewhere private
   - Build trust through good eye contact, open and relaxed body language
   - Ask open-ended questions
     ‘What’s been happening? How are you going?’
     ‘I’ve noticed that... What’s going on for you at the moment?’
     ‘You don’t seem like yourself and I’m wondering are you ok? Is there anything that’s contributing?’

2. **Listen without judgement**
   - Guide the conversation with caring questions and give them time to reply
   - Don’t rush to solve problems for them
   - Help them understand that solutions are available when they’re ready to start exploring these
     ‘How has that made you feel?’
     ‘How long have you felt this way?’
     ‘What do you think caused this reaction?’

3. **Encourage action**
   - Summarise the issues and ask them what they plan to do
   - Encourage them to take one step, such as see their doctor
   - If they’re unsure about where to go to for help, help them to contact a local doctor
     ‘What do you think might help your situation?’
     ‘Have you considered making an appointment with your doctor?’
     ‘Would you like me to make an appointment or come with you?’

4. **Follow up**
   - Put a note in your diary to call them in one week. If they’re desperate, follow up sooner
   - Ask if they’ve managed to take that first step and see someone
   - If they didn’t find this experience helpful, urge them to try a different professional because there’s someone out there who can help them
     ‘How are things going? Did you speak with your doctor?’
     ‘What did they suggest? What did you think of their advice?’
     ‘You’ve had a busy time. Would you like me to make the appointment?’

For more information, visit their website [https://www.ruokday.com/](https://www.ruokday.com/)

Carly Higgins
RELIGIOUS EDUCATION COORDINATOR (SECONDARY)
PriMaRy caMPUs News

Congratulations to the students who have been elected by their peers as Student Representative Councillors for Semester 2, 2013.

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SPORTS DAY WAS FABULOUS!

It really was a pleasure to experience my first Samaritan Sports day last Friday. The day was a great success in that students were engaged in physical activity, out of their comfort zones, working in teams and most importantly having fun. A big thank you to all parents who responded to our call for volunteers and came to support their children, Year 11 students who committed to supporting on the day, staff and, of course, our Primary Physical Education Coordinator, Mr Gareth Molyneux. The day ran extremely smoothly and students from both Samaritan Campuses combined successfully in many events including cheer leading. Gareth ensures that this is the case. Well done Gareth. Thank you and congratulations to each of our House Captains for their commitment and leadership on the day.

SRC PLANNING A ‘FOOTY COLOURS DAY’

A few weeks ago you will recall that Damien and I hosted a lunch for our Semester 1 and 2 Student Representative Council members. At the last assembly Damien and I were formally able to present these students to the school community with their SRC badges. Congratulations again to these students on being recognised as a leader amongst our Samaritan Community. Our SRC students are already busy planning a ‘Footy Colours Day’ for Week 10 of this term. This will serve two purposes: to raise money for the school’s designated charities as well as harness the excitement of the AFL grand final. Keep your eyes peeled for posters and further information.

FAMILY HOLIDAYS DURING TERM

Over the course of the year some families take the option to holiday during the school term and so politely inform the school of their child’s absence. From time to time teacher’s receive requests for work to be sent with the child. With regards to school work and content missed whilst families are away on holidays, this can be tricky. Sending worksheets etc with students doesn’t have the same impact and relevance as hearing it in context in the class. I think that having students keep a holiday journal can be just as beneficial. Collecting pamphlets, brochures, writing recounts, redrawing maps and labelling them, scrapbooking and recording thoughts, feelings, smells etc is really powerful. Also formalising this by having them present something upon return either to their class if...
comfortable, in a small group or on 1:1 level with their teacher. Please consider the learning opportunities you are providing in your travels and the way to capture those before requesting work from staff.

CONFIRMATION

This weekend is a significant weekend for many of our Year 7 students as they will experience the Sacrament of Confirmation. The Sacrament of Confirmation is a milestone in the faith journey of these children as they take on the commitments made for them by their parents at the Sacrament of Baptism. Please keep the Confirmation candidates in your prayers and consider supporting them at the 7:00pm Mass @ Saint Teresa’s Church on Saturday night or the 10:30am Mass @ Our Lady Help of Christian’s Church on Sunday morning.

Georgia Tyson
ACTING DEPUTY PRINCIPAL

CONFIRMATION

To the Confirmation students and their families, we offer them our blessings as they come to receive the Holy Spirit at this important time in their lives. It is an exciting time which confirms their place in the Catholic family and offers witness to the gifts of the Holy Spirit. We pray these young people come to know and love Jesus Christ and make his teachings central to their lives.

MASS AND LITURGY

R/1 Harman will celebrate Mass on Wednesday, September 18 at Saint Teresa’s Church. The students are to be dropped at Saint Teresa’s Church by 8:45am and will meet their teacher and Mr Meixner. Please bring something to share for morning tea.

The students will return to their campus by bus. Parents are most welcome to join us for Mass and Morning tea.

R/1 Leach will celebrate Liturgy of the Word at OLHCC Church on Thursday, September 19 at 12:30pm. Families are most welcome to join us at this celebration of the Word.

Bernie Meixner
ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION

WHYALLA COMBINED PRIMARY SCHOOLS’ CHOIR 2013

Students from OLHCC and STC will be coming together with choristers from seven other Whyalla primary schools, plus Ceduna Area School, to perform at the Middleback Theatre as part of the 2013 Whyalla Combined Primary Schools’ Choir. Please show your support for this entertaining local event by coming along to one of the shows!

When: Wednesday, September 18 and Thursday, September 19
Where: Middleback Theatre
Time: 7pm
Cost: Adults $15, Concession $10

WHYALLA JUNIOR HOCKEY
Grand Finals for Junior U13 teams

STC vs OLHCC U13 Grand Final – game starts at 6pm, Friday, September 13 after the U13 and Junior Umpire Presentations at 5pm.

Well done to both teams to make it to the Grand Final! Especially STC who have come through as minor round premiers. OLHCC have made it through after playing a very hard semi-final last week against MoPS, that went to extra time, and was still 0-0 after end of play, so as the higher placed team, have scraped through to the Grand Final.

Samaritan students of all ages, and parents, and staff, are encouraged to come along and support the teams.

Canteen/bar facilities open, no charge for entry to grounds.

Come out for a family day of excellent hockey and great atmosphere. The first Grand Final is U15 and starts at 9am.

Tania Taylor
WHA SECRETARY, AND JUNIOR COMMITTEE MEMBER

Looking for practical ideas to help your child with mathematics at home?

Ever wondered how mathematics is taught in school today?

What is numeracy and why is it important?

COME ALONG TO

‘NUMERACY IN THE EARLY YEARS’

STC Library, Tuesday September 17, 9:00am
OLHCC Library, Tuesday September 17, 2:00pm

Presented by Kylie Rothe, Lou Whitehouse and Linda Gelati (Numeracy Consultant)

I __________________________will be attending the ‘Numeracy for the Early Years’ workshop at STC / OLHCC (please circle) on Tuesday September 17.
Dear Parents

As Mr Judd/Damien approaches the conclusion of his first year of tenure as Co-Principal of Samaritan College, he is currently engaged in a professional review process which I am facilitating. The purpose of the review process is to highlight the things that Damien is doing well as co-principal of Samaritan college, and to provide Damien with direction/guidance for his ongoing development as a school leader. Part of the process involves the collection of data from a variety of community members – staff and parents, in particular from the two primary campuses – Our Lady Help of Christians and St Teresa’s, for whom Damien has had prime responsibility. You are invited to contribute by providing confidential feedback on Damien’s professional engagement with you, including highlight achievements, challenges and issues for him to consider, as he exercises his leadership into the future.

Please complete the online survey through ‘Survey Monkey’ http://www.surveymonkey.com/s/LXFDRML , or by obtaining a ‘hard’ copy of this survey from either school office. Written comments need only be in note form.

You are invited to return your completed survey by the end of term 3 – Friday, September 27.

Please be assured that the information you share will be treated in strict confidence. No individuals or their responses will be identified and only summary information will be shared with Damien.

Thank you in anticipation of your contribution.

Yours sincerely

Terry Kluzek
Principal Consultant
Catholic Education, South Australia

PHOTOGRAPHS FOR YEAR 10

At 12:00pm on Monday September 16 the photographers are going to be on the secondary campus to take the photos of the Year 10 students. All students are asked to wear their full winter uniform, those who have Physical Education will need to bring their PE uniform in another bag and get changed after the photos.

CHANGE TO UNIFORM

It is standard practice that in the last few weeks of Term 3 we allow students the option of wearing their summer uniform. Students should be making the decision based around the predicted temperature and their own comfort levels. It is expected that students who are nominating the summer uniform would wear it in accordance with the guidelines in the diary on page 135.

For Boys:
Azure blue shirt with side splits (short sleeve)
Shorts
Vest or Jumper
Plain black belt
College Grey ½ Sock with initials

For Girls:
Summer Dress
Vest or Jumper
Summer sock, white turnover top with stripe.

UNITEST

Approximately eighteen of our Year 12 students undertook the UniTest on Wednesday morning this week. This test is another avenue through which students might gain entry into tertiary studies at Flinders University. Any other students who are interested in sitting the test are encouraged to contact the University directly. Megan Spyker is the Administrative Office who has been liaising with the College and her contact details are megan.spyker@flinders.edu.au.

YEAR 12 SATAC APPLICATIONS

An assembly was held this week to give our Year 12 students information about their final weeks at the College. They were also reminded that they have until September 27 to register their preferences through SATAC, for University entrance in 2014. Students should not be concerned about the ordering of their preferences as they have until January 6, 2014 to alter the order. TAFE applications, also through SATAC, will open at the end of September, more information will be given to the students once it is known.

CHANGES TO THE TIMETABLE

On Tuesday September 17 the secondary campus will be running a Friday B timetable. Students will need to think about which uniform they should be in on the day and ensure that the correct materials are brought for the day.

While the last day of term is usually shortened, to allow for families going away, the college still continues to deliver lessons based around the curriculum for each subject. It is important that students are at school on these half days so they are not falling behind in their studies. This term the lessons that are going to be conducted will be lessons 1, 2 before recess and lessons 6 and 7 after. Again I encourage students to attend and ensure they are prepared for the correct lessons.

John Lyons
DEPUTY PRINCIPAL (SECONDARY)
YEARS KEY DATE FOR TERM 4
As Year 12 students head into their final few weeks at school, they are reminded that they should be making effective use of their homework time, by working on their final assignments or revising for exams. Key Dates for Term 4 are as follows:

YEAR 12'S FINAL DAY
Friday, October 25 (End of Week 2)
This will be a normal school day, however, please note the earlier dismissal time at 1pm. Students should maximise their efforts to effectively utilise this class time to seek teacher clarification in examination preparation, and to finish off assignments.

SWOT VAC
Monday October 28 - Friday November 1 (Week 3)
Students have this week off school to continue preparing for their exams or finish their final assignments. Students are able to come to school to meet with teachers or to use the library, but they must be in full summer uniform (not PE). Students wishing to meet with their subject teachers must ring beforehand to make an appointment, as staff are still teaching during this time and might not be free.

EXAMS – WEEKS 4 TO 6
A copy of the exam timetable is on display on the Year 12 noticeboard, and exam times can also be accessed on the SACE website: http://www.sace.sa.edu.au/. It is up to students to ensure that they are aware of when their exams will be held. Students are reminded to be at school at least 20 minutes prior to the start of their exams.

Students who miss an exam are not given an opportunity to sit it at a later date.

Students must be in full summer uniform when undertaking an examination.

GRADUATION MASS
Wednesday, December 4
Staff, students, their families and friends of the College community are warmly invited to celebrate with the Class of 2013 at our traditional Graduation Mass, this year to be held at St Teresa’s Church from 7:00pm.

GRADUATION NIGHT
Thursday, December 5
The Graduation ceremony will be held at the Middleback Theatre from 6pm. There will be a rehearsal on the morning of December 5, which all students will be required to attend. Dinner will follow the ceremony at the Westlands Hotel. More information will be forthcoming regarding these important events early next term.

Trent Keiper
DIRECTOR OF SENIOR SCHOOL

8 RED MASS
8 Red will attend Mass on Friday, September 20 at St Teresa’s Church. The students need to meet at the church by 8:45am and will walk back to Saint John's Campus at the conclusion of the Mass and Morning tea.

Parents are most welcome to join us.

Bernie Meixner
ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION

YEAR 8 AND 9 PARENT INFORMATION EVENINGS
On Tuesday, August 27 and Tuesday, September 3, despite the challenge of an unplanned power failure, the Year 8 and 9 student body, along with their families, were given the opportunity to discuss subject options for 2014, along with some other prominent issues relevant to our students and families.

While most of the families who attended these nights did so to get a feel for the up-coming year and the subject changes that come with the transition, the additional information concerning cyber safety proved a valuable conversation starter with many in attendance. The main topics discussed were around protecting our community and children to the dangers of cyber bullying and sexting, as these are both increasing in their impact on school aged children.

If you were unable to attend on the night, or you made it along but would like some further information, I encourage you to visit the Australian Government’s CyberSmart website (http://www.cybersmart.gov.au/). In doing so, you will better inform yourself and your family, which will invariably assist us in working together to ensure all of the students of Samaritan College are happy and safe in their social interactions, whether this be in a face-to-face setting, or somewhere in the digital realm.

YEAR 9 SPIRITUALITY DAY
On Tuesday, September 10, the Year 9 cohort took a break from the regular hustle and bustle of the school year to spend the day reflecting and considering the path that they are on through their schooling. The theme for the day was hope, but not in the sense that the students usually consider. Rather, we thought about hope as a confident expectation of what is to come, and considered what role we take in our own lives to achieve our goals and dreams.

Blessed with perfect weather, our day was spent on the grounds of South Whyalla Football Club. Some of the activities encouraged the Year 9s to consider where they are on our life journey, the role that faith plays in their success, and the importance of their peers to support them when faced with challenge and adversity. We also took time out to make a trek to Hummock Hill, which encouraged us all to give thanks for the place we live and the people we share our time with.

The day was approached with maturity and inclusivity, as all students worked with a few friends and had the opportunity to interact with other students they may rarely talk to. It was also very pleasing to see almost all members of the Year 9 body attend and experience the Spirituality Day together. I would also like to thank Mr Meixner, and the caregroup and Religious Education teachers for their role in the day, as without their input, the Retreat would not have been so beneficial.

Josh Boden
YEAR 9 COORDINATOR
SUBJECT COUNSELLING

YEAR 10 AND 11 STUDENTS

Students currently in Year 10 and 11 will be entering into conversations about their subject selections for 2014 with staff for the remainder of the term. Parents are more than welcome to be part of the conversation – please phone the College to make an appointment with me should you wish to be included in the process.

Maresa Lyons
SACE COORDINATOR

CANTEEN ROSTERS

Mon 7 of 8 September 12, 2013
Monday, September 16 – Friday, September 20

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Annette Cameron
CANTEEN MANAGER

Rose Cassar
CANTEEN MANAGER

Marg Coad
CANTEEN MANAGER

COMMUNITY NEWS

“The services and events contained in this section are in no way connected with the school and are included in this newsletter for your information only. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children.”

Adelaide Aquatic Centre Family Fun Day

Come along and experience our ‘Take a Breather Family Day’

Lots of fun activities, free inflatable water slide, fun run, face painting, water activities and prizes from Speedo.

Monday, September 30
11am – 4pm

Adelaide Aquatic Centre
Jeffcott Rd, North Adelaide.

Entry $7.50 adult, $6 concession, $21 Family of 4

Part proceeds will be donated to Asthma SA

Shine a light on male suicide prevention
Help us and participate in our Fun Run

All money raised goes to Australia Suicide Prevention and Beyond Blue

Date: 14 September
Location: Civic Park
Time: 11am sign-up for a 12pm start
Finish: West Whyalla Football Club
Fee: $10 Ph: 0420 859 320

Sponsored by:

Adelaide Aquatic Centre Family Fun Day

Volunteers needed.

The University of South Australia is seeking community members to act as patients in our simulation lab.

If you are interested in helping to train the next generation of clinicians, consider yourself to have good acting ability and time available to attend training and sessions, then we would like to hear from you.

Come along to our information session at our Whyalla campus on Thursday 12 September at 7.30pm.

For more information and to register contact Michele on 8647 6036.
Parenting Ideas by Michael Grose:
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. “Come on, laugh it off.”
   **Strategy:** humour
   **Good for:** kids who experience disappointment, failure and even loss.
   Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.”
   **Strategy:** containing thinking
   **Good for:** kids who feel overwhelmed; kids who experience rejection; perfectionists.
   The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break.”
   **Strategy:** distraction
   **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.
   When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for anxiety. When kids constantly think the worst case scenario, worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one.”

4. “Who have you spoken to about this?”
   **Strategy:** seeking help
   **Good for:** kids who experience bullying and social problems; handling all types of personal worries.
   Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.”
   **Strategy:** offering hope
   **Good for:** kids experiencing loss, bullying, change or extreme disappointment.
   There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?”
   **Strategy:** positive reframing
   **Good for:** kids who make mistakes, let others down or experience personal disappointment.
   One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”
   **Strategy:** acceptance
   **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.
   If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”
   **Strategy:** maintaining perspective
   **Good for:** kids who catastrophise or blow things out of proportion.
   While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one.”
   Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about ...”
   **Strategy:** flexible thinking
   **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.
   Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.