



# Secondary Spotlight

16<sup>th</sup> November 2018  
Term 1, Edition 12

## Secondary Notices

Monday 19<sup>th</sup> November Start of YTC (Mandarin Testing)

Tuesday 20<sup>th</sup> November Parent Workshop – Assessment and Reports (Cooper Hall, 8.45-9.30am)  
World Children’s Day

### TTT Deadlines: w/c 19<sup>th</sup> November

Year 7 – Music/Computing and Science, Year 8 – History and Mandarin, Year 9 – Geography

## Student Wellbeing

Children’s mental health is as equally important as their physical health. Although we all experience ups and downs in our lives, it is the pattern of behaviours that we need to monitor. We should also consider age appropriate issues (e.g. puberty, brain development) but when looking at your child’s behaviour it may be useful to compare it to other children of a similar age. However, comparing siblings at the same age may not give you a true picture of the issues as they do vary in temperament, character, personality, attitude, resilience, needs and wants. In situations where the pattern changes (e.g. behaviour, sleeping, eating, response to conflict or frustration, co-operation, withdrawal, anxiety, fear, worry) over an extended period of time (e.g. 1-2 weeks) it may be useful to consider additional support through their class teacher and/or the school’s support services. As parents it is important to be alert to changes in behaviour, spend one-to-one time with your child each day and engage them in a conversation about their day at school including interactions with their peers. Talk about their feelings and thoughts in relation to daily events, be it at school, locally or internationally. Let children know you love them in a variety of ways as it builds their sense of security and belonging. Notice the things your child is good at and tell them as it builds optimism and confidence.

## World Children’s Day

Tuesday 20<sup>th</sup> November is World Children’s Day. We have a day of planned student led activities including student led workshops, student council outreach and ‘meet the principal’ sessions.

## Our subject in the Spotlight this week is...P.E.

**Year 7:** We are currently busy with our third block of sports this year. Year 7s are swimming and either playing hockey or fitness, depending on which class they are in.

**Year 8:** Our Year 8s are currently swimming, with the focus being on stroke improvement. During the second PE lesson they are playing softball or fitness, depending on which class they are in.

**Year 9:** In Year 9 we are focusing on swimming and fitness for this 5 week block of sports. We are focusing on completing the DCIS swim targets as well as introducing fitness tests.

**Year 10:** With our Year 10 pupils we are busy with our fitness and volleyball block where we are breaking down the skills involved in volleyball as well as looking at personal fitness.

**Year 11:** In Year 11 we are working on softball game play as well as doing various fitness tests to give the students an indication of their fitness levels.

**Update from IB Coordinator:** The Year 13 IB students were registered for their exams in May 2019 this week - the reality of the final exams is becoming more palpable by the day! Meanwhile, Year 12 have continued to add to their CAS pursuits with a range of interesting and exciting ideas.

