Advice for Parents addressing children and young people’s responses in relation to traumatic events.

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

It is wise for you to monitor your child's exposure to television coverage, print media and social media. Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard. Other children will avoid any discussion around the events and will be reassured by routine and normality.

Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

- Acknowledge that the event was distressing
- Reassure children that they are safe
- Look for signs of distress (e.g. some children/young people might be scared)
- Normalise responses - typical response will range from anger to general upset or sadness
- Maintain a normal routine - keeping the structure at home or at school in place
- Allow children to express feelings as they arise
- Telling stories about how people manage during difficult times can be helpful.
- Separate fact from fiction e.g. children may express fears about unrelated events.
- Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).
- Speak in hopeful terms – children and young people will often take their cues from their parents' reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.
- Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.

Branko Lukic
Principal
## ***Year 7 News***

Welcome to the hot, hot pre-summer weather. The students have definitely been feeling the heat this week and have enjoyed the opportunity for a swim during PE classes. I apologise for being absent, (touring around Tasmania) whilst the reports went out as I usually write a comment on each one to make the reports more personalised. Please contact the college if you have any concerns with your child’s report, or feel the need to communicate with specific teachers.

This weekend is the annual RACV Energy Breakthrough in Maryborough. Many of our Yr 9/10 students attend the event from Thursday through until Sunday. The actual race takes place over 24 hours from 12pm Saturday until 12pm Sunday. It is an amazing showcase of students and staff working together and if you are not busy it provides a really good weekend activity to witness the complete transformation of Princess Park and Maryborough streets to allow the 1000′s of competitors to begin – there are also many food stalls, carnival rides and a really great atmosphere too.

The booklists have been handed out to all Year 7 students for their Year 8 classes and need to have been returned to the office by this Friday.

### This week in classes

**Yr 7 Maths** - End of topic testing will occur this week for Statistics and Probability chapter. Next week will be the end of year ‘post tests’ for Maths Mates, Problem solving, Times tables, and On-demand AusVELS levels.

**Textiles** - The class has completed screen printing onto fabric and are now honing their sewing machine skills in readiness for constructing pillow cases and cushion covers.

**PE** – lessons will be at the pool with students continuing their water safety and stroke development. It is important that students have a drinker and sunhat each. On Wednesday afternoons students will be dismissed from the pool. On Thursday morning students will need to meet at the pool by 9am.

### Homework Reminders

**Maths** – Week 4 Term 6 worksheet and general weekly Maths sheet. Revising over previous Maths Mates and homework sheets (using teacher)feedback for testing.

**Humanities – Thinkers Keys Task – Water Task**

**PE** – students will require swimmers, hat and drinkers for the next two Wed and Thurs

Roxanne Egan (Yr 7 Coord) on 54 951811 or egan.roxanne.j@edumail.vic.gov.au
MIDDLE SCHOOL MUSIC
EXCURSION to CHRIST CHURCH
ANGLICAN OLD CATHEDRAL

Middle School Music students Samuel Rice, David Kovac and Eric Kovac observe Braiden James-Box as he puts the pipe organ at Christ Church Anglican Cathedral through its paces. An initiative of Canon Heather Blackman, this is the second year that students have visited the church to play this treasured instrument. It is a wonderful opportunity, offered to few citizens of St Arnaud, and the College very much appreciates Canon Blackman’s support of the Music Program. The sounds of Bach, Beethoven and Vaughan-Williams filled the church.
**Parents’ Club Report 2015**

2015 has been another successful year for Parents’ Club, all money raised goes back into the school. This year we contributed to:-

- SOSE text books
- Physics recorder
- Hockey carnival
- Psychology Books
- Filing press for art room
- Materials for artwork in Library
- VCSS 2015
- Mates Mentor Programme
- Yr 12 Graduation
- Scholarships

Without the continued support we receive from Volunteers, Parents, Students, Teachers and the community we would not be able to raise these funds to improve our school, so thank you to everyone who has helped or donated in some way.

I would like to thank all 2015 Parents’ Club members for all their time and support throughout the year, it is much appreciated.

Congratulations to all the Year 12 students on your Graduation. We wish you all the best for the future.

We look forward to another successful year in 2016. Anyone is more than welcome to join our Parents’ Club, you can contact Leanne Walker or Darleen Baldock for any information.

We would like to wish everyone a safe Christmas and a Happy New Year.

Leanne Walker
President of Parents’ Club 2015

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**Calendar 2015**

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<th>Semester 2</th>
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<td>Thu/Fri/Sat/Sun</td>
<td>19,20, 21,22</td>
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<td>Mon-Fri</td>
<td>23-26</td>
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<td>Friday</td>
<td>27</td>
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<td>Monday</td>
<td>30</td>
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**December**

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<thead>
<tr>
<th>Tuesday</th>
<th>15</th>
<th>Presentation Night 7.30pm</th>
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<tr>
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<td></td>
<td>VCE Results Due</td>
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<tr>
<td>Friday</td>
<td>18</td>
<td>End of Term 4—2.30 dismissal</td>
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