During Pos-Ed this term, the Year 8 students have discovered the keys for being the best that they can be. Tips and strategies used by the world’s elite performers that we have explored include:

- The ingredients for a peak performance
- How to use thoughts to your best advantage
- Finding and building on individual strengths, talents and passions.

Additionally, a range of special events were integrated into the Pos-Ed Program to assist the students to settle into the College and allow them to be successful. These included wonderful opportunities such as the Year 8/12 Bonding Lunch and Learning Conference designed to develop confidence and diminish fear.

The Year 8 Team have consistently challenged the students to be the captain of their own personal journey – the pilot of their own plane. We will draw on this powerful metaphor throughout the year to encourage the students to deliver an outstanding performance across the range of activities they are involved in.

**Discovering the Champion Within**

“Champions aren’t made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.”

Muhammad Ali, American boxer
**Year 8 pos-ed aspirations**

The Year 8 students have eagerly embraced the Pos-Ed program and readily shared some of their aspirations for the journey ahead.

**What do you hope to achieve in the pos-ed program?**

“By participating in the Pos-Ed program, I hope to become a better listener when connecting with my friends and others. I also hope to gain some tips to improve my overall organization and study habits and achieve strong results across my subject areas.”

**Georgia Atkins 8D**

“I hope to achieve a more positive attitude towards my work, be able to see things in a new light and be grateful for what I have. I also want to be able to persist with problems that at first seem confusing or too hard.”

**Caitlin Dempsey 8D**

“Through Pos-Ed, I hope I learn how to speak to big groups of people, and also how to hang in there when things get tough.”

**Maddy Vanderburg 8W**

“I hope to gain confidence working in a team and have more trust in my classmates. I also hope to learn how to organize my studies and get through exams and assessment without too much stress.”

**Eleanor Hambleton 8T**

Some wonderful foundations skills have been set by the 8 students this term and they look forward to building on their repertoire of skills in Term Two.

**In what ways do you think pos-ed can assist you?**

“Pos-Ed is a great learning program which helps students, especially Year 8s, to develop their self-esteem, thereby giving them the confidence to excel, not only in their studies but also in life outside of school.”

**Elizabeth Smyth 8B**

“Pos-Ed can help us improve the way we study. I have already discovered new strategies to help me improve my work.”

**Jordan Woo 8T**

“I think that Pos-Ed will help me to become a better learner and more organised with both the curricular and extracurricular aspects of College life. It will also play a huge role in helping me to become my own person and learn about my strengths.”

**Clare Ryan 8B**
Year 9 Pos-Ed Report

Click image below to watch video

Year 9 Character Strengths Wall
In 2013 the Year 10 cohort have been working on making all that they do at MSM positive, purposeful and passionate. The Term 1 Positive Education program supports this theme by focusing on positive health and well-being; setting goals, learning about habits such as persistence and resilience, investigating brain development and the effect of alcohol on brain function and the importance of sleep. Gratitude diaries have been used to promote reflection based on positive aspects of our student’s lives and the Year 10 Home Room Spirit Cup has been introduced to promote team building skills and Home Room spirit amongst the girls.

The Semester 1 Home Room Captains describe Pos-Ed in the following ways:

My favourite topic studied in Pos-Ed this term was definitely learning about the human brain and how different parts have different functions and skills (Danielle Jones). Learning about how sleep can impact on how your brain develops was important (Georgia Atcheson). My favourite topic studied was teenage moods and sleep habits as it is helpful to know the reason why teenagers get moody, what goes on in the brain and how sleep can help (Chloe Babington).

The Pos-Ed program is helping me by making me more grateful for the things I have in my life and showing me that even the little things are important (Danielle Jones). The gratitude diary lets me look at my life and have an appreciation for the things that I am blessed with (Georgia Atcheson). The topics that are covered in Pos-Ed are really on-point to things that are going on in our lives and habits we need to change, improve or be aware of (Anja Christofferson).

The Home Room Spirit Cup has been important as it gets girls motivated to work together as a team, resulting in good group skills for the future and helps girls to develop a closer bond with their peers (Teresa Ammirato). It enables us to identify our own and others’ strengths in the team and it encourages positivity as we are having fun and extending our friendship groups (Anja Christofferson).

Next term, we will delve into the area of positive identity looking specifically at character strengths, careers and the workplace and continue our Home Room Spirit Cup competition.
This term, the year 11’s started with the end in mind as they worked through some goals for senior. As they prepared to know where they were going, they reflected on where they have come from by considering people who had influenced their life and how they would like to be viewed by others. Finally, the students focused on their inner qualities as they learnt about body image and how to be comfortable in their own skin. They considered how the media can often construct an unattainable and unhealthy version of the female body. By looking at a range of cultures and what is perceived as beautiful, the Year 11’s came to the conclusion that beauty is certainly in the eye of the beholder!
The year 12’s Theme for the year, “Oh! The Places we’ll go!”, aligns beautifully with this term’s focus on ‘Positive Purpose’. Early in the term, Dan Haesler, a teacher, writer and consultant, presented at the Year 12 Leadership Seminar. An engaging and thought provoking speaker, Dan’s work centres around the relationships between engagement, wellbeing and leadership. He spoke to the girls about how to perform at their best both now and in the future through:
Perseverance,
Exercising, allowing time to
Recover;
Failing (only by being willing to fail, can we reach our full potential), being
Organised, forming strong
Relationships, and finding
Meaning in life by discovering what they are good at and passionate about.

The girls were then encouraged to formulate an Action Plan for Term One and, within the context of the presentation, asked to consider the following: “If something seems a little too hard, it’s probably worth doing; if it seems a little bit easy, it’s probably not worth doing!”

Further to this, in class the girls viewed “Final Year Confidential – the Secrets You need to Know” by Michael Carr-Gregg, one of Australia’s highest profile psychologists who is passionate about the health and wellbeing of young people. Class discussion followed and time allowed for the girls to consider and complete the following two sentences:

I will have had a successful year if, by Graduation Day, I can say that I have……..

My vision of a successful future includes……..

Another presentation to the cohort was delivered by Kathy James, our College Psychologist, who spoke to the girls about Mindfulness and strategies they might like to employ to deal with the stress that comes with their increasingly busy lives.

The girls have had a busy and productive term and, being mindful of “Positive Purpose”, have set about establishing a happy, caring relationship with our Year 8s. The recent Year 8/12 Lunch was a wonderful way for the girls to bond with the House Captains leading twenty minutes of fun-filled games. The overriding sentiment was that we must do this again!