what a wonderful year 2013 has been in pos-ed

As we draw close to the end of the year, we celebrate the key learnings and triumphs of Term 4, 2013:

**Year 8 girls**-completed work on ‘Peak Performance’ as well as further work on their gratitude journals

THANK YOU to all year 8s who completed the Wellbeing Survey this year

**Year 9 girls**-explored and learnt more about ‘positive health’, which included areas such as personal safety/cybersafety/social safety

**Year 10 girls**-focused on ‘positive purpose’ by examining the lives of people who have made a difference

**Year 11 & 12 girls**-also focused on the area of ‘positive purpose’ aligned to their efforts in achieving personal goals and thinking about career directions. For year 12s, ‘positive purpose’ was preparing girls to transition to the next phase of their lives.
A strong finish and successful landing!

Throughout 2013, we have challenged the Year 8 students to be the very best that they can be and the captain of their own journey – the pilot of their own plane. We have drawn on this powerful metaphor throughout the year to encourage the students to deliver an outstanding performance in a range of areas. By all accounts we are certainly celebrating a strong finish and successful landing.

Performance skills developed this term

This Term in Year 8 Pos-Ed we have continued to build on the strong repertoire of performance skills that the students have developed including:

- Increasing focus.
- Developing mind and body in harmony for peak performance.
- Ways of dealing with setbacks.
- Skills to push through barriers.
Game tactics: dealing with distractions

One of the key topics we studied in order to remain in the achievement zone was strategies for dealing with distractions. The girls crafted some wonderful tips that have been progressed.

To help focus when faced with distractions I…

Put my headphones in and listen to a calm, relaxing music.  
**Carly Watt 8W**

Remove myself of the presence of technology, take a breath or take a short walk around the block to free my mind.  
**Georgina Devenish-Meares 8W**

Block out the world and put my music on  
**Molly Kenworthy 8T**

Turn the distractions into rewards for lots of effort and work.  
**Alyssa Negus 8B**

give myself something to work for after each section of work I do, or I have a goal in mind before I begin my studies.  
**Eleanor Smith 8B**

Remove myself from the situation to a tidy workspace where I can relax for a little while.  
**Josie Campbell 8T**

Engaging guest speakers

As part of the Pos-Ed program this term, the girls have been fortunate enough to be addressed by a range of outstanding guest speakers who have assisted them in gaining valuable life skills.

Sergeant Jose Sarmiento from the Queensland Police Force spoke to the Year 8s on the topic of “Personal Safety”. This informative and entertaining presentation armed the girls with valuable insights and techniques for ensuring their personal safety both in the real world and online.

Mr Xavier Diaz from the team at Warner Awareness Education talked to the girls about the detrimental impact of graffiti. He particularly covered the strategies required to say no to bad decisions, remain focussed on your destiny, work with your passions and avoid harmful behaviour that defames others.

It is paramount that students today are educated on these issues and the girls were fortunate to have engaging and positive guest speakers.

Welcoming the years 8s for 2014

The current Years 8s were actively involved in the Orientation Day for the 2013 intake. They developed a short video and also delivered speeches to the incoming students offering advice to assist them in making a smooth transition into College life. They have kindly written letters to our 2014 cohort to allay any fears they may have about starting high school. The Year 8 team and I have been inspired by the wise counsel provided by our current Year 8 students and are proud to see how much they have developed throughout the year. They will make fine Year 9 students.
What are the social, emotional and legal consequences of sexting?

“One once something is on the internet, it remains there forever.”

Brianna Stone

“We learnt that you can be charged with the making, distribution and the possession of child pornography no matter how old you are.”

Brittany Yarde and Jessica Burgess

“I hadn’t realised that the consequences of ‘sexting’ can have lasting effects, impacting far into a person’s future. I didn’t consider the fact that it would impact on jobs, careers and could theoretically, ruin a person’s life.”

Grace Cassidy

According to Mr. Brett Lee, from iNESS (Internet Education & Safety Services), how can we be cybersafe?

“When using Facebook, make sure you put your profile on private and add family members as friends. And remember Snapchat saves every photo you send even after you think it has been deleted.”

Lily-Rose Davies, Ava Lawrence & Shania Lopez

“To be cybersafe we need to be aware of what we post online. Making sure the content is appropriate, because as soon as you hit the send button, it is out of your control.”

Nicola Simitci, Ally McDonough, Maddi Moran, Tess O’Brien & Holly Power

“We now know that social media isn’t supposed to be scary, but it is up to us to set boundaries in order to secure our cyber safety.”

Emily Passmore & Bec Stegman

“I never realised that if I posted something online, it would be there forever.”

Breeanah Bobbermen

“We didn’t realise the effect our choices in the virtual world can have on the real world.”

Emily Passmore & Beg Stegman
What were some key strategies that Kathy James (College Psychologist) offered to help manage unsafe social situations?

“I’ve learnt to trust my instincts.”
Kelsey Smith

“Don’t put yourself in an unsafe situation in the first place such as going for runs at dusk, by yourself in an unfamiliar area.”
Jessica Burgess & Brittany Yarde

“It was helpful when Kathy James talked to us about being safe and being aware of surroundings outside of our own world.”
Isabella Buckland-Baker

“Kathy James, drilled into us to look out for our friends and trust our instincts.”
Nicola Simitci, Ally McDonough, Maddi Moran, Tess O’Brien & Holly Power
The Year 10 students have been investigating how they can use their character strengths and passions to positively influence their wider community. We have had the pleasure of listening to several guest speakers including past pupils Jane Mulvahill and Kaitlin De Souza who have worked overseas with children in need, Janet Thompson past pupil and MSM teacher who co-ordinates many volunteer programs within the school and Wendy Mulcahy, criminal lawyer who has a passion for educating young people on the realities of the law and how to protect themselves from poor decision making that could harm their futures. The students have written their Year 12 selves a letter filled with their commitment and goals for the next two years. These letters will be opened in the final weeks of Year 12. They have also expressed their gratitude to their teachers through the form of a letter.
Our final Home Room Spirit Cup challenge was a ‘minute to win it’ style competition filled with fun and entertaining games. As always, it was a delight to see the girls working together so well and their genuine spirit of camaraderie. Congratulations to 10 G who were the Spirit Cup winners for Semester 2, 2013.

The girls are certainly filled with the knowledge of how to use their strengths to make a difference in the lives of others, we look forward to seeing them continue to put this into practice during their senior years at MSM.
In Pos-Ed, the Year 11’s have been focusing on Positive Purpose, with the underlying theme of ‘Altruism’. Altruism is an expression of concern for the welfare of others, without any obvious benefit or motivation on the part of the individual expressing the concern.

Rosies Street Retreat is a non-profit organisation which aims to make marginalised people in the community feel a sense of happiness, belonging and acceptance. This term the Year 11’s have had the opportunity to put altruism into practice as they volunteered and participated in this program.

A huge thank you to Ms Thompson for her ongoing commitment and organisation of this program and also to the many staff members who accompanied the students. Appreciation must also be extended to the Year 11 students who generously volunteered their time during such a busy term.
The Mt St Michael’s Senior Class of 2013
Would like to Thank You

Oh, the places we’ll go!

All the THANKS, we can THANK!