Year 8 have continued working on thinking skills for peak performance as well as entering regular reflections in their gratitude journals.

Year 9 also entered regular reflections in their gratitude journals as well as embarking on a Positive Identity Photo Wall Project. They also explored the concept of a personal brand aligned to personal identity.

Year 10 focused on identifying and examining the area of personal strengths and in particular, the top 5 strengths known as signature strengths.

Year 11 explored the area of positive relationships and the importance of effective communication skills, active listening and conflict resolution.

Year 12 ‘pursue your passion-find your purpose’ was the area explored this term in year 12.
Creating Your Future

“Champions do not lose sight of their goal. They choose goals based on their talents and passions and then strive to keep their motivation alive and work for their goals.”

Catherin Brandon and Clare Ivans

Brainstorm Productions

On the final day of term, Brainstorm Productions presented their play Verbal Combat which highlighted some of the complex issues about cyber bullying and harassment. The performance made it clear to students that certain behaviours should not be tolerated and provided them with strategies to create harmonious relationships. This performance provided a terrific introduction to some of the factors we will explore next term to strengthen team harmony and deal with conflict.
In Pos-Ed this term, the Year 8 students focussed on how to create their own futures. Core concepts explored included:

- Goal setting
- Keeping on track
- Keys to success
- Positive self-talk
- Affirmations
- Developing routines
- Stress reduction.

**Gratitude Diary**

Science has now shown that gratitude is linked to well-being, effective functioning and a positive life. An ongoing aspect of the Pos-Ed program this Term has been providing students with time in each session to keep a gratitude diary. Taking the time to be grateful leads to the discovery of a new sense of fulfilment as students realise just how many things in their lives are wonderful. When you take the time to stop and truly experience gratitude, any sense of negativity fades away and you feel fantastic.
Is there a person who stands out to you as being successful? Why do you admire him or her?

I believe that success is not when you do what everyone wants you to do or when your name is known by everyone for something you have done. I believe that success is when you fulfil the goals and dreams that you personally have. When you have tried your best and achieved something that you worked hard for and wanted. A person who I believe fits this criteria is Bethany Hamilton. Bethany, a keen surfer was attacked by a shark aged 13 in 2003 and lost her left arm. However just over three months later she entered a major competition surfing with one arm. Since then she has entered many professional competitions throughout her life, winning many of them. Bethany fits the criteria of being successful as despite a horrendous setback after which most 13 year olds would have given up, she held onto her dream of being a professional surfer and succeeded.

Chloe Scriggins

How do you rise above negative self-talk?

When it comes to self-talk I always say, ‘strive to be better tomorrow, but love myself today.’ This essentially means that we should aim to be better at certain subjects, but we shouldn’t dislike ourselves for our current ability. That we should try to be healthier, but be proud of your body as it is. Aside from this, we should bring others up with kind words and remember, love yourself today because change takes time.

Lilly Youels

I find the best way to overcome negative self-talk is to surround myself with people who care about and support me; my family and my friends. Having close people to talk to really helps me overcome negative things in life. I find that thinking about the positive things in life also helps me overcome negative self-talk.

Sophia Mclean

Some valuable life skills have been developed by the Year 8 students this term and they look forward to continuing the Pos-Ed program in Term 3.
Year 9 Pos-Ed Term 2 – Positive Identity

Photo Wall Project (capturing gratitude and flow in action)
The Year 10 students have shown their positivity, passion and purpose this term through participation in many activities aimed at developing Positive Identity. The students have investigated their character strengths and workplace rights, put their strengths into practise with improvisations based on tricky workplace situations, revised the concept of ‘flow’ and its role in creating happiness and have heard Sargeant Jose Sarmiento discuss risk taking and young people.

The Home Room Spirit Cup has also stretched the students, encouraging them to work as teams and utilise their character strengths to complete a range of activities including a Fashions of the Future challenge. This challenge required Home Rooms to allocate students to different roles based on their character strengths and to design a range of fashion items that suited life in 2053. With many problems to solve, this challenge also engaged the students’ skills in persistence and thinking flexibly, Habits of Mind that we have been working on throughout the year. Each Home Room created a vision of life in 2053 and made creative, practical and aesthetically pleasing outfits that suited their vision of the world in 39 years’ time. Congratulations to our overall Semester 1 winners of the Year 10 Home Room Spirit Cup- 10 S, who enjoyed a celebratory pizza lunch together. Good luck to all of the Year 10 Home Rooms for the Semester 2 Home Room Spirit Cup competition.

The Year 10 students have also been encouraged this term to continue regular use of their Gratitude Diaries. Regularly reminding themselves of the positive aspects of their day assists the girls to be mindful of the people in their lives, to look for the good in their lives and to work towards overcoming the challenges that they face.

Gratitude Diaries and Positive Identity will continue to be a focus for Term 3 with students investigating persistence and resilience in more depth and undertaking their SET Plan process.
The aim of Positive Education is to provide your daughters with a range of well-developed skills that will empower them within their lives. The power of having positive relationships and communication skills will assist in developing meaningful and highly functioning family, friendship and working relations. When healthy relationships are formed your daughters should be able to establish a strong self-image, the confidence to assert personal boundaries and authentic connections with others. The guest speakers this term, psychologist, Kathy James and Mary Walker, defined and explained the various elements of a positive relationship.

The key highlights of Kathy’s presentation focused on the positive communication skills: good communication, assertiveness, perspective-taking, negotiation and conflict resolution. With the influences of social media and the habits being formed through its use, truly connecting and practicing mindfulness is a challenge for today’s teens. Therefore a lesson focused on active listening was highly relevant and well received by the year 11 students. Highly animated and interesting conversations were had around identifying the elements of an active listener. Young women of the 21st century are also more assertive than their predecessors; however, modelling how to assert themselves in appropriate ways is more important than ever. Kathy also emphasised the significance of assertiveness that does not infringe of the rights of others. This is an aspect in maintaining healthy relationships that continues to shape your daughters’ integrity and the respect they show towards themselves and others. Exploring mutually acceptable compromise that results in a win-win outcome will minimise the impact of the various relationship challenges that they are faced with every day.
Our end of term guest speaker was Mary Walker, a youth worker from Canada. Mary was a wonderful role model for your daughters as she discussed the topic of how to build positive relationships with yourself and others. She started with an original song ‘Catch Phrase’ that reflected the themes she was discussing with the students. Mary is passionate about ‘self-love’ and provided some concrete examples around positive and negative self-talk; strategies for building self-esteem; giving and receiving feedback and embracing your character strengths. Her advice consolidated avenues for building positive relationships with yourself and others. Mary’s Prezi may be viewed at:
http://prezi.com/ixtgw0ka1qeo/positive-relationships/

On a final note, all relationships are tested with the pressures and variables of modern day society; however, it is important that your daughters experience these to enhance their personal growth. As your daughters navigate their way through the challenges of senior schooling, strong communication skills are imperative. We ended the term by taking up Mary’s challenge to ‘take yourself out of your comfort zone’ and sang as a year level to Lorde’s Royals.

Please click the link to the left to view
The focus for this term in Year 12 has been ‘Positive Purpose’. To begin, the girls were asked to reflect on the goals they established in Term One. In particular, they were encouraged to think about the factors which allowed for success as well as those factors, both behavioural and environmental, which were impediments to success. Following this, they set about formulating an ‘Action Plan’ for Term 2.

Looking at the bigger picture, each Home Room was asked to think about goals which the cohort could work towards achieving as the year progresses. Discussion and decision making centred on the Gospel values of compassion, respect, authenticity, concern for the forgotten, attitude of service and involvement. The girls thought very carefully about what they see as their ‘place’ within the College and their role as leaders within a Catholic school as evidenced by the goals listed below:

- Commit 100% to SCIPA and QCS simulations
- Contribute to the community through fundraising
- Be role models by showing respect to peers and other year levels
- Promote healthy living
- Raise awareness of Social Justice groups within the College
Already, the girls have shown their generosity by raising $1700 at their Charity Ball in May. This was a wonderful evening and an event which provided our students with an opportunity to not only celebrate with their friends but also give back to the less fortunate in our community via a donation to charity.
The term ended with a moving presentation by Bronwen Healy, founder and director of the Hope Foundation, a National charity based in Brisbane. Bronwen’s messages that every choice has a consequence and that every person is loved, valued and created with a purpose was revealed within the context of her own life experience as a former drug addict. Her warmth, honesty and sense of humour touched us all.