WELCOME to the POS-ED ENews:
Term 3 & 4 Edition
The Year 8 students have had a magical term and were fully engaged in all that the College has to offer. They worked really hard and succeeded in striving for their very best each day and successfully completing the third leg of the voyage.

As part of the Year 8 Pos-Ed Program this semester, the students have explored a variety of key ingredients for success including:

- The techniques of mental rehearsal
- When to use mental rehearsal
- How to use mental rehearsal to improve performance
- How to identify stress and its causes
- Everyday strategies to keep stress levels down
- The effects of stress on performance
- What constitutes a team
- How to strengthen team harmony
- Conflict resolution.
Integral to this work has been a project involving each Home Class in the creation of their very own Gratitude Trees or Gratitude Seas. This project has been an extension of a core component of the Pos-Ed Program embedded in each Year level providing students with time in each session to keep a gratitude diary. Science has now shown that gratitude is linked to well-being, effective functioning and a positive life. 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.

I am thankful for the opportunities I am given at MSM. As I go through the highs and lows of life I often remind myself of where I am. I am constantly reminding myself that I am successful.

Chelsea Griffin (8C)

I am grateful for my family because they make me feel like a champion. I feel driven by them and confident when they give me encouraging self-talk and they focus on my achievements and not on my mistakes.

Gretel Mahoney and Alyssa Pritchard (8R)

I am grateful for living a healthy life surrounded by beautiful friends and family.

Laura Elliott (8W)

I am thankful for my friends and family for always supporting me and caring for me.

Ashley Morgan (8T)

I am grateful for discovering how I can use a growth mindset as a strength every day. To:

- Face the day with a positive attitude
- Get better at the things I struggle with
- Remember that there’s no such thing as failure
- Improve my results.

Jacqui Hagarty (8B)
There’s no doubt, we all love to get comfy with some cosy blankets and pillows, holding a warm hot chocolate whilst glued to a movie. But the fact is, this occurs even more so when we have mountains of assessment and put it off until the last minute. Year 9 have been working hard this term to tackle procrastination, improve motivation and learn the steps to achieving goals. Throughout the term, “Positive Direction” has been one of the main focuses for us with ‘egg-cellent’ strategies implemented in order to avoid procrastination. To portray this message, symbolism has been introduced through numerous types of eggs, to ‘eggs-press’ the different attitudes and strategies shown towards arduous tasks. The rotten egg, symbolises a fixed mindset, not wanting to do a task. Contrarily, the boiled egg represents wanting to achieve and going hard on yourself in order reach your goal. We were taught strategies to conquer our procrastination with the crème egg, as a reward for ourselves once we met our goals as well as the scrambled egg, which makes the experience or task enjoyable along the way. In order to incorporate these strategies into our own goals we had to ‘egg-xamine’ our deferment habits and introduce the necessary changes when achieving our objectives. As procrastination is an all-to-easy habit to fall into, and going out with friends sounds way more appealing than doing homework, the Year 9 cohort have been progressively working to set new and improved ‘big hairy goals’ that are engaging and ‘egg-citing’ to work towards.

Bridie McGovern

Positive Purpose
Throughout the term in Pos – Ed, various significant learning experiences about Positive Purpose have been studied. A documentary on Jessica Watson was recently viewed in class showing what her personal dream and passion was, the many difficulties she faced and finally, how she overcame her obstacles. Jessica Watson’s story taught the class how important it is to follow your dreams despite any setbacks. Jessica displayed persistence, resilience, hope and determination during her voyage, especially after her encounter with a large ship on her first day at sea. This documentary inspired the whole cohort to never give up by continuing to chase your dreams no matter how difficult the journey.

Kayla Conway

The Act of Giving
This term in Pos-Ed, we have been focusing on how we can find meaning and purpose in our lives. In recognizing the importance of empathy and the act of service, we have been encouraged to volunteer our time by temporarily joining organizations and contributing to the wider community. Myself and a group of Year 9 girls have been arriving at St Vinnies Paddington early on Saturday mornings to assist in pricing, labelling and arranging. Charlie Brown, our instructor, has taught us about the cause of which we are working towards and we are happily continuing to volunteer for Vinnies after this term is over. I am grateful for this opportunity as I know that my friends and I are making a difference in a life that is less fortunate than ours. I believe that this experience will stay with me for many years to come.

Georgia Marsh
Year 10 - Term 3  passion and purpose

Year 10 students have been investigating resilience skills as well as thinking positively about their passions and purpose and how they might include these in their future study and pathways beyond school. They have also enjoyed opportunities to show their leadership skills through the Home Room Spirit Cup Challenge.

The following Year 10 reflections sum up their experience of Pos Ed in Term 3:

**Resilience investigation**

I have learnt that whenever something sets me back, that it won’t last forever and I can overcome it. If something bad happens, it’s not the end of the world. If I focus on fixing the problem I can resolve it and things will be better.

*Nicky Anderson*

I’ve learnt how to accept problems and how I can think with a resilient mindset in everyday life.

*Riley Shannon*

**SET Plan process**

I have learnt about all of the options I have for senior schooling and once I leave school with university or TAFE. I have also learnt that there are always different ways to get into courses and to achieve my goals.

*Nicky Anderson*

I have learnt about my own strengths and to choose subjects that I am interested in and suit my strengths.

*Georgia Mignone*
Forming close relationships with peers is a prominent aspect in enhancing the community culture at MSM. The Spirit Cup challenges encourage team work and collaborative brainstorming for creative, problem solving. It gets the whole Homeroom involved and gives opportunities for girls to show their talents. I have had the opportunity to practice and refine my leadership skills and to learn how to collectively make decisions.

Jasmine Henley

I have most enjoyed experiencing amazing teamwork throughout each challenge. It is great to spend a lesson working together to achieve great results. I love how I can interact with girls whom I don’t usually work with and have fun!

Paige Walker

**home room spirit cup challenges**

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Paige Walker
This term I am most grateful for the supportive teachers at Mt St Michael’s who are willing to always help a student when they are struggling or in need.

Georgia Mignone

The Gratitude Diary helps me to reflect on events and my feelings, especially during busy weeks.

Riley Shannon

I am most grateful for all of the opportunities I have at Mt St Michael’s, for senior schooling and being able to choose the subjects that I enjoy

Nicky Anderson.

The Year 10 students will continue to explore their positivity, passion and purpose in Term 4 as they learn about women who have used their own purpose and passion to make a positive impact within the wider community.

Joanne Brasch McPhee - Year 10 Co-ordinator
We all love *Confessions of a Shopaholic*. The *Girl in the Green Scarf* is very seductive in luring us into her wicked ways. What teen girl doesn’t love shopping for fashion items and the latest digital gadgets? The instant gratification of the purchase of this ‘stuff’ is mostly short lived, at least until the latest model hits the market and supersedes your current model. Graham Hill’s assertions about ‘Less stuff, more happiness’ proved for rigorous class discussions. Many students felt very comfortable with being active consumers and suffering from affluenza. But when challenged with, Does money equal Happiness? Many students shouted a resounding YES to this; however, upon further reflection your daughters gave some insightful responses. This was the question that was driving the POS-ED, Positive Health unit this term. It is absolutely imperative that young women have a positive understanding of their financial health. Peace of mind where finances are concerned is the conclusion that most students arrived at in developing a sense of happiness around money. The Year 11 students acknowledged that the lure and seduction of consumerism is a temptation that needs to be managed when trying to remain true to a budget. The momentum of the term was still prevalent in the year eleven Leadership Day 1. We had an enriching day planned for your daughters which encouraged them to move out of their comfort zones. Sessions ranged from leadership styles to defining leadership based on values; to collaborative team building games. The students’ embraced the challenges of the day and allowed themselves to be vulnerable to new ways of thinking and experiences. Term 3 has been an absolute delight when working with the Year 11 students. They have never stop amazing me with their passion and spirit. Thank you for a great term ladies.

“We’ve got to cut the extraneous out of our lives, and we’ve got to learn to stem the inflow. We need to think before we buy. Ask ourselves, ‘Is that really going to make me happier? Truly?’”

Graham Hill
The role of positive emotions plays a significant role in the formation of young women. Term 4 has provided a range of learning experiences that will certainly provide your daughters with stores of resilience that they will be able to access in challenging moments in their life. The focus of this term has been to serve others. This has been exemplified through the leadership process and their service contributions to Rosies Street Retreat.

‘To succeed you need to find something to hold onto something to motivate you something to inspire you’ (Dorsett, 2012). The year eleven students have certainly been motivated by their role in the College as the 2013 senior leaders. They embraced their leadership journey which consisted of a program that outlined Theories on Leadership, Leadership within the Individual and Women in Leadership. We are so grateful for the invaluable insights from Stephanie Gill from Focused Fish and Damon Joseph from Character Builders. Your daughters were also encouraged to understand their limbic brain as Simon Sinek explored the notion of great leaders connecting with their authentic motivation and their ‘why’. This seemed to resonate with the students as they explored their own style of leadership and branding for 2013 and the legacy they would like to leave MSM. The leadership journey culminated in a wonderful ‘Farewell Assembly’ where the students worked collaboratively to say ‘thank you’ on behalf of the College to the seniors of 2014.

It is through opportunities for your daughters to perform small acts of kindness and connect with the more marginalised in our society that they will identify with a more fulfilling purpose within their life. This altruism has been demonstrated with their participation in Rosies and Ozcare. These small acts of kindness through donating snacks and sugar; and the volunteers for Rosie’s Street Retreat were gratefully received when they were down to their last container of sugar. Their generosity of spirit has shown no boundaries when bringing in non-perishable food items for the homeless. The students should be proud of their efforts as every person brought in an item for our Rosies drive. It has been a privilege to work with your daughters this year and we wish all the families a Merry Christmas and a well-deserved break.
As Term 3 draws to a close, I would like to take this opportunity to congratulate the Seniors of 2014 for their commitment throughout the year and, in particular, this term.

The QCS Test is a major focus of Year 12. It was gratifying, then, to see in the calm demeanor of the girls that they had faith in the SCIPA Program - an excellent one designed to prepare them for the Test and in themselves. The work done throughout the term to build morale, spirit and teamwork also played a significant part in preparing them for this challenging time. So, being true to this year’s theme ‘Ignite your Light’ the girls were certainly ‘fired up’ over the two days of the Test. Also apparent, was their sense of gratitude evidenced by the thoughtfully written letters of thanks to teachers who helped them prepare in some way for the Test.

A very special time was the Monday morning prior to the QCST when our thoughtful Year 8s joined with the 12s to show them their support. Each of the girls was presented with a hand written “Good Luck!” message from a Year 8 ‘buddy’. Laughter, hugs and exclamations of delight followed – sure signs of real appreciation for this wonderful act of kindness from our youngest members of the College.

I have no doubt that the session on ‘Positive Wellbeing’ by our psychologist, Kathy James, as well as her Tips Sheet, helped the girls approach what, traditionally, can be one of the busiest and most stressful terms for Year 12 students. The term will conclude with Judy Beausang’s presentation: ‘Transition to Post-secondary Schooling’ and a presentation by Red Frogs designed to provide valuable information in relation to safety at Schoolies - both timely presentations as our girls prepare to spread their wings and leave the College in a few weeks time.