

## YEAR 12 CULTURAL CAFÉ > Asian Flavour-Fest a Culinary Hit!



The Year 12 Food and Hospitality Class amazed guests with a flavour-packed, two-course lunch in the Golden Grove Dining Bistro last week.

The class was split into three 'mini' groups and had the aim to showcase cultural flavours, techniques and cooking methods that have been introduced to Australia. The class chose to focus on an Asian influence including Filipino, Indian and Thai cuisine.

Students researched and trialled a variety of recipes, with examples including how to fold pandan leaves, use a bamboo steamer and traditional wok, the relevance of slow cooking in Indian cuisine, how to fold samosa's, make naan bread and their own condensed milk to make traditional Filipino ice cream!

All meals were prepared fresh on the day, and making everything from scratch did not prove to be easy. The adrenaline kicked in when we had all gas burners going and only five minutes to service and more to cook (a true Masterchef moment)!

However, due to the students' fantastic organisation and planning leading up to the function day, each person knew what they had to do and when to do it.

The day was a big success and I couldn't be more proud of my class... even the clean up after service was non-stressful as the students took ownership of the kitchen and used their initiative to ensure the kitchen was left as we found it.

Lisa Feleppa,  
Home Economics Key Teacher

**\*\*MORE PHOTOS ON PAGE 4\*\***





## RECOGNISING RESPONSIBILITY



Over the past two weeks I have attended each House assembly to speak to our students about two very important matters which I would also like to share with you.

The first concerns one element of our Mobile Phone policy at Gleeson College. Our policy makes very clear that the use of a phone or other electronic device to 'menace, harass or offend' another person(s) is strictly prohibited and, in fact, a criminal offence. I wonder though whether our students really understand this.

In the lead up to our recent election we saw a number of politicians lose their ability to stand for election because of poor choices made on social media. We can think of other examples of people losing their jobs, sporting contracts and the like through posting offensive

material on the internet. This is a real danger of social media that we must take time to discuss with our children.

The second point concerns caring for our environment. I can turn again to our recent election which highlighted climate change, carbon emissions and renewable energy as increasingly serious issues for Australia. I was also saddened to read that right now over one million species are in danger of extinction, which is the highest number since we have been keeping records. I am sure you can think of many other examples which point to the importance of keeping our planet healthy and clean.

As Christians, we have a responsibility to respond to this damage and to do what we can in our small part of the Earth. Our College grounds and facilities are a great place to start!

At Gleeson College we provide recycling bins, composting bins and general rubbish bins but providing bins is not enough. So we ask students to clean up, we educate about the importance of not littering, we discuss our obligations as stewards of God's creation but we realise that this too is not enough. Cleaning up is almost counter cultural when you consider what happens at the football, the soccer or music concerts and the like. Our only hope is to develop a sense of care in our students which leads them to self-regulate and not litter because they care. This is what we are working towards.

### Catholic Education Week > June 3-9

Catholic Education Week is an opportunity to highlight the wonderful things that are happening in every one of our Catholic schools in South Australia. This year will be the fourth time Catholic Education Week has run across all South Australian Catholic schools and we know that there are a myriad of celebrations planned. Catholic Education Week in 2019 will have a core focus on school-based celebrations and events within Catholic school communities.

### National Reconciliation Week > 'Grounded in Truth, Walk Together with Courage'

National Reconciliation Week is celebrated each year from May 27

to June 3. The week is preceded by National Sorry Day on May 26. The dates commemorate two significant milestones - the anniversary of the successful 1967 referendum (where over 90 per cent of Australians voted to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census. The second commemorates the High Court Mabo decision that legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land - that existed prior to colonisation and still exists today. This decision paved the way for land rights called Native Title.

Amongst other celebrations, this year staff and students enjoyed a 'Gourmet Bushfood BBQ' lunch on Tuesday, prayers and Personal Development lessons during the week were based on reconciliation and some staff and students attended the 'Reconciliation in the North' Morning Tea, an event hosted in the Golden Grove Arts Centre. A big thank you to Rebecca Sinclair, our Community Relations Coordinator, for her organisation of events in the week.

I would like to share the following prayer with our community in this very important week:

### Aboriginal Our Father

*You are Our Father, you live in heaven  
We talk to you, Father you are good  
(repeat)*

*We believe your Word Father  
We your children, give us bread today  
(repeat)*

*We have done wrong, we are sorry  
Help us Father not to sin again (repeat)*

*Others have done wrong to us  
And we are sorry for them, Father  
today (repeat)*

*Stop us from doing wrong, Father  
Save us all from the evil one (repeat)  
You are Our Father, you live in heaven  
We talk to you, Father you are good  
(repeat)*

- The Lord's Prayer from the "Missa Kimberley"

Joe Corbo,  
Acting Principal



## CONGRATULATIONS

Congratulations to Class of 2018 Graduate Rocco Ierace who was recently selected to receive a University of Adelaide Principals' Scholarship! Acting Principal Joe Corbo attended the Scholarships Presentation Ceremony with Rocco and his family at Bonython Hall.

# 'GROUNDED IN TRUTH > WALK TOGETHER WITH COURAGE' > NRW 2019

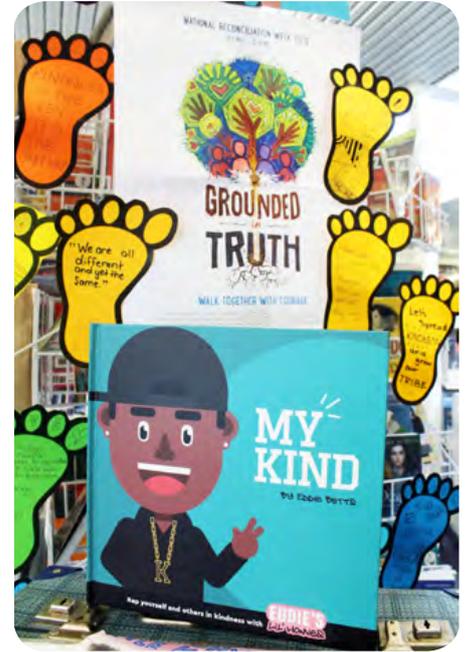
Gleeson celebrated 2019 National Reconciliation Week with a range of activities and learning experiences!

Students had the chance to try a snag at our Gourmet Bushfood BBQ on Tuesday and watched videos during PDP about our rich shared history, including a fantastic video about the life of former Governor General of South Australia and first Aboriginal man to play AFL, Sir Doug Nicholls.

Our Year 7 Reading Classes read Eddie Bett's book 'My Kind' and wrote their own messages of reconciliation to display in Thomas Library, and our Home Economics students also incorporated traditional indigenous foods, including green ants, into their cooking this week!

A big thank you to our Girls World Football Coach Grace Abbey for cooking the Bushfood BBQ and to all students who assisted with this on the day, especially Year 11s Alycia Luciano, Tash Hossen, Rochelle Bragg and Nathan Blanchard. Well done to all students and staff at Gleeson for walking together in courage for National Reconciliation Week 2019.

Rebecca Sinclair,  
Community Relations Coordinator



# YEAR 12 CULTURAL CAFÉ > Asian Flavour-Fest a Culinary Hit!



## FYFE HOUSE MASS > Strengthening Faith Through Fearless Endeavours



The Fyfe community participated in a beautiful celebration reflecting on our motto, 'Fearless in Faith' in the Dame Roma Mitchell Centre on Wednesday 22 May. Monsignor John Swann led our House Mass in a reverent and respectful way that complemented our values and ideals, both as part of the Fyfe House and Gleeson College.

I was proud of all the students who presented a reading, offered a prayer and walked in a procession. Without a united effort, these outward displays of faith are not possible. I enjoyed the celebration and it gave me an opportunity to think about the wondrous deeds and culture of our young people. The students are the focus of my work and I am constantly amazed with the ways, in which they embrace our modern world, build relationships with each other and strengthen their faith through fearless endeavours. These examples of the Holy Spirit exemplify a personal spirituality and highlight their willingness to light an individual spark in the world.

Alesia Sala,  
Fyfe House Coordinator



## ONE+ CAREERS EXPO > Exploring Future Pathways

The workforce is rapidly changing. With an increase in automated technologies creating a drastically shifting landscape, it is more important than ever for students to become capable and knowledgeable across a variety of disciplines. Dynamism has never been more important.

A recent study suggests that a school leaver today can expect to work in seventeen different jobs across eight different industries throughout their career. Many of the jobs which today's students will fill have not even been invented yet. It certainly is an exciting, and also terrifying, time to be joining the workforce. It is never too early for students to begin considering where their journey in the world of work will begin, with many primary schools now having 'careers coaching' sessions. In a senior education at Gleeson College, Year 10 is a critical year for career development as students undertake Stage 1 PLP and consider their own capabilities, strengths and interests. In conjunction with this, all Year 10 students were provided with the chance to attend the One+ Careers Expo on Friday 24 May. Exhibitors in attendance at the Expo included PEER, Clip Joint, SAPOL, Defence Forces, MTA and various University and TAFE organisations. Year 10 students were provided with the opportunity to browse the wide range of exhibitors and chat to experts in each field about what a job in the industry involves. Students engaged in professional conversations well, with many students leaving the Expo with a clearer idea about their future than they entered with.

I encourage all families to continue these conversations at home to keep this dialogue progressing. Students are welcome to come and speak with me at any time to discuss potential future pathway and further develop their interests and understandings regarding a particular industry.

Alex Daw,  
Acting VET/Careers + Flexible  
Learning Coordinator

**\*\*PHOTOS courtesy of Year 10 Student Photographer Bailey Arnold (10 DSHUT)**



## WORK EXPERIENCE PROGRAM @ GLEESON COLLEGE

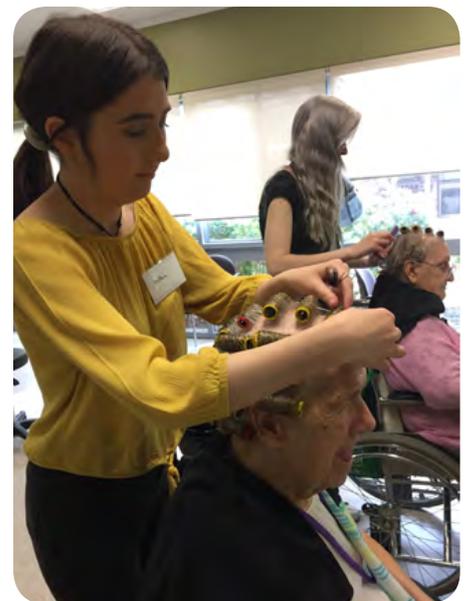
### Work Opportunities

Late last Term, the Year 10 student cohort were inducted into the Work Experience Program. Since then numerous students have undertaken work experience in various industries including aged care, fitness and education, to name just a few. Students were informed of the process they should undertake to prepare themselves for work experience, which includes completing the induction booklet and the 'Passport to Safety', to ensure they are aware of health and safety in the workplace. Students are able to choose their particular career focus and organise their work experience opportunity. Work experience can be arranged at any time during the year, provided students submit their paper work two weeks before their proposed start date. This process also applies to Year 11 and 12 students who wish to undertake work experience or work placement within their current VET courses.

Denise Spiroulis,  
Cross-Disciplinary & Work Experience  
Coordinator

### Student Work Experience Reflection >

*"In week 2 of Term 2, I undertook my work experience at Estia Health, Hope Valley. My work experience ran from 9am-4pm, Monday to Friday. Estia is an aged care facility and I spent my week as part of the lifestyle team. I was involved in many different activities and visits with the residents, such as hand massages, music appreciation, bingo, games, cooking, crafts, high tea, childcare centre and café visits. I also spent some time in the memory support unit, helping with paperwork that the team must complete and accompanied them at handover. I really enjoyed interacting with the residents and building relationships with them, especially in the memory support unit. I learned a lot about lifestyle and nursing, and the workers and residents were extremely lovely and welcoming. I wish I had longer there - I had heaps of fun! The photo shows me in the memory support unit colouring in with some of the residents with memory loss." - Jessica Harding (10 MSCOD)*



### PHOTO (ABOVE) >

Year 11 student **Abigail Cottrell (11 HSGRI)** during her Work Experience at an aged care facility - helping the residents look their best in the beauty salon!

### PHOTO (LEFT) >

Year 10 student **Aidan Tuckwell (10 HSGRI)** enjoyed an amazing Work Experience week with Power Community Ltd helping to teach their fantastic Empowering Youth, Power of STEM & Community Youth Programs.

Power Community Ltd programs engage around 60,000 young people per year in South Australia and the Northern Territory.

Through two streams - Youth (incorporating general, female and multicultural programs) and our specialised Aboriginal programs - they are able to have a real impact in developing young people for life after school.



## YEAR 8 HaSS > The Plague Hits Gleeson!



Students in Mr Terminello's Year 8 Humanities and Social Sciences Class recently had an in-depth look at the three types of diseases associated with the plague; bubonic, pneumonic and septicaemic.

They injected custard into jam burliners to recreate the conditions and symptoms of the 'Black Death'. Students simulated the buboes and the conditions for doctors who attempted to perform this type of procedure years ago!

Peter Terminello,  
Year 8 HaSS Teacher



## CONGRATULATIONS > Maybelline Hand-Picked for GreenRoom Speakeasy Program!

Congratulations to Year 12 Performing Arts student Maybelline San Juan (12 FSWES) on her recent selection in the Adelaide Festival Centre GreenRoom Speakeasy Program!

This is a fantastic opportunity where Maybelline will be mentored by amazing cabaret artists Amelia Ryan and Michael Griffiths, and also join with other emerging cabaret performers to deliver a Performance Night on 19 June.

*Well done Maybelline and break a leg on Performance Night!*



## MIDDLE SCHOOL JAPANESE > 'The Big Turnip' + Other Role Plays

This term, the Middle School Japanese classes have been working in collaborative settings to develop oral scripts based around recent learning, which have culminated in a series of exciting and creative role play videos!

After learning about Japanese food culture, as well as a number of relevant vocabulary and grammatical patterns, Year 7 students were asked to form small groups and script a simple role play, making use of self-introduction phrases, restaurant language, cultural expressions used when eating and salutations. Most groups were able to create an informative script that lasted around two minutes. Many employed inquisitorial language to enquire about the food they were selecting, offered opinions, conveyed excitement based on their orders and even incorporated humour, which is hard to convey when you have only been learning a language for about six months.

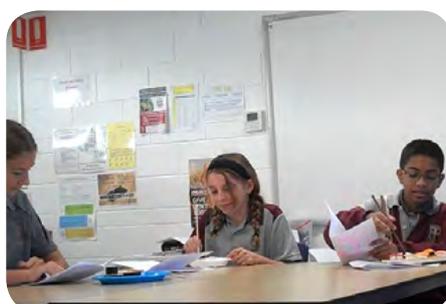
Similarly, the Year 8 and 9 Students also applied recent class learning focused on family structures to prepare for their oral assessment, however, their product was a modified version of the Japanese folktale, おおきなかぶ, or The Big Turnip. This role play involved a variety of family members, depending on the group size, working together to pull out an oversized turnip.

To support the Middle School students in their presentations, the Japanese faculty also provided a number of props brought back from Japan to add further authenticity and engagement with the task, which many loved as it aided them to become their character and use challenging language with less inhibition. With some very enthusiastic and engaged students, this assessment undoubtedly will remain a highlight of the semester's learning.

Josh Boden,  
Middle School Japanese Teacher

Click here to watch Year 8 students in their role play video of The Big Turnip >

<https://youtu.be/5qzhWKZz9EI>



## YEAR 10 MATH METHODS > Advanced Trigonometry Challenge



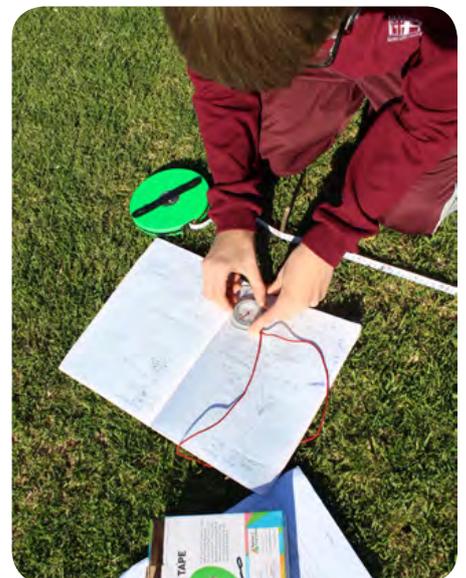
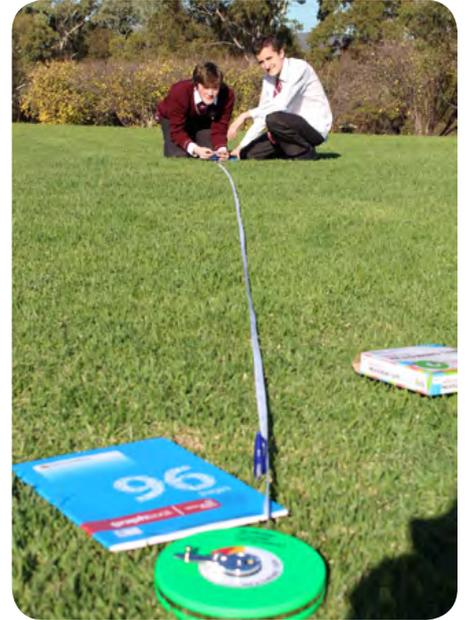
***"If you walk 200 metres at a bearing of 100 degrees from true north, then turn and walk a further 250 metres at a bearing of 220 degrees from true north, how far are you from where you started, and what is your bearing from your starting point?"***

In Year 10 Mathematical Methods, students have been learning about advanced trigonometric rules to answer questions like this.

Last Friday each of the students made their own question of this form, and worked out a solution - on Wednesday we took our compasses and measuring tape out to the oval and tested to see whether our theories were correct - and most of them were pretty close!

**Answer >** *"You would be 229 metres from where you started, at a bearing of 170 degrees from true north."*

Timothy Bond,  
Numeracy Key Learning Coordinator



## INAUGURAL YEAR 7 BOYS KO SOCCER TEAM WINS 16-0 IN OPENER

The Year 7 Boys Knockout Soccer Team faced Para Vista Primary School in the opening round of the 2019 Statewide KO Competition on Tuesday.

The game was played in wet conditions but this did not stop a healthy home crowd of students and parents coming out to watch and support! The team started strongly and it was clear early we were a much stronger outfit than our opponents.

Goals were consistently scored throughout the first half as the ball spent most of the time in the attacking half.

At the break the score was 7-0, with the second half producing much of the same, as all our players got in on the action. To our credit, the team remained focussed on playing positive passing football, concentrating on over-lapping play in wide areas. We rounded out the second half with another nine goals to end up 16-0 winners.

All players performed well in the match with plenty amongst the goals.

The team will take confidence into their Round 2 clash which will be held later in Term 2. Thank you to Boys Development Coach Dion Kirk for his support coaching the team on the day and to all students, parents and staff who came out to cheer for the boys.

Clint Vause,  
World Football Program Key Teacher



## OPEN GIRLS KO FOOTBALLERS FLY HIGH IN ROUND 1

Last Friday 24 girls from Year 8-12 ventured to Charles Campbell Secondary College to take on the might of Charles Campbell and Avenues College in Round 1 of the Open Girls KO Football Competition.

With the heartache of narrowly missing out advancing to the second round last year, the girls were determined to get the job done. Lead by Year 12 skipper **Madi Nenke (12 FSBOC)**, the girls started their first game against Avenues well despite kicking into a strong breeze. In the second half we started to dominate out of the middle with **Ella Hurst (12 DSND0)** winning the majority of the taps and our midfield brigade of **Ella Summers (11 MSGAG)**, **Charlotte Nenke (10 FSBOC)** and **Abby Taverner (11 MSGAG)** racking

up clearances. Through controlling the majority of the second half, Gleeson ran out winners 4-10 (34) to Avenues 2-4 (16). **Best Players:** **Charlotte Nenke** was outstanding in the middle. **Ella Summers** provided plenty of run. **Ella Hurst** consistently gave our mids first look. **Imogen Brooksby (11 DSHUT)** shut down their best forward and **Adanna Okoye (8 MMWIG)** was terrific in defense.

By defeating Avenues College, all we needed to do was defeat Charles Campbell to advance to the next round.

Charles Campbell had previously lost to Avenues and were not going to lay down easily, especially in front of their home crowd. The message given to the girls at the beginning of the game was on the importance

of keeping to our structures, and the girls did not disappoint. Our defenders were sensational at winning the 1-on-1 contest. Our midfield was extremely disciplined, setting up the 'wall' across our half-forward line and our forwards were ever creative with their leads. Gleeson defeated Charles Campbell and now advance into the next round. **Best Players:** **Madi Nenke's** no-nonsense style of play provided the hardness needed to win the contested ball. **Molly Brooksby (8 DMDAS)** took the game on at every opportunity with her dash down the wing and terrific skills by foot. **Charlotte Nenke** laid one of the best chase-down, bone-crunching tackles I've seen at school girls footy! **Emily Carden (11 MSEL)** ran all day and was rarely beaten one on one. **Abby Taverner** was again brilliant in close and won plenty of center clearances.

All the girls played their hearts out with tremendous spirit and we wish them all the very best in the next round of the knockout competition. Go Bloods!

**Simon Barratt,**  
Open Girls KO Football Team Coach



## OPEN BOYS KO FOOTBALL TEAM EARNS ROUND 2 BERTH

The Gleeson Open Boys KO Football Team recently competed in Round 1 of this year's Knockout Competition against Pedare Christian College and Golden Grove High School. This year's team was a mixture of students from Year 9 to Year 12, with many students playing their first game for the College and contributing valuable roles toward two strong victories.

The first game was a solid team performance with Gleeson running out winners against Pedare. The dangerous combination of **Aidan Thatcher (11 FSHOL)** and **Michael Cavallaro (12 FSBOD)** up forward resulted in many scoring opportunities. **Geoff Corbett (11 HSPLL)** was serviceable in the ruck and provided our midfield with first use. **Sam White (11 HSGRI)** defended strongly all day.

The final match against Golden Grove HS would determine who would advance to the next round. After a tight first half, Gleeson was able to take control in the second half, and a really strong effort late in the third quarter resulted in some critical goals to set up the win. First year player and Year 9 student **Jacob Jones (9 MMWIG)** consistently found himself in the right spot and covered a lot of ground. Year 12 student **Lachlan Skachill (12 MSCOD)** was vocal all day and kicked a crucial goal in the third quarter. Gleeson will now face Modbury and Playford in the next round of the Statewide KO Competition.

### Round 1 Results >

GC 10-12 (72) def Pedare 3-4 (22)

GC 9-5 (59) def GGHS 5-5 (35)

**Chad Schoenmakers,**  
Open Boys KO Football Coach



## COLLEGE PHOTOGRAPHS 2019

> Tuesday 4 June (MSP Photography)

Student Photograph envelopes and Family Photograph envelopes can be collected from the College Front Office or Student Services.

**\*\*PLEASE NOTE >** Order envelopes are to be given directly to the MSP photographers on the day - not to your Care Group Teacher or the College Office. Please also ensure that correct money is included in the envelopes, as change is not available. Thank you.

## OPEN GIRLS KO NETBALLERS GALLANT IN OPENING ROUND



The first round of the Open Girls KO Netball Competition saw our Gleeson girls take on Sacred Heart and Seymour Colleges in what promised to be a tough day on the court.

Sacred Heart started strong, getting out to an early lead in the first quarter but Gleeson responded, clawing back the margin to five points during the second and third quarters. Whilst we didn't get the win, some clever positional play to deny their sharp shooters entry into the goal circle, and good drive down the court in attack, produced some exciting netball. As is tradition, the visiting teams in the KO Competition play back-to-back games, which is always a challenge after giving your all in the first game.

A short 30-minute break and our girls were back on court to take on Seymour. Our girls stood their ground in what was a fast and physical game, but unfortunately, it was not enough to counteract the fresh legs of our opposition.

Although we are not moving on to the next round of the competition, I would like to acknowledge Year 12s Paris Sinclair, Emma Quinn, Madison Nenke, Stephanie Guidolin and Karlee Turner for their continued involvement in all things netball during their time at Gleeson. It has been a pleasure to watch you develop as players and people over the past five years and to witness the strong, lasting friendships grow between you. These girls are not only amazing netballers in their own right, but wonderful young women who continue to represent our College so proudly.

Thank you to the Year 10 and 11 players who completed the Open Team and enthusiastically supported on the court, and from the bench. Thank you also to Miss Staffin and Year 12 Paris Sinclair for their assistance on the day.

Candice Mitchell,  
Open Girls KO Netball Coach



## CONGRATULATIONS > Gleeson Students Representing!!



PHOTO Above (L-R): Lily Noye, Ella Cesaro & Ashleigh Ovenden

PHOTO Left: Lachlan Wilson



Congratulations to the following Gleeson College Year 7 students who have been selected to represent Tea Tree Gully District at the upcoming 2019 State SAPSASA AFL Football and Netball Carnivals.

TTG District SAPSASA Netball Team > Ella Cesaro (7 ROG), Lily Noye (7 ROG) & Ashleigh Ovenden (7 ROG)

TTG District SAPSASA Football Team > Lachlan Wilson (7 GLV)

*Well done and good luck for the State Carnivals Ella, Lily, Ashleigh and Lachlan!*



# Family Fun Night

## ★ Night

8<sup>th</sup> November 2019 5:00pm-7:30pm



Millicent Anderson    Jasmin Fullgrabe

Congratulations to Gleeson Year 12 Millicent Anderson (12 FSWES) and Year 8 Jasmin Fullgrabe on their selection to represent South Australia at the 2019 School Sport Australia Swimming Championships.

Both girls earned selection after exceptional individual performances at the SA Swimming Championships and will now head to Melbourne with the SA Team to contest the National Championships from 27-31 July.

*Well done Millie and Jasmin on this outstanding sporting achievement and all the best for a great championships.*

Stalls    Join us    Rides

**GAMES**

**SUPER RAFFLE**

**FOOD**

**MORE INFORMATION SOON TO COME**

Save <sup>the</sup> Date

We look forward to our campus community supporting this fantastic fundraiser

**\*\*STUDENTS >** Have you been selected to represent TTG District SAPSASA, School Sport SA and/ or State Sporting Teams? If so, please email Mrs Sinclair the details at: [info@gleeson.catholic.edu.au](mailto:info@gleeson.catholic.edu.au)



> McDonald House Initiative

Australia's  
**Biggest  
Morning  
Tea**

**GLEESON'S  
BIGGEST MORNING TEA**

**Friday 14 June (Week 7) @ LUNCH  
Cost > \$10.00 per person**

\*\*Pre-purchase tickets for quick entry via VIP  
priority line > [http://sa.cancercouncilfundrais-  
ing.org.au/GleesonCollege1](http://sa.cancercouncilfundraising.org.au/GleesonCollege1)

*You can buy tickets on the day, and there will also be fun  
activities and raffles, so bring your dollars and show your  
**FAITH IN ACTION!***



**Cancer  
Council**

# **Gleeson College**

## **Creative & Performing Arts**

### **2019 Concert + Exhibition**



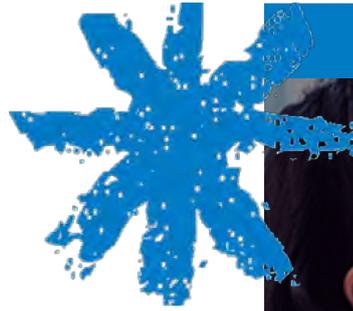
**Wednesday 12 June, 7pm**

**Golden Grove Arts Theatre**

**Tickets available at the door > \$10 Adults | \$5 Students**

**MUSIC | DANCE | VISUAL ARTS | MULTIMEDIA**





## 6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

### 1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

### 2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

# parenting \*ideas

- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

### 3. Show the amygdala they’re safe

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

### 4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

### 5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is payed to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

### 6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



#### Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)



## GLEESON NOTICEBOARD

### 2019 GLEESON DIARY DATES >



#### Term 2 2019

29 - 31 May	Year 11 Retreat
27 - 3 Jun	National Reconciliation Week 2019
3-7	Catholic Education Week 2019
4	College Photographs > MSP Photography
5	Principal's Tour > 9.15-10.15am
6	Try Gleeson Day (St Francis Xavier's Catholic School)
7	<b>FRONT OFFICE EARLY CLOSURE &gt; Closing 3.45pm</b>
10	<b>PUBLIC HOLIDAY &gt; Queen's Birthday</b>
12	Try Gleeson Day (Our Lady of Hope School)
	Creative Arts Concert > GG Arts Theatre, 7pm
14	Year 10 + Year 11 Meningococcal Immunisation #1
17 - 21 June	Year 10 + Year 11 Exams
19	P&F Committee Meeting > GC Staffroom, 7pm
19 - 21	Year 12 Retreat
24	<b>STUDENT FREE DAY &gt; Staff Professional Learning</b>
26	College Board Meeting > GC Boardroom, 7pm
28	Principal's Tour > 9.15-10.15am
3 Jul	Try Gleeson Day (Saint David's Parish School)
5	<b>FINAL DAY OF TERM 2 FOR ALL STUDENTS</b>

#### Term 3 2019

22 July	<b>FIRST DAY OF TERM 3 FOR ALL STUDENTS</b>
24 - 26	'FOOTLOOSE' Musical Production > Matinee + Evening Shows
31	Year 12 Parent Teacher Interviews



**BINGO**

**SATURDAY 15TH JUNE**  
**6.30PM**  
**SAINT DAVID'S SCHOOL GYM**

Doors open at **6.00pm**. BYO drinks and nibbles.  
Pizza can be ordered from Cafe Verde and delivered to the event. Tickets \$10 for adults and \$5 for children.

For more information or to book tickets, visit [stdauids.catholic.edu.au](http://stdauids.catholic.edu.au) or email [infosstdauids.catholic.edu.au](mailto:infosstdauids.catholic.edu.au)



**2019/2020 ENTERTAINMENT BOOK > \$70.00**

**10 BOOKS LEFT!!**



## GOLDEN GROVE CAMPUS UNIFORM SHOP

Devon Clothing | P: 8289 5564



### GG CAMPUS UNIFORM SHOP TERM 2 & 3 TRADING TIMES

Monday:	1.00pm - 2.30pm
Tuesday:	8.15am - 9.15am
Wednesday:	2.45pm - 4.15pm
First Saturday of Month:	9.00am - 12.00pm

### SECOND HAND UNIFORM SHOP

The Gleeson College Second Hand Uniform Shop is open every Tuesday afternoon from 3.30-4.30pm.

### UNIFORM POLICY

Gleeson's Uniform Policy is located on our website: [www.gleeson.sa.edu.au](http://www.gleeson.sa.edu.au)

### MODBURY DEVON CLOTHING UNIFORM SHOP

OPEN 9.00am - 5.00pm Monday to Friday  
+ 9.00am - 12.00pm Saturday | P: 8396 6465  
Shop 24 Clovercrest Plaza > 429 Montague Rd, Modbury North



## Gleeson College

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