From the Principal

Dear Parents, Caregivers, Staff and Students

This is the last newsletter for this term. Please take the time to read it as it contains important information for members of the school community, as well as acknowledging and celebrating the outstanding achievements of our students. The first newsletter for Term 3 will be emailed home on Thursday, 15th August 2013.

Student Safety to and from Schools

There have been recent media reports of abduction attempts outside schools. Please ensure that your children are as safe as possible as they move between home and school and discuss strategies they can use if they find themselves in difficult or threatening circumstances.

Outlined below are some strategies students can use to minimise risk:

1. Wherever possible walk with others and wait for public transport with other people.
2. Be generally aware of their surroundings and areas that might provide a safe haven where there are people. Included are shops, service stations, Doctors’ and Dentists’ rooms and other places where there are likely to be numbers of people.
3. Have an emergency communications strategy so they know who to contact for a prompt response in an emergency.

If a student is approached and they feel uncomfortable they should move away quickly and make noise to attract attention. If there is ever an incident on Portrush Road in the vicinity of Loreto College students should go into the College and staff will provide emergency assistance.

Students who wish to discuss any issues associated with safety can speak with Mr Leech, Ms Hudson or Ms Hunter who are Student Counsellors, or their Home Group Teacher. Inquiries from parents and caregivers can be directed to Ms Ferguson. I would appreciate your support in discussing this matter with your child.

Town Hall Concert

Our major gala event of the year, the Town Hall Concert is on Wednesday 28th August. Tickets will be available from the Finance Office for general admission on 8304 8461, or from the Music Centre on 8304 8431 for the dress circle / gallery next term.

Building Program

Work is continuing on the Southern section of the Car Park with an expected completion date of September. Final work on the Gym storage facility will be completed in July. Work on the new building continues on schedule with the roof going on over the last week.

2012 Annual Report

The Marryatville High School 2012 Annual Report is on our website.

Term 2 Reports

Term 2 student reports will be distributed to students on Friday, 5th July. Please take the time to read your daughter’s/son’s report and discuss it with them.

Dismissal – Last Day of Term – Friday 5th July

We will continue with our usual practice of dismissing students at 2:30pm on the last day of Term 2.

First Day of Term 3

The first day of Term 3 will be on Tuesday 23rd July. Monday 22nd July will be a Student Free Day for Staff Professional Learning.

Mark Leahy
PRINCIPAL

See page 2 for Humanities and Social Sciences News
The new National Curriculum (ACARA) has been a real focus this year and we have introduced History as a stand alone subject at Year 8 level.
HUMANITIES AND SOCIAL SCIENCES

The Humanities and Social Sciences faculty (formerly SOSE) is made up of a wide range of teaching staff who have experience both within the faculty’s subject areas and other disciplines.

This year it consists of Wally Pavan, Sue Dansie, Fiona Bushnell, Rudi Spacek (on leave term 2), Bill Matsoulidias, Neil Smith, Sarah Angley, Robyn Herczeg, Maya Brookes, Julie Ferguson, Christopher Eldridge, Pauline Hansford and Steve Heard.

The new National Curriculum (ACARA) has been a real focus this year and we have introduced History as a stand alone subject at Year 8 level. Topics covered have included Mediaeval History, The Black Death and Japan under the Shoguns.

Students have created family crests, timelines, newspaper articles, videos and board games while investigating topics and events within the course topics.

Our international students from Japan visited the classes and showed students how to write calligraphy and make paper cranes.
HUMANITIES AND SOCIAL SCIENCES (CONTINUED)

The Year 9 classes have trialled sections of the ACARA course in preparation for the introduction of History next year. Topics have included The Enlightenment, the Industrial Revolution and Australia’s involvement in World War I. (see photos from Robyn Herczeg’s class). Students have created a wide range of materials including propaganda posters from different points of view, newspaper articles, letters from the front and trench models.

Geography will be trialled at Year 9 level in the second semester of this year in preparation for its introduction in 2015. At this stage, Geography will be a mandated subject only at Year 8 level but we aim to include it as a major section of our Humanities subject in Year 9 and will continue to offer it as a stand alone subject at Year 10 and Stage 1 (Year 11).

Wally Pauan, Sarah Angley and Robyn Herczeg attended the recent Geography Annual Conference and came back with resources and ideas for the new courses.

At senior level, we are offering Tourism and Economics in semester 2 at Stage 1 (Year 11) along with History and Legal Studies and our Year 12 classes in Modern History, Studies of Culture and Legal Studies are well into their courses.

Steve Heard
Humanities and Social Sciences Coordinator

Dear Mcher-

everyday is a struggle here on the Western Front. We are living in a trench that we dug out and the enemy have not really tried to dig yet. There is mud everywhere. The sound of machine gun echo’s in my head and the smell of horse's blood is everywhere. My head feels funny. We eat bread that is mouldy and I must wipe my meals with a piece of cloth every time. I am hardly sleeping at night in the fear of bombing. I am always hungry becoming a eyesore. My body is very dirty. I try to wash my clothes and keep it clean. The trench however hard the conditions allow me to escape from the images and flashbacks for example I pray in there whenever alongside my fellow men. I try to stay happy though and not make friends in a warzone. I have noticed everyday I look at my rifle and know it that many men have died because of me. I love you so much, with all

Indira Davey
Year 9 WW1 Posters

I’m doing my duty as an Australian, are you?

Franklin Holfeld

Be a real hero

Kate McNab

Help the future of our country

Kiara Lalli

Dont make your daughter or son fatherless

Don’t sign up to the Army

Victoria Adams
**Industrial Revolution**

Callum Pritchard

Kate McNab

Gabrielle Davis

Loretta Siu

**Industrial Revolution**

The Industrial Revolution was a period of major industrial growth in Europe from the late 18th century to the early 19th century. This period was characterized by significant advancements in technology, transportation, and manufacturing.

**Finally Passed**

**Livid in Mud**

Since the major lossing of live in the city, hundreds of men, women and children had stocked into London. This has resulted into very unsanitary living situations.

**Chorea Outbreak**

Recently people’s health has been deteriorating because of the lack of sanitation. It has recently been reported that a large outbreak of the disease cholera has taken over a large part of London. We don’t know much about cholera yet, beside the fact that it kills, and fast!

**The Times Newspaper**

**Child Labour**

Children have been working in factories for many years, but with the recent deaths of a young girl in a factory and women being treated like slaves, England has become known as the land of the poor and working class workers. It is a sad sight to see children working in factories, while parents are working to support their families.

**Over Crowding In Cities**

With more and more people moving to the city, it is becoming harder to find jobs and make a living. This is leading to over population in our cities and causing more poverty and homelessness.

**Kaia McNab**

Marryatville High School Newsletter | Issue 6 | July 2013
BAROQUE WORKSHOP

On Thursday 6th June, three leading exponents of Early Music and Performance Practice; Neal Peres da Costa, Daniel Yeadon and Nicole van Bruggen ran gave a workshop for the Baroque Ensemble under the direction of Katrina Brown.

Select string and woodwind players provided an engaging audience as they listened to a Concerto by Handel with soloist Tom Fitridge on Recorder and a Concerto Grosso by Geminiani.

The workshop was inspirational for the performers and audience who learned many aspects of Baroque Performance including string techniques, phrasing, articulation and interpretation. Many students commented afterwards on how much they had gained from this experience with this providing the motivation for them to further pursue Baroque style in their performance.

Katrina Brown
Music Teacher

AUSTRALIAN CHAMBER ORCHESTRA WORKSHOP

I was grateful to once again, participate in the Australian Chamber Orchestra Workshop, and play alongside four internationally acclaimed musicians.

This year, along with 24 other young Adelaide musicians (7 from Marryatville) there was great enthusiasm to play. We were given an exciting program - Gustav Holst’s ‘St Paul’s Suite’. As part of the workshop, we experienced tutoring from each section’s leader – the ACO musicians.

We learned effective ways of rehearsing a chamber ensemble as well as performance techniques, inspiring our future musicianship with virtuosity. To conclude the workshop, we gave an astounding performance to the Year 8 music students and the parents of the participants. It was a wonderful experience for both the musicians and the audience.

Although I will be heading for University next year, the workshop will remain an unforgettable experience for my senior high school year, and I hope the ACO workshop continues to inspire the next generation of young musicians.

Jack Han
Year 12 Music Student

ADELAIDE CHORAL EISTEDDFOD

The school entered seven of our co-curricular choirs into this year’s Adelaide Choral Eisteddfod and all performed very well. The event was held at Elder Hall.

Results:
Concert Choir – 1st Place, and overall best choir in the 2013 competition.
Junior Choir – 1st Place
Chamber Choir – 1st Place
Boys’ Choir – 1st Place
Swing Tones – Honourable mention
Girls’ choir – Honourable mention

Pops Vocal Ensemble would have won 1st place but for the small issue of having one too few singers on stage. One of the students was at home, ill.

Aldis Sils
Head of Music
## COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August 6th (Tues) W3</strong></td>
<td>St Nicholas Rehearsal&lt;br&gt;Pembroke School 1:00pm – 4:00pm&lt;br&gt;Concert Choir</td>
</tr>
<tr>
<td><strong>August 14th-16th (Wed - Fri) W4</strong></td>
<td>Yamaha Band Festival - ABODA – Westminster School&lt;br&gt;Selected Bands</td>
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<tr>
<td><strong>August 21st (Wed) W5</strong></td>
<td>Adelaide Eisteddfod, Norwood Salvation Army Hall&lt;br&gt;Recorder Ensemble</td>
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<tr>
<td><strong>August 24th (Sat) W5</strong></td>
<td>Town Hall Concert Rehearsal Day&lt;br&gt;at MHS Stables</td>
</tr>
<tr>
<td><strong>August 28th (Wed) W6</strong></td>
<td>Town Hall Concert&lt;br&gt;Adelaide Town Hall&lt;br&gt;(7:00pm) 7:30pm – 10:00pm&lt;br&gt;Senior Ensembles</td>
</tr>
<tr>
<td><strong>Sept 2nd (Mon) W7</strong></td>
<td>Term 3 Concert Practice – 8I and 10I</td>
</tr>
<tr>
<td><strong>Sept 3rd - 4th (Tues - Wed) W7</strong></td>
<td>Year 12 Term 3 Prac Moderations</td>
</tr>
<tr>
<td><strong>Sept 5th (Thurs) W7</strong></td>
<td>Term 3 Concert Practice – 9I</td>
</tr>
<tr>
<td><strong>September 5th (Thurs) W7</strong></td>
<td>Special Music Workshop&lt;br&gt;2nd / Senior round</td>
</tr>
<tr>
<td><strong>September 8th (Sun) W7</strong></td>
<td>St Nicholas Rehearsal&lt;br&gt;Concordia College&lt;br&gt;Concert Choir</td>
</tr>
<tr>
<td><strong>September 9th (Mon) Week 8</strong></td>
<td>Adelaide Eisteddfod&lt;br&gt;Special Award Winners Night&lt;br&gt;Salvation Army Norwood&lt;br&gt;Concert Choir</td>
</tr>
<tr>
<td><strong>September 13th (Fri) Week 8</strong></td>
<td>Special Music Audition&lt;br&gt;2nd / Senior round</td>
</tr>
<tr>
<td><strong>September 19th (Thurs) W9</strong></td>
<td>St Nicholas with ASO&lt;br&gt;Dress rehearsal&lt;br&gt;Concert Choir</td>
</tr>
<tr>
<td><strong>September 20th (Fri) W9</strong></td>
<td>St Nicholas with ASO&lt;br&gt;Concert Choir</td>
</tr>
<tr>
<td><strong>September 23rd (Mon) W10</strong></td>
<td>Year 12 Concert&lt;br&gt;The Stables&lt;br&gt;6:00pm – 8:30pm</td>
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</table>
CSIRO EXCURSION
CSIRO, Hindmarsh – Friday, 24 May 2013

Our Science class is currently looking at the world of genetics and the impact that this research is having on our every day lives.

One aspect of genetics research is DNA (deoxyribonucleic acid), which is found in cells in the human body. DNA is the chemical that makes up genes and chromosomes, and is unique to every life form. It means that human beings can be identified with an individual “print”, that unlike the fingerprint, cannot be altered.

DNA research has numerous uses, for example, discovering a person’s ancestry, in genetic engineering, developing genetically modified produce and in Forensic Science. DNA has proven to be a useful and powerful tool in the area of solving crimes. As part of the excursion at CSIRO, the class had to solve a crime by undertaking certain activities and tests to find out which suspect was guilty of the crime.

I found the experience incredibly fascinating and learnt a lot about Forensic Science even though I am sure there is a great deal more for me to learn. I believe the class came out of that experience having more interest in Forensic Science and wanting to gain more knowledge on the subject. Some students even came out of the practical wanting to pursue Forensic Science as a career.

Hardly any of the class was able to get around to all of the activities because there were so many of them and we did not have much time. In class the following week we all compared our answers and were able to solve the crime together. The most logical crime scenario we could bring together was that G Gauche robbed the Art Gallery and framed his twin brother, A Gauche. It was determined that G Gauche was stealing the painting for Protoquadro, because he knew of someone who would buy the painting for a reasonable sum of money.

Other people had different views and opinions about what happened; for example, all of the suspects potentially played a part in the crime, as each suspect had a piece of evidence against them.

Rory Eglinton
Career News

CAREERS AWARENESS WEEK
MONDAY 29TH JULY – FRIDAY 2ND AUGUST

Marryatville High School is hosting a Careers Awareness Week in Week 2 of Term 3. The aim of the event is to assist students to make informed career choices and subject selections during course counselling and support their passage from education to employment.

The week will commence with extended home group on Monday 29th with each year level engaged in career activities - Year 8 Transition Portfolio, Year 9 Course Counselling, Year 10 Adelaide University Career Studies, Year 11 Career Values Web Crawling and Year 12 SATAC Presentation. This will be followed by a University Expo represented by Flinders, UniSA and Adelaide in the Forge Foyer.

Tuesday, Wednesday and Friday will follow the same format:
- Year 10 and 11 students will be attending UniSA Campus Tours.
- Industry Expos and Mentors in the Library.
- Industry Visits and Speakers.
- Faculty activities to engage students in careers exploration.

On Wednesday 31st UniSA will be presenting an Understanding University Parent Forum in the Forge from 6.30pm – 8.00pm. To register your interest in attending the Parent Forum please email: Julie.ferguson615@schools.sa.edu.au

On Thursday 1st Professor Martin Westwell from Flinders University will be working with our students to commence work on developing a Graduate Qualities statement for Marryatville High School. On Friday 9th all Year 9 students will be attending the Careers Science Alive Expo at Wayville. At lunchtime on each day student’s from years 8 – 12 are invited to hear from undergraduates and academics from the Health, Engineering, Arts and Science disciplines speak about what it is like to work and study in their field.

If you have any queries about any of the events please call Laura Hudson 8304 8420.

YEAR 10 WORK EXPERIENCE

Year 10 students not attending the snow tour will be undertaking a 35-hour work experience placement during Week 3 of Term 3, Monday 5th to Friday 9th August.

The details of this placement have been forwarded to parents and employers on the Workplace Learning Agreement Form.

Prior to the work experience placement students are required to:
- Contact the supervisor just prior to work experience and be aware of employer expectation and requirements.
- Dress appropriately to industry standards and the workplace.
- Be prepared to start the work experience on time each day and take only the allocated time for breaks.
- Contact the work site early if they are unable to attend and contact the school and leave a message at Student Services.
- Make appointments after work.
- Complete a work experience journal, which reflects their experience and demonstrates an understanding of work.

Parents and caregivers are responsible for ensuring the safe conduct of the work placement student and for any necessary travel arrangements. If there is an accident please report the incident to the school immediately so an accident form can be completed. Parents are required to pay for any medical expenses and then make a claim through DECD.

A staff member will make contact with the student during the work experience placement. Please discuss any concerns you may have with the work experience provider with me. For further enquiries please contact Laura Hudson during school hours on 8304 8420.

CAREERS@SCIENCE ALIVE EXPO

An excursion to Careers@Science Alive Expo at the Adelaide Showgrounds Wayville has been planned for all Year 9 students on Friday 9th August.

Students will be accompanied to the exhibition by their science teacher. The exhibition includes a large range of study and career information, over 50 booths with an emphasis on advanced technologies and sustainability and hands on activities. A letter has gone home with students. Parents are asked to sign and return the consent form by 28th July. There will be no cost to students for this excursion.

Laura Hudson
Careers/Transition Coordinator
# CO CURRICULAR RESULTS 15/6

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
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<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior A Boys defeated Mercedes</td>
<td>96</td>
<td>29</td>
</tr>
<tr>
<td>Junior B Boys defeated Mercedes</td>
<td>64</td>
<td>11</td>
</tr>
<tr>
<td>Junior C Boys lost to Mercedes</td>
<td>21</td>
<td>27</td>
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<tr>
<td><strong>FOOTBALL</strong></td>
<td></td>
<td></td>
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<tr>
<td>Year 8/9 defeated CBC</td>
<td>63</td>
<td>44</td>
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<tr>
<td></td>
<td></td>
<td>Kody Kautsky, Ed Dawes, Cameron Fatchen, Matt Thompson, Stefan Jankewicz</td>
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<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td></td>
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<tr>
<td>Senior A Boys defeated Scotch</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>Year 10 Boys Div 1 defeated Pembroke</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Year 9 Boys Div 1 lost to St Pauls</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Year 9 Boys Div 2 defeated Blackfriars</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Senior Girls lost to Norwood</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Year 8/9 Girls lost to St Ignatius</td>
<td>0</td>
<td>2</td>
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<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td></td>
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<tr>
<td>Senior B1 defeated St Dominics</td>
<td>18</td>
<td>14</td>
</tr>
<tr>
<td>Senior C4 defeated St Michaels</td>
<td>33</td>
<td>18</td>
</tr>
<tr>
<td>Year 10 B1 defeated St Michaels</td>
<td>27</td>
<td>13</td>
</tr>
<tr>
<td>Year 10 B2 lost to Nazareth</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td>Year 9 C3 defeated St Dominics</td>
<td>34</td>
<td>14</td>
</tr>
<tr>
<td>Year 8 B2 lost to Loreto</td>
<td>8</td>
<td>38</td>
</tr>
</tbody>
</table>

# CO CURRICULAR RESULTS 22/6

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
<th>Best &amp; lead scoring players</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOYS BASKETBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open A Boys defeated St Michaels</td>
<td>49</td>
<td>46</td>
</tr>
<tr>
<td>Open B Boys defeated St Michaels</td>
<td>25</td>
<td>22</td>
</tr>
<tr>
<td>Open C Boys lost to St Michaels</td>
<td>19</td>
<td>42</td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td></td>
<td></td>
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<tr>
<td>Open lost to Cabra</td>
<td>52</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stefan Jankewicz, Will Angelberger, Cameron Fatchen, Kody Kautsky, Nic Dawes, Matt Thompson</td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior A Boys drew with Mercedes</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Year 10 Boys Div 1 defeated Glenunga</td>
<td>13</td>
<td>2</td>
</tr>
<tr>
<td>Year 9 Boys Div 2 lost to Pedare</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Senior Girls lost to St Ignatius</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior B2 defeated Sacred Heart</td>
<td>28</td>
<td>9</td>
</tr>
<tr>
<td>Year 10 B1 defeated Cabra</td>
<td>35</td>
<td>24</td>
</tr>
</tbody>
</table>
Co-Curricular Results

CO CURRICULAR RESULTS 16/3

Teams Scores Best & lead scoring players

GIRLS BASKETBALL
Senior C defeated Mercedes Forfeit

GIRLS TOUCH FOOTBALL
Senior A1 drew with Loreto 3 3 All played well
Senior B2 lost to St Ignatius 3 12 All played well
Senior B3 defeated St Dominics 6 0 Eleesa Scerri (1), Kali Horner (2), Venetia Duckett (1), Sunny Tucker (1)

Year 9 A lost to St Ignatius 2 4 All played well
Year 8/9 B defeated St Dominics 8 2 Tameka Morelli (4), Indira Davey (2), Liliya Butanova (1), Brittany Henry (1)

Year 8 B defeated Pembroke 3 1 Minnie Turner (1), Ryann La Barbera (1), Zoe Zealand (1)

TENNIS
Drive defeated PAC 6 - 46 3 - 30 All played well
Boys Senior A White defeated Immanuel 7 - 42 2 - 22 All played well
Boys Senior A Blue defeated PAC 5 - 49 4 - 40 All played well

CO CURRICULAR RESULTS 23/3

Teams Scores Best & lead scoring players

GIRLS BASKETBALL
Senior C defeated St Dominics 43 14 Emma Balales (14), Karla Gavranic (14), Faith Bernhardt (12), Brittany Hogben (3)

Year 8/9 A defeated St Michaels 35 12 All played well
Year 8/9 B lost to Cabra 11 15 All played well

GIRLS TOUCH FOOTBALL
Senior A1 defeated Mary Mackillop 11 3 All played well
Senior B2 defeated Mary Mackillop 11 0 Eva Wnoroski (4), Kiara Roscio (3), Kaylene Glezos (2), Courtney Waterman (1), Abbi Bennett (1)
Senior B3 defeated Mary Mackillop 9 1 Venetia Duckett (4), Sunny Tucker (2), Charlotte Smith (1), Andrea Rademeyer (1), Kali Horner (1)

Year 9 A lost to Loreto 2 8 All played well
Year 8/9 B lost to St Michaels 0 4 All played well

TENNIS
Drive defeated Pembroke 9 - 54 0 - 10 All played well

Preparing for University

YOU ARE INVITED TO ........

What

..... a Parent Information Forum at Marryatville High School
Panel presentation by UniSA

• My child has no idea what they want to do? The changing demands of the work force. What employers want. Why future study? Outcomes for university graduates. Choosing the right program, How parents can help their child decide what to do.
• How can I support my child? What is the best and worst advice?
• How much is university going to cost me? HECS HELP, other costs – textbooks, materials, computers, Scholarships, Accommodation
• What is university life like compared with school? What is a typical day at uni like? Adult learning environment, tutorials, lectures, contact hours.
• How does my child get into university? Pre-requisites, ATAR, timeline for applications and offers process, deferring and application, bonus points, what if they choose the wrong course?
• What if my child doesn’t get offered a place? Alternative pathways into University, College, TAFE and STAT

Parents will have the opportunity to ask questions and have a look at a range of useful course information resources.

When

Wednesday 31st July at 6.30 – 8.00pm

Where

The FORGE - Marryatville High School
170 Kensington Road Marryatville

RSVP

To register your interest in attending the Parent Forum either:
Return the tear off slip below to the Front Office at Marryatville High School
Email: Julie.ferguson615@schools.sa.edu.au
Telephone 83048420

Preparing for University, information for parents

_________________________ would like to attend the Parent Information Forum on

Wednesday 31st July at 6.30 pm. There will be a total of __________ guests in our party.
INSIGHTS
by Michael Grose - No. 1 parenting educator

Are your expectations harmful or healthy?

There is no doubt that many parents underestimate the impact of their expectations on kids. It’s quite natural to want your kids to do and perform at their best, however not every child will respond positively to parent expectations.

After a recent parenting talk a doctor approached me for a chat. She wanted to know what was happening with kids today. She told me that she sees many teenagers in her practice who are stressed out and worried about things that didn’t necessarily concern young people ten years ago.

There’s no doubt that many kids today live with pressure.

One recent Australian study found that 59% of teenagers feel the need to reduce stress. This is in line with the University of California study released earlier this year confirming that many American teens feel overwhelmed ‘with all they had to do and contend with’.

It’s not just teenagers who are feeling a little anxious. Teachers tell me that stress is a constant companion for many primary schooled-aged children too.

There are many possible causes for increased feelings of stress, but I suspect some of it comes from pressure that young people and children put on themselves. This obviously reflects the pressure that can come from others such as parents and teachers for them to perform well in school.

There is no doubt that many parents underestimate the impact of their expectations on kids. It’s quite natural to want your kids to do and perform at their best, however not every child will respond positively to parent expectations.

Getting expectations right

Parental expectations on kids’ academic, sporting and other achievements can be tricky to get right.

If they are too high, or at least higher than their capability, then many kids just give up. It’s better than trying and failing, which can seem like letting down their parents. Alternatively, they may make excuses for not taking part in an activity, game or sport.

Some children will try to meet abnormally high parent expectations, but their efforts may well come at the cost of anxiety and, in some cases, depression due to excessive pressure. It’s hard to always perform at your absolute best all the time. In fact, high achievers in most fields of endeavour know when to coast and when they really need to apply themselves.

Birth order also plays a part in parental expectations. As adult approval is a high driver for eldests, they are more highly influenced by parent expectations than children in any other position. They are also more likely to be perfectionists, which makes them more prone to suffer when parental expectations are excessive. Many first borns become risk-averse sticking to the safe and achievable, which is a great stress-reduction strategy.

Expectations are most helpful when they are realistic and in line with children’s age, abilities and their interests. Sometimes we can expect just too much from our kids, for all the right reasons.

Better to have positive, yet achievable expectations rather than expectations that are too high or too low. Getting the balance right will hopefully motivate kids to achieve without them feeling overwhelmed, worried or overly-anxious.

Ideally, all kids will be self-motivated, not needing adults to lead the way. As human nature suggests many kids need a push to reach a little higher. We just need to make sure that the push is not excessive, and the end result is worth pursuing.

How do you use expectations?

So how do your expectations of kids’ behaviour and achievement rate? Are they too low, too high or just about right? Do they reflect your own ambitions, or your children’s interests and abilities?

Want a simple answer? Ask yourself how your kids would answer these questions. I suspect it will be different for each child, but then again worry, stress and anxiety is different for every child. And it’s what your child thinks and feels that’s paramount here.
Dr Michael Carr-Gregg

Managing media in families

Mobiles, apps, videogames, internet and social media are everywhere. Managing all these can put unwelcome pressures on families. Hear Michael discuss issues, strategies and more.

Monday 19th August 2013 - 7.30 pm
Immanuel College Auditorium
32 Morphett Road, Novar Gardens SA

Tickets $27.50

Bookings online at http://www.trybooking.com/DBVU

Attendance certificates available

For more information, contact
admin@youngmedia.org.au or PH 08 8376 2111
DIARY DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday 22 July</td>
<td>STUDENT FREE DAY</td>
</tr>
<tr>
<td></td>
<td>French Inbound Tour Starts</td>
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<tr>
<td>Tuesday 23 July</td>
<td>Term 3 Starts</td>
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<tr>
<td>Saturday 3 August –</td>
<td>Year 10 Snow Tour</td>
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<tr>
<td>Saturday 10 August</td>
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<tr>
<td>Monday 5 August –</td>
<td>Year 10 Work Experience</td>
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<tr>
<td>Friday 9 August</td>
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<tr>
<td>Tuesday 13 August</td>
<td>Governing Council Meeting</td>
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<tr>
<td>Wednesday 28 August</td>
<td>Town Hall Concert</td>
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SCHOOL CONTACTS

Phone 8304 8420

Press
1 for Reception, 2 for Student Services, 3 for Finance, 4 for Music, 5 for Business Manager

Direct Lines

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Student Services</td>
<td>8304 8426</td>
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<tr>
<td>Gymnasium</td>
<td>8304 8437</td>
</tr>
<tr>
<td>Music Centre</td>
<td>8304 8431</td>
</tr>
<tr>
<td>The Forge</td>
<td>8304 8414</td>
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</table>

Student Counsellors:
- Christopher Leech: 8304 8428
- Jenny Hunter: 8304 8482

Contact Details

<table>
<thead>
<tr>
<th>Year Manager</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>Year 8 Manager</td>
<td>Janelle Morrissey</td>
</tr>
<tr>
<td>Year 9 Manager</td>
<td>Bryce Woodley</td>
</tr>
<tr>
<td>Year 10 Manager</td>
<td>Kathryn Bereny</td>
</tr>
<tr>
<td>Year 11 Manager</td>
<td>Pauline Hansford</td>
</tr>
<tr>
<td>Year 12 Manager</td>
<td>Geof Bailey</td>
</tr>
<tr>
<td>International Education</td>
<td>Sarah Goldfain</td>
</tr>
<tr>
<td>Career &amp; Transition</td>
<td>Laura Hudson</td>
</tr>
<tr>
<td>Co Curricular</td>
<td>Tony Byles</td>
</tr>
</tbody>
</table>

ABSENTEES, LATE ARRIVALS, EARLY LEAVERS

For all absentees please call Student Services on 8304 8426.

For late arrivals from 8.30am, students need to sign in at either Student Services or the Library. Year 12 students can sign in at the Eden Park campus. They are expected to have a note for their home group teacher the next day.

Students who need to leave early need to sign out through Student Services.

Please contact Student Services if you have messages about students arriving late or needing to leave early.