

# Newsletter

16th April 2018

Term 2, Week 1

Respect

Integrity

Success

Compassion



Dear Parents and Guardians,

It is lovely to once again welcome you all to a new term! I am very grateful to each of you for supporting our dedicated staff throughout Term 1 under the leadership of Brenda Hancock. My time away was both relaxing and soul restoring.

While away, I read with interest and delight, the weekly school newsletter on the Henderson app. I am attempting to quickly pick up on the details of the term that was and continue the planning for successful learning in Term 2. However, please come and see me if you feel there could be something I need to be reminded of.

Last week, Mrs Obst, Mrs Webb and I attended a conference at Geelong Grammar on 'Positive Education'. We listened to the growing research being collated from schools and communities that are intentional on providing strategies and opportunities for young people to develop a positive self-esteem. While we recognized that Henderson College is doing some great things in this space, we have returned inspired to sharpen our skills and offerings in this area for the benefit of our students and families. If you are interested in Positive Psychology visit the following website: [www.strengthswitch.com](http://www.strengthswitch.com) It has free material, activities and resources for families. You might even want to take the free online 'Strengths' survey and Parenting online course!

Mrs Sandra Ferry  
Principal

## New Winter Sport Uniform!

Our new winter sport uniform has arrived and doesn't it look good! New track pants are available for \$60 (Jnr), \$70 (Snr) and our new sports jacket for \$80. We have a limited number of our old sport uniform for sale - jackets; \$30 and track pants \$25. The old sport uniform will be phased out at the end of a 2 year change over period; 2020.



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# Class Awards

## Weddings!

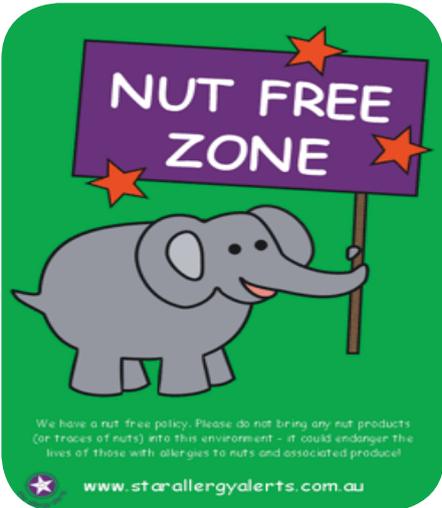
Congratulations to the happy couples who got married in the school holidays!



*Pastor Gerrard & Neddie Price*



*Thomas & Zoe Cameron*



## A Message from our Student Welfare Officer

Over the weekend I read an article by Mary Sauer entitled '7 Things Kids Need To Do For Themselves Before They Turn 13' it was an interesting read and it highlighted to me the importance of ensuring that our children are prepared to enter the world as teenagers and then adults when they leave our home for university. If you are thinking that is a long way off for you, from experience, time goes so quickly and all of a sudden you are sending your first born off into the world and then panic sets in re: whether or not you have prepared them for life outside the safe confines of their loving home.

Below are three of the points that Mary mentioned, I will continue with the other four next week.

**Money Matters-** By the time they are 13 young people should understand the basics about money and how to manage the money they earn. A good work ethic is important and this is best taught through modelling and practice, get your kids outside and work along side them teaching them as you go. Kids need to know that money is not limitless and that hard work is required to make it.

**Scheduling Solutions-** Up until this point, there is a good chance you have been helping your child get up and out the door for school and extracurricular activities. If you haven't done it already it is now time to shift this responsibility onto their shoulders. They may need to experience the consequences of their own actions if they choose not to get up and out the door in the morning.

**Courteous Communication-** If your teen wishes to be treated like an adult they need to communicate with other adults with respect and clarity. Teenagers are renowned for moody standoffish behaviour so modelling respect towards your children before they hit the teenager years is a great advantage. From my perspective being a moody teenager is not a right of passage, children and teenagers should not let their mood dictate their manners.

Teenagers are wired to demand independence, which means they are less likely to comply with command-based parenting practices, according to Carl E. Pickhardt, PhD, writing for Psychology Today. Parents must respect this desire for autonomy in they want their children to move toward independence and learn to communicate like adults.



For some families, this might mean giving space for teens to withhold information or being willing to enter into more discussion about family rules instead of simply expecting obedience without question. When a teen feels their personal boundaries being honoured, they are more likely to give respect back to their parents. Not all teens will struggle with respect. For some they lack

confidence to engage with adults and they may use technology as a tactic for isolating themselves from social situations. Parents must be aware of this and ensure they engage their teenager and let them know that you are on their side. Sporting activities and social activities your teen enjoys are likely to be the best opportunity for practicing social interactions, according to VeryWell.

<https://www.healthyway.com/content/things-kids-need-to-do-for-themselves-before-they-turn-13/>

Venise Lang

### Upcoming Events

#### April

- 20 Chess @ Sacred Heart Primary
- 23/24 Alphabet Ark
- 24 Yr 7/10 Immunisations
- 25 Anzac Day
- 26 Cross Country
- 27 Yr 5/6 STEM trial day in stadium
- 30 HS Boys Division Soccer Comp.
- 30-3 Yr 5/6 Camp

#### May

- 7 School Photos
- 15-17 Naplan
- 21 Interschool Stem Day