



**WHITES HILL
STATE COLLEGE**

Imagine Believe Achieve

PREP-YEAR 12

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College Update | Week 4, Term 3, 2024

Welcome to week 4. I hope all members of our community had a fabulous weekend, and had the opportunity to engage with some of the highlights from the 2024 Paris Olympic Games.

There has been a lot of media attention over the weekend regarding the mishap with the Olympic Flag. This is an excellent opportunity for us to reinforce with our young people, that mistakes happen; they are a part of life. What matters when we make a mistake is that we learn from it, and how we bounce forward. Mistakes are only a tragedy when we don't learn from them. If we want our young people to become resilient and confident global citizens it is important for them to make some mistakes, struggle a little and learn that they have the capacity to push through a challenge and disappointment to realise higher levels of personal accomplishment. A growth mindset is important for bouncing forward when our young people find themselves in a tricky situation.

10 Growth Mindset Statements

FIXED MINDSET



INSTEAD OF:


I'm not good at this.
I'm awesome at this.
I give up.
This is too hard.
I can't make this any better.
I just can't do Math.
I made a mistake.
She's so smart. I will never be that smart.
It's good enough.
Plan "A" didn't work.

What can I say to myself?

TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

GROWTH MINDSET



(Original source unknown)

@sylviaaduckworth

Gratitude Empathy and Mindfulness

THE RESILIENCE PROJECT

Gratitude



Don't worry about what you don't have. Focus on what you have right now.

THE RESILIENCE PROJECT

Empathy



Put yourself in the shoes of others to see and feel what they feel.

THE RESILIENCE PROJECT

Mindfulness



Slow down and concentrate on one thing to find calmness and be present.



A community resource that can help us keep up to date with keeping our young people safe on line is the [eSafety Commissioner](#). A description of Webinars for parents and carers that are being offered during term 3 can be found in the table below. Use the [Register](#) links to take you to the registration pages.

| Webinar Topic | Dates | Registration |
|---|--|---|
| <p>Consent and Online boundaries: how to support your primary-aged child</p> <p>As children begin to navigate the online world, they need to know how to make decisions around consent and boundaries. This webinar will outline strategies for parents and carers, as well as support those hard-to-have conversations.</p> | <p>Tuesday August 13, 12:30pm</p> <p>Wednesday September 11, 12:30pm</p> | <p>Register</p> <p>Primary parents</p> |
| <p>Understanding how to support your child with online gaming</p> <p>This webinar provides an overview of selecting quality games, understanding how to reduce the risks of gaming and how to create better gaming habits.</p> | <p>Tuesday July 30, 12:30pm</p> <p>Tuesday September 3, 12:30pm</p> | <p>Register</p> <p>Primary and Junior Secondary parents</p> |
| <p>An introduction to online safety and emerging technologies</p> <p>An overview of the opportunities and risks posed by emerging technologies including artificial intelligence, commonly referred to as AI, as well as generative AI (GAI). Enhance your family’s digital literacy, learn about the potential harms and how to protect your children online.</p> | <p>Thursday September 5, 12:30pm</p> | <p>Register</p> <p>Primary and Secondary parents</p> |

Be kind to yourself and others. Have a fantastic week. *Sam Hawkins* 😊 (Acting Principal)

CARES focus this week



Achievement

We encourage and strive for success.

The greatest achievement is to outperform yourself.
Denis Waitley

There is no magic to achievement. It’s really about hard work, choices and persistence.
Michelle Obama.

Explicit Teaching of our CARES values

Primary

We **ACHIEVE** when we stay on task, try our best at all times and present neat and tidy work.

Secondary

We **ACHIEVE** when we are organised and prepared for learning. Being organised is a characteristic of preparedness for learning. Assessment Calendars have been published to the website and emailed to all students. Save your assessment calendar and glue a copy into your student planner. [Year 7 to 12 Assessment Calendars](#).



Uniform focus this week

Keeping uniform standards high is always a work in progress. This week our focus is: Jewellery. Keeping uniform standards high is always a work in progress. This week our focus is: **Jewellery**. Student are permitted to wear 2 earrings in their ear lobe. These earrings must be ≤5mm in size. Students are also permitted to wear a necklace (Secondary only). If there is a pendant on the necklace it is to be less than 10mmX10mm in size. If students are wearing a necklace and this poses an OHS risk in learning activities, students are to remove the necklace and keep it in their pocket until the end of the lesson. (Our uniform policy can be found on our [website](#). Uniform shop [link](#).

What's on this week – Week 4

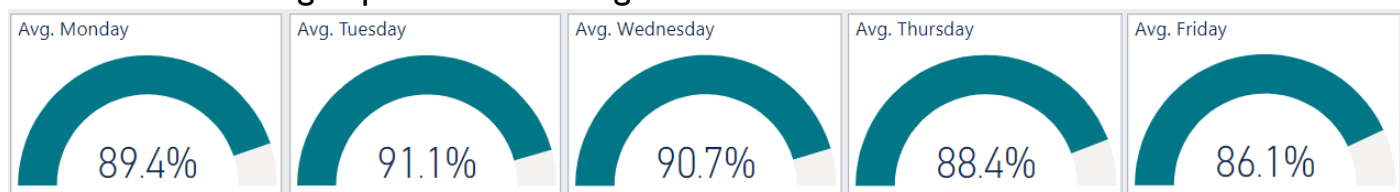
| | |
|---------------------------------------|--|
| Monday 29th July | Head of School Tour – Bookings essential |
| Thursday 1st August | Year 11 Leadership Day |
| Friday 2nd August | Year 11 Leadership Day |

What's coming up

| | |
|---------------|--|
| Week 5 | Monday 5 th August – Get Set for Prep Conversations Wednesday 7 th August – Year 9 Eco Marines Excursion Friday 9 th August – Newsletter published |
| Week 6 | Science Week Monday 12 th August – Get Set for Prep Conversations Thursday 14 th August – EKKA Public Holiday Thursday 15 th August and Friday 16 th August – Year 9 and 10 SET Plans Friday 16 th August – National Day Against Bullying |

Spotlight on Attendance – EVERY DAY COUNTS

Every day is important. For each day that a young person is absent from school they are miss out on learning important knowledge and skills.



Data from School Online Reporting Dashboard, current 26/7/2024 – WHSC, P-12

Quote of the Week

What you do at the start of each day sets up the way you live that day, and those individual days build up into a whole life. A life lived on purpose and a life lived with purpose. *Dr Rangan Chatterjee*



A lovely message from a community member

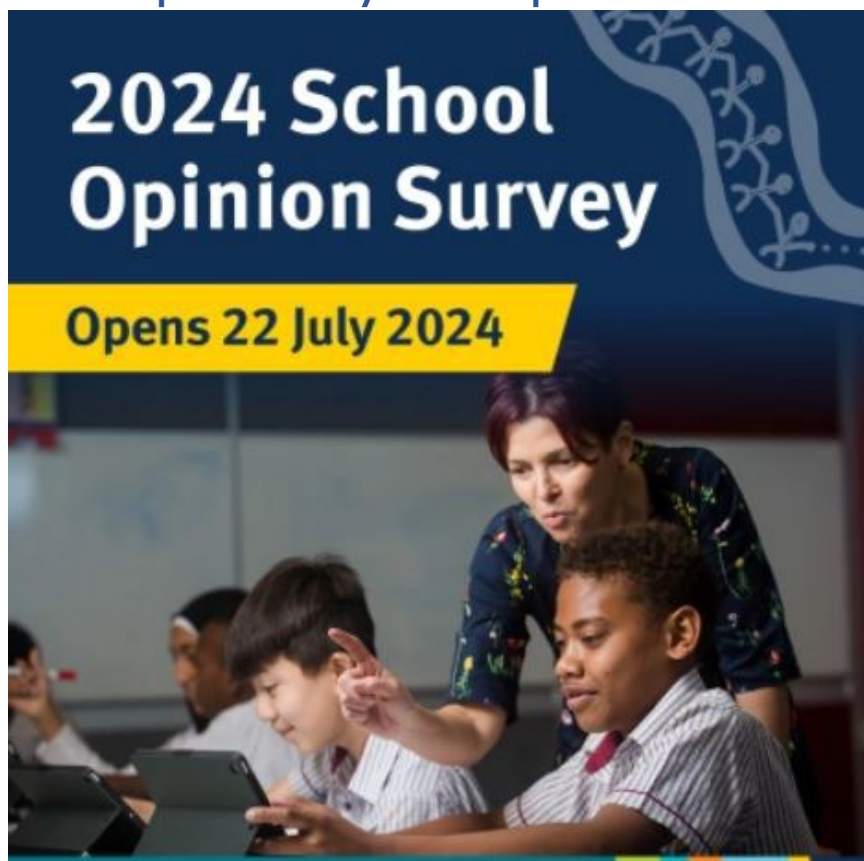
Good afternoon,

I wanted to pass on a positive story about one of your students.

I was at Carindale shopping centre this afternoon and realised I had left the bag I was carrying behind somewhere. It didn't have anything valuable in it but the bag has great sentimental value to me. I retraced my steps but it was nowhere to be seen. I was thrilled when I went to the concierge desk and found it there - I had given up hope. The concierge told me a Whites Hill College student had handed it in. I won't get a chance to thank that student directly, so wanted to let the school know as a next-best gesture. I'm very grateful.

Thank you to the student/s who handed this bag in at the Concierge desk!

School Opinion Survey – Now Open



Thank you to all of those who have already completed the Parent/Caregiver Survey.

If you have not had a chance to complete the survey yet, please note that the online surveys will remain open until Friday, 16 August 2024. This is your opportunity to provide feedback about what our school does well and how we can improve.

To have your say, check your email for an invitation from the Department of Education titled *School Opinion Survey for parents and caregivers, 2024*.

Can't find your invitation? If your family has more than one parent/caregiver, check that they haven't received the invitation and/or check your junk email folder.