



NEWSLETTER

Robina State High School, 1 Investigator Drive, Robina, Qld 4226

Web: www.robina.shs.eq.edu.au Phone: 07 5562 3444

"Believe and Succeed"

Every Student, Every lesson, Every-day Learning and Succeeding

1. We know our learners.
2. We focus on building reading skills.
3. We develop a positive and respectful school environment.

Our Deputy Principal Team



*Year 8:
Mrs Jenny Tobin*



*Years 9 & 11:
Mr David Hoskins*



*Years 10 & 12:
Mrs Megan Tyne*

Principals Report



Thanks to our Parents and Citizens

P&C Day falls officially on Friday May 10th.

The day is a chance for us to publicly thank all P&C members for their support and the tireless work they do each year to improve educational facilities, resources and student conditions. Members give their personal time and effort to us, helping to shape our school's strategic directions and policy decisions, running the tuckshop and helping with our sporting and classroom activities.

We will celebrate P&C Day at next Tuesday's P&C meeting which takes place in the main admin Building at 6pm. Hope to see you there.



Teaching and Learning Audit

Two experienced principals visited us earlier in the week to conduct a Teaching and Learning Audit of the school. Robina State High School received some great feedback and data to support our future direction and strategic planning. We will unpack the feedback we received in coming weeks and will share it with you through forums such as the P&C meetings and on our school website. Here is a few highlights from their preliminary report.

"The tone of the school reflects a school-wide commitment to purposeful, successful learning."

"Respectful and caring relationships are reflected in the ways in which staff, students and parents interact and in the language they use."

"The principal and other school leaders have introduced programs and strategies to identify and address the needs of students in the school and are sourcing and applying available resources to meet those needs."

"There is evidence that the principal and other school leaders see the development of staff in to an expert and coherent school-wide teaching team as central to improving outcomes for all students."

"There is a particular focus on improved teaching methods in reading, Mathematics and Science, and professional learning activities are focused on building teachers' understandings of highly effective teaching strategies in these areas."

As principal of the school, I feel very proud that we received so many positive affirmations. These come as a result of the dedication of all of our staff, students and supportive parents

Important Dates

Tuesday 14th May: Year 8 and Year 10 Vaccinations - Contact Jenny Tobin

Tuesday 14th May- Thursday 16th: May: Year 9 NAPLAN - Contact David Hoskins

Tuesday 16th May: P & C 6.00pm - Contact Di Loddon

Friday 17th May: Brisbane Eisteddfod Dance Troup - Cath Harwood

Heads of Department

Arts: Ms Deb Derrick
Email: dderr2@eq.edu.au

Business: Ms Janet Smith
Email: jsmit788@eq.edu.au

English: Mrs Alison Kennan
Email: akenn36@eq.edu.au

Humanities: Mr Mark Shannon
Email: mshan13@eq.edu.au

Industrial Design & Technology:
Mr Steve Lamburd
Email: slamb21@eq.edu.au

Information Technology:
Mr Nick Wood
Email: nwood32@eq.edu.au

Hospitality / HPE:
Mr Damian McAvoy
Email: dmca4@eq.edu.au

Languages & International:
Mrs Sellina McCluskey
Email: smcc13@eq.edu.au

Mathematics: Ms Ann Stoodley
Email: astoo2@eq.edu.au

Science: Mr Sam Wiseman
Email: swise8@eq.edu.au

Senior Schooling & Special Ed.
Mrs Jeanette McDonald
Email: jmcd074@eq.edu.au

Teaching & Learning:
Mr Adam Brandis
Email: abran28@eq.edu.au

Year Leaders

Year 8
Mr Tait Conditsis
Email: tcond5@eq.edu.au

Year 9
Mr Matt James
Email: mjame19@eq.edu.au

Year 10
Mr Todd Campbell
Email: tcamp32@eq.edu.au

Year 11
Mrs Cath Harwood
Email: charw8@eq.edu.au

Year 12
Mrs Julie Swift
Email: jswif7@eq.edu.au

Student Absence Line:

5562 3430

Welcome Lizen students

On Wednesday, we welcomed 45 students from our very valued partner school Lizen High in Taiwan. We trust they will enjoy their time in Australia and at Robina High and thank all of our families who have welcomed them into their homes for the duration of their stay.



Year 8 & Year 10 Vaccinations

Second Round
Tuesday 14th May

The time has come around quickly and already it is time for the second round of vaccination schedule for year 8 & year 10 students.

Year 8 students who have consented will be having vaccinations for Chicken pox, (1 dose) and HPV (2nd vaccination of 3)

Year 10 vaccinations are dTPa, 1 dose only covers diphtheria, tetanus & pertussis. Any year 10 student who missed the first round can catch up here. Otherwise it is essentially just the Year 10 boys who will be involved in vaccinations as they will be having their second round of HPV vaccination..

The next scheduled vaccination day is 17/09/13

If you have any queries at all please ring the council's immunisation service on 5581 6709 or visit www.goldcoast.qld.gov.au/immunisation

Please ensure your son/ daughter has breakfast prior to them being vaccinated. Breakfast additionally helps with concentration levels and ability to learn with a well nourished brain.

Young women can access the the HPV vaccine between 12-26 years if they haven't already done so. The cost for this is approximately \$150 for each injection requiring 3 doses to be fully vaccinated. This is such an important break through, since the introduction of this vaccine in 2007 there has been a 93% decrease in genital warts and incidence of pap smears abnormalities that otherwise can progress to cancer.

GCCC also has their mobile clinics and of course you can access your vaccinations via your GP.

Our qualified support staff work hard to support the individual needs of our students.

GUIDANCE OFFICER

Joy Watstaff



Managing Difficult Moments

Praise and other kinds of acknowledgement are motivating, and are often needed to help children (and adults) change their behaviour. Psychological research has shown that following up a person's good behaviour with something positive makes it more likely that the behaviour will happen again, but is this enough?

The following suggestions will also contribute to a calmer household :

Pick the battles

- Especially as children get older the battlefield can, if not monitored, become 'out of control' – As children grow and assert their independence they, at times, push the boundaries. Friends and technology become a focus rather than family; safety can be ignored; messiness and mood changes can create disharmony in the family. Picking and choosing which battle to tackle is an art to acquire. Here is a tip - Focus on the most important issue at any one time rather than a plethora of problems. Remember: Safety is a priority not to be negotiated. If children / adolescents perceive that nothing they do is right then often they give up listening.

Be clear in your expectations

- Is what you have asked your child/ adolescent to do clear enough? Saying 'I want you to pick up the clothes off the floor in your room', is clearer and achievable than 'your mess is annoying me'.

Ensure the expected behaviour is realistic and achievable

- Sometimes we ask children to do things that are too difficult for them to do without help eg. expecting a child to be in charge of young siblings is not realistic nor safe

Monitor your own behavior

- Are you managing your own emotions when you are requesting your child to do the same (yelling at a child because of their angry outburst is actually reinforcing that yelling and loss of control is ok)
- Do you say one thing and do another (eg. getting annoyed about mess when you are messy)

Catch Your Child/ Adolescents Being Good

- Keep a record of the behaviours you are pleased with and share the positive observations with your child

Have reward strategies up your sleeve for those 'hard to change'

behaviours:

- Ask your child about what they like. If they suggest the reward, it will be more motivating.
- Make sure the reward is realistic for you to give (and preferably not costing money)
- If the child becomes bored by use of the same reward, use a menu of items to create variety. When your child meets his/ her behaviour expectation, he/she selects one reward from the menu.
- A mystery reward is also very motivating for most children.
- If a child wants to earn a big reward (e.g. computer game, movie, etc.), you could use a token system. Each day he/she could earn tokens that can be exchanged later for a bigger reward.
- Emphasise social rewards and privileges over material rewards. Material rewards (e.g. toys, money, etc.) are expensive and often don't work. Many children enjoy having time to spend with their parents or carers. Rewards involving time and activities with parents or carers (no matter what age), can be reinforcing and promote good relationships at the same time

Follow through with consequence

- Is it fair and related to the misdemeanor
- Does your child understand why they are given the consequence
- Will there be opportunity for your child to learn from their mistakes eg. parent /child discussion about the problem at hand, problem solving with your child around better choices, and if necessary, role playing of appropriate behaviour

Homework for the week ahead:

Double the amount of praise you give your child for his/ her good efforts in the coming week, and monitor its success. Keep a track of negative responses you use in conversations with your child. (You may need to expand your own vocabulary so you have a variety of positive comments ready to encourage your child).

If you have reached this line, then, well done for taking such an interest in reading these strategies. Good luck with your implementation.

Adapted from www.kidsmatter.edu.au



Year 12 Japanese Excursion

Next week Year 12 Japanese students will complete a Listening test requiring them to illustrate their deep understanding of a tour guide speech delivered in Japanese.

The week after, students will present their own tours in Japanese. So in order to have personal experience of these activities in realistic settings, our students participated in their own Gold Coast Tour this week.

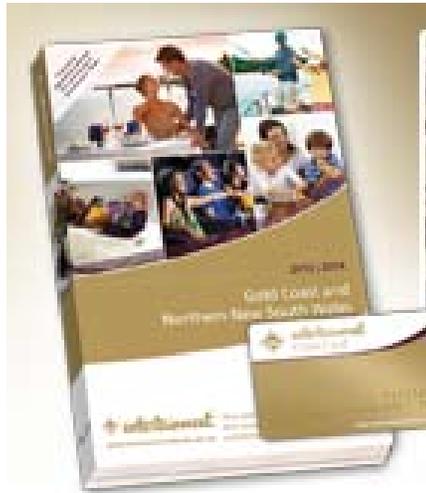
Thursday May 9 was certainly a glorious Gold Coast Day for our annual Year 12 Japanese Tour Guiding Excursion.

Our bus tour began at the Gold Coast International Airport and then visited xxx Burleigh Heads, before heading to Pacific Fair for lunch.

Mrs McCluskey acted as our Tour Guide and Mrs Napier arranged a Treasure Hunt around Pacific Fair – requiring students to read clues written in Japanese in order to follow the trail and collect correct answers.

Students worked very hard and unanimously said that they were a lot more prepared for upcoming tasks after the intensive Japanese Language Day.





The Entertainment Book

The Entertainment™ Book features many of the area's best restaurants, cafes, accommodation, attractions and activities, with up to 50% off and 2-for-1 offers!

Purchase the new Gold Coast and Northern New South Wales Entertainment™ Book for just \$55 and you'll receive over \$15,000 in valuable offers you can use from now until 1st June, 2014.

Plus, the good news is that \$11 from your Book purchase goes towards our fundraising!

To buy a book go to <https://www.entertainmentbook.com.au/orderbooks/144e755>

SENIOR & JUNIOR DANCE NIGHTS

(Showcases Year 8 to 12 Dance students and Eisteddfod Dance Troupe.)

Venue: Performing Arts Centre
Dates: Seniors – Monday, 17 June
Juniors – Tuesday, 18 June
Time: 6.30pm – 9.00pm

TICKETS MUST BE PRE-PURCHASED BEFORE EVENT

ATTENDING 1 PERFORMANCE ONLY:

Adults: \$10.00
Child: \$ 5.00
Family: \$25.00 (2 Adults, 2 children)

ATTENDING JUNIOR & SENIOR PERFORMANCES:

Adults: \$15.00
Child: \$ 8.00
Family: \$40.00 (2 Adults, 2 children)

Parents purchase tickets at PARENT CENTRE
(Office Hours: 8:00am and 4:00pm Monday to Friday)
Students purchase tickets at PAYMENT OFFICE
(Office Hours: Monday to Thursday, closed Friday)

If paying by INTERNET BANKING, please ensure your payment is completed in full 2 days prior to event as the transactions take 2 business days to appear in the school bank account.

N.B. Parents are reminded that all dance students are to return Permission / Medical Form and Media Release Form as soon as possible to class teachers. **STUDENTS WHO DO NOT RETURN FORMS WILL NOT BE ABLE TO PERFORM.**



GOLD COAST HOSPITAL AND HEALTH SERVICES – ORAL HEALTH SERVICES

ORAL HEALTH CARE MATTERS



Did you know that Gold Coast Hospital and Health Services – Oral Health Services in both the community and school dental clinics accept Teen Dental Vouchers?

Good oral health care is important for young people. The government has provided Teen Dental Vouchers to help enable and maintain good oral health and preventative care. These vouchers can be presented to private dentists or Gold Coast Hospital and Health Services – Oral Health Services, including a community or school dental clinic.

Children attending schools up to the end of Year 10 who present a Teen Dental Voucher with Gold Coast Oral Health Services will receive a comprehensive examination, x-rays, scale, clean and a full course of care. Children in Years 11 and 12 in receipt of a voucher can only be seen by Gold Coast Oral Health Services if the eligibility criteria is met. They will then be placed on a waiting list to receive a comprehensive examination, x-rays, scale, clean and a full course of care.

If the Teen Dental Voucher has been used at a private dental practice, completion of the private dentist's treatment plan will need to be undertaken privately at own cost. Gold Coast Hospital and Health Services will only be able to provide Emergency Care for these children, not a full course of care as prescribed by the private dentist.

Gold Coast Hospital and Health Services – Oral Health Services have qualified and experienced dentists, oral health therapists, dental therapists and dental assistants who work together to provide a range of oral healthcare services to meet your child's specific oral health needs in a caring environment.

As the Teen Dental Voucher expires by 31.12.13, it is important that you arrange your appointment as soon as possible by telephoning the Gold Coast Oral Health Services Call Centre on 1300 300 850. Oral health services are also provided during all school holiday periods.

For more information on the nearest community or school dental clinic, the Oral Health Call Centre will be able to assist you with your enquiry.

ROBINA LIBRARY UPCOMING ACTIVITIES:

Freestyle
Learn to draw!

Experienced Graphic Designer and Illustrator
Teresa Franks will show you how.

Teen Only Event

Wednesday 29th May 4-5 pm

Robina Branch Library

To book, contact 5581 1600





PARENT TRAINING COURSE

A four session parent training program for parents and caregivers of children aged 2-12 years old will be held on Thursday 16th May, 23rd May, 30th May, and 6th June, 2013 from 6:00pm-8:00pm
In this program you will learn:

- To understand your children’s behaviour better
- To promote and build healthy relationships with your children and a positive learning environment
- To encourage desirable behaviour and set clear expectations
- Some strategies to deal effectively with misbehaviour
- To look after yourself as a parent

Total Cost: \$20 per person/couple

Place: Bond University Psychology Clinic, Bond University, University Drive, Robina

To register contact the Bond University Psychology Clinic on (07) 5595 2527 or email psych_clinic@bond.edu.au.



ASSERTIVENESS TRAINING GROUP

A six session assertiveness training group for adults wanting to improve their relationships and communication style*.

This program will be held on Thursday 16th May, 23rd May, 30th May, 6th June, 13th June, and 20th June 2013 from 6:00pm-8:00pm
In this program you will learn:

- To control stress and anger
- To improve your coping skills
- Improve direct and honest communication skills
- Learn to effectively state your needs
- And, to look after yourself

Total Cost: \$30 per person

Place: Bond University Psychology Clinic, Bond University, University Drive, Robina

To register contact the Bond University Psychology Clinic on (07) 5595 2527 or email psych_clinic@bond.edu.au.

Defence Force Recruiting



invites you to attend the

Royal Military College (RMC) Road Show

At

Iceworks Paddington – The Rail Room
Corner of Given Terrace and Dowse Street, Paddington

On

Monday 20th May 2013 – 6.00pm

You are strongly encouraged to attend this session as the Commanding Officer of RMC and an Instructor will be giving a presentation on their experiences and will highlight what is on offer to RMC Graduates.

This is a great opportunity for you to enhance your knowledge of the key attributes of RMC and learn about the leadership training that RMC provides. You will be given the opportunity to ask questions, discuss options and enquire about the recruitment process. So feel free to come along and be inspired by the many opportunities that a career in the ADF can offer you.

Light refreshments will be provided.

For more information about the Royal Military College visit www.defencejobs.gov.au

R.S.V.P. to Kristin by 17th May
3016 2424 or kgiannasca@dfr.com.au
Places are limited

Student Pathways Opportunities

Student Pathway opportunities for traineeships, work experience and courses are available from Mrs Allen at the Student Pathway Office or can also be found on the School website:

<http://robinashs.eq.edu.au/wc-mss/index.php/student-pathways.html>

School Based Traineeships / Apprenticeships (SATs) allow students to do paid work for an employer and train towards a recognised qualification while they are still

at school. They are a great way for young people to explore their career options and develop skills and confidence in their areas of interest.

Students wishing to undertake a SAT need to demonstrate the responsibility and commitment to balance work and training while completing Years 10, 11 or 12. SATs can contribute 4, 6 or even 8 points towards a Queensland Certificate of Education.



Students applying for traineeships must have an interview with Mrs Allen prior to application.

What is Work Experience?

Work experience involves working with an employer and staff, at their workplace in an industry you may be interested in.

It usually goes for five weeks with students going one day per week, or you can attend during the school holidays.

Work experience is unpaid. Mostly, you do basic 'entry level' duties.

Work experience is the most effective way to decide and prepare

for a future career.

You will get:

Hands-on experience in a real workplace

A head-start for a traineeship/apprenticeship or part time work Experience and skills to put on your resume

Employers are more likely to employ you if you have experience.

That's because you will have a good understanding of what's involved in the job, plus

you will have real experience.

All students wanting to undertake work experience must complete 'safety sense' a workplace health & safety program for secondary students. Go online to <http://www.deir.qld.gov.au/workplace/pdfs/safetysense/index.htm>

Career Information Sites

My Future

<http://www.myfuture.edu.au/>

Job Guide

<http://www.jobguide.deewr.gov.au/>

Health Heroes

<http://www.healthheroes.health.gov.au/>

Defence Jobs

<http://www.defencejobs.gov.au/>

Job Outlook

<http://joboutlook.gov.au/Pages/default.aspx>

<http://www.becomeabricklayer.com.au/>

White Card (Safety)

Many students will enter the building and construction industry through a variety of occupations.

One of the requirements to get onto a construction site is the successful completion of the construction industry induction – also known as the White Card.

This is nationally recognised and issued to a person who successfully completes competency unit CPC-COHS1001A (Work Safely in the Construction industry). People that require this card include the self employed, apprentices, trades persons, labourers and anyone working on a construction site (e.g. students on structured work placement).

School Based Traineeships - Current

Certificate III in Business Administration (B)

- Robina - Barrington Group (Registered Training Organisation)
- Robina - Coral Homes
- Miami - Volunteering Gold Coast
- Currumbin Wildlife Sanctuary - Must have reliable transport

Certificate III Business Administration (MEGT)

Nerang - Fashion Industry (Open to students in Years 11 -12)
 Nerang - Building Industry (Year 11 and 12)
 Surfers Paradise - The Souce Magazine
 Bundall - Keen Consult

Certificate III Business Administration (B)

- Southport - Busy At Work Apprenticeship Services

Certificate III Business (Retail Focus)(B)

- Broadbeach (Pacific Fair) Brazilian Express - Front desk, customer service, large of range of service. Great if interested in beauty industry.
- Across Gold Coast - Supercheap Auto (must have a real interest in automotive)
- Broadbeach - Bakers Delight
- Goldmark Jewellers - various locations
- Prouds the Jewellers - various locations
- Logan - Cosmetics Plus

Certificate III in Business (Aurora)

- Arundel - Parkwood International Golf Club
- Broadbeach - Giant Chemist

Certificate III in Business (B)

- Mermaid Beach - PRA Consulting Psychology
- Southport - Wealthfarm Financial Planners



Certificate III Laboratory Skills (Busy)

Yatala - Technical Fabric Services Aust

Certificate III Engineering (Light Fabrication-Sheetmetal)

Coomera - CBS Steel. 7am start

Certificate III in IT (Digital Media)

Mermaid Beach - Computer Kidz

Certificate II in Community Pharmacy (BUSY)

- Southport - Terry White Chemist - or Cert III Retail

Certificate II Meat Processing (Food Services) (MEGT)

Bundall - My Gourmet Meats

Certificate II in Retail

City Beach stores in Braodbeach, Surfers Paradise and Haborntown

Certificate III in Retail (Aurora)

- Helensvale - Baskin & Robbins
- Pacific Pines - Baskins & Robbins
- Biggera Waters - Newsagent
- Mudgeeraba - Thrifty Link and Smart Arts Graphics
- Runaway Bay - Donut King
- Nerang - Zarraffa's

Certificate III in Hospitality (B)

Robina - Gloria Jeans (Thursday only)
 Mermaid Beach - Mermaid Beach Surf Life Saving Club
 Helensvale - Gloria Jeans
 Helensvale - Healthy Habits

Information Session Year 10 and Year 12

An Information Session on School Based Traineeships will be conducted in the Library next Wednesday. Please register your interest with Mrs Allen, Student Pathways

Industry Liaison Officer
 Robyn Allen
 Student Pathways RSHS

School Based Traineeships - Current

Certificate III in Hospitality (Aurora)

- Broadbeach - Gourmet Espresso
- Burleigh Heads Surf Club
- Gaven Heights - Pizzeria
- Helensvale - Crema Espresso
- Helensvale - The Coffee and Crepe Cafe
- Surfers Paradise - Cafe
- Various Locations - Subway
- Varsity Lakes - Pizzeria

Certificate III Hospitality (B)

- Helensvale - Healthy Habits
- Surfers Paradise - Gloria Jeans
- Sanctuary Cove - Coffeelicious
- Chirn Park - Neptune Pizzas
- Surfers Paradise - Seafood Empire
- Southport - Cafe Piazza
- Surfers Paradise - Outrigger Hotel
- Mudgeeraba - Thai Mudgee
- Burleigh - Thai Wicked Wok
- Helensvale - Bucking Bull
- Chocolate House
-

Certificate III in Hospitality (AHA)

- Robina - Bar/Gaming and Restaurant
- Broadbeach - Restaurant
- Burleigh - Surf Club

Certificate III Hospitality (Icon)

- Southport - Cafe
- Robina - Club
- Main Beach
- Robina - The Glades

Certificate III Hospitality (MEGT)

- Hungry Jacks - Robina, Nerang & Southport
- Mudgeeraba - Wallaby Hotel
- Kurrara Surf Club
- Southport RSL
- Southport Workers Club
- Pacific Fair- Mrs Fields
- Pacific Fair - Zushi Sushi
- Broadbeach - Toast at Oasis
- Pacific Fair - Gourmet Espresso
- Robina - N Cafe
- Helensvale - Michel's Patisserie
- Robina - New Zealand Natural
- Burleigh Heads - Zarraffa's



Certificate III in Hospitality (Ignite)

- Currumbin RSL
- Broadbeach - Coffee Club
- Clubtalle Surf Club
- Burleigh Heads and Palm Beach - The Tandoori Place
-

Certificate III Commercial Cookery (Icon)

- Hope Island - Restaurant
- Main Beach - Restaurant
- Coomera - Tavern

Certificate III Commercial Cookery (Chef) A

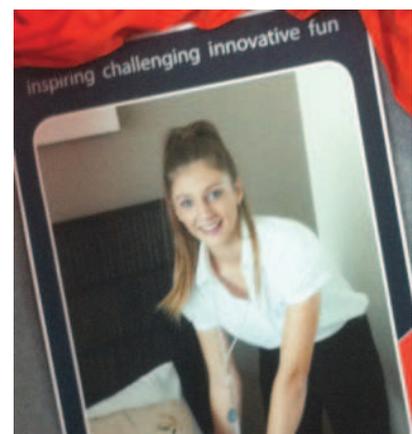
- Surfers Paradise - The Surfers Paradise Beach Cafe
- South Stradbroke Island - Tipplers Licensed Cafe

Certificate III Commercial Cookery (Chef) (B)

- Surfers Paradise - Seafood Empire
- Surfers Paradise - Outrigger Hotel
- Surfers Paradise - Coast Steak & Seafood
-

SAT Profile

Annie Hatchman a year 11 student is undertaking a Certificate III in Hospitality at The Royal Pines.



Industry Liaison Officer
Robyn Allen
Student Pathways RSHS



Schools Program - Gold Coast Institute of TAFE



The Schools Program offers secondary school students in year 10, 11 and 12 the opportunity to attend GCIT 1 day per week over 1 or 2 years to complete a Certificate I, II or III course. GCIT delivers Certificate qualifications in a wide range of industry areas including Construction, Hairdressing, Health, Fitness, Engineering, Tourism, Events, Children's Services, Hospitality, Media and many more.

These courses are one-day-a-week at TAFE courses and all contribute to QCE credits. (Cert I=2, Cert II=4, Cert III=8)

Students need to come to Student Pathways office for an interview with Mrs Allen prior to application. They will need a code to validate their on line application only given after a chat to Student Pathways.

Applications open now for 2014 Courses

Go to: <http://gcit.edu.au/prospective-students/school-students/index.html> for more information.

Certificate I Boating Services - Semester 2 2013

Mid-year intake for the '*Certificate I in Boating Services*' is now open for applications. Applications will be online like previous intakes, and can be found on our GCIT website. Please select the link below to start the Application process. Students will have to submit an online application to be considered for the course.

www.surveymonkey.com/s/qlxx2rb

Students will need to apply online before close of business **Friday 24th May**. The Schools Program code is **robina**.

Please note: This program runs at our Coomera campus starting on Friday 12th July – 22nd November. As a result students will not get their grades in before the deadline of the 1st November for QCE points. If any Year 12 students are interested they will need to understand that this course will not be able to credit towards their QCE due to the later close of study.

Career Event



May 24 & 25 - Brisbane Careers & Employment Expo

Convention & Exhibition Centre, 9am-4pm (Friday) 10am-4pm Sunday
FREE ENTRY www.eocexpo.com.au/brisbane.aspx

Industry Liaison Officer
Robyn Allen
Student Pathways RSHS

12 coping strategies

STRATEGY 1 Laugh about it

Help your child see a lighter or funny side of a situation.



Have you ever noticed that when there is a major world crisis or tragedy that there is soon a spate of jokes in the public arena about the issue? It didn't take long for September 11 jokes to spread through the Internet. These jokes help people deal with the anxiety caused by the situation. We are less likely to become depressed or feel helpless when we can laugh at a situation.

Humour is a great coping strategy. Encourage your kids to stand back and find a funny side to the situation they may be in. I am not suggesting that we trivialize situations, rather develop the ability to find some humour and hope in adversity. Humour is a powerful tool for resilience as it heightens feelings of control. It helps kids reframe a situation and gain some perspective.

This strategy requires kids to look for a funny side and not take themselves too seriously.

WHAT TO SAY: "Come on, laugh it off."
"Find the funny side."

STRATEGY 2 Don't let it spoil everything

Help your child to park his or her bad thoughts somewhere

The ability to compartmentalize bad events and keep them from affecting all areas of life is a powerful coping skill. Resilient sports people such as golfer Greg Norman and former cricketer Shane Warne have the ability to segment their lives and prevent disappointment (in the case of Norman) or personal issues (in Warne's case) from impacting on their sporting performance. Somehow they park their HFD's for a time, and they revisit these issues when they choose.

Similarly, kids can be encouraged to park their HFD's for a time so that they can function normally and then revisit them when it suits. For instance, if something negative happens at recess at school they need to make sure that it doesn't spoil their whole day. They need to think about something else when they are in class and revisit their issue later on.

This strategy requires kids to distract themselves, think about something else and focus on the job at hand.

WHAT TO SAY: "Park your problems for a while."
"Don't let this wreck your day."

More Coping Strategies available in the next Newsletter