

PRESTON GIRLS SECONDARY COLLEGE

Parent Bulletin



Issue No. 15

21 OCTOBER 2009

From the principal

YEAR 12 BEST WISHES

This week our Year 12 girls are in their last week ever of secondary schooling. We are using this week to celebrate the girls' time at school as members of our community and to wish them well for the future—especially the next month of exams.

On Tuesday we hosted the first exams—with students from our school and others sitting for Arabic and Sinhalese language exams.

On **Thursday** the students have a 'fancy dress' day as they attend their last classes. This is being teamed with our 'Pink Day' fundraiser for Breast Cancer Research. Their very last day—**Friday**, begins with a celebration breakfast with staff and students in the VCE Study Centre. This will be followed with our **Celebration Farewell**.

Assembly run by the Year 12 students.

This assembly provides the opportunity for the girls to thank their school, friends and teachers as well as to recognise the key events and achievements which have been part of their schooling.

We wish all of the girls well for their exams, we are proud of their commitment to their studies this year and look forward to celebrating with them at the Year 12 Formal and the Graduation Celebration Awards night on the 17 December.

Mrs Judd
College Principal

KEY DATES—
Term 4

OCTOBER

22 October

Last Day for Year 12 classes

23 October

Year 12 Breakfast & Farewell Assembly

26–30 October

Year 9/10 Gold Coast Camp

30 October

Year 12 exams commence

NOVEMBER

3 November

Melbourne Cup Day



For information -

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MIDDLE SCHOOL NEWS

On the 9th and 10th October, the Middle School held a "Sleep Over for the Year 7s" and it was a success. We all had a great time: ate pizza, reached the top of the Eureka and saw the city landscape full of glittering lights, and then cruised from Williamstown to Malvern in the pursuit for the best ice cream. After midnight at school, we sang Happy Birthday and ate cake watching DVDs. All the students were up by 7.30 am the next morning (too early for the teachers) to eat breakfast, make origami objects and play ball games.

Thank you to all the Year 7 students and Jessy Fryer (the Year 11 Mentor student) for making this a fantastic event through their enthusiastic participation, and to the generous support of all staff, including those who attended.



On the 30th of October, we will host a "Harry Potter Get-together" in the library during lunch-time. This will be a time for all who have read the books and/or watched the films to get together to try a quiz, eat nibbles and exchange their thoughts on the stories. Hope to see your daughter participate and even dress up for this exciting event.

MS XANTHOPOULOS - MIDDLE SCHOOL LEADER

PGSC Produces Independent Thinkers Who Get Published!

Talented English student Sahar*** knows all about dealing with pressure for academic success. In her insightful essay entitled "Relax. We're Only Human" she takes the reader through what it's like to join the "frantic race on the academic treadmill" that is VCE. Sahar deftly depicts the different and sometimes conflicting messages that students are exposed to.

The Age newspaper was so impressed with Sahar's piece, they published it. Sahar's piece begins:

"You are not your ENTER. The huge poster with this message is plastered in the far left corner of the VCE common room. Behind the words a young girl smiles brightly..."

To read more, take the link to: <http://www.theage.com.au/national/education/relax-were-only-human-20090814-ekfz.html>

P.S. Sahar is right to defend the occasional lapse in student motivation, but as her English teacher I can attest it is somewhat ironic, since all year she and many of her colleagues have been nothing but utterly dedicated. Well done Sahar. **Alistair Forge, VCE English Teacher.**

STUDENT DIARIES FOR 2010

The College is introducing a new style of student diary for 2010. This new A4 size diary must be purchased by every student and will contain many pages required for their daily activities whilst at school. Some of these include;

- Four term calendars containing important dates for the year
- Permission form to undertake local excursions
- Permission to leave class forms
- The College Uniform Policy & Attendance policy
- 'Out of Uniform Passes'
- Goal Setting pages including Attendance and Learning goals
- Student Evaluations forms to be used during APL classes
- Student Self-Assessment pages to use during Student led Conferences.
- Various helpful student subject reference pages

Each student in the school will need to have their own copy of the college diary for use **on day one of school (February 1) 2010**. A generic diary purchased from outside the school will not be sufficient. Parents are requested to make payment of \$15 to the school this year so that at the beginning of the new school year each student can be given their copy to commence planned activities. Please do not hesitate to contact me should you have any queries regarding this new product.

Karen Eastlake, Assistant Principal

Body image - tips for parents

There are many ways that parents can foster positive body image and strong self-esteem in their children. If you are at all concerned about your child's body image, self-esteem or eating behaviours, consult with your doctor for information and referral.

Your body image is how you think and feel about your body, and what you imagine it looks like. This may have nothing to do with your actual appearance. Poor body image can have a range of negative effects, including disordered eating, depression, anxiety and low self-esteem.

Relationships and career choices can be seriously affected by low self-esteem. Feeling embarrassed about physical appearance can cause some people to stop exercising, because they don't want other people to see their bodies. A sedentary lifestyle leads to a host of health problems including increased risk of obesity and heart disease.

Be a good role model

The most influential role model in your child's life is you. Parents can encourage their children to feel good about themselves by showing them how it's done. For example: Children learn eating behaviours from their parents, so make sure you include plenty of fresh fruits, vegetables, lean meats, low fat dairy products and cereals in the family's diet. Go easy on takeaway, fried foods and sugary snacks.

- Don't crash diet. Don't encourage your child to crash diet either. Studies show that many young people think that crash dieting is a harmless and effective way to lose weight. Talk to your child about the dangers of crash dieting. Browse through the Better Health Channel articles for more information on this.
 - Accept your own body size and shape. Don't complain about 'ugly' body parts or, at least, don't share your opinions with your child.
 - Accept other people's body sizes and shapes. Don't put a lot of emphasis on physical appearances or your child will too. Instead, try to talk to your child about all the different aspects that make up a person, such as personality, skills and outlook on life.
 - Exercise regularly. Have at least one family activity per week that involves some kind of exercise; for example, bushwalking, dancing, playing backyard cricket, going for a walk or swimming.
- Be critical of media messages and images that promote thinness. Encourage your child to question and challenge Western society's narrow 'beauty ideal'.

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Get them into the exercise habit

Studies show that a person who appreciates what their body can do, rather than what it looks like, feels good about their body and tends to have higher self-esteem. Suggestions include:

- Make your family an active one. Exercise yourself and encourage your child from an early age to exercise right along with you. For example, take little ones for strolls in the pram. Once they're old enough, encourage them to walk part of the way.
- Emphasise fitness, health and enjoyment as the motivations for exercise rather than weight loss or weight management.
- Try to find a team sport they enjoy. Team sports encourage camaraderie, teamwork, competition and mastery of physical skills. A child who feels passionate about their sport is more likely to continue playing into adulthood.
- Regular exercise helps to maintain a healthy body weight. A known trigger of poor body image is being overweight.
- Be cautious of sports that have a strong emphasis on thinness - for example, gymnastics and ballet. Vulnerable children may feel pressured to lose weight

Help them feel confident about themselves

A strong sense of identity and self-worth are crucial to your child's self-esteem. Suggestions include:

- Encourage problem solving, expression of opinions and individuality.
- Teach your child various coping strategies to help them deal with life's challenges.
- Allow them to say 'no'. Encourage them to be assertive if they feel they have been mistreated.
- Listen to their concerns about body shape and appearance. Puberty, in particular, can be a worrying time. Reassure your child that their physical changes are normal and that everyone develops at different times and rates.
- Don't tease them about their weight, body shape or looks. Even seemingly friendly nicknames can be hurtful if they focus on some aspect of the child's appearance.
- Place value on their achievements, such as talents, skills and school grades.

Make your child feel they have an important role in the family; for example, give them age-appropriate household tasks. Tell them what a valuable contribution they make to the running of the house.

Talk to your school

Your child's school can be a positive environment that fosters healthy body image and self-esteem. Talk to your principal about any concerns you may have. Issues may include:

- Teasing about physical appearance is a known risk factor for poor body image. Make sure your school has an effective anti-bullying policy. If your child is being teased, contact the principal immediately.
- Peer pressure can contribute to poor body image if the peer group is concerned with physical appearance and thinness. Talk to the school about their body image programs.
- If you think your child is hanging out with a 'thin is in' crowd, try to arrange opportunities for them to mix with other children. Once again, team sports could be a valuable avenue, since the emphasis is on how the person plays, not what they look like.
- Self-conscious students may shy away from school sports because of the uniforms. If necessary, consult with your school on possible changes to make the sports uniforms less revealing or figure-hugging.

*PRESTON GIRLS SECONDARY
COLLEGE*

*INVITATION TO
YEAR 12 PARENTS/
STUDENTS*

*AWARDS CEREMONY & YEAR
12 GRADUATION*

*THURSDAY 17 DECEMBER 2009
7 P.M.*

*PRESTON TOWN HALL,
GOWER STREET, PRESTON*

*ALL GRADUATING STUDENTS
WILL BE PRESENTED WITH THEIR
VCE/VCAL CERTIFICATES*

*STUDENT DRESS CODE: SMART/
CASUAL—DRESS AS THOUGH YOU
ARE GOING FOR AN INTERVIEW*

