**Notes from our Counsellor**

By Lesley Adamson

In this era of relentless stress perhaps the biggest problems for many of us are fear and anxiety. Few of us can escape anxiety, and while many of us cope without too much trouble (and perhaps even view anxiety as contributing to success in life), others do not.

Fear is a natural and helpful alarm that alerts us to potentially dangerous situations - physical or social. Our brains create the fight or flight or freeze response that can be critical to our survival, and it is automatic. Different people approach a feared situation in different ways (depending on elements of the situation, our basic biology or temperament and our personal history). We are hard-wired for fear because it helps us respond to increase our chances of survival, but as human we also have unique characteristics that sometimes disrupt this primitive survival response and cause us stress.

Research shows that the number of people not coping with stress, whether from fear or anxiety, has increased and it may prevent them from reaching their full potential. Naturally, we want to help our children be the ones who do cope, in the best possible way.

We do not need to be confronted with real, immediate physical or social threats to feel fear. If we are completely absorbed in a book or watching a movie, we feel ourselves get scared and apprehensive, as the characters experience danger. The human mind is like a cinema that never closes – we can vividly imagine all sorts of potential threats and feared outcomes. Anxiety is a more subtle but chronic state, often disrupting our well-being.

Parents who want to help our children be the ones who do cope, in the best possible way. The following strategies may be helpful:

1. Identify the fear and break it down into small steps. Help your child do one small step at a time.
2. Help your child to relax. Deep breathing and progressive muscle relaxation can help.
3. Help your child to build confidence. Set small achievable goals and celebrate their success.
4. Help your child to challenge their negative thoughts. Help them to see that their fears are not based on reality.
5. Help your child to develop coping skills. This can include relaxation techniques, problem-solving skills, and positive self-talk.
6. Help your child to develop a support network. This can include family, friends, and professionals.

Children, who haven't learned to control their imaginations, are very susceptible to fear and anxiety, and their brains are often tricked into thinking that unexpected events are likely to occur. We need to teach children the difference between anxiety/worrying and fear, and problem solving. This can be difficult but increasingly, there are strategies available to deal with anxiety and fear. Please feel welcome to contact me at the school if you are concerned about your child suffering from anxiety and fear, so we can discuss strategies to help them.

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**People's Association (P&CA) News**

**School shoes**

Are your shoes safe?

Enforced leather uppers and sturdy soles are needed at school, in order to comply with School Health and Safety legislation.

If you are wearing shoes with fabric uppers and thin soles, your child might not be safe.

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**Regional Athletics report**

Last Friday 4 of our senior primary students travelled into Bruce. Canberra to the AIS Athletics Stadium representing Eurobodalla PSSA. They were:

- Kieran Davis for 12 yrs 100m and 200m sprints
- Hattie Cram for jnr girls discus and long jump
- Ben Castle for jnr boys shotput
- Cathy Shea for srn girls discus
- Ryder Howard for 200m sprints

It was a great day. All students tried their best and all purchased new lime green hoodies too. Hattie made the top 10 in South Coast Region for her throw in discus, which was her first achievement.

Mr Clarke was there as the girls discuss official for South Coast, which kept him very busy.

A photo from the day is overleaf. If parents who went along have more photos to share with us, please send them in so they can appear in next week’s newsletter.

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**Digital/photographic media workshop**

Last week Yr 9 and 10 digital and photographic media students enjoyed a workshop with local artist Kelly Sturgess. Kelly shared technical tips, and insights into the practice of a photographer and an array of her cameras. Kelly returns next term for a session of portraiture.

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### CALENDAR

<table>
<thead>
<tr>
<th>Term 3</th>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Week 8</td>
<td>31 August</td>
<td>1 September</td>
<td>2 September</td>
<td>3 September</td>
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<td>Week 9</td>
<td>7 September</td>
<td>8 September</td>
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<tr>
<td>Week 10</td>
<td>14 September</td>
<td>15 September</td>
<td>16 September</td>
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### CANTEEN ROSTER

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<tbody>
<tr>
<td>Week 8</td>
<td>Anne Hopkins</td>
<td>Kathy Pollett</td>
<td>Linda Lewis</td>
<td>Sharon Lee</td>
<td>Roy Buchanan</td>
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<tr>
<td>Week 9</td>
<td>Maureen Fawcett</td>
<td>Kathy Pollett</td>
<td>Linda Lewis</td>
<td>Lyn Rainforest</td>
<td>Roy Buchanan</td>
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<tr>
<td>Week 10</td>
<td>Sam Murray</td>
<td>Kathy Pollett</td>
<td>Linda Lewis</td>
<td>Sharon Lee</td>
<td>Helen Davys</td>
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### Upcoming Events
1. NAIDOC Celebrations and assembly from 10:00am—1 September
2. Father’s Day stall—1 September
3. P&C meeting—2 September
4. Yr 12 Graduation assembly and afternoon tea—3 September
5. Parent teacher evening—5 September
6. 10th HSC rescheduled local excursion
7. Father’s Day stall
8. NAIDOC Celebrations and assembly from 10:00am—1 September
9. Yr 12 Graduation assembly and afternoon tea—3 September
10. Parent teacher evening—5 September

### Touch Football

For more information contact Mark Green on 0418 999 368

### Working with Children certificate

will be given. Morning and afternoon shifts.

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### Menzies Property Services

Position Vacant

School Cleaners. Experience preferred but not essential as training will be given. Morning and afternoon shifts. Working with Children certificate is required. For more information contact Mark Green on 0418 999 368

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### 40 hour famine

All students who took part in the 40 hour famine recently are reminded to pay final amounts as soon as possible. You can still make a donation, by 31 August, by going to:


or contact the office to obtain another copy.

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### Central Australia Trip Information Evening

There will be an information session for all parents/carers of students attending the trip to Central Australia. Students are also encouraged to come along.

- **When:** Thursday 3 September (after Parent teacher evening)
- **Time:** 7pm
- **Where:** Library
- **Who:** All students going on the Central Australia Trip and their parents/carers

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### Notes that went out this week

1. Yr 7 and 8 Debating Zone finals
2. Amended Yr 10 Geography

If you have not received a copy of a note that is relevant to your child, please see the website:


or contact the office to obtain another copy.

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### Regional Athletics

Regional Athletics

### Mood Meter Program

Building emotional intelligence

Help your kids learn to manage their emotions, improve their mental health and be happy.

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