



# THE WAY

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## FROM THE ASSISTANT CHAPLAIN

### **Peace in the Pressure: A Word for Parents**

As the HSC examinations commence this week, many of our students and their families - are navigating a season of stress, uncertainty, and high expectations. Whether your child is sitting final exams, preparing for high school, or simply feeling the weight of change, this time can stir up anxiety and self-doubt.

For the first time as parents, my wife and I are experiencing all the highs and lows of Year 12, as our eldest daughter sits the HSC. For us, it feels somewhat like being on the back seat of a tandem bike. We are pedalling hard to help, yet have no control over the steering or the brakes!

In times like these, it's easy to feel powerless as a parent. We want to fix things, ease the pressure, and make the path smooth. But we have no ability to do so.

Thankfully, God's Word offers plenty of wisdom for how to cope in times of stress. One verse that gives us strength is:

*You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

**- Isaiah 26:3**

This isn't a promise that everything will go perfectly. It's a reminder that real, sustaining peace doesn't come from perfect circumstances. It comes from trust. When our minds are fixed on God, when we lean into His presence rather than our own performance, we find a calm that defies the

chaos.

So how do we help our children experience that peace?

- - **Speak life over them.** Remind them that their worth isn't measured by marks or rankings.
- - **Model calm.** Even when you're worried, your steady presence can be a refuge.
- - **Pray together.** A simple prayer before school or study can anchor the day.
- - **Celebrate effort, not just outcomes .** Honour the courage it takes to show up and try.

And for you, dear parent, don't forget to care for your own heart. God's peace is for you too. You're not alone in this journey. As a school community, we stand with you, and we're praying for every student and family walking through this season.

May you feel God's nearness in the pressure, and may His peace guard your heart and home.

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Assistant Chaplain

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