THE WAY

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FROM THE PRINCIPAL

It is hard to believe that we are already in Week 4. The term is moving ahead and there is a real sense of activity across the College. The swimming carnivals have been held and we are now preparing for parent teacher meetings.

This term we have opened a refreshed library space in the Senior School. The purpose is to make a more flexible and inviting area for our students to use for their learning. I am keen to build on last year's excellent HSC results through creating supportive learning spaces where students can complete homework and assessments with access to knowledgeable staff. The library will be used by our Year 12 students during their study periods. It is also open during lunch times for all senior school students to complete learning tasks. I also want to encourage families to consider using the after College Study Centre Mondays to Thursdays where we have tutors readily available to assist learning. Whilst the digital world is fast introducing AI programs there is no substitute for grappling with concepts and persevering through challenges. These spaces are designed to support the learning.

This is the very topic that Dr Justin Coulson addressed when he spoke to so many of you last Thursday evening. He talked about anxiety and young people. He explained that anxiety was a very normal part of life and that our young people need to experience it to grow. As parents we want to protect our children but too much protection and not enough struggle can be detrimental to their emotional health. If we want our children to develop character they need to persevere and go through some nervous moments, like studying or doing exams.

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Instead of focusing solely on fixing anxiety, Dr Coulson encouraged us to support children in embracing challenges, persisting when things feel difficult and recognising that growth often comes through discomfort - not despite it.

I have enjoyed watching the highlights from the recent Winter Olympics and this concept has been a central focus. The athletes experience disappointment. Some of them ended up with horrific injuries as part of the competition. What struck me most were those who managed their disappointment on an international stage. Australian athletes like Jakara Anthony and Scotty James showed remarkable humility and sportsmanship in the way they acknowledged and congratulated the athletes who were stronger than them on the day.

These athletes modelled what I hope our students will learn:

- - To try
- - To persevere
- - To risk disappointment

Character is revealed not when everything goes well, but when it doesn’t. And often when we are the most anxious.

> *Cast all your anxiety on him because he cares for you.*
> *- 1 Peter 5:7*

Mrs Karen Easton
Principal

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