THE WAY

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FROM THE HEAD OF SENIOR SCHOOL

Sport has long been viewed as a microcosm of life, but there are also striking parallels to be drawn between the field and the classroom. While attending the Senior School Athletics Carnival last Monday, I was struck by three particular lessons that apply just as much to academics as they do to athletics.

1. The Power of Support

It was inspiring to see how competitors with friends cheering loudly from the sidelines found an extra gear and performed better. Support in schoolwork from friends, teachers and family makes a similar difference. Encouraging words, sharing resources, explaining difficult concepts and having someone to help you "pick yourself up" after a setback makes the academic journey much easier. Does your child have a strong support network for their studies?

2. Focus on PBs, Not the Results of Others

In any race, there will always be someone faster, stronger, or able to jump or throw further. Even the "GOATs" (Greatest of All Time) eventually see their records broken. In the classroom, it can be discouraging to receive assessment results if you are constantly comparing yourself to those around you. It is far more productive and rewarding to aim for a Personal Best (PB). Growth is a marathon, not a sprint against your neighbour.

3. Persistence Pays Off

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In the 400-metre event, I watched one competitor take a massive lead in the first 200 metres. The other runners were a significant distance back, but they didn’t give up. By maintaining a steady, disciplined pace, they gradually closed the gap, and the runner who was in third place for most of the race ended up winning. Academic success follows the same logic: staying organized and distributing revision consistently over the whole year will always beat the "short burst" of cramming.

Finally, a congratulations to all those who attended and participated in what was a terrific day.

Mr Jason Corbett-Jones
Head of Senior School

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