



Mount Erin College

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Newsletter Term 2 – Issue 2: May 11th 2016

Principal's Report

Open Night this year was a wonderful showcase of the outstanding work of our students. Hundreds of prospective students and their families moved from room to room experiencing interactive activities in all subject areas. Student volunteers ran experiments, assisted with art projects, woodwork, food creations, music and drama performances and answered a huge number of questions about being a student at Mount Erin. Parents and students made many comments about how friendly and helpful the students were. They were impressed by how well the students spoke and how clearly they could explain the work they undertook. I thank all those students who were such terrific ambassadors for the College. Thanks also to all members of staff who made sure the evening reflected the high calibre of work that is done every day.

I had the great pleasure of attending the **Year 8 ASPIRE Evening** on Wednesday 4th of May. These awards are symbolically very significant and are held in high regard across the College. They provide us with the opportunity to recognise students who have exhibited the College values to a high level. The attributes that underpin our ASPIRE values: Adaptability, Social Awareness, Personal Best, Integrity, Responsibility and Excellence form the basis of a capable, reliable and committed young person, one who we expect will contribute to society in a positive manner. A number of students from each class were recognised and proudly accepted their trophies. Congratulations. We are proud of you.

The annual College **Cross Country** competition was held recently, and as seems to happen most years, it was a wet and windy day. That didn't stop our students from doing their best and while the group returning at the end of the day were a little damp, there had been some excellent performances. Well done to all those students who participated and to the staff who ensured the day ran smoothly.

Congratulations to Hailey L-P who was selected for the Under 18 Girls football team and has toured New Zealand. A great effort reflecting talent and dedication. Well done Hailey.

On Thursday 5th May, all Year 11 and 12 students attended the **Age Careers Expo** in Caulfield. This event is a really important one for our senior students, where they are able to look at a vast array of presentations from tertiary providers; Universities and TAFE Colleges from around the country. They have information on the many courses on offer and students get the chance to ask questions about what is involved, what the enrolment process entails, ATAR scores required and so on. The feedback from students was very positive. Thanks to Mrs Nimmo and the senior school staff for enabling students to attend.

Many parents whose children use the **School Bus Program**, will be aware that changes have occurred this term. The introduction of a new 57 seat bus on the 420 Pearcedale route, with standing no longer allowed, has meant the eligibility rules have had to be applied. The regulations governing the School Bus Program include very clear guidelines for eligibility for free travel. These guidelines have been developed by Public Transport Victoria, not the College. Mr Burgess, Assistant Principal, has worked tirelessly to support our families and has issued bus passes for all students. He is working with school families raising the transport issues with local members of Parliament. We will continue to keep the school community informed on this matter.

I am sad to announce the retirement of **Ian Hutcheson** from the College. Due to ill health, Ian made the decision to retire, as always, putting his students first. Ian has been at Mount Erin College for 10 years and has been a teacher for 45 years. This shows his incredible commitment and his love of the profession. He will be missed by the many students he has taught, both current and former, as well as by the staff, particularly his colleagues in the Indonesian Department. We wish him well for his recovery. A farewell and celebration of Ian and his time at the College is planned for early next term.

A reminder that we are establishing an **Environment and Grounds Committee** to work on the development of some of the outdoor areas around the school. We welcome any members of the College community willing to bring their

skills, equipment, plants, design ideas.... Please contact Michael Caspar through the General Office.

The College has completed both the new **Strategic Plan 2016 - 2019** and the **Annual Implementation Plan for 2016**. Both documents have been reviewed by our School Education Improvement Leader and reflect the close analysis of our performance over the period of the past Strategic Plan. The report from the Peer Review of the College's performance that was conducted in October last year has informed the priorities of the new plan. Support has also been gained from the DET priorities for all schools across Victoria, to improve student learning outcomes. The leadership structure of the College has been reviewed and all Leading Teacher positions have been redesigned to better support the priorities of the Strategic Plan.

The focus this year is on **building teaching practice excellence** to support every student to succeed. This means that the key work over 2016 is on developing curriculum that aligns with the new Victorian Curriculum to be implemented in 2017. It also means that small groups of teachers will work collaboratively to look at student achievement data, analysing it to better focus their teaching practice. Feedback to and from students about their learning will remain an important aspect of all teacher practice. A program of coaching for various levels of leaders in the College will be implemented to build their skills and confidence as educational leaders. We will be establishing a School Improvement Team to oversee the goals and priorities and ensure every member of staff is working to ensure improved outcomes for our students.

It has been a very busy and focused start to the year, but a very positive one. **Student lead assemblies and activities** indicate a real sense of ownership and pride in the school. Students representing the College in the wider community, whether at the ANZAC Day dawn service, the Peninsula Debating Association, sporting activities, work placements or when travelling on public transport, our students are proud of their school and the community is taking notice.

Karen Lee
Principal

ANZAC Day Assembly

On the 26th of April 2016, MESEM conducted an ANZAC Day assembly in which we respectfully remembered those who had made sacrifices for our great nation. Mrs Lee welcomed us and provided an overview of Australia's involvement in many wars including the Vietnam War, World War 1 and 2. We then proceeded with the Prayer of Remembrance which Cody M. delivered with great clarity.



As a special guest we had Mr Seaton Charles come from the Vietnam Veteran Association to speak at our assembly about his involvement in the Vietnam War. It was incredibly inspiring and interesting to learn about his experiences such as the fact he flew reconnaissance flight helicopters and small planes. It was such an honour and a privilege to hear from Mr Charles and we respectfully acknowledge his service.

We also heard from the captains Emma T. and Trish S. who spoke about what ANZAC Day means to them and then from Year 9 student Tom B. who read an amazing speech that he delivered at the Baxter Village ANZAC Day service. The involvement of students is a pleasant reminder that as the generations go on we will remember the sacrifices made for our freedom. Darcy T-H. and Jack L. gave a powerful performance of the song "I was only 19".

College captains, and also members of the Year 12 History Class, Mia R. and Shane W. had the great opportunity to speak at Frankston's Dawn Service on ANZAC Day with the speech that was written by the Year 12 History Class. They both were congratulated and thanked for their respectful behaviour and composed grace at both events.

All in all, it was a powerful reminder of the sacrifice many men and women made for our nations freedom and our nation's identity.

Lest We Forget.



ANZAC Day Dawn Service



On Anzac Day Dawn Service at the new War Memorial at Beauty Park, Mia R and Shane W of Year 12, delivered the main address to attendees. Mia and Shane delivered a moving speech that was written by the Year 12 Australian History Class of 2016.

Year 9 Community Mural Project with Kingsley Park Primary School

Year 9 Arts Academy students Tiahna B, Georgia B, Stephanie F, Tahlia M and Sara S are working with Art Teacher Ms Rebecca Gilbert from Kingsley Park Primary to create a community mural. The Mount Erin students designed an amazing mural and proposal that they presented to Ms Gilbert last week. The students will be asking the primary students to contribute to the development of the mural.

Baxter Village and Mount Erin College

Last month the Mount Erin Woodwind Ensemble played to an enthusiastic audience at Baxter Village. Dylan G, Danielle P and teacher Mr Kaighin played a variety of classical music at the beginning of the residents meeting. The performance was met with thunderous applause and requests for the students to return to perform again. Congratulations to the performers, they are excellent musicians and ambassadors for the school.

'There was movement at the station for the word has passed around...' Year 8-9 English Teacher Mr Gordon Manks will perform the poetry of A.B. Banjo Patterson for the residents of Baxter Village this month. Mr Manks is a seasoned performer in the art and traditions of oral storytelling and will open the residents meeting in May.

Deaf Education Centre (DEC) News

We would like to welcome Su-Rose McIntyre to our team. Su-Rose is a Teacher of the Deaf who has most recently been a Visiting Teacher of the Deaf in the North-East Region. She brings considerable experience and expertise to the Facility.

Our year 8 students took part in Medieval Day, to complete their topic in Humanities. There were costumes, projects, samples of food, models and lots of other activities that took place on the day. All topped off with a BBQ lunch.

Our Year 12's have been very focussed, as they continue their studies and complete SAC's (School Assessed Coursework) in all subjects. They are now close to being half-way through Year 12. Where has the time gone? Next week they will attend a drama presentation of "The Life of Galileo" which is the second study text this year.

On the 6th of May, we had some families from Pearcedale Primary School come for a tour of our school and DEC. Three of our Year 7 students enjoyed showing them around. It was great to meet the prospective students, introduce them to our school community and have morning tea together.

Did you know that butterflies are deaf? The butterfly is the symbol for the Deafness Foundation. We are selling beautiful butterfly badges for just \$2 to raise funds to support the work of the Deafness Foundation Victoria. Every little bit helps so please "Buy a butterfly."

Important DEC Dates:

June 14th – Australia Hearing Visit (last for term two)

September 13th – Deaf Sports Day

DEC Staff.

Year 12 Australian History

Michael M, Mia R, Vincent P, Matthew M and Anthony K try on outfits from WWI exhibition 'Australia Will Be There' at the Mornington Peninsula Regional Gallery. The 'Australia Will Be There' exhibition comprises historical photographs and personal stories, this exhibition presents the chronology of the First World War (1914–19). The Shrine of Remembrance sent an Education Officer to the Mornington Peninsula Regional Gallery to work with the students.



Upcoming Important Dates:

May 13th (Fri) – Submission Date for Applications for Enhanced Programs 2017 (4pm)

Staff Profile

Alex Robinson

Teacher of Humanities and Year Eight Co-ordinator

Describe your current role at Mount Erin College.

I am a teacher of year 8 and 9 Humanities as well as year 12 Business Studies and Legal Studies.

What is your background in education?

I have been teaching for twenty years, both in Australia and overseas. I have worked in Summer Camps as well as private schools.

Which things do you enjoy most about working at Mount Erin College?

Both the staff and the students have a positive attitude, with the belief that we can achieve great things. This is on a personal level as well as a whole school. I look forward to seeing just how much we all achieve this year.

What has been your highlight so far this year?

The most exciting thing so far was the Year eight camp, especially the fresh water mussels.

Tell us about your hobbies or passion outside of school.

I have always enjoyed my sport, and have played hockey for the past thirty five years, with much enthusiasm, and little skill. I have also always enjoyed spending time with the sea, swimming, diving, sailing or even just wandering along the beach.

Do you have a message you would like to share with the school community?

Never ask why you should not do a thing, think instead about the thing that you should do.

MESEM News

World's Shortest Garage Sale.



MESEM will be holding the World's Shortest Garage Sale at lunchtime Friday 17th June. All students, teachers, Baxter Village Residents and parents of the College are invited.

Here's how you can get involved:

1. Donate an item for us to sell.

2. Hire a table and sell your own goods (keeping the money yourself.)
3. Hire a table and a MESEM student sell your goods (keeping the money yourself.)
4. Bake us something to sell on the day.
5. Come along and snap up a bargain on the day.

Please note: there will only be second hand and baked goods for sale on the day. Parents will need to park in FBlock and enter by the external gym door.

MESEM students have voted the five following Balinese charities as the recipients of the funds we will raise at this event as well as Term Two's Free Dress Day and the Indonesian Sleepover: our sister school in Pemuteran, The Pemuteran Childrens' Foundation, The Reefseen Turtle Project, the Bali Animal Rescue Centre and a Balinese LGBTI charity.

Berita Indonesia- Indonesian News

There have been lots of wonderful things happening in Indonesian classes around the school recently- Year 7 and 8's enjoying the use of Quizlet in their curriculum, Year 10 preparing for their upcoming zoo trip and on Wednesday 20th April, the VCE Indonesian class, with some lucky Year 10's went to the Indonesian Film Festival at ACMI to see "Negeri 5 Menara" or "The Land of 5 Towers". We were treated to some traditional Indonesian dancing to begin the event and then enjoyed a great story of friendship and the diversity of Indonesia. Lunch was traditional Indonesian Cuisine at Nelayan Restaurant on Swanston Street before returning home to a busy Open Night evening. Our students, as always, were outstanding when out in the community and it's great to see them taking opportunities to immerse themselves in the Indonesian Community in Melbourne.



In addition, this term we are looking forward to welcoming Pak Ari from Malang as a language assistant in all Indonesian classrooms. Pak Ari is studying at university in Indonesia and also works as a language teacher. This is part of our association with The Ministry of Education and Culture of Indonesia through the Language Development and Cultivation Agency. We look forward to welcoming him to Mount Erin.



There are further opportunities to host Indonesian student throughout the year and learn more about this dynamic culture.

For further information about this please contact Jodie Linz (linz.jodie.j@edumail.vic.gov.au).

Other ways you can get involved include:

- Donating books for Ms Linz to take to our sister school and the Pemuteran Childrens' Foundation in July
- Involving yourself in the MESEM Charity events such as our Free Dress Day and the Indonesian sleepover which will raise money to donate to several other Balinese charities.

Selamat belajar di kelas Bahasa Indonesiamu!

Mrs Lombardi ☺

PSD Review

The Program for Student Disabilities Review Report has recently been released, along with DET's response to it.

The recommendations of the Review that are being considered by the government, but not yet accepted, are to do with developing a new funding model. Currently the costs associated with the assessment of students to determine eligibility for funding are significant. Often those students with the greatest educational needs miss out on funding. The proposal is to develop a "strength based approach" that determines students' learning and support needs. To develop such an assessment instrument that could be consistently and efficiently applied will be a challenge and will take time. It seems it is easy for those outside schools to be critical of practices within schools. My experience is that the vast majority of teachers, principals and schools promote practices that are "inclusive". Schools are always limited by their resources, but they work hard to optimize the opportunities of all students, both in the classroom and through co-curricula activities.

Over the years thousands of Victorian children with disabilities have been supported to achieve their potential through the work of dedicated teachers. Principals have found ways to make optimum use of very scarce resources.

Disabled children have learnt to "model" their behaviour on that of children in mainstream schools making their transition to other environments much easier for them. There has also been great benefit for all children who have experienced an educational environment that exposes them to students with different needs and talents.

SunSmart

SunSmart wants Victorian secondary schools to throw away the sun protection from May – August, when UV levels are lower. Throughout these months, Victorians are encouraged to get some sun exposure for vitamin D – important for the development and maintenance of healthy bones, muscles and overall health. From May to August in Victoria, sun protection is not recommended as UV levels are lower, so people are encouraged to be outdoors around midday each day, with some skin uncovered. Being physically active outdoors will also help the body to make vitamin D.

Sports Academy News

Alice Y. – 10B



Alice has successfully made it into the Top 30 players selected for the Victorian Basketball Team. She has participated in several tryouts to get this far. Good work Alice!

Blake E. – 9D



Blake has recently been selected out of 60 players to represent the Mornington Peninsula Cricket Association team to play over in England this June. Blake's team will be playing against variety of England Country sides and will be over in the UK for a month. Good work Blake!

Community News

Available from Deaf Ed Centre.

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Support the Deaf
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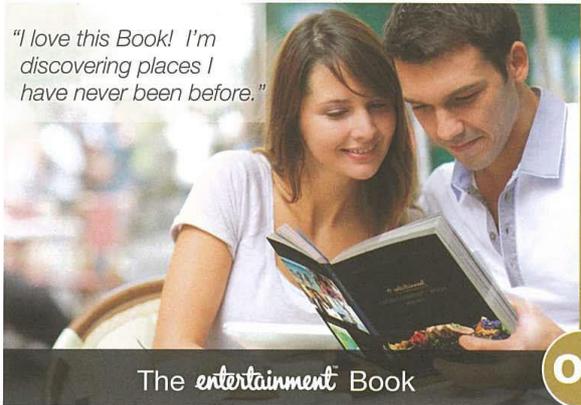
Deafness Foundation
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Pre- Purchase before 12th April 2016 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)

20% from every membership sold contributes to supporting Mount Erin College

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AG Melbourne City Flyer 2016:2017

Support Services for Alcohol and Other Drugs

If you or someone you know is affected by alcohol or other drugs (AOD), there is excellent support available. The Frankston and Mornington Peninsula Drug and Alcohol Services (FaMDAS) are the central intake point for all local AOD services. FaMDAS provides care that is tailored to meet the needs and preferences of the individual.

Services include:

- Initial assessment to tailor a treatment plan and identify needs
- Assistance with managing withdrawal symptoms when cutting down or stopping alcohol or drug use
- Counselling for a range of issues related to alcohol or other drug use. Counselling can be for the individual or family

In addition support can be offered via two peer support groups conducted at Community Health:

SHARE@Peninsula every Monday 11.00am – 12.30pm

SMART Recovery every Friday 11.00am – 12.30pm

Support can also be offered by additional services outside of Peninsula Health:

Family Drug Support: 1300 368 186 24/7

Family Drug Help: 1300 660 068

Direct Line 1800 888 236 24/7

For more information about FaMDAS or to make an appointment, please contact **1300 665 781**.



Peninsula
Health

Building a **Healthy**
Community, in Partnership

Most Likely To Succeed.



Nossal High School presents this Greg Whiteley film about the skills required of graduates in the 21st Century.

Thursday August 18

7:00pm - 8:30pm
followed by a discussion panel

Tickets: \$16.00* per person

\$11.00* per person for group bookings of 10 or more
(* all prices include GST)

<https://www.trybooking.com/LGIM>

Venue: Meath Auditorium

Nossal High School
Sir Gustav Nossal Boulevard
Berwick

See overleaf for more details



The 21st century is going to be all about building, creating and innovating. This remarkable film shows a path of how we can empower all of our children to do that.

SAL KHAN, KHAN ACADEMY



Student engagement plummets from 80% in primary school to less than 40% in high school. And the Lego Foundation reports that students lose more than 90% of their creative capacity during their school years.

Most Likely To Succeed

'Most Likely To Succeed' is a film about schooling - both its past and its future. The film inspires its audiences with a sense of purpose and possibility, and is bringing school communities together in re-imagining what our students and teachers are capable of doing. After seeing this film, you'll never look at school the same way again. The film, 'Most Likely To Succeed' is taking the educational world by storm and is a wonderful, eye-opening, professional learning opportunity.

For most of the last century, entry-level jobs were plentiful and university was an affordable path to a fulfilling career. That world no longer exists. This feature length documentary examines the history of education, revealing the growing shortcomings of our school model in today's innovative world. Directed by acclaimed documentarian Greg Whiteley, the film has been named "among the best edu-documentaries ever produced" by Education Week and was called a "smart and engaging look at education in 21st century" by The Hollywood Reporter. Film Trust stated that this film should be a required course for all parents and educators. 'Most Likely To Succeed' was an official selection of many of America's top film festivals, including the prestigious 2015 Sundance Film Festival and Tribeca Film Festival.

The education system has fallen behind business, technology and the world economy and is leaving many students unprepared for the 21st century. 'Most Likely To Succeed' explores how schools are failing children, leaving them unable to think critically, collaborate and contribute to an innovative economy. The skills that will save young people are creation and innovation. The film inspires viewers to consider the human consequences of education with the question, who do you want your child to be?

Director's Statement

If you had asked my wife and I few years ago to describe the ideal school for our two kids, I'd have probably said "the school that will get them into the best college." If you pressed me to get more specific about curriculum or what the teachers would be like, I would have probably cited some school with the highest test scores. Then I met Ted Dintersmith, who introduced me to Tony Wagner. Tony gave me a copy of his book 'The Global Achievement Gap' and it suddenly occurred to me that our school system - and the ways we assess it - have become obsolete. I knew the nation's schools were less than ideal, but I attributed their shortcomings to a general laziness, which caused America to trail behind China and India in Maths and Science scores. As a result, I was sympathetic to the notion that the school day ought to be lengthened, more homework ought to be required and teachers and administrators ought to be held more accountable for poor test scores. But after filming in well over one hundred classrooms across the US and speaking extensively with people like Ted, Tony, Thomas Friedman of the NY Times, Sal Khan of Khan Academy, Larry Page of Google and Sir Ken Robinson, my eyes began to open to what school could and should be. I can't express what a helpless feeling it was to be making this movie and then dropping my kids off at a school I was now convinced was wasting their time. I can't think of an issue more pressing or more personal than education.

Greg Whiteley - Director, Writer, Producer

'Most Likely To Succeed'
screening at Nossal High School at 7:00pm on Thursday 18 August
Tickets at <https://www.trybooking.com/LGIM>



Healthy lunchbox ideas

Try these tasty recipes and reward your kids with a delicious and healthy lunchbox treat!

Lunchbox pies (makes 6)

- 1½ cup frozen vegies (peas, carrots & corn)
- 100g lean ham cut into small pieces
- 5 eggs
- 1 cup grated low fat cheese
- 1 cup self-raising flour
- 1 tsp dried mixed herbs

- 1) Preheat an oven to 180C. Line a muffin pan with baking paper or muffin wrappers.
 - 2) Whisk eggs in a bowl. Add other ingredients and mix until well combined.
 - 3) Spoon the mixture into muffin pan and bake for 30min.
 - 4) Remove from oven and allow to cool.
- These can be served warm or refrigerated.



Tuna pasta salad (serves 4)

- 200g canned corn kernels (½ 400g can)
- 250g pasta (farfalle, penne, spirals, elbow, etc)
- 1 tomato, chopped in small pieces
- 1 carrot, grated
- 1 cucumber, chopped in small pieces
- 425g can tuna in oil

- 1) Cook pasta as per packet directions, drain and rinse with cold water
- 2) Add all other ingredients
- 3) Toss through until everything is mixed evenly and refrigerate until ready to serve

Serve salad in an air tight container and make sure you include an ice pack in the lunchbox to keep it cool.

For more recipes go to www.freshforkids.com.au.



Peninsula
Health

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Counselling Services

Peninsula Health provides counselling services through their community health sites in Frankston, Mornington, Hastings and Rosebud.

Counsellors (social workers and psychologists) will assist you to make positive changes in your life. We work with you to identify goals and find ways to tackle problems using the skills and resources you already have.

The counsellor does not judge, give advice, nor direct you to take a certain course of action, but will help you to find a better way to deal with your situation and to make your own decisions.

Counsellors can help with:

- Stress and anxiety
- Sadness and depression
- Grief and loss
- Managing chronic illness
- Dealing with trauma
- Family issues including family violence
- Personal relationships
- Parenting and child behaviour issues
- Separation issues
- Referral to other services



To book an appointment with the Peninsula Health Counselling Team, phone 1300 665 781.

Other services are also available to help with specific issues. Some suggestions are listed below:

- Relationship counselling – Relationships Australia 5990 1900, Family Life 9770 0341 or Life works 9783 7611
- SECASA for sexual assault including Crisis Response Line 9594 2289 (business hours), 1800 806 292 (after hours)
- Lifeline 13 11 14 (24 hours)
- Parentline 13 22 89
- Child Protection DHS – 1300 655 795
- Women's' Family Violence crisis support: 9789 4658 (Frankston WAYSS), 5971 9594 (Mornington Peninsula PFV Service), 1800 015 188 (After Hours Crisis Service)
- Mental Health Triage 9784 7192 (business hours), 1300 792 977 (all hours)



**Peninsula
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Tackling anxiety in young people

Dear Parents and Carers,

I've recently stumbled across a number of brilliant articles about anxiety and how to support children who suffer from it. One of the most important points that I keep reading is that anxiety is more common than we think. Research shows that as many as one in eight children struggle with anxiety of varying degrees.

Anxiety is a normal response to something dangerous or stressful, but it becomes a problem when it appears at unexpected times and overwhelms. Anxiety makes kids feel awful and can manifest as headaches, stomach pain, sleeplessness and other unexplained illnesses, which commonly leads to missing school.

Anxiety can affect anyone, and has nothing to do with academic ability, social skills or strength of character.

The other key point is that quite often anxiety can strike without any identifiable causes.

Fortunately, there are a number of strategies and available resources that are effective in treating anxiety in young people. Below are just a few do's and don'ts that might be helpful if you know a young person having difficulties with anxiety:

DO.....

Normalise anxiety. Explain that anxiety is normal and common. It affects lots of children and adults. Sometimes we know what causes it and sometimes we don't.

Explain anxiety. Talk about what anxiety can feel like, why we get it and what it can do to our body (sweating, tense muscles, increase in heart rate and breathing, sickness, dry throat, dizziness or confusion).

Create a calming down checklist. Create a step by step list of strategies that help calm your child down. This could include breathing techniques, calming or even humorous visualisation, exercise, listening to music, occupying the brain, or positive self-talk. Trial and regularly practise different strategies to discover what works. Even model these strategies yourself.

Practise Mindfulness. Mindfulness can provide relief from stress and anxiety. Start by downloading the free Smiling Minds App.

Work on a positive mindset. Support your child to switch their mindset from what could go wrong or what if something happens, to what is likely going to occur. Focus on positive experiences from the past and ask the question "what evidence do you have that makes you think that?" The "what went well" question at the end of the day will also help your child focus on the positives and develop optimism. Encourage your child to turn negative thoughts to positive ones.

Empathise.

Learn the signs of an oncoming anxiety attack. Early intervention can help reduce the severity of an anxiety attack. Work with your child so they can identify these signs too.

DONT.....

Ignore or waive off anxiety. Statements such as don't worry, you'll be fine and there's nothing to worry about are not going to help. Children with anxiety have real worries and simply cannot stop worrying. Statements like these can make the child think that there is something wrong with them.

Avoid all situations that cause anxiety. Avoiding anxiety can make things worse in the long run. Set goals to safely and comfortably familiarise your child with those triggers that can cause anxiety.