A note from Middle Years Leadership

In Middle Years our pastoral care program is called Catalyst as a catalyst is a trigger or agent for change. Creating a focus on how and what we can change is vitally important during adolescence when things may seem increasingly out of control or simply outside of a young person’s area of control. To this end we have consistently focussed on the creation of an “Attitude of Gratitude” this year in our Catalyst program.

Research shows that maintaining a positive outlook or an attitude of gratitude or just simply ‘looking on the bright side of life’, will not only improve your emotional wellbeing but will also improve your physical health and in turn your willingness and capacity to be actively involved in the world around you. When the world feels as though it is rapidly changing, as is the case during adolescence it is easy to feel powerless and overwhelmed. The simplest remedy for these feelings is to take a moment each day to reflect on something positive, for no matter how bad the day or difficult the moment, it is always possible to find something to be grateful for.

“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.” Buddha

We remind students daily of gratitude by expressing our thanks for the things students do. We have begun acknowledging the ‘Random Acts of Kindness’ that occur by entering students into a ‘Caught in the Act (of something good) draw at each assembly. In Building 13 we are encouraging our students to add to the Gratitude Garden by writing something they are grateful for on the leaves of the tree and on the flowers. In Building 20 we have displays of great work completed by students.

There are many activities we can include in our daily lives either as an individual or as a family that will improve and grow an “Attitude of Gratitude”, here are just a few to consider.

1. Gratitude Journal - everyday list the things for which you are grateful. Start with just one or two. You will soon see that your list is much longer than you expected.
2. Gratitude Rock - find a rock (any small object really) that feels good in your hand. Name it your ‘gratitude rock’; carry it with you like your keys and phone. The idea is to remember and say “Thank You” for something in your life, each time you touch or see the rock.
3. Gratitude Beads - Collect a short string of unique beads, and give significance to each one. As you run your fingers through them, with each bead, think of one thing you are grateful for.
4. Wheel of Gratitude - make a visual map of who and what you are grateful for in your life and display it somewhere that you will see it regularly – on the fridge, in the car, at your desk, on the wall in your bedroom – and add words to describe how you feel about each aspect of your life.
5. Gratitude Diet - download an app that sends you daily gratitude quotes or find a series of motivational and gratitude driven speeches or videos on YouTube and watch one each day. Remember, the healthier our minds, the healthier our bodies will be and these two aspects together can only create greater happiness.

Kathleen Hoare
Executive Leader (Years 7-12)
THE UNIFORM SHOP

Delivery of MOC Trackpants has been delayed. Notice will be in the newsletter when they arrive. Thank you.

OPENING HOURS
Monday 2.30 - 4.30pm
Wednesday 8.30 - 10am
Thursday 8.30 - 10am

MEET THE STAFF

Steve Prior
“My name is Steve Prior. I am 41 this year and have a gorgeous little two year old daughter named Monique and another child on the way in late November with my partner Michelle. I’ve been working as a teacher for the last 5 years now, predominantly at Paraowie R-12 teaching PE and PLP. I have a sporting background in cricket, football and karate. Sport has allowed me to develop a wide range of fitness exercises. The club is open to anyone who is interested and wants to improve their fitness level. If there are any boys who are interested, please see Mr. Ames or Mr. Meier for a permission slip.

Angela Saxby & Jessica Williams

THE YEAR 8’S AMAZING RACE

Term 2 has seen the start of the Year 8 Home Group Challenges. The challenges aim to bring the students together to learn how to work as a successful team. Communication, resilience and leadership skills are the key focus points for the challenges and aim to give students opportunities to learn skills required in the workplace. Keep an eye out on the Middle Years Facebook page for weekly updates on results and standings as the home groups fight it out.

Nathan Elliott - Senior Leader

EFFECTIVE COMMUNICATION - Turning BIG issues into small ones!

One of the strategies we use in the Middle Years at MOC to help our students to deal with issues is to encourage them to talk it through. Often students will have feelings of frustration, anger and sadness but are still developing the skills to deal with those big emotions. Sometimes they will display those big emotions by shouting, screaming or arguing. Encouraging them to talk calmly about their issue can help stabilise their emotions and help find a solution to the problem. Communicating with adolescents can be very difficult! Brainstorming solutions together, choosing what issues are important to argue about and acknowledging their feelings can all help ensure even negative communication can end up as a positive.

The following website contains more useful information to help family communication:

Kylie Christians - Leader (Learning and Well Being)

ENGLISH / HISTORY

Throughout the Year 9 cohort we have been learning about World War One. In History, we have based our research around the battle fronts and started an assignment on the five areas of conflict during war. Throughout the Year 9 cohort we have been learning about World War One. In History, we have based our research around the battle fronts and started an assignment on the five areas of conflict during war. Then, through speech in English, students will use prior knowledge from History to present an A to Z documentary about the war. Students have been deeply engaged with their learning this term and are reaching the higher order thinking aspects of their learning.

Kirsty Williams & Caitlin Hilliard

COLLEGE WELLBEING

‘GROW UP SMILING’ AT MOC

This program is now nearing an end. I am anticipating that it will continue in 2016. A very big thank you needs to be given to all staff who supported this program, either directly or indirectly.

EYE TESTING

In Term 3, eye tests will be coming to MOC – WATCH (HA! HA!) this space!

Maryjane Tenison Woods
(Coordinator of College Well Being)
maryjane.tenisonwoods@moc.sa.edu.au
or 82091600 (ask for Maryjane)

REMINDER: UNIFORM IS NOT OPTIONAL

Students are required to wear full school uniform. A full range of items is currently available for purchase in the uniform shop and the new track pants can be pre-ordered now. Students not in uniform will be required to remain in Building 20 during break times and will not be permitted to engage in any outside of class activities.

If you have difficulty with purchasing uniform please contact a member of the Leadership Team.

Kathleen Hoare - Executive Leader (Years 7-12)

SCIENCE & MATHS

In Year 8 Science we have been learning about Elements, Compounds and Mixtures. This means that we have been able to perform some experiments such as the flame test, where students were able to change the colour of a flame using different chemicals. Students have also looked at the chemical make up of some simple molecules.

Angela Saxby & Jessica Williams

MIDDLE YEARS LEADERSHIP

Kathleen Hoare
Executive Leader (Years 7-12)
E: Kathleen.Hoare@moc.sa.edu.au

Nathan Elliott
Senior Leader

Kate Eadsforth
Senior Leader (Learning and iMOC)

Kylie Christians
Leader (Learning and Well Being)

Janna Lewis
Leader (Learning and Year 9)

www.facebook.com/MOCMiddleYears

This event is an opportunity for friends, family or workmates to come together, share a cuppa and some delicious food, and help those affected by cancer.

MOC is hosting a morning tea on Thursday 28th May from 10.30 – 11.30 in the Resource Centre. Adults are asked to donate $2 and family groups $3. The funds raised from the event help the Cancer Council save lives through the prevention, early detection and treatment of cancer.

Their vision is to minimise the threat of cancer through successful prevention, best treatment, support and research.

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Kylie Christians - Leader (Learning and Well Being)

HPE

The Physical Education challenge is back again for Term 2. This term, students are completing a circuit designed to improve fitness and develop a range of muscle groups. Students are required to work for 40 seconds with a 20 second break between stations. Stations the students complete include pushups, sit ups, resistance bands, sprints, wall sits and planks. The level of participation has been great and there are many students who are already improving on scores from previous week.

Students who work hard to show improvement during the term will be awarded with a trip to the Elizabeth Aquadome to participate in a fitness class.

Boys’ fitness has been added to the after school program this term. Each week, there will be a different focus with a wide range of fitness exercises. The club is open to anyone who is interested and wants to improve their fitness level. If there are any boys who are interested, please see Mr. Ames or Mr. Meier for a permission slip.

Matt Ames

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