As we enter the last stage of the school year we ask our students to reflect on many aspects of their journey throughout 2015. It is very important that we teach children the importance of goal setting and provide them with useful strategies to use to set their own goals. These goals and strategies can apply to all aspects of their lives; personal, financial, spiritual, work and educational.

One of the strategies we use to support the reflection stage of goal setting is the use of VIA Character Strengths. There are 24 Character Strengths that fall into 6 categories:

1. Wisdom and Knowledge – Cognitive strengths that entail the acquisition and use of knowledge
   - Creativity, Curiosity, Judgment, Love of Learning and Perspective
2. Courage – Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal
   - Bravery, Persistence, Honesty and Zest
3. Humanity - Interpersonal strengths that involve tending and befriending others
   - Love, Kindness and Social Intelligence
4. Justice - Civic strengths that underlie healthy community life
   - Teamwork, Fairness and Leadership
5. Temperance – Strengths that protect against excess
   - Forgiveness, Humility, Prudence and Self-Regulation
6. Transcendence - Strengths that forge connections to the larger universe and provide meaning
   - Appreciation of Beauty and Excellence, Gratitude, Hope, Humour and Spirituality

The character strengths provide a very sound scaffold or ladder for children to use to determine what goals to set and also what they need to focus on to reach their goal. For example, if you are talking to your children about financial goals, for example saving up for something special, then the strengths of persistence, perspective and self-regulation would be ideal to focus on.

This term in the Middle Years we have set up a Strengths Wall where staff can highlight students individual strengths by adding photos that portray particular strengths students have demonstrated.

Every week we also focus on one strength across the college and this is highlighted daily through the bulletin where all kinds of images about that strength are displayed.

Why is this important?
Educating children is not only about providing knowledge of the world around us but also about our own place within this world. In order to understand where we fit, we must first determine who we are and what we stand for. The VIA Character Strengths provide teachers and students with a common language through which they can construct meaning around what makes a good person and why we should all strive to be better people. It is about educating the heart as well as the mind.

For more information and to discover what your own character strengths are visit http://www.viacharacter.org/www/Character-Strengths/VIA-Classification and take the free survey. Sharing your own survey results would be a fabulous way to start a conversation with your child about their strengths and the ones they have focussed on to set some goals.

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Executive Leader (Years 7-12)
MIDDLE YEARS LEADERSHIP

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Leader (Learning and Year 8)

www.facebook.com/MOCMiddleYears

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

SENIOR LEADER – Nathan Elliott

Understanding differences
One of the biggest challenges for adolescents growing up is the need to work with, and get along with, a large number of different people. For some students this can result in a number of negative behaviours, including arguing, bullying and fighting. One of our big focuses in the Middle Years is to encourage everyone to take a step back and consider things from the other person’s perspective. Whilst we may not always understand why someone chooses to behave the way they do, there is always a reason behind it. If we are able to accept that others will react and behave in a different manner to how we would as individuals, we will be able to work together with less conflict. In order to have peaceful relationships we need to accept and appreciate differences. If we can work on improving this aspect of our behaviour we will have a far happier and positive community to learn within.

YR 8 COORDINATOR – Matt Ames

As the final term rolls around, I think it’s important that students realise that there are still 8 weeks left of school and they need to continue to work hard to produce outstanding work this term. I know that a lot of Year 8 students worked hard last term to achieve good results and I look forward to celebrating their success this week at the assembly. The number of students who receive A grades in their subjects is always increasing and I hope this term is no different.

This term will see the all Year 8 students go on an excursion for Science and Civics and Citizenship. Students will be visiting the Museum and Parliament House in Adelaide. This excursion will give the students an opportunity to apply knowledge learnt in class in context and will be beneficial in deepening their understanding. Notes and permission slips will make their way home soon- please be on the lookout for them.

Term 4 sees the return of hot weather and I want to remind everyone of the uniform policy. Short shorts and multi-coloured shorts will not be tolerated and students will be challenged if they’re wearing them. If you require and assistance in purchasing the uniform, please see Kylie Christians or myself and we will be happy to help out.

YR 9 COORDINATOR – Janna Lewis

iTrack is The Smith Families online mentoring program offered to students in Year 10. The aim of iTrack is to support and inform students who are beginning to develop their post school plans by matching them with active members of the workforce who can offer encouragement, advice and share the benefit of their working life experiences.

iTrack mentors provide support by helping students to further develop their self-esteem and confidence. They provide information about the workplace and study options, which can enhance students’ school to work transition. Mentoring takes place at school, online through secured and monitored Smith Family chat rooms.

All students receive full training and support from The Smith Family along the way. The program is run over two terms in the 2016 school year. Year 9 students who showed an interest in the program for next year attended an information session on Friday the 16th October.

If you would like any further information regarding the iTrack program please call Nathan Rennie at The Smith Family on 8252 7071 or janna lewis on 98209 1600.

YEAR 8 Civics and Citizenship – Brett Meier

This term, students are studying Civics and Citizenship. We are learning about different types of government, how governments are structured in Australia and how governments are elected. We are currently working on creating an election of our own, complete with parties, candidates, policies, an electoral commission and a short campaign. The winners of each class election will have the opportunity to campaign for victory in an overall Year 8 vote – who will win the seat of Ames?

SUBJECT CONTRIBUTION – Samara Churchett

In Music this term, 7C students are exploring body percussion and using the MadPad App on their iPads to create spooky halloween pieces. 9C students have been composing a class percussion piece to perform later this term and are learning about one of the most influential song forms of the 20th century, the Blues, leading into a songwriting project for PBL.

8B are exploring Digital Technologies during Term 4. They will be investigating the components of computers and using new technologies to code and program digital solutions to problems using circuits and coding languages. (Pictured: Year 9C students rehearsing their class percussion composition)

SUBJECT CONTRIBUTION – Year 9 Science

In Term 4, Year 9 students in Science are investigating the topic of Disease. Students have learnt about the various roles bacteria play in our everyday lives, as well as how our Immune System protects the body from pathogens. In the photos, students are shown carrying out a laboratory investigation to support or disprove a hypothesis they developed regarding bacteria growth on common objects around the school, and before and after washing their hands.

SUBJECT CONTRIBUTION – Home Economics, Rebecca Ramm

This is Year 8 Home Economics, cooking up ‘Chicken and Mushroom Dumplings’.

WELL BEING AT MOC

These initiatives are for the benefit of our students. If their physical health is improved – so too will their opportunities for better learning!

Eyes – OneSight will be at MOC Friday October 30th (Week 3) Term 4 to provide the free vision screening. The Opticians will be working out of Room 2.10. There will be a roster drawn up when numbers are finalised, and your child will know the approximate time by the end of Tuesday October 27th. (There will be notices to help the Early Years students find their way.)

As the charity foundation of the Luxottica Group (OPSM, Sunglass Hut, Laubman and Pankl), OneSight provides free eye care and glasses to low socioeconomic and remote communities, and have been doing so in Australia for 25 years. OneSight’s eye care program is free and there is no obligation.

Teeth – The Dentists are here in the school this week as well working out of the Building 2 Staff Office area. Parents should have received appointment times already.

The Character Strength focus for Week 3 is CREATIVITY, ORIGINALITY and INGENUITY. This means that you often think of new ways to do things. This also means that you are prepared to try to think of better ways of doing things.

Maryjane Tension Woods – Coordinator of College Well Being