Welcome to the Principal's newsletter for weeks 7 and 8. There have been plenty of activities happening at the school over the past fortnight. I’d like to thank the following dedicated staff who have been working hard to make great opportunities available for our students: Kim Walter (school photo coordinator), Anna Bonney and Michelle deLacy (Kirby Bentley Cup Football Carnival), Geoff Poole (student council Induction Day), Julie Hawke (Women in Leadership Forum) and Sam Haclin and Jazmin Parker who are about to head off on the Quiet Lion Tour to Thailand.

2019 SCHOOL PHOTOS
On Tuesday and Wednesday this week, Fotoworks staff were at the school to take photos of students. Students were photographed by faction in their year groups – these photos will appear in the school’s year magazine, Jumbunna, due for publication at the end of the year. In addition, every student had an individual portrait taken. This year we managed to take photos of all VET groups over the two days. If you didn’t hand an envelope order in on the photo days you can still order photos from Fotoworks directly. School has a record of every student’s “shoot key”. You can ring the school on 90719 555 and ask for the key, then contact Fotoworks on 9244 8211.

SCOOT MOPED SAFETY TALK
For a young person to gain access to a motorised vehicle is a welcome progression/unshackling (albeit unsettling for parents) in the transition to adulthood. Esperance has a uniquely high number of moped users, many of whom use a moped as their means of transport to and from Esperance Senior High School.

To accommodate this trend and facilitate safety for all road users, ESHS has implemented a range of strategies. For those who want to park a vehicle at school a permit must be obtained via Mr Duffy. Moped riders must also attend a moped safety session presented by Jill Fitzpatrick (SDERA Regional Coordinator, Garry Wilson (Senior Regional Officer, Department of Transport DOT), Paul Mack (Esperance Driver Training and Assessing) and Officers from the Police.

Approximately 30 students attended the first of these sessions on Thursday 28th March. Take home messages included:

- Share the road respectfully and responsibly
- Get a lesson/s from a professional before attempting the PDA
- Practise, practise, practise
- Wear approved helmet, cover up and be seen
- Maintain a road worthy scooter
- Enjoy your new independence and stay safe

Fun Fact - 90% will fail first test if not taught correctly!

This is the last newsletter for the term. Next term we welcome back Cathy Bamblett as Principal. Other staff will revert to their normal duties. Thanks to Paul Jefferies for standing in as Deputy Principal and Lydia Ryan for standing in as the Follow the Dream Coordinator. Please see attached an article that may be of interest to parents/carers regarding 'Helping teenagers achieve sustained school success!'

SPEAKING OUT SURVEY – COMMISSIONER FOR CHILDREN AND YOUNG PEOPLE
The Commissioner for Children and Young People is asking students from year 4 to year 12 in schools across WA for their views on matters that affect their wellbeing and would like your child to take part.

Esperance Senior High School has agreed to take part in this important survey and students will be randomly selected to participate. If your child is selected, you will receive information via email and printed hardcopy handed to your child. It is up to you and your child to decide whether to take part. You are completely free to say yes or no.

Who is the Commissioner for Children and Young People?
Colin Pettit is the Commissioner for Children and Young People. The Commissioner is independent and works to improve the wellbeing of all children and young people in WA.

What will my child be asked to do?
If your child is selected and chooses to take part, they will be asked to complete a 30-45 minute survey on a tablet. This will take about 60 minutes of their regular class time.

Your child will be asked questions about their background and a range of issues that are important to their wellbeing such as their health, family, friendships, school, involvement in community and cultural activities and safety.

Will people know what my child says?
Your child will not be asked to provide their name, so it will not be possible to identify any individual child from their survey responses.

All information will be stored securely and can only be accessed by a restricted number of the Commissioner’s staff or researchers from the Telethon Kids Institute who are helping the Commissioner by analysing the responses collected.

Who can I contact for more information?
If you would like to speak to someone at the school about the arrangements on the day of the survey, please contact Principal, Mr Ken Duffy for more information.

If you would like to read more about the Speaking Out Survey or the Commissioner’s work visit our website at www.ccyp.wa.gov.au.

PROGRESS REPORTS AND PARENT-TEACHER EVENINGS
This term, Lower School Progress Reports will be emailed out to parents today, Friday, 29th March and Upper School Progress Reports on Tuesday, 4th April. If you do not have email connectivity to the school, reports will be handed to your child at school.

You will also receive another email with instructions on how to book an appointment online with your child's/children's teachers via the school's website and a map of the school showing where the interviews will be conducted. Parent-Teacher Evenings will be held on Thursday, 4th April and Monday, 8th April, commencing at 5:30pm and finishing at 8pm on both nights. Appointments are made online using the school's online booking system, which can be found under the "News/Events" tab at the top of the school's webpage at www.esperanceshs.wa.edu.au. Appointments are now available to be made online.
Parents/carers who do not have website access can ring the School Library on 9071 9620 to make an appointment, or come in and visit the Library and we will help you book your appointments on a library computer.

**MATHEMATICIAN OF THE WEEK**
Liah Bawdon of year 8 has been awarded Mathematician of the Week. She was nominated by her Maths teacher, Mr Danny Smyth for always doing her best, showing initiative in completing extra Mathematics work for homework to improve her understanding and helping the teacher when required. On behalf of the Mathematics Department I would like to congratulate Liah on her hard work and dedication to Maths.

*Michael Zani - Head of Mathematics*

**KIRBY BENTLEY CUP FOOTBALL CARNIVAL**
On Saturday the 23rd of March, eight Esperance Girls Academy students from years 8 and 9 joined with Wongutha Caps students and entered a Goldfields team in the 2019 Kirby Bentley Cup Football Carnival at David Grays Arena in Mandurah. Tahlia Lewis, Zaleema Bourne, Shianne Bullen, Aeishah Muir, Micka Sim, Quawsian Thompson, Madison Riley and Mikayla Lawrence represented Esperance Girls Academy. The girls played fiercely and showed off their amazing football skills. Our Goldfields team made it to the semi-finals and finished fourth in their division. Well done, girls; what a fantastic effort!

**DOUG MURRAY SCHOLARSHIP**
In Esperance, Reverand Doug Murray was a leader in education and provided a great service to his community, which included setting up our Residential College. Doug was Principal of ESHS for 23 years, from 1969 to1991. His vision helped develop and establish Esperance Farm Training Centre, with a hands-on approach to educating our youth, long before the Education Department made Vocational Education and Training a priority.

Reverand Murray was also the longest serving member of the School Farm's Agricultural Advisory Committee in Esperance and across Western Australia. He was recognised in 2010 when he was awarded an Order of Australia Medal for service to the Anglican Church in Australia, and to the community of Esperance.
As a small way of acknowledging Doug’s contributions to our school community and to say thank you for his support and hard work, the School Farm established the Doug Murray Scholarship. This is an annual award presented to a year 12 student who has displayed the qualities personified by Doug Murray and who has a similar commitment to Agriculture Education.

This year we are pleased to announce that we have joint winners who will share the scholarship. Congratulations to Aiden Plumb and Jackson Adley.

**ATAR AND CERTIFICATE II IN AGRICULTURE 2019**

We are very excited to offer Esperance Senior High School students the opportunity to complete a Certificate II in Agriculture and still be eligible to obtain an ATAR without having to leave the Esperance community.

This is a great course for anyone interested in pursuing a career in the Agriculture Industry or Agribusiness studies at University. Students can attain an ATAR (and WACE) while also completing a Certificate II in Agriculture.

Students can select from the following ATAR subjects: English, Mathematics Applications, Human Biology, Biology, Geography or Economics. These subjects are completed at the high school campus, then students travel out to Esperance Farm Training Centre one day a week to complete the practical components of their certificate qualification.

This year we have Denham Rooney and Thomas Knight enrolled in the course. They have been working with livestock and learning how to operate the machinery on site. They are currently learning fencing skills by constructing new fence lines at the school farm.

Also, just a quick farm update. We have had a very busy start to the year with two new staff members; Crystal Henderson, our new farm manager and Teagun Klun a new Technical officer, both are settling in well and doing a great job.

So far we have crutched, drenched and back-lined over 550 sheep, and pregnant tested the ewes. Good news is they are pregnant and there is good rate of twins so we are hoping for a successful lambing season.

Our beautiful Red Angus cows are calving daily, so it is an exciting time for the staff and students. After some rain, we are about to enter our cropping phase, with spraying to start soon.

It has been a busy term for us with the Wagin Woolorama, excursion to a sheep stud and the Brunswick Cattle camp on now.

Our upper school students have started doing there Certificate II in Agriculture and most of them have arranged their work placement. Our new cohort of year 10s are slowly adjusting to farm life.

*From Danny Pollard - Head of Department - Agriculture*
STUDENT COUNCIL INDUCTION DAY
Recently the Student Councillors underwent their induction and planning session at the Shire chambers. After spending some time looking at the characteristics associated with effective leadership and teamwork, the Council’s office bearers were elected.

Congratulations to the following students who were elected to the following positions – Caitlin Zanker (Chairperson), Anna Smith (Deputy Chair), Zoe Maccan (Secretary), Dana Sharpe (Treasurer), Tea Johnston and Keely Johnston (Publicity Officers) and Lucia Esposito and Brechto Bezuidenhout (School Board).

The remainder of the day was devoted to coming to grips with meeting procedures and planning for some of the activities that the Council wants to carry out in the near future.

Mr Poole thanked the Shire for the use of their facilities and Mrs Ryan for her assistance on the day.

WOMEN'S LEADERSHIP FORUM
Over 50 people attended the Women’s Leadership Forum at the Esperance Senior High School library on Thursday, 28th March. It was an outstanding grand finale to the International Women’s Day Campaign run throughout March by the Girls Leadership Project. The theme was gender equity and innovative ways to close some of those gaps.

Guest speakers Vicky Williams, Leanne Cassam and Casey Rowe all provided insight into where their inspiration comes from and what their passions are. All three are strong supporters of women in education and women in leadership, particularly young women.

“If I can leave you with one important thing, it is to be true to you. Do what you enjoy and you will be awesome at it.” - Leanne Cassam

“All women should support other women, every chance we get we must help, support or promote another girl or another woman.” - Vicky Williams

“I think that equality is important because if everyone has the same opportunities, even if everyone’s experience of those opportunities are different, everyone has the chance to make something of that.”

Tea Johnston and Alanna Foster, event emcees, said the day was a huge success. Alanna said “I was really nervous to speak but I did very well. Now that it is over I feel really proud of myself because I have not done public speaking like that before. All of the girls did a really good job.”

The Girls Leadership Project will be running a schoolgirls conference all about leadership and body image as well as a leadership camp by the end of the year.

INTERSCHOOL SWIMMING CARNIVAL - THURSDAY 4TH APRIL TO FRIDAY 5TH APRIL
The Great Southern Schools Swimming Carnival will be held at the Albany Aquatic Leisure Centre. Last year the format changed, with the competition being in the form of a ‘Twilight Carnival’.

The carnival starts on Thursday, 4th April at 1:30pm and concludes at 4:30pm. The team will leave from Esperance Senior High School at 6:30am on Thursday, 4th April and return to the school on Friday, 5th April at 1pm, after leaving Albany at 7:15am.

Good luck to all our competitors!
YEAR 7, 8 AND 10 IMMUNISATION
I will be conducting an immunisation program for our year 7 and 8 students in April and for the year 10 students in term 2. If you wish to have your child immunised at this time, please make sure you have completed and returned your permission form to the Front Office as soon as possible.

If you have any queries regarding this please do not hesitate to contact our school nurse on 9071 9555.

FOR SALE BY TENDER
ESPERANCE SENIOR HIGH SCHOOL

Items:
• Metal Lathe - Power: 10A, Model: Hafco Metalmaster AL320
• Slide Compound Mitre Saw – Power: 10A, Model: Makita LS1212
• Sheetmetal Guillotine – Power: 10A, Model: Fiora G 800 – 1.6G
• Manual Panbrake, Model: Fiora PB – 1.6G
• Pedestal Drill Press, Model: Brobo Waldown SUPLR18
• Metal Bandsaw, Model: PYH TCBS – 712AJ
• Metal Bandsaw - Power: 3 phase
• Router, Model: Makita 3612BR
• Scroll Saw, Model: Excalibur CTEX-21CEB (2 x available)
• Kiln, Model: 30A

You can view these items on Monday 1st April 1:30pm – 3:00pm and Tuesday 2nd April from 1:30 to 2:20pm at the Design and Technology Shed, Doug Murray Drive.

Tender forms available from the front office of the High School, or by emailing Esperance.SHS. Finance@education.wa.edu.au.

If you have any queries in regards to the above items, please contact Daniel Seinor on 90719555. Tenders close 3pm Friday 5th April 2019.
I’m pleased to report that most year 10 students appear to have started the year well. Overall, attendance is good and it is pleasing to have so many students, parents and carers supplying notes etc. to explain absences.

As I pointed out in my previous newsletter, it is particularly helpful when parents and carers keep the school (and myself) informed as to any situations that may be affecting a student’s conduct and/or performance. Already this term, I have been able to assist in a number of instances where circumstances have had an adverse effect on students’ capacity to perform.

Sheanna Toner drawing in Art.

Kalon Gibson lino cutting in Art

Caleb Nelson lino cutting in Art
Online Literacy and Numeracy Assessment (OLNA) testing

Over the last three weeks, a large number of year 10 students have been sitting the Online Literacy and Numeracy Assessment (OLNA) tests. It is now a requirement of secondary graduation (WACE) that students pass each component by the end of year 12. The school has been very pleased with the attendance at these assessments and with the students’ conduct and attitude in giving their best effort.

Year 10 Meeting

At last week’s year 10 meeting, I encouraged all students to be doing their best at all times. It’s a given that not every student can be the top student of their class, but they can all be trying their hardest. The effort that students put into their work is as important – if not more important sometimes – than their actual performance.

At the same meeting, I also explained to the students that the selection process for places on the Universities Camp to Perth in August would include looking at students’ academic performance during Semester 1.

School Website

All parents and carers – and students – should be aware that on the school’s Internet page, in the section headed ‘Student Information’, there is an area titled ‘Careers and Further Study’.

It is here that parents/carers and students can find links to over 70 websites that offer information on topics such as further study options (e.g. University and TAFEWA), employment, specific careers, and apprenticeships and traineeships. As well, there are links to school documents regarding lower school options, upper school pathways, and templates for resumes and cover letters. It is never too early for students to be thinking about what options they might like to have when it comes time to leave school.
Interim Progress Reports
Finally, a reminder that Interim Progress Reports are being issued by email on Friday 29th March, and with these Reports there is information on how to book appointments for the Parent/Teacher Nights. These are being held on Thursday, April 4th and Monday April 8th (5:30pm – 8:00pm). I encourage all parents/carers to take this opportunity to meet with their child’s teachers.

Please do not hesitate to contact me to discuss any matter relating to your child’s schooling and/or well-being.

Geoff Poole
Year 10 Coordinator
(08) 9071 9555 or geoff.poole@education.wa.edu.au
It is pleasing to see how well most students have settled into the year in terms of engagement, behaviour and adherence to the school’s attendance procedures. A lot more is required of year 11 students than previously during year 10. Students are expected to develop a much more mature approach towards their education and begin taking responsibility for their own learning achievement. More specifically, this means that students:

- Attend all classes on time and are only absent for genuine medical reasons.
- Complete any work missed as a result of an absence as soon as possible.
- Come to class prepared and organised.
- Engage in all learning activities in class and complete assigned homework.
- Establish an effective after-school study routine to complement understanding of coursework.
- Adhere to the requirements of the Upper School Assessment Policy.
- Model exemplary behaviour at school at all times.

Some of our Certificate II in Building and Construction students putting their skills into practice in the Trades Training Centre.

They include Billy Beecroft, Casey Cruttenden, Clayton Barlow, Eli Jefferies, Felicity Roelofs, Joseph Buckley, Lewis Fitzpatrick, Liam Baines, and Matty Moloney.
As parents/carers, you can support your child in a number of ways. Research shows that a student’s engagement in upper school is influenced by the value families place on school, as well as their expectations and ambitions for a child’s future.

Parents/carers may not know how to solve quadratic equations or the difference between the endocrine system and the nervous system, but when parents/carers create an environment at home that supports learning, it influences how children learn, more than direct participation with the subjects they are studying.

- Aim to provide an encouraging and supportive home learning environment.
- Keep connections and communication, such as email and Connect, open with teachers and support staff in school.
- Discuss aspirations and expectations for upper school studies and future achievement.
- Balance support for tasks such as homework or study with the need for independence and other parts of life such as sport or work.
- Be sensitive to how teenagers want to be more independent, while giving them structure and support.
- Value education and show that you do.
- Be interested and help to explore post school options and pathways.

Interim Progress Reports

Progress report will be emailed home April 2nd. Parents/carers, and their children, should be able to see important indicators on a number of factors, including the appropriateness of the subjects that students have selected and how well they have adapted to the workload that comes with being in Upper School, especially for those students who have selected the ATAR (university) pathway. Any student who has a ‘4’ or a ‘5’ for their progress rating in any of their subjects should be having urgent discussions with their subject teacher to ascertain what it is that needs to be done to get their rating up to ‘3’ or above.

Finally, some important dates to remember:

- Tuesday 2nd April – Year 11-12 Progress Reports
- Thursday 4th and Monday 8th April – Parent Nights
- Saturday 4th May – School Ball
- Tuesday 4th to Wednesday 12th June – Year 11 Exams.

Please do not hesitate to contact me to discuss any matter relating to your child’s schooling. You can contact me at the school on 90719555 or by emailing me at peter.turner@education.wa.edu.au

Peter Turner

Year 11 Coordinator
Mindfulness Presentation
At the start of this week I met with the year 12 cohort. The emphasis was about succeeding but also staying happy. In particular, it was about students being able to look back at the end of the year and being happy that they gave year 12 their best shot. This meeting proceeded from a presentation given by Mrs Leanne Cassam to the Year 12 Australian Tertiary Admissions Rank (ATAR) students about mindfulness. The theory behind mindfulness is that you create time to be in the ‘here and now’.

The process takes five minutes and involves stopping what you are doing to create a sense of calmness. Hopefully, those students who have been slow to start are getting into that headspace and work space where they are prepared to do all they can to achieve the best results possible.

University Bound Students
Earlier this term the students who are bound for university received information about their predicted ATARs. This information has hopefully inspired them to do the best that they can. I reiterated the point the one factor they have control over is their own performance and, as a result, their final ATAR score.

Interim Progress Reports
Progress reports will be distributed this week. There will be Parent / Teacher nights on Thursday, April 4th and Monday, April 8th. I know from looking through these reports that a lot of ATAR teachers want to have meetings with parents. Appointments should be made using the online booking system, which can be found under the ‘Events’ tab at the top of the school’s webpage (www.esperanceshs.wa.edu.au).

VET Students
I encourage the VET students to stay on top of their work. It is essential they maintain high standards at both school and their work placements. They are eligible to finish their time at High School at the end of term 3 if their work is all completed. Already eight of the 30 weeks have passed. Students who are thinking about taking on an apprenticeship should see me as soon as possible.
Tess Adams works on the biomechanical principles of a dig pass, fed by Jazmyne Wynn, in their General Physical Education Studies class.

Chloe Parker, Hannah Sladden and Cameron Grant test their cooking skills on a Trangia stove in General Outdoor Education.

UWA Representative Visit
Parents/carers might also like to know that a representative from the University of Western Australia (UWA) visited the school on Thursday, March 14th to present information on what students need to do if they want to study dentistry, medicine, podiatry or pharmacy at UWA. The students who attended this presentation should now have a very clear understanding of the requirements for entry into these courses. This may include the University Clinical Aptitude Test (UCAT) later on in the year. Interested students have also been given information about applying for the Curtin University UCAT scholarship.

Student Councillors
Congratulations to the following year 12 students who were elected into Student Council positions at the recent Induction day - Caitlin Zanker (Chair), Anna Smith (Deputy Chair), Zoe Maccan (Secretary), Dana Sharpe (Treasurer), Keely Johnston (one of the Publicity Officers) and Lucia Esposito (School Board Representative). The day was a great success and should contribute to the school having an efficient and effective Student Council.

Ball Committee Meetings
The Ball committee has been meeting regularly with Mr Geoff Poole and plans are well underway for what should be a great night. Students (and parents/carers) are reminded that there are a number of conditions that are associated with being eligible to go to the Ball, including satisfactory attendance and academic progress. Please contact me if you think there might be an issue.

Brett Landers
Year 12 Coordinator
(08) 9071 9555 or at Brett.B.Landers@education.wa.edu.au
Hi Parents and Carers

On the last day of term, Friday 12th April, it is the School Faction Athletics Carnival. It’s a fun day of dressing up, with strong competition and fun participation with crazy novelty events.

Parents/carers are very welcome to attend!

The P&C will be running ....

- a Sausage Sizzle to feed many hungry bellies
- a Slushy or Snow Cone machine to cool the kids down
- a Parent/Carer Café, a great place to meet up and enjoy a treat.

If you would like to help for an hour or so, please contact Helen 0478 213 232.

Our amazing canteen has hot and cold food available to purchase every day!

Thursday’s $5 nachos are very popular!
Can order with sour cream! Yum!

Lots of gluten-free and dairy-free options.

HOW?
- Our Canteen Menu is on our Facebook group “Esperance SHS P&C Association” >Files
- or on the school website www.esperanceshs.wa.edu.au/canteen
- Place specific orders at the canteen from 8am each morning or
- Online at www.quickcliq.com.au (where FIRST BREAK = recess SECOND BREAK = lunch)
- Purchase from a selection of food before school from 8am, at recess or at lunch time

The P&C is responsible for the canteen and all profits are channelled to our students.

P&C CONTACT
Helen Staer
Vice President ESHS P&C
M: 0478 213 232

We are a friendly, welcoming group. Please come to our next P&C meeting!

Meetings are held once a term on the second Tuesday of the month during term time in the staffroom. Park in front of the school office. The staffroom is at the back left hand side of the office building.
The secondary school year is well and truly underway and thousands of teenagers (and their parents) across the country are settling in for a full year ahead. For some this marks the beginning of an entirely new stage in their schooling, while others are buckling in for another year of academic rigor. The following are a few tips to help you and your young person navigate the year ahead.

1. Communicate with school
Communication with the school is important in aiding a successful school year for your teenager. Familiarise yourself with the names of your child’s subject teachers, year level coordinator and pastoral care/homeroom teacher. If your child has any specific learning or behavioral issues it is important to share these with their teachers at the outset. Don’t assume that information will be passed on from previous teachers.

Be sure to communicate early any concerns you have regarding your teen’s experience at school. As a secondary teacher myself, I can’t stress enough the importance of parents letting us know of issues before they become big problems. We can only deal with information you share with us.

It can be annoying wading through the mountain of communication that arrives home via your teen’s schoolbag or your inbox, however it is important that you read such communication. Have a dedicated place for keeping incoming and outgoing forms. Note important term dates, sports days, excursions and camps in your diary and on a family calendar visible to all.

2. Organisation tools to support success
We like to believe our teenager will naturally develop strong organisational skills and be a self-motivated young person. However this is not often the case. As parents we often need to model organisation tools and strategies.

Ensure your child uses his or her school diary on a daily basis to record homework, assessment tasks and tests. Take a look at it regularly and ask questions if there are weeks of blank pages.

3. Create and support a homework plan
Many teenagers find homework an inconvenience. However, if homework is set for your teenager it is better to set them up for success rather than ignore the issue. Ensure your child has a well-lit space where they can complete homework each night, ensuring they also have the tools they need. Ensure their social media devices are somewhere else and keep healthy snacks at the ready. Encourage your teenager to get into the habit of creating a ‘to do’ list to keep them focused on two or three tasks in a session.
4. Encourage your teen to find their spark
The school year is long and can be exhausting at times, and it is not the be-all and end-all. Encourage your teenager to find their spark by being involved in non-academic activities that bring them joy. Examples are sports, music, dance, art or anything else they have a passion for. Having an interest outside of school that encourages socialising and developing friendships is also great for resilience.

5. Prepare for a successful day ahead
Preparing for a successful day starts with getting plenty of sleep. This is becoming increasing difficult as an unprecedented number of teenagers are reporting sleep issues as a concern. Most teenagers require 8 to 10 hours of sleep each night, but many report getting less than 5.

Young people often lack the self-control to avoid engaging online when they should be sleeping. One strategy for improving this situation, which may require you to develop your ‘digital spine’, is removing internet-enabled devices from the bedroom. Insist devices are placed in a central charging area in the home, away from bedrooms, at a nominated time each evening. Many teenagers also benefit from developing a pre-sleep routine such as reading a (paper) book or magazine half an hour before bed, having a warm bath or shower and/or a warm milk drink. If sleep continues to be an issue, it would be worth a visit to your local GP for a consultation to rule out any underlying issues.

The best way to set the scene for a successful day ahead is to ensure your teenager eats a healthy breakfast and takes a nutritious and balanced lunch with plenty of healthy snacks to keep their brain focused throughout the day.

6. Make time to chat about school
Finally, keep the lines of communication open with your teenager about their school experiences. While you may be met with an awkward grunt when you ask about their day at school, don’t give up on asking. Often a teenager will chat more in the car or in a café. Keep reminding your child that you are always available to listen – listening being the crucial point here. Many adolescents don’t want you to fix their concerns but they may need you to just listen.

Talk about the positive experiences you had during your own high school years and reassure your teen that it will go by quicker than they can imagine.

Sharon Witt
Sharon Witt has been immersed in teen world for over two decades in her role as a Secondary teacher, Author and Presenter. Sharon is one of Australia’s leading book authors for young people. She has written 12 books for young people to help guide them through many of the issues they face in early years and help them develop key strategies in building resilience. www.sharonwitt.com.au