Principal’s Column

The weeks are passing very quickly and it will be the end of the year before we know it. We ask all parents to start planning for 2015 (if you haven’t already done so). Items that may need your attention are

- New uniforms
- New school shoes – black joggers are best
- Booklists
- Student Resource Scheme payments
- Swimming payments for Years 1 and 2 for Term 1 2015 (more information coming soon)
- Notification to the office if your child won’t be in attendance at the beginning of 2015. We need this in writing with an expected date of return. This enables us to leave your child enrolled and ensures we receive the necessary resources for their education
- Collection of any medications held at school for your child at the end of the year and a review of their Health/Action Plan(s) for next year

Thank you to all parents for attending to their items in advance.

School Council

Are you looking for a way to be involved in our school? Maybe our School Council is for you. Jane Catterall has been serving on our School Council for two years and must now step down from her position in accordance with School Council guidelines. We are therefore looking for nominations from parents for a replacement. If you are interested please call the office for more information and you can collect a Nomination Form from the office staff.

The School Council meets four times per year. Nominations will be voted on at our next School Council in December.

Japanese School Trip

Last week I had the great pleasure of accompanying four Year 6 and 7 students (Faith Roche, Byron Little, Logan Gray and Zac Seagg) to Tokyo. The children attended Sagami Women’s University Elementary School and were accommodated in a homestay program. They were treated to a calligraphy class, a Kabuki class and a tea ceremony class as well as took active roles in the English program. They also attended Art, Science, Music and PE classes in Japanese.

During the week I was continuously complimented on their behaviour, manners and settled approach to a new experience. As a result, we have been invited back again in 2015. I will be discussing this with current Year 5 classes over the next couple of weeks. Next year’s trip will be in late November and Sagami School is hoping we will take a much bigger group.

Reports

Teachers are currently preparing students’ end of year reports. This is a time consuming process as teachers work to mark all assessment and make considered judgements about the progress each child has made. They also spend a lot of time moderating student work with each other to ensure that they are making common judgements across all the classes in each year level.

Reports will be sent home on Wednesday 10 December.

Year 7 Reports will be distributed on Monday 8 December before the Swimming Carnival and the Year 7 Camp.

End of Year Preparations

Please keep an eye on the Dates for your Diary section below as we start to ramp up the preparations for 2015. There are many things for parents to remember and do in Term 4 and we try to send as many reminders as we can.
Are you leaving us?

We are sorry to see you go… please let the office know if your child will be leaving our school at the end of the year.

Until next fortnight …

Gwen

Dates for your diary

Keep an eye on the calendar in Schoolzine (our newsletter service) and on the website. All important dates and changes are recorded there.

Here are a few things coming up:

- Friday 21 November – last day to order uniforms for January 2015 delivery
- Tuesday 25 November – 5.30 p.m. Parent Information Session for parents of Preps starting school in 2015
- Thursday 27 November – 6.00 p.m. P&C Meeting
- Thursday 4 December – Year 6 and 7 Graduation Ceremony and Awards Night
- Friday 5 December – Years 4-7 Swimming Carnival (some Year 3 students also attend this event)
- Monday 8 December – Year 7 Reports distributed
- Wednesday 10 December – End of Year Reports are distributed
- Thursday 9 December – Class Party Day
- Friday 12 December – Last day of Term 4 – clean up and moving day
- Friday 12 December – Last day to make SRS payments – $100
- Friday 19 December – Last day to order Book Lists from Office Max for delivery in the holidays
- School Office reopens on Tuesday 20 January 2015
- Meet your Teacher Afternoon Friday 23 January 2015 1.45 p.m.
- First day of Term 1 2015 Tuesday 27 January 2015

Download the QSchools App and get these updates and more to your smartphone or tablet. See http://data.qld.gov.au/about/app/qschools-app.html for more details.

Deputy Principal’s Column

We had 18 students who were short-listed to be Student Leaders for 2015. They all spoke from the heart and with so much enthusiasm last Thursday and the Year 4 to 7 students cast their votes. Mr Foxover and Mrs Cathcart then formally interviewed each student. The impromptu suggestions and responses to the questions were incredible. If you are a parent of one of these children you should feel very proud of them. This year we have decided to reduce the number of student leaders to six so as to make the position more manageable.

School Student Leaders 2015

We had 18 students who were short-listed to be Student Leaders for 2015. They all spoke from the heart and with so much enthusiasm last Thursday and the Year 4 to 7 students cast their votes. Mr Foxover and Mrs Cathcart then formally interviewed each student. The impromptu suggestions and responses to the questions were incredible. If you are a parent of one of these children you should feel very proud of them. This year we have decided to reduce the number of student leaders to six so as to make the position more manageable.

The final six Student Leaders will be announced and presented with their badges on Assembly 28 November. All parents and carers are invited to attend the Ceremony.

Giving Tree in School Office Foyer

The Student Leaders have been decorating the school office with a beautiful tree for the Festive Season. If you would like to donate a present that the Coolum Salvation Army will collect and distribute to families in need, please place it under the tree.

The presents must be new and unwrapped. Often the teenage children are forgotten, so an iTunes card or something similar would be much appreciated. Lieutenant Martin Herring will collect all the gifts on Monday 8 December.

Access to the School

The only access to the school is via The Avenue entrance. Although there is a track leading down from the back of the ISC, it has been deemed unsafe for Pedestrians due to the steep gravel surface. There is also no alternative access over the school fences.

Coolum High School Orientation Day

All future Coolum High School Year 7 and 8 students will have the opportunity to attend an Orientation Day at Coolum High School 3 December.

Active After School Sports

Hip Hop: All students who are currently doing Hip Hop will have an extra lesson on Wednesday 26 November and they will then be performing on Assembly on 28 November.

Basketball: All students who are currently doing basketball will have an extra lesson on Monday 1 December.

2015

There will be no Active After School Sports in Term 1 2015.

A new organisation called ‘Sporting Schools’ will be replacing the AASC. At this stage we have no further information about how the new system will operate. Hopefully we will be offer a similar program in Semester 2, 2015.

Travel Smart Calendar 2015

Our school was thrilled to see three of our students’ beautiful drawings reproduced in the Sunshine Coast 2015 Travel Smart Calendar.
Congratulations go to Markela Georgas in 3WB who was the outright winner of the Junior Calendar. Markela’s picture appears on the front cover and she won a new bike helmet, which she will receive on Assembly on Friday 21 November.

Kiara Maroney in 3WB and Tiffany Johnston in 4S also had their artwork reproduced in the Calendar.

**COOLUM STATE HIGH SCHOOL – Junior Secondary 2015**

Coolum SHS invites **ALL** current Year 6 and 7 students and parents to the;

**2015 Year 7 & 8 Orientation Day**

**Wednesday 3 December 8.30 a.m. - 2.45 p.m.**

Coolum SHS Junior Secondary Block

Students are to arrange **own transport** to and from Coolum SHS on the day. Students are to bring along own lunch or can access the Coolum Cafe.

Parents are invited to a Coolum SHS Tour/Morning Tea from 8.30-10.00 a.m.

For more information contact Robbie Koch on (07) 5471 5333.

(See Coolum SHS ‘Junior Secondary Update’ newsletter distributed to all Year 6/7 students)

**Head of School**

**Remembrance Day**

Last Tuesday our school held our Remembrance Day Service. This service brought to mind the end of World War I, when the Armistice (ceasefire) came into effect at 11 a.m on 11 November 1918 across the Western Front. We remembered all those who fought and died for our country in all wars and armed conflicts. The students who led the ceremony spoke about symbols of remembrance – rosemary and poppies. They also read Lt-Col John McRae’s famous poem ‘In Flanders Fields’ and Laurence Binyon’s ‘The Ode’.

It was lovely to see nine different Year 6 and 7 students leading this service and also attending the Remembrance Day Service at Coolum-Peregian RSL with Mrs Cathcart, as all of our student leaders were attending their surfing lesson or on the Japan trip. I continue to be impressed by the willingness of all of our students, no matter their year level or whether they wear a leader’s badge or not, to step up and show their leadership qualities day in and day out in the things they do in our school. Well done, everyone!

**QPARENTS is coming in 2015**

As part of a state-wide pilot scheme, in 2015 our school will be providing parents with access to a new secure online parent portal called **QPARENTS**. The QPARENTS secure online portal is a web and mobile application that provides parents and legal guardians of Queensland state school students access to their child’s student information in one place. QPARENTS will allow parents to access their child’s student details, see their child’s attendance record, report absences and access invoices and payment details. These features will be progressively made available to parents as part of the state-wide trial.

Once registered, parents will be able to access their child’s student information anytime, anywhere securely online through their smart phone, tablet or computer. More information will be available to parents in 2015.

**Head Of School**

**Behaviour and Effort gradings**

Over Term Four our teachers have been carefully collating assessment data and results as they prepare your child’s report cards for Semester Two. Just as they draw on a range of formative and summative assessment to allocate an academic grade, they also use a detailed effort and behaviour matrix and guidelines to assist them with allocating grades for student behavioural results over this period.

At Peregian Springs we are very proud of the positive choices our students make every day and we believe all students should be aiming for an A rating for behaviour and effort throughout the year. The key indicators that reflect a high grading is where students have demonstrated excellent behaviour and effort independently and consistently throughout the semester.

In Semester One, 2014, 78% of our students received an A or B grading for their behaviour and it is with much enthusiasm we look towards results for the end of the year. We appreciate the support that our parents and community give to reinforce and promote our high expectations for behaviour. Any school that is producing results in line with this should be proud of it’s students, community and teachers.

**Cybersafety- how to screenshot**

As has been discussed in previous Newsletters, at Peregian Springs State School we are committed to ensuring our students, staff and parents have access to relevant and supportive Cybersafety education throughout the year.

It is important that we know procedures on how to deal with inappropriate texts, messages, posts or photos that may be received on a range of devices.
If you or your child receives or views an inappropriate message, photo or post, it is important that you capture it to assist in reporting it to the relevant person or authority.

A great site to take you step through step on how to screenshot on a variety of devices is http://www.take-a-screenshot.org/

Below are steps on how to screenshot on iphones, ipods, ipads, macs and window devices. Cybersafety is everybody’s responsibility.

Student Resource Scheme

These funds cover costs associated with art, cooking and other special activities including Mother’s Day, Father’s Day, Easter and other special events.

The Student Resource Scheme payment can be made at the school office or directly into the school bank account. PSSS is registered with Centrelink and you can arrange through the BSM to have payments deducted directly each fortnight from your nominated benefit. If you wish for this to happen please make an appointment to speak with the BSM Jill Hamilton.

Music Program

Strings lessons for 2015

Has your child has expressed interest in learning to play an instrument. The beginner String Program at Peregian Springs State School is the first opportunity for most students to study an instrument.

Our State Schools provides a broad range of musical experiences from Preparatory to Year 12, including a comprehensive classroom music program, tuition in most instruments, plus ensembles and choirs at primary and high school levels.

The benefits of belonging to our Instrumental Music Program are clearly seen in the academic progress and sociability of the students who are a part of this dynamic program. Children who study music from an early age can do better at a range of subjects such as maths, science, arts and language. They also learn that there are rewards from hard work, practice, and discipline. Children can also explore emotions through music, which may help them better understand who they are.

Lessons for students in grades 3–6 are held once a week for 30 minutes during regular school time and are open to students at all levels of proficiency, including the beginning level. These lessons are carried out in a group with others students. After reaching a suitable level of proficiency students will join the String Orchestra with a rehearsal once a week before school.

Students will have opportunities for performances and workshops during the year.

Tuition is free of charge, however there is a Music Resource Fee ($60) for all students to help with the purchase of new music resources. If hiring a school instrument there is an Instrument Hire Fee ($60) to help cover maintenance and replacement costs. Students will need to purchase a text book (approx. $25).
If you would like to nominate your child, please look for the form your child might get in class or see the office for a copy.

**Peter Rickert (String teacher)**

Applications are now open for students in Years 4 - 6 in 2015 to join the Wind/Brass/Percussion Instrumental Music Program. Forms are available from the office or from our Instrumental Music Teacher, Mrs Guest.

**Sharelle guest**

**Lost Valuables**

Various items of value have been found and handed in to the office during the year.

Many of these remain unclaimed.

If Parents know of an item of value that has been lost, please call in and check out our trinket box.

All items unclaimed by the end of the year will be sent to a charity.

**Representative News**

Congratulations to Ethan Williams who has turned his hand to athletics in the Rugby off season. Ethan recently qualified for the 4 x 100m sprint event at the upcoming State Titles in Brisbane on 13 December. He also won $100 and a gold medal for coming 1st in the 900m run and a bronze in the long jump at the weekend at the Noosa Gift. May have to hit him up for a loan. Congratulations Ethan.

Huge congratulations also to Amali Roberts who recently competed in the Queensland All Schools Aquathlon. An aquathlon is a run/swim/run (1km/200m/1km). Amali finished 60th out of 96 competitors in a cracking time of 15:04. She also finished 10th in the Sunshine Coast Division. This race is used as a selection race for Regional selection for the State Aquathlon in early 2015. Congratulations Amali! She will compete in the State Titles at Redcliff in February 2015. Not too bad considering most of the girls she raced were nearly 2 years older than her. Big things to come.

**Interschool Surf Carnival**

We have selected a very strong team of 24 athletes from Years 6 & 7 to compete at upcoming Noosa Surf Club School Surf Challenge on 1 December. Our team was selected from our school surf education program. Good luck!

**Catering For All Learners**

We hope you find the following article interesting and thought provoking....

**Shared through Pathways to Resilience Trust**

https://www.facebook.com/pathwaystoresilience

Children whose parents pay attention and tune in to their needs sense that they matter. As a result, they tend to have higher self-esteem, get along better with their peers, and adjust more easily to school than children who are not given the same level of healthy attention.

So how do you let go of perfect parenting and tune in to what’s best for your kids? Dr. Pierce has five tips.

**Be a positive mirror.** Much of a child’s self-image comes from how others perceive him or her. This is especially true of preschoolers, who learn about themselves from their parents’ reactions. ‘When you give your child positive reflections about strengths, skills, and talents, he or she learns to think well of him- or herself,’ commented Dr Pierce.

**Cheer on your child.** Every child needs encouragement to believe in him- or herself and to take risks and grow. Give your child opportunities to demonstrate special skills. It may be drawing or singing, doing a summersault, or making breakfast. Whatever the skill, give your child a chance to shine.

**Make a play date with your child.** Playing with your child sends a clear message: ‘You are worth my time. You are a valuable person.’ Play can help you learn about your child—his or her temperament and capabilities at each stage of development. ‘And the more interest you show in doing things with your child early on, the more interest your child is likely to have in doing things with you while growing up,’ said Dr. Pierce.

**Show trust.** One of the most powerful things you can do as a parent is to let your child know you believe in his or her abilities. ‘For example, when Bella offers to brush the dog, let her. But instead of micromanaging how she does it, say, “I trust you to do a great job,”’ explained Pierce. ‘This small gesture sends a power message to your child, a vote of confidence that says, “You can do it” and “You are capable.”

**Build healthy self-esteem.** One of the most important gifts you can give your children is the confidence they need to handle their own lives. Fostering this sense of independence can be achieved in small steps. Some that Dr. Pierce suggests include encouraging your kids to entertain themselves—without electronics. ‘Let them learn to play by themselves. Doing so will teach them self-reliance, foster creativity, and give them time for solo pursuits.’ Similarly, Dr. Pierce urges parents to let their kids take care of homework on their own. ‘Check for completion, but don’t correct mistakes. Teachers get better information when children do their own work, and children learn valuable lessons about maintaining focus and taking pride in their work.’

**Another suggestion.** Assign chores that are meaningful. ‘Teach your children to clean up after themselves, starting with their toys and their clothes. Show them how to organize and manage their belongings. This will help them appreciate the value of their possessions and foster a sense of personal responsibility and respect,’ said Dr. Pierce. ‘You’ll also help...”
them to recognize that the success of their family depends on everyone’s contribution.’

Your Special Education Program Staff Team:
Jane Thiselton, Hilary Dean, Janet Crow, Amanda Tinney, Melissa Martin, Maree Burgess, Natalie Trappett, Trillian Wansbrough and Jodie Dennis

Prep learning Enhancement News
As the end of the school year draws near, we are beginning to wrap up some of our successful learning enhancement programs that have been running throughout 2014. Our Prep students have had some wonderful support to kickstart their Peregian Springs school years including a perceptual motor program, an enrichment program, a learning support program (boost groups) and of course our successful Support A Talker Program. Congratulations to all of the students and volunteers who were involved in Support A Talker. Your hard work and genuine interest has been the mainstay of its success. Thank you also to our wonderful Prep Teacher Aides who have been involved in many of these programs. Your skills and dedication to our little springers is commendable!

Resource Centre News
Book Fair
A huge thank you to all the parents who have already supported our annual P&O fundraiser by buying raffle tickets and other items at the Book Fair in the Resource Centre. I hope that you have taken time to read the Wish Lists that your children have brought home. Thank you to Annie Grossman for supplying, yet again this year, a great array of books. It’s still not too late to buy something for a birthday, Christmas or just to celebrate your child’s love of literature and reading. All money raised goes to towards buying more books for the library.

The Book Fair is open until 4 p.m. this afternoon (Thursday 20 November) with international storyteller, Tanya Batt, entertaining students and signing copies of her book. It is $3 per student and that includes afternoon tea and a raffle ticket to win one of Tanya’s books. This Friday until 10 a.m. is your last chance to visit the Book Fair. The 50 winners of the raffle will be announced on assembly this Friday as well.

Because the amazing Kellie Butterworth (who still helped from a distance) returned to the classroom this year, the equally amazing Barb Hook stepped in to co-ordinate it. Barb ran the inaugural Book Fair in 2011 so she wasn’t a stranger to its organisation and she formed a triumvirate with Mercier Kopinsky and Brigid Blair. They have had a wonderful team of parent and student volunteers working alongside them: - Dawn, Jane Catterall, Tracey Upston, Nicole, Kerryn, Catherine, Lindy, Karen, Ros, Mieke, Krystal, Francesca, Emma, Lewis, Jess H. Alice, Gabbi, Elish, Trish, Adele and Damien.

Maree Johnson
Teacher-Librarian

Uniform Shop
Now is the time to start thinking about refreshing your child’s uniform for next year. The uniform shop is fully stocked and will be open every Wednesday 2.00 - 3.15 p.m. and Friday 8.30 - 9.30 a.m. until the end of term.

It will then re-open in January on the following days and times:

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Where possible please use Flexischools to order items as this will make collection much quicker. All orders placed over the Christmas period will be ready to collect on Tuesday 20 January between 9am and 11am.

Click on the following link to register or order: https://www.flexischools.com.au/

If you would like to bring your child in for a fitting please make a booking by clicking on the link below: https://peregiansss.sessionkeeper.com.au/

There will be 15 minute slots throughout each opening time. Families that have made a booking will take preference over families that just turn up on the day to try uniforms.

The uniform shop will open again on Tuesday 27 January between 8.30 and 9.30 and then return to normal opening times.

Please email me at uniforms@peregiansspringsss.eq.edu.au with any enquiries.

Thanks
Sonia Sheridan
Uniform Convenor

Partnership with Star Real Estate

Remember to mention our school if you or a friend is selling through Star so that our school can benefit from the $1000 donation when the property sells!

The donations will fund the building of adventure play equipment for our senior students.

Final Scholastic Book Club Orders for 2014

Issue 8 November Catalogues will be sent home next week. This is the final Book Club Order for this year.

Issue 8 Orders Due: Monday 1 December 2014

WE CANNOT ACCEPT LATE ORDERS ON THIS ISSUE AS THEY WILL NOT ARRIVE IN TIME FOR THE END OF THE SCHOOL YEAR.

Please fill out your order forms clearly, with your Student’s Name, class & a phone number.

Payments by Credit Card & Cheque are preferred; we except cash only for orders up to $10.

Books make a great Xmas gift. If you are ordering books as a special gift, and you do not wish it to be sent to your child’s class, please make a note of this and include your phone number so we can contact you to arrange collection.

Thank you again for your support.

Book Club Coordinator

P&C News

Well here we are, nearly at the end of another year, where did it go! I know the P&C had a very busy year organising some great events for the children; 2 fantastic discos, an eggsellent Easter Raffle, a Monster Mother’s Day Stall, the very successful ISC Grand Opening/Family Fun Day, the Cookie Dough Drive, Toy Catalogue orders and helping out with the Lap-a-thon.

All of these events required a lot of planning and lots of volunteers, so BIG THANK YOU TO EVERYBODY who helped out with these. If you didn’t find the time this year, don’t worry, there will be lots of opportunities next year. I know that the regular volunteers would love to see some new faces and I personally would really love some help planning future events, perhaps we could even have a Fundraising Committee next year!!!

We try to schedule all of our events at the beginning of the year, so they don’t clash with other planned activities, so if you have an idea that we could try next year please come along to the next P&C Meeting on 27 November at 6 p.m.

Ongoing ways to help our School

Entertainment book

The Entertainment Book is now available from our school, they are packed with lots of discount vouchers for local restaurants, attractions and more. There is one on display in the office and can be purchased from Elaine or ordered online via our special link https://www.entertainmentbook.com.au/orderbooks/22863s2

Discounted Movie Tickets

Purchase adult movie tickets from $10.50 and children’s tickets at $10.00 and help raise money for our school, please copy the above link into your browser, the school receives $1.00 per ticket purchased.

Sticky name labels

If you need to buy labels for your children’s books, Bright Star Kids Labels do provide the school with a donation for every order, so when you’re ready to purchase please try www.FDR000.brightstarkids.com.au or call 1300 668 997.

Book Covers

Needing Book Covers for the new school year, try these ones; EZ Covers are environmentally friendly, recyclable, reusable and only $1.20 each regardless of the size, plus the school receives 10c for every cover purchased.

http://www.ezcover.net.au/school_rebate.htm

Til next time
Dawn Shelton
Acting President

Tuckshop

PLEASE if there are ANY Super Fantastic Bakers out there that would love to bake the Tuckshop some homebaking, we would appreciate that!! Anything from Cookies to Cakes, Muffins or a Slice….Please list ingredients as we are completely nut free!!
Student Celebrations

These girls are all part of the Sunshine Coast Youth Theatre and participated in different areas of competition at their spring challenge held at the J theatre in Noosa last weekend. Some danced some sang, and won a variety of medals. Mainly gold and silver.

The names of the girls are Hannah Davenport (2H) Sophie Davenport (5H) Armita Listorti (3C) Alex McGarvey (6H) and Ellie Christie (5H)

We have amazing kids in our school achieving in their chosen interests at high levels. If your child has achieved something wonderful outside school please let us know either through the office, your child’s teacher or email

Hi School Bankers!

Remember your bank books every Tuesday to be in the draw for Student Banker of the Week!

Please ensure deposit slips are filled out correctly with Full name, Account Number, Student ID and correct amount of the deposit.

Thanks and Happy Banking
Kim and Nat

FRIDAY SPECIAL 21 November. Around the World. Greek!

Vegetarian options available

Morning tea: $3.50
Small Sausage Roll OR Pie
Fresh Fruit Salad
Lunch: $5.00
Lamb Kofta with Greek Salad and Tzatiki dipping sauce on the side.
Choice of Poppa OR Water

Please note there are NO other menu items available on Friday, Only PIES AND SAUSAGE ROLLS and Counter foods.

Thanks very much
Mel and Rae. Tuckshop convenors

Follow us on Facebook

Search Perigian Springs State School and click ‘Like’. We are regularly posting news and reminders. Our feed also appears on the opening page of our website. This service is for parents. Children must be 13+ to be allowed a Facebook page

From the desk of Michele Juratowich

Hopeful Thinking

At this time of the year, there are frequent expressions of hope. Students hope to finish an assignment in time; hope an exam is not too hard and hope they will get a good report. Meanwhile, teachers hope that students will get through assigned work; understand a new concept and perform well in end of year assessment tasks. Simultaneously, parents hope their child will be healthy; will achieve success in various endeavours; that they will survive the end of year frenzy and enjoy a relaxed holiday period with family. Many hope for something in the future; however most statements that are preceded by the word ‘hope’ are really just items in a long list of wishes, similar to a ‘wish list’ for Santa.

Brené Brown, a researcher at the University of Houston, explains that hope is not an emotion, but rather a cognitive process or pattern of thought. Rick Snyder, Professor of Psychology at the University of Kansas, describes hope as goal-directed thinking that is learned. According to Snyder, hope incorporates the ability to establish a realistic goal; believe one has the capacity to attain it; identify a way to achieve this goal and remain flexible and persistent in order to achieve
it. When this pattern of thinking is observed and behaviour repeated, the cognitive process of hopeful thinking is established.

Young people learn hopeful thinking within relationships that are characterized by consistent boundaries, together with emotional support. It is important to note that hopeful thinking includes an understanding that effort and persistence are required to achieve meaningful goals. Understanding that it can be tough and take time to achieve goals but that with effort and persistence, this can be done, is a critical element of hopeful thinking. A sense of entitlement or an expectation of fun, fast and easy attainment of goals is unrealistic and counters hopeful thinking.

Students who feel pressured to perform and are fearful of disappointing others are more likely to experience uncertainty, fear and doubt about their own abilities and experience a sense of hopelessness. Resilient individuals constantly practise hopeful patterns of thought, thus shaping their outlook and behaviour.

At this busy time of the year, it is useful for us all to move beyond passive wishing and cultivate hopeful thinking, which requires focus and practise. Adults can help students select goals; encourage students’ self-belief in their capacity to achieve the selected goal; guide students to identify specific steps that must be taken to progress toward the goal; acknowledge efforts; prompt flexibility if initial plans go awry; support persistence, especially when difficulties are encountered and celebrate success. This guided practise will help to establish hopeful thinking.

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