Dear Parents and Community Members

Wow. I have to thank Mrs Phillips for organising such a great day and thank Macknade staff, parents and students for attending our event. I wish to also thank Halifax staff and parents for their support. Students displayed great sportsmanship. The atmosphere was electric and students did their best. Next week we will put out a special edition newsletter with photos. I would like to thank Candy Song for the photos, it’s great so have someone with such skills showcasing our students (Halifax and Macknade). Students will now begin Touch skills for our next interschool sports event.

Student Free Day

On Friday, 4th September there is a Student Free Day. Students do not attend on this day and staff undertake Professional Development opportunities.

Donald Pritchard
Principal Halifax School
Students of the Week 5
Congratulations to
Wyatt – Great start at Halifax SS
Aidan – Keys to Success - Persistence

GOTCHA WINNERS
Congratulations to
Wk 5 – Seth & Katelyn
Wk 6 – Seth & Luke
Resilience

Resilience is defined as the ability to bounce back from adversity. It is a necessary skill for coping with the ups and downs of life and one of the key ingredients of success. A number of things impact on a person’s resilience, including their previous experiences, their sense of self, the coping strategies they have developed over time and their mindset.

Students need to be taught that failure can be a precursor to success and is a necessary component of learning. The only way to succeed with tasks, assignments and exams, in physical activities such as sport, and in life in general is through perseverance and persistence, and by embracing and learning from failure. This is a growth mindset and a key aspect of developing resilience.

A mindset is the sum of the various beliefs people hold about themselves. These self-perceptions determine their behaviour, outlook and mental attitude. For example, people may believe that they are either ‘intelligent’ or ‘unintelligent’. Developing a growth mindset is essential in building students’ personal and social capabilities, including self-awareness and self-management.

Resilience is directly related to wellbeing; it is about having the ability to cope with and adapt to new situations. Being resilient and positive, with a sense of wellbeing, enables a person to approach other people and situations with confidence and optimism. This mindset is especially important for students given the enormous changes and challenges they face throughout adolescence.

By helping students to develop the skills to build resilience and a growth mindset, we can minimise the effects of negative, stressful situations. These skills allow students to face challenges, learn from them, and develop ways to live a happy and healthy life.
resilience, including their previous experiences, their sense of self, the coping strategies they have developed over time and their mindset.

Students need to be taught that failure can be a precursor to success and is a necessary component of learning. The only way to succeed with tasks, assignments and exams, in physical activities such as sport, and in life in general is through perseverance and persistence, and by embracing and learning from failure. This is a growth mindset and a key aspect of developing resilience.

A mindset is the sum of the various beliefs people hold about themselves. These self-perceptions determine their behaviour, outlook and mental attitude. For example, people may believe that they are either ‘intelligent’ or ‘unintelligent’. Developing a growth mindset is essential in building students’ personal and social capabilities, including self-awareness and self-management.

Resilience is directly related to wellbeing; it is about having the ability to cope with and adapt to new situations. Being resilient and positive, with a sense of wellbeing, enables a person to approach other people and situations with confidence and optimism. This mindset is especially important for students given the enormous changes and challenges they face throughout adolescence.

By helping students to develop the skills to build resilience and a growth mindset, we can minimise the effects of negative, stressful situations. These skills allow students to face challenges, learn from them, and develop ways to live a happy and healthy life.

Recent Events

Athletics Carnival

Another wonderful day was had by all at the Macknade verse Halifax Athletics Carnival. All students ran, threw and jumped with enormous enthusiasm and displayed great team work in relays and ball games. Halifax won the Aggregate (total) points award and Macknade the Averages (total divided by school enrolment) award. Congratulations to all students on their sportsmanship. (More photos to follow)