



# RIVERMOUNT COLLEGE NEWSLETTER

PRINCIPAL'S MESSAGE

24.05.2019 | Edition 11

## CELEBRATING 28 YEARS

The 28th annual Foundation Day ceremony, held on Friday 17 May, was a memorable event and a testament to the genuine enthusiasm and spirit of our College community. It was a new experience for our students to celebrate Foundation Day on a Friday, moving away from the traditional Saturday event, and this year we celebrated with a special Year 4 to Year 12 Assembly and a Prep to Year 3 celebration.

In addressing the students at both assemblies, I shared the story of our Founders and the remarkable transformation of the once Dairy Farm to the beautiful campus we enjoy today. We have grown from strength to strength over the past twenty-eight years yet we remain committed to our mission to provide students with a holistic education, to instil christian values, to teach environmental stewardship, to build a genuine and supportive community and to focus on reconciliation.

Following on from the formal Foundation Day ceremony, it was pleasing to see the new College Green (Yalnun Wanggaibah) being utilised by our students as they enjoyed 'A Day on the Green' hosted by our Wellbeing Team. This will be an ongoing monthly event with live music by our talented student body.

In what has become an important tradition at the annual Foundation Day ceremony, we acknowledged the ongoing efforts of staff members who have been at the College for ten years or longer, presenting them with a service award. This year we recognised the ten year service of Mrs Gill Morgan, Mr Rob Mulder and Mrs Marie Longworth. We also acknowledged the dedicated 20 year service of Mrs Shirley Verriest and Mrs Susan Rowe. Congratulations to all staff who received a service award and we thank you for your commitment and support of the College.

## CONSTRUCTION OF NEW UPPER PRIMARY PRECINCT

It is with great enthusiasm that we announce to the community that construction on the new Upper Primary precinct will begin this week. The new facility, located at the site of the old Tuckshop, adjacent to the Performing Arts Tuition Rooms, will feature three Year 6 classrooms, change facilities and a beautiful covered outdoor social space. It is proposed that works will be completed in late 2019.



## CARPARK REMINDER - DROP AND GO

Parents are kindly reminded to refrain from using the drop and go zone in the primary carpark for long term stays. This is a convenient service for drop off and pick up only and ample parking is now available near the College pool.

## ENROLMENTS FOR 2020: FINAL CALL FOR SIBLING INTERVIEWS

The College is receiving a high volume of applications for admission in 2020 with places in Prep, Year 7 and several other year levels rapidly reaching capacity.

With the introduction of waiting lists this year, we remind current families that sibling preference is only available till the end of this term. If you have a child intending to enrol in 2020 it is imperative that an enrolment interview is completed and the confirmation payment is finalised before Thursday 20 June.

RICHARD YOUNG - Principal



# FOUNDATION DAY







## SECONDARY NEWS

### YEAR 11 MOCK INTERVIEWS

Our Year 11 students participated in mock Job Interviews this week where they were interviewed for fictional positions and competed against their peers to be the successful candidate!

This process is highly valuable in preparing students for interviews in the real world. Thank you to the staff and parents that assisted our students with this wonderful opportunity.



### END OF SEMESTER EXAMS

**Year 12 Examinations commence on Thursday 30 May**  
**Primary and Secondary Examinations commence on Monday 3 June**

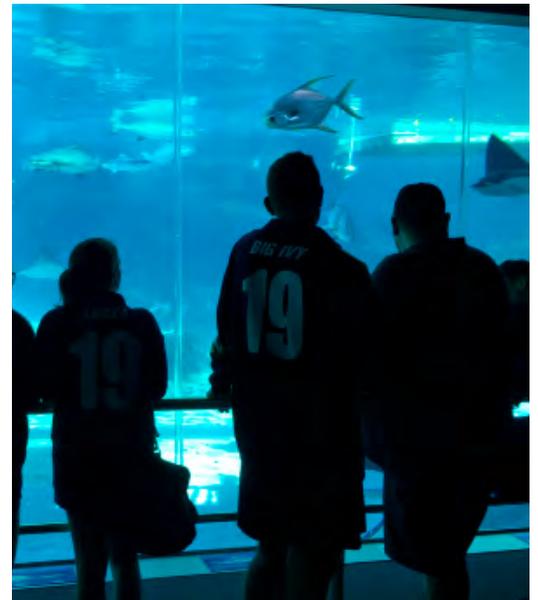
### CHEMISTRY EXCURSION

Last Wednesday 8 May, the Year 12 Chemistry students went on the annual Pool Chemistry Field Study. This Field Study is designed for students to see the Chemistry associated with the control and upkeep of pools on a commercial scale and also collect data for their current assignment.

Students were afforded the opportunity to talk with local experts and do tests on pools, both at the Marriott Resort and Sea World. It was very interesting to look at their pools which were of a similar size to the Rivermount College pool. It was amazing to see the grand scales to which their fish and shark pools operate as well. Along with their collection of data, students also had a short swim with the tropical fish at the Marriott Resort.

We would like to thank our hosts at the respective venues for all their help organising the field study and their assistance on the day. Special thanks must also go to Teresa and Trent at the Marriott Resort and Mark and Shane at Sea World.

**Craig Brown | Dean of Academics**



NATIONAL RECONCILIATION WEEK 2019 27 MAY - 3 JUNE

**GROUND**ED *in* **TRUTH**

WALK TOGETHER WITH COURAGE



#NRW2019  
#GroundedinTruth

reconciliation.org.au

# IMPORTANT EVENTS

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## **SATURDAY 25 MAY**

GBC Sport Away v Sheldon College  
Junior TAS Sport Year 3 to Year 6 Netball  
Duke of Ed Cycling Preliminary Expedition  
Riverwalk Working Bee - 2:30pm to 4:30pm

## **MONDAY 27 MAY**

Year 10 Excursion - Science and Engineering Challenge  
Uhsport Futsal Cup U19 Girls v Chisholm College - Home Game

## **TUESDAY 28 MAY**

Lower Primary Athletics Carnival Prep to Year 2 (8:30am)

## **WEDNESDAY 29 MAY**

Upper Primary Athletics Carnival Year 3 to Year 6 (8:30am)

## **THURSDAY 30 MAY**

Year 12 Exam Block 30/5 to 7/6  
Uhsport Cup U19 Boys Futsal vs Kimberley College

## **FRIDAY 31 MAY**

Primary Assembly Year 3 to Year 6 (9:25am)  
Year 11 PC Incursion 'breakingFree' Presentation (11:30am)  
Secondary Year Level Meetings - in lieu of Assembly (11:35am)  
Primary Assembly Prep to Year 2 (2:25pm)

## **SATURDAY 1 JUNE**

GBC Sport Away v Faith Lutheran College, Plainland  
JTAS Sport Year 3 to Year 6 Netball



# COMMUNITY NEWS

## SCHOOL TRAVEL REBATES

The Non-State Schools Transport Assistance Scheme (NSSTAS) is an initiative funded by the State of Queensland through the Department of Education and Training. NSSTAS has two programs available to Queensland residents:

### Bus Fare Assistance Program (BFAP)

The BFAP provides financial assistance to families who pay more than a nominated weekly threshold in bus/ferry fares to transport their student to a non-state school located outside the Brisbane City Council boundary.

### Students With Disability (SWD)

The SWD program provides financial assistance to families of those students whose disability necessitates transport assistance to and from a non-state school by means that take into account their disability.

More information about the Non-State Schools Transport Assistance Scheme (NSSTAS) is available at <https://SchoolTransport.com.au>

**Applications for Semester 1, 2019 are now open online and close on 31 May**

## WOOLWORTHS EARN AND LEARN

We have registered our school and the program will run until 25 June. Every time you shop at Woolworths you collect the stickers, bring them into the College and pop it in either of the boxes, one is outside Student Welfare and the other is outside the Primary Staffroom.

## ORIENTEERING QUEENSLAND

Orienteering Queensland is running some family orienteering fun with the Enoggeroos.

Entry fees: \$10 for non-members. Family cap \$25.

This is a series of Saturday family skill building orienteering events - so if you want the routine of a regular Saturday afternoon navigation outing, it's for you!

Please contact Gordon if you are interested in participating. Phone: 0412776 876 or Email: [juniordevelopment@oq.asn.au](mailto:juniordevelopment@oq.asn.au)

## DAY ON THE GREEN

As a new wellbeing initiative at Rivermount College, we are introducing a monthly Friday lunchtime event which we are calling a 'Day on the Green'. Located on the College Green, students are invited to enjoy the atmosphere, lounge on one of our new bean bags and meet new friends. The first event had a free sausage sizzle and entertainment from our talented music department. It was good to witness the enhanced social connections and sense of community throughout our school. The first event, held on Foundation Day was a great success. We look forward to the next 'Day on the Green' on Friday 14 June, which will feature Zumba classes.

**Kelly Yusuf | Head of Support Services**

## GOLD COAST FOOTBALL FESTIVAL

The Gold Coast Football Festival will be held from Sunday 7 July 2019 until Tuesday 9 July 2019. Former professional players and current elite coaches will be running the program. Available for boys and girls aged 10 years to 18 years old.

To register as a team or player, please click [HERE](#).

## UPPER PRIMARY SCHOOL HOMEWORK CLUB/TUTORING

A quick reminder that Upper Primary School Homework Club/Tutoring for Term 2 is underway. The sessions are held in Mr Tranter's Year 6 classroom and run from 3:30pm to 4:30pm each Monday afternoon throughout the term. The Homework Club/Tutoring is available to any interested students from Year 4 to Year 6, with the sessions providing an opportunity for those students who would like additional assistance with their school work to come along and receive guidance and support in their academic studies. The tutoring sessions are offered free of charge and those students attending are required to bring along work they need help with, together with any resources needed to undertake their activities at the sessions. Additionally, students can bring along their homework and they can then receive on the spot assistance with anything which may be causing them any concerns.

If you have any questions or you would like more information about the Primary School Homework Club/Tutoring sessions, please contact Rick Tranter.

**Rick Tranter | Upper Primary School Homework Club and Tutoring Co-ordinator**



# CROSS COUNTRY

## CROSS COUNTRY

Rivermount College, the place to be for Cross Country, is widely acknowledged by many as the premier location in Queensland for school running events.

The College witnessed a very entertaining and competitive Secondary School Interhouse Cross Country on Wednesday 1 May. The number of students participating continues to increase which is very encouraging and some wonderful outfits paraded added colour to a joyous day for all. Congratulations to Magee House for another victorious sporting win.

On Saturday 4 May the College was on show for the *All High Queensland School's Cross Country Championships*. Once again the College presented a well organised and successful event characterised by sun, wind and heavy rain turning the course into a true Cross Country circuit with flowing creeks, muddy terrain and determined competitors. The course survived the harsh weather elements and both spectators and well wishers marvelled at the success of the day.

On Thursday 9 May, the College hosted the Pacific District Cross Country, a voluntary event for our students who feel they have the ability to qualify for South Coast Regional Championships. The College can be very proud knowing that ten of our students achieved this difficult task. All of our runners are to be commended for their outstanding efforts and are now preparing South Coast Regionals.

**13 Year Boys:** Kobe Johnson, Coen Colledge and Jacob Pesut

**13 Year Girls:** Breanna Dwyer

**15 Year Boys:** Joe Fogden and Thalayn Ryschka

**16 Year Boys:** Daniel Briese, Mitchell Kennedy and Nicholas Frijters

**16 Year Girls:** Samantha Grennan

We wish them all the very best. It would be remiss of me not to mention Hayden Elliott who was unfortunately injured and unable to compete on the day, as he has been training all year. Fortunately for the College he was ready for the GBC Cross Country.

**RIVERMOUNT WOLVES** is now the name for our running group and yes, they will run in packs and stalk their prey.

**Steven Evans | Secondary Teacher**



## PACIFIC DISTRICT CROSS COUNTRY

Last Thursday, Jayden, Jaiyah, Ella and Caiden competed at the Pacific District Cross Country. They all did a fantastic job. Caiden came first in the 11 Year old Boys and qualified for the South Coast Regional Cross Country, along with Jaiyah and Ella. We wish them luck at the next carnival and know that they will show great Rivermount Spirit.

**Melissa Coutts | Primary Teacher**





### MESSAGE FROM THE DIRECTOR OF SPORT

We concluded the Cross Country season here at the College on Tuesday 21 May with the GBC Cross Country. Our students performed very well coming second overall to Sheldon College.

This week we are on the road again as we play Sheldon College. Please check the College App for details of the times and locations for your game.

All of the events were very successful with the new canteen facilities being a big hit with visitors to the school.

**Andy Knapper | Director of Sport**

### SATURDAY 25 MAY - GBC SPORT

Rivermount College vs Sheldon College  
All games played at Sheldon College, Taylor Road, Sheldon

#### Tennis

- Mixed Tennis: 8:00am - Tennis Courts - Gate 1
- Seconds: BYE

#### Netball

- Firsts: 10:00am - Stadium
- Seconds: 9:00am - Stadium
- Intermediate A: 8:00am - Stadium
- Intermediate B: 10:00am - Pavillion
- Junior A: 9:00am - Pavillion
- Junior B: 8:00am - Pavillion
- Junior C: BYE

#### Touch Rugby League

- Firsts: 10:00am - Main Oval
- Intermediate A: 9:00am - Main Oval
- Intermediate B: 8:00am - Main Oval
- Junior A: 9:00am - Main Oval
- Junior B: 8:00am - Main Oval

### SATURDAY 25 MAY - JUNIOR TAS

#### Netball

All Games played at: Cannon Hill Netball Association, Bill Cash Memorial Park, Wynnum Road, Cannon Hill

- Year 4 – John Paul College (Burgundy), Court 6 at 9:00am
- Year 5 Gold – St John’s Anglican College, Court 1 at 10:00am
- Year 5 Green – Ormiston College (Blue), Court 1 at 9:00am
- Year 6 – Ormiston College (White), Court 4 at 7:30am

### SATURDAY 18 MAY RESULTS

#### Junior TAS Netball

- Year 4 - Win 6 | 4 against Redeemer Lutheran College
- Green - Win 10 | 3 against Canon Hill Anglican College
- Gold - Win 13 | 5 against Canterbury College
- Year 6 - Win - 14 | 0 against Canon Hill Anglican College

#### Rivermount College (RMC) vs Redeemer Lutheran College (RLC)

#### GBC Tennis

- A Team: RMC 2/43 | FLC 16/106
- B Team: RMC 0/20 | RLC 15/90

#### GBC Netball

- Firsts: RMC 33 | RLC 35
- Seconds: RMC 17 | FLC 10
- Intermediate A: RMC 14 | FLC 42
- Intermediate B: RMC 17 | FLC 6
- Junior A: RMC 20 | FLC 22
- Junior B: RMC 12 | FLC 4
- Junior C: RMC 2 | FLC 15

#### GBC Touch Rugby League

- Firsts: RMC 1 | FLC 4
- Intermediate A: RMC 8 | FLC 3
- Junior A: RMC 3 | FLC 4

### KEY DATES – SECONDARY SPORT

**Saturday 25 May** | GBC Rd 4 v SC

**Saturday 1 June** | GBC Rd 5 v FLCP

**Saturday 8 June** | GBC Rd 6 v TSAC

**Thursday 13 June** | Secondary Interhouse Athletics

**Saturday 15 June** | GBC Finals TBC

### JUNIOR TAS NETBALL

Rivermount Junior TAS Netball is going strong, with teams showing marked improvement over the first three weeks of our season. The teams are showing true Rivermount spirit and commitment on the court. Strong performances by all teams with strengths beginning to show in our shooting and defence. The students and parents are looking forward to a fun and strong season.

**Suzanne McGrath | Primary Teacher**



# WORKING BEE

## *Riverwalk Revegetation*

Please join us as we continue our work to revegetate the Riverwalk. Special guest Sue Durance from North East Albert Landcare, will be presenting an educational workshop on Riparian Vegetation at this event.



**SATURDAY 25 MAY 2019**  
**2:30PM TO 4:30PM**

Light afternoon tea provided. Bring a hat and water bottle.  
Wheel barrows would be greatly appreciated.

# WALK-A-THON

MONDAY 10 JUNE 2019



COMPLETE AS MANY LAPS AS YOU CAN!

Prep to Year 2: 30 minutes to complete laps

Year 3 to Year 6: 45 minutes to complete laps

Year 7 to Year 12: 1 hour to complete laps

Sausage Sizzle hosted by The Families and Friends Association

Collect sponsorships per lap completed or  
collect a donation for participating in the event

Monday 10 June will be a Sports Uniform Day

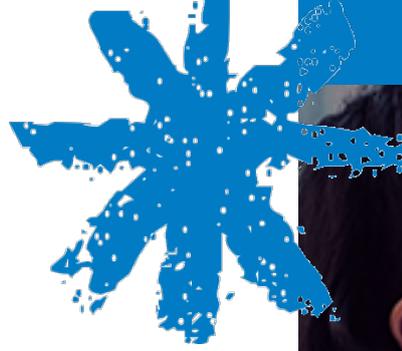
MAKE SURE YOU WEAR YOUR HOUSE SHIRT



RIVERMOUNT COLLEGE FAMILIES AND FRIENDS ASSOCIATION

**FUN**DRAISER

# insights



## 6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

### 1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

### 2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

### 3. Show the amygdala they’re safe

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

### 4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

### 5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is paid to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

### 6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



#### Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)