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# Emerald

STATE HIGH SCHOOL

*We are*

**POLITE,  
PREPARED**

*And we*

**PARTICIPATE**



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8:46.40

Junior Assembly

*Week 4 Term 4 2022*



# National Anthem



## AUSTRALIAN

### NATIONAL ANTHEM

Australians all let us rejoice,  
For we are one and free;  
We've golden soil and wealth for toil;  
Our home is girt by sea;  
Our land abounds in nature's gifts  
Of beauty rich and rare;  
In history's page, let every stage  
Advance Australia Fair.  
In joyful strains then let us sing,  
Advance Australia Fair.

Beneath our radiant Southern Cross  
We'll toil with hearts and hands;  
To make this Commonwealth of ours  
Renowned of all the lands;  
For those who've come across the seas  
We've boundless plains to share;  
With courage let us all combine  
To Advance Australia Fair.  
In joyful strains then let us sing,  
Advance Australia Fair.





**EMERALD**  
STATE HIGH SCHOOL

We are **POLITE,**  
and we **PREPARED**  
**PARTICIPATE**

# Expectations at ESHS

## *Learning Intent*

Students will understand the expectations around being in class every day, every lesson and routines at ESHS.

## *Success Criteria*

- Understand and be able to recall all key expectations
- Be able to demonstrate how to follow the routines and expectations

## *Vocabulary*

Polite, Prepared, Participate





# Be a **resilient** member of the school community

## **Learning Intent:**

Students will understand what it means to be a resilient member of the school community

## **Success Criteria:**

- Define *resilient / resilience*
- Identify why being resilient is important
- Develop strategies around building resilience

## **Vocabulary:**

- Resilient

# Resilient

able to withstand or recover quickly from difficult conditions.

Synonyms	Antonyms
strong adaptable tough quick to recover flexible	inflexible vulnerable crumble flaky



# Being resilient means...

- Being able to handle difficult situations
- The ability to “bounce back” from hardship
- Not seeing failure as final
- Persevering to reach a goal
- Being able to face difficulties head on
- Keeping cool under pressure
- Having a “fighter”, not “victim”, mentality
- Taking control when facing adversity



# THE LEARNING PIT

CHALLENGE  
ACCEPTED

THIS IS HARDER  
THAN I THOUGHT

WAIT A  
SECOND...

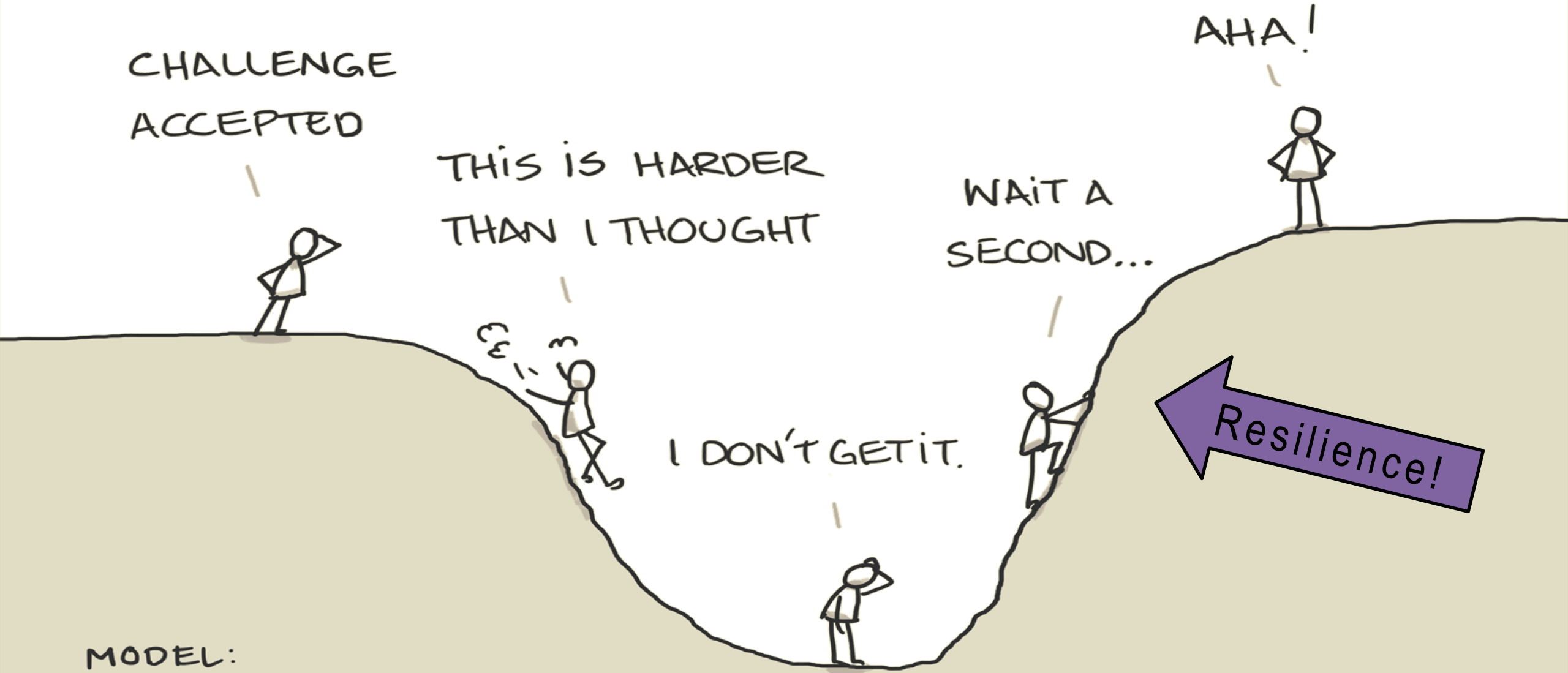
AHA!

I DON'T GET IT.

Resilience!

MODEL:

JAMES NOTTINGHAM

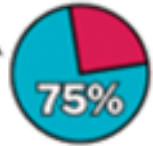




# The big picture...



Research tells us that **one in five adults will experience mental ill-health each year.**



75% of these people will have their first experience of mental illness when they are under the age of 25 years.



Recent data from a **headspace national survey** found that one-in-three young people aged 12-25 years old reported high or very high levels of psychological distress — a rate that has more than tripled since 2007.



**Mental health disorders carry the largest burden of disease for 15-24 year olds** and shockingly, suicide is the most common cause of death for this age group.



**One in four adolescents will experience mental health problems** this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.

We only get more resilient  
by working through  
strategies and adding them  
to our 'tool box'



Today, we are going to look at **gratitude** as a strategy  
for building our resilience



# Story Time: Stenzin

- Hugh Van Cuylenburg
- After becoming a teacher, he decided to spend some time volunteering in India teaching underprivileged children English
- He worked and lived in a desert community, where there was no running water, no electricity and no beds; everyone slept on the floor of their hut.



Van Cuylenburg, H. (2019). *The Resilience Project: Finding Happiness through Gratitude, Empathy and Mindfulness*. Random House Australia.





# Story Time: Stenzin

- 150 kids, aged 4 to 16
- School was a small L-shaped mud brick building
- Classrooms had one table for teacher, students sat on the dirt floor
- Ever kids *radiated happiness*



Van Cuylenburg, H. (2019). *The Resilience Project: Finding Happiness through Gratitude, Empathy and Mindfulness*. Random House Australia.

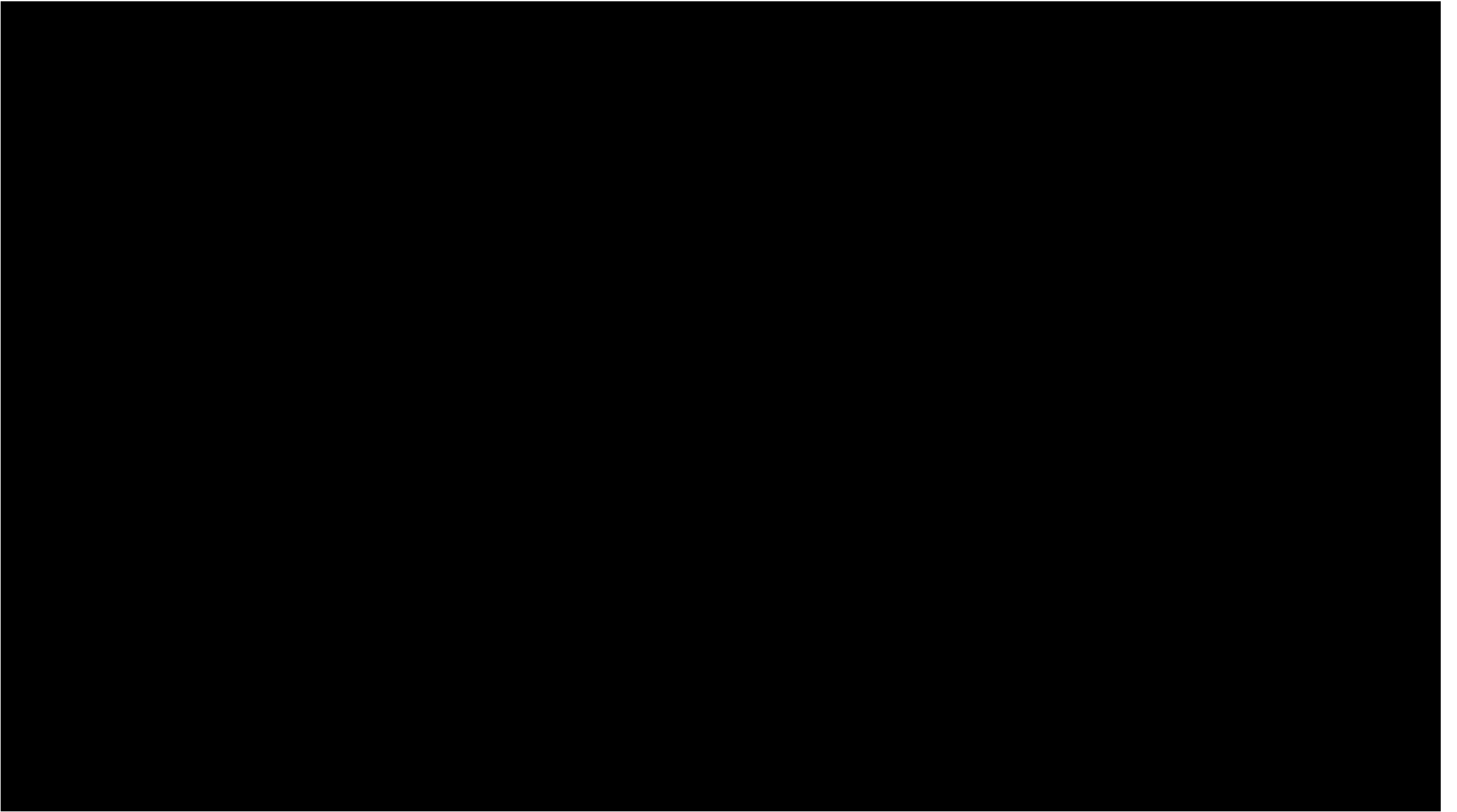


# Story Time: Stenzin

- On his first day, the kids gave him a tour
- When they said ‘hey sir, look at this’ he assumed they were trying to point how horrible and broken their swing set was
- But they weren’t – they were pointing out how excited and proud they were to have it
- What’s more, is they then asked if kids in Australia had play equipment.
- “That makes me happy”



Van Cuylenburg, H. (2019). *The Resilience Project: Finding Happiness through Gratitude, Empathy and Mindfulness*. Random House Australia.



[https://www.youtube.com/watch?v=4J93pi0Hg\\_s](https://www.youtube.com/watch?v=4J93pi0Hg_s)



# Why it works

- When you pay attention to all the wonderful things in your life, rather than focusing on the things you want or don't have, your brain does something awesome — it makes you feel better about yourself and the world. And it only takes 21 days for our brains to make this switch!
- Practicing gratitude helps you to feel more energetic and excited about the future. You may notice that you can concentrate better at school or feel more determined to play your best in sport. It can even help you have a better sleep and not get sick as often!

What are you  
grateful for?

What is your  
'dis' moment  
for today?



Have a fabulous week.

