

Atlantis Beach Baptist College

TWO ROCKS WESTERN AUSTRALIA

College Details

Breakwater Drive

Two Rocks WA 6037

T: 9544 3000

F: 9544 3099

Email: admin@abbc.wa.edu.au

Web: www.abbc.wa.edu.au

Facebook: www.facebook.com/atlantisbeachbc

Instagram:
[@atlantisbeachbaptistcollege](https://www.instagram.com/atlantisbeachbaptistcollege)

Term Dates 2019

Term 1

4th Feb - 11th Apr

Term 2

30th Apr - 4th Jul

Term 3

22nd Jul - 26th Sep

Term 4

15th Oct - 12th Dec

Administration

Lisa Potgieter

Acting Principal

Hayley Pearce

Head of Junior School

Brendon Donaldson

Business Manager

Nicola Moores

Office Manager

MESSAGE FROM THE PRINCIPAL

Dear College Community

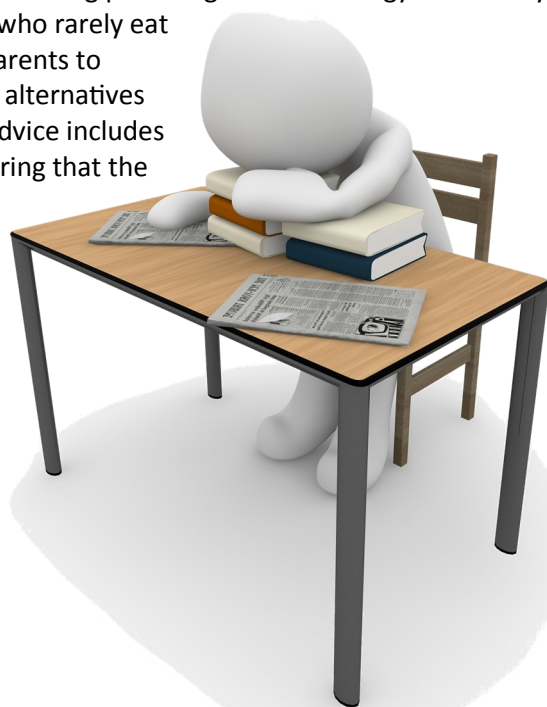
The proverbial writing is on the wall for all students getting ready for their midyear examinations. Students from Year 7 to Year 12 around the state are burning the midnight oil in preparation of these important assessments. Despite the fact that so many high school students endure this process, many still feel alone and isolated during this taxing, yet necessary exercise.

Students regularly report to teachers and parents that they struggle under the immense pressure that is placed on them during examinations. The stress often results in elevated anxiety levels. While many experts explore and examine various coping mechanisms to deal with the demands of examinations, the golden rule or magic solution seem to evade us. Unfortunately many still buckle under the strain.

During my years of teaching and supervising numerous examinations, I regularly offered simple, yet practical advice to combat the nerves during exam times. It includes starting the day with a delicious and substantial breakfast like a bowl of warm, creamy oats to fill the tummy and help to ease the tension. My parents used to say that if you start a big day with a hearty breakfast, your nerves will have something constructive to keep themselves busy with...and I have come to believe that. Good nutrition has many benefits including providing fuel and energy for healthy brain function. It might be a challenge for those who rarely eat in the morning. However, I want to encourage parents to support their children by searching for breakfast alternatives that will work for them. The second part of my advice includes creating a calm, affirming environment and ensuring that the child gets adequate sleep.

Nothing can replace hard work, diligence and commitment. My hope is that the words of Isaiah 40:31 will continue to inspire you: *'But those who trust in the Lord will renew their strength. They will soar on wings like eagles; they will run and not get weary, they will walk and not be faint.'*

Lisa Potgieter
Acting Principal





10 strategies to try to support anxious children and young people

1. Slow down

Encourage the student to take some slow, deep breaths to calm the physical effects of anxiety before discussing what's worrying them.

2. Make time to worry

Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage student to draw or write and then discard whatever's bothering them.

3. Climb that ladder

Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal.

4. Encourage positive thinking

Students with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by reminding them of times they've dealt successfully with similar issues in the past; helping them to challenge the scary thought with facts and evidence; and make a plan for how they'll respond if things don't go as they'd like.

5. Have a go

Anxious students often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities. Emphasise giving new things a try and having fun over whether something's a success or failure.

6. Model helpful coping

Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation.

7. Empower

Think about what you can do to help the child/young person feel like they have some control over the scary situation and can take some action.

8. Be up front about scary stuff

Lots of kids have worries about death, war, terrorism or things they see on the news. This is normal. As appropriate for your role, talk through their fears and answer any questions truthfully. Try to explain what's happening in a way that puts their fears in perspective.

9. Be BRAVE Program

Check out BRAVE, a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (8-12), one for teens (12-17) and an accompanying program for parents. brave4you.psy.uq.edu.au

10. Check your own behaviour

Students pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Try not to be too quick to help – try taking a step back and waiting next time before you jump in. This is an important step in building resilience.

These were originally developed for parents but have been adapted below for educators. See expanded versions of these points for parents at healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children

Making well-being a priority

Colin Pettit is the Commissioner for Children and Young People. The Commissioner's office visited the College and conducted a survey on Tuesday 4 June. He works to improve the wellbeing of all children and young people in WA.

One of the ways he does this is by talking with children and young people, their families, communities and organisations. The Commissioner often asks children and young people for their ideas to help understand what they need. He uses what children and young people say in the information he sends to government and other organisations. Marketa from the Commissioner for Children and Young People WA can help answer any questions you have about the survey. You can phone her on (08) 6213 2211, or email marketa.reeves@ccyp.wa.gov.au


Commissioner for
Children and Young People
Western Australia



The Mental Health & Wellbeing of Young People, Perth
Friday 31 May 2019 | Octagon Theatre, The University of WA

Equipped and Empowered

ABBC staff attended a brilliant development and training day. The program was relevant and the guest speakers were excellent. The following people were included in the line-up:

Paul Dillon: Keeping Young People Safer at Music Festivals

Fiona McCallum: Helping Young People Through Family Separation

Jonny Shannon: The Power of Communication

Sherenne Foale: Anxiety in Young People – Practical Support Strategies for School Communities

Dr Jane Tracy: A Developmental Approach to Nurturing Resilience in Young People with Disability

Matt X: Choosing Not to Hate

Dr Gill Hicks AM: From Trauma to Strength

Greg Gebhart: How the Internet is Affecting Youth Wellbeing

Andrew Fuller: Conversations with Troubled Young People – Practical Advice.





The Year 9 students attended a leadership training day at the Perth Convention Centre on 7 June. This was a unique and wonderful opportunity for our students to realise the potential they have to make a big impression in the community. Take the Lead empowers students in early high school with the idea that their leadership journey begins now. Through a series of team based activities that build strong relationships and positive group dynamic, students explore the fundamentals of leadership and how they can be used to maximise their high school experience. Students recognise that every leader has their own unique passions, strengths and abilities; and discover a way to use them to create a positive difference in the world. Students are inspired to step out of their comfort zone, aim high and confidently embark on their own leadership journey. This program:

- Develops positive group dynamics through a series of team based activities that challenge students to work cooperatively
- Encourages students to reflect on their personal strengths and gain confidence in their ability to lead
- Challenges students with the notion of creating a legacy by positively influencing others
- Explores the importance of setting goals and identifies the keys to achieving them
- Empowers students to lead themselves and take responsibility for their own choices and actions



Atlantis Marine Park Excursion

The year 2/3 students had the opportunity to visit the abandoned grounds of Atlantis Marine Park as a part of our Past in the Present history unit. We explored the grounds and found old statues, walls and stone structures which have been derelict for many years now, we even made our way right up to King Neptune and posed on his arm.



2019 Athletics Carnival

Well done Atlantis Beach Baptist College community for turning out in such great numbers for our annual Inter-House Athletics Carnival. You witnessed some exceptional athletes competing in a variety of traditional and not-so-traditional events. The enthusiasm and participation from our students was simply outstanding and has been widely commented on by various staff and parents. Our students were fantastic and I'm sure their efforts made it an enjoyable spectacle for you all. A big thanks to all those who assisted in the organisation of the day. A big thank you to the P&F, Jodie Grover & Erna Mellor in the Kiosk, volunteer parents and ex-students who assisted in the smooth running of the day. Many thanks also go to the Atlantis Beach Baptist Staff who are an absolute pleasure to work with. Your efforts and professionalism were simply outstanding and I thank you all once again for your efforts. House Champions, Individual Champions and Runners up will be placed in the final newsletter for the term after they have been formally announced to the students at the week 8 awards assembly. Again thank you all for an exciting and wonderful 2019 athletics carnival.



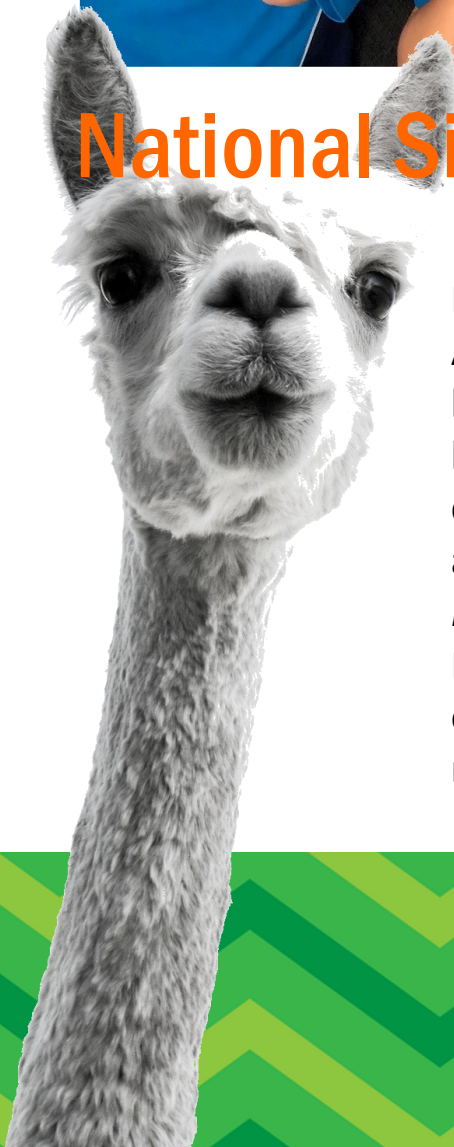
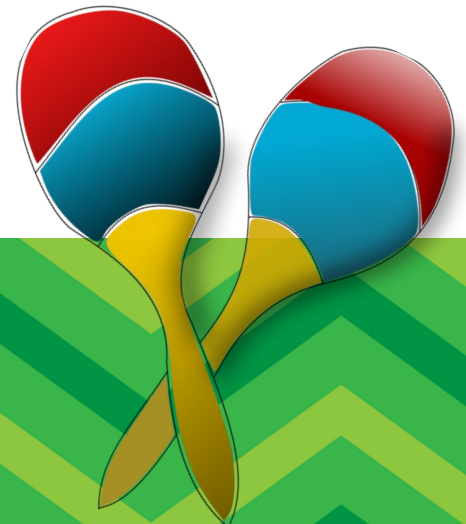
Athletics Carnival 2019





National Simultaneous Story time 2019

Every year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. This year NSS took place on Wednesday 22 May at 11am and the book that we read was *Alpacas with Maracas* written and illustrated by Matt Cosgrove. We also made our own Maracas so we could keep moving and shaking.



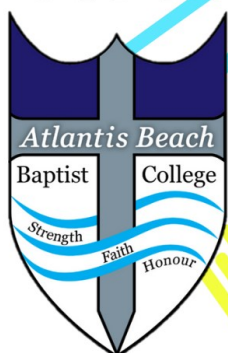
In class with YEAR 7/8

ICT students are engrossed in their work, each choosing a different seat and approach to get the job done



*Atlantis Beach Baptist
College presents:*

YEAR 6 ORIENTATION FUN DAY!



Inviting all Year 6 students
to join us for a fun filled day
exploring our College and
meeting our lovely students
and teachers.

WEDNESDAY, 3 JULY 9AM- 1PM
BREAKWATER DRIVE, TWO ROCKS
PHONE: (08) 9544 3000
E-MAIL: CHARMAINE.HEEVER@ABBC.WA.EDU.AU
RSVP: 25 JUNE 2019
CONTACT: CHARMAINE VAN DEN HEEVER

www.abbc.wa.edu.au

Transport provided from Gingin, Lancelin, Two Rocks and Yanchep

Weatherproof stock arrived

We are pleased to announce that our new weatherproof jacket is now available to purchase in sizes 4 – 16, cost \$50. Adult sizes S – XXL will be available later in the year, cost \$65. Jackets will replace our current blazers.

UNIFORM SHOP HOURS

Orders should preferably be emailed to admin and will be ready for collection from the office at pre-arranged times, otherwise visit the uniform shop on a Thursday or Friday morning at the start of the day.



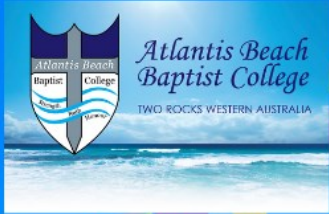
OTHER UNIFORM NEWS

Socks and tights are being discontinued and are now available at the following sale prices:

- Navy tights \$3.00
- Girls white socks 3 pack \$7.00
- Boys navy socks 3 pack \$7.00
- White sports socks \$3.00



NOTICES & REMINDERS



STALL HOLDERS WANTED

We are looking for an interesting array of Market Stall holders to register to exhibit at our College Fete and Open day at Atlantis Beach Baptist College, Breakwater Drive, Two Rocks.

Saturday, 17 August - 11am to 2pm

Contact Charmaine van den Heever for more information.

Office: (08)9544 3000

Mobile: 043 727 1321

E-mail: Charmaine.heever@abbc.wa.edu.au

www.abbc.wa.edu.au



Bunnings Sausage Sizzle
Sunday 30 June at Clarkson.

Helpers needed

**Come and support our College
and say hello to Zeek**

Contact Jodie Grover P&F Chairperson



Atlantis Beach Baptist College

TWO ROCKS WESTERN AUSTRALIA

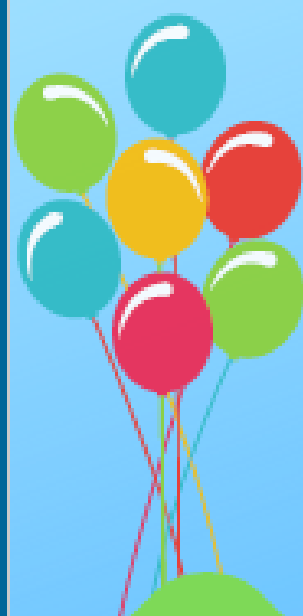
- Rides
- Market Stalls
- Face Paint
- Food
- Book Fair
- Cake Sale
- Silent Auction
- Games For The Entire Family
- Cuddly Animal Farm
- Sausage Sizzle

FETE & Open Day

Saturday, 17 August 2019

11am - 2pm

Inviting the community for
a day of fun
and celebration



Breakwater Drive, Two Rocks

www.abbc.wa.edu.au

(08) 9544 3000



Examination Time Table Semester 1 2019 19th June + 20th June

YEAR 7&8	Wednesday 19th June	Thursday 20th June
Form	Room 3	Form Room 3
Period 1	9:30 Start Exam	9:30 Start Exam
Period 2	Math Exam 10:30 End Exam	Science Exam 10:30 End Exam
Recess		
Period 3	Normal classes	Normal classes
Period 4	Normal classes	Normal classes
Lunch		
Period 5	2:00pm Start Exam	2:00 Start Exam
Period 6	HASS Exam 3:00pm End Exam	English Exam 3:00 End Exam

YEAR 9&10	Wednesday 19th June Room 2	Thursday 20th June Room 2
Form		Form
Period 1	Math Exam 8:45 Start Exam	Science Exam 8:45 Start Exam
Period 2	10:45 End Exam	10:45 End Exam
Recess		
Period 3	Normal classes	Normal classes
Period 4	Normal classes	Normal classes
Lunch		
Period 5	HASS Exam 1:00 Start Exam	English Exam 1:00 Start Exam

Happy, healthy faces at recess

Our children get treated with a "Super Bowl" of fruit each week. Thank you to Atlantis Beach Baptist Community for hosting this initiative.



WHO ARE WE?



- We meet fortnightly on a **Sunday at 9:30am** at Atlantis Beach Baptist College. Our next gathering is on **30 June 2019**.
- Our missional objective is to share the love of Christ with others.
- Our focus is to serve the Two Rocks community and surrounds.
- We are not perfect, and recognise that we all need forgiveness and a fresh start.
- We celebrate God's goodness and grace in all seasons and circumstances of life.
- We are committed to helping people find purpose and peace no matter their background.
- We are created for community. This is the place where you will find connection, belonging and fellowship.

We look forward to welcoming you at our next worship service.

Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

What is involved?

- **Seminar Series** – 90-minute talks on:
 - children's behaviour – the tough part of parenting
 - raising confident children
 - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
 - misbehaving
 - fighting and aggression
 - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



Program details:

Type:	Discussion Group - "Dealing with Disobedience"
Place:	Currambine Community Centre
Date/s:	Tuesday - 6th August 2019
Time:	9.30am - 11.30am
Cost:	FREE

How do I book?

Visit www.healthywa.wa.gov.au/parentgroups.

If unable to book online, contact the Child Health Booking System on 1300 749 869.

Childcare: Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

Visit www.healthywa.wa.gov.au/parentgroups for more information.

This document can be made available in alternative formats on request for a person with a disability.

December 2018 CAH-001009_TripP

Triple P - Positive Parenting Program®

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 - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



Program details:

Type:	Discussion Group - "Managing Fighting and Aggression"
Place:	Currambine Community Centre
Date/s:	Thursday - 19th September 2019
Time:	9.30am - 11.30am
Cost:	FREE

How do I book?

Visit www.healthywa.wa.gov.au/parentgroups.

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Program details:

Type:	Seminar Series
Place:	Warwick Stadium
Date/s:	Wednesday's 31st July, 7th and 14th August 2019
Time:	9.30am - 11.30am
Cost:	FREE

How do I book?

Visit www.healthywa.wa.gov.au/parentgroups.

If unable to book online, contact the Child Health Booking System on 1300 749 869.

Childcare: Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

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 - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



Program details:

Type:	Group Triple P (7 week program)
Place:	West Stirling Neighbourhood House, Doubleview
Date/s:	Tuesday's - 3rd September to 29th October 2019
Time:	9.30am - 11.30am
Cost:	FREE

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