



17 July 2017

Dear Parents/Guardians,

As the Year Three Sleepover, the Year Four, and Five camps draw near, I thought it a good opportunity for me to explain to parents how extremely important the camp experience is for **every** student. In addition to the fact that College camps are a compulsory part of our curriculum, they, along with the Year Three sleepover, are integral in building our students' **independence, self-confidence** and **resilience** – all essential attributes for life success.

Our primary goal for all students at Coomera Anglican College is that they **FLOURISH** in all aspects of their lives. Current research indicates that **facing difficult and challenging tasks** within a supportive environment **builds the resilience** and character strengths required to flourish. The Year Three Sleepover and our College camps create these opportunities and enable our students to **confront their fears** and anxieties rather than avoid them. One of the most unhelpful ways anxious prone people might try to reduce feelings of anxiousness is to avoid the situations they find anxiety provoking. This pattern of avoidance actually reinforces the anxiety because the young person begins to believe they cannot cope when things get tough - an inevitable part of life! Enabling our students to avoid anxiety-provoking situations only increases their anxiety and adversely affects their self-confidence and resilience.

'**Grit**' is a term used by experts in the field of Positive Psychology. Grit is associated with resilience. It is about **perseverance** and putting effort into facing and **overcoming challenges**. If young people do not experience situations where they manage to get through something they find difficult, then we rob them of opportunities to develop grit.

For the reasons mentioned above, we strongly encourage parents to be **positive** about and **supportive** of your child's upcoming sleepover or camp experience. Enabling them to opt out should not be an option.

Some useful tips for parents:

- Show faith that your child will get through camp, even though there might be times when it is difficult
- Let your child know that you believe in him/her
- Try not to let him/her see that you are worried
- Listen to your child and encourage him/her to tell you about their feelings and fears
- Acknowledge how they are feeling but stay firm about the importance of sleepover and camp attendance

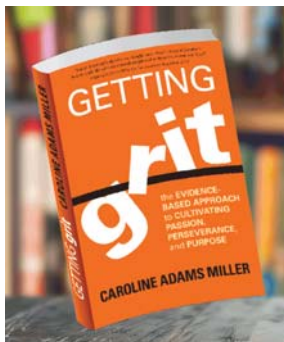
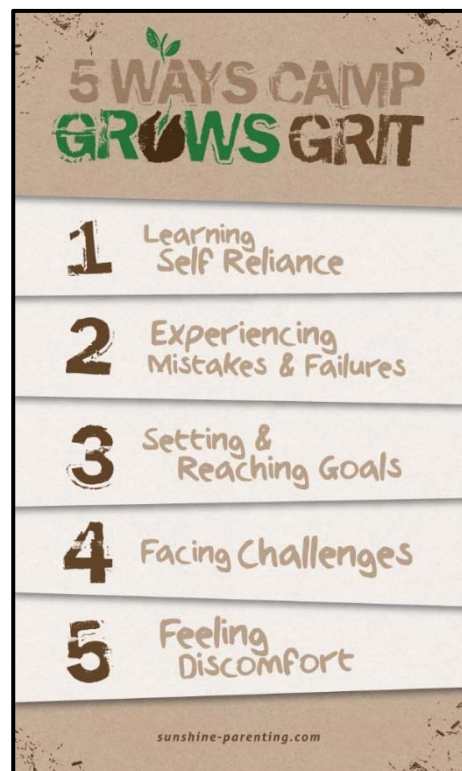
I will be offering small group sessions for students who might be feeling particularly anxious about attending the sleepover or camp. If you would like your child to participate in these groups, please speak to his/her teacher so that you can complete the necessary forms.

Please do not hesitate to contact me if you have any questions, by telephone on 07 5585 9950 or by email: klowe@cac.qld.edu.au.

Yours sincerely



Mrs Kerry Lowe (Ma Soc Sc Psych)
STUDENT COUNSELLOR – PRIMARY CAMPUS



“All learning takes place on the cusp of anxiety.” If you are always in the safe place, it is the status quo. You are not learning. There is not that kind of edge of anxiety where you are being forced to pay attention and transgress boundaries of physical safety, emotional safety and intellectual safety—so you are never really changing. And stress is what causes people to become more resilient, not less resilient. People get stronger by doing hard things and braver by being courageous.” **Caroline Adams Miller, Getting Grit**