



# TSA INDEPENDENT SCHOOL

◆ October 2024



## School News

### Cherish Your Struggles

The Story:

One day, a girl came upon a cocoon, and she could tell that a butterfly was trying to hatch.

She waited and watched the butterfly struggle for hours to release itself from the tiny hole. Suddenly, the butterfly stopped moving—it seemed to be stuck.

The girl then decided to help get the butterfly out. She went home to get a pair of scissors to cut open the cocoon. The butterfly was then easily able to escape, however, its body was swollen and its wings were underdeveloped.

The girl still thought she had done the butterfly a favor as she sat there waiting for its wings to grow in order to support its body. However, that wasn't happening.

The butterfly was unable to fly, and for the rest of its life, it could only move by crawling around with little wings and a large body.

Despite the girl's good intentions, she didn't understand that the restriction of the butterfly's cocoon and the struggle the butterfly had to go through in order to escape served an important purpose.

As butterflies emerge from tight cocoons, it forces fluid from their body into their wings to prepare them to be able to fly.

The Moral:

The struggles that you face in life help you grow and get stronger.

There is often a reason behind the requirement of doing hard work and being persistent. When enduring difficult times, you will develop the necessary strength that you'll need in the future.

Without having any struggles, you won't grow—which means it's very important to take on personal challenges for yourself rather than relying on other people to always help you.

### Brisbane Bullets

As a Brisbane Bullets Blitz School, we wanted to share a special ticketing offer for our upcoming games with your school community. Adults \$25, Kids \$10 in Gold, Silver and Bronze categories for selected games. I've attached a social tile if you would like to send that out to your families.

This special offer will apply to these games:

**7 November 2024** - 6:30pm tip off – Bullets v Melbourne United

**12 December 2024** - 6:30pm tip off – Bullets v South East Melbourne Phoenix.

To access this offer please follow these steps:

Go to:

<https://premier.ticketek.com.au/shows/show.aspx?sh=BULLETS25>

Select the game you wish to attend.

Enter password BBSCHOOL25 in the password box and click Unlock tickets.



**Friday 15th November**

Last day for Year 12

**Tuesday 19th November**

Year 11 and 12 Graduation Dinner and Award Evening  
**(Riverview)**

**Wednesday 20th November**

Year 10 Lunch and Awards,  
12pm – 1pm  
**(Riverview)**

**Friday 22nd November:**

Awards Ceremony **(Lawnton)**  
Last day for Years 10/11

**Thursday 28th November:**

Year 12 Formal Dinner  
**(Lawnton)**

## Staff PD

On Monday 30th September, staff took part in a Team Culture Workshop which was interactive, and most helpful in our roles here at TSA Independent School.



## Sewing with Major Lyn

Bonnie and DeShaun popped into my office recently to show off the Christmas stockings that they made in sewing class. They were indeed proud of themselves. They were then caught wearing them on their heads, which Nicky managed to take a photo of.



In the coming weeks, the students will be sewing Christmas stockings for the Pine Rivers Corps Christmas Cheer.

Thanks goes to Sandra Gordon for her generous donation of fabric to make the stockings.



## Year 12 Self-Awareness with Blueprint

The pictures below are of our Tea Party celebration to conclude our Grade 12 Self-Awareness and Development course! This fun and interactive course was delivered through TSA partnership with Blueprint. Our students learnt emotional regulation, self-awareness and pro-social skills in the duration of this course. Our fantastic trainer Anita will be dearly missed by the staff and students.



Check out the photo above. Anita is pouring a cup of tea for Marlin but doesn't realise that it is going onto the tablecloth.

And below, her reaction when she realises!



# Open Day Highlights



It's all about teamwork!



# EVENT NEWS

**DON'T BE LATE! DON'T BE LATE!**  
...FOR A VERY IMPORTANT DATE!



## MAD HATTER'S TEA PARTY

FRIDAY 15TH NOVEMBER  
YEAR 12 FINAL DAY CELEBRATION



PRIZES FOR BEST MAD HAT!  
A SCRUMPTIOUS HIGH TEA!

PLEASE  
COME IN  
YOUR  
BEST  
HAT!

YOU ARE INVITED TO  
TSA INDEPENDENT SCHOOL LAWNTON



## Awards CEREMONY

2024

FRIDAY 22ND NOVEMBER  
1PM - 2PM

FOLLOWED BY REFRESHMENTS

Pine Rivers Corps Worship Centre  
27-29 Lawnton Pocket Road, Lawnton

RSVP: 20TH NOVEMBER TO  
DEBBIE LAPHAM ON 3384 3031

## Whole school excursion to Lone Pine Koala Sanctuary



## new program helps parents care for young people's mental health

Parents are the most common source of emotional support for young people. But it can sometimes be difficult to know what to do or say, or where to go for more information. Now, headspace and Monash University have launched an online parenting program to equip families with the confidence they need to care for their young people's mental health.

According to headspace research:

Four in five young people



aged 12-25 would seek support from their mothers if they were experiencing a personal or emotional problem (81%)

Three in five



would approach their fathers for support in tough times (60%)

## Introducing Partners in Parenting (PiP)



A new education tool to guide families through ways to care for their young people's mental health

**10** 

self-directed modules completed in your own time, at your own pace



Topics include understanding anxiety and depression, developing healthy habits and connecting with your young person

Learn more about PiP via the [headspace website](https://www.headspace.org.au).

For more information and resources for family and friends, or to join a group chat with other parents, visit [headspace.org.au/online-and-phone-support](https://www.headspace.org.au/online-and-phone-support) or call 1800 650 890. Search for your nearest headspace centre online or contact Parent HelpLine.

Young people aged 12 to 25, as well as their family, can visit headspace for support. Help is also available via phone and online counselling service, eheadspace, seven days a week between 9am-1am (AEST).

[headspace.org.au](https://www.headspace.org.au) or call 1800 650 890



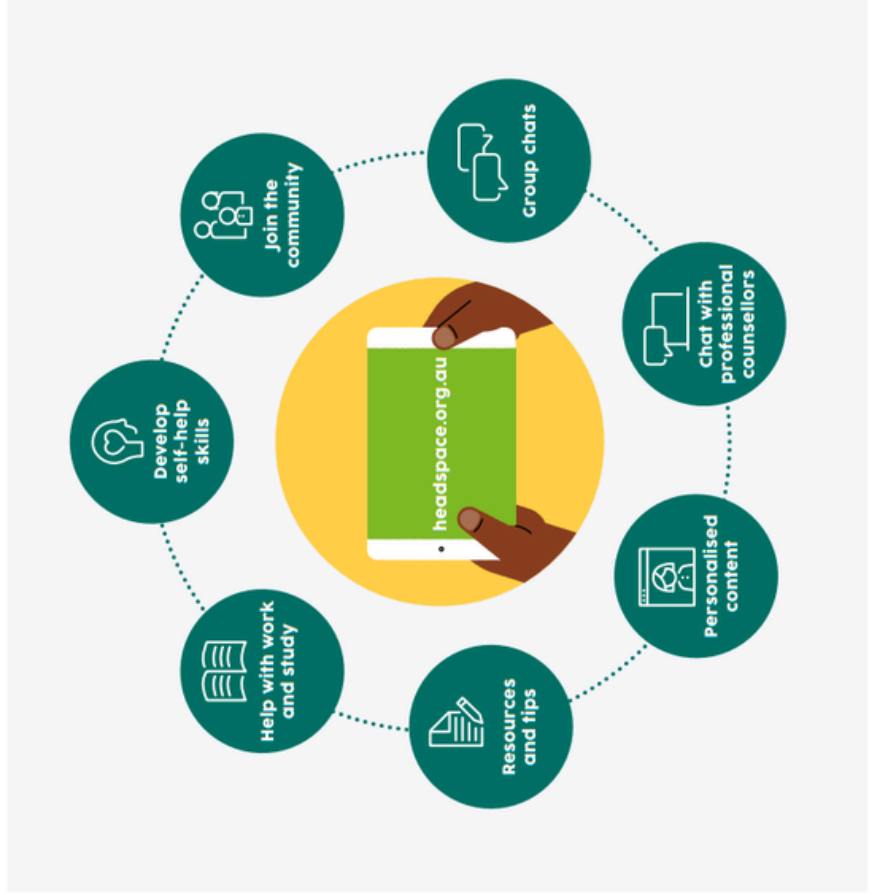


# free online support, wherever and whenever you need it

As a young person, there are lots of things to think about like school, study, work, relationships, physical and mental health. Whatever it is you're facing, headspace is here to help.

## Your journey, your choice

There are many ways you can get the support you need just from visiting the headspace website and creating an account.

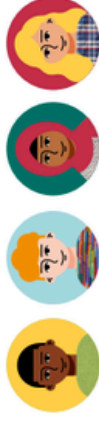


## Join the community

Our safe and supportive online community provides a great way to connect with others, and share resources that are helpful to you.

Our regular group chats bring young people together and explore topics that are important to the community. Our peer-led chats are held every week, where you can share tips and experiences with others. There are also chats run by our professional clinicians who explore topics and provide resources, strategies and advice to help build your skills.

## Make your own avatar!



## Get support with your work and study

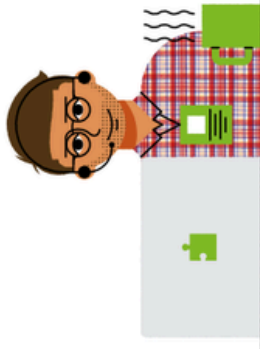
You can get support with your work and study goals by speaking with our vocational specialists via webchat, video chat, email or phone and it's free. We can help you with everything from writing resumes and job applications through to planning course options, practicing interviews and managing your mental health with your work and study. Visit [digitalworkandstudy.org.au](http://digitalworkandstudy.org.au) to register or call 1800 810 794.



## Develop your self-help skills

There are interactive exercises that allow you to manage your own mental health. These bite-sized activities help you reflect on your own needs, build your everyday skills and set goals to improve your mental health.

Discover tips such as improving your sleep, understanding emotions, getting active or problem-solve, just by doing one of these exercises.



## Chat privately with professionals

You can chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEST). It's a safe space if you want some advice, unsure of what help you need or maybe just want to talk things through.

## Resources and tips

Want to do your own research? There are heaps of resources available which can be a great starting place to gather information that's relevant to you.

**Interested in finding out more?**  
Visit us at [headspace.org.au](http://headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

