

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *One* **2020**

5 FEBRUARY

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Coming

Up

MON	0	8	F	E	B	<ul style="list-style-type: none"> • Year 11 SRC Elections • Year 11 Parent Info Session (Online) • Year 7 Parent Info Session - (EW)
TUE	0	9	F	E	B	<ul style="list-style-type: none"> • Year 7 Parent Info Session (AF)
WED	1	0	F	E	B	<ul style="list-style-type: none"> • SRC Induction (Senior)
THU	1	1	F	E	B	<ul style="list-style-type: none"> • Year 11 Senior Study Day
MON	1	5	F	E	B	<ul style="list-style-type: none"> • Year 8, 9, 10 Parent Info Session (TBC)
TUE	1	6	F	E	B	<ul style="list-style-type: none"> • Year 11 AST Trial • Year 7 PAT Testing
WED	1	7	F	E	B	<ul style="list-style-type: none"> • Ash Wednesday • Year 7 PAT Testing
THU	1	8	F	E	B	<ul style="list-style-type: none"> • Year 12 ATAR Interviews • Year 12 Career Presentation

Contact Us

Contact details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



PO Box 1211
Tuggeranong ACT 2901



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee Phone Lines

Years 7-9: 02 6209 5240

Years 10-12: 02 6209 0110

Socials



www.facebook.com/
mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
mackillop_act



www.youtube.com/
stmarymackillop

Principal's

Letter



Dear Parents, Teachers and Students,

WELCOME TO 2021

It has been a real joy to welcome back your daughters and sons and their teachers and support staff following what was for most of us a quiet but restful break. I spent much of my holiday on the internet looking at photos of places I would like to have visited! Unfortunately, the Amaroo shops and Gungahlin Marketplace (not known for its resort status) were as far as I managed to travel. Many of the students made the most of the freedom that we were enjoying and the safety with which we were living.

Welcome to the many, many new families who are joining the MacKillop community. I hope this is a start of a rich and fulfilling relationship between yourselves, the students, staff, and other families.

The College has welcomed a significant number of new teachers – many permanent, some temporary – due to retirement, promotion, and some teachers who were obliged to move interstate. The College has also introduced some new subjects and expanded by some 80 students on the St Peter's Campus. A number of new teachers are known to members of the MacKillop community, many of whom have contacted me with generous and encouraging remarks about the quality of teachers at MacKillop. At MacKillop, the best person who applies wins the job, and our recruitment priorities continue to be compatibility with the College Vision, ability to build relationships with and to motivate students, diversity of experience and skills, and willingness to contribute to the professional growth of the faculty.

Last year's Year 12 results were outstanding again and will provide impetus and motivation for all students in the school, particularly those beginning their senior studies.

EVENTS AT MACKILLOP

Protocols around COVID-19 in relation to schools are changing regularly. The College is working with outside agencies for the Swimming and Athletics Carnivals, the Opening Mass, and other events. The College will comply with regulations to prioritise safety. Regrettably, this will mean some changes to information evenings and other events at the school for the next several months. Very happily, year meetings, assemblies, and staff meetings can now take place at school, fostering a greater sense of community and shared identity. Please note that parents/carers are still unable to attend our school assemblies at this stage.

YEAR 7 PARENT INFORMATION NIGHTS

I am keenly aware that many families have never seen the junior campus. We intend to proceed with the Year 7 information session under a changed structure so that parents can visit the College and see the facilities and spaces where their children spend the day. The program for Year 7 Information Evenings was emailed in a letter from Mrs Darley earlier in the week.

BUS BAYS - PADUA CAMPUS

The College has been obliged to invest \$1.5m in a new fire hydrant system for the Padua Campus. This was long heralded, planned for, and within the College budget. That work is now complete, and the College remains fully compliant with fire and safety codes. This has necessitated some significant landscaping and the College has taken this opportunity to better regulate access to and from buses, with better seating, pathways, and planting. This work has been delayed largely because of inability to access materials over the summer. Thank you to everyone for their cooperation.

Yours in St Mary of the Cross MacKillop,

Michael Lee • College Principal

"It has been a real joy to welcome back your daughters and sons and their teachers and support staff."

Prayer

Dear Lord,

Fill us with hope for a safe and prosperous new year

Amen.



Back to school

MacKillop had a very positive start to the 2021 school year, with students bringing an amazing energy to the first week of school. Students returned from holidays enthusiastic to see their teachers, reconnect with friends, meet new people, and try new classes.

The College welcomed around 400 new students to the school, the majority of whom were Year 7 students. With Years 8 and 9 not commencing until the Tuesday, Year 7 students were able to have the Padua Campus to themselves on Monday, which helped with the transition to their new school. Members of the Student Representative Council were around to help students with directions and to answer any questions.

The College congratulates all students for the way they have started the year and wishes them the best of luck for 2021!



SRC Induction

The Padua Campus' 2021 Student Representative Council Members were inducted at this week's assembly. Mr Lee presented the new representatives with their leadership badges and led them through the pledge, through which the students committed to represent the school with honour, integrity, and according to College values.

The St Peter's Campus SRC will be inducted next week, with Year 11 SRC elections to be held on Monday.

Year 7 SRC elections will be held later in Term 1.



New Opportunities *for Success*

Welcome back to the 2021 school year- it is good to see all students, new and returning, looking forward to possibilities that a new school year offers. Hopes for strong achievement levels, classes that will engage students, goals about grade achievement, and hopefully a desire to achieve at one's best. Whilst education offers many benefits to our society at large, its greatest power comes from what it can achieve for each individual. We are changed and challenged by a good education to develop ourselves and to achieve our goals and desires. As an individual, 'one's best' will look different to the next person's best. Keen reflection and examination about whether we are trying our best is always challenging and always valuable. There is always opportunity for us to evolve ourselves.



The Latin origins of the word opportunity come from two words. The 'op' (or ob) means towards. Portus (portun) indicates port. The term 'ob portus' was used in the world of navigation to refer to the conditions, such as wind, current and tides, required to get one to port. In the same way, school creates a set of conditions which support the attainment of goals. Students are encouraged to:

- Take the opportunity to formulate new goals - think about what it is that you want to achieve
- Utilise opportunities to build on their strengths
- Use the available resources (your teachers, the Learning Commons, Canvas, homework clubs, submitting drafts etc) of the College to build new skills and develop existing skills
- Develop belief in themselves
- Recognise that achievement is measured anew each year- it is a fresh start!
- Work collaboratively to boost everyone's achievement

Successful students come in many forms and display a variety of learning habits and preferences. What they have in common is a pattern of regular engagement with their work, consistent organisational skills, and time spent working independently on their assignments, homework and integration of new learning into their knowledge base. They are active in their learning.

The College recommends that all students spend time each school night completing study, homework and assessment work.

The recommendations for each year group are:

Year 7 and 8:	Approximately 1-1.5 hours per night
Year 9 and 10:	Approximately 1.5-2 hours per night
Years 11 and 12:	A minimum of 3 hours per night

Planning one's time to ensure that there is sufficient time to balance the commitments of school work, casual employment, sporting and other activities, and social time, are important to ensure that students have the best opportunities to succeed in all domains of their lives.

Welcome to the new school year and the many possibilities it brings.

Maria O'Donnell • Assistant Principal Academic Care





Learning Commons *News*

Padua Campus Learning Commons Homework Club is open from Week 2. Homework Club is open from 3:15pm - 4:30pm Monday to Thursday. Students must sign-in on arrival.

The St Peter's Campus Learning Commons is also open for students from 8:30am - 4:30pm Monday to Friday.

Resources to assist in the research process:

- **Facts on File:** is a database of reliable sources for students in Years 7-12. Facts on File can be found on the Learning Commons Library Canvas page. The username and password can also be found there.
- **EBSCO:** is a database of reliable journals, articles and other reliable sources for students in Years 10-12. EBSCO app can be found in the MacKillop login portal. Currently there is a database for Science, English, Physical Education, Psychology and Australian/ New Zealand points of view.
- **ClickView:** is a video database for all students. It can be found in the MacKillop login portal. There are a variety of videos that link directly to the Australian Curriculum.
- **Sora: app** can be found in the MacKillop login portal. This is an app which allows you to borrow ebooks and audio books onto your device.

Amanda Knott & Sam Rutter • Learning Commons Coordinators

Canvas *Reminders*

Canvas is accessible for all students and their families. You will find that this is a great resource for you and your sons/ daughters. It will have unit outlines, assessment tasks and resources for each class they have. The calendar function also will show assessment due dates for the semester.

Don't forget to check your notification settings to see if they are meeting your family needs. Due dates and announcements are particularly helpful to turn on.

If you are yet to login to Canvas and are wondering what your username and password is, you can recover your username or reset your password at: <https://password.mackillop.act.edu.au/sspr-family>

If you do not receive the email within an hour please check your spam folder or contact enrolments@mackillop.act.edu.au to verify or make the necessary changes to your family email address.

Trent Wilson • Digital Learning Coordinator



Science

News

Questacon Program *for Years 11 + 12*

Questacon will be running the Student Training Program for Year 11 & 12 students from March to September 2021. This Program provides firsthand experience in various roles throughout Questacon, from developing Science activities and making public presentations.

Interested students need to contact Mr Burg (tristan.burg@mackillop.act.edu.au) for an application form which must be returned to the St Peter's Science staffroom by Friday 26 February. Questacon will then select up to three successful applicants from MacKillop who will then undertake 12 weeks of training, learning and exploration of Science communication, followed by 40 hours in Questacon galleries as Science explainers.

Successful completion of the Program counts as an 'R' unit for Year 12 certificate, students are eligible to be Volunteer Explainers at Questacon, and students receive professional guidance and training from Questacon staff. All students with an interest in Science, Science communication, are willing to learn, and can commit to the 12 week program are encouraged to apply.

Tristan Burg • Science Coordinator - St Peter's Campus

Study Support *for Science*

All students are encouraged to come to the Learning Commons on Monday afternoons 3:30-4:30 pm to get study support for Year 10-12 Science. Science teachers will be in the Learning Commons at that time to give support with classwork, homework and assessment.

Tristan Burg • Science Coordinator - St Peter's Campus

Music Programs

This year we welcome a new music teacher to the Performing Arts Faculty. Mr Henry South has made the move from South Australia, and brings significant music-teaching experience. His particular area of expertise is orchestral strings. We look forward to his energetic contribution to the continued growth of Music at the College.

ENSEMBLES

Ensemble rehearsals will commence in Week 2:

- **Vocal Ensemble** - Padua - Tuesday mornings, 8.15 - 9am
 - **Senior Wind Ensemble** - St Peter's - Wednesday mornings, 8 - 8.50am
 - **String Ensemble** - Padua - Thursday mornings, 8.15 - 9am
 - **Concert Band** - Padua - Friday mornings, 8.15 - 9.15am
 - **Guitar Ensemble** - Padua - still to be confirmed
- Contact Ms Boulton for more information: veronica.boulton@mackillop.act.edu.au



INSTRUMENTAL TUITION

Instrumental music lessons will be available at the College this year. Tuition application forms are available from the Music Room at Padua. Contact Ms Boulton for more information: veronica.boulton@mackillop.act.edu.au

MUSICAL

The musical this year is Roald Dahl's Matilda. The performances will be Term 3, Week 3.

- Keep a look-out for more details about auditions and audition packs.
- Auditions will be held in Week 3
- Call-backs will be held in Week 4
- Rehearsals will commence in Week 5 and will be after school on Mondays

Contact Mrs van Doorn for more information: Bella.vanDoorn@mackillop.act.edu.au



Veronica Boulton • Director of Music & Performance

MacKillop Judo Club

After a break due to COVID, the MacKillop Judo Club is back on! The club was created in 2018 by Stephanos Georgiadis and operates at St Mary MacKillop's Padua Campus in Wanniasa. Sessions cater for all levels of athletes, from beginners to international competitors and Olympians. The sessions are currently being held on Tuesdays and Fridays.

Club members range from judoka that come to training once a week to learn judo and keep fit, to members of the national level competitors who train every day. For more information, email: judo_mackillop@hotmail.com

Stephanos Georgiadis • MacKillop Judo Club



Engarde Fencing Club

Engarde at MacKillop Fencing club will start again on Monday 8 March from 7pm in the Padua Campus Gym. Beginner classes will run during first term and all equipment is included in the beginner fee. For more information and to register go to: <https://www.engardemackillop.club/>

Neil Kinsella • Engarde at MacKillop Fencing Club

Pastoral Care Teachers & Coordinators

Pastoral Care Teachers play an important role in supporting the wellbeing and academic achievement of the students in their PC Class. In the majority of cases, PC teachers have continued with the same classes from 2020 into 2021. The PC Teacher is usually the first point of contact for parents for issues of a general nature and can also direct enquiries to other staff members.

The Pastoral Care Coordinators who provide leadership and direction to each year group have written a letter of introduction to families this week. The Pastoral Care Coordinators this year are:

- Year 7 – Miss Belinda Fox and Mr Simon Kelly
- Year 8 – Mrs Kathleen Galvin and Mr Nathan Wood
- Year 9 – Mrs Colleen Kain and Mr Steve Lowe
- Year 10 – Mrs Jane Cunneen and Mr Charles Bootes
- Year 11 – Ms Leonie Sullivan
- Year 12 – Mr Peter Johnson

The Directors of Student Wellbeing who closely work with the Coordinators on each campus to support student wellbeing and academic achievement are:

- Padua Campus – Mr Paul Durham
- St Peter's Campus – Mr Rohan Langford

Student Absence + Late arrivals

St Mary MacKillop College requires parents to provide a written explanation of their child's absence from school.

If students will be absent from school, parents/carers are requested to notify the College in advance, or on the day of the absence, by contacting:

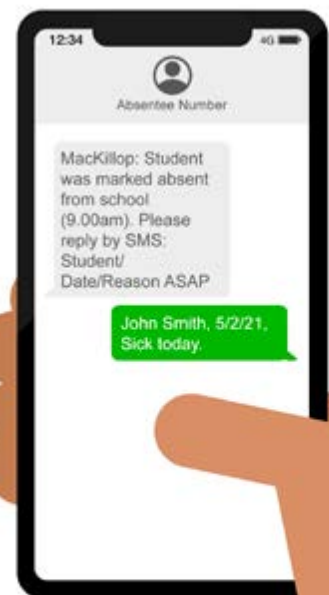
- Padua Campus 6209 5240
- St Peter's Campus 6209 0110

In the event that a student is absent, or late to school, and contact from a parent/carer has not been received, the College will send an SMS message to the first listed parent/carer. Parents/carers are asked to respond to the SMS indicating:

- their son's/daughter's name
- the date of the absence
- the reason

An example is provided in the image to the right. Receiving this information will allow the College attendance records to be updated, with the explanation of the absence documented.

If a student arrives late to school, a parent/carer may also physically sign their son or daughter in at Student Reception or provide a written note of explanation.



Drop-Off and Pick-Up Protocols

All parents (or others) who drop-off or pick-up students before and after school are asked to do so on the Basketball Courts at each campus. This is to ensure that the safety of students and other road users is maximised at this time.

It is requested that students are not dropped-off or picked-up on the surrounding streets at each campus, in the bus bays, or in the parking space of St Anthony's Church. Cars parked on surrounding streets combined with students crossing roads increases the risks of accidents that could potentially be avoided.

Lachlan McNicol • Assistant Principal Pastoral Care

Status Awards

On the Padua Campus, a Status System recognises, affirms and rewards students for positive behaviours. Students may advance to the levels of Bronze, Silver or Gold Status.

Students are issued with a Merit Point Card and encouraged to seek recognition for their positive contributions to the life of MacKillop through aiming for the progressions of Bronze, Silver and Gold Status. When students have met the criteria for each level an application form can be sought from their Pastoral Care Coordinator.

Congratulations to the following students who were been presented Status Awards at this week's Padua Campus Assembly:

Bronze Status: Amy Lerable 8E1, Kelsey Ormazabal 8W3.

Silver Status: Lara D'Ambrosio 8F1

Parenting Ideas *Articles*

A "Parenting Ideas" article will be published in each edition of the College Newsletter this year. The articles provide a wide range of practical parenting advice on topical issues. These resources are provided to support parents with the challenges of raising their children, particularly through the complexities of adolescence.

As MacKillop has a membership with Parenting Ideas, all MacKillop parents and carers can attend webinars each year at no cost. The Programs this year are:

- | | | |
|--|-------------------|-------------|
| • Communicating with teenage boys | Maggie Dent | 24 March |
| • Connecting with teenage daughters | Dr Justin Coulson | 23 June |
| • Taming digital distractions | Dr Kristy Goodwin | 8 September |
| • Using birth order knowledge for a parenting edge | Michael Grose | 10 November |

The article in this newsletter provides suggestions to assist students in achieving success at school.

Lachlan McNicol • Assistant Principal Pastoral Care

New College Counsellor

The College now employs a Counsellor at the St Peter's Campus in addition to the two counsellors provided by CatholicCare at the Padua Campus.

I would like to take this opportunity to introduce myself as the new School Counsellor for the St Peter's Campus. I have a background in Social Work and School Counselling and am well aware of the pressures that students can face during their senior studies.

At MacKillop we are committed to supporting students to reach their full potential in all aspects of their growth and development, including supporting mental well-being. The counselling service is a confidential and free service for students to access regarding any personal support needs be it academic, family, social, emotional or psychological. Students can self-refer for support without parental consent, and whilst I will encourage all students to inform their parents, it remains the student's choice to do so.

I am available for appointments Mon-Fri 8:30am-3:30pm and can be found in C block (opposite the Dance Room). Students are encouraged to book their first appointment via their Pastoral Care Year Coordinator but can also self-refer via email to Counsellor@mackillop.act.edu.au.

Where possible, appointments for Year 11 and 12 students will be scheduled during study periods to avoid missing valuable learning time. Year 10 appointments will be scheduled during varying class times to avoid missing the same class on a regular basis. If you would like more information, I can be contacted at Rachel.Davidson@mackillop.act.edu.au.

Rachel Davidson • College Counsellor

School Fees *+ How to Pay*

Term 1 fee statements will be sent next week. Fees are to be paid by 5 March 2021 unless paying by Direct Debit or other approved instalment payment method. Please note the College does not accept cheques.

The following methods of payment are available:

- **Payments by Qkr!** All payments to the College can be made through the Qkr! app. Details on how to download and register the App are available on our website.
- **Bpay:** Bpay is available at the College for payment of School Fees only. Payments can be made through internet and telephone banking by quoting the Biller Code and Reference Number located on your school fee statement.
- **Direct Debit:** Direct Debits usually commence in January and run over 52 weeks or 26 fortnights, however, it's not too late to commence a Direct Debit for 2021. Please email Jayne Limbrick, jayne.limbrick@mackillop.act.edu.au to set up your Direct Debit. All Direct Debits are to be altered in December for the following year's School Fees.
- **Credit Card Payments – Mastercard or Visa:** Credit Card payments may be made in person, over the telephone, or details can be provided at the bottom of your school fee statement.
- **Cash & Eftpos:** Cash and Eftpos payments may be made in person at both the St Peter's and Padua Campus Front Reception.

Michelle Predovan • Fees Manager

Immunisation *Information*

Year 7 and Year 10 immunisation cards have been distributed this week. Immunisations will occur in March (Year 7) and May (Year 10). We ask that all cards are filled in and returned to the College by 15 February, regardless of whether your son or daughter will receive the immunisation at school or not. This assists ACT Health with their data records and also with provision of the correct doses on the day. If there are any queries, please do not hesitate to contact Paul Durham (Padua - 6209 5238) or Rohan Langford (St. Peter's - 6209 0125).

Rohan Langford & Paul Durham • Directors of Student Wellbeing

Community News

ESAFETY EDUCATION

The eSafety Commission is running a range of online safety webinars for parents and carers. Please see the flyer on the following page for information.

ST ANTHONY OF PADUA PARISH - LIFE LESSONS

LIFE Lessons is a new initiative for young people (K-12) on Wednesdays from 5.30pm-6.30pm in Weeks 3-9 during the school term. The first session will be on 17 February. The program includes interactive activities, intriguing messages that open both the eyes of the mind and those of the soul, with opportunities to take these insights further with ever more responsive ways of prayer. LIFE Lessons create moments of deepening faith for young people and their parents, not only for students in church affiliated schools, but also for those in public-run schools. For more information and enrolment contact the Parish Office: wanniassa@cg.org.au or 0404 313 743

CANBERRA SCHOOL OF TENNIS OPEN DAY

This open day will be held on Saturday 13 February from 1-3pm at the Pines Tennis Club (Cnr Goldstein Cres and Norriss St, Chishom). Try the latest Tennis Australia Programs including ANZ Hot Shots for kids and Cardio Tennis for adults. Book a free trial session: info@csot.com.au or call 0432 118 204 or 0408 486 191. For more info please see www.csot.com.au

Online safety webinars for parents and carers

Free, live webinars providing parents and carers with the knowledge, skills and tools to support their children to have safe and positive online experiences.

Limited spaces available!

Visit: esafety.gov.au/parents/webinars to find more information.

Register now: register.gotowebinar.com/rt/2898435107213971215

Term 1

Topic: eSafety's guide to cyberbullying and online drama

Dates:

Safer Internet Day

9 February 7:30 pm – 8:30 pm
10 February 12:30 pm – 1:30 pm
10 February 7:30 pm – 8:30 pm
15 February 12:30 pm – 1:30 pm

National Day of Action Against Bullying and Violence

22 March 12:30 pm – 1:30 pm

Term 2

Topic: To be confirmed

Dates:

4 May 12:30 pm – 1:30 pm
5 May 12:30 pm – 1:30 pm
6 May 7:30 pm – 8:30 pm

Term 3

Topic: To be confirmed

Dates:

28 July 12:30 pm – 1:30 pm
29 July 7:30 pm – 8:30 pm

Child Protection Week

7 September 12:30 pm – 1:30 pm
9 September 12:30 pm – 1:30 pm

Term 4

Topic: To be confirmed

Dates:

19 October 7:30 pm – 8:30 pm
20 October 12:30 pm – 1:30 pm
21 October 12:30 pm – 1:30 pm

INSIGHTS

Helping teenagers achieve sustained school success



The secondary school year is well and truly underway and thousands of teenagers (and their parents) across the country are settling in for a full year ahead. For some this marks the beginning of an entirely new stage in their schooling, while others are buckling in for another year of academic rigor. The following are a few tips to help you and your young person navigate the year ahead.

1. Communicate with school

Communication with the school is important in aiding a successful school year for your teenager. Familiarise yourself with the names of your child's subject teachers, year level coordinator and pastoral care/homeroom teacher. If your child has any specific learning or behavioral issues it is important to share these with their teachers at the outset. Don't assume that information will be passed on from previous teachers.

Be sure to communicate early any concerns you have regarding your teen's experience at school. As a secondary teacher myself, I can't stress enough the importance of parents letting us know of issues before they become big problems. We can only deal with information you share with us.

It can be annoying wading through the mountain of communication that arrives home via your teen's schoolbag or your inbox, however it is important that you read such communication. Have a dedicated place for keeping incoming and outgoing forms. Note important term dates, sports days, excursions and camps in your diary and on a family calendar visible to all.

2. Organisation tools to support success

We like to believe our teenager will naturally develop strong organisational skills and be a self-motivated young person. However this is not often the case. As parents we often need to model organisation tools and strategies.

Ensure your child uses his or her school diary on a daily basis to record homework, assessment tasks and tests. Take a look at it regularly and ask questions if there are weeks of blank pages.

3. Create and support a homework plan

Many teenagers find homework an inconvenience. However, if homework is set for your teenager it is better to set them up for success rather than ignore the issue. Ensure your child has a well-lit space where they can complete homework each night, ensuring they also have the tools they need. Ensure their social media devices are somewhere else and keep healthy snacks at the ready. Encourage your teenager to get into the habit of creating a 'to do' list to keep them focused on two or three tasks in a session.



4. Encourage your teen to find their spark

The school year is long and can be exhausting at times, and it is *not* the be-all and end-all. Encourage your teenager to find their spark by being involved in non-academic activities that bring them joy. Examples are sports, music, dance, art or anything else they have a passion for. Having an interest outside of school that encourages socialising and developing friendships is also great for resilience.

5. Prepare for a successful day ahead

Preparing for a successful day starts with getting plenty of sleep. This is becoming increasingly difficult as an unprecedented number of teenagers are reporting sleep issues as a concern. Most teenagers require 8 to 10 hours of sleep each night, but many report getting less than 5.

Young people often lack the self-control to avoid engaging online when they should be sleeping. One strategy for improving this situation, which may require you to develop your 'digital spine', is removing internet-enabled devices from the bedroom. Insist devices are placed in a central charging area in the home, away from bedrooms, at a nominated time each evening. Many teenagers also benefit from developing a pre-sleep routine such as reading a (paper) book or magazine half an hour before bed, having a warm bath or shower and/or a warm milk drink. If sleep continues to be an issue, it would be worth a visit to your local GP for a consultation to rule out any underlying issues.

The best way to set the scene for a successful day ahead is to ensure your teenager eats a healthy breakfast and takes a nutritious and balanced lunch with plenty of healthy snacks to keep their brain focused throughout the day.



6. Make time to chat about school

Finally, keep the lines of communication open with your teenager about their school experiences. While you may be met with an awkward grunt when you ask about their day at school, don't give up on asking. Often a teenager will chat more in the car or in a café. Keep reminding your child that you are always available to listen – listening being the crucial point here. Many adolescents don't want you to fix their concerns but they may need you to just listen.

Talk about the positive experiences you had during your own high school years and reassure your teen that it will go by quicker than they can imagine.