



FROM THE PRINCIPAL

Term 3 is a very busy term for students. It's a time to continue learning new skills and content and preparing for assessments and exams. For some, anxiety levels increase as pressure builds; they may feel behind and want to turn things around quickly, all while end-of-year exams loom ahead.

I encourage students to actively use support networks both at College and beyond.

Proactive strategies to support wellbeing include:

- **Attendance:** Every lesson, every day, matters. Parents/carers are encouraged to talk to their young people about learning goals. These conversations aren't always easy, but they're worth having.
- **Staying active:** Regular movement, even just 30 minutes daily, can reduce anxiety and feeling overwhelmed.
- **Positive self-talk:** Our internal voice shapes our perspective and confidence. Challenging negative thoughts and replacing them with realistic, positive ones can reduce stress and prepare students to face big events.
- **Relaxation techniques:** Deep or focused breathing, paired with calming statements like "relax" or "calm", can help the body settle. School nurses are a great support for this.
- **Nourish the brain:** A balanced diet supports brain function and mood.
- **Stay connected:** Social relationships are vital. It's OK for young people to take breaks and lean on friends and family during stressful times.
- **Sleep:** A good night's sleep is essential for mental and emotional wellbeing. Sleep disruptions can increase stress. Avoid screens before bed.
- **Support systems:** If concerns arise, start a conversation. Reach out to Student Services, Connections Teachers, GPs, OTs, psychologists, social workers, or counsellors.
- **Study:** Set up realistic study timetables for assessment and exam periods.
- **Expectations:** Have open conversations about expectations: Are they realistic and achievable? Reinforce unconditional love and remind students they aren't defined by results.

For further reading: www.headspace.org.au/school-stress

Best wishes for the term ahead,

Shane Fuller

CONNECTIONS & WELLBEING - TAKING CARE OF OURSELVES

In Term 3 the Connections Program places a strong emphasis on student wellbeing. As the academic pace intensifies, it's important that we make space to reflect, recharge, and support each other.

To begin the term, each Community attended a presentation in the theatre facilitated by School Health Nurse Carlie, focusing on sleep. A key event later this term is the Wellbeing Expo, our annual celebration of health and connection. The Expo brings together a diverse range of exhibitors from health and wellbeing organisations, offering practical resources, interactive activities, and expert insights. Students will also enjoy a nutritious, free lunch, reinforcing the link between healthy choices and overall wellbeing. In September, as a college we will mark R U OK? Day, encouraging meaningful conversations about mental health and reminding students of the importance of checking in with those around them.

These events are part of a broader commitment to support students not just academically, but holistically. Wellbeing for learning is our first priority at Elizabeth College and it is woven into everything we do.

STUDENT & STAFF ACHIEVEMENT

- Ella Allie and Bella Toselli were nominated for the 2025 Tasmanian Training Awards. Bella was shortlisted and Ella is a finalist for Equity Vocational Student of the Year
- Mark Langfeller achieved an Emerald Award in the 2025 Education Perfect Global Languages Championships, placing 1st in Japanese, 1st at Elizabeth College, and ranking in the top 1.5% globally
- Franklin Legg and Elizabeth Snow represented EC at the Hobart Eisteddfods in June and came 2nd place
- Eve Campbell, Stanley Foster, Franklin Legg, Lachie Monk and Daniel Reynolds were runners up in the grand final of the Southern Schools Debating Championships
- Teacher, John Schuringa, ran the Gold Coast Marathon in under 3 hours
- Oliver Hardie, Molly Haste, Sam Jonas and Sophie Siberas competed in the All Schools Cross Country
- Stanley Foster achieved high distinctions in his first semester UTAS subjects
- Sebastian Anderson, Ella Bridges-Thomsen, Eve Campbell, Stanley Foster, Max Francis, Franklin Legg, Jack Maddock, Lachie Monk and Blake Neil took part in the 2025 UN Youth Evatt Competition and all did very well