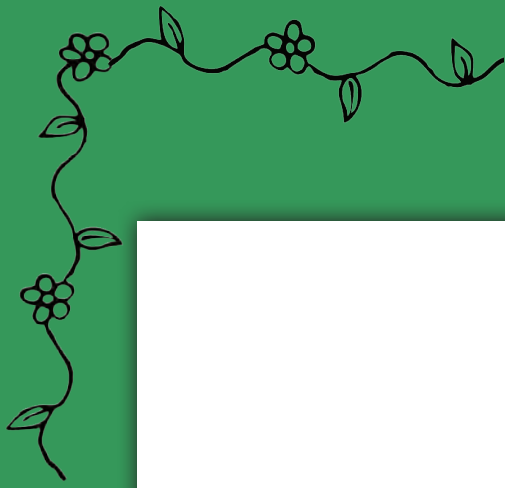


"Positivity opens us. The first core truth about positive emotions is that they open our hearts and our minds, making us more receptive and more creative."

Barbara Fredrickson



EDITORIAL

WELCOME TO *HUNTER flow*

Growth. It's integral to our lives. It impacts us every day and affects us all. It is something that is uniquely experienced and shapes us into individuals. We see it in the planting of seeds, which sprout and eventually develop into trees. Humans can be likened to trees, in that we are constantly growing. Just as plants are affected by the seasons, life can present us with different situations that may be uncomfortable, challenging and even traumatic or that may be exciting, new and wonderful. As human beings, each on our own journey, every situation, every day, every moment, offers us the chance to grow.

When we first received our timetables at the start of this year we noticed a slight change. A new subject called 'Positive Education' had been added once a fortnight for Year 9 in House groups. When we first saw this, we had no clue what the subject was, or what we would be learning. I now understand that PosEd can be thought of as combining the science of positive psychology with the best possible teaching and learning. I now understand that positive psychology aims to move people from a state of reasonable wellbeing to a state of optimal wellbeing, which encourages people and communities to be the best they can be. I now understand that PosEd is about "feeling good and doing good." Positive Education is about flourishing... it is about growth!

Indeed life at school is not just about exams, marks and assessments. It is about so, so much more. It is about relationships, connecting with the wider world and thinking critically. It is about creativity and engagement and life-long learning. For us to achieve success in the classroom and truly open ourselves up to new perspectives and ideas, we need to be the best version of ourselves, for how can we "do good" if we do not "feel good?" Furthermore, we are human "beings" not human "doings" so it makes sense to invest in our wellbeing. Our PosEd lessons have provided us with opportunities to learn about ourselves and a range of strategies that we will inevitably need in the world beyond Newcastle Grammar School.

Some of the many aspects of Positive Education we focused on this year include:

- Dr Martin Seligman's PERMA model of flourishing - positive emotion, engagement, relationships, meaning and accomplishment. At Newcastle Grammar School we have also added an R at the end of PERMA for RESILIENCE.
- We all identified our signature strengths and how we can use these to help us flourish and live our best lives.
- Carol Dweck's work on the growth mindset continuum and how it offers us an invitation to grow and to value the process rather than the product.
- Barbara Fredrickson's perspectives on positive emotions and in particular Ms Thomas's favourite, "micro moments of positivity resonance."
- Flow – A state of being where a person is fully immersed in a feeling of energised focus, full involvement and enjoyment of the process of the activity (Mihaly Csikszentmihalyi.)
- Deliberate practice and the ways that moving outside your comfort zone, having clear goals, using feedback and developing mental representations will lead to success.
- The ways that people who demonstrate grit, that is passion and perseverance towards a goal, regardless of any challenges or distractions, rise to meet their goals (Angela Duckworth.)

"Positivity transforms us for the better."

Barbara Fredrickson



Grow your
heart

- The value and importance of mindfulness and meditation and taking time for reflection and the expression of gratitude.
- Optimism and the ways our explanatory styles impact on our experiences and perceptions of success.
- Making genuine connections and helping one another to be the best we can be!

The introduction of Positive Education at Newcastle Grammar School as a subject, highlights the School's commitment to growth, and the value it places on modelling how we can live "the good life". A life that "uses our signature strengths to bring abundant gratification and authentic happiness." A life that is flourishing.

Through these lessons every fortnight, everyone has been able to gain a better understanding of themselves and one another. We have been able to form closer and stronger bonds and build our relationships. The arrangement of the desks in a circle offers everyone a voice which they can use to express their emotions and thoughts, or share an experience. This inclusivity and acceptance of multiple perspectives and opinions allows the class to be very positive and open-minded. It allows us all to grow.

I would just like to express my gratitude for the amazing articles, artworks and ideas that have been contributed by Year 9 Hunter House students to the first issue of *HUNTER flow* magazine. I also want to thank them for how caring and connected they have been in Positive Education lessons this year. Everyone should be extremely proud of themselves. Thank you so much to Ms Thomas, our Head of Hunter House, who has made the Positive Education programme fun and enjoyable but also educational and meaningful. An engaging and empathetic teacher makes all the difference in how comfortable we all feel and how much of a family we have now become. Another huge thanks goes to our School for valuing these PosEd lessons, where we are given an opportunity to reflect, learn and grow.

The contents of this magazine have been curated based on what we have learnt and taken from our Positive Education lessons so far. These articles and all the artworks are lovingly and authentically handmade, written and created by class members and offer a valuable insight into the concepts that have resonated with us. The various articles and artworks are expressions of creativity, deliberate practice, grit and in some cases flow. They reflect the strengths of all 20 of us and are intended to be interesting, meditative and beautiful.

On a final note, we hope you enjoy reading and discovering our magazine. It has sincerely been our pleasure to bring you this first issue. Maybe you might learn something new about yourself or others, or take away something that may help you on your own journey of growth.

Here's to a micro moment of positivity!

Evgenia Petrelis
Editor

Cina ♡

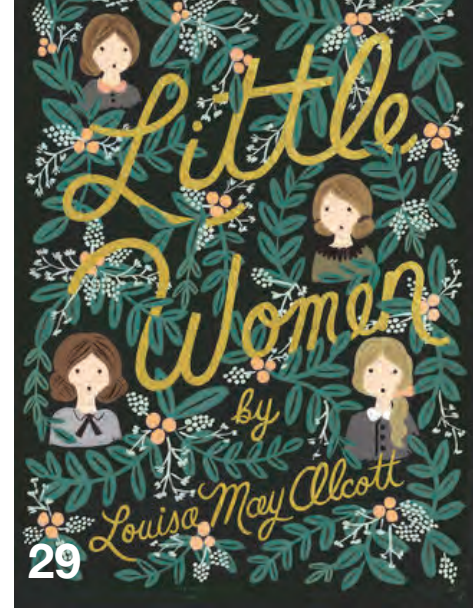


HUNTER HOUSE: ENCOURAGING ONE ANOTHER TO FLOURISH

茁壯成長，健康幸福

"Flourish" in Chinese

by **Xiutong (Tori) Wang**





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Artwork by **Evgenia Petrelis**

"Positivity doesn't just
change the contents of your
mind... It widens the span of
possibilities that you see."

Barbara Fredrickson

HUNTER flow CONTRIBUTORS

Jayden Bisson



Favourite Sport:
Hockey

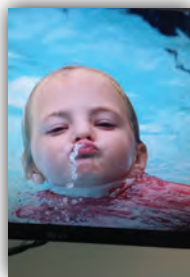
Favourite Movie:
Point Break

Favourite Place to Visit: Thailand

Role Model:
Mohammed Ali



Mia Bullock

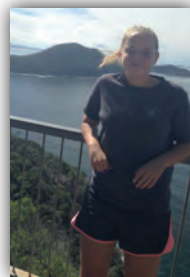


Favourite Sport:
Hockey

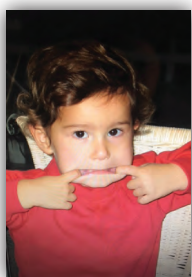
Favourite Movie:
Coyote Ugly

Favourite Place to Visit: Fingal Bay or Banff

Role Model: My sister, Ellette.



Millicent Carroll



Favourite Sport:
Skiing

Favourite Movie:
Jaws

Favourite Place to Visit: Anywhere with snow

Role Model: Steven Moffat



Laura Carson



Favourite Sport:
Gymnastics

Favourite Movie:
Doctor Who

Favourite Place to Visit: Hawaii

Role Model:
Zendaya



Thomas Conlon



Favourite Sport:
Basketball

Favourite Movie:
Holy Grail

Favourite Place to Visit: Glenrock Lagoon

Role Model: Older brother



Lara Ferch



Favourite Sport:
Touch

Favourite Movie:
Mean Girls

Favourite Place to Visit: Japan

Role Model: Serena Williams



James Kosy



Favourite Sport:
Cricket

Favourite Movie:
Fast and the Furious

Favourite Place to Visit: The beach

Role Model:
Michael Clarke



Jacqueline Melville



Favourite Sport:
Netball

Favourite Movie:
Avatar

Favourite Place to Visit: The beach

Role Model: Delta Goodrem



Joel Owers



Favourite Sport:
Snowboarding

Favourite Movie:
True Grit

Favourite Place to Visit: Japan

Role Model: Travis Rice



Evgenia Petrelis



Favourite Sport:
Bodyboarding

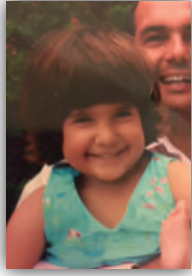
Favourite Movie:
Lion King

Favourite Place to Visit: Noosa

Role Model: My family, Lauren Jauregui



Maria Petrelis



Favourite Sport:
Bodyboarding/touch

Favourite Movie:
Lion King/Inception/
Wonder Woman

Favourite Place to Visit: Noosa

Role Model: Gal Gadot



Nickson Raftos

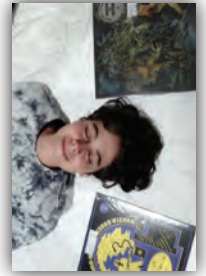


Favourite Sport:
Tennis

Favourite Movie: IT

Favourite Place to Visit: Brunswick East

Role Model: King Gizzard



Kyle Riley



Favourite Sport:
Rugby

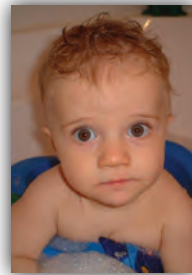
Favourite Movie:
Point Break

Favourite Place to Visit: Fingal Bay

Role Model: Israel Falaou



Jadon Routley

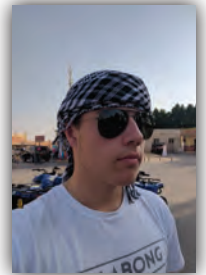


Favourite Sport:
Rowing

Favourite Movie:
Star Wars

Favourite Place to Visit: Colorado

Role Model: Bill Gates



Joy Rugaruza



Favourite Sport:
Soccer

Favourite Movie:
Big Momma's House

Favourite Place to Visit: Paris

Role Model: My parents



Athan Siderovski



Favourite Sport:
Soccer

Favourite Movie:
Prison Break

Favourite Place to Visit: Canada

Role Model:
Cristiano Ronaldo



James Snitch



Favourite Sport:
Surfing

Favourite Movie:
Chasing Mavericks

Favourite Place to Visit: Paris or Hawaii

Role Model: Curren Caples



Ms Marnie Thomas



Favourite Sport:
Netball

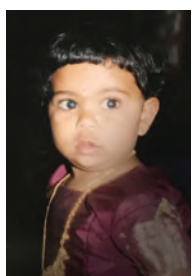
Favourite Movie:
The Red Balloon

Favourite Place to Visit: Paris

Role Model: My parents



Shravanya Tummala



Favourite Sport:
Tennis

Favourite Movie:
Lion King

Favourite Place to Visit: India

Role Model: Serena Williams



Xiutong (Tori) Wang



Favourite Sport:
Swimming

Favourite Movie:
The Fate of the Furious

Favourite Place to Visit: The sea

Role Model: Zhanilia Zhao



Thank you to Mr Neal from Newcastle Grammar School Publications Department for his contribution to *HUNTER flow*



James Snitch achieving flow

HOW CAN HOBBIES HELP YOUR FLOW?

Have you ever had a bad day where nothing seemed to go right? I'm sure that you just couldn't wait to stop, relax and do something that you, and only you enjoy. Well that little something that you just want to do to distract your mind from the rest of the world is the perfect way to achieve a sense of flow and really connect to who you are. Hobbies are extremely healthy and indeed important to your wellbeing. Whether it be reading a book, kicking a soccer ball around, playing chess or shooting a basketball. If the right combination of skill and challenge can meet in that moment of concentration and focus then you can really give your happiness a massive boost.

New research published by the Society for Personality and Social Psychology showed that spending more of your time on your hobbies and activities that you enjoy as opposed to the pursuit of money can lead to improved wellbeing and state of mind. The researchers created two characters, 'Tina' and 'Maggie' and asked a variety of people who they preferred. A workaholic Maggie who would rather work more hours and make more money or a happier Tina who worked fewer hours and made less money but was a happier person.

The majority of people preferred Tina indicating that people enjoy being around happier people as opposed to richer people.

Many adults aren't as happy as they could be due to not having any hobbies and thus relying on work to distract them and fulfil them. Everyone needs a break and everyone needs a challenge to pursue outside of work. People who actively engage in activities that they enjoy achieve higher levels of overall happiness and success. When it comes to the achievement of flow, it doesn't happen every time, nor is it meant to. But when it does, not only do you get to have fun but it also makes you a better person and enhances a skill that could very well be useful in the future.

Well now you know how good hobbies and passions are for you! Just go out there and do it. Too often people are afraid to pursue their passions because of what other people might think of them or the limitations they put on themselves. Forget the mockery, go out there, connect with people who enjoy your hobby, have a ball and most importantly get into that sweet, sweet state of flow that everyone's been raving on about!

by **Thomas Conlon**

MY EXPERIENCE OF FLOW



"The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." Mihaly Csikszentmihalyi

Our magazine is called *HUNTER flow* and is inspired by Ms Thomas's favourite magazine, 'flow'. We can only assume that 'flow' magazine is based on the work of positive psychologist, Mihaly Csikszentmihalyi. In our *HUNTER flow* we have also tried to offer an authentic and meaningful experience; one that keeps our readers completely focused and promotes being lost in amongst the thoughtful words and beautiful images on every page. It is our intention that our magazine celebrates strengths, builds relationships, enhances resilience and grows positive emotions, while also perhaps challenging ideas and offering different perspectives.

For me, I achieve flow when I am in the water. Not always, but when my expectations and skill level meet the waves and the almighty awe of the ocean, I lose myself. I am totally and completely in that moment and wish it could last forever.

Playing the guitar is also an opportunity for flow for me. I love the challenge of learning something new and practising my technique. I am often taken away by the music and time simply seems to fly. In addition to flow, music is also a source of mindfulness for me.

So, go ahead, lose track of time, forget about yourself and others and the wider world and totally immerse yourself in *HUNTER flow*.

by James Snitch

"I am totally and completely in that moment and wish it could last forever"



HARNESSING YOUR SIGNATURE STRENGTHS

Dr Martin Seligman argues that if each person has a set of core strengths that they apply to and incorporate into their everyday life, that the person will experience authentic happiness. Indeed the identification of our signature strengths was one of the first things we all did at the beginning of our Year 9 PosEd journey this year. We all completed the online survey VIA-IS (a 240 item self-report questionnaire used to assess the 24 strengths associated with the 6 virtues of the Values in Action Classification System). This allowed us to identify our top 5 strengths and share them with the rest of our class. <https://www.viacharacter.org/www/Character-Strengths-Survey>

Dr Seligman asserts that our top scoring strengths meet with one or more of the following criteria:

- A belief that the strength is one of your core attributes
- Excitement about using the strength
- Rapid learning when the strength is first used
- Continuous learning of new ways to use the strength
- A yearning to find new ways to use the strength
- A feeling that you will inevitably use the strength in many situations
- Being invigorated rather than exhausted while using the strength
- Creation of personal projects that revolve around the strength
- Feelings of joy, zest, enthusiasm or ecstasy when using the strength.

An awareness of your signature strengths is more likely to lead to greater energy and involvement in school, family, work and life in general. Researchers have found that when you develop an awareness of the signature strengths you possess and really harness them, you are more likely to feel engaged and positive about life. The beauty of highlighting your strengths is that, when we participate in activities that play to our strengths, they are often more satisfying and rewarding than alternate activities. This, therefore, leads to a happier life.

By focusing on our strengths, we can improve our happiness, become more resilient, reduce stress and increase our performance. In addition to completing the VIA survey, some simple questions that you can think about to identify your strengths are:

1. What am I good at?
2. What activities do I enjoy?

These questions can help guide you into determining your strengths, then once you understand your strengths, you can work out how to 'play to them' and become a more engaged, happy and positive person.



Jadon and Lara celebrating Maria's humour!

"The good life is using your signature strengths every day in the main realms of your life to bring abundant gratification and authentic happiness."

Dr Martin Seligman

24 CHARACTER STRENGTHS

Here is a list of the 6 virtues and the associated 24 character strengths. After completing the VIA survey and identifying your top 5 strengths they go from 'character' to 'signature' strengths.

WISDOM

1. Curiosity and interest in the world
2. Love and learning
3. Creativity, originality and ingenuity
4. Judgement, critical thinking and open-mindedness
5. Personal, social and emotional intelligence
6. Perspective, seeing the big picture and wisdom

COURAGE

7. Valour, bravery and courage
8. Perseverance, industry and diligence
9. Integrity, honesty, authenticity and genuineness

HUMANITY

10. Kindness and generosity
11. Capacity to love and be loved

JUSTICE

12. Citizenship, duty, teamwork and loyalty
13. Fairness, equity and justice
14. Leadership

TEMPERANCE

15. Self-control and self-regulation
16. Prudence, caution, carefulness, and discretion
17. Modesty and humility

TRANSCENDENCE

18. Awe and appreciation of beauty and excellence
19. Gratitude
20. Hope, optimism and future-mindedness
21. Spirituality, sense of purpose, faith and religiousness
22. Forgiveness and mercy
23. Playfulness and humour
24. Zest, passion, enthusiasm and energy



After looking at the list of 24 strengths, try now to think about what strengths might best fit you. Are you a keen learner but take life a bit too seriously? Or are you a very humble soul who appreciates beauty over intelligence. These are the kinds of questions that we can ask ourselves every day and they will help us to grow as individuals.

A conversation with our fellow Year 9 Hunter friend, Maria Petrelis and the discovery of her signature strengths, reveals an insight into who she is and the gifts she offers the world.

Maria Petrelis – Signature Strengths

1. Humour and Playfulness
2. Teamwork and Loyalty
3. Enthusiasm and Zest
4. Hope and Optimism
5. Forgiveness and Mercy

Q: Why are fish so smart?

A: Because they live in schools



Ha Ha Ha

As Maria's friends, we can say that these signature strengths perfectly reflect who she is as a person. She loves to laugh, make jokes and have banter with her friends. She enjoys bringing a smile to people's faces and she is always able to see the light that other people have to shine. This certainly demonstrates the ways that our signature strengths play into our everyday lives in a real and meaningful way. They can affect not only ourselves, but our friends and family and even the wider community. Like Maria, we all just have to learn to harness our strengths and use them as a force for change. So, try to look for something positive in each day, even if some days you have to look a little harder.

by **Jadon Routley** and **Lara Ferch**

PEOPLE WHO INSPIRE...

Nelson Mandela

"Education is the most powerful weapon which you can use to change the world."

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

"And as we let our own light shine, we unconsciously give other people permission to do the same."



Martin Luther King

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"I look to a day when people will not be judged by the color of their skin, but by the content of their character."

"I have a dream."

Mother Teresa

"Peace begins with a smile..."

"If you can't feed a hundred people, then feed just one."

"Let us always meet each other with smile, for the smile is the beginning of love."



by **Jacqueline Melville** and **Joy Rugaruza**

IF I CAN STOP ONE HEART FROM BREAKING

by Emily Dickinson

If I can stop one heart from breaking,

I shall not live in vain;

If I can ease one life the aching,

Or cool one pain,

Or help one fainting robin

Unto his nest again,

I shall not live in vain.



PAST, PRESENT, FUTURE

When considering the past, it's gone, it's over and we can't change it but we can learn from it, prosper from it and thrive because of it. The past is a powerful aspect of our lives. Our past shapes who we are and if we allow it, the past can help us to become a better person as well as moulding our future. Having a positive outlook and reflecting on your past means that you don't dwell on what's already happened, rather you take it as an opportunity to learn valuable life lessons and grow.

Our past decisions affect who we become as people and may have lasting impacts. We can choose to create our own future. We can decrease the negativity from our past and increase the positivity for a brighter future. You can't know what the future holds unless you've figured out how to travel through time! If so, let me know. But we can decide what we take from our past into the future, whether that be life lessons learnt or even techniques to increase positivity.



The present plays a significant role in our lives because it's the decisions we make in each moment that have consequences that will affect us later. We must all be grateful for every day and express that to the people around us.

When evaluating the importance of our past, present and future, we must think about how our outlook and attitude towards life affects us.

We all go through struggles but it's how we choose to respond to them which can create a positive future. Struggles that we face aren't a bad thing, it builds us and helps us to grow. Often the moments in life that we become the proudest of are ones that overcome adversity and we accomplish something worthwhile. It's not the events that you live through that matter, rather it's how we interpret those events which consequently determine how we think and act in the future. Focusing on what's positive and right about the world also allows us to appreciate what's around us, making dealing with our struggles easier.

If you can condition yourself to deal with struggles positively this then means that you can create a future that is meaningful. Work hard to have an optimistic explanatory style and challenge negative and permanent thoughts. The desire to succeed and the urge to reach your full potential... these are the keys that will unlock the door to personal excellence and growth.

WORLD'S HAPPIEST COUNTRIES



*Always
Reflect*

Happiness, unlike money or time, is a difficult thing to measure, but a United Nations initiative has finally figured it out. The happiest places on earth have been ranked on GDP per capita, social support, life expectancy, trust and corruption, perceived freedom of decisions and generosity. If you happen to live in one of these countries, lucky you. If not, at least we have planned your next holiday!

Here are the top three happiest countries in the world for 2017.



Up from number four last year on the world ranking, Norway is the happiest country in the world. Of the countries on this list, Norway also has the highest GDP per capita and, even though you may not like it, money does matter... a little bit. The UN has named Norway its king thirteen years in a row on its annual Human Development Report. However, there is more to the country that makes it so liveable, and its people so happy. The mix of a well-integrated government welfare system and a thriving economy built on responsible management of its natural resources (the world's leader in drivers owning TESLA cars), means that very few are left behind, and the feelings of social support, trust in government, and economic well-being that come from that all contribute to overall happiness.

Denmark rates highly on our list due to its outstanding life expectancy, income, and education among others, but it is also a country stoutly committed to renewable energy production (39.1 percent of its energy was wind generated in 2014). Home to the world's most bike-friendly city and a coastline that you could spend a lifetime exploring, the country's happiness certainly comes in part from a respect for the planet it's built on. But a recent study from the Copenhagen-based Happiness Research Institute (whose existence is probably reason enough for a top spot) narrows down Denmark's happiness to a number of different categories, including trust in the government, economic security, freedom, civil participation, and work-life balance. Our main takeaway from the institute's continuing research is that if you want to be happy, the first step is to stop stressing about how happy you are... and go for a bike ride.



The World Happiness Report highlights that Iceland comes in at number one in terms of the proportion of respondents who said they felt like they had a fellow citizen to count on when the going gets rough - 99 percent of respondents said they did. This perhaps became most obvious in the wake of the country's post-2007 financial collapse and subsequent revitalization. In fact, the report highlights the resilience with which Iceland met the crisis, and attributes it to that level of social support. Perhaps it has something to do with the fact that they can always escape the city to a countryside that looks like another planet.



**And what
about Australia?**

Coming in at number 9 is the one, the only, Australia. The country of beaches and no worries. Australians are known for their carefree nature when it comes to everyday life and is probably why we have one of the highest life expectancy in the world (about 82.15 years). Not only is this from our 'easy-breezy' lifestyle, but also from the passion found in exercise and sports starting from early ages.

by **Jadon Routley** and **Mia Bullock**

GROWTH MINDSET AND GRIT AT SCHOOL

**"Gritty people have a growth mindset;
when bad things happen, they don't
give up." Angela Duckworth**

When you are attending school, and going through life in general, there are always going to be challenges and situations that are new and foreign. The type of mindset you have affects the way you lead your life, and determines whether you become the person you want to be or whether or not you achieve success. When being faced with situations that are new or difficult, it is important to have a growth mindset. According to Carol Dweck, a growth mindset is the understanding that abilities and intelligence can be developed and cultivated through your efforts. This growth mindset will give you the ability to make the most of the situation and look at what you can learn or gain from the experience.

In school, having a growth mindset is especially vital when sitting exams or completing assignments. To do well in your subjects, you must have a drive and want to do well. When striving to be the best you can be and get the results you want, it is important to have persistence and resilience. It is also important in school that if you ever have the choice at picking electives or subjects, that you choose subjects that you like and strive to do well in.

When studying for school, I recommend making yourself a timetable and trying to stick to it as best you can. Revision questions and past papers are also great at cementing your understanding. When preparing for exams, it is also important to take breaks, sleep well, eat well and exercise. This will help you stay focused, healthy and happy. If you need help or aren't sure on something talking to a teacher or friends can be a big help.

If you have a fixed mindset instead of a growth mindset, often you may believe that your results are a permanent reflection and measure of you as a person, rather than an isolated experience that can be improved. Sometimes it can even lead to catastrophising and very negative self-talk. Those who have a fixed mindset also tend to avoid challenges and give up when faced with something hard.

Sometimes you may not get the results you want but, it's important to know that one mark or outcome doesn't define you and that this setback is an opportunity for growth and further learning. There is always a chance to improve and do better next time with deliberate practice, a growth mindset and grit.

To succeed in any part of life, including school, it is important to display grit, which Angela Duckworth articulates as the, "perseverance and passion for long term goals." This means setting realistic goals that you want to achieve, and working towards them. This has an application in school and also in life generally. School, sport, music, leadership opportunities, going for a job, it is important to work with perseverance and passion. Engage your strengths, set goals that can be measured, work hard and reflect on your progress and really focus on the process rather than the product. This way, regardless of what happens you know you have truly done your best.

by **Evgenia Petrelis**

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."

Carol Dweck





Artwork by **Shravanya Tummala**

FEATURE ARTICLE



JOY'S STORY

"Life is like a box of chocolates, you never know what you're gonna get." Forest Gump



Whether you've been gifted a box of chocolates or you've indulged yourself, it's always an interesting experience. When you open the box, there are a variety of flavours available. Problem is, you open it and they are all covered in the same chocolate. This means that you're never going to know what any given piece is going to taste like. You're going to eat a chocolate but you won't know what you are getting until you bite into it - and then it's done. Like it or not, you've tasted it.

Just like a box of chocolates you never know what life is going to give you. But you live nevertheless, ignoring the prominent fear of being given something unexpected or maybe even unpleasant. So, every day - every new experience - is something that is completely unknown to you until you've lived and experienced it personally. It may not be something you like. It may be the greatest thing ever. But you don't know until you've lived it, and by then it's too late to not experience and accept it for what it is.

"Tears of happiness streamed down her and her siblings' faces when they were told the life changing news."

Some people let this fear of the unknown overwhelm them. Joy Rugaruza, however, is an individual who has taken this fear and turned it into something positive for herself. Everyone has a different journey and you have the choice of making your life what it is. Each person's story is not without failure but this hasn't stopped Joy from living a life which is both fulfilling and meaningful.

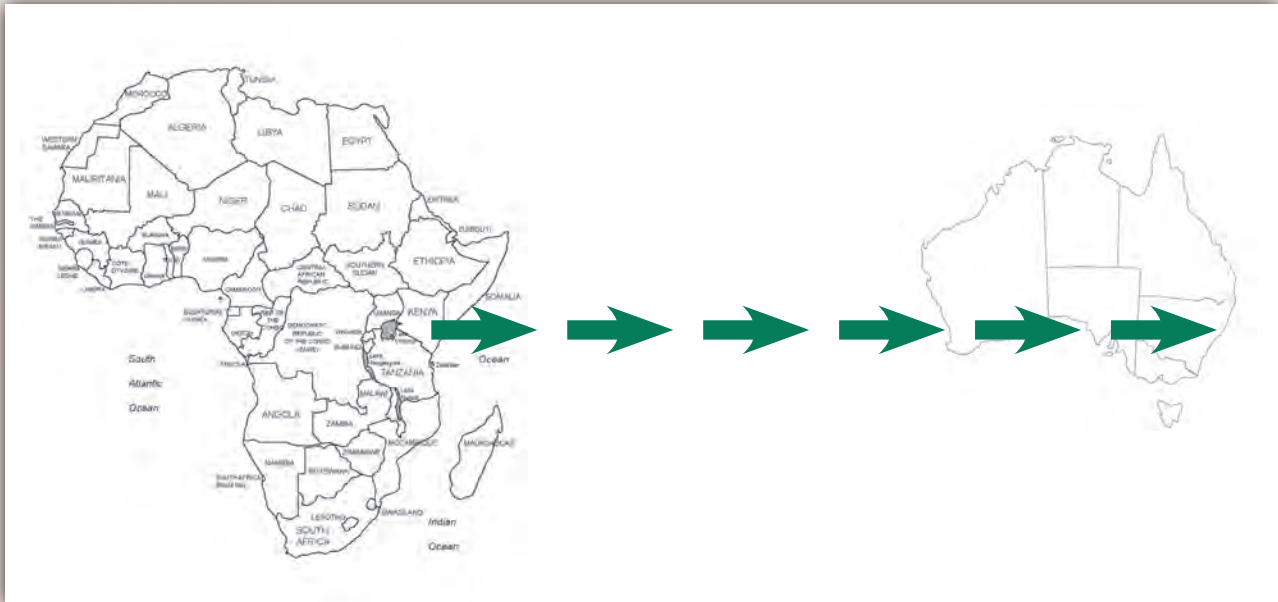
Where you are born and where you grow up is something that becomes a massive influence on who you become as a person. Joy was born in Burundi, 9th September 2002, and grew up in Rwanda then Kenya. At the time, these countries weren't particularly safe, facing issues like drugs and violence. Being surrounded by these issues, particularly violence, can be quite damaging for a young child as they can grow up with significant emotional and psychological trauma.

Joy however, has overcome these issues by adopting a positive attitude and growth mindset, focusing on the future rather than the past. Having a growth mindset has encouraged her to not look at a deficit as a deficit, but as a learning experience. In adapting this growth mindset, she was able to acquire new skills and absorb new knowledge, one of which, allowed her to become fluent in five languages. Being able to speak and understand these languages is a skill that very few people have, which is why Joy is such a unique person. Joy was also able to realise that individuals who possess a growth mindset don't have to be perfect all the time. This

recognition can stop a person from being stuck in a "box" all their life. Not being the same as everyone else has allowed Joy to become a person who we should cherish for her personality and individuality. She is also a person who we can all learn from and aspire to become. We can do this by looking at how she deals with challenges and setbacks. Every setback that she has encountered has made her a stronger person because she was able to learn from it rather than letting it take over her life.

Carol Dweck shares, "Despite setbacks - or even because of them - they find ways to keep themselves committed and interested... A growth mindset, leads people to seek challenges and learning, to value effort, and to persist effectively in the face of obstacles." The ability to do this is something quite rare in an individual which is why Joy is so inspiring.

It's a typical Sunday afternoon in which you find yourself in the local Coles or Woolies. After wandering through each aisle you have the sudden temptation to buy a box of chocolates but your favourite brand is missing. So, the big question is, what do you do? Well the simple answer will be to pick another brand and give it a go. Whether it be the cheapest or you splurge on a more expensive one each box is filled with new experiences. Joy's big change was like trying a new brand of chocolate! She didn't know what would happen but the change would be filled with new and exciting experiences in which she would learn and grow. You



may be wondering what this big change was! It wasn't as simple as changing your wardrobe or the brand of phone you use. Joy's change was much bigger than that and it helped shape her into the person she is today. So, let's start at the beginning.

Joy was seven years old when her family moved to Kenya in hopes of obtaining a visa to live in Australia. The process was long and strenuous, as they had constant questions and interviews to see whether they were eligible for a visa. It was hard for them as they had to keep this exciting news to themselves, in fear of being killed by people who were jealous of them. Joy and her family hoped for the approval of their visas so that they could join Joy's father in Australia.

Joy's family had their visas approved in August 2011. Joy was first told about the success of obtaining their visas with her brothers and sisters by her mum. Tears of happiness streamed down her and her siblings' faces when they were told the life changing news. When they first came to Australia, Joy knew very little English and was also far behind in her schooling. However, through resilience and persistence she was able to learn English through her school, peers and

watching TV. Not knowing the main language of the country was quite difficult for Joy as she was unable to express her thoughts and feelings to her friends and teachers. Joy's other main difficulty was making real connections with her peers. From Years 6 – 9, Joy had already moved schools four times, each time having to make a new set of friends and attempt to build real connections and relationships with them. But Joy has a personality which is different from others. She is welcoming, kind and unique which makes her someone who people are instantly drawn to. She can be both humorous and compassionate at the same time which is why everyone should cherish her for the person she is. The difficulties she has faced throughout her lifetime are incomprehensible for most, but she hasn't let her struggles stop her from growing and becoming the wonderful person she is today. Someone who is both a great friend and an amazing person.

Joy Rugaruza radiates warmth and she lights up any room. Her beautiful and authentic smile disguises the struggle of her past and truly represents her belief in always striving to be the best you can be. She certainly proves that, "Life is like a box of chocolates, you never know what you're gonna get."

by **Maria Petrelis**



Share
Stories



TIPS FOR LIVING A MORE POSITIVE AND RESILIENT LIFE

1: Surround yourself with positive people

The people you spend most of your time with will have a big impact on how you feel and even how you are perceived by other people. They are the people who will inspire you to be a better person, provide you with motivation to achieve your goals, empower you to make the changes you need to succeed and cheer on your successes.

2: Posture

A study by Harvard University showed that body language symbolising power can affect our decision making subconsciously. If you're slumped down you may be seen as less confident and sometimes less capable. Powerful poses were shown to have made people happier and also more in control of their body and mind. So be strong, stand tall and back yourself...You can do it!

3: Maintaining a healthy body

Exercise is not just good for physical health but also mental health. Exercise is not about a quick fix but sustained physical activity every day can help us physically and mentally. By exercising it stimulates chemicals that are responsible for memory and learning. Exercise also releases the chemical in your brain called dopamine, a chemical known to make you happier. It can also reduce your risk of diseases later in life.

4: Do not compare yourself to others

"I generally find that comparing yourself to others is the fast track to unhappiness" Adele
Comparing yourself to others can turn friends into rivals by one getting jealous of the other.

In a perfect world, we would celebrate and genuinely enjoy the accomplishments of others. Yet if we use others as a benchmark to evaluate ourselves, that creeping twinge of jealousy may undermine our ability to truly cherish the good things that come to others. Just remember - over time, things will even out, and a friend's success may enable him or her to support and make opportunities for others (including you!)

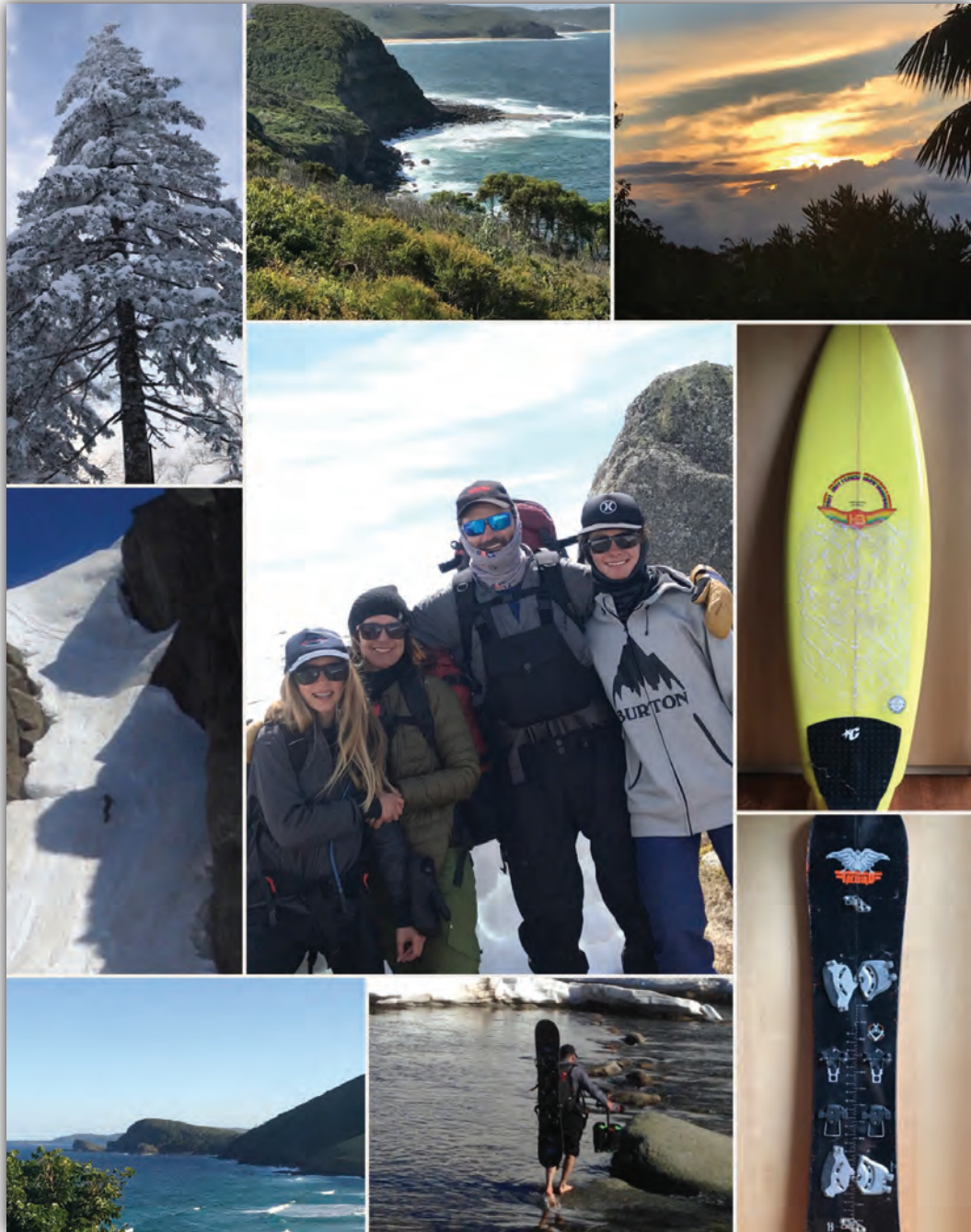
So make connections with positive people who share your values, be strong and exercise your body and mind every day and don't let other people's measurements of you define who you are. Don't compare yourself to others...BeYOUtiful!

by **Kyle Riley** and **Jayden Bisson**

"You'll never find a rainbow if you are looking down."



MY LIFE IN PICTURES



These images represent who my dad is, what his passions are and what makes him who he is. He has lived in Dudley all his life surrounded by bush on one side and a vast, blue ocean on the other. The pictures of the bush and sea represent his love of the land and the ocean. The snowboard and surfboard depict the two sports he likes the most. He also loves his family and exploring. The photos offer a snapshot into his life.

by **Joel Owers**

"Until I feared I would lose it, I never loved to read. One does not love breathing." Harper Lee

"A house without books is like a room without windows." Heinrich Mann



Think Broadly

"To learn to read is to light a fire; every syllable that is spelled out is a spark." Victor Hugo

"Books are a uniquely portable magic." Stephen King

"Whenever you read a good book, somewhere in the world a door opens to allow in more light." Vera Nazarian

"The books that help you the most are those which make you think the most." Theodore Parker



READ,

READ,

READ

"Children are made readers on the laps of their parents." Emilie Buchwald

"Let us read and let us dance—two amusements that will never do any harm to the world." Voltaire

"I have always imagined that paradise will be a kind of library." Jorge Luis Borges

"We read to know we are not alone." C.S. Lewis

"The person, be it gentleman or lady, who has not pleasure in a good novel, must be intolerably stupid." Jane Austen

"Education is not the filling of a pail, but the lighting of a fire." W. B. Yeats



Ms Thomas's treasured copy of 'Little Women' was passed on to her by her grandmother. Her grandmother received it in 1939 for coming 1st in Class 3.



"Literature is my Utopia. Here I am not disenfranchised. No barrier of the senses shuts me out from the sweet, gracious discourses of my book friends. They talk to me without embarrassment or awkwardness." Helen Keller

APPRECIATION OF BEAUTY





Artwork by **Maria Petrelis**



DOES PRACTICE MAKE PERFECT?

"Excellence demands effort and planned, deliberate practice of increasing difficulty." K Anders Ericsson

DELIBERATE PRACTICE

This is purposeful practice of an informed kind (i.e. in a domain with objective standards for success and well-known training techniques). It has seven elements:

- Developing skills that others have figured out, using practice regimens designed by coaches/teachers
- Consistently moving outside your comfort zone
- Having well-defined specific goals
- Using full attention and conscious actions
- Using feedback and modification to reach your goals
- Developing effective mental representations
- Building upon your pre-existing skillset

The short answer to the question, "Does practice make perfect? is NO! Practice does not make perfect... it makes progress and perhaps it even makes permanent!" This is firstly because there is no such thing as "perfect." We can only ever be the best we can be. Secondly, not all practice is created equal.

You may have heard people say, "Wow, you are such a natural!" This actually undervalues all the hard work and continuous improvement that goes in to the pursuit of excellence. It is actually the focus, tenacity, determination, grit and the many, many hours that peak performers put in to their craft that contribute to their success. Indeed it is their "deliberate practice" that significantly impacts their growth and capacity to be the very best. While some people may think that practice is all about performing a skill over and over, in reality that is not really helping. Deliberate practice involves pushing yourself beyond your comfort zone, getting meaningful feedback and making modifications to techniques.

Deliberate practice is a struggle and can be very unpleasant. Think about all the deliberate practice Mozart, Michael Jordan, Sir Donald Bradman or Cristiano Ronaldo had to put in to become a "natural" talent. Natural talent and perfection are constructions that do not really exist. We all have the potential to grow and be the very best we can be through deliberate practice.

I engage in deliberate practice in my pursuit to be the best soccer player I can be. I work hard on the things I need to improve and work with my coach. It's not easy but it is very rewarding to see growth.

by **Athan Siderovski** and **James Kosy**



Athan Siderovski putting his deliberate practice to work



COOKING WITH NICKSON

One way to wind down, reflect and be mindful after a busy day is to bake! But sometimes we don't have an hour to wait for the finished product. Here is my quick, easy and yummy recipe to give you a boost and put a smile on your face.

NUTELLA CAKE IN A MUG

Ingredients:

1. 2 tablespoons self-raising flour (the base of this recipe)
2. 2 tablespoons Nutella
3. 2 tablespoons brown sugar (make sure that this is smooth!)
4. 2 tablespoons cocoa powder (quality cocoa = a better flavour!)
5. 1 large egg (free-range, keep our chickens happy!)
6. 2 tablespoons of milk (full cream for the best results)
7. ¼ teaspoon baking powder (to make your 2 minute cake rise!)
8. 1 tablespoon of oil (to keep your cake nice and moist!)
9. Melted Nutella (to serve)

"The process of baking allows me to be mindful, embrace creativity and aim for mastery."



Method:

1. Combine your dry ingredients: cocoa, sugar, self-raising flour and baking powder in a large mug and mix together roughly with a fork.
2. Add the egg into a separate mug and whisk well with a fork.
3. Add the whisked egg, milk and oil and Nutella into the mug containing the dry ingredients and mix well.
4. Microwave on low power until the cake has risen to the top of the mug and is still moist (1- 2 minutes depending on your microwave!)
5. Drizzle with melted Nutella to serve!
6. ENJOY!!!

by **Nickson Raftos**





*Be
Creative*



ENHANCING EMPATHY WITH KLASSEN TIME AND CAKE



Inspired by the Danish model of Klassen Time (class hour) our PosEd lessons include circle time activities which focus on sharing thoughts, ideas, worries and problems. Together, we talk things through and offer one another strategies to help manage how we are feeling. While working together we are enhancing our empathy skills, building trust and compassion and growing positive emotions.

During our Klassen Time there is no making fun, inappropriate banter, put downs or negativity. It is sacred time that is dedicated to being genuine, really listening to one another and valuing the company and contribution of every individual. These feelings of connectedness are deepened by the sharing of cake and affirm the importance of what the Danes call "hygge." Hygge can be best translated to cozy or homey time and is all about "we time" not "me time." Klassen Time and hygge offers us a shelter from the outside world and encourages deep emotional connections, understanding and personal growth. We all love our PosEd lessons and circle time... and the cake is a yummy bonus!

by **Ms Thomas**



The 10 balloons created by **Millicent Carroll** represent Barbara Fredrickson's 10 positive emotions

EVERY FACE MATTERS



Express
Empathy



GROWING POSITIVE EMOTIONS



Sharing our feelings and worries on post-it notes and throwing them in to the circle. We then share these and offer strategies and ideas.



SHARING FEELINGS AND BUILDING RELATIONSHIPS

Being able to achieve My
goal of succeeding with
my school life

**Offer
Strategies**

friends drifting away
and making
new friends

My sister and Mum have
given each other the cold
shoulder after having a fight.
It's had a massive impact
on our family because we
are normally really close
to one another.

**Build
Trust**

Not being prepared for a job
interview later today:

**Be
Compassionate**

Listen to one
another

Value
Everyone

I lack in
confidence.
And I feel a
bit isolated.

I'M WORRIED ABOUT FALLING
BEHIND OTHERS

Playing Well in Semi Finals
For Rugby

getting
frustrated
easily

Reach Out

The Pressure of
Getting a
Job

GROW

These are some of the post-it notes from our PosEd circle time.





*Listen
Closely*

MUSIC FOR THE SOUL



The definition of music from trusty GOOGLE states music is:

vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion

But music is much more than a combination of vocal or instrumental sounds. Music is a language of energy, a “vibe” of emotions and joy. It speaks to our core desires and feelings. It spans language barriers, making it a powerful means through which humans can connect. Music is a tool which has been known to have both physical and mental benefits ranging from reducing stress and depression to increasing sleep. But beyond these individual mindful benefits is a connection made with other people that occurs when you’re listening to a song or you’ve gone to a concert. A shared experience. These experiences can create memories which can stay with a person forever. Music is an art that can be experienced by all age groups and people, wherever they are in the world.

Here is a playlist that we created to relieve stress, wind down and be mindful.

Need You Now by Dean Lewis

Fake Magic by Peking Duk

Blood, Sweat and Tears by BTS

Feel Good Inc. by Gorillaz

Hazy by Glass Animal

Can't Hold Us by Macklemore & Ryan Lewis feat. Ray Dalton

Murder of the Universe by King Gizzard and the Lizard Wizard

Brighter than Gold by The Cat Empire

Ordinary by Two Door Cinema Club

Never Start by Middle Kids

Got it Good by Kaytranada feat. Craig David

All My Friends by Snakeships feat. Tinashe, Chance The Rapper

Tightened Up by Black Keys

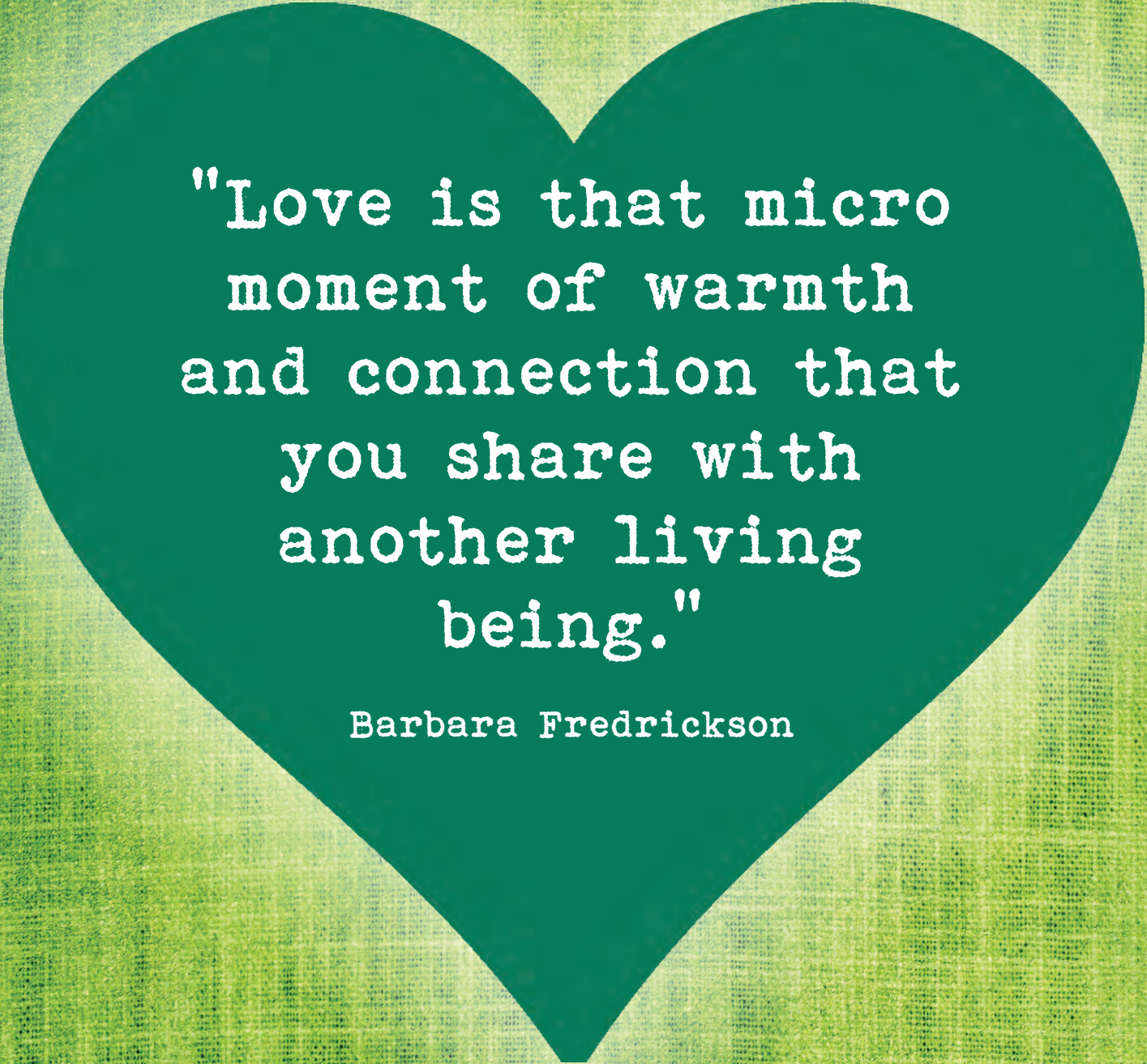
Brother by Kodamine

Just Cosmo by Cosmo Pyke (Album)



"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato





"Love is that micro
moment of warmth
and connection that
you share with
another living
being."

Barbara Fredrickson

**COLOURING
FOR
MINDFULNESS**



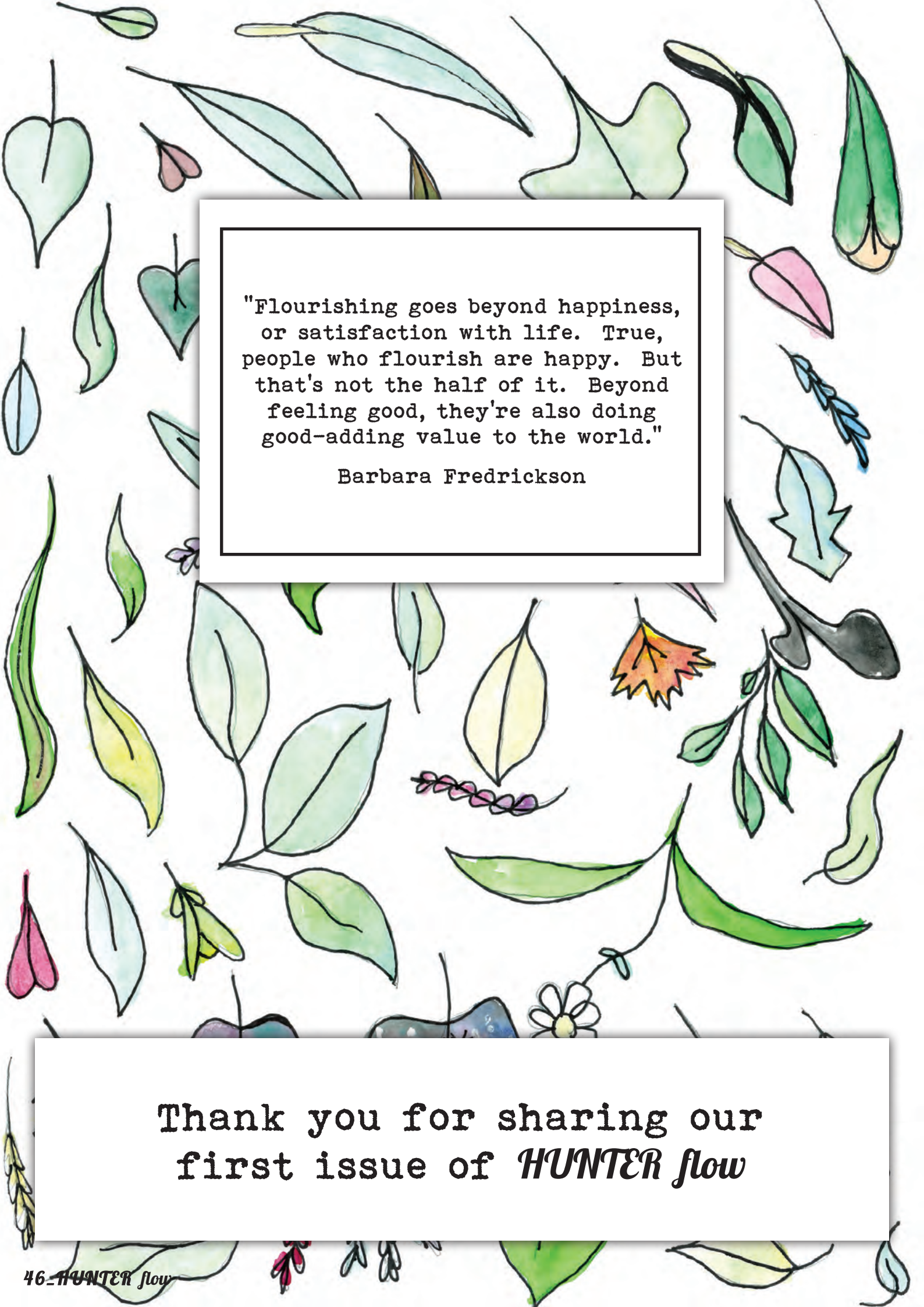
*Celebrate
You*



Artwork by **Millicent Carroll**

"We RISE by lifting others."

Robert Ingersoll

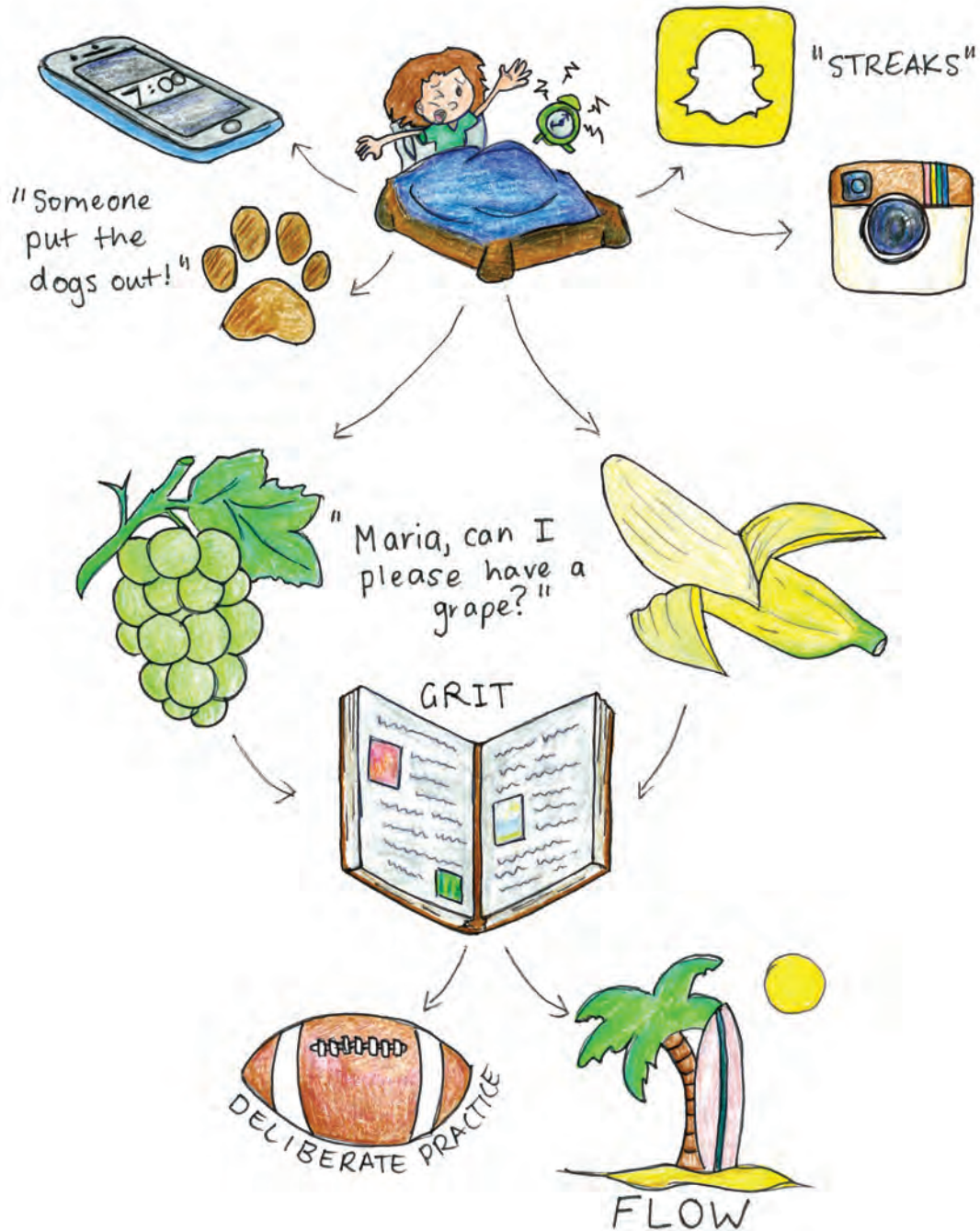


"Flourishing goes beyond happiness,
or satisfaction with life. True,
people who flourish are happy. But
that's not the half of it. Beyond
feeling good, they're also doing
good—adding value to the world."

Barbara Fredrickson

Thank you for sharing our
first issue of *HUNTER flow*

OUR DAY IN ILLUSTRATIONS



Twins, **Maria** and **Evgenia Petrelis** are 15, live in Merewether in Newcastle and are in Year 9 at Newcastle Grammar School. They both love the beach, touch football and expressing themselves through various artistic mediums.

Maria is inspired by nature and Evgenia finds motivation in the complexities of humanity. They enjoy learning about the world, sharing their perspectives and celebrating each other's strengths. Maria enjoys grapes for morning tea while Evgenia prefers a banana!

F₄ L₁ O₁ U₁ R₁ I₁ S₁ H₄ I₁ N₁ G₂

I₁ S₁ N₁ O₁ T₁ A₁

S₁ O₁ L₁ O₁

E₁ N₁ D₂ E₁ A₁ V₁ O₁ U₁ R₁

Barbara Fredrickson



HUNTER flow

**A MAGAZINE THAT GROWS
POSITIVE EMOTIONS**

*Celebrating strengths, building relationships
and enhancing resilience*

HUNTER HOUSE: ENCOURAGING ONE ANOTHER TO FLOURISH