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Friday October 27th, 2017

**Letter from the Alpine School Campus (Altitude 1600m).**

Dear Parents, Guardians and Families.

Welcome again to the community of the Alpine School Campus. Congratulations again on the achievement of being personally, as a team, as a family and as a school selected to participate in this Victorian Young Leaders to China (VYLC) program.

The purpose of these letters is to provide you a perspective of the *intended program* and what has been happening throughout the program. What your son or daughter experiences, and then of course what they may communicate to you, may vary! This is quite normal! We will not be writing about individuals, more about the experiences of the community as a whole.

It seems amazing that a few weeks have passed already. As we indicate to your son or daughter, the time here seems to pass at an accelerating pace. I think it is something to do with the familiarization of the living situation here. And familiar they certainly seem to be! I am very pleased at how readily our students this term have settled-in. The process will be repeated and should be easier once we arrive in China.

Homesickness could be an experienced emotion at this time in the program, although it does tend to diminish. If you think that your son or daughter is still unreasonably homesick, do call us and we can compare notes, so to speak. None of us can really predict how this anxiety may manifest itself. Our staff members really do make a priority of ensuring students' wellbeing during these first, more unsettled weeks. Moreover, how are you coping with being "son or daughter sick"?

Our experience helps us in explaining how students cope and why they behave in certain ways here. We see students (to varying degrees) in their first week or so of living here being very concerned with self. They often ask, "When is dinner?" or "Where do I wash my clothes?" On the inside, we feel students are asking, "Who are my friends and how do I fit in? Does she like me or what does he think about me?" They are concerned about "me". This is a very egocentric period. After this normal and possibly "selfish" time, students find themselves comfortable with this day-to-day concern, and tend to identify with their team very strongly: "I belong to "Kyneton Secondary College" or "Gisborne Secondary College", or "I am a city/country person". Students tend to be placing themselves in a category so they can find their position in a "new social/school order". They tend to cluster with familiar friends.

For some students letting go of their past and embracing the new is a traumatic period; it is a "rite of passage". This can manifest itself in a whole range of denials and refusals, even to fundamental agreements like mobile phones and hair straighteners! Once these refusals are accepted as part of the VYLC experience, and equally so, as time passes, we tend to see students developing a strengthening association with the Alpine School and Dragon House at Utahloy International School in China as "home". They associate strongly with this place as their own, where they live, and see it as a key part of their identity. This sense of security or anchoring is fundamental to the students' sense of well being and belonging.

Another way to describe the experience for students is the model of "*Mourning-Forming-Storming-Norming-Performing-Mourning*". At present, they are past "*forming*" as a group and are beginning to "*storm and norm*". That is, they are testing the rules, and are beginning to see where they fit in the group with their values and beliefs. This often translates into greater familiarity with staff and the routines. The last experience, "*mourning*", will be your challenge as their new world is deconstructed. How will you deal with *that* type of challenge?



Our educational and care programs reflect this knowledge and understanding of the psycho-social development and needs of young people in a setting such as this. What we do at various stages in the program reflect the needs of our students; we call this a “student centered approach to learning”.

We provide this as a way of explaining perhaps why some students behave the way they do, and preparing you for, among other things, a revisit of separation anxiety (*mourning or grieving*) or homesickness after saying good-bye at Tullamarine Airport on Saturday November 4<sup>th</sup> for most of you. The homecoming, while apparently a long way off, is worth considering now. You may also find communication may vary at different times and possibly decrease after an initial burst. You may feel you are totally abandoned after students have been in China for a few weeks. Please contact us if you would like to discuss this further!

Sometimes some students appear “really too cool” to be here at first, and struggle with the fact they do not have the pretend identity here they might have at their own school. At the Alpine School, it is hard to maintain a pretense, and the real or true person emerges. This is the person who is valued by all of us and who we all want to know. The VYLC program is a terrific place for that “real” young person to emerge, and we are sure they will. We hope that your son or daughter has a chance to really grow here in many ways.

The program is well and truly underway, and the students are certainly becoming immersed. We hope you get the day-to-day feedback from them, either electronically or by letters, on what they have been up to. They have their Laptop computers and seem to be enjoying the access to such a wonderful tool. Students have been out undertaking an introduction to cross country skiing, bike riding, the local environment, hiking and camping. They have also been involved in a unique team building activity called “bridge building”.

In these first 3 weeks students will get a taste of our program through doing whole-brain learning, decision making skills, learning about self-awareness, metacognition and social awareness too, along with rest days, leadership classes and so on. Once in China we will begin the China New Horizons program which focusses their content around these 5 areas; Globalisation, Service, Language and Culture, Leadership and Adventure and Environment and Sustainability. It’s busy! Can we recommend that questioning your son or daughter about aspects of the program, especially using some of the terms that have been mentioned? This is an excellent way of connecting with his or her experience here.

On the note of being busy, students do not have time, nor is there an expectation, to undertake schoolwork from home. This is made clear at the information sessions. We intrinsically value the learning they are undertaking here. We can assure you, our research and experience shows that students do not suffer *in the long term* with “missing” a term of schoolwork from their home school. Our experience is that after an adjustment period contextual to the individual and with appropriate support from schools, students accelerate in their schoolwork and their lives on their return home. Experience also tells us that adjustment period may be up to six months, but it also varies considerably person-to-person.

May we also remind parents it is not appropriate to visit the Alpine School, especially unannounced? Such visits, while they may appear seemingly helpful to your son or daughter, can in fact create difficulties for him or her. We are all trying to help them develop independence, and visits can create equity issues and consequent embarrassment and disunity. We also urge you if there are mobile phones and you know about them, they are incredibly divisive in a small community, please encourage your son/daughter to hand them in, or let us know.



The time when you have an opportunity to see your son/daughter before they fly overseas to China is fast approaching. The hour you will have is specifically about you as a family and about your relationship to your son/daughter. It is a chance to hear about their experience to date whilst having dinner together. Give them your undivided attention and take the interest in their experience and their return and reintegration over the Summer will be so much better for all of you. The time at the Airport will be short and it is imperative you have them back to us to begin check-in at 7.30pm. We look forward to seeing you there and if you can't make it we'll see you on Saturday December 16 at around 10.30am (Flight CZ 321).

We will try and post the bus arrival time at Tullamarine on our Facebook site on Saturday 4<sup>th</sup> November. Please meet us at the China Southern International check in for flight CZ 322 10.30pm. You will see students in blue polo's and staff in red polo shirts. Facebook site is "School for Student Leadership – Alpine School Campus". Once in China, we will be posting updates on "School for Student Leadership – VYLC" Facebook site.

I will be handing over the responsibility of leading the program in China to Kylie Moroney. She will be at the airport along with myself, Aislinn Williams, Angela Olah and James O'Hagan for the flight to China.

With every good wish,

Yours sincerely

Mark Reeves, BA (Rec.), Grad Dip (OE & PE), Postgrad. Dip (Organizational Change), MACE.  
Principal.  
On behalf of the School Staff team.

David Chlebna  
Campus Principal  
Alpine School Campus