

Athletics Field Events Results 2018

Junior Girls			
Shotput	Discus	Long Jump	High Jump
1 st Isabella Farrugia 2 nd Jayme Firmstone 3 rd Darcy Stewart 4 th Kaylee Austin	1 st Isabelle Farrugia 2 nd Darcy Stewart 3 rd Kaylee Austin 4 th Lani Richardson	1 st Charlotte Macdonell 2 nd Jayme Firmstone 3 rd Kaylee Austin 4 th Savenna McCracken	1 st Jayme Firmstone 2 nd Emma Murphy 3 rd Bridie Glover 4 th Savenna McCracken / Molly Leaver
11 y/o Girls			
Shotput	Discus	Long Jump	High Jump
1 st Ana Pousini 2 nd Bella Lord 3 rd Ebony Fletcher 4 th Maddison Austin	1 st Ana Pousini 2 nd Ebony Fletcher 3 rd Bella Lord 4 th Hayley Howard	1 st Ana Pousini 2 nd Bella Lord 3 rd Maddison Austin 4 th Tahlia Bylos	1 st Bella Lord 2 nd Ana Pousini 3 rd Matilda Goodwin 4 th Maddison Austin
Senior Girls			
Shotput	Discus	Long Jump	High Jump
1 st Mickala Logue 2 nd Saira Logue 3 rd Isabelle Harris 4 th Amelie Buchanan	1 st Mickala Logue 2 nd Maddison Harris 3 rd Isabelle Harris 4 th Amelie Buchanan	1 st Isabelle Harris 2 nd Amelie Buchanan 3 rd Mickala Logue 4 th Hannah Bowman	1 st Isabelle Harris 2 nd Maddison Harris 3 rd Amelia Keywood 4 th Hannah Bowman

Junior Boys				
Shotput	Discus	Long Jump	High Jump	
1 st Aidan Bown 2 nd Liam Murphy 3 rd Blayden Robertson 4 th Brandon Hirst	1 st Brandon Hirst 2 nd Ahrian Pavitt 3 rd Tyson Clarke 4 th Blayden Robertson	1 st Aidan Bown 2 nd Ahrian Pavitt/ Tyson Clarke 3 rd Sam McNeil 4 th Hayden Webber/ Blayden Robertson	1 st Liam Murphy 2 nd Aidan Bown 3 rd Blayden Robertson 4 th Tyson Clarke	
11 y/o Boys				
Shotput	Discus	Long Jump	High Jump	
1 st Alexander Gogery 2 nd Jed McDowall 3 rd Lochlan Curtis 4 th Liam Kezik	1 st Blake Jones 2 nd Jed McDowall 3 rd Drae Keating 4 th Jude Lenard	1 st Blake Jones 2 nd Lochlan Curtis 3 rd Jude Lenard 4 th Marc McCormack	1 st Blake Jones 2 nd Jed McDowall 3 rd Lochlan Curtis 4 th Lennex McCracken	
Senior Boys				
Shotput	Discus	Long Jump	High Jump	
1 st Tristan Brown 2 nd Hayden Firmstone 3 rd Jett Richardson 4 th Bowen Glover	1 st Riley Spencer 2 nd Cooper Moroney 3 rd Tristan Brown 4 th George Williams	1 st Jett Richardson 2 nd Dylan Hollier 3 rd Hayden Firmstone 4 th Jaidean Nuualiitia	1 st Jett Richardson 2 nd Bowen Glover 3 rd Hayden Firmstone 4 th Dylan Hollier	

Sussex Inlet Public School Athletics Carnival 2018 – Track Results

Age	Race	Result (1-4)	Age	Race	Result (1-4)	Age	Race	Result (1-4)
8 yrs Boys	100m	1. Harper Cropper 2. Liam Sloan 3. Jake McLaughlin 4. Lucas Sargood	12 yrs Girls	100m	1. Isabelle Harris 2. Amelie Buchanan 3. Amelia Keywood 4. Emily McNeil	11 yrs Boys	800m	1. Luke Blundell 2. Lachlan Jones 3. Lennex McCracken 4. Lochlan Curtis
8 yrs Girls	100m	1. Summer Firmstone 2. Miley Lord 3. Hope Pavitt 4. Brianna McKenzie	Junior 8-10 yrs Boys	200m	1. Blayden Robertson 2. Tyson Clarke 3. Ahrian Pavitt 4. Aidan Bown	11 yrs Girls	800m	1. Violet Keywood 2. Hayley Clarke 3. Sofie Farris 4. Mia-Rose Wilkes
9 yrs Boys	100m	1. Tyson Clarke 2. Hayden Webber 3. Finn McDowall 4. Legion Breuer	Junior 8-10 yrs Girls	200m	1. Jayme Firmstone 2. Hailee Glover 3. Emma Murphy 4. Lani Richardson	12-13yr Boys	800m	1. Hayden Firmstone 2. Zac Irwin 3. Dylan Hollier 4. Marlin Webber
9 yrs Girls	100m	1. Jayme Firmstone 2. Kaylee Austin 3. Emma Murphy 4. Le Breuer	11 yrs Boys	200m	1. Jude Lenard 2. Lochlan Curtis 3. Lachlan Jones 4. Lennex McCracken	12-13yr Girls	800m	1. Isabelle Harris 2. Amelie Buchanan 3. Emily McNeil 4. Maddison Harris 4. Emily Mc Neil
10 yrs Boys	100m	1. Aidan Bown 2. Blayden Robertson 3. Ahrian Pavitt 4. Kayden Clayton	11 yrs Girls	200m	1. Maddison Austin 2. Bella Lord 3. Hayley Clarke 4. Violet Keywood	Jnr Boys	4 x 100m Relay	No Result
10 yrs Girls	100m	1. Lani Richardson 2. Bridie Glover 3. Payton McDonagh 4. Melodie Buchanan	12-13yrs Boys	200m	1. Bowen Glover 2. Jett Richardson 3. Lachlan Jones 4. Dylan Hollier	Jnr Girls	4 x 100m Relay	No Result
11 yrs Boys	100m	1. Lochlan Curtis 2. Jude Lenard 3. Marc McCormack 4. Lennex McCracken	12-13yrs Girls	200m	1. Isabelle Harris 2. Amelie Buchanan 3. Amelia Keywood 4. Maddison Harris	Snr Boys	4 x 100m Relay	No Result
11 yrs Girls	100m	1. Maddison Austin 2. Bella Lord 3. Hayley Clarke 4. Violet Keywood	Junior 8-10 yrs Boys	800m	1. Hayden Webber 2. Blayden Robertson 3. Legion Breuer 4. Ahrian Pavitt	Snr Girls	4 x 100m Relay	No Result
12 yrs Boys	100m	1. Bowen Glover 2. Jett Richardson 3. Tristan Brown 4. Dylan Hollier	Junior 8-10 yrs Girls	800m	1. Summer Firmstone 2. Charlotte Macdonell 3. Melodie Buchanan 4. Darcy Stewart	13yr Boys	100m	1. Hayden Firmstone

Sussex Inlet Public School Athletics Carnival 2018 – Juvenile Track Results

Juvenile Girls 5 yrs	70m	1. Abby Tye 2. Katie Duncan 3. Cassidy Lord 4. Vivienne Hingston	Juvenile Girls 7 yrs	70m	1. Lily Fernie 2. Jada McDonagh 3. Abbie Carpenter 4. Kiarn Smith
Juvenile Boys 5 yrs	70m	1. Harley Gill	Juvenile Boys 7 yrs	70m	1. Levi Ryan 2. Jack Tekis 3. Riley Egan 4. Riley Rosengrave
Juvenile Girls 6 yrs	70m	1. Mia Ferguson 1. Eliza Forbes 3. Kaylee Chittenden 4. Lucy Brady	Juvenile Girls	400m	1. Lily Fernie 2. Molly Nguyen 3. Miley Lord 4. Abby Tye
Juvenile Boys 6 yrs	70m	1. Brody Lord 2. Cooper Jones 3. Beau McDowall 4. Matthew Donaldson 4. Finnegan McNamara	Juvenile Boys	400m	1. William Shinn 2. Austin BussaniWright 3. Riley Rosengrave 4. Finnegan McNamara

Apologies – Due to lack of time, weather and relay competitors leaving the carnival early all Relays were unable to be run on the day.

2018 – No records broken

2018 Athletics Carnival Age Champions

Senior Girls – Isabelle Harris
Senior Boys – Jett Richardson
11 y/o Boys – Lochlan Curtis
11y/o Girls – Ana Pousini
Junior Girls – Jayme Firmstone
Junior Boys – Aidan Bown
Juvenile Champion Boy – Levi Ryan & William Shinn
Juvenile Champion Girl – Lily Fernie

2018 Athletics Carnival Winning House Results

1st - Marlin
2nd – Wahoo
3rd - Barracuda

Sussex Inlet Public School District Athletics Team 2018

Jayne Firmstone	9yr 100m, Jnr 200m, Jnr girls relay, 8-10 High jump, 8-10 long jump, 8-10 shot put	Tyson Clarke	9yr 100m, Jnr 200m, Jnr boys relay
Summer Firmstone	Jnr 800m, 8yr 100m	Hayden Webber	Jnr 800m, 9yr 100m
Emma Murphy	9yr 100m, 8-10 High jump	Finn McDowall	9yr 100m
Lani Richardson	10yr 100m, Jnr girls relay	Aidan Bown	10yr 100m, Jnr boys relay, 8-10 High jump, 8-10 long jump, 8-10 shot put
Miley Lord	8yr 100m	Harper Cropper	8yr 100m
Bridie Glover	10yr 100m, Jnr girls relay	Blayden Robertson	10yr 100m, Jnr 200m, Jnr boys relay
Maddison Austin	11yr 100m, 11yr 200m, Snr girls relay	Tristan Brown	12yr 100m, Snr shot put
Mickala Logue	Snr shot put, Snr discus	Jed McDowall	10yr 100m, 11yr shot put, 11yr high jump, 11yr discus
Bella Lord	11yr 100m, 11yr 200m, Snr girls relay, 11yr shot put, 11yr high jump, 11yr long jump	Lennox Mc Cracken	10yr 100m
Hope Pavitt	8yr 100m	Bowen Glover	12yr 100m, Snr 200m, Snr boys relay, Snr high jump
Saira Logue	Snr shot put	Blake Jones	11yr high jump, 11yr discus, 11yr long jump
Isabelle Harris	Snr 800m, 12yr 100m, Snr 200m, Snr girls relay, Snr long jump, Snr high jump	Jett Richardson	12yr 100m, Snr 200m, Snr boys relay, Snr long jump, Snr high jump
Maddison Harris	Snr high jump, Snr discus	Riley Spencer	Snr discus
Kaylee Austin	9yr 100m, Jnr girls relay	Hayden Firmstone	Snr 800m, 13yr 100m, Snr shot put
Payton McDonagh	10yr 100m	Liam Sloan	8yr 100m
Amelia Keywood	12yr 100m	Jake McLaughlin	8yr 100m
Hayley Clarke	11yr 100m, Snr girls relay	Lochlan Curtis	11yr 100m, 11yr 200m, Snr boys relay, 11yr long jump
Hailee Glover	Jnr 200m	Liam Murphy	8-10 High jump, 8-10 shot put
Violet Keywood	11yr 800m	Dylan Hollier	Snr long jump
Isabelle Farrugia	8-10 discus, 8-10 shot put	Marc McCormack	11yr 100m
Ana Pousini	11yr shot put, 11yr high jump, 11yr discus, 11yr long jump	Alexander Gogerly	11yr Shot put
Charlotte Macdonell	8-10 long jump	Luke Blundell	11yr 800m
Amelie Buchanan	12yr 100m, Snr 200m, Snr long jump	Ahrian Pavitt	10yr 100m, Jnr boys relay, 8-10 discus, 8-10 long jump
Ebbony Fletcher	11yr discus	Jude Lenard	11yr 100m, 11yr 200m, Snr boys relay
Darcy Stewart	8-10 discus	Cooper Moroney	Snr discus
		Brandon Hirst	8-10 Discus

insights

Hopeful kids are happy kids

by Dr Justin Coulson



Think of two children who you have regular contact with: one who is resilient and happy, and one who is struggling and languishing. Imagine you are interviewing each of them and you ask them to rate their response to these six questionnaire items:

- I think I am doing pretty well
- I can think of many ways to get the things in life that are important to me
- I am doing just as well as other kids my age
- When I have a problem I can come up with lots of ways to solve it
- I think the things I have done in the past will help me in the future
- Even when others want to quit, I can find ways to solve the problem.

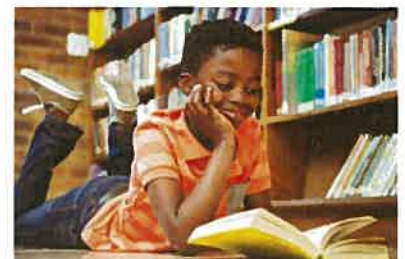
Chances are that the child who is resilient will respond affirmatively to these items. The child who is struggling is more likely to say 'no' than 'yes'.

These items form the basis of the internationally-recognised Children's Hope Scale that is used to assess the hopefulness of children and teens. Hope is a critically important predictor of their wellbeing and resilience.

Understanding hope

Psychologists say a person has hope when they believe that they can find ways to achieve their goals and to motivate themselves to try and follow those ways and meet those goals. Hope theory suggests we need three things to actually have 'hope':

- goals: something we are aiming to achieve in the future
- pathways: at least one way (and hopefully more than one) that we might



follow to achieve those goals

- agency (sometimes called efficacy): the belief that we can actually make things happen along those pathways in order to meet the goals.

Hope or optimism

Hope sounds a bit like optimism. We hope good things will happen so we're optimistic. But there's more to it than that.

While optimism is the belief that good things will happen in the future, and the sense that the glass is half full, hope is about taking that optimism, making it goal oriented and putting legs on it to make things happen.

And while optimism is great for boosting wellbeing and can act as a useful tool for inoculating people against depression, it seems hope does it better. This may be because while optimism is a positive mindset, hope is about action.

In contrast, if you don't have hope, you're, well, hope-less. That's related to all the things we don't want for our children. Hopeless kids don't try, have poor relationships and feel helpless. They don't achieve goals, often because they don't set any. And when they do set them, that's where it stops because they don't have enough hope to find ways to achieve those goals.

Encouraging kids to be hopeful

Parents who want to instil hope in their children can try the following three ideas:

1. Build a future focus

Speak to your children about their possible futures. What do they want to achieve, and why? Have them imagine their potential best selves. Talk to them about what they're looking forward to. Ask them what they want to have, do and be.



2. Work with them on plans (or pathways)

When your child or young person says "I want to be a marine biologist", be encouraging and then ask them, "What do you need to do to get there?" Discuss pathways, options and possibilities. Thinking about the future and making plans is central to fostering hope.

3. Help them solve problems

When your child or young person is stuck, instead of giving them an answer, ask them, "What do you think is the next best thing to do?" or "When have you overcome something like this before?" This type of question promotes a sense of agency or efficacy. Rather than having our children rely on us for all the answers, they can rely on themselves, their resourcefulness and their initiative. They can recall times they've succeeded before and use that to build hope that they can succeed again.

As parents, our wish for our children is that they will grow up happy and resilient. Our wish can become 'hope' when we use these three keys to build hope in them as they look towards the future.