

Woonona High School

EXCELLENCE INNOVATION SUCCESS



Issue No.18

18 November 2013



WOONONA HIGH SCHOOL

UNIVERSITY OF WOLLONGONG

Partners in Quality Teaching and Mentoring programs



YEAR 6 ORIENTATION

On Wednesday 4th December all Year 6 students who will be attending Woonona HS in 2014 will spend the day with us. During the day students will be placed into their class groups, be linked with peer support leaders who will engage them in a variety of activities and they also will have the opportunity to gain further in class high school experiences.

Parents are invited to attend an information session from 9.30 till 11am which will be held in the school hall. Parents will have the opportunity to meet and hear from a variety of school personnel. Although uniform fittings have taken place in each of the primary schools (a HUGE thank you to our parent volunteers again who have made themselves available to provide this service) uniform fitting and purchase can take place on the day. Year 7 book packs will also be available for purchase.

We very much are looking forward to meeting all of our new students and their parents on Wednesday the 4th December.

HOMEWORK CENTRES

It is particularly pleasing to see the increasing numbers of students who are accessing the homework centre on Wednesday afternoon for seniors and Thursday afternoon for all students. Students are receiving expert assistance from teaching staff and are developing their own study groups which we know are particularly successful in assisting students achieve success.

SRC AND STUDENT LEADERS



Congratulations to our new student leadership team and the SRC for organising three significant fundraising events this term already. To support those families who lost everything in the recent bushfires, gold coin donations were organised for two consecutive weekly assemblies.

Jeans for Genes Day was a huge success last week and the support of Gloria Jean's Wollongong this year again was greatly appreciated.

A large Christmas tree has been erected in the school foyer under which all donations to Anglicare's Toys'n'Tucker drive can be placed. Can I please encourage all families to make a donation of either non perishable foodstuff or toys to this most worthy initiative.

It is wonderful to witness the generosity of our students and their willingness to support those less fortunate than us by giving back to the community.



SOME OF THE HIGHLIGHTS THIS ISSUE



Hawkes "Right Choices "



Whale Watching



Science Fair



Debating



Jamie Oliver Excursion



Cup Cakes & More



Kira Small
Equestrian



North Sydney
Girls High
School

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YEAR 7 HAWKES ANTIBULLYING DAY

This week Mr Rayner (Head Teacher Welfare) arranged for the Wollongong Hawks Basketball team to visit Woonona High School and present their special antibullying program “Wollongong Hawks Right Choices—Blitz on Bullying”. The program is part of Woonona High School’s tough stance on bullying.

On Thursday 14 November all Year 7 students attended the Right Choices program. Right Choices is a unique personal development and social awareness program specifically developed by the Wollongong NRE Hawks. They confront a range of common social issues so that students can make better decisions, plan for a positive future and adopt a healthy lifestyle. The program sessions are interactive, hard hitting, deliver some strong messages and are presented by the Hawks players and coaches.

The students gathered in the school hall to meet the players and to be introduced to the program. They then split into their class groups for interactive antibullying sessions with the players. During these class sessions the groups tackled issues such as “What is bullying?”, “What does bullying look, sound and feel like?”, “What are the consequences of bullying?”, “What to do if you are being bullied”. “What is cyber bullying?”, and “What is bystander behaviour?”. The groups were also asked to make up their own “Antibullying” slogans. The class groups then reassembled at the Hall for class presentations, games and discussion, as well as unveiling their own slogans.

By all reports the program was enjoyed by all students and the teachers in attendance all commented on how relevant and positive the program was.

This program was a follow up to “Cybershorts”, an anti cyber bullying program, that Years 7 & 8 also attended last week. See the report on page 3.



Yes, Mrs Pickering and Mrs Murray do have heels on!



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CYBERSHORTS

Year 7 and 8 students last week attended a special anti cyberbullying program called "Cybershorts".

The program looked at the moral and ethical issues faced by students every time they interact by social networking.

The "Bamboo Theatre" presented three short plays that used drama, comedy and improvisation to look at the consequences of peoples' online actions.

In each play a different scenario relevant to social networking was enacted. "LOL" was a comic look at the cyber world and its limitless possibilities. "Generation Text" was a serious look at how different online choices can come back to haunt, and "Fakebook" looked at the consequences of online pranks.

The students enjoyed the workshops and found the content of the program very relevant to themselves.

Mr Rayner (Head Teacher Welfare)



SRC REPORT

JEANS FOR GENES DAY

Last Friday the SRC held a Jeans for Genes Day to raise money for the Children's Medical Research Institute. Thank you to everyone who supported the day – we raised over \$460 from people donating to wear jeans and selling iced chocolate drinks at recess and lunch. Although the hot weather made it a bit uncomfortable to wear jeans, the drinks proved very popular and most students donated money even if they weren't wearing jeans. We would also like to thank Gloria Jeans Wollongong for donating supplies and supporting Jeans for Genes at WHS again this year.



SHAVE FOR A CURE

Next Friday 22nd November we will have 3 brave students from Year 8 shaving their heads to raise money for cancer research. The SRC will be supporting these student's efforts with a sausage sizzle at lunch time next Friday behind the canteen. We will also be selling cans, iced chocolate drinks and lollies.

TOYS 'N' TUCKER

This year, Woonona High School will be supporting Anglicare's annual Christmas drive Toys 'n' Tucker. This initiative will give those less fortunate than us a chance to experience the joy of Christmas through donations of food and toys for children. A Christmas tree will be set up in the Office for students to place their donations of non-perishable food and toys under in late November.



WE WATCHED AND SAW..... WHALES!!!

On Tuesday 29th October Marine Studies students from Years 8, 9 & 10 braved the cold and windy weather of Jervis Bay to go searching for humpback whales in their natural environment.

Within 20 minutes the crew on board “Eco Extreme” spotted a calf breaching across the bay and quickly headed towards it for our viewing. The calf put on a good performance for the hour that we were with it as it was reported that they love the choppy water conditions. The mother’s activity was unfortunately pretty quiet however it did briefly surface next to the boat just before we headed back to shore.

All students had a fantastic time, even those that were drenched from the water spraying across the boat in the rough conditions. Not one student got seasick either which was also fantastic for all.

“It was great to see whales in the wild for the first time”

Thanks for an enjoyable day.

Miss Ward (Marine & Aquaculture Teacher)



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SCIENCE AT UOW

EXPERIMENTING YOUNG—THE KEY TO SCIENCE SUCCESS

Nine students from Woonona HS travelled to the University of Wollongong for the region's biggest Science Fair.

Last Wednesday 6th November primary and secondary schools as far away as Narromine in the State's west to Broulee on the far South Coast as well as schools from the Illawarra, Southern Highlands, Sydney and Campbelltown registered a record number of 450 entries for the Illawarra Coal Regional Science Fair. Over 750 students from 57 schools gathered in the University Sports Hub building along with 180 judges and members of the public. Judging was undertaken by teachers, academics, and industry representatives. Each entry was judged by 6 individuals on a range of criteria including the student's explanation of their project.

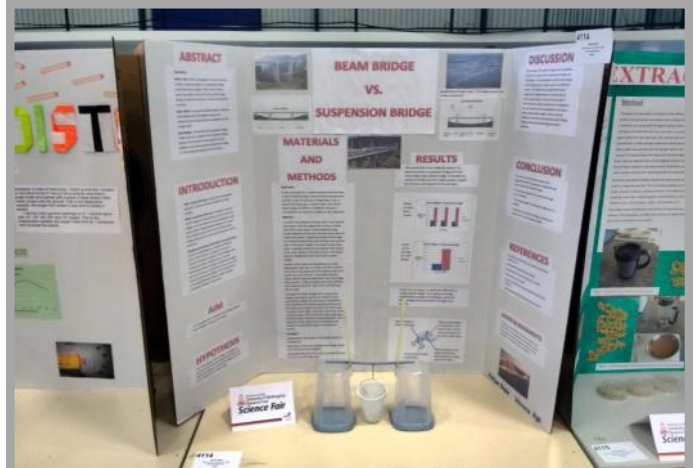
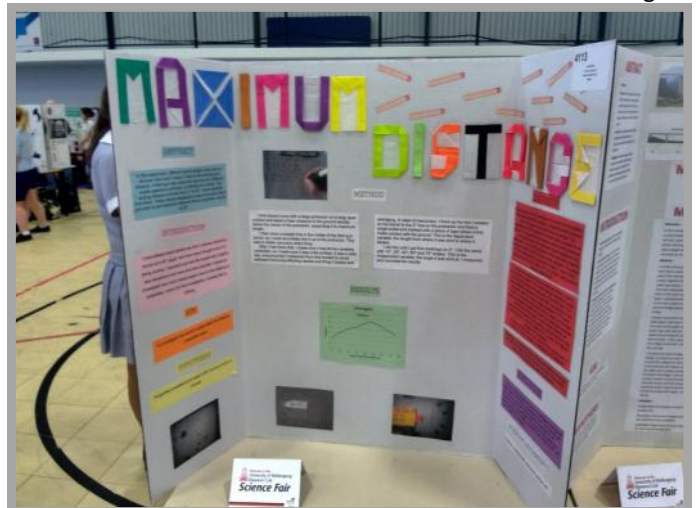
Woonona High students spoke confidently to the judges and were fantastic ambassadors for our school. The judges I spoke to were impressed with our students' entries and commented on how well the students conducted themselves on the day. The following students participated:-

Stage 5:- Kayla Bull, Trent Cooksley, Alyse Egbers, James Overton and Brenna Petrolo and Jazmin Tweddle-O'Donnell

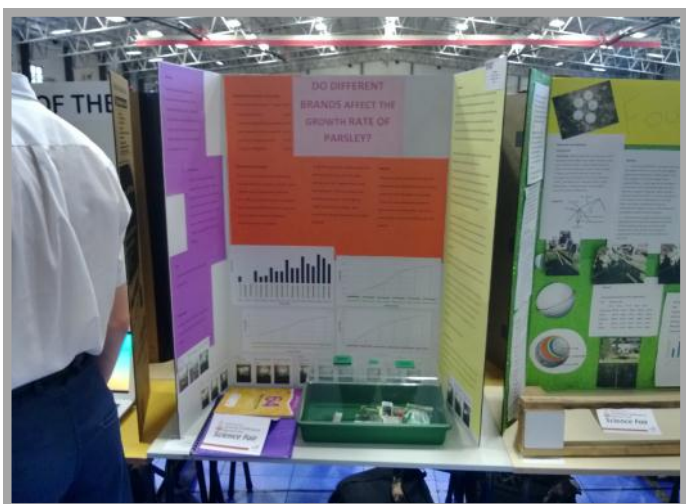
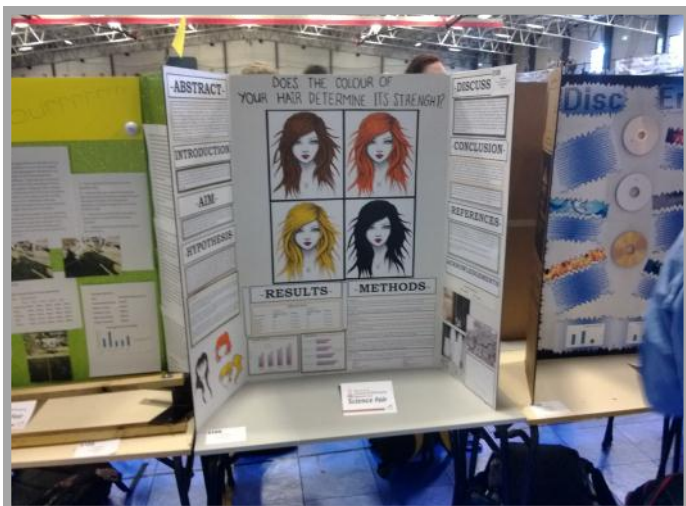
Stage 4:- Jay Archer, Nathan Boyle and Alyssa Ludewig.

Congratulations must go to the students for producing excellent projects and representing Woonona High in Science.

Mr A Laidler (Acting Head Teacher Science)



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Mr Andrew Laidler
Head Teacher Science (Acting)

UNDER 15 GIRLS WATER POLO.

On Monday 4th November the under 15 girls water polo team went to Berkeley Pool to play their first ever games of water polo. The girls were all very keen and a bit apprehensive. Prior to this they had only trained at Woonona Pool.

Our first game was against Keira High. These girls have been playing for a couple of years and are very strong. This didn't deter our girls. They tried their hardest and even scored a goal. At the end of the game the girls all agreed they liked this game and were keen to play their next game. Our next game was against Bulli High. This game was a very closely contested game. We scored a goal and Taylah even saved a penalty shot.

All the girls learnt a lot from the day and all improved their skills. Bring on the next contest!!

The team was:

Jaime Carter, Taylah Carter, Amelia McPherson, Jessica Ayrtton
Phoebe Basham, Chloe Jackson, Katinka Neumann, Makayla Moore.

Ms B Coote
HSIE Teacher

DEBATING GALA DAY

On Tuesday 22nd October students from Bulli High School and Lake Illawarra High School travelled to Woonona High to compete against our Year 7 and Year 8 teams in the Junior Premier's Debating Challenge. In this competition students are given their topics and have only one hour to prepare for their debates. They receive no teacher assistance and are only permitted a dictionary in the preparation room, so it is a very challenging academic activity.

In the first round Year 7 had to debate the topic "That Year 7 & Year 8 students should not do homework," against Bulli High School. Shae Lawrence, Jeremy Eager, Nicholas Turner and Kye Linsley spoke very well but unfortunately were unsuccessful against the more experienced Bulli team.

Ms Reynold's Year 8 team won their first round against Lake Illawarra High School. Congratulations to Jay Archer, Mitchell Begley, Holly Forrest, Bronte Petrolo and Lucy Rouse for an excellent debate, successfully arguing that school uniform should not be banned.

Our Woonona teams were unlucky in the second round, with the Year 8 Lake Illawarra team winning the debate against our Year 7s, arguing that popular music is a good influence. Our Year 8 team were unsuccessful against Bulli who argued that Smart phones should be restricted to people over the age of 18.

Both debates were very close and the students received some valuable feedback from the adjudicators. Congratulations to all the students who represented our school so well in this challenging academic pursuit!



Ms Clare Matthews
English Faculty

STUDENT MONITORING

This week student monitoring was completed for all students in all subjects. The monitoring cards were given out to students in roll call last week.

If you have not seen your child's card or have any questions, please do not hesitate to ring the school on 4284 1513.

Mr Shane Rayner
Head Teacher Welfare

jamie's
ITALIAN

SYDNEY

Y10 FOOD TECHNOLOGY EXCURSION

Year 10 Food Technology class recently travelled to Sydney for the day for lunch, not just any lunch this was at 'JAMIE OLIVERS' restaurant. The students were very excited and had been looking forward to the day. First off we did the tourist thing and we could not go by getting a photo with the stunning harbour in the background and a very large cruise liner in.

Arriving at the restaurant was once again a great time for more pictures. The students loved the menu and could not wait to order. They all loved their meal taste, service and presentation. Some comments from the day 'this is the best burger I have ever had', 'I can't wait to come back again' and 'can we come again next week'.

A great day was had by all that attended and the student's behaviour was fantastic!!

Ms Sharon Chambers
Food Technology Teacher



SOUTH COAST REPRESENTATIVES

Woonona High School South Coast Athletics Representatives who attended the CHS Athletics Carnival in Homebush were this week presented with their medals at assembly.

All athletes did very well and represented the school with distinction in both relay and individual events.

The students were, Katrinka Neukamm, Lawson Charlesworth, Regan King, Liam Evans, Ben Brien, Mason Hill and Jay Archer.



Mrs Sim
Sports Organiser.



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YR 8 CUPCAKES AND MORE

The cupcake class have been working really hard to produce a themed birthday party. They work with fondant to hand make the decorations for their cupcakes. Below is a small sample of the students work.

Ms Chambers (Food Technology Teacher)



Fairy Party



BERRY EQUESTRIAN INTER-SCHOOL COMPETITION

Year 7 student Kira Small attended the Berry Equestrian Inter-school Competition in October representing Woonona High School. Kira and her pony Oliver competed in all disciplines over three days and picked up a number of ribbons against some really hard competition.

As always Kira's biggest achievements were in the sporting arena where speed, precision, control and rider/horse partnership is necessary.

The highlight of the weekend was Kira and Oliver winning the fastest time in individual one flag. This award goes to the fastest time in that event of any high school rider (Years 7-12). As a Year 7 rider winning this overall award against older riders is a huge achievement. All other fastest time awards went to riders in the Years 10 and up age group.



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NORTH SYDNEY GIRLS HIGH SCHOOL MUSIC TOUR

Last Friday we were lucky enough to have the concert band and string ensemble from North Sydney Girls High School perform for us in the Hall. Both groups filled the stage and it was very exciting to see so many different instruments playing together. We were amazed at the wonderful sound that was created without any microphones or amplifiers – the acoustics of the Hall sounded spectacular. They played a range of styles from classical and film music to popular songs from Glee and Coldplay. Our students thoroughly enjoyed the concert and would like to thank them for their performance.

Year 9 Music Students



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LIBRARY NEWS

SENIOR HIGH SCHOOL

WOLLONGONG LIBRARY DATABASE PROGRAM

This week our library hosted a special program for HSC Society and Culture students. Specialist librarians from Corrimal Library held a database demonstration and hands on workshop to assist Society and Culture students with their Personal Interest Project (PIP).



Researching the PIP topic is a rigorous and time consuming process. Many students only use Google to research their projects which often results in poor quality information that is not suitable for the PIP project.

Databases allow students to access university level journals and articles that are not found on the web because of copyright restrictions and cost. Using information from databases means the quality and level of answers will be of a much higher standard. The course was extremely successful and we look forward to continued excellent results in this subject.



FREE MEMBERSHIP TO WOLLONGONG UNIVERSITY LIBRARY

HSC students are now being offered free membership to resources available from Wollongong University.

Students will be able to borrow books, use some of the databases and be able to work at the library after school or on weekends.

They have also put up a section just for HSC students which list some other valuable resources as well:

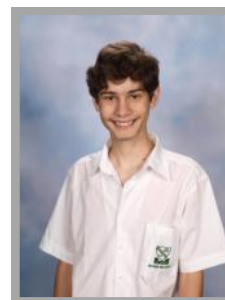
HSC: <http://uow.libguides.com/content.php?pid=274104&sid=2259864>

HSC Websites: <http://uow.libguides.com/content.php?pid=274104&sid=2259866>

SCARY STORIES COMPETITION WINNERS

Students were asked to write a scary flash fiction story. Flash fiction is a style of fictional literature or fiction that is very brief. We had many creative entries and the job of picking a winner was very difficult indeed.

The winner was Ethan Thomas. His story is written below.



"My sight was no more than darkness, my eyes mired through layers of crust, cracking. I was alone, in a cold silver room. With an effort I pulled myself up. Where was I? I found myself on a bed in a room, no less. That's when I felt it. I threw the sheets back to find more than my body, tentacles. The scream echoed for days."

MANGA/ANIME CLUB



This week Jesse Marton reviewed the Manga novel series Soul Eater. This novel is set at the "Death Weapon Master Academy". The series revolves around three teams, each consisting of a weapon master and a weapon that can transform into a humanoid. Trying to make the latter a "death scythe" and thus fit for use by the academy's headmaster *Shinigami*, the personification of death, they must collect the souls of 99 evil humans and one witch, in that order; otherwise, they will have to start all over again.



Mrs Roddis (Teacher Librarian)



MINI OLYMPICS

The Mini Olympics being held at Beaton Park on the 7th November saw an opportunity for a group of Year 10 students to volunteer and assist the disabled. After the long trek to Beaton Park from the train station, we were divided into small groups and were assigned one buddy. The volunteers were instructed to accompany their buddies in each event they wished to participate in and make the experience more comfortable for them. The track and field events proved to be a success including long jump, shot put, wheelchair racing and sprints. The atmosphere of the park was full of laughter and competition which reminded the competitors that 'everyone is a winner'. It was such a rewarding experience and everyone who participated in making this day special agreed that it was a worthwhile opportunity. Assisting the buddies in sporting events tested our patience and opened our eyes and mind to the obstacles which face these courageous competitors every day. The volunteers from Year 10 would like to thank Mrs Neukamm for allowing our school to be a part of this eventful day.

CAREERS

Mr John Chamberlain



Congratulations Bianca Caldana

Bianca has been awarded a scholarship from FlightCentre which will cover the cost of her Tourism Training. This will hopefully lead into a full time job.



Year 10 Work Experience

Work Experience is coming up next week; 18-22 November. All year ten students are to participate. Many have returned their Student Placement Records to the Careers Office. They were due on 7 October. I have sent a letter home with all Year Ten students to parents explaining the Work Experience process.

Work Experience is a great opportunity for students to learn about the world of work and to get their feet wet in a work environment. Many students get experience in an industry that they wish to seek work in following school.

The vast majority of our students see the value in this opportunity and prepare themselves earnestly for Work Experience. However, it becomes frustrating when at the last

minute I still have to chase up paper work to process in order for students to legally engage in Work Experience. Only a bit of planning on the part of students could make this process much less stressful.

DEC Careers Advisory Service

A reminder the NSW Department of Education and Communities provide a free Careers Advisory service online or over the phone from 19-24 December, following the release of HSC results. This service can be accessed on 1300 300 687 or at www.cas.det.nsw.edu.au.

UOW Options Day.

Your ATAR may be higher or lower than you need, and you don't know what to do. It doesn't matter what your situation is, you have lots of options at UOW, and our Options Day is where we'll help you find them.

Our academic staff, representatives from [UOW College](#) and [TAFE](#) as well as current students will be here to help you:

- Choose the right degree
- Modify your UAC preferences
- Plan your pathway to UOW

See [our campus](#) and facilities

See our [accommodation options](#)

Bring your HSC and ATAR results on the day so we can help you and give you the best advice. This will be your last chance to talk to UOW staff before [UAC preferences](#) close on 4 January.

Bookings for this event aren't required. You can arrive at a time that suits you between 9am and 2pm on the day. For enquiries, call us on 1300 367 869 or email uniadvice@uow.edu.au

Faculty/Campus Tours

Faculty tours will be available on UOW Options Day at 9.30am, 10.30am, 11.30am, 12.30pm and 1.30pm. Enjoy a tour around the campus with current UOW students and see the facilities specific to your faculty of interest. Bookings are not required, signs will be displayed on the day directing you where to meet.

TAFE NEWS

TAFE Illawarra enrolments for 2014 open 2 November.

TAFE Illawarra Course Information for 2014 is now online and can be found at the TAFE website <http://www.illawarra.tafensw.edu.au/>.

You may also call course information on 1300 766 123.

Booklets with course information have not yet been released as they are currently being printed. I will have copies of these booklets as soon as possible.

TAFE Illawarra Pre Apprenticeship Courses

TAFE Illawarra are offering the following Pre-Apprenticeship Courses for 2014 in the following Trade and Technology areas. Please check your email for a schedule of pre-apprenticeship testing dates as well as contact details of course administrators.

Engineering

Bricklaying

Drainage

Electrotechnology (Career Start)

CHAPLAIN'S CORNER

Loving the rain! Isn't it a blessing after such a dry spell? The Brekky Club has been popular the last week, with lots of students coming for some hot pancakes or toast before school.

During the last week, in the My FRIENDS program with Year 8 we have been looking at Inner Helpful Thoughts – how our thoughts affect our feelings, and our feelings affect our behavior. If we can challenge our negative thoughts and turn them into positive ones, we will feel more positive and our behavior will follow along! It is a great life skill to learn at any age, and I am enjoying sharing it with the Year 8s. They have been engaging really well with the material and I am pleased with the discussions we have been able to have during our sessions.



NETBALL GALA DAY

On Thursday, October 31st students from Woonona High School went and participated in a Netball Gala day at Fred Finch, Berkeley.

The day consisted of the girls participating in a round robin competition against Smiths Hill High School, Dapto High School, Figtree High School, Wollongong Performing Arts High School, Warilla High School, Illawarra Sports High School and Oak Flats High School.

Rebecca Bulley from the Australian Diamonds Netball Team was also in attendance to talk with the students. She was also there to present the winners and runners up with their trophies and prizes.

All of the girls in attendance played extremely well together and their sportsmanship was outstanding. Unfortunately both teams entered did not make the grand final game however the Year 9 girls did make the finals.

The Year 9 team consisted of Jamie Carter, Taylah Carter, Jordyn Salisbury, Sarah Hardy, Amelia McPherson, Chloe Jackson, Makayla Moore, Paige Walker, Katinka Neukamm

The Year 7 team consisted of Madelina Camelleri, Erin Wall, Carlie Hayward, Jessica Ayrton, Isobel McLachlan, Shannon Cracknell, Grace Mellows, Elly Moore, Keely Corey, Indilee Nipperess

Special thanks goes to Jazmin Tweddle O'Donnell for coming and umpiring for us on the day.

Congratulations to all girls on what was a great day out. Hope to see you all back next year.

Miss Ward

THE HOMEWORK LEARNING CENTRE

The Homework Learning Centre is open in the school Library every Thursday from 3pm to 4.30pm.

Specialised teachers are on hand to help students and a light afternoon tea is provided.

This is an excellent opportunity for students to use the school resources and teacher's expertise to complete homework, assignments and study notes.



Regulars enjoying some toast and a laugh at the Brekky Club.

Kind regards,

Rowan Keyzer

School Chaplain

(I am at school Tuesdays and Thursdays)



RIDING SAFELY TO SCHOOL.

Students who ride bicycles to school are reminded that appropriate safety head gear is mandatory.

Unfortunately, some students persist in riding without helmets. In future students who are seen riding without appropriate safety helmets will have their bikes confiscated. The confiscated bikes can then be collected by parents or students when they have the appropriate head gear.

Ms Wall

Principal

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UPCOMING EVENTS TERM 4

Date	Event
18.11.13—22.11.13	Year 10 Work experience
19.11.13	P&C Meeting
21.11.13	SIPS & ISMS Showcase Night
25.11.13—29.11.13	Yr 12 VET Construction Work Placement
25.11.13—27.11.13	Music Camp Ulladulla
25.11.13	Indigenous Mens Health Year 7—10
29.11.13	Stage 4 Assembly
4.12.13	Yr 7 2014 Orientation Day
13.12.13	Presentation Evening 7pm
18.12.13	Last day for school day for students

Uniform Shop - Term 4 2013 Opening Hours

The Uniform Shop now has an email address. To contact Renae or Jackie for any enquiries regarding uniform orders please email them at woonahs.uniforms@gmail.com.

Uniform order forms can be downloaded from our website or they are available at the Front Office.

The Uniform Shop is open each Thursday from 8.00am—9.30am. If this time is unsuitable for you, orders can be paid for at the Front Office (Mon—Fri 7.45am to 3.15pm) and the items will be delivered to your child the following Thursday.

Don't forget about our online payment option when ordering uniforms.

WOONONA HIGH SCHOOL UNIFORM SHOP

The Uniform shop is now taking orders for Blazers and Ties.

Delivery date is set for the beginning of the 2014 school year.

The blazer is not a stock item and therefore is by order only.

Ties however will be stocked.

School Blazer	\$100
(sizes are available to try on in the uniform shop).	
Ties	\$18

Closing date for orders is Thursday 11th December.
Please ensure that order and payment is received by 9.30am on this date.

CANTEEN HELPERS TERM 4

18.11.13	Maryann Head
19.11.13	Susi Eager
20.11.13	HELP NEEDED
21.11.13	Ida Rasch
22.11.13	HELP NEEDED
25.11.13	Anna Rindlisbacher
26.11.13	Kerrie Austin / Sue Boyle
27.11.13	HELP NEEDED
28.11.13	Janelle Te Pari
29.11.13	Jo Meiers
2.12.13	Wayne Regan
3.12.13	Jackie Overton
4.12.13	HELP NEEDED
5.12.13	HELP NEEDED
6.12.13	HELP NEEDED
9.12.13	Nichole Nicholson / Vacey Usher
10.12.13	Nicole Ficker
11.12.13	HELP NEEDED
12.12.13	Stephanie Cotterill
13.12.13	HELP NEEDED
16.12.13	Maryann Head
17.12.13	Susi Eager

YEAR 11 WEDNESDAY AFTERNOON STUDY SESSIONS

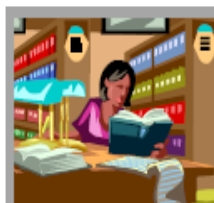
Year 11 students have begun their Year 12, 2014 HSC studies. The HSC year for many can be a very busy, demanding and sometimes stressful year. Setting a regular pattern of study early on in the year is necessary for being successful in Year 12.

As Year 12 students are no longer required to take part in sport on Wednesday afternoons this creates a perfect opportunity for an extra study and revision session. Mrs Pickering has organised to have the library available on Wednesday afternoons for Year 12 study sessions.

The library will be open from 12.30pm to 2.30pm for Year 12 private and group study. Mrs Pickering will be available for subject support and lunch will also be provided.

Please see Mrs Pickering when you arrive on Wednesdays or straight after roll call if you require lunch.

Year 12 students are urged to take advantage of this great opportunity to have a structured study period with school resources available and teacher help provided.



Community Noticeboard



CITYLIFE COMMUNITY INITIATIVES

ADHD SUPPORT GROUP

Coffee and Drop in Morning

WHEN: 29th November 10.30am

WHERE: Citylife Church

2/129 Jardine St (west end)

Fairy Meadow 2519

Information: 0242844414

0434783710

Gold coin donations appreciated.



WHEN: 27th November

TIME: 7:00pm-9:00pm

WHERE: Citylife Church

2/129 Jardine St (west end)

Fairy Meadow 2519

Information: 0242844414 Office

0413048453 Jill

0401246765 Joanne

CITYLIFE COMMUNITY INITIATIVES

PRESENTS

A WORKSHOP WITH NATALIE GRAY

At Fusion Speech Therapy Natalie Gray provides assessment and therapy for children 0-18 years for: articulation, verbal dyspraxia, expressive and receptive language, stuttering, voice, paediatric feeding and literacy.



Helping your child through adolescence

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

Mental health refers to a person's emotional and social wellbeing. When someone's mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting. If a young person develops a mental health problem it is important that they get help early. When mental health problems last for long periods of time and severely affect someone's everyday life, it may be that the problem is becoming an illness. Parents are vital in helping to identify when a young person might have a mental health problem and encouraging early help seeking.

Communicating with your child

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve any problems that arise along the way can be challenging. Promoting good mental health involves keeping the communication lines open. Here are some tips that can help:

- Be available without being intrusive or 'pushy';
- Show genuine interest in what your child is doing and encourage them to talk about it;
- Make talking about your day part of the family routine;
- Help your child to find the words to express their feelings – try asking them to describe it, ask about whether the feeling is more or less intense than it has been before, ask about where and how they feel it in their body;
- Pick your time – young people tend to talk more when they are busy doing other things or don't have to look you in the eye (try driving in the car or washing dishes together);
- Let your child know that you love them. They may not always admit it, but this is likely to be very important to them.



Knowing when to get help if you are worried

Some signs that suggest a young person might be experiencing problems include:

- New, noticeable and persistent changes that last at least a few weeks;
- Obvious and persistent changes in:

Behaviour – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people

Feelings – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure

Thinking – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.

Helping your child to seek help

- Talk openly and honestly with your child, and let them know that you are concerned.
- Ask them what they need from you and let them know that help is available.
- Provide support through making the first appointment, providing transport, and attending the appointment (or at least walking into the waiting room), which makes it easier for the young person to engage with and accept help.

Seeking help

If you have any concerns about your child, you can contact some of the services below. Remember that it doesn't hurt to ask and these services will be happy to help you work out if you need help and how to encourage this in your child.

- **School Counsellor** at your school
- **headspace** is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25. They can be contacted at ehheadspace.org.au and on 1800 650 890.
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25. They can be contacted on 1800 55 1800 and at kidshelpline.com.au.
- **Lifeline** is a 24-hour telephone counseling service (13 11 14). www.lifeline.org.au has other online information and referral services.
- **National StandBy** provides bereavement support to people affected by suicide 0754424277 or standbynational@unitedsynergies.com.au
- **Suicide Call Back Service** 1300 659 467

Delivering excellence, innovation, opportunity and student success

Community Noticeboard

SURF'S UP FOR DISABLED SURFERS AT THIRROUL

Currently 8 high schools in the Illawarra encourage significant numbers of student volunteers to help at our Illawarra events. Volunteers are essential in making the day enjoyable and fulfilling for all and so we are asking for students to volunteer.

On Saturday 30 November the South Coast Branch of the Disabled Surfer's Association will be running it's 21st annual "Hands on Day" at Thirroul beach with everyone checking in between 9—9:30am at the tents set up at the southern end of the pool.

Our disabled participants, no matter how great the challenge, get the chance to enjoy what the rest of us take for granted—the beach and its waves.

Any student volunteer attending will have a great (and enlightening day) and certificates will be issued for their attendance. There will be more experienced volunteers on hand to help new volunteers.

Please see the flyer below if you are interested in this great experience helping others.

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Surfers!

Help out at our 21st



Thirroul Beach "Hands on Day"

run by the South Coast Branch of the DSA for the Region's Disabled Participants with the assistance of surfers, local schools and the general public

WHEN? Saturday 30th Nov 2013, 9am - 1pm. BBQ lunch is free to all registered attendees.

WHERE? Thirroul Beach — sign-in on the grassed area on the southern end of the Thirroul Pool this year.



COST? **FREE** to all volunteers and carers/ family attending: \$10 for participants,

Other South Coast events this season:
Mollymook Sat Nov 16, 2013; Gerroa Sun April 6, 2014

check out <www.disabledsurfers.org>

For more info contact Ian 0421601222, Sandra 0402806622 or Jim 0458759999

****All participants receive a surfing medallion on the day****

Taj Burrow says —
"What's your problem? Give them a hand — I do so whenever I'm at home — sweet!"



Community Noticeboard

Keeping Kids In Mind

A Course for Parents Experiencing Conflict After Separation

1800 55 46 46

2014 Dates

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher.

Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on-going conflict. The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support children following family separation

The course covers the following topics:
Grief and Loss after Separation
The Hidden World of Children
Rebuilding Resilience
Bridging the Gap
Looking Back and Moving Forward

Cost of course is \$100 per person including parent workbook.

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course.

Keeping Kids in Mind is facilitated by qualified and experienced parent educators, counsellors and mediators.

NEI Courses marked with an * are day time courses, all others are evening courses. Course dates and times may be changed, please check with relevant venue for further information. Certificates of attendance will be issued.

Term 1	Term 2	Term 3	Term 4
9.1.14	5.5.14	9.7.14	9.10.14
29.1.14	5.5.14	15.7.14	14.10.14
4.2.14	5.5.14	16.7.14	15.10.14
5.2.14	5.5.14	22.7.14	28.10.14
11.2.14	5.5.14	23.7.14	23.10.14
18.2.14	5.5.14	31.7.14	23.10.14
25.2.14	5.5.14	31.7.14	28.10.14
27.2.14	5.5.14	5.8.14	3.11.14
25.2.14	5.5.14	6.8.14	12.11.14
11.3.14	5.5.14	5.8.14	
Blacktown	Fairfield	Bankstown*	Lewisham
Bankstown*	Campbelltown*	Sydney City	Warrnervale
Fairfield	Waitara	Fairfield*	Waitara
Parramatta	Blacktown	Waitara	Blacktown
Waitara	Warrnervale	Wollongong*	Wollongong
Warrnervale*	Nowra*	Campbelltown	Nowra
Wollongong*	Wollongong	Warrnervale*	Campbelltown*
Campbelltown	Bankstown	Parramatta	Fairfield*
Brookvale	Brookvale	Brookvale	Bankstown
Sydney City			

IAssistSafety App

The AssistSafety App helps children learn protective behaviours. Using a hand IAssistSafety allows a child to identify 5 adults who they could ask for help if feeling unsafe. The hand assists children to remember their safe people. These 5 adults will help the child to be safe if they are scared, worried, sad or just need help. This App helps to give your child a voice in keeping themselves safe.

Available in Google Play or the Apple Store.



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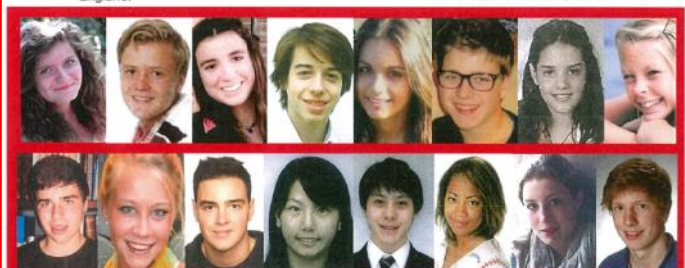
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Stallholders welcome

HOST FAMILIES NEEDED! MORE INTERNATIONAL STUDENTS ARRIVING IN FEB 2014

October 2013 Latest news...latest news...latest news... latest news...latest news...latest...

<p>From France Exchange student Anna, 15, has an eye for art and a fine sense of balance and rhythm. The good gymnast that she is, she is also musical. She sings, plays the guitar and wants to explore Australian culture and natural environment, and share her culture.</p>	<p>From Italy Alberto, 17, has led his soccer team to success at top levels. He also enjoys playing basketball and is very friendly and independent. Living near Milan, he works hard at school and hopes to achieve his ambition of becoming a doctor one day.</p>
<p>From Austria Theresa, 16, is from Vienna and, not surprisingly, music flows in her veins. She plays both the flute and guitar, and is with a brass band. A keen cyclist, she wants to make use of her skills for medical and humanitarian work one day.</p>	<p>From Germany Jennifer, almost 15, spends time gazing in the sky as she is fascinated with astronomy. She is an excellent student and interested in foreign cultures and sports, including cycling and horse-riding. She plays the violin and flute, and is fluent in English and French.</p>
<p>From Japan Miki, 16, lives close to the mountains in Kobe and particularly enjoys the outdoors and visits to hot-springs. A pleasant and caring girl, she is a well-rounded student who enjoys sports and has been to England.</p>	<p>From USA Liam, 17, from Vermont is adaptable and athletic, and enjoys a raft of activities including soccer, tennis, swimming and trampolining. He has travelled around the USA and Canada and also speaks French.</p>



Their faces say it all: photos of exchange students to Australia who have completed their programs and returned home

Many more international students choosing Australia will arrive Feb 5th, will be prepared with a 3-day residential orientation in Sydney and will join their Australian host families on Feb 8th. Program lengths are 3, 5 and 10 months. Students are selected, covered by insurance, supported by Local Coordinators and enrolled in schools by S.C.C.E. S.C.C.E. is available 24/7 to all program participants.

**Request now as many full student profiles as you like
- you may just know the perfect host family!**

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Postal Address: Locked Bag 12200
Mt Eliza, VIC 3930

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Volunteer to host an international high school student through Southern Cross Cultural Exchange in February 2014 for 3, 5 or 10 month programs. This is a rewarding and unique opportunity that can help your family become closer and see the world in a new light. Our international students from France, Germany, Italy, Austria, Finland, Canada, U.S.A, Colombia, Mexico and Japan will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.sccce.com.au, email sccceaustr@sccce.com.au or call us toll free on 1800 500 501 to request our international student profiles, and capture the spirit of family and friend-

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