

Hornsby South Public School

Darug and Garigal Land
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www.hornsbysouthps.com.au (website)

Newsletter – 3 May 2023
Term 2 Week 2

CALENDAR

Thursday 4 May
Selective High School
Test

Friday 5 May
School Cross Country for
Years 3 to 6 and Year 2
students turning 8 this
year

Monday 8 May
Music Viva

Friday 12 May
Ranger Jamie Incursion
Mothers' Day Breakfast
and Stall
3-6 Assembly

Monday 15 May
Spelling Bee Years 3-6

Wednesday 17 May
P&C Meeting 7:30pm

Friday 19 May
K-6 Assembly

Principal's Message

Welcome back to Term 2. It was wonderful to see so many parents and children attend the Three-Way Parent Interviews at the end of last term. Thank you also for completing the Parent Survey.

PARENTS AND CITIZENS' ASSOCIATION (P&C)

The next meeting is Wednesday 17 May 2022 from 7:30pm. Please join us!

ANZAC DAY – 25 April

Each year, our school leaders traditionally attend the dawn service at Hornsby RSL. Thank you to Miss Monique Oliphant and our school leaders Julia S. and Oliver M. for laying a wreath and representing our school on this occasion.

CHILD PROTECTION LESSONS

As part of the Personal Development/Health/Physical Education curriculum, all children will participate in Child Protection lessons. These lessons help children to identify dangerous or uncomfortable situations and to seek help from trustworthy adults. Some lessons may involve the naming of body parts. The Child Protection lessons have been developed by the Department of Education and they are an important priority for schools. If you DO NOT wish for your child to participate in the Child Protection lessons with their class teacher, you may opt out by writing a letter/email to your child's class teacher, to be received by Thursday 4 May 2023.



SEMESTER ONE REPORTS

Semester One reports will be sent home at the end of Term 2. The reports will identify your child's learning progress and areas for focus. K-2 reports will be reporting using the new curriculum outcomes for English and Mathematics while Years 3-6 reports will be using the current (old) curriculum.

DATES FOR ENTRY TO OPPORTUNITY CLASSES IN YEAR 5 IN 2024

Thursday 30 March 2023

Applications open 12am

Monday 15 May 2023

Applications close 11:59pm

Thursday 13 July 2023

Test centre and test authority advice released

Thursday 27 July 2023

Opportunity Class Placement Test

Thursday 3 August 2023

Illness/misadventure requests submitted

Sunday 6 August 2023

Last day to change opportunity class choices

Friday 20 October 2023

Placement outcome expected to be released

Please click on the link for further information.

<https://education.nsw.gov.au/content/dam/main-education/public-schools/selective-high-schools-and-opportunity-classes/media/oc-applicpack.pdf>

PARKING

Please be mindful not to obstruct neighbours' driveways when parking your car at drop-off and pick-up times. Also, please DO NOT use Clarke Road school as a turning bay as there are school buses entering and leaving this area regularly. I understand parking is difficult; however, it is important to respect our neighbours and Clarke Road School.

KINDERGARTEN 2024

You can enrol now for Kindergarten 2024. Please refer to the flyer in this newsletter for important dates.



Jennifer Davey
Principal

CHECK-IN ASSESSMENT FOR YEARS 4 AND 6

During Term 2, students in Years 4 and 6 will participate in the Check-in assessment.

The Check-in assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning.

The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with disability may receive the same level of support during the assessment they would normally receive in the classroom.

The assessment will be scheduled for our Years 4 and 6 students during Weeks 5 and 6. All students complete a reading assessment and a numeracy assessment.

Students are asked to bring headphones that plug into a computer to enable them to hear audio during the assessment.



LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information is on 'Stress and its impact on you'. Please take some time to read this information.

There are many community resources available to assist you should you need. Please see contact information for some of these services at the end of the newsletter.

KINDERGARTEN 2024

We are now taking enrolments for Kindergarten 2024. Please see the flyer included in this newsletter for important dates including Kindy Play Groups, Kindy Orientation Dates and the Kindergarten 2024 Parent Information sessions.

ANAPHYLAXIS

We are seeking your help to support the students in our school who are at risk of anaphylaxis.

Anaphylaxis is a severe allergic reaction that is potentially life-threatening. The most common causes of anaphylaxis in schools are food and insect allergies. The only way to prevent allergic reactions is to avoid being exposed to the allergen.

Our school is supporting students at risk of anaphylaxis in the following ways:

- training staff,
- encouraging students with food allergy to wash their hands before and after eating,
- encouraging students to wash their hands after eating something their classmate/friend is allergic to,
- teaching students not to share food with friends who have food allergy,
- teaching students the importance of getting help immediately if their friend with allergy looks sick,
- educating students about allergies and anaphylaxis, and
- teaching students that teasing someone with an allergy is not acceptable behaviour.

Food allergy is now common in school aged children. Children can be allergic to any food, and it is not possible to completely remove all foods from our school. To help manage food allergies, our school is following the National Allergy Strategy Best Practice Guidelines (2021) which do not recommend banning foods as this is difficult to enforce and can bring a false sense of safety. Instead, we have chosen not to stock nuts and nut products in our canteen as these foods are not staple foods in the diet. We request that parents also consider not sending nuts to school, especially for younger students. For students in younger primary school years, we may also send letters home to the class of a child with other allergies to discuss ways we may be able to support that child.

As we educate our school community to help with the management of food allergy and anaphylaxis, the parents of the student with food allergy will continue to educate their child on self-management at a developmentally appropriate level.

We ask you to support the school's risk minimisation strategies outlined so that we can increase safety and provide an environment that meets the needs of all our students.



Carolyn Smith
Deputy Principal



Know your sun facts from your sun fiction

Sun safe hats

Did you know that when it comes to sun protection, not all hats are equal?

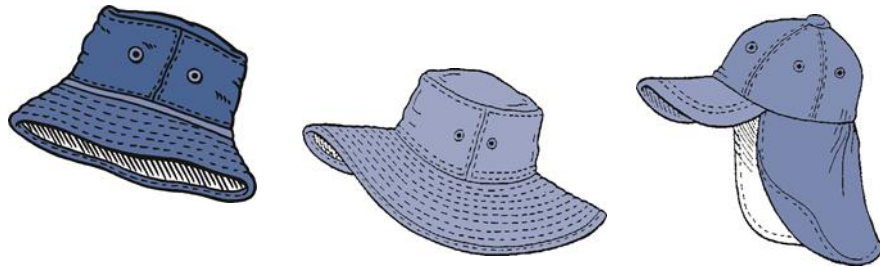
We all know that sun safe hats help protect against skin cancer and eye damage. But did you know that baseball caps do not provide adequate protection from the sun? There is very clear evidence that baseball caps leave the cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, and this is the site of many skin cancers in later life.

We're championing sun safe hats

Our school recognises the need to protect student's skin and educate them about sun safety to reduce the risk of skin cancer. We provide ongoing education that promotes healthy lifestyles and individual and collective responsibility for sun safety. Sun safe hats are part of our schools comprehensive approach to sun safety and are supported in the following ways: *Schools – please select the points following that apply to your school and insert your own*

- Students were involved in designing the school sun safe hat
- The school hat is part of our school uniform and is a sun safe design
- Messages about sun safe hats are included in student diaries
- When planning outside events we put emphasis on time of day and shade planning
- Students wear sun safe hats for PE and Sport and at lunch time
- We consider sun safety and the wearing of sun safe hats when planning school excursions
- We ask all teachers and parents to take a proactive approach to hats and to model sun safe hats for outdoor school events
- We have a rewards system in place to recognise students that consistently wear their sun safe hat.

Sun-safe hats include broad-brimmed, bucket and legionnaire styles



Want to know more?

[Sun safety](#) on the public schools website

[SunSmart Primary Schools](#) or call the SunSmart team on (02) 9334 176

SCHOOL ASSETS

Over the holidays some long awaited projects were completed in the school. We are very pleased to be able to have these completed.

1. The north end of the school oval has been repaired and will be back in use very soon.
2. The area between C Block and H Block has been reimagined with a new concrete connection that will improve movement around the area.
3. A third outdoor table tennis table has been installed in the back playground.
4. Three small sandpits have been placed in the front playground area.

HIGH SCHOOL 2024

We wish our Year 6 students who are participating in the Selective High School Test well. This test is being conducted on Thursday.



Adam Spencer
Assistant Principal



WELCOME TO TERM TWO

Welcome to Term Two. It looks like it is going to be a busy term with lots of exciting events happening for all year groups.

On the last day of Term One, we were so excited to be able to hold our Easter Hat and Crazy Hair Parade. It was wonderful to see the excited faces of students and staff members. Here are some of the photos from the day.




Mrs Skye Harper
Assistant Principal, Curriculum and Instruction



ATTENDANCE

Regular attendance at school is essential to assist students to maximise their potential. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Parents must provide an explanation for absences to the school within 7 days from the first day of any period of absence. Where an explanation has not been received within the 7-day timeframe, the school will record the absence as unjustified on the student's record. Late arrivals and early departures also impact student's attendance records.


Attendance goal for Weeks 2 & 3: Arrive at school BEFORE 9:10am to reduce the number of late arrivals!



EVERY MINUTE COUNTS . . .

When your child misses just . . .	that equals . . .	which is . . .	and therefore, from Kindy to Year 12, that is . . .
10 minutes a day	50 minutes of learning each week	Nearly 1 ½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of school
1 hour a day	1 whole day of learning each week	8 weeks per year (nearly a term)	Over 2 ½ years of school

Your child's best learning time is at the beginning of the day!




School starts at 9:10am

Positive Behaviour for Learning: *Respectful, Responsible, Aspire*


NSW Department of Education

Why attendance matters


When your child misses school they miss important opportunities to...




Learn



Make friends





Build skills through fun


education.nsw.gov.au 



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just... they miss days per year

5 mins per day  = **3** days 

 **Patterns of lateness can have a serious impact on your child's education.**

30 mins per day  = **18** days 

education.nsw.gov.au



NCCD – NATIONALLY CONSISTENT COLLECTION OF DATA

All children deserve the best possible education; education that provides opportunities for children of all abilities to reach their potential. The Nationally Consistent Collection of Data (NCCD) is a fair and consistent way for Australian schools to collect information that reflects the support or adjustments being provided for students whose learning is impacted by disability, additional learning and support needs or medical condition, such as asthma or anaphylaxis.

To include a student in the NCCD, schools must have documented evidence in accordance with NCCD criteria. Your child's teacher may have already asked you to sign an NCCD form outlining the specific adjustments that they have put in place to support your child. If you have any questions about NCCD, please talk to your child's teacher or myself on 02 9489 2410.



Miss Kylie Madden
Assistant Principal, Learning and Support

 Toilets	
Respectful	<ul style="list-style-type: none">• I will consider the privacy of others.• I will behave quietly and considerately.• I will leave the toilets clean and tidy. 
Responsible	<ul style="list-style-type: none">• I will not play in the toilets.• I will report any problems.• I will wash my hands with soap and water. 
Aspire	<ul style="list-style-type: none">• I will be a role model.• I will use the toilets before school, at recess and at lunch. 

WHERE EVERY FACE HAS A PLACE

POSITIVE BEHAVIOUR FOR LEARNING

During Week One and throughout this week, our current **PBL** focus is **Toilet Behaviour**. All classes have engaged in explicit PBL lessons designed to encourage safe and responsible behaviour when using the toilets. **At Hornsby South Public School, we are responsible when we wash our hands.**

Our Kindergarten students enjoyed conducting an experiment using bread to demonstrate the spread of germs and the importance of washing our hands after using the toilet.

If you want to try this at home, it can be a really great way to show children the difference between clean hands and dirty hands. Here is a link to a video made by Twinkl that shows you the experiment:
<https://www.youtube.com/watch?v=tr4hi4i5JLc>



Miss Stephanie Jensen
Relieving Assistant Principal Year 2



VISIBLE LEARNING

Visible Learning is an effective methodology to promote independence and student growth in both academic and social domains. To help spark a few school conversations at the dinner table, try asking your child the following questions relating to the mindframe of **being brave**.

A VISIBLE LEARNER IS...

BRAVE

I can...

- take risks
- share my ideas
- make mistakes – that's okay!

BRAVE BEAR

Early Stage 1

A VISIBLE LEARNER IS...

BRAVE

I can...

- take risks
- make mistakes – that's okay!
- challenge myself

Stage 1

A VISIBLE LEARNER IS...

BRAVE

I can...

- embrace challenges
- welcome feedback
- learn from my mistakes
- be adaptable

Stage 2

A VISIBLE LEARNER IS...

BRAVE

I can...

- embrace challenges
- welcome feedback
- learn from my mistakes
- be confident

Stage 3

Who did you see embrace a challenge today? What did they do?

How did you tackle a challenge in class?

What feedback did you receive today?

How did you use that feedback to improve your learning?

How can you be brave tomorrow during learning time?



Ms Morales & Miss Oliphant
Visible Learning Coordinators





School Bytes

Dear Parents/Carers

We are changing to a new and improved payment system for our school community. The new system is called School Bytes.

Our current payment link on the school website is being updated so you will not be able to access our normal online payment process while this is happening.

Please do not make any online payments until Wednesday 10 May. You can still make cash/cheque payments at the school office during this time.

More information will be coming to you very soon about our new School Bytes system.

We are very excited about the new process and hope you will be too.

School Office Team





Mother's Day Stall

Friday 12th May 2023



**Great range of gifts from \$1.00
to \$9.00**

Children will be taken to the gift stall with their class during the morning

Children will be able to buy one gift with their class visit and will be able to buy more at recess if there are some left over.



Hornsby South Public School
Parents Committee

Mother's Day Breakfast



Friday 12th May 2023
7:30 – 9:00am

All students are invited to bring their Mum, Grandma, Auntie or a special guest to a Mother's Day breakfast at the school hall

Please return this order form and your cash payment to **Front Office Box** by **Friday 5th May**

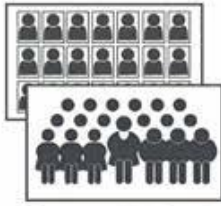
FAMILY NAME:	
Oldest Child - Name & Class	

Item	Quantity	Price Each	Total
Ham & Cheese Croissant		\$5.00	
Plain Croissant (strawberry jam available)		\$4.00	
Pain Au Chocolate		\$4.00	
Apricot Danish		\$5.00	
Cinnamon Scroll		\$5.00	
Vegan Croissant		\$4.00	
Gluten Free Blueberry Muffin		\$5.00	
TOTAL ENCLOSED			

*Complimentary Tea and Coffee will be available on the day.
Juice boxes, milk boxes and water bottles will be available to purchase on the day.
Please note that purchases on day must be **Cash Only** (No eftpos available)*



school photographs are coming up soon



Group presentation format is chosen by your school. Format may vary from options shown.



Perfect for 10x8" Frames



126x176mm



82x127mm



38x135mm



38x63mm



38x63mm



38x63mm



38x63mm



63x87mm



53x74mm



29x41mm



48 Personalised Stickers

Please note: Traditional, Composite or High-Resolution Virtual Group format is chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

how to order

order online

Online payment options include Visa, Mastercard and PayPal.

STEP 1

Go to www.advancedlife.com.au on your computer, phone or tablet.

STEP 2

Enter your school code:

F7G 54C 2P2

in the 'order and download' box. This will take you to your school's secure online ordering site.



STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available.



cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

Please note: You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned approximately 6 weeks after the day of photography.

Please note this delivery timeframe is dependant on proofing and additional photography days at your school.

IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: www.advancedlife.com.au/contact

advancedlife
school photography & print specialists

Positive Behaviour for Learning (PBL) - Respectful, Responsible, Aspire





HSPS

Community, Coffee & Catch-Up

Join us for an online catch-up with guest speaker
Dr Kristy Goodwin!

Who: Dr Kristy Goodwin and Relationships Australia

What: Dr Goodwin will explore:

- Why children find the online world captivating and how to manage their screen time so it doesn't end in 'scream time' (there's science to explain their technotantrums);
- A simple (& realistic) formula to determine healthy SCREEN TIME limits for children;
- The 3Bs that allow parents to be the PILOT of the DIGITAL PLANE;
- The 5 essential BOUNDARIES they must establish to ensure their child's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;
- Why DIGITAL DISCONNECTION is critical for your child.

When: 24th May 7:00-8:30pm

Where: Online (Zoom link provided on registration)

Registration: <http://bit.ly/3MoF2tH>



See you there!





Hornsby South Public School



Kindergarten 2024 Orientation Dates



Guided Tours of the School for Kindergarten 2024

Please ring the school office to book one of the 2023 dates below.

Friday June 2, Wednesday June 21,
Monday August 21, Thursday September 14,
Friday October 20, Tuesday November 7, Friday December 8
All tours start at 9:30am from the school office.

Information Session for Kindergarten 2024 Parents

A booking is not necessary for this event.

Wednesday 30 August in the school hall 9:30am - 10:30am or 6:30pm - 7:30pm

Play Group Sessions for children enrolled in Kindergarten in 2024

Please book either one or two sessions at www.schoolinterviews.com.au using the booking code **kn3t6**

Friday 1 September 2023 1:45pm -2:40pm
Friday 8 September 1:45pm-2:40pm
Friday 15 September 1:45pm-2:40pm

Beginner Group Sessions for children enrolled in Kindergarten in 2024

Please book up to three sessions.

A booking form will be provided with your enrolment pack.

Tuesday 17 October 9:30am-11:00am
Wednesday 25 October 9:30am-11:00am
Thursday 2 November 9:30am-11:00am

Pre-Entry to School Interviews for Kindergarten 2024 Parents

Please make a booking at www.schoolinterviews.com.au

A booking code will be provided with your enrolment pack.

Monday 27 November 2023- Friday 1 December 2023

BEST START Interviews for 2024 Kindergarten

A booking code will be provided with your enrolment pack.

Please make a booking at www.schoolinterviews.com.au



Start Date for Kindergarten 2024 Kindergarten

A Starting Date and time will be provided with your enrolment pack.

For more information Ph: 9489 2410 Fax: 9489 2495
Hornsby South Public School 57-63 Clarke Road Hornsby NSW 2077
E-mail: hornsbysth-p.school@det.nsw.edu.au
Website: hornsbysth-p.schools.nsw.edu.au
NSW Department of Education CRICOS Code 00588M



Stress and its impact on you



What this fact sheet covers:

- What is stress?
- Physical and mental health impacts
- Factors that impact mental health
- Recognising and managing stress

What is stress?

Stress is our body's response to a demand placed on it. Stress is often confused with anxiety, but stress is not a diagnosable mental illness.

Stress is a normal condition, experienced by everyone. It involves an emotional, physical or mental response to events that cause bodily or mental tension. It can be thought of as a state of readiness – the 'fight or flight' response.

A small amount of stress from time to time is not a problem, it can even motivate us to get things done. But when stress is intense and ongoing, it can start to impact our physical and mental health.

Experiencing stress

Stress has a **thinking** part and a **feeling** part.

When stressed, you might have thoughts like "I can't cope with this", "this is too much pressure for me", "I don't have enough time" and "how am I going to get this done". In essence, your mind has decided you have 'more on your plate than you can chew'.

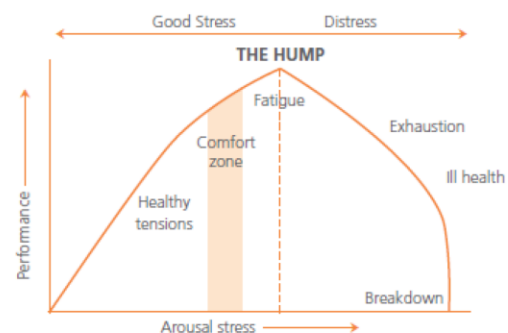
At the same time, your body goes into 'fight or flight' mode. Your nervous system is activated, and hormones are released that enable you to react quickly. For example, when stressed you might notice your heart rate increases, pupils dilate, breathing rate increases and muscles tense. You might also notice changes in mood or emotions. These changes enable you to deal with the situation.

Keeping health in mind

Stress has also been shown to affect the body's immune response. This change in immune response and increased inflammation is a possible link between various physical diseases and stress, including cardiovascular disease, thyroid disease, and diabetes.

Impact of stress on daily activities

Initially increasing stress, or arousal, increases performance, this is explained by the Yerkes-Dodson Law (see diagram).



Source: The American Institute of Stress, <http://www.stress.org/topic-definition-stress.htm>

The 'comfort' zone allows you to work under stressful conditions. Levels of arousal or stress above the 'comfort' zone however, lead to impaired performance, reduced concentration and fatigue.

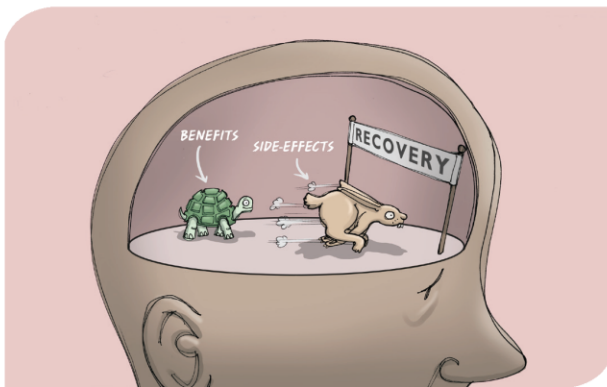


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Institute**



If not addressed, prolonged chronic stress can lead to structural and functional changes inside the brain. These changes can play a role in the development of or trigger several physical and mental illnesses including:

- Depression, anxiety, schizophrenia
- Autism spectrum illnesses
- Hypertension
- Cardiovascular diseases
- Endothelial dysfunction
- Sleeping problems



How much stress is too much?

Stress is personal. What someone thinks is stressful, you might find satisfying and fun. For example, some people may find working 10 hours a day for long periods does not cause stress; for others, it will. Some people enjoy public speaking; for others, this is too stressful.

There are many things that can cause stress. When they do, we call them 'stressors'.

Potential stressors include:

- Relationship difficulties
- Work issues
- Life changes (e.g. marriage, separation, retirement, moving house, starting a new job, being retrenched or becoming unemployed)
- Illness
- Study demands
- Event planning (e.g. holidays and family events)

And the list goes on. Your stressors will also change over time as your life demands change.

Keeping health in mind

Recent studies have found genetic differences in the genes that direct the production of stress hormones, and that there are differences in the way stress impacts on these genes. This may be the reason why people respond differently to stress, and why some are more vulnerable to the effect of chronic exposure to stress.

Stress and mental health

There's a common misconception that there is a direct correlation between stress levels and mental health. There has been an assumption that if we want to improve mental health, and particularly mental health at work, we need to reduce stress. However, the research shows that the factors affecting our mental health are much more complex and interlinked than this simplistic model.

Our mental health and wellbeing is impacted by:

- **individual factors:** personal resilience, genetics, early life events, personality, mental health history, lifestyle factors
- **home/work factors:** conflicting demands, significant life events
- **workplace factors:** the design of our jobs, the teams we work in and the culture of an organisation

Managing stress

It's important to remember that stress is more than just feeling overworked. We have become accustomed to feeling high levels of stress and hence are often unaware of or may not even know what it feels like to be relaxed.

You need to be able to recognise stress to deal with it. By repeating these 4 steps regularly, you may start to recognise your stressors.

1. **Event:** Describe to yourself one event this week that you found stressful. Consider where you were, when it was, who was there and what you were doing.
2. **Rating:** On a scale of 1-5, how stressful was this event? (1 = mildly stressful, 5 = extremely stressful)



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3. **Thinking:** What were you thinking about this event? For example, were you thinking of the worst possible outcomes? Were you focusing on the stress itself?
4. **Feeling:** Where did you feel the stress? For example, as a physical ache or more emotional response, such as making you irritable? Did it change the way you were thinking, e.g. less able to concentrate or change your behaviour, such as disturbing your sleep?

It is helpful to develop a range of responses to stress. Luckily, there are some tried-and-true strategies for dealing effectively with the stress that shows up in our lives.

1. **Recharge activities:** When we get stressed, we often stop making time for things that are nourishing, satisfying and refreshing to do.
2. **Daily routines:** The human mind likes predictability and certainty. When life gets stressful, we can restore some order to the chaos by ensuring that we continue with simple daily routines.
3. **Circles of concern and influence:** The problems, issues and difficulties we face generally fall into two 'circles':
 - **Circle of concern** contains things over which you have little direct control
 - **Circle of influence** contains those concerns that you can actually do something about – focus on making changes in this circle

4. **Reality check:** As mentioned before, stress has a large 'thinking' component, and certain types of thinking are likely to trigger stress and/or make your stress worse. Thought challenging is a useful strategy to ensure the way you are thinking about a situation is more balanced, realistic and helpful.

Key messages

- Stress is a normal condition, not a mental illness
- Everyone experiences stress, but we experience it differently and this changes over time
- Prolonged stress can negatively impact physical and mental health
- Learn to recognise your stressors so you can deal with them

Resources

- Factsheet: Mindfulness in everyday life
- myCompass www.mycompass.org.au

Black Dog Institute

Hospital Road, Prince of Wales Hospital,
Randwick NSW 2031

(02) 9382 4530

Email: blackdog@blackdog.org.au
www.blackdoginstitute.org.au

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For information: www.blackdoginstitute.org.au



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[@blackdoginst](https://twitter.com/blackdoginst)



[/BlackDogInst](https://www.youtube.com/BlackDogInst)

Keeping health in mind



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Positive Behaviour for Learning (PBL) - *Respectful, Responsible, Aspire*








Resources for Families

If you or your child needs to talk to someone...

Name	About	Phone	Online
 <p>Kids Help Line</p>	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 <p>Lifeline</p>	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 <p>Suicide Call Back Service</p>	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
 <p>Youth Beyond Blue</p>	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
 <p>Headspace</p>	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
<p>1800RESPECT</p> <p>1800RESPECT</p>	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
 <p>Mental Health Line</p>	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx






If you are looking for an app to support you or your child...



Name	About	Website
<p>Calm Harm</p> 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>Clear Fear</p> 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>ReachOut Worry Time</p> 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
<p>ReachOut Breathe</p> 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
<p>Smiling Mind</p> 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
<p>WellMind</p> 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>



If you are seeking additional information...

Name	About	Website
Raising Children  raisingchildren.net.au the australian parenting website	Provides up-to-date, evidence-based, scientifically validated information about raising children and caring for yourself as a parent or carer.	https://raisingchildren.net.au/
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

Are you in danger?

If you, or someone you are with is in immediate danger please call:

 **000**

or

go to your nearest hospital emergency department





School Student Travel

May 2023

OFFICIAL



School student travel information for parents and students

School Travel Passes

Students who require a School Opal card or travel pass but have not yet applied need to [apply](#) or [update](#) their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note:** some rural and regional operators do not issue travel passes.

Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using Opal cards must tap on and tap off in line with the [Opal terms of use](#).

All students are required to comply with the [Student code of conduct](#). The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.

Further information can be found at transportnsw.info/school-travel

Enquiries can be submitted at transportnsw.info/passes-concessions-feedback



CHESS!!

Learn to be a chess champion! Coaching for students at Hornsby South Public School is held on:

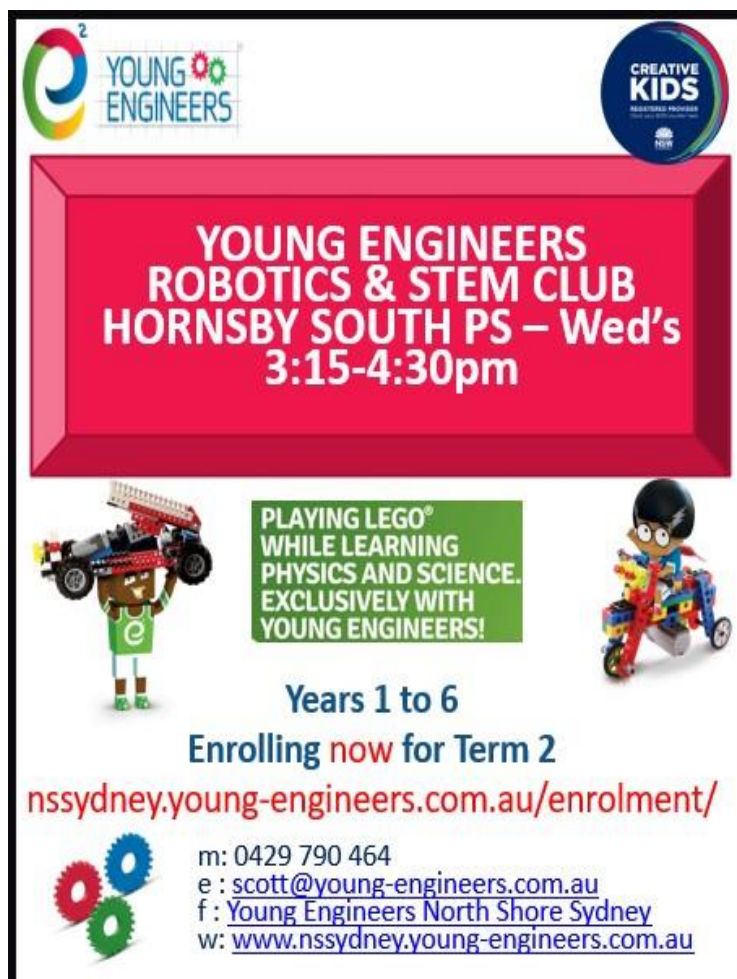
Beginner: Wednesdays from 12:55pm to 1:40pm, starting on 26 April 2023


Intermediate/Advanced: Thursdays from 12:55pm to 1:40pm, starting on 27 April 2023

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.



Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part you can email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.




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HORNSBY SOUTH PS – Wed's
3:15-4:30pm**

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 m: 0429 790 464
e : scott@young-engineers.com.au
f : [Young Engineers North Shore Sydney](https://www.facebook.com/YoungEngineersNorthShoreSydney)
w: www.nssydney.young-engineers.com.au





Asquith Girls High School

WELCOME

Tour Dates Available

TERM 2

Wednesday 3 May 2023 9.00am

Friday 19 May 2023 9.00am

TERM 3 - EDUCATION WEEK

Thursday 3 August 2023 9.00am

Friday 4 August 2023 9.00am

TERM 4 - HIGH SCHOOL EXPERIENCE DAY

Thursday 16 November 2023



ENQUIRIES

<https://asquithgir-h.schools.nsw.gov.au/>

Registrations OPEN now

Party @ WALLAROBBA

Come and meet your neighbours at this FREE party! BBQ, facepainting, children's activities, family games, prizes and more.

Join us, have fun, meet and chat with your local services and connect with your community. Something for everyone!

SUNDAY 21 MAY, 10.30AM-12.30PM

HORNSBY LEISURE AND LEARNING CENTRE

and outside grounds of Wallarobba, 25 Edgeworth David Avenue, Hornsby

Free. For more information, contact Jian at jzhao@hornsby.nsw.gov.au
In the case of rain, the party will be cancelled.



hornsby.nsw.gov.au



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KUKKI TAEKWONDO

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130 George St. Hornsby NSW 2077
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www.taekwondokukki.com

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NSW Department of Education CRICOS Code 00588M

Positive Behaviour for Learning (PBL) - *Respectful, Responsible, Aspire*

