

Hornsby South Public School

Darug and Garigal Land
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Ph: 9489 2410 Fax: 9489 2495



hornsbysth-p.school@det.nsw.edu.au (email)
www.hornsbysouthps.com.au (website)

Newsletter – 31 May 2023
Term 2 Week 6

CALENDAR

Friday 2 June

K-2 Assembly 11.40am
Kindergarten 2024 School
Tour 9.30am

Monday 5 June

Class Photo Day

Tuesday 6 June

Kindergarten 2024 School
Tour 9.30am

Friday 9 June

3-6 Assembly 10.30am

Wednesday 21 June

Athletics Carnival 3-6
P&C Meeting 7.30pm

Friday 30 June

Last Day of School Term 2

Monday 17 July

School Development Day

Tuesday 18 July

Students Return Term 3

Principal's Message

NATIONAL RECONCILIATION WEEK

Be a Voice for Generations

Saturday 27 May - Saturday 3 June marks Reconciliation Week. These dates commemorate two significant milestones in our reconciliation journey – the successful 1967 referendum, and the High Court Mabo decision. This year the theme is *Be a Voice for Generations* encouraging all Australians to be a voice for reconciliation – where we live, work and socialise.

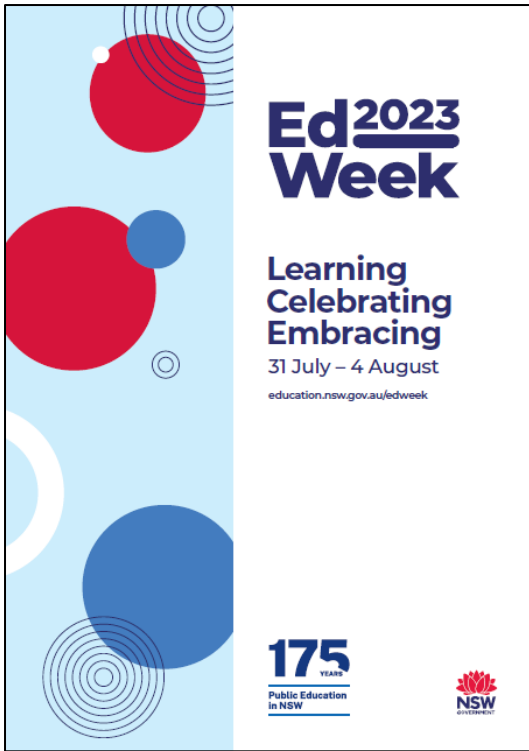
Throughout the year, our students have been actively involved in Aboriginal Education lessons involving the development of an Acknowledgement of Country for each class, hosting Sorry Day Assemblies, participating in a Traditional Indigenous Games (TIG) Day, Wear it Yellow Day fundraiser for Children's Ground and learning about Aboriginal Histories and Cultures. Thank you to our Aboriginal and Torres Strait Islander Committee for organising these events.

Throughout Term 2, all classes have also been invited to participate in Aboriginal and Torres Strait Islander History and Culture lessons with Koori Kinnections.

SCHOOL NEWSLETTER

The school newsletter will be published in Weeks 2, 6 and 10/11 of each term.





EDUCATION WEEK

HSPS will celebrate Education Day on Thursday 3 August 2023 – save the date.

ZONE CROSS COUNTRY CARNIVAL

Last Friday, our Hornsby South Cross-Country team attended the Zone Carnival at Rofe Park. It was very impressive to see all students try their best, especially in the pouring rain. We improved on last year's efforts and supported each other's achievements. Notable mentions go to Curtis L. (3S), Isabelle L. (3/4M) and Oliver M. (6S), who are their age group's back-up entries for the Area Carnival. Congratulations to Sarah J. (6S) who will be attending the Area Cross Country Carnival on June 15 in Gosford. Thank you to all who made it a successful day, particularly to Mrs Emilee Shearan, Mrs Nicky Hall and Miss Monique Oliphant – our Zone Cross Country organisers and to all the students who were exceptionally well-behaved.

DATES FOR ENTRY TO OPPORTUNITY CLASSES IN YEAR 5 IN 2024

The application process for Year 5 Opportunity Class placements in 2024 has now closed. Please click on the link for further information.

<https://education.nsw.gov.au/content/dam/main-education/public-schools/selective-high-schools-and->

SCHOOL BYTES

HSPS is now using School Bytes for all permission notes and payments. You will receive an email with a link. Please click on the link and follow the instructions. Every parent/carer should have received a link for Koori Kinnections in their email. There is no cost for this event. Please check your junk email folder if you have not seen this. Please contact the school office on 9489 2410 if you require further assistance.

THANK YOU TO OUR COFFEE ANGEL

A special thank you to our anonymous community donor who funded coffee purchases from the coffee van for staff. A very kind and generous gesture that was greatly appreciated.

COMMUNITY, COFFEE AND CATCH-UP

On Wednesday 24 May, HSPS Community, Coffee and Catch-Up hosted Dr Kristy Goodwin. Dr Goodwin and families explored why children find the online world so captivating, how to manage screen time without ending in a scream, healthy screen time limits, how parents can be the pilot of the digital plane, what boundaries to establish to ensure physical health and mental wellbeing and why digital disconnection is critical for all children. Thank you to Ms Carolyn Smith for organising this successful and informative session, with over 50 of our families participating.

MULTICULTURAL PUBLIC SPEAKING PERSPECTIVES COMPETITION

Congratulations to the 24 finalists who represented their classes at the MPPS School Final held on Thursday 18 May and Wednesday 24 May. The standard of the speeches was outstanding. Thank you to our adjudicators, Mrs Skye Harper and Mrs Bonita Standingford who had an extremely difficult task. Special congratulations to our Stage 2 winners Regina T. and Izaan A. and to our Stage 3 winners, Valerie W. and Amber L. who will now represent Hornsby South Public School at the Local Final. Thank you to Mr David Moffatt for his outstanding organisation.



Thank you to The Athlete's Foot at Hornsby for their kind donation of \$225 towards shoes for our families.



Jennifer Davey
Principal



BIRTHDAY AND RELIGIOUS CELEBRATIONS

Many of our students have a variety of food allergies, intolerances and life-threatening anaphylactic reactions to a variety of foods. For this reason, we request food products are not shared with other students in the school. If your child is celebrating their birthday or a religious festival, please do not give your child food items to distribute to other children. If you would like them to give something to their friends, they may give out non-food items such as pencils, erasers or yo-yos etc. If food items are brought along to school, the children will be asked to put them back into their bags and take them home again. We thank you for your understanding and cooperation in this matter.

LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information is on 'Causes of Depression'. 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.

SCREEN MANAGEMENT AT HOME

Thank you to everyone who attended the Community Coffee and Catch Up presentation with Dr Kristy Goodwin last Wednesday night. It was an informative session with some practical ideas and insights into why our children find removing themselves from the online world difficult, and how we as parents can help them develop a healthy relationship with online environments.

I am very happy to be able to provide you with [the link to the replay and the resources](#) that Dr Kristy mentioned during her presentation. This link has been sent out to all who registered (whether they attended or not) and will be available for the next 3 months for all members of our school community to access.

Please take advantage of these resources.

PEDESTRIAN SAFETY

There have been some very close calls in recent days regarding the safety of our students when walking to and from school. All students have had a road and pedestrian safety lesson in class this week. The following information from Transport NSW gives some helpful ways you can improve your child/ren's safety when walking near roads and near moving vehicles;

- Children up to eight years old should hold an adult's hand on the footpath, in the car park or when crossing the road.
- Children up to 10 should be supervised around traffic and should hold an adult's hand when crossing the road.
- When walking with your children, talk to them about safe crossing procedures and traffic safety regulations
- Set a good example. Parents and carers are the best road safety teachers.
- Teach your children to be aware of the traffic environment: distractions such as wearing headphones or playing with friends on the way to or from school can make them more vulnerable to danger.
- Make sure your driving and parking are not endangering your own or others' children. Obey all parking signs and speed limits, and always be on the lookout for the unexpected. Many traffic safety issues around schools arise from the poor driving and parking behaviour of parents.
- Never call your child across the road.



Please review the following road and pedestrian safety messages with your child/ren at home;

STOP

- Before you cross the road stop at a safe distance back from the kerb.

LOOK

- Look both ways for approaching vehicles before you cross the road. As you cross keep looking both ways and checking until safely across. Just because someone else decides to cross, doesn't mean it's safe for you.

THINK

- Is there a pedestrian crossing close by that you could use
- Think about whether it is a safe place to cross
- Never assume that an approaching vehicle can see you, or will stop for you – wait until all vehicles have passed before you consider stepping off the kerb
- Make sure you can clearly see vehicles coming from both directions and make sure drivers can also see you.

CROSS IF SAFE

- Remember to always choose a safe place to cross the road: Avoid crossing between parked cars or at the front or back of buses and large vehicles. Avoid crossing at a crest of a hill or a bend in the road making it difficult to see approaching traffic and to be seen by drivers.
- Only cross if the road is clear of traffic.



Carolyn Smith
Deputy Principal

HALL AV UPGRADE

We are happy to report that the final stage of our Hall Audio and AV project has been completed. We now have a lovely state of the art system. This will be of valuable use to our learning programs.

SANDPITS

Our students continue to enjoy the sandpits in our front playground. A reminder that these are for use during school hours only. Please do not uncover them and access them during afternoon pickup times.



Adam Spencer
Assistant Principal



RACISM. NO WAY!

Racism has damaging effects on individuals, school communities and society. Schools play a critical role in developing understandings of racism, responding to incidents of racism and preparing students for responsible and effective citizenship in Australian society. Each school has a trained Anti-Racism Contact Officer (ARCO) to facilitate the complaints handling process and promote anti-racism education in the school. Members of the school community can make a complaint about racism, including students, parents, staff members and members of the school's wider community. Complaints of racism within the school community should be directed to the school's Anti-Racism Contact Officer (ARCO). The ARCO is the central point of contact for complaints of racism. They record complaints and resolution methods and maintain all data in line with the policy guidelines. The ARCO for Hornsby South Public School is Mrs Skye Harper.

Racism. No way! promotes anti-racism education programs, strategies and resources which are appropriate for use in Australian schools.

I encourage families to hold conversations with their children about the impact that racism has on victims and the impact that bystanders can have on the situation. When people who witness racism speak out against it, this makes the person being targeted feel supported, and can make the person being racist reconsider their behaviour. Don't put yourself at risk. But if it is safe to do so, speak up and stand with the victim. Even a simple gesture can be powerful.

If you see racist behaviour, you can:

- Speak up — call it out as racism, let the perpetrator know it is not acceptable.
- Support the victim — stand next to the person being targeted and ask them if they are ok.
- Tell a teacher and the school ARCO — remember the details and report it to your teachers.



Mrs Skye Harper
Assistant Principal, Curriculum and Instruction



PREMIER'S SPELLING BEE 2023

Congratulations to our Junior winner, Diyan C and Senior winner, Oliver M, who have both made it through to the Regional Finals! We are very excited and proud to see you represent our school!

Regional Finals will take place Monday 7 to Friday 18 August, Term 3 (Weeks 4 and 5) and will all be conducted on-line in 2023. The Premier's Spelling Bee Coordinator will advise schools of the dates of regional finals early in Term 3. The winner of each division of each regional final goes on to the state finals.



ATTENDANCE

We want to do all we can to be sure your child achieves their potential and enjoys being in school. We know that school is the best place to learn. By attending school every day, your child will get the most out of their learning and improve their career and life options. When your child is absent, it is important you let the school know, including the reason why, on the day or the day before. This helps make sure we know where our students are and offer support for you and your family if needed.

If you are having trouble getting your child to school every day or on time, please talk to our school staff so we can work together, because every day counts. Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.

While COVID-19 and other respiratory illnesses are around especially during the winter months, schools will continue to use COVID-smart measures to minimise the risk of transmission. If your child is unwell, they will need to stay home, get tested for COVID-19 if they are experiencing symptoms, and only return to school when symptom free.

Please contact the school if your child needs to miss school for any reason, so we can plan continued support for your child's learning and wellbeing.

Attendance Goal:

Please remember that the NSW Education Act requires that all student absences must be explained within 7 days of the first day of them being away from school. Please contact us promptly whenever your child is absent and let us know the reason for them being away.



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed

1 day per **week**
 = **8** weeks  = Over **2.5** years missed

education.nsw.gov.au



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*



Miss Kylie Madden
Assistant Principal, Learning and Support



POSITIVE BEHAVIOUR FOR LEARNING

 ICT	
Respectful	<ul style="list-style-type: none">• I will only take photos/video with the consent of a teacher or child's parent• I will not send/share anything unpleasant or inappropriate• I will keep my phone in my bag while I am at school• I will look after school ICT equipment 
Responsible	<ul style="list-style-type: none">• I will only use school devices for tasks set by a teacher• I will inform an adult if I suspect or know anyone is not meeting the school ICT expectations• I will follow the mobile phone and digital device policy 
Aspire	<ul style="list-style-type: none">• I will follow the Digital Technology Policy• I will only access material that is appropriate for my age 

WHERE EVERY FACE HAS A PLACE

Over the last two weeks at Hornsby South Public School, students have been focusing on the PBL expectations for Information Communication Technology (ICT). Students are learning to be respectful when using technology and aspiring to follow the Digital Technology Policy.

Even for preschool children, it is never too early to instil good habits, and as students get older, it is useful to keep reminding them of the basic digital intelligence principles: respect, empathy, critical thinking, responsible behaviour and resilience. These are also principles you can emphasise with your child when things go wrong.

Here are some links, from the eSafety Commissioner website, that you may find useful at home. Some classes have been exploring this website as a part of their PBL lessons throughout the week.

- [How to build digital intelligence](#)
- [I am worried my child might be bullying others](#)
- [My child has shared inappropriate images](#)

There is also an excellent child friendly section that explains things in a simplistic way with visuals:

<https://www.esafety.gov.au/kids>

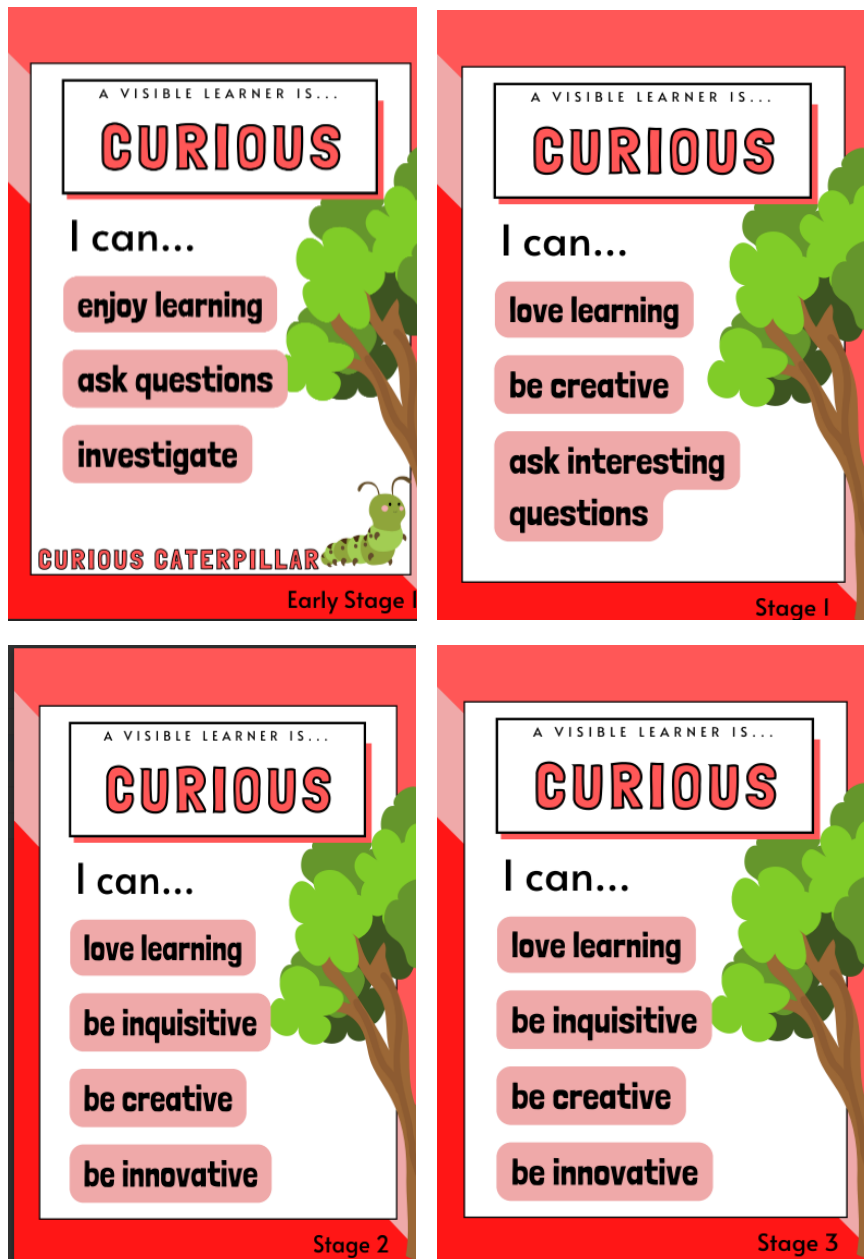


Miss Stephanie Jensen
Relieving Assistant Principal Year 2



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 curious**.



What are you passionate about?

How did you show your curiosity today? Which questions did you ask your teacher or friends?

What did you create in mathematics?

What would you want to investigate further? How could we do this as a family?

How can you be curious tomorrow during learning time?



Ms Morales & Miss Oliphant
Visible Learning Coordinators



Congratulations to our PBL Award winners.

Gold Award Winners



**Ranveer S, Curtis L. Olive M , Lisa K
Stella S, Nicholas R, Curtis L, Lucy G
Absent: Kate L**



ZONE CROSS COUNTRY

Last Friday, our Hornsby South Cross Country team attended the Zone Carnival at Rofe Park. It was very impressive to see all students try their best, especially in the pouring rain. We improved on last year's efforts and supported each other's achievements. Notable mentions go to Curtis L. (3S), Isabelle L. (3/4M) and Oliver M. (6S), who are their age group's back-up entries for the Area Carnival. Congratulations to Sarah J. (6S) who will be attending the Area Cross Country Carnival on June 15 in Gosford. Thank you to all who made it a successful day, particularly the students who were very well behaved and encouraging towards their teammates.

Mrs Shearan, Mrs Hall and Miss Oliphant
Zone Cross Country Organisers



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

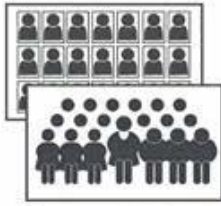
Students using Opal cards must tap on and tap off in line with the [Opal terms of use](#).

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



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



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





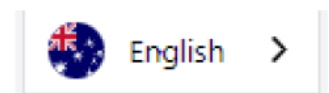
Our new school finance system School Bytes is now up and running. Term 2 fees will be emailed to you shortly. No hard copies will be sent home from this term. Any outstanding fees from Term 1 have been brought over to the new system. All families will need to

“create a new account”

by using the link <https://portal.schoolbytes.education>

Once you have completed the required information (see below) you can link Hornsby South Public School and choose your child's class. You are now set up to make online payments.

Please note that School Bytes is available in 10 different languages, accessed by the logo in the bottom right hand corner.



Cash and cheque payments are still accepted at the school office. We appreciate your patience going forward as we become more familiar with our new system. If you have any problem setting up your account, please contact the school office for assistance.

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





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





Science.
Compassion.
Action.

Causes of depression



What the fact sheet covers:

- Factors involved in developing depression
- Where to get more information

Introduction

Unlike other illnesses or disorders, there is no simple explanation as to what causes depression. In general, depression can be due to a number of factors including stresses which can range from mild to severe, combined with vulnerability or predisposition to depression that can result from biological, genetic or psychological factors.

Each type of depression is associated with different mixtures of causes. For psychotic or melancholic depression, physical and biological factors are relevant. In contrast, for nonmelancholic depression, the role of personality and stressful life events are important.

Genetic factors

There is strong evidence that genetic factors play a significant role in a person's predisposition towards developing depression,

especially melancholic depression, psychotic depression and bipolar disorder. No single gene is likely to be responsible, but rather a combination of genes.

The predisposition to develop depression can be inherited. The genetic risk of developing clinical depression is about 40% if a biological parent has been diagnosed with the illness, with the remaining 60% being due to factors within the individual's own environment. Depression is unlikely to occur without stressful life events, but the risk of developing depression as a result of such an event is strongly genetically determined.

Biochemical factors

Our knowledge of the human brain is still fairly limited, therefore we do not really know what actually happens in the brain to cause depression. It is likely that with most instances of clinical depression, neurotransmitter function is disrupted. Neurotransmitters are chemicals





that carry signals from one part of the brain to the next. There are many neurotransmitters serving different purposes. However, three important ones that affect a person's mood are serotonin, noradrenaline and dopamine.

In normal brain function, neurotransmitters interact with a series of nerve cells, with the signal being as strong in the second and subsequent cells as it was in the first. However, in people who are depressed, mood regulating neurotransmitters fail to function normally, so that the signal is either depleted or disrupted before passing to the next nerve cell.

Physical illness

In a sense, physical illness can lead to depression through the lowered mood that we can all experience when we are unwell, in pain or discomfort, confined and less able to do the things we enjoy, even if the illness itself isn't making us feel down.

Illness can also change the body's functioning to lead to depression. Even if the illness isn't making us feel down, we can still suffer from depression. For example:

- Certain cancers can produce a depressive illness, in a way that is not obvious to the person suffering.
- Additionally, compromised immune functioning might play a part in depression, although further research is needed to establish this link.

The ageing brain

As we age, our brain's general functioning can become compromised and this can affect the neurotransmitter pathways which influence mood state. Three reasons for these changes are worth mentioning in relation to depression:

- Late onset depression: Elderly people who develop dementia may also develop a severe depression for the first time; this type of depression is commonly of a psychotic or melancholic type and reflects the disruption of circuits linking certain basal ganglia and frontal regions of the brain.
- These brain changes can reflect an ageing process, particularly in people who are vulnerable to this kind of 'wear and tear'.
- High blood pressure or mini-strokes may contribute, highlighting the importance of good blood pressure control.

Gender

Gender is a partial but incomplete explanation of why people may develop depression. Equal numbers of men and women develop melancholic depression. However, studies have shown that there is a much greater likelihood of women developing non-melancholic depression than men. Some of the explanations for this are:

- Women are more likely than men to 'internalise' stress, thereby putting them at greater risk of developing depression.



- Women with unsatisfactory marriages or who are caring for a number of young children are also highly over represented among samples of depressed people.
- Hormonal factors commencing in puberty may account for the increased chance in women of developing anxiety (a precursor to depression) or depression.

Psychological and environmental stressors

Across life, people react to stressors in many ways – some cope and recover emotionally within days or weeks, but other times stress can be persistent and a risk factor for depression, for example by impacting their self-esteem and triggering shame. These risk factors include:

- Growing up in an abusive or uncaring family can increase the chance of developing depression in later years and adulthood.
- Financial difficulties and/or loss of employment.
- Separation of a close relationship or marriage or the loss of a loved one.
- Feelings of ‘shame’ for example, thinking they have not lived up to their own or others’ expectations.

Personality

Our research has shown that people with the following personality types are more at risk of developing depression than others.

Those who are high on the first four factors are at distinctly greater risk to depression (especially nonmelancholic depression):

1. High levels of anxiety, which can be experienced as an internalised ‘anxious worrying’ style or as a more externalised ‘irritability’.
2. Shyness expressed as ‘social avoidance’ and/ or ‘personal reserve’.
3. Self-criticism or low self-worth.
4. High interpersonal sensitivity.
5. Perfectionism is somewhat protective against the onset of depression but if depression occurs, it can result in longer episodes.
6. A ‘self-focused’ style is likely to be at greater risk for brief depressive episodes only.

Key points to remember

- There is no single cause for depression; rather it’s a combination of stress and a person’s vulnerability to developing depression.
- The predisposition to developing depression can be inherited.
- Other biological causes for depression can include physical illness, the process of ageing and gender.
- Stress can trigger depression but understanding its particular meaning to the person is important.
- Certain temperament and personality styles pose risks for developing non-melancholic depression.



For more information

Visit our website blackdoginstitute.org.au
Find us on social media @blackdoginst



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Resources for Families

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

Name	About	Phone	Online
 Kids Help Line	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
 Lifeline	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
 Suicide Call Back Service	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/
 Youth Beyond Blue	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/
 Headspace	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/
1800RESPECT 	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
Mental Health Line 	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



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WINTER WONDERLAND

WIDEVIEW PUBLIC SCHOOL FETE

SUNDAY 25 JUNE 2023 ★ 10AM – 3PM
 WIDEVIEW ROAD, BEROWRA HEIGHTS

Amusement Rides ★ Frosty Frenzy Laser Tag
 Farm Petting Zoo ★ Bouncy Castles
 Live Entertainment ★ Market & Food Stalls
 Cake Stall ★ Book Stall ★ Chocolate Wheel
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Free concert event celebrating National Reconciliation Week. Performance by Gawura Cultural Immersions.

Free. All welcome.

Date: Friday 2 June
Start time: 12.30pm – 1.30pm
Venue: Florence St, Hornsby Mall, Hornsby

For more information visit hornsby.nsw.gov.au



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