

Hornsby South Public School

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www.hornsbyouthps.com.au (website)

Newsletter – 26 July 2023
Term 3 Week 2

CALENDAR

Thursday July 27
OC Placement Test

Friday 28 July
K-2 Assembly 11.35am

Thursday 3 August
Education Day 9:30am

Thursday 10 August
K-2 Athletics Carnival

Friday 11 August
K-6 Assembly

Wednesday 16 August
Wakakirri 1:50pm

Friday 18 August
3-6 Assembly
Zone Athletics

21 August - 23 August
Year 6 Camp – Canberra

Wednesday 30 August
Kindy 2024 Information
Sessions

Principal's Message

EXTERNAL VALIDATION

On Thursday 29 June HSPS went through the final process of External Validation. Every four - five years, all schools within the NSW Department of Education complete the External Validation process. Our last External Validation process took place in 2017.

An independent panel, comprised of a peer Principal and a Principal, School Leadership (PSL), assessed our evidence and made clarifications with our External Validation Team to clarify, validate and confirm where our practices align on the School Excellence Framework (SEF).

The School Excellence Framework (SEF) consists of 14 elements in the areas of Learning, Teaching and Leading. Across these three domains, the independent panel made the following findings.

Learning

Learning Culture: **Excelling**

Wellbeing: **Excelling**

Curriculum: **Sustaining and Growing**

Assessment: **Excelling**

Reporting: **Excelling**

Student Performance Measures: **Excelling**



Teaching

Effective Classroom Management: **Excelling**

Data Skills and Use: **Excelling**

Professional Standards: **Sustaining and Growing**

Learning and Development: **Excelling**

Leading

Educational Leadership: **Excelling**

School Planning, Implementation and Reporting: **Sustaining and Growing**

School Resources: **Sustaining and Growing**

School Management Practices and Processes: **Excelling**

The evidence sets are a testament to the professionalism, dedication and outstanding work of all staff and the support for the pursuit of excellence from students, staff and the community.


Our Hornsby South Public School External Validation Team consisted of Miss Grace Nicholson, Mrs Skye Harper, Miss Stephanie Jensen, Ms Marien Morales, Mr Adam Spencer, Miss Monique Oliphant, Miss Kylie Madden, Ms Carolyn Smith and Mrs Jennifer Davey. This team of leaders has taken on an additional workload throughout Term 1 and Term 2 as the evidence was collected and pieced together, ready for the panel. We would also like to acknowledge the guidance provided by Ms Jillian Turlas our Principal, School Leadership (PSL). Thank you to everyone involved.

Although this was a lengthy process, it has been a rewarding journey and has given us clarity and direction as we move forwards in the development of our next Strategic Improvement Plan.




CONGRATULATIONS SARAH J

Congratulations to Sarah J who made it into the Sydney North Girls' Football team after competing in two separate selection trials. Sarah and her teammates will be playing in the PSSA football championships in August. Good luck for your games!

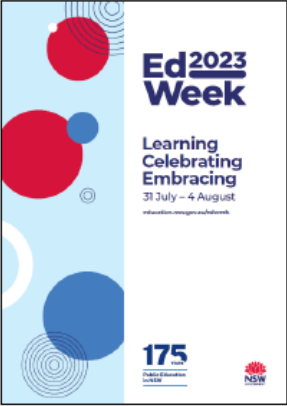


Hornsby South Public School



Education Week Open Day 2023

Families and friends are warmly invited to visit HSPS to celebrate 175 years of Public Education.
We ask that all adults conduct a RAT prior to attending and encourage everyone to dress up in olden day clothes for this event.



Thursday 3 August 2023

Welcome and Performances
Training Band, Concert Band and Performance Band
Primary Proms Choir
When: 9:20am in Front Playground

Open Classrooms
When: Approximately 10:00am – 10:30am
All adults are encouraged to wear a mask.

Parent & Community Morning Tea
Adults and pre-schoolers only
When: 10:30pm - 11:00am in Front Playground
The Performance Band will be playing for your entertainment.

Teddy Bears' Picnic
When: 11:00am-11:30am on the oval
BYO teddy, picnic rug and food to share with your child/ren.

Historical Display and PowerPoint
9:10am - 12:00pm in School Hall



NAPLAN 2023

This term, all Year 3 and Year 5 students should receive a NAPLAN 2023 individual report.

New Proficiency Standards

From 2023, the Individual student report will look different to previous years. One significant change is that NAPLAN results are now reported against proficiency standards, with student achievement shown against 4 levels of proficiency: Exceeding, Strong, Developing and Needs additional support. There is a standard for each assessment area at each year level. The NAPLAN measurement scale and time series have also been reset. For more information see the individual student report brochure for parents and carers.

<https://www.nap.edu.au/docs/default-source/default-document-library/faq-individual-student-report.pdf>

The brochure is also available in other languages on the NAPLAN results and reports website.

<https://nap.edu.au/naplan/results-and-reports/>

NAPLAN reports and ongoing assessments

NAPLAN tests are only one aspect of each school's assessment and reporting process. As they are held once every 2 years for each student, they cannot replace the extensive, ongoing assessments made by teachers about student performance. For information about how to read individual student reports watch the reading the NAPLAN Individual Student Report video.

<https://www.youtube.com/watch?v=AcYsiLtE7a8>

Student Results

When reading your child's NAPLAN 2023 results, please keep in mind:

- From 2023, new proficiency standards were introduced to NAPLAN reporting. This reporting replaces the previous numerical NAPLAN reporting bands and national minimum standards.
- A performance result less than expected may indicate the student requires more targeted support or may just reflect other factors that affected their performance on that day.
- Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected for the child at the time of NAPLAN testing, based mainly on what has been taught in previous years of schooling.
- Individual students may demonstrate different skills or understandings depending on which parts of the tests they performed more strongly in. Students whose results fall near the top of a proficiency level will be able to demonstrate more of the skills, or a more complex understanding. Students whose results fall near the lower end of a level will be able to demonstrate fewer of the skills, or less complex understanding.
- It is important to remember NAPLAN tests are one aspect of a school's assessment and reporting process. They complement ongoing assessments so that teachers can best support teaching and learning. The achievement demonstrated in classroom-based assessments and reporting through A-E grades provide parents with timely feedback on how their child is progressing.

We encourage any parent or carer who is concerned about their child's NAPLAN results to talk to your child's teacher. If your child's results indicate they 'need additional support', please contact your child's teacher to discuss, as additional support may already be available to those students who need it. At Hornsby South Public School there are many types of supports that are available for students who may require additional support. These include small group numeracy intervention, MacLit, MiniLit, InitialLit, EAL/D and NAP. For more information on these support options, please speak to our Learning Support Assistant Principal – Miss Kylie Madden or your child's class teacher.



Mrs Jennifer Davey
Principal



LOOKING AFTER OUR MENTAL HEALTH

This week our Mental Health information looks at some of the symptoms 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.

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



Carolyn Smith
Deputy Principal



OUTDOOR CHESS TABLES

We have just installed two outdoor tables with inlaid chess boards. These are located near the Year 5 and 6 classrooms.

NAIDOC WEEK CELEBRATIONS

In Week 10 of last term, we celebrated NAIDOC Week at school. The theme this year was 'For Our Elders'. This was ahead of the official celebration held nationwide in the first week of July and coincided with the start of the holidays.

Each class participated in classroom activities throughout the week. The week was capped off by a whole school assembly led by our School Captains. The students from Jack and Jill Preschool also attended the assembly.

The assembly concluded with the awarding of Aboriginal Story books to the winners of the NAIDOC Week Colouring competition. There was one winner from each grade, and four winners from Jack and Jill.



Adam Spencer
Assistant Principal



Welcome to Term 3.

Term 3 is looking to be another busy term for us at Hornsby South PS. Our dedicated teachers have been working hard to continue developing their knowledge of the new K-2 Syllabuses and have also been involved in professional learning focused on the new NSW 3-6 English and Mathematics Syllabuses. New outcomes and content in these syllabuses are underpinned by the latest research and evidence, making clear the essential knowledge, skills and understandings for English and mathematics needed by all students. There is a focus on making connections across concepts and key learning areas. A greater emphasis on student engagement and critical thinking are evident, as well as the development of 21st-century skills, such as digital literacy.

Keep an eye out for an upcoming Community, Coffee and Catch-Up session later this term. We will be focusing on the English Syllabus and the importance of reading to and with our children.

Class of the Week – 1C

Year 1 have been learning about the Spanish artist, Joan Miro. Here are some beautiful examples of their beautiful artworks. They have been learning about line, shape and colour.



Mrs Skye Harper
Assistant Principal, Curriculum and Instruction

ATTENDANCE

We hope you enjoyed the school holidays. It is lovely to see the students ready for a fresh term of learning and reconnecting with their friends. We are here to support your child in getting the most out of their learning, which starts with them attending school every day. If your child cannot be at school because they are sick, have a medical appointment, have sorry business or other reasons, please inform us of their absence.

Let's improve Hornsby South Public School's attendance together! This term, let's focus on arriving at school BEFORE 9:10am to reduce the number of late arrivals!

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





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



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

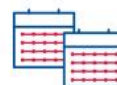


= Over **1** year missed

1 day per week



= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au



Miss Kylie Madden
Assistant Principal, Learning and Support

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







POSITIVE BEHAVIOUR FOR LEARNING

Welcome back to school! This week at Hornsby South Public School we are revisiting the General Expectations. It has been encouraging to see everyone showing kindness and resilience after returning and we look forward to a positive semester ahead.

There have been some changes to the playground this term and teachers want to remind students to stay where a teacher can see them (inbounds) during recess and lunch. Outside the 6O classroom, there are now picnic tables with an inbuilt chess board. This area is for Stage 3 (years 5 and 6) students only and out of bounds for students in any other year group.

Our first K-2 Assembly is happening Friday, 28 July in the school hall at 11.35am. We have a lot to celebrate with many students receiving PBL awards and some best work to be shared. We look forward to seeing you there if you can make it!

		<h1>General Expectations</h1>	
Respectful	<ul style="list-style-type: none">• I will allow others to learn.• I will be polite and kind to others.• I will take pride in myself, my school uniform and the school environment.		
Responsible	<ul style="list-style-type: none">• I will be accountable for my actions.• I will look after my personal belongings and school property.• I will actively participate in all available learning opportunities.		
Aspire	<ul style="list-style-type: none">• I will be resilient and reflective.• I will be academically courageous.• I will be involved in my school and my community.		

WHERE EVERY FACE HAS A PLACE



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 mind frame of **being collaborative**.

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

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THE ANXIETY PROJECT

Last week, Teachers and Student Learning and Support Officers (SLSO's) begun professional learning on The Anxiety Project. The Anxiety Project is an initiative that was started by Dr Michael Hawton to support educators, parents, and children in managing worries and stresses. In the first session, educators considered the impact that anxiety has on the brain. Additionally, accommodations and resilience were also topics of conversation. After completing the training, teachers will begin to teach lessons to further support children and to develop their understanding of anxiety and how it directly impacts them.

If you notice that your child worries, stresses or displays anxious behaviours over seemingly 'small' challenges, it might be worth considering the Child Development Sessions that we will be running on The Anxiety Project in Term 4. Information on this will be released later on in the year - so watch this space.



The Anxiety Project

ACCOMPLISH **BIG** THINGS WITH A

Have a Go MINDSET!

Two cartoon brain characters are shown: a blue one on the left looking sad with a frown and two blue exclamation marks above its head, and a pink one on the right looking happy with a smile and two pink exclamation marks above its head.

It is hard, I can't do that.	I will try, I can learn that.
My friend will not like me.	I will make new friends.
I'm scared of my teacher.	I'll ask questions in class.
I think I'll fail the test.	I will do my best for the test.
I can't play basketball.	I'll have fun with basketball.



Miss Grace Nicholson
The Anxiety Project Implementation Coach
Acting Assistant Principal Kindergarten



YEARS
K-2

HSPS K-2 ATHLETICS Carnival

SAVE
THE
DATE

TERM 3
10TH AUGUST
FROM 9:30 -12:50



A FUN OPPORTUNITY FOR KIDS TO GET
OUT, COMPETE AND DO THEIR BEST!

HSPS OVAL

WEAR YOUR HOUSE
COLOURS

ACTIVITIES:

RUNNING RACES BEANBAG THROW
EGG & SPOON HANDBALL
PARACHUTE TENNIS BALL GRAB

Parents welcome
to come and
watch





School Bytes

All families will need to:

“create a new account”

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



School Bytes

Log in to the parent portal

Or create a new account

Email address

Password

Remember me

Forgot your password?

Log in

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

User guides

English >

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.

First name

Last name

Email address

Password

Confirm password

Create account

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



English



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

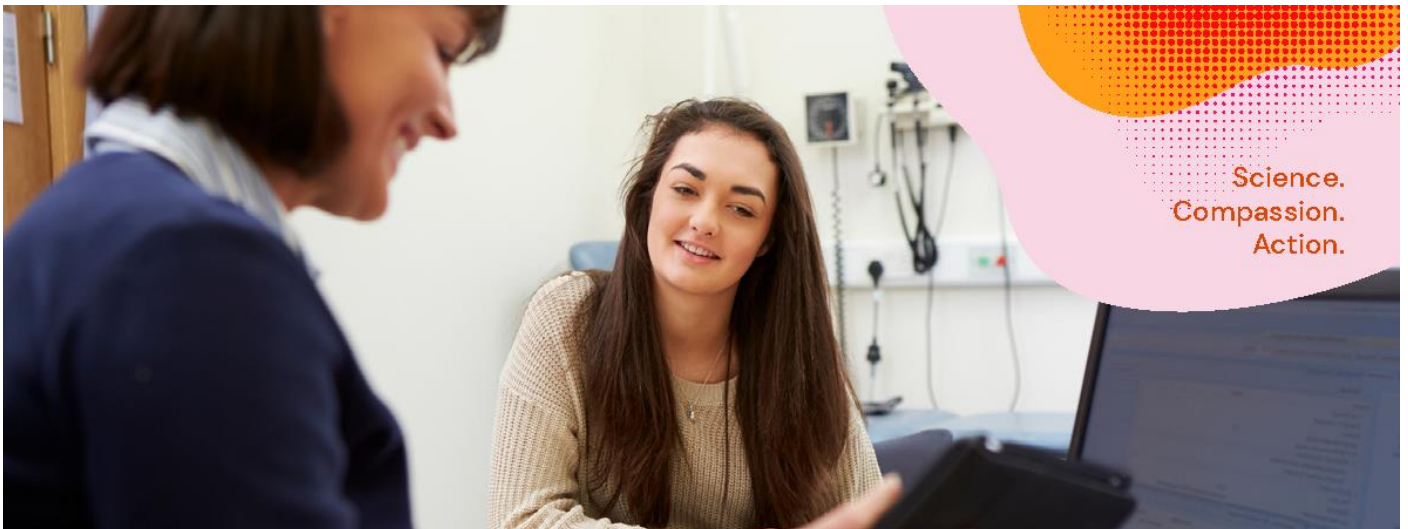


Start Date for Kindergarten 2024 Kindergarten

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

For more information Ph: 9489 2410 Fax: 9489 2495
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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.

Treatments for depression



What the fact sheet covers:

- Types of treatments for depression
- Physical treatments
- Psychological treatments
- Self-help and alternative therapies
- Where to get more information.

Types of treatments for depression

Several different treatments are available for depression and research continues to find new ones. This research means that the evidence for how well a treatment works is always changing too. This Fact Sheet provides a summary of available treatments for depression.

There can be different types of depression, and this can guide which treatment/s are selected. Depressions that are more biological in their origins (melancholic depression and psychotic depression) are more likely to need physical treatments (antidepressants) and may not be resolved with psychological treatments alone. Non-melancholic depression which is linked to psychological factors, personality characteristics and stressful life events, responds to both psychological treatments and physical treatments.

See our fact sheet on **Types of Depression** for more information.

Physical treatments

The main physical treatments for depression comprise drug treatments and Electroconvulsive therapy (ECT).

1. Medications

There are three groups of drugs most likely to be used for depression:

- Tranquillisers
- Antidepressants
- Mood stabilisers.

Tranquillisers

These medications are divided into 'minor' and 'major' tranquillisers. Minor tranquillisers (typically benzodiazepines) are usually not used in treating depression as they are addictive. Major tranquillisers are used to treat psychotic or melancholic depression to control psychotic symptoms.



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Antidepressants

There are a large number of antidepressants – they have a role in many types of depression and vary in their effectiveness across the more biological depressive conditions.

Selective Serotonin Reuptake Inhibitors (SSRIs), Tricyclics (TCAs) and Irreversible Monoamine Oxidase Inhibitors (MAOIs) are three common classes of antidepressants, with the latter two having ‘broader’ actions (i.e. influencing more neurotransmitter pathways).

Health providers should be able to assess the type of depression, its likely causes and identify the best type of medication. It is also important to be aware that not all depressions require medication and will respond to psychological interventions alone. Furthermore, the use of medication in children and adolescents is generally not recommended as a first-line treatment option.

Mood stabilisers

These drugs are of great importance in bipolar disorder. Their use in treating mania makes them ‘anti-manic’, while their ability to reduce the severity and frequency of mood swings makes them ‘mood stabilisers’. Lithium carbonate, sodium valproate and carbamazepine are the most commonly used mood stabilisers. It is important to remember that people sometimes need to continue taking medication for some time after they are better to reduce the chance of a future relapse.

2. Electroconvulsive Therapy (ECT)

Because of its controversial past many people feel the need to think carefully before having ECT or allowing it to be given to relatives. ECT can have an important role in treatment, particularly in:

- Psychotic depression
- Severe melancholic depression where there is a high risk of suicide or the patient is too ill to eat, drink or take medications
- Life-threatening mania
- Severe post-natal depression.

While there are some short-term side effects, ECT is a relatively safe procedure.

Psychological Treatments

There are a wide range of psychological treatments for depression. Some of these include:

- Cognitive behaviour therapy (CBT)
- Acceptance and commitment therapy (ACT)
- Interpersonal psychotherapy (IPT)
- Schema.

CBT, ACT, IPT, and Schema are just a few of psychological therapies that exist. Each person can resonate differently with a particular therapy so it is important to discuss with your clinician what options are available to see which could be the best fit.

1. Cognitive Behaviour Therapy (CBT)

People suffering from depression can have a negative view about themselves and the world around them. CBT helps people to understand how their thoughts and behaviours can impact on their mood. The “cognitive” side of CBT involves exploring how people think about things and adjusting unhelpful cognitions through cognitive restructuring. The “behaviour” side of CBT involves getting people moving and activated, often through activity scheduling. CBT is a therapy that has been around for decades and has strong evidence in treating a range of mental health concerns.

2. Acceptance and Commitment Therapy (ACT)

As the name suggests, ACT involves accepting experiences that are outside of our control, and committing to meaningful and valued action. ACT places emphasis on mindfulness as an intervention and encourages people to defuse from distressing thoughts or memories, accept and make room for difficult emotions, and maintain contact with our experience in the here and now (present moment).

3. Interpersonal Psychotherapy

Like CBT, IPT is well studied and strongly supported in the treatment of depression. It is an attachment based therapy that helps people overcome their symptoms of depression by addressing interpersonal relationships or



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circumstances that are related to the persons depression. IPT also assists people to build on their support network often by improving the ways in which we ask for help.

4. Schema

In a nutshell schema focuses on meeting unmet childhood needs. It is based in some concepts from existing psychological therapies and theories (CBT, Psychoanalytic, Psychodrama, Gestalt, attachment) and focuses on meeting individuals core emotional needs. Schema also helps people to explore the reasons for why they may engage in problematic behaviours and how they may overcome these.

Self-help and alternative therapies

There are also a wide range of self-help measures and alternate therapies which can be useful for some types of depression, either alone or in conjunction with physical treatments (such as antidepressants) or psychological treatments. These therapies can be valuable adjuncts to physical or psychological treatments. Self-help and alternative therapies that may be useful for depression are:

- Meditation – see our fact sheet **Quick relaxation techniques**
- Relaxation and meditation techniques
- Good nutrition
- Alcohol and drug avoidance
- Exercise – see our fact sheet **Exercise and depression**
- Bibliotherapy
- Omega-3 – see our fact sheet **Omega-3 and mood disorders**
- St John's Wort – see our fact sheet **St John's wort as a depression treatment**

- Light therapy
- Yoga
- Acupuncture.

Where to get more information

myCompass – an online self-help program provided by the Black Dog Institute www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/

MoodGYM program – an online cognitive behaviour therapy program www.moodgym.anu.edu.au

Beyond Blue – An Australian based organisation with great resources for depression www.beyondblue.org.au

Key points to remember

- Different types of depression respond best to different sorts of treatment.
- A thorough and thoughtful assessment needs to be carried out before any treatment is prescribed.
- Treatments for depression include physical therapies (e.g. medications) and psychological therapies.
- Depression can resolve of its own accord but, if left untreated, may last for many months.
- Depending on the nature of the depression, self-help and alternative therapies can also be helpful, either alone or in conjunction with physical and psychological treatments.



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





Compulsory school attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)



Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

My child won't go to school what should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership














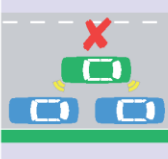





The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.



Parking and traffic rules in school zones



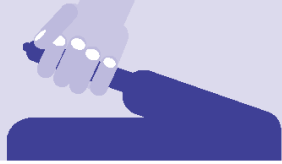

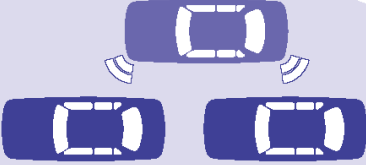



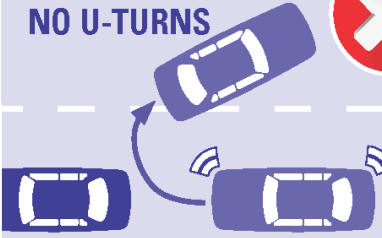

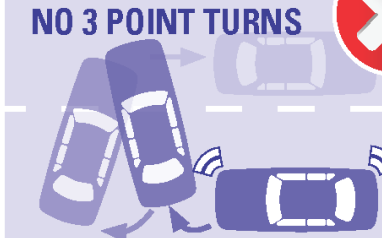

You need to take extra care when driving and parking in school zones. Make sure that you and your child understand the road rules. If you break the traffic rules in a school zone you are putting not only your child but other children at risk. The parking and traffic rules around our schools are there to protect your children. If you break the rules you will be fined. **Please choose safety over convenience.**

QUICK REFERENCE GUIDE TO IMPORTANT SAFETY TRAFFIC RULES				
ZONE	WHAT DOES IT MEAN?	WHY IS IT THERE?	PENALTY	DEMERIT POINTS*
	You cannot stop in a NO STOPPING zone for any reason (including queuing or waiting for a space). 	Keeps clear sight lines between drivers and children / pedestrians.	EXCEEDS \$352 	(School Zone) 2 
	You can stop in a NO PARKING zone for a max. of two minutes to drop off and pick up passengers. If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within 3 metres of your vehicle at all times and cannot leave your vehicle unattended.	Provides a safe place for children / pedestrian set down and pick up.	EXCEEDS \$196 	(School Zone) 2 
	You must not stop or park in a BUS ZONE for any reason (including queuing or waiting for a space) unless you are driving a bus. If times are shown on the sign, you are not allowed to stop during those times.	Provides a safe place for large buses to set down and pick up school children.	EXCEEDS \$352 	(School Zone) 2 
	You must not stop on or within 20 metres before a PEDESTRIAN CROSSING or 10 metres after a crossing unless there is a control sign permitting parking.	So drivers can clearly see pedestrians on the crossing.	EXCEEDS \$469 	(School Zone) 2 
	DOUBLE PARKING You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.	Double parking blocks visibility and forces other cars to go around you.	EXCEEDS \$352 	(School Zone) 2 
	You must not stop on any FOOTPATH or NATURE STRIP , or even a DRIVEWAY crossing a footpath or nature strip for any reason.	You could easily run over a child or force pedestrians onto the road to get around you.	EXCEEDS \$352 	(School Zone) 2 

Please note: The above information is current as of 1 Dec 2021
Penalties set by NSW State Government and reviewed on 1 July each year.



Safety tips for school zones:

<p>EXITING THE CAR</p> 	<p></p> <p>Make sure children use the footpath-side door when getting in and out of a car.</p>
<p>APPLY BRAKE</p> 	<p></p> <p>Make sure the park brake is applied when the vehicle is stationary.</p>
<p>PARKING</p> 	<p></p> <p>NEVER double park.</p>
<p>CROSSING</p> 	<p></p> <p>NEVER park across a pedestrian crossing.</p>
<p>NO U-TURNS</p> 	<p></p> <p>NEVER undertake a U-turn in close proximity to the school.</p>
<p>NO 3 POINT TURNS</p> 	<p></p> <p>NEVER undertake a three-point turn in close proximity to the school.</p>

Safety tips for students:

<p>BUCKLE UP</p>  <p></p> <p>Stay buckled up until the vehicle has stopped.</p>	<p>STORE ITEMS</p>  <p></p> <p>Make sure your school bag and other items are in a safe position</p>	<p>BE READY</p>  <p>Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seat belt.</p>	<p>EXIT SAFELY</p>  <p>Always get in and out of the back seat through the safety door - the rear foot path-side door.</p>
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Demerit Points:

* The **Demerit Points** Scheme is a national program that allocates penalty points (demerits) for a range of driving offences. A driver who has not committed any offences has 'zero' points. If you commit an offence that carries demerit points, the points are added to your driving record. If you incur the threshold number of demerit points within a three-year period, a licence suspension or refusal is applied. The three-year period is calculated between the dates the offences were committed. It ends on the day your most recent offence was committed. For further information regarding demerit points please visit: <https://roads-waterways.transport.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>





Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
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PYMBLE TURRAMURRA PRE-SCHOOL

ANNUAL FETE

SUNDAY, 20 AUGUST 2023

10:00 AM - 2:00 PM

21 HANDLEY AVE,
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HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun active program for girls, whether it's your first time with a bat or you're a backyard Cricket star!

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BOYS NETBALL AT KNA



Winter sport will soon be over,
so get a few mates together
& come play netball. It's fast.
It's Aerial. And it's for you!

- Under 12/13/14 Boys
- Term 4, Tuesday Nights
- A short 9-week season
- KNA Courts, Canoon Road

Competition Details:

- Oct 10th → Dec 5th
- Time - approx. 6pm
- Click on the QR code to register your interest by Aug 10.

Close to 100 boys trialed for the
2023 PSSA State Netball Team!

Improve your skills & develop
your team for 2024
→ Join our Boys' Netball Comp.

Form your own team
OR register as an
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KNA Men's Team have
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in the State for the
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it's aerial and it's
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Register your Interest Now!

If you have any questions, register your interest
above or email Kelly at boys@kna.com.au

Looking to enter a school
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practicing as a team.

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STOP, LOOK, LISTEN!



Each year, too many pedestrians die or are seriously injured on our roads. Many of these incidents are preventable.

If you follow these simple tips, it could save your life or the lives of others:



Cross at pedestrian lights or zebra crossings where they are available. Wait for the light to turn green and check for cars before stepping out.



Do not look at your phone or electronic devices when crossing the road under any circumstances. It's simply not worth the risk.



Be aware of your surroundings especially when wearing headphones, as you may not hear cars approaching.



Hold a child's hand when they cross the road. Use crossing the road as an opportunity to teach them about road safety.



Triple Zero (000)

For emergencies or life threatening situations.



Police Assistance Line (131 444)

For non emergencies.



Crime Stoppers (1800 333 000)

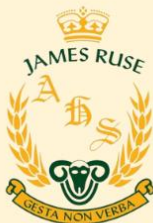
To provide crime information. It can be anonymous.



NSW Police Force

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