

# Cammeraygal High School

## Empowered to Achieve



### 01 PRINCIPAL'S REPORT

### 13 P&C

#### MESSAGE FROM THE PRINCIPAL

We are almost there! Week 10 has marked another huge week in CHS Remote Learning and Lockdown 2.0!

As we move towards the term break, I hope you and your families are enjoying the glorious spring weather and the gradual opening up of our wonderful city.

I encourage all families to use the 2-week break to have a complete break from online learning and screen time generally. I have asked our teaching staff to ensure that that messaging goes to all students who need the break and the opportunity to have a holiday from school and to revitalize for the last term of the school year.

#### Uber Eats Vouchers

Our entire staff and Year 12 students were thrilled to receive a very generous Uber Eats voucher from our wonderful P&C Committee.

Can I extend our gratitude again for the kind and considerate gesture of support and thanks to our staff. At a recent staff meeting we shared uber eats stories across zoom and were all thankful for the opportunity to order out in whatever cuisine took our fancy. Mexican seemed to be a big favourite amongst the Cammeraygal teaching staff! Thanks again to Megan and the Committee.

#### Year 12 HSC Updates

We continue to communicate the ongoing changes to our wonderful Year 12 cohort on all matters relating to their remaining time at school.

#### CALENDAR

##### TERM 3 | WK 10 | 13 – 17 SEPTEMBER

Mon – Fri Y11 Exams | Week 2

Friday Last Day of Term

##### TERM 4 | WK 1 | 4 – 8 OCTOBER

Monday Labour Day Public Holiday

Tuesday Start of Term 4

#### UPCOMING EVENTS:

Y11 return face to face | 1 November

Y7 – Y10 return face to face | 8 November

HSC Exams start | 9 November

P&C Trivia Night | 13 November

Y7 2022 Orientation Day | 23 November

Presentation Day | 10 December

Last Day of Term 4 | 17 December

**Wishing  
everyone a  
safe & happy  
holidays**

## PRINCIPAL'S REPORT CONTINUED...

### Year 12 HSC Updates (Cont)

They have of course finished their Trial Exams and are receiving their results back this week. Ranks will be finalised and students will receive these final NESA ranks early next term.

Year 12 families and students will be receiving more details on our COVID safe planning for them to sit their HSC Exams from November 9. The NESA timetable has been finalised and it allows the school to plan for the exams to take place safely and in a socially distanced way across the West Street Campus.

Other key dates for Year 12 include:

- October 29<sup>th</sup> – whole school Farewell Assembly via Zoom; and
- Graduation Ceremony 3<sup>rd</sup> December 11 am which we hope to host on site at the West Street Hall.

I would like to take the opportunity to acknowledge our Year 12 students who have shown their great character and resilience in the most challenging year for a year 12 cohort that we are ever likely to see. I am confident they will receive the best outcomes for their HSC and I wish them all the very best for the upcoming exams. We are very proud of you all and want you to have an enjoyable break before we return for the final challenge.

### Year 11 Modified Online Exams and Return to School

Year 11 will be finishing their online exams this week and I congratulate them as a group for being so diligent in their approach. Next term they will graduate to become Year 12 students embarking on their HSC year. Year 12 2021-2022 will return to face to face learning on Monday 1<sup>st</sup> November, Week 5 of Term 4. We expect the return to school will have restrictions around assembling in larger groups and I will be sending more details on the staggered return to school plan early next term.

### Vaccination of DoE Staff

As you would be aware, all teaching and non-teaching staff on school sites will need to be double dose vaccinated by November 8<sup>th</sup>. This has been mandated by the DoE and does include any personnel who come to the school sites for any reason. We are reassured that this will facilitate a safer return to face to face schooling for our community.

I also know that many parents / caregivers are anxious to get their children vaccinated as these opportunities are available now for 12-15 year olds. Students will not need to show proof of vaccination. All students from years 7-12 along with all staff will need to wear a mask whilst at school. I will be sending more detailed information on the safe staggered return to school for all students early next term.

### Cammeraygal School Captains and Prefect Body 2021-2022

Congratulations to the following students who are the School Captains and Cammeraygal Prefect Body for 2021-2022.

#### School Captains



Sebastian T



Chloe T-L

#### Vice Captains



Sarosh K



Susie P

## Prefect Roles:

<b>Sport</b>	Jasmin F and Dexter G
<b>Wellbeing</b>	Annalise CH, Oscar G and Sam L,
<b>Social Justice</b>	Harrison P, Aaron S and Estelle W
<b>Creative Arts</b>	Ruby B and Jack D
<b>Enrichment</b>	Ruby B and Veteka V

What a term it has been but we got through it together as a community. A massive thank you to all of our students, families and staff at Cammeraygal for an extraordinary effort in extraordinary times.

Rest and enjoy the sunshine. Take care and see you all next term.

**K Melky**  
**Principal**

# Deputy Principals' Report

As we head into our Spring holidays I would like to first of all congratulate all of our senior school teachers and students for their tireless work across this term. The levels of engagement and learning progress that has taken place has been wonderful to see, and enormous thanks must also go to all of our parents for your support during this challenging period.

Our year 12 students in particular have had an incredibly difficult term which has hopefully been slightly alleviated by the certainty provided by NESAs last week in the form of the HSC timetable. I met with Y12 students last week to speak with them about how to best prepare for the coming months until their exams. The period between the Trials and the HSC exams is traditionally one where even the most focussed of students can find their motivation waning. Usually this is a period punctuated by a series of 'lasts' – last year meeting, last Chemistry class, last Monday recess etc. The weather warms up and students cling to time in the sunshine with their friends (which can make attending every class less tempting!), and they prepare for their graduation and farewell assemblies. Our students this year are acutely aware of what they are missing, and while we are all grateful that our community has been largely spared some of the more visceral aspects of the pandemic, we can't underestimate the sense of grief that our Y12s are experiencing.

We are doing our best to replace those traditional experiences with online alternatives, and a huge thank you to Ms Buchanan, Mr McIntyre and Mrs Perry for their efforts to keep spirits high amongst the cohort. But we also want to make sure that our students don't look back on these few months with regret over losing focus on the end goal and not achieving their very best. At this point in the HSC cycle, the competition between students for ranks is over – ranks are currently being finalised and will be submitted to NESAs in Week 1 of Term 4. The way the HSC is calculated is such that students present as a cohort in the exam, and the total number of marks they attain as a group is then redistributed amongst those students using their school ranks and relative gaps as a guide. Ultimately what this means is that our students can see enormous growth between now and the final exams by working together.

The more they help one another to improve by pooling their resources, keeping one another on track and motivated, and showing up to class, the better they will all perform in the final HSC. It is in each student's own best interests to ensure that their peers stay on track and engaged with their learning and study – camaraderie and collective effort is the key at this point. I know that already some of our students have started sharing their notes and practice responses, and it is these sorts of strategies that our teachers will be focused on in their lessons at the beginning of Term 4.

It may be a bridge too far to suggest to most students that they are fortunate to have this extra time to refine their skills and improve their performance in the final exams, but if they are able to maintain their motivation, after having a bit of a break over the coming two weeks, the lift they will be able to achieve can be really significant. Please encourage your Y12 children to keep attending their online classes and completing practice responses, submitting them for feedback, and working closely with their peers.

This has been a very trying time for this wonderful group of young people, but we are almost on the home stretch. As I said to them last week, they are our 2021 Olympic athletes – they've had to stretch out their training regime and adapt to a degree of isolation that none of them would prefer, but I'm confident that when the final test comes in November, they will be as enormously successful as our athletes in Tokyo!

**J Arrow**  
**WS Deputy Principal**

## ONLINE SAFETY

During this prolonged period of lockdown and remote learning, students and parents are facing the challenge of managing significantly increased screen time and reduced exposure to protective factors such as face to face interactions with friends, sport and other social opportunities.

As parents, you must play a key role in ensuring the children in your care are engaging in online activities in a safe and healthy way. The eSafety Commissioner provides a wealth of resources to support parents and young people in doing just that.

I strongly encourage you to access the website - <https://www.esafety.gov.au/>

You can also register for free webinars for parents and carers that explore the latest research. Term 4 they will be offering a 'eSafety Parent Guide to Digital Technologies and Mental Health' webinar. It is designed for parents and carers of young people aged 10–18 years. It will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.

Register through the link: <https://attendee.gotowebinar.com/rt/8245460212320493072>

## NAPLAN

NAPLAN assesses the literacy and numeracy skills your child is already learning at school. It is important to remember that NAPLAN is not about passing or failing, but about assessing learning progress in specific areas, and enabling the school to provide targeted support to improve learning outcomes moving forward.

Student reports will be posted home once they have been received by the school. It is anticipated you will receive these by the conclusion of Week 2, Term 4 at the latest.

**NOTE:** *If you have changed your residential address since enrolling, please contact the office asap via the school email [Cammeraygal-h.school@det.nsw.edu.au](mailto:Cammeraygal-h.school@det.nsw.edu.au) to provide your updated details to ensure the reports are sent to the correct address.*

## HOLIDAYS

Holidays are always an important time for students to rest, rejuvenate and reset. I would argue that this is more important than ever. Please ensure that you support your child in establishing healthy holiday routines, such as getting out of bed early, exercising each day, eating well, and socialising (in line with Public Health Orders, obviously!).

With no remote learning, it is a great opportunity to reduce screen time and aim to bring it back in line with the advice from the government in 'normal' times, which is a maximum of 2 hours per day.

I wish students and families a restful and safe break and look forward to seeing the community return to school in Term 4.

**P Barraclough**  
**PH Deputy Principal**

# Faculty News

## SOCIAL SCIENCES

### Entrepreneurs at Cammeraygal

Year 11 Business Studies and Year 10 Commerce students have been learning about establishing a small business during lockdown. Year 10 Commerce students have focused on researching and promoting their business, whereas Business Studies students have put together a full business plan in groups to enter the Plan Your Own Enterprise national competition.

Many of these students have come up with amazing ideas for their businesses. It will be interesting to watch the careers of these students to see if any of these fantastic ideas comes into fruition in the future!

Some of the students' innovative ideas include:

#### Year 11

- **Leashed** – a pet matching app  
*Emma W, Keira P, Estelle W*
- **Snackr** – a subscription service selling globally popular snacks  
*Ruaraidh K, Alex H, Oliver N, Stefan M*



- **TechHelp** – a service providing IT support for older people  
*Lilya S, Vickie T, Ashanti P, Jack F, Jamee L*



#### Year 10

- Skate Move on The Go electric skateboards | *Gourisankar B*
- Bicycle service kit | *Lachlan F*
- A cryptocurrency index fund | *Joshua H*
- Silicon batteries | *Ayan J*
- The Bio Box | *Eva P*
- Aspire2Engineer courses | *Nicholas P*
- SportsMastery online sports tutoring | *Jordan P*
- The Fidget Pen | *Harrison A*

**Ms Jerrems**  
**Social Sciences Teacher**



## HISTORY

### 2021 Major Works: History Extension and Society & Culture

The History Faculty wish to congratulate the Year 12 History Extension students and Society and Culture classes for successfully completing and submitting their major works for 2021!

The History Extension major work is internally marked and allows students to pursue a passion project that explores historiographical issues. Students conduct research and write a 2,500-word essay that looks into the debates and conflicting perspectives of their chosen topic.

The Society & Culture Personal Interest Projects (PIPs) are externally assessed and sent off to NESA early in Term 3. Students conduct social and cultural research into an area of personal interest and use different methods (content analysis, surveys, interviews, focus groups) to answer their hypothesis.

Term 3 was challenging, and the lockdown threw us a few curve balls, but our amazing students did rise to the challenge and met those deadlines with steely focus and determination and produced fantastic work along the way. We are so proud of you all and applaud you for your hard work and resilience during these difficult times – it was no easy feat!

Below, you will find the title / topics of the major works for both History Extension and Society and Culture. Zack and Sadé also provided some insight into what they enjoyed about undertaking this task as well as the new skills they picked up along the way in History Extension. An excerpt of Zali's PIP can also be found below which explores her experience undertaking this major research project and the things she learned in her journey.

#### History Extension

Name	Title of project / Essay Question
Zack B	To what extent do historians' political affiliations influence the construction of history? Discuss in relation to the changing interpretations of Franklin Delano Roosevelt's legacy.
Caspar B	1986 Chernobyl Nuclear Disaster: 'Assess how different forms of communication have shaped our understanding of the Chernobyl nuclear disaster'
Sadé H	"...The late prime minister [Winston Churchill] has become a mythological figure rather than a historical one." - Priyamvada Gopal, 2021 Examine why historical interpretations of Churchill's legacy have changed over time.
Christina P	Evaluate how different forms of historical communication have contributed to the changing interpretations of Margaret Thatcher.

*The History Extension Project gives students an opportunity to extend themselves beyond the realm of any regimented syllabus. It provided me with a wonderful platform to analyse and construct a highly detailed essay about something I truly care about. Throughout the project, I dealt with an amalgam of scholarly articles and academic publications, allowing me to extend my knowledge beyond the traditional history textbook. I went on a journey with my research, tackling the varying problems in historical writing and re-evaluating the legacy of an individual widely regarded as the greatest American President of all time. My ability to analyse, extrapolate and interpret comprehensive pieces of information has improved tremendously, as I sifted through 100+ page journal articles with ease. The major work provided me with the research skills necessary to conduct my own academic work in the future, giving me an edge as I head into my first year of university in 2022.*

**Zack B**

We've all heard about Winston Churchill and his glorification as the 'Victory Man' of WW2 for having led the Allies to victory against the Axis powers. Yet we rarely get to consider the other side of this legacy; surely one man couldn't have had a perfect career? Through my History Extension Project, I was able to explore this duality and multiplicity of Churchillian historical interpretations and probe beyond just his military and war-time Prime Ministership. Being able to delve deeper into what we are taught in Modern History, rather than simply accepting the information at its face-value, was exciting, enjoyable, and challenged me to continue to be critical when consuming information presented to me. By having to conduct this self-driven project, I was able to develop my own historical voice and grew in confidence in my analytical writing for this course, my other HSC subjects and for my future University pursuits.

**Sadé H**

## **Society and Culture**

### **Extract from *Musician to Politician* by Zali B**

I have always had an interest in pop culture, and followed my favourite artists such as Ariana Grande and their posts on social media. Following Grande in recent years catalysed my realisation of how often she, and other musicians, posted about political issues. Thus, Grande's large political involvement on social media inspired me to delve into the impact of social media on musicians' political expression. Additionally, as a jazz musician, I have learned about the political roots of jazz music, and its role in protest against racist oppression towards African Americans. My personal experience both within the music world and as an observer and fan of the industry drew me to a topic area that is highly relevant to our increasingly politically conscious society. My interest in both music and politics led me to the initial research question, "an investigation into the perceptions of music as a form of political dissent and its role in instigating social change"...

My PIP process was an immensely valuable experience as it was pivotal in my own discernment of the media as I began to understand the certain expectations and intentions of famous musicians in the political world. By delving into a cross-generational investigation, I became more open-minded about Baby Boomers' beliefs on music and politics, as previous to this PIP I had a preconceived stereotype that the politicisation of musicians had little significance to Baby Boomers.

<b>Name</b>	<b>Title</b>	<b>Research Question</b>
<b>William S</b>	<i>Recognition Revitalisation Reconciliation</i>	A comparison of the roles of First Nations languages in Australia and New Zealand and how this impacts perceptions and connection to culture.
<b>Midya D</b>	"For Kurds, the act of survival, even identity itself, is a kind of victory" - Christopher Hitchens	A cross-generational investigation into the perceptions of "homeland" for Kurdish persons and the factors that hinder and enhance the formation of identity.
<b>Deeva K</b>	"The Bollywood Blunder; a chasm between expectations and reality".	An investigation into the portrayal of romantic relationships in Bollywood films and how they reflect the lived experiences of men and women in society.
<b>Emilia L</b>	'The Devil Wears Vivienne Westwood'	A cross-generational investigation into fashion as a vehicle for social change and the extent to which its impact is defined by gender
<b>Josh O</b>	Levelling the playing field	An investigation into the changing perceptions of gender in sport and to what extent this has dismantled hegemonic masculinity within the institution.

<b>Name</b>	<b>Title</b>	<b>Research Question</b>
<b>Bronte H</b>	“Perceptions on people with a disability: When will they change for good?”	An investigation into the perceptions of people with a disability and whether this reflects the lived experiences of persons with a disability in the justice system
<b>Nicole C</b>	‘Mother Tongue, Fatherland’	A cross-generational investigation into the role of language and how its maintenance impacts connection to culture.
<b>Emma C</b>	Beauty is in the Eyes of the West	An investigation into Western influences on beauty in Asian cultures and the consequences for personal and cultural identity.
<b>Jasmine C</b>	Pride and Prejudice - The Ugly Sides of the Beauty Industry	An investigation into the perception and representation of the beauty industry, and the degree to which cosmetic products represent affluence and social standing.
<b>Lulu S</b>	The Blurring of Lines: #Activism or #Slackivism	A cross generational investigation into the perception of youth in political spheres and to what extent they can enact change.
<b>Gota B</b>	The Male Gaze Maze	A cross generational investigation into the stereotyping of female identities in the media and the extent to which this impacts micro and meso experiences
<b>Angeline V</b>	Food for Thought	An investigation into the importance of cuisine for Greek and Chinese Australians in relation to their ability to connect with their culture
<b>Ruby B</b>	Nationalism; Honour or burden?	A cross-generational investigation into how the Armenian genocide impacts the identity of Armenian-Australians and perceptions and challenges of maintaining culture.
<b>Annalise C H</b>	“I’m not your inspiration.”	A cross-generational investigation into the perception of disability in Australia and how this impacts the life chances of persons with a disability.
<b>Milana D</b>	“Creativity is what we need”	A cross-generational investigation into the perceptions of creative arts and how macro devaluing has impacted the industry.
<b>Susie P</b>	“Sisters are doing it for themselves”	An investigation into the representation of working women in film and the extent to which this reflects lived experiences.
<b>Sam L</b>	“Trapped in the institutional closet”	Prejudice against homosexuality has been proliferated through mass media which reinforces social exclusion within institutions that model hegemonic masculinity



Name	Title	Research Question
<b>Edwina I</b>	"It's either her or me!"	A cross cultural investigation to what extent the role of the overbearing mother in law has as a result of cultural practices and gender norms.
<b>Vanessa H</b>	A Spectrum of Representation	A cross-generational investigation into the perceptions and representation of people with a disability in the media and how this reflects their social inclusion and exclusion
<b>Zali B</b>	Musician to Politician	An investigation into the politicisation of musical celebrities and its role in instigating social change.
<b>Charlie K</b>	Game On	An investigation into the role of gaming communities as an institution that creates connections or divides.
<b>Claudette S</b>	50 Shades of Black	A cross cultural investigation into the perception of colour in Asian and Black communities and to what extent colourism impacts their inclusion
<b>Vanessa G</b>	'If you're from Africa, why are you white?'	An Investigation into perceptions of bi-racial people and how interactions in the macro and meso environments impact their personal and cultural identity

**Ms Hakimi, Ms Coulson and Ms Papikian**  
**History Faculty**

## **CAPA**

### **Music**

Enjoy listening to some of our talented music students with this [lovely song](#) arranged and recorded by Tom D, Seb T (Y11) and Elise T-L (Y9).



## **PDHPE**

### **Online Workshop**

All of Y9 participated in an online workshop delivered by Optus Digital Thumbprint - *Digital Identity* to compliment their studies in PDHPE.

Students were informed about the importance of building a positive digital identify and received valuable information on how to access areas of support from the e-Safety Commissioner.

Y9 represented Cammeraygal with pride and showed exceptional responsibility and respect when interacting with the presenter during the online presentation. Fantastic work Y9!

**S King**  
**HT PDHPE**

# FYI ....

## YEAR 7 VACCINATIONS | SECOND DOSE

You would be aware that Year 7's were due to receive their 2<sup>nd</sup> dose of HPV on 18 October 2021.

Due to the staggered return of students, Health Northern Sydney, has informed us there will be a delay in the vaccination schedule. Our second dose will likely be given in early 2022. **They have advised there is no health issues with this delay.** They also advised that parents can access the 2<sup>nd</sup> dose from their GP, however, there may be a consultation visit payment associated with the vaccination. We will advise parents as soon as Health **updates its schedule for our school.**

On Friday 27<sup>th</sup> August, the Prime Minister & Federal Health Minister announced that COVID vaccinations would be available to students aged 12 -15 years from 13<sup>th</sup> September and that **schools may administer** the vaccine.

Again, Health Northern Sydney has advised that no NSW decision has yet been made / organised. The Federal Health Minister spoke of vaccinations being available through your GP.

**Jenny Penny**

**Head Teacher Wellbeing | Cammeraygal High Senior Campus**

## STUDY SKILLS | Students & Sleep

### Why is sleep so important?

Quality sleep improves your mental, emotional, and physical performance. It also improves your immune system, balances your hormones, boosts your metabolism, and improves your brain function. Sleep is when your brain files or removes all the clutter that accumulates in a day of learning and thinking so you are refreshed and ready with energy for the next day. Getting good sleep is important for both your mind and body.



### How much sleep do I need?

Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, many teenagers need more like 9-10 hours sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.

### Top Tips for getting to sleep and sleep routine

1. Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
2. Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
3. Avoid technology in the hour before bed, including TV, computers and phones.
4. Exercise during the day so that your body is ready or rest at night.
5. Don't eat big meals at night. Eat as early as possible and try to avoid rich, heavy food too late.
6. Limit your caffeine during the day and don't drink any caffeine in the afternoon or evening.
7. Don't have too much liquid in the evening.
8. Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
9. Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.

## Staying Asleep

- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent “white noise” can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet before bed.

## Good quality sleep

- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door.

## Feeling refreshed after sleep

- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

**If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason**

*Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)*

**Username:** cammeraygalhs | **Password:** available on the Student Portal

## MESSAGE FROM THE LIBRARY

In order to assist your child/ren with researching and reading we have a number of resources that you can access from home. Please note that all passwords are case sensitive:

### Newspapers:

The Financial Review, the SMH and the Age. For access go to the relevant website:

<https://www.afr.com/> or <https://www.smh.com.au/login> or <https://www.theage.com.au/login>

Then Log in with the following details:

user name: cammeraygal-h.school@det.nsw.edu.au

password: newspaper2020

### eBooks:

We also subscribe to an eBook collection where you can loan books for recreational reading.

For access go to <https://cammeraygalhighschool.wheelers.co>

Then log in with your Department email to access books.

**DATABASES** are also available:

For Years 7-12 **Gale** database is available. It has graded resources to cater for all high school students.

Use GALE by going to: <https://link.gale.com/apps/SUIC?u=61camhs>

Password is library

**JSTOR** is the other database specifically for Years 10-12 as it is quite academic.

Database can be accessed using <https://www.jstor.org/>

User name: Cammeraygalhs

Password: library2019

Once you log in you need to register an account for yourself. You need to log in twice to get full access, once with the school details and then with your own.

The Library has more details of these services on the **LIBRARY RESEARCH AND RESOURCES GOOGLE CLASSROOM**. The code to access this is aoujq3s

**J Perry**

**Teacher Librarian WS**

# Wellbeing @ CHS

## **Congratulations on finishing a WHOLE term of remote learning!**

We would like to take this opportunity to thank all the students, parents and families for their efforts during such unusual times. The learning and engagement from students has been fabulous and we do realise that it is so difficult to operate under such strict conditions.

We hope you all have a relaxing holiday and get to unwind from the rigors of daily schooling. We have attached a "*Quick guide to mental health and well being*" with hyperlinks many resources if you need to access them over the break.

**Thank you from the Wellbeing Team at Cammeraygal High School.**

## **PAUL DILLON WEBINAR FOR PARENTS**

Paul Dillon will be conducting a webinar for parents and carers titled *Young people, alcohol and other drugs 2021: What do parents need to know?* on **Thursday 16 September at 7:00-8:30pm (AEST)**.

It will examine current drug trends amongst school-based young people, including vaping and the online sale of drugs via social media apps. The session aims to empower parents with a positive message and assist them in having open and honest family discussions in this complex area.

Further details and registration can be found at the following link: [https://events.humanitix.com/young-people-alcohol-and-other-drugs-2021-what-do-parents-need-to-know?\\_ga=2.254673803.260490359.1627864130-467732293.1627864130](https://events.humanitix.com/young-people-alcohol-and-other-drugs-2021-what-do-parents-need-to-know?_ga=2.254673803.260490359.1627864130-467732293.1627864130)

## **REMOTE LEARNING**

For all information regarding the Remote Learning at Cammeraygal High School please use this useful guide to access tips and strategies while your child learns from home.

Remember the Wellbeing team is always here to help you so if you need to reach out for any reason please contact the school office and your enquiry will be directed to us.

<https://sway.office.com/OPC7dssG0RzLBpU?ref=Link>

**Mrs Perry**

**Head Teacher Wellbeing | Learning & Support Years 10-12**

## WELLBEING RESOURCES

### Young People

[HIIT ME UP](#) mental health & wellbeing program for 14 - 18 year olds in Lane Cove Council. Includes 45min fitness session. Starts 6th Sept. Online, free.

[Let's Connect](#) For young people of Lane Cove Council to connect with other young people & youth workers via online activities, games and open discussions. Every Tues & Thurs. Online, free

[Upcoming group chats for young people](#), Headspace, Online, Multiple topics, Multiple dates, Free

North Sydney Council Youth Services

[https://www.northsydney.nsw.gov.au/Community\\_Services/Children\\_Youth/Youth\\_Services](https://www.northsydney.nsw.gov.au/Community_Services/Children_Youth/Youth_Services)

### Parents / Carers

[Upcoming group chats for friends/families](#), Headspace, Online, Multiple topics, Multiple dates, Free

[A Where to Guide for Families](#) a helpful list of resources, groups, and activities that you & your children can participate in, or support you, during lockdown.

Disability Newsletter

<https://www.northernbeaches.nsw.gov.au/services/disability/disability-newsletter>

## from the CHS P&C Association

### A WORD FROM THE PRESIDENT

The last week of Term 3 brings with it a sense that better times are just around the corner - warmer and longer days, picnic options and a couple of weeks break from on-line learning are a welcome change of pace for everyone finding energy levels depleted by so many weeks of living and learning in lockdown.

That so much has been achieved despite these circumstances is a real credit to the care and resilience of our Cammeraygal High School community. Well done to all the parents, carers and students who have been doing the best they can to stay connected with their learning and deal with the groundhog day effect of weeks where you can start to lose a sense of time and structure.

The efforts of teachers, leaders and admin support staff have been outstanding all term and it was great to be able to demonstrate some appreciation in a small way for the care and professionalism demonstrated by this group.

The P&C funded an Uber Eats voucher for each staff member with our thanks for all that they have done and continue to do to support our children. Best wishes to this wonderful crew for a relaxing holiday break and time out to recharge in some lovely spring weather. Also congratulations to our Year 12s who leave school at the end of this term after completing their Trial HSC exams in the hardest circumstances we can think of. You have role modelled incredible resilience and maturity for younger students in our school to be inspired by and we wish you the very best of luck for the weeks ahead and for your final exams.

Enjoy the holidays everyone and stay well!

Will see you on Zoom again in Term 4.

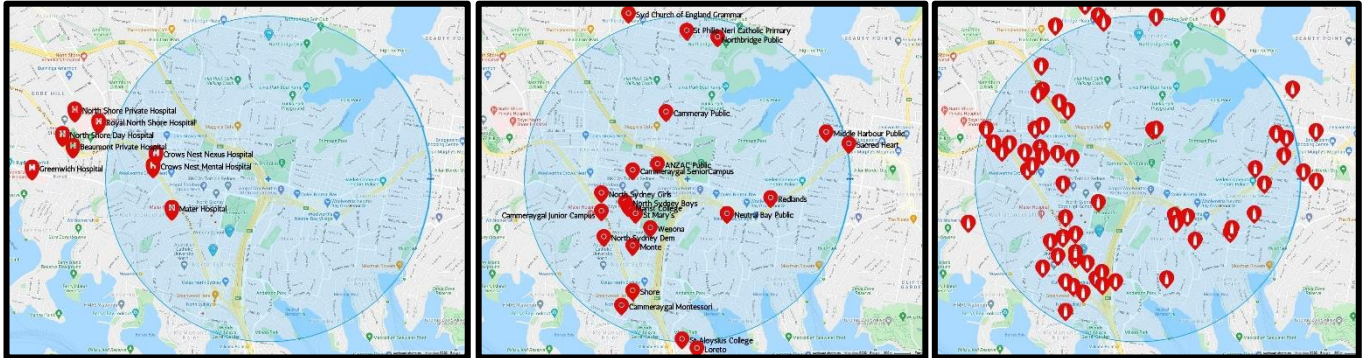
**Megan Salmon**  
**President**



# ENVIRONMENT

## Parliamentary Inquiry – impacts on our school

The parliamentary Inquiry into the impacts of the Western Harbour Tunnel / Warringah Freeway and Beaches Link had its first day of hearings on Monday 13 September. Larissa Penn from Cammeray P&C and Kristina Dodds from Cammeraygal P&C both answered questions about the impacts of the 8 years of construction in the North Sydney area across our school catchment. North Sydney is the point where the Western Harbour Tunnel meets the Warringah Freeway which then funnels into the Beaches Link. North Sydney bears the burden of the construction impacts.



Within a 2 km radius of the major works are 22 schools and 54 childcare centres, and within a 3 km radius there are 7 hospitals. This means there are a lot of sensitive receivers in an area experiencing 8 years of construction, with all the heavy traffic that brings. After the tunnels are built there is a predicted doubling of PM2.5 daily average pollution levels by 2027. There is no safe level for PM2.5. Within 600m of the Senior school a 30m twin unfiltered exhaust stack is planned.

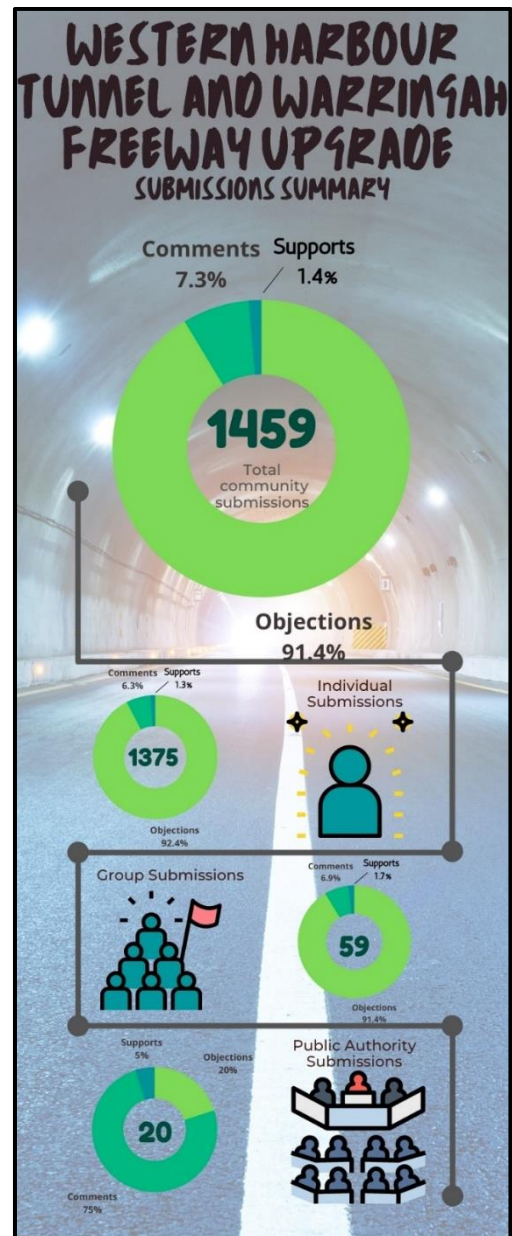
We raised our concerns about air quality, loss of green space, contamination exposure at Cammeray Golf course, noise, pedestrian safety, and Transport for NSW's lack of consultation with the school community.

Let's hope they do a rethink of this project. It's time to pause and reassess with fresh eyes especially as we are in the grip of a 1 in 100 year event – a pandemic.

As one parent wrote in their submission to the Inquiry - *"We understand that in life it is important to move forward, but not at all costs. Covid should teach us that we need to look after each other and the environment so that we can all live together sustainability, leaving the world a better place for future generations. We are not sure the tunnel is the answer"*

Day 2 of the virtual hearings is on Friday 17, and Day 3 on 27 September 2021. They will be live streamed via the NSW Parliament's [webcast page](#)

**Kristina Dodds |**  
[environment@cammeraygalpandc.org.au](mailto:environment@cammeraygalpandc.org.au)



## SPORT

### Netball



**Coaching Convener:** Anna Castle-Burton

**Umpiring Convener:** Vicki van Dijk

**Uniform Convener:** Mary Tazawa-Lim

**Comms:** Kathy Savill

**Sports Admin:** Amanda Petrides & Hettie Jamieson

We are so proud to inform you that Northern Suburbs Netball Association (NSNA) have announced their 2021 Award Winners last week and we are thrilled to take out two of the six awards on offer.

Congratulations to Jade S who won the coveted *Joe Hockey Junior Award for Encouragement* and Anna C-B who won the *Club Coach of the Year Award*. Thank you for your outstanding contribution to CNC in 2021.



*Jade S playing and umpiring netball*



The **Joe Hockey Junior Encouragement Award** is for a player / coach or umpire, aged between 12 years to 15 years who contributes to both their club and the Association. The winner is awarded \$100 by Joe Hockey former Ambassador to the US.

Jade Summers is a worthy recipient of the Joe Hockey Junior Encouragement Award due to her commitment to many aspects of netball.

Jade has played netball since starting at Net-Set-Go for Mosman Netball Club at 8 years old. Before entering Cammeraygal High School in 2019, Jade played for Mosman Netball Club in B grade.

Since joining CNC she has been involved in playing, umpiring and coaching. She has achieved amazing success in umpiring, achieving her 'C Badge' qualification in 2020 at just 14 years old!

Jade mentors other umpires within the Club each week to assist them to gain higher qualifications and has developed a mentoring template she completes and provides to the umpire with written feedback.

Each weekend she is in demand to umpire A grade Junior and Senior teams well beyond her age. Jade is committed to continuing on the umpiring pathway and working towards the requirements to achieve her B badge.



Jade is a highly skilled goal shooter and a member of the CNC 15C team that recently won their division. She is a dedicated team member who works hard in training and games to assist her team to succeed. Jade is always willing to play as a substitute player for higher grades in any position on the court and has shown to be a highly versatile and effective player. Jade spends her whole Saturday at the netball courts alternating between umpiring, mentoring umpires, and playing.

She also dedicates time to volunteering to coaching younger teams. For the past two years she has coached an U10's team for Mosman Netball Club and this year for NSJNC. She is keen to keep developing her skills as a coach and looks forward to coaching for CNC in 2022.

Jade is an inspiration and exceptional talent within our club and we are so proud of all her achievements. She has a very bright future and is a positive role model.

The **Club Coach of the Year Award** is donated by Monte and recognises a club coach who gives to their team, their club and encourages all those who coach to coach in the spirit of the game. It is wonderful to see Anna C-B being recognised for her contributions to our club and she is very deserving of this award.

### **Cammeraygal Tennis Update**

As the school tennis team we have kept playing the St Mary's UTR tennis tournament. It takes us longer than usual to organise the matches as local courts are very busy at the moment and it can be very hard to find any courts for booking. Unfortunately, we cannot use our Roseville Park courts because they are out of 5 km zone for many of our students.

We have 12 players registered and last week we finished all the first-round matches in the main draw.

This week we scheduled some of consolation matches and Round 2 of the main draw. As Year 11s are having their exams this week and next, we are looking to finishing the Round 2 matches in the first week of the school holidays.



*Kasra H Y8 & Ben M Y7 having a practice match at their local tennis courts.*

## Summer Football

Turn mates into teammates!

Football Summer Competition

Starts 12 October (provisionally)

If you are keen to get a football team together for the summer comp, please register your interest by following the link <http://www.northsydneyunited.com.au/>.

No payment is required until the start date is confirmed.



**PLAY FOOTBALL  
THIS SUMMER**

**CAMMERAY OVAL, CAMMERAY**  
Welcome back to football! Come join us at  
North Sydney United this summer.

**COMPETITIONS START (Provisionally)**  
on 12<sup>th</sup> October 2021

Please use the website below to register. Final team costs will be announced when we have certainty of the start date and we may run over into early 2022.

We aim to play 10 weeks and keep costs as per 2020.

- Ladies W35 6 a side  
Tuesdays 6.15pm to 9.15pm (12th Oct to 14th Dec)
- Mixed all age 6 a side  
Tuesdays 6.15pm to 9.15pm (12th Oct to 14th Dec)
- Mens All Age O35 and O45 6 a side  
Wednesdays 7.15pm to 9.15pm (13th Oct to 15th Dec)
- U6/7 to U16 juniors 5 a side  
Wednesdays 4pm to 7pm (13th Oct to 15th Dec)
- U8 to U18 Girls 5 a side  
Thursdays 5.15pm to 7pm (14th Oct to 16th Dec)

Contact Details:

[clubadmin@northsydneyunited.com.au](mailto:clubadmin@northsydneyunited.com.au)

To book use the link below:

<http://www.northsydneyunited.com.au/>

**Venue:**  
**Cammeray Park**  
**Park Avenue**  
**Cammeray**  
**NSW 2062**

**TURN MATES INTO TEAMMATES**  
**SOCIAL GAMES**  
**SMALL SIDED**



[SUMMERFOOTBALL.COM.AU](http://SUMMERFOOTBALL.COM.AU)

# Community Announcements



## Upcoming ADHD Events

**Anna Dedousis-Wallace – Using the CPS Model for Challenging Behaviour**

Thursday 14 October 2021 @ 7pm

**PEERS Social Skills for Teens / Young Adults** | 16 week program

**Parenting Children with ADHD** | 6 week online course (start anytime)

For more information go to [www.adhdsupportaustralia.com.au](http://www.adhdsupportaustralia.com.au)

Save Sight Institute



THE UNIVERSITY OF  
SYDNEY

## Community Information Webinar

Please join us for the [9th Annual Community Information Event](#) on **Saturday 18th September 2021!** This event is for people living with low vision or blindness and those who care for them. Educators are also invited. This event is a wonderful opportunity for Continuing Professional Development.

This year's event will be live streamed as a WEBINAR.

The programme includes:

- Speakers:
  - Nas Campanella, Disability Affairs Reporter for ABC News
  - Ria Andriani, Sydney-based braille specialist, music writer and musician.
- Employment expertise
- TAFE opportunities
- Education transitions
- Paralympic Q&A
- Technology updates
- SSI research updates

Breakout sessions for parents/carers/adults with VI, educators and young adults (young adult group is best suited for ages 12-17)

### Important details

#### When

Saturday 18 September 2021  
12:00 – 5:00pm

#### Where

Zoom webinar details will be provided upon final registration.

#### More information

Janet Bunn  
Save Sight Institute Events  
E [ssi.events@sydney.edu.au](mailto:ssi.events@sydney.edu.au)

[Click here for registration information](#)





You have the first 4 weeks of November to complete the [Mini-Mos courses](#). Once you [register](#), you'll receive an email closer to the event with your printable bib, your entry code and a race result link to submit your completed run times online.



For a single low entry fee, you can run any of the courses (2km, 5km, 10km) as many times as you like within the event window. This year you can enter our new 60km Challenge. The more you run, the more you show your support. And if you purchase a [Mini-Mos t-shirt](#) you look better and apparently run faster.



The [5km](#) and [10km](#) courses are unchanged from our usual race. The [2km](#) course is a safe signposted route around Rawson Oval. Our new [60km Challenge](#) allows you to enjoy a Mini-Mos challenge wherever you live.



Once you've completed the course, just click your race result link and submit your entry code and race time. Your result will automatically flow through to the online leaderboard for your age group or category. With the 60km Challenge just send us proof on our [Instagram](#) or [Facebook](#) page to go into the draw.



Exciting prizes, which will be announced in the coming weeks, will be awarded for a number of categories. So don't miss out, [register](#) today!

# Cammeraygal Careers News

We would like to wish all Year 12 students the very best for their upcoming HSC exam period – the following is a link to a checklist for your UAC application. You still have a little time, please make sure you have applied for SRS (Schools Recommendation Scheme) if the course you are applying for is eligible for SRS. It has been a very unusual Last Term of School. Please ensure you contact me, or any of the welfare team, for any assistance you may require regarding your application.

<https://www.uac.edu.au/assets/documents/year-12/year-12-checklist-applying-through-uac.pdf>

## WHAT'S ON THIS WEEK IN NEW SOUTH WALES

### [Avondale University | Open Day 2021](#)

Thursday 16 September 2021, 10:00 am – 3:00 pm | Location: Hunter

### [Internationally Educated | Study in the US – Virtual Information Session](#)

Thursday 16 September 2021, 5:00 pm – 5:00 pm | Location: Online

### [AFTT | Open Day](#)

Saturday 18 September 2021, 9:30 am – 2:00 pm | Location: Sydney

### [Whitehouse Institute of Design | Foundation Portfolio Workshop, Online](#)

Saturday 18 September 2021, 10:00 am – 12:00 pm | Location: Online

### [Whitehouse Institute of Design | Mastering Video Workshop, Online](#)

Saturday 18 September 2021, 2:00 pm – 4:00 pm | Location: Online

### [GVI Virtual Open Day](#)

Sunday 19 September 2021, 12:00 am – 2:00 am | Location: Online

### [Basair | Pilot Career Webinar](#)

Sunday 19 September 2021, 7:00 pm – 8:30 pm | Location: Online

### [WSU | HSC Study Sessions](#)

Monday 20 September 2021, 9:30 am – Friday 24 September 2021, 2:00 pm | Location: Online

### [ACU | Elite Athlete & Performer Program Information Session](#)

Tuesday 21 September 2021, 5:00 pm – 6:00 pm | Location: Online

### [Charles Sturt | Parent Information Session, Online](#)

Tuesday 21 September 2021, 6:30 pm – 8:00 pm | Location: Online

### [William Angliss Institute | Interview Skills Workshop](#)

Wednesday 22 September 2021, 11:00 am – 12:00 pm | Location: Online

### [FWO | Workplace rights and entitlements for young workers including international students](#)

Wednesday 22 September 2021, 2:00 pm – 3:00 pm | Location: Online

### [University of Sydney | Pathways to the Sydney Law School](#)

Wednesday 22 September 2021, 4:00 pm – 4:45 pm | Location: Online

## **CQUni | Apply to CQUni Webinar**

Wednesday 22 September 2021, 4:00 pm – 5:00 pm | Location: Online

## **AFTT | Online Info Night**

Wednesday 22 September 2021, 5:00 pm – 6:30 pm

Location: Online

## **OPEN DAY**

### **The Hotel School Australia**

The Hotel School Australia is currently running a Virtual Open Day (For a Month). Register to explore university qualifications at The Hotel School in business, hotel management and tourism:

- student life and learning experiences
- on-demand webinars
- virtual campus tours
- early entry and scholarships

RSVP <https://bit.ly/2WPlir3> Contact [anne.mccrory@scu.edu.au](mailto:anne.mccrory@scu.edu.au) Web Page [hotelschool.scu.edu.au](http://hotelschool.scu.edu.au)

## **COURSE CHANGES & NEW COURSES**

### **CQUniversity**

Term 1 2022 applications are now open! If you're interested in studying either the Bachelor of Medical Sonography / Graduate Diploma of Medical Sonography or the Bachelor of Echocardiography and Cardiac Physiology/Graduate Diploma of Echocardiography at the Sydney Campus, your UAC applications close on Monday, 15 November 2021. Find out more on how to apply by visiting [cqu.edu.au/apply](http://cqu.edu.au/apply)

### **Bedford College**

Now delivering new Early Childhood and Business courses. Face to Face as well as flexible online study options available. Get qualified and get ahead with Bedford College. Download our course guide and enrol today <https://www.bedford.edu.au/studying/enrolment/>

### **Sydney Actors School**

Has partnered with TDP and, in consultation with Peter Cousens and Darren Mapes, has created Australia's newest Diploma of Musical Theatre for the entrepreneurial creative artist! If you are a musical theatre performer, singer songwriter or contemporary vocalist who wishes to become an entrepreneurial creative artist – this is the course for you!! Applications are open <https://www.sydneyactorschool.edu.au/diploma-of-musical-theatre/>

### **Sydney Film School FEBRUARY 2022 APPLICATIONS NOW OPEN!**

Hollywood based Variety Magazine has awarded Sydney Film School its top film schools for 2020 accolade. Sydney Film School was founded to teach the essential filmmaking tools necessary for a successful career in the global industry. APPLY NOW to find your vision.

### **Institute of Health and Nursing Australia**

No ATAR no worries! We bring to you an opportunity to study Healthcare Certificates and Diplomas completely online with guaranteed placements. This means you may have a job in your hand even before you complete your course. Call +61 2 8228 6400 to enquire about the course or write to [enquiry@ihna.edu.au](mailto:enquiry@ihna.edu.au). Do not miss a satisfying career in nursing, health, and community services.

## COURSES & WORKSHOPS FOR STUDENTS

### MedEntry UCAT Prep

Free UCAT Bootcamp. For parents, aspiring Medical students and Careers Advisers. Dr Ray, Gastroenterologist at Monash Health, offers UCAT mini test, medical interviews, admission process, life as a medical student, and career as a doctor. Watch this two hr Bootcamp from the comfort, convenience & security of your home at any time! <https://www.medentry.edu.au/resources/ucat/free-bootcamp>

### Jschool Journalism College

Senior students have the chance to study a full journalism unit online over summer through Jscool Journalism College. Info at <https://jschool.com.au/singlesubjects>. Another option is the five-week micro course Newswriting Basics <https://jschool.com.au/micro> . Phone or SMS 0493099463

### TAFE NSW Visual Merchandising

Do you have students who have creative flair? TAFE NSW Ultimo offers a Diploma of Visual Merchandising (Course Code SIR50217). Students are taught in specialised facilities including a retail shop with 26 windows for students to dress and mannequins to style. CTA: Enquire Now Link: <https://www.tafensw.edu.au/course/-/c/c/SIR50217-01/Diploma-of-Visual-Merchandising>

### TAFE NSW

**Help your students reach for the sky with a career in AVIATION** TAFE NSW is training pilots of the future in Sydney and Lismore. Students can start a Diploma of Aviation (COURSE CODE AVI50219) (Commercial Pilot Licence) in 2022 and be ready for the industry take-off! Find out more [www.tafensw.edu.au/aviation](http://www.tafensw.edu.au/aviation)

### Paul Wade Life Skills

Paul Wade combines Employability Skills with Life Ready. Independence & Mental Health & Wellbeing plays a major part in Employability Skills. Paul Will show examples of how your students can navigate all three areas [Welcome to the Paul Wade Life Skills Programs website](#).

## INFORMATION SESSIONS FOR STUDENTS & PARENTS

### Campion College Campion College Virtual Open Day | 10am-5pm, Tuesday 28 September

Interested in history, literature, philosophy, theology or classical languages? Curious about bachelor or diploma studies in the liberal arts? Download course guides, access on-demand presentations, listen to a live lecture and find out more during Virtual Open Day. Visit [www.campion.edu.au/virtual-open-day](http://www.campion.edu.au/virtual-open-day)

ACU Blacktown online Open Day

If you need more information about choosing ACU Blacktown, want to chat to staff about the courses we offer, then Open Day is for you. Saturday 11 September 2 – 4pm Register now: <https://openday.acu.edu.au/>

### Engineers Australia

Engineering your Future webinar series for students Years 7-12, parents, teachers & advisors. Every Monday at 5pm. Coming up: Sustainable housing-The Desert Rose & Quantum Engineering. Register: [https://ea.jomablue.com/reg/store/engineering\\_your\\_future\\_2021](https://ea.jomablue.com/reg/store/engineering_your_future_2021) enquiries: [stems@engineersaustralia.org.au](mailto:stems@engineersaustralia.org.au)

### Avondale University

Avondale University Open Days Join Avondale University's online Open Day to virtually view our campuses, find out about courses, hear from students and lecturers and learn what makes Avondale the place to study. We're ranked in Australia's top 10 universities, Open Day is Thursday, September 16. Register at [www.avondale.edu.au/openday](http://www.avondale.edu.au/openday)

## **ACU Virtual One-on-One Consultations**

Students are able to book 30-minute virtual consultations with one of our friendly staff members every Tuesday, Wednesday and Thursday in September between 10am – 5.30pm. It's an opportunity for them to ask questions about their courses of interest, pathway options, entry requirements and any other queries they may have about studying at ACU. Register now: <https://bit.ly/3yA5q94>

## **Internationally Educated**

Study in the US" virtual information session Thursday 16 September 5pm AEST - learn about incredible US university opportunities and pathways. The presentation is tailored to students in years 9-11 and will draw from our experiences working in US university admissions. Free registration required: <https://www.internationallyeducated.com.au/post/study-in-the-us-virtual-information-session-1>

## **Academy of Interactive Entertainment**

Career in Games & Film, Info Evening at Academy of Interactive Entertainment Wednesday 15th September Considering a career in games, film or VFX? Discover AIE's courses in Game Art & Animation, Programming, Game Design and Virtual Production. Learn about entry requirements and career pathways. RSVP <https://aie.edu.au/infoevening>

## **Western Sydney University**

Western is offering free online HSC Study Sessions, run by experienced teachers, in some of the most popular HSC subjects from 20-24 September. This is a great opportunity for students to revise their learning to tackle their exams with confidence. For more information and to register, visit: [https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions?cid=em:CAA-HSCSS\\_Sep21](https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions?cid=em:CAA-HSCSS_Sep21)

## **Western Sydney University**

The Discover Western Webinars series are designed to provide key information to prospective students and to help them along their journey to success. The upcoming webinar on 9 September covers applying to Western, how early offers work, and all aspects of applying to university. Register now: [https://www.westernsydney.edu.au/future/student-life/events/western-webinars?cid=em:CAA-DWW\\_Sep21](https://www.westernsydney.edu.au/future/student-life/events/western-webinars?cid=em:CAA-DWW_Sep21)

## **Charles Sturt University**

Parent Information Session We are holding a free Parent Info Session on 21 September to help them in their child's transition from high school to uni. The free event will take place online for parents to find out about our paths into uni, our student services, accommodation options and scholarships. Book here: <https://study.csu.edu.au/life/events/parents>

## **Southern Cross University Webinar**

Secure Your Spot at Southern Cross University Webinar We are committed to assisting our Year 12 students with their transition from High School to Southern Cross University. Please join us for an informative webinar discussion about the options available to you to secure your spot at Southern Cross University in 2022. <http://web.crm.scu.edu.au/cn/afrw3/pathways-webinars>

## **Southern Cross University**

Our guide to uni for parents and caregivers has compiled the most important information about applying to university, information on pathway programs, scholarships and more. Get your free copy today <https://www.scu.edu.au/study-at-scu/high-school-students/parent-information-evening/#register>



## University of Tasmania

Paramedicine & Nursing Webinars available to students UTAS are looking forward to running webinar sessions on the Paramedicine & Nursing Accelerated Degrees. Speak with current students and academics, and find out what it's like to study at the Rozelle campus based in Sydney. Book your places at the following links: Paramedicine: <https://bit.ly/3BIWWG> Nursing: <https://bit.ly/38FV5y0>

## Jobs & Work Experience for Students

**Transport for NSW** The Road/Electrical Designer and Traffic Engineering Officer in Training Programs are offered by Transport for NSW in conjunction with Western Sydney University, The College. Starting salary will be approximately \$54,000.00 and it will go up to \$63,000.00 by the end of their four-year program. [RDITCoordinator@transport.nsw.gov.au](mailto:RDITCoordinator@transport.nsw.gov.au) for more details

## RESOURCES FOR STUDENTS

### UNSW Girls in Engineering

Club for high school girls interested in STEM It's the fun, inspiring community for high school girls wanting to explore the diverse fields of engineering. Membership is FREE and students receive a monthly newsletter packed with engaging content and activities, invitations to events and workshops, and the opportunity to be mentored by current UNSW engineering students.

Join: <https://www.unsw.edu.au/engineering/study/girls-engineering-club>

### Crimson Education NSW Students

HSC to GPA Calculator Visit our free HSC to GPA calculator to find out how your HSC stacks up against the US GPA. Using the calculator is super simple! All you need to do is fill in your predicted HSC marks, and then the calculator will convert your marks into a 4.0 scale GPA format. Calculate your GPA now! <https://www.crimsoneducation.org/au/resources/hsc-gpa-calculator-lp/>

## BEYOND

We've just released even more FREE HSC preparation materials on Beyond. For year 11, we have practice papers in English Standard, Maths Standard 2 & Maths Advanced. For year 12 students, we offer a large number of on-demand videos & practice papers in all major subjects. View our webinars at. <https://beyond.edu.au/welcome/live-talks/>

## ACAP

Your ATAR shouldn't define your opportunities for career success, and at ACAP it doesn't. Watch one of the recent Discover ACAP information sessions on-demand to find out more about courses you could study in the fields of Psychology, Criminology, Social Work or Counselling. Simply go to [acap.edu.au/study-at-acap/online-events/](http://acap.edu.au/study-at-acap/online-events/) and select a recording under 'Previous Events'.

## Outdoors NSW & ACT Careers options in the Outdoors?

Have you considered the Outdoors as a career choice? Maybe it's time! <https://www.outdoorsnswact.org/>

## SCHOLARSHIPS, EARLY ENTRY, ALTERNATIVE PATHWAYS

### Financial Planning Association SCHOLARSHIPS

Applications open 1 Sept for Women in Finance and Economics, worth up to \$50,000 each. Find out more at [www.fpa.com.au/fpa-community/women-in-finance-and-economics-scholarship-program/](http://www.fpa.com.au/fpa-community/women-in-finance-and-economics-scholarship-program/) | Email [scholarships@fpa.com.au](mailto:scholarships@fpa.com.au) for more information.

### Torrens University – Early Entry Program

Closing 30 September Apply now to secure your place at Torrens University through our Early Entry Program. A conditional offer is open to all Year 12 students in NSW, QLD and SA and applying is easy. Give yourself some peace of mind as you go into your exam period. No cost to apply, no obligations and

can be deferred. Closes 30 September. Find out more: <https://www.torrens.edu.au/how-to-apply/early-entry-program>

### **The Women's College within The University of Sydney**

Multiple scholarships for academic merit, leadership, co-curricular talent and financial need. Other scholarships include regional/rural students, indigenous and Torres Strait Islander students, government school students, students with an education disadvantage/low SES schools/areas applying for The University of Sydney E12 scholarships. Closing date 5 Oct. More info: [www.thewomenscollege.com.au](http://www.thewomenscollege.com.au)

### **SEDA College NSW**

SEDA College is excited to announce a new partnership in Rugby Union with The Western Sydney 2 Blues! SEDA offers a unique HSC course for sport motivated students. Kickstart scholarships are now available for students interested in joining the 2 Blues SEDA rugby program in Year 11 2022. Details on our website: <https://www.sedacollege.nsw.edu.au/scholarships/> Info session Sept 8, call on 95711304

### **UNSW Women in Engineering Scholarships Program applications are OPEN!**

The UNSW Women in Engineering Scholarships Program is accepting applications until 30/09/2021. With multiple Faculty scholarships on offer valued at \$10k per annum for the min. duration of the program, as well as donor scholarships available, female-identifying Year 12 students with an interest in engineering are encouraged to apply! <https://www.scholarships.unsw.edu.au/scholarships/id/1562/5214>

### **Macquarie University**

Macquarie Leaders and Achievers has reopened. Given the current situation in NSW, we have reopened this scheme for Year 12 students. Applications are now open and will close on Sunday 19 September. Visit [Mq.edu.au/leaders-and-achievers](http://Mq.edu.au/leaders-and-achievers)

### **Study at ACU**

Entry and Pathways Webinar Join us online to have your questions answered about entry to ACU. The webinar will outline our entry pathways, including our ACU Guarantee early offer program. The webinar is on Tuesday 7 September 2021 from 6 – 7pm. Register now: <https://www.acu.edu.au/about-acu/events/2021/september/entry-and-pathways-to-acu>

### **ACU Guarantee**

Guarantee your place at ACU before your Year 12 exams. The ACU Guarantee program offers eligible Year 12 students a place at ACU based on your Year 11 results. Applications close Friday 24 September 2021. Apply now: <https://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee>

Western Sydney University

Schools can book a "Virtual Visit" to Western featuring tailored presentations for years 10, 11 & 12 and short Q & A sessions. Students hear from current Western students and staff about scholarships, early entry, alternative pathways to uni, campus life, the range of inspiring courses offered and more. Register now: [https://www.westernsydney.edu.au/form/request\\_a\\_school\\_visit?cid=em:CAA-VV\\_Sep21](https://www.westernsydney.edu.au/form/request_a_school_visit?cid=em:CAA-VV_Sep21)

### **Southern Cross University**

Given the current situation in NSW, Southern Cross University has extended its Early Offer Program (STAR) to remain open for applications until September 30, 2021. Schools' recommendations are now due by October 13, 2021 To Apply: [scu.edu.au/star](http://scu.edu.au/star)

**Ms Van Bentum**  
**Careers Advisor**

# Quick guide to mental health & wellbeing resources

## Resources for everyone

### Urgent help

A list of free and confidential services that operate 24 hours a day, 7 days a week, and are available to support, listen and help you out when you need.

### Wellbeing services

A page of links to reputable organisations available to provide mental health support, as well as resources, information and a selection of wellbeing apps – for everyone.

## Resources for students

### Mental health and wellbeing hub - students

Provides students with links to mental health resources including a range of evidence informed and reputable organisations which provide support for young people who are having a tricky time or managing stressful situations, including:

- How can I look after myself?
- How can I help a friend?
- Where can I go for help and ideas?
- Other ways to get support

### Stay Healthy HSC

Stay healthy, stay active and keep connected during the HSC with resources brought to you by the department and our partner ReachOut. Includes 24 items searchable by category including:

- Study tips and tricks
- Physical health & wellbeing
- Exam time
- Life after HSC

### Care and connect – students aged 12-18

How to look after yourself during COVID-19; get help when you are feeling really down; develop new coping strategies or if you are just feeling lonely. includes:

- Support yourself
- Support a friend

### Care and connect – students aged 8-12

What you can do if you notice changes in yourself. Includes advice, ideas and links to evidence based resources for children who need to talk to someone, who are having scary or sad thoughts, who are upset, angry or sad – or who simply feel lonely. including:

- Support yourself
- Support your friend

### Wellbeing advice for senior students

Strategies to manage your worries, re-focus your thinking and look after yourself.

### Wellbeing information for all students

Strategies for when things feel uncertain and unpredictable – for all students.

### Anti-bullying - students

Support for students who have seen or have been involved in bullying. Includes:

- I'm being bullied
- I've seen someone bullied
- I've been called a bully
- Staying safe online

### Wellbeing at home

Activities and exercises you can build into the day to support your wellbeing – and learning. Includes a link to the Office of the Advocate for Children and Young People (ACYP) [Digital lunchbreak](#) website full of online resources and activities to do at home in your lunchbreak

### Wellbeing and offline activities

Stacks of great ideas of things to do including:

- 15-minute [GetActive@Home](#) activities for kids from Kindergarten to Year 6.
- Over 350 [Arts Unit](#) creative activities for students from Preschool to Year 12.

### People at school you can talk to

- Year Adviser
- [Student Support Officer](#)
- [School Counsellor / Psychologist](#)
- Wellbeing Nurse
- [School Chaplain](#)
- Classroom teacher
- Head Teacher, Wellbeing

# Quick guide to mental health & wellbeing resources

## Resources for parents and carers

### [Learning from home – Parents and carers](#)

Includes resources, [Talking to children about COVID-19](#) (PDF), [Learning environment checklist](#) (PDF) and [Remote learning guidelines](#) (PDF)

### [Wellbeing during COVID-19](#)

Resources to support young children's wellbeing while being confined to home for an extended period due to COVID. Includes links to external resources on explaining COVID-19 and tips for coping.

### [Mental health and wellbeing hub – parents and carers](#)

Provides parents and carers with links to mental health resources including a range of evidence informed and reputable organisations which provide support including:

- Help my child
- Look after myself
- Learn more
- Other ways to get support

### [Care and connect – parents and carers](#)

Useful tools for parents and carers to support themselves and their children. including:

- Support myself
- Support my child
  - How to talk to child during tough times + links to talking to toddlers, primary school aged children and teenagers.
  - Tips to have a conversation with your child about mental health concerns.
  - Help your child manage anxiety.

### [Tips to support your kids going through the HSC](#)

Ideas for helping your child with the confidence, support and stability they need to cope with their final exams. Part of the [Stay Healthy HSC](#) Hub.

### [Parents and carers Wellbeing hub](#)

Large collection of advice, ideas, resources and information on a wide range of topics for parents and carers of children and young people from Kindergarten to HSC students. Incorporates content from our [Wellbeing and teenagers](#) section and advice about [Cyberbullying and teenagers](#). Sort by ages and categories including:

- Bullying
- Mental health
- Behaviour
- Health and safety
- School events
- Technology (including screen time and cyber-safety)

### [Wellbeing and offline activities for your child](#)

Links to Parents and carers: ['essentials' toolkit](#), [GetActive@Home](#) videos for primary students, [Arts Unit](#) creative activities, [offline activities](#) and a link to the [Digital lunch break](#).

### [Anti-bullying – parents and carers](#)

What you can do if your child has been bullied, seen bullying, or if they may have been involved in bullying. Includes [Staying safe online](#) (incorporating social media and gaming) and [Coping skills, resilience and teenagers](#).

### [Drug education – Resources for parents and carers](#)

Contains links to external websites that provide accurate, evidence-based information and guidance for parents and carers who want to talk with their children about drugs.

### [Live Life Well @ School – Resources](#)

Links to support teaching and learning about healthy eating and physical activity.



# supporting young people impacted by COVID-19

information for parents and carers



Thank you for participating in this webinar.

We invite you to provide us with feedback on your experience through a short survey [here](#).

## about headspace

headspace National Youth Mental Health Foundation provides tailored and holistic support to young people aged 12 to 25 years to navigate the big issues in life, their mental health, physical and sexual health, alcohol and other drugs issues, as well as work and study.

More than 75% of mental health disorders begin before the age of 25 (Kessler et al, 2005) and by working with young people at such a critical time in their lives, we aim to prevent a disorder from occurring or to reduce its severity.

headspace values collaboration. We work with schools, sporting clubs, local health services and communities. We provide resources for school communities, family and friends. We engage with the young person's world to support them along their journey towards adulthood.

headspace is available to young people through its local headspace centres that are located in 124 communities across Australia.<sup>[1]</sup> Young people can come into a centre and connect face-to-face with professionals such as General Practitioners (GPs), psychologists, counsellors, occupational therapists, social workers and nurses who can support them. headspace centres have been designed with young people for young people. Centres provide a unique space where young people feel they can trust the support they receive from the professionals working in the service and that they genuinely have their interests at heart. The headspace centre network is supported by a national framework to ensure a young person can go into any centre anywhere in Australia and receive the same standards of high-quality care and support.


In addition to headspace centres, eheadspace connects young people to youth mental health professionals 365 days a year. eheadspace provides a free, secure and anonymous service for young people who cannot access help in person, or who prefer to interact online or over the phone.

**The headspace centre providing this information evening is:**

**headspace**

**Chatswood**


 30 Devonshire Street, Chatswood, New South Wales 2067


 Phone [\(02\) 8021 3668](tel:02180213668)

[headspacechatswood@newhorizons.org.au](mailto:headspacechatswood@newhorizons.org.au)

**headspace**

**Brookvale**

 Level 2 Brookvale House, 1A Cross Street, Brookvale, New South Wales 2100

 Phone [\(02\) 9937 6500](tel:02199376500)

[headspacebrookvale@newhorizons.org.au](mailto:headspacebrookvale@newhorizons.org.au)

<sup>[1]</sup> As at 20 September and inclusive of headspace centres, satellites and outposts

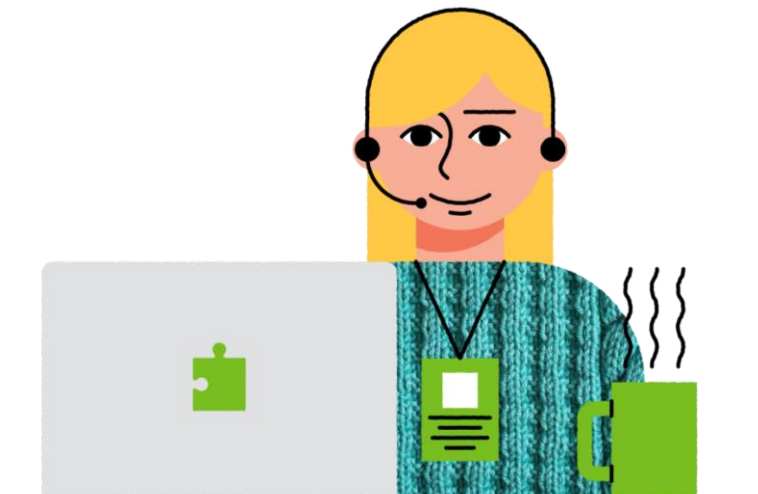
# national supports

## Support for young people:

- [headspace](#) National Youth Mental Health Foundation. Information and resources for young people, family and friends.
- [ehespace](#): 1800 650 890 - available 9am – 1am, 7 days a week
- [ReachOut](#) Australia
- [Kids Helpline](#): 1800 55 1800 - available by phone, email or webchat, 24 hours a day, 7 days a week

## Support for adults:

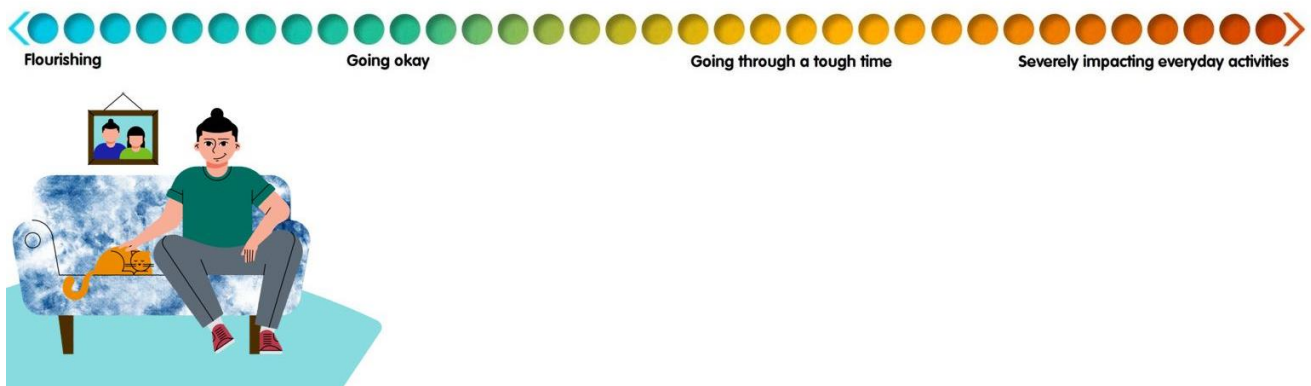
- [Lifeline](#): 13 11 14 - available 24 hours a day, 7 days a week for crisis support  
Lifeline Text: 0477 13 11 14 - available from 12pm to midnight (AEST)  
[Lifeline Chat](#): available 7pm to midnight (AEST)
- [1800RESPECT](#) 1800 737 732. National sexual assault, domestic family violence counselling service – available by phone or online chat, 24 hours a day, 7 days a week
- [Beyond Blue](#): 1300 22 4636 - available 24 hours a day, 7 days a week
- [Beyond Blue](#): webchat is available 3pm – 12am (AEST), 7 days a week
- [eSafety Commissioner](#) Australia - <https://www.esafety.gov.au/>
- [MensLine Australia](#): 1300 78 99 78 – available by phone, online chat or video chat, available 24 hours a day, 7 days a week
- [Butterfly](#): 1800 33 4673 - available 8am – midnight, 7 days a week via phone, online chat, email
- [QLife](#): 1800 184 527 - available 3pm – midnight, 7 days a week
- Police and Ambulance: 000
- [National Relay Service](#): 1300 555 727, chat call and captions call options available
- [National Translation and Interpreter Service](#)



# what is mental health?

Mental health is defined as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”<sup>2</sup> So rather than it being about ‘what’s the problem?’ it’s really about ‘what’s going well?’

## the mental health continuum



Mental health isn't a fixed state. Mental health can be thought of as sitting on continuum that we all move along, all the time, depending on how things are going for us in our lives.

Most young people sit at the *Flourishing* end of the mental health continuum, most of the time. However, you may have noticed during COVID-19, some young people showed changes in their relationships, their behaviour and learning that significantly impacted their daily activities, and this might suggest they may be in, or are moving towards, the far-right side of the continuum.

The [mental health continuum](#) demonstrates a stepped care approach to supporting young people. Having productive conversations with young people as they move along the continuum, such as how they can maintain their mental wellness, rather than wait until it impacts on their functioning, can be an example of this.

So, what the continuum looks like in real life, for a young person during COVID-19 and what conversations can be helpful?

[2] World Health Organization (2005)



# starting a conversation

the “*NIP it in the bud!*” guide to support your young person

## NOTICE

You might notice changes in a young person, for example:

- A noticeable change in how they are feeling and thinking
- Feelings like anger, sadness, fear, not caring about anything, risk taking
- You might see changes in the way your child is behaving or acting
- Not enjoying things anymore
- Changes in eating or sleeping
- Being easily irritated or having problems with friends and family
- Finding they can't focus on things or maintain attention
- Feeling down or that there is no hope or point to life
- Having trouble concentrating or remembering things
- Turning to alcohol or drugs to cope with feelings
- Having negative thoughts or distressing thoughts
- Feeling unusually stressed or worried
- Changes socially like withdrawal, being secretive, acting out of character

## INQUIRE

There's no perfect way to start a conversation about mental health – so it's ok if you're finding it hard.

It can help to do some research first and find a time and place where everyone involved is feeling safe to talk about it.

When asking, it can help to be specific about the things you've noticed. And remember, you're asking to understand.

Understanding your young person's experience can leave you in a better place to respond in a way that helps.

Some ways to try having this conversation might be:

- *Hey, I've noticed you seem to have a lot on your mind at the moment. I'd like to hear how it's been for you.*
- *I've noticed that sleep has been harder for you lately. Have you got some ideas about why that might be?*
- *I haven't seen any of your friends recently. How have things been going?*
- *What can I do to be help?*

## PROVIDE

It's about providing what you think your young person might need at that time. This will include support, listening, and empathy. Responding in a way that shows you're really listening can make a big impact.

Here are some statements that might help:

- *“I can hear this is really tough for you”*
- *“It sounds like it's been impacting lots of areas of your life”*
- *“Thank you for sharing with me, I care about how you feel and what you're going through.”*

Taking the time to try to understand, can show the young person you're a safe place to go to for support and might mean they end up sharing more. In trying to find the best way to offer some support, it can help to share the decisions with the young person.

Some statements that might help include:

- *“I'd like to find a way that I can be helpful for you. Would that be ok for you?”*
- *“It sounds like home is a bit stressful now. Would you like to have a go with me at figuring out some ways to take some of that stress away?”*
- *“I'm not feeling very confident about the best way to help at the moment. Would it be ok if we called a service to help us figure out the best way forward?”*

**If you have immediate concerns, take them to your local Emergency department or phone 000 and stay with them.**

# headspace vocational programs

## how does headspace help young people in work and study?

The headspace Work and Study Program supports 15 – 25 year-olds to plan their career, find employment and work towards further education. The program works with young people online through webchat, video, email, or phone, so we know how to connect with young people. It is free and young people don't have to be on Centrelink payments to be eligible.

Each young person receives tailored, confidential and youth-friendly support that is highly accessible. headspace can also assist a young person if mental health issues are getting in the way of work or study.

headspace Work and Study can assist young people with the following:

- job search skills and job applications
- resume and cover letter preparation
- career planning
- study and enrolment support
- support transitioning from school to work or further study
- navigating Centrelink or other government support options
- balancing mental health and wellbeing with work or study

Learn more about the Work and Study Program at [www.headspace.org.au/workandstudy](http://www.headspace.org.au/workandstudy).



# free online support, wherever and whenever you need it

There are lots of things for your young person to think about like school, study, work, relationships, physical and mental health. Whatever it is they're facing, headspace is here to help.

## Develop self-help skills

There are interactive exercises that allow your young person to manage their own mental health. These bite-sized activities help them reflect on their own needs, build their everyday skills and set goals to improve their mental health.

## Join the community

Our safe and supportive online community provides a great way to connect with others and share resources that are helpful.

Our regular group chats bring young people together and explore topics that are important to the community. Our peer-led chats are held every week, where young people can share tips and experiences with others. There are also chats run by our professional clinicians who explore topics and provide resources, strategies and advice to help build their skills.

## Chat privately with professionals

Young people can chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEST). It's a safe space if they want some advice, unsure of what help they need or maybe just want to talk things through.

## Get support with work and study

Young people can get support with their work and study goals by speaking with our work and study specialists via webchat, video chat, email or phone and it's free. We can help young people with everything from writing resumes and job applications through to planning course options, practicing interviews and managing their mental health with their work and study. Visit [headspace.org.au/workandstudy](https://headspace.org.au/workandstudy) to register or call 1800 810 794.

## Resources and tips

There are heaps of resources available which can be a great starting place to gather information that's relevant to them.



There are many ways young people can get the support they need just from visiting the headspace website and creating an account.

# seven tips for a healthy headspace

There are small steps that you and your family can take to support your family's mental health.

## 1. Get into life

Set a goal or task that you want to achieve for the day - it can be something small like making your bed, going for a walk or calling a friend. Try some new hobbies and keep doing the things you love as best you can like reading, drawing or exercising.



## 2. Learn skills for a tough time

It might be helpful to learn new coping skills to maintain and improve wellbeing. Try journaling thoughts and feelings, practise some breathing exercises, explore mental health apps or websites, create a new routine, or take a digital detox.

## 3. Create connections

When we can't physically connect with friends and loved ones, there are so many other ways to stay connected. Try connecting by video chat or phone with friends and family. Online video and board games can also be used to connect with others.



## 4. Eat well

Minimise unhealthy snacks. It's good to develop coping strategies that are not related to food. Be sure to nourish your body with things like: fruits and veggies, foods high in fibre, fermented foods like unsweetened yoghurt, olive oil, and fish.

## 5. Stay active

Try doing an online fitness program or a yoga class, challenge your friends to a push-up challenge, get outside for fresh air or have a living room dance party – all great free ways to keep up physical and mental health.

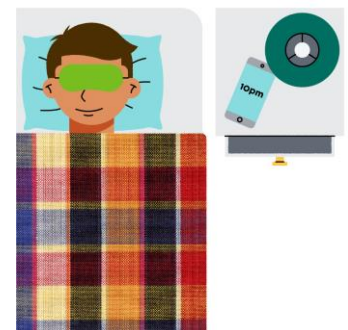


## 6. Get enough sleep

Try to stick with a sleep routine. Go to bed and wake up at the same time as much as possible and aim for at least 8 hours of sleep a night. Switch off from electronics 30-60 mins before bed.

## 7. Cut back on alcohol and other drugs

Be mindful of your use of alcohol and other drugs. Try a short break – start with a few days and then try a week, consider alternatives like herbal tea, water or a smoothie, and find new activities to keep you engaged.









## Resources for Families During Remote Learning

Name	About	Phone/Online
<b>Kids Help Line</b> 	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 <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a>
<b>Lifeline</b> 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a>
<b>Suicide Call Back Service</b> 	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 <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
<b>Youth Beyond Blue</b> 	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 <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a>
<b>Mental Health Line</b> 	Mental Health Line offers professional help and advice and referrals to local mental health services.	1800 011 511 <a href="https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx</a>
<b>SANE Australia</b> 	SANE Australia supports people living with complex mental health issues and the people that care about them.	1800 187 263 10:00AM – 10:00PM <a href="https://www.sane.org/about-sane">https://www.sane.org/about-sane</a>
<b>Headspace</b> 	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	<a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a>
<b>QLife</b> 	QLife provides anonymous and free LGBTI support for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships.	1800 184 527 3PM - Midnight <a href="https://www qlife.org.au/resources/chat">https://www qlife.org.au/resources/chat</a>




<p><b>1800RESPECT</b></p> <p><b>1800RESPECT</b></p>	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.</p>	<p>1800 737 732 24/7 Interpreter: 13 14 50 <a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a></p>
<p><b>Mens Line</b></p> 	<p>Advice, therapy and support for men with families and relationship concerns.</p>	<p>1300 78 99 78 <a href="https://mensline.org.au/">https://mensline.org.au/</a></p>
<p><b>Carers NSW</b></p> 	<p>Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members.</p>	<p>1800 242 636 9AM – 5PM Monday - Friday <a href="http://www.carersnsw.org.au/how-we-help/support/carers-line/">http://www.carersnsw.org.au/how-we-help/support/carers-line/</a></p>
<p><b>Parent Helpline</b></p> 	<p>A telephone counselling, information and referral service for parents of children ages 0 -18.</p>	<p>1300 1300 52 <a href="http://www.parentline.org.au/">http://www.parentline.org.au/</a></p>
<p><b>Family Connect and Support</b></p> 	<p>Family Connect and Support brings together families, support services and community resources so that our children and young people are safe and well.</p>	<p>1800 066 757 <a href="https://www.familyconnectsupport.dcj.nsw.gov.au/">https://www.familyconnectsupport.dcj.nsw.gov.au/</a></p>

## Helpful Mental Health Websites



Name	About	Website
<p><b>ReachOut</b></p> 	<p>Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.</p>	<p><a href="https://au.reachout.com/">https://au.reachout.com/</a></p>
<p><b>Black Dog Institute</b></p> 	<p>Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder, anxiety, adolescents and young people, suicide prevention, e-mental health, positive psychology and wellbeing.</p>	<p><a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a></p>
<p><b>Beyond Blue</b></p> 	<p>Information, advice and strategies to prepared to help people manage their mental health. A key initiative of the Australian Government.</p>	<p><a href="https://coronavirus.beyondblue.org.au/">https://coronavirus.beyondblue.org.au/</a>  1800 512 348</p>

<b>Head To Health</b>	The Australian Government’s searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia’s most trusted mental health organisations.	<a href="https://www.headtohealth.gov.au/">https://www.headtohealth.gov.au/</a>
<b>Head to Health</b>		
	Australian Government’s free online mental health clinic for Australian adults who are experiencing stress, anxiety, depression and low mood. Mind Spot provides assessment and treatment courses.	1800 61 44 34 <a href="https://mindspot.org.au/">https://mindspot.org.au/</a>

## Self-Guided Programs

<b>This Way Up</b>		A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses are free or low cost.	<a href="https://thiswayup.org.au/">https://thiswayup.org.au/</a>
<b>Black Dog   My Compass</b>		A free, online interactive self-help CBT service for people experiencing depression or people who simply want to build good mental health.	<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
<b>Mood Gym</b>		A free, interactive program based on cognitive behaviour therapy and interpersonal therapy to help manage and prevent symptoms of depression and anxiety.	<a href="https://moodgym.com.au/">https://moodgym.com.au/</a>

## Aboriginal and Torres Straight Islanders

<b>Well Mob</b>		Social, emotional and cultural wellbeing online resources for ABSTI people	<a href="https://wellmob.org.au/">https://wellmob.org.au/</a>
<b>iBobbly   BlackDog Institute</b>		Wellbeing and suicide prevention self-help app for young ABSTI Australians.	<a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/</a>

If you, or someone you are with is in immediate danger please call: 000