

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

12 P&C

MESSAGE FROM THE PRINCIPAL

As we move into Week 7 of the school term and week 9 of the lockdown, I hope you and your families are managing to navigate the challenges this lockdown continues to present for us all.

Again, we thank all parents/guardians and students for their ongoing support of the school.

A particular thanks must go out to our P&C who have been extremely supportive of the school during this extended lockdown and the challenges for each phase of learning.

Please reach out to the school if your child needs additional support.

Take 5 Thursday

This day was initially planned as an asynchronous day of learning, but developed into a check in day for the first 2 periods with all teachers having their google classrooms open for questions and check-ins if students chose to utilise that option.

This was then followed by students engaging with our Cammeraygal Wellbeing Grid which provided opportunities for our students to do some activities that were positive initiatives for their mental health and wellbeing.

The feedback from students, parents/caregivers and teachers was extremely positive as we had all worked extremely diligently in the lead up to the take 5 Thursday.

CALENDAR

TERM 3 | WK 7 | 23 – 27 AUGUST

Mon – Fri HSC Trials | Week 1

TERM 3 | WK 8 | 3 AUG – 3 SEPTEMBER

Mon – Fri HSC Trials | Week 2

UPCOMING EVENTS:

R U OK? Day | 9 September

Y12 Graduation | 16 September

End of Term 3 | 17 September

Start of Term 4 | 5 October

Y7 Vaccination | 18 October

P&C Trivia Night | 13 November

Y7 2022 Orientation Day | 23 November

Presentation Day | 10 December

Last Day of Term 4 | 17 December

Next P&C Meeting
Tuesday
7 September
@ 5:30pm
via Zoom

PRINCIPAL'S REPORT CONTINUED...

We have scheduled the next day for Friday 10th September for a **Screen free Friday** for Years 7-10 with alternative activities planned. More details will be sent to parents on this planned day of activities to promote wellbeing and a break from devices for the day.

Year 12 Modified Online Exams

These exams commenced today (Monday 23rd of August) and will be conducted online for all of our Year 12 students. Our wonderful General Assistants, Paul and Peter delivered the personalised exam booklets to each family in the Year 12 cohort. A huge thank you to them and our exceptional Administration team that made this happen.

The package included some other gifts to show Year 12 we are thinking about them and wishing them the best of luck with their online tasks.

Year 11 Modified Online Exams

Year 11 will be commencing their modified online exams in Week 9 this term.

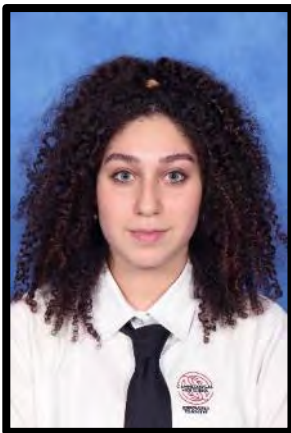
Other year groups are continuing online submission of modified assessments.

Cammeraygal Prefect Body 2021-2022

Finally, I would like to congratulate our Year 11 prefects who were elected by their cohort and teachers over the past week. These 16 students will constitute our Prefect Body for 2021-2022.

The Captains and Vice Captains for 2021-2022 will be selected from this group as well. Students will nominate, if they choose to run for Captain or Vice they will deliver a short speech on what they hope to contribute to student leadership at Cammeraygal at this Thursdays' Assembly. A very exciting time and we wish all our prospective leaders the very best with their speech and the election process.

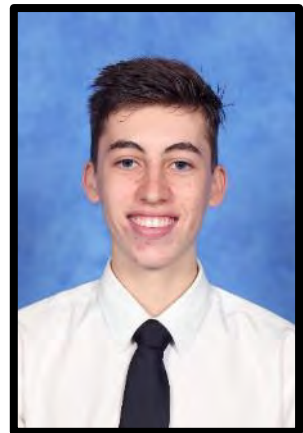
Congratulations to the following students who are the Cammeraygal Prefect Body for 2021-2022:



Ruby B



Annalise C H



Jack D



Ruby D



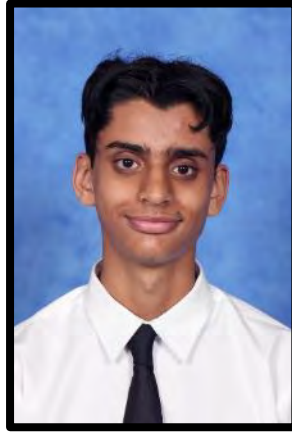
Jasmin F



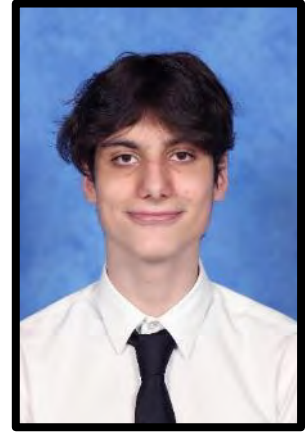
Dexter G



Oscar G



Sarosh K



Samuel L



Harrison P



Susie P



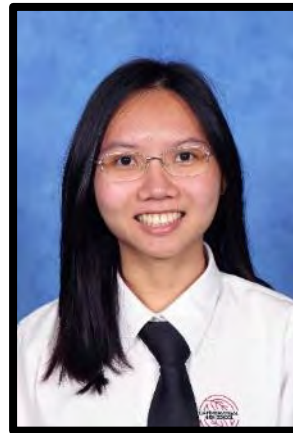
Aaron S



Sebastian T



Chloe T-L



Vetaka V



Estelle W

Sending all families and students the very best of health and wellbeing over the coming weeks.

Take care
K Melky
Principal

Faculty News

HISTORY

Y8 & Y9 students have produced some great work while looking at Medieval History (Y8) and the Industrial Revolution (Y9).

Ms S Shorter History Teacher

Perspective of a Medieval Knight
by Alayna F (Y8)

25 October 1415

The Battle of Agincourt

The rain never ceases to fall; it is tempestuous. We are very low in number compared to the French - most of us have died on the long, tiresome march on the way here. Our armour is heavy on our shoulders, but we must stand tall and strong to fight for England. The battle has started.

There is blood everywhere. We are fighting - teeth, nails and all. The rain that once seemed like a curse now seems like a blessing; it is shielding us from the ruthless tactics of the French. The archers are shooting their arrows long, far and high. Horses are toppling over, one by one. An arrow may not pierce the shielded flesh of our enemy, but it may weaken their forces and transport.

My once shining armour is now battered with the bruises of war. It is covered in mud, blood and grime. My courageous friends have died around me; some are still breathing, but with exhausting effort. I slowly put them out of their misery, one by one, my heart heavy with regret. Now they can rest in peace.

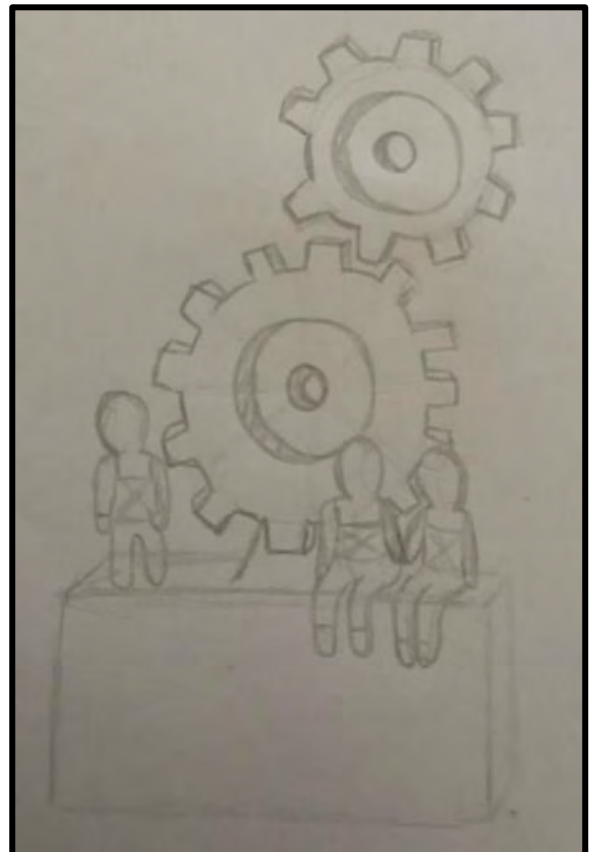
Perspective of a Child Worker in the Industrial Revolution
by Rachel C (Y9)

What felt like another hour went by, and still no sound of the coal trucks. This rotation was taking far too long, and I felt as though the darkness was going to swallow me whole. Who really knows what lurks in the dark, it really is a scary thought.

After my first month of working as a trapper I became used to the cool, damp crannie I was shoved into every day, so the environment doesn't really bother me anymore, but it is hard not to think about the things I am missing. Meal times, talking to other people, even a bit of fresh air, or sunlight would be nice, but I ought not to dwell upon it. Master Thomas advises against it, and I don't know how much longer I have for today, as there is no way to tell the time in this terrible pit.

**CHUGGA CHUGGA CHUGGA CHUGGA* I pulled as hard as I could and the door swung open, allowing the truck to zoom by, leaving me sputtering for air as the awful clouds of dust filled my lungs. As the sound of the truck fizzled out into the distance I began to repeat my thoughts, wishing that I could escape the darkness. But hey, this is what kids are made to do, right?*

Memorial for Children of the Industrial Revolution
by Audrey S (Y9)



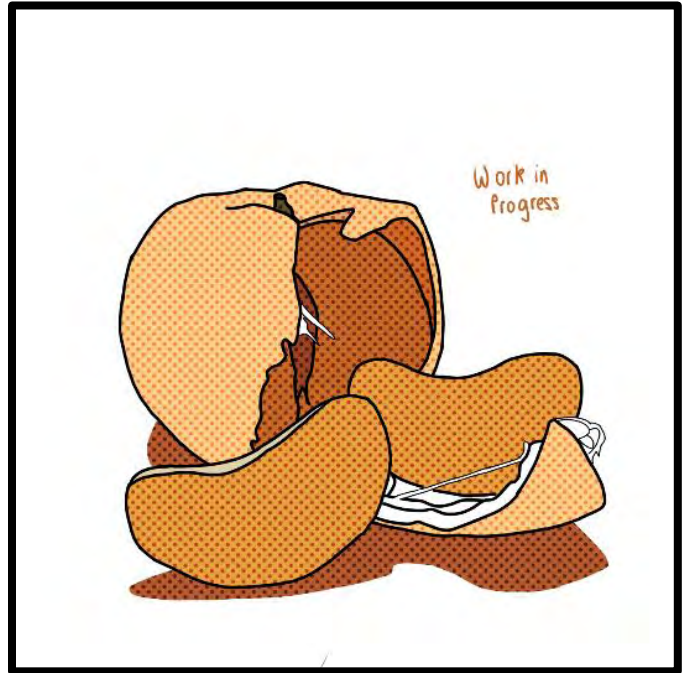
CAPA

Visual Arts

A slice of life in lockdown. This month Year 10 have been exploring everyday objects and Still Life. They took artistic inspiration from their kitchens to create these artworks.



Mia B | Watercolour



Jacinta B | Digital Drawing

Our Year 11 Photography and Digital Media class have been exploring Archisculpture. They created these surreal digital collages inspired by Korean Digital artist Beomsik Won.



Nicholas C



Elke G



Lucas L



Thomas D

Together In Art



Experience the art world from home @ The Art Gallery of NSW

Together in Art collaborates with artists, educators, performers and our community and regional partners to create meaningful art encounters.

The AGNSW brings you new works, soul-stirring performances, art classes, behind-the-scenes tours, deep dives into the riches of our collection, and much more.

Enjoy!

<https://togetherinart.org/>

FYI

STUDY SKILLS TIP for AUGUST How to Stay Positive About Your Schoolwork

It can be difficult to stay positive at all times about your schoolwork, particularly if you have challenges whether they be personal or whether you are grappling with something like online learning. When we allow pressure and stress to build we can get into bad habits and let go of good habits. As a result, students can feel even more drained and exhausted.

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including schoolwork and exams is to “fuel up”. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your BODY, MIND and EMOTIONS.

BODY: Here are some things you can do to boost the energy in your BODY

- **Get better sleep:**

Feeling good all starts with getting the right amount and type of sleep. Start with a good night-time routine. Stop anything that stimulates you such as caffeine or TV or computer, iPad or phone screens etc. Try a warm drink such as chamomile tea and use essential oils such as lavender oil. Having a soothing bath or shower can also help along with gentle stretching of tight or tense muscles. If you still feel you are not getting a “good” sleep be sure to see your doctor.

- **Eat in Moderation:**

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

- **Exercise Regularly:**

Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress buildup and relax your body and mind to either start or end your day right.

MIND: Here are some things you can do to THINK more positive

- **Change your thinking and perceptions:**

Write down your top 5 fears and worries. What’s the worst thing that can happen? Then ask yourself, “IS THAT TRUE”? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it. It is what it is for now!

- **Change your focus:**

Have you noticed that what we worry about we make bigger and keep closer to us by the way we think and focus. Try this...make your fears and worries SMALL in size (5 cm in height) DARK in brightness and as far away as possible in DISTANCE. When we change the size, brightness and distance of the things that upset us in our minds it reduces the intensity of the emotion.

EMOTIONS: Here are some things you can do to FEEL more positive

- **Acts of kindness:**

Make a list of 5 acts of kindness you can do every day. Make them simple acts of kindness that are easy to do such as saying thank you etc. Do these 5 acts of kindness every day for 6 weeks. The research shows that people that do this and think of 3 good things in their life (as above) have a dramatic positive boost in their mood.

- **3 good things exercise:**

Every day at the start and end of your day think of 3 good things that happened. Write them down. Then think about either WHY those good things happened or how it MADE YOU FEEL when those good things happened.

- **Start ticking things off your list:**

Pick something small and achievable to start with that you need to do for school and get it done. You will feel much more positive when you start doing things. Do a few more easy things to get your confidence up then tackle a more challenging task.

Some of the units you may find particularly useful are:

- [Managing Stress \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Lifestyle and Balance \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Developing Motivation \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Overcoming Procrastination \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Dealing with Distractions \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Home Study Environment \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Asking for Help \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Live Your Best Life \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)
- [Guide to Remote Home Learning \(studyskillshandbook.com.au\)](http://studyskillshandbook.com.au)

Work through the units on www.studyskillshandbook.com.au - our school's access details are:

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

Welbeing @ CHS

YEAR 12 WELLBEING

Part of helping Year 12 to keep up connections Ms Buchanan and Mr McIntyre are conducting a daily Morning Muster at 8:45am. They have organised special guest speakers and had Pet Day on Fridays.

We were very lucky to secure the 2020 Dux Chriso C and the 2020 School Captain Pratham G who came along and shared some tips and words of advice to the Year 12's.



Saraah Q, another 2020 graduate, emailed in her best Corona advice which was also shared with the students. Thank you to Pratham, Chriso and Saraah for your time and words of wisdom.

Mrs Perry
Head Teacher Wellbeing

HEAD SPACE SUPPORT

Here is some information from Headspace (see attached) that you can use to help support your teen during this time. Please feel free to reach out our team if you need any assistance during remote learning.

From the Wellbeing Head Teachers
Pip Hicks | Siobhan King | Jenny Perry

TEXTBITES

We are researchers from The University of Sydney and we are currently conducting a study called TEXTBITES, a text message healthy lifestyle program for adolescents aged 13-18 years. We would like to invite Cammeraygal students to participate in our study.

During the current lockdown, positive dietary and physical activity behaviours are especially important for young people's mental and physical health and wellbeing. As you are certainly aware, it is notoriously difficult to encourage these positive behaviours in adolescents. TEXTBITES was developed by young people for young people. The aim of TEXTBITES is to support improvements to their eating, physical activity, mental wellbeing and general behaviours. Adolescents also have the option to communicate with a health counsellor to receive more support. The study runs for 12-months with the text message program running for 6-months and 6-month follow-up phase. Study assessments are all conducted online and on the phone.

TEXTBITES Team

JOIN OUR TEXT MESSAGING STUDY

We want to find out if the TEXTBITES program can help improve your health through support with physical activity, nutrition and wellbeing via text messages to your mobile phone

We invite you to participate if you are aged 13-18 years, above a healthy weight and own an active mobile phone

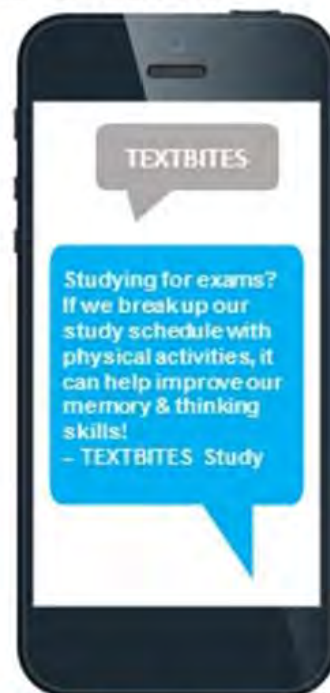
For more information please go to

www.textbitesstudy.com

OR contact us directly on

0412 961 432 OR email warc.textbites@sydney.edu.au

This research project has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee (HREC/18/SCHN/374)



THE UNIVERSITY OF
SYDNEY



Health
Western Sydney
Local Health District

FAMILY SUPPORT

In order to continue to support the wellbeing of our students and the broader school community during remote learning our Counsellor, Liz Hitman, has collated a list of resources (see attached).

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.

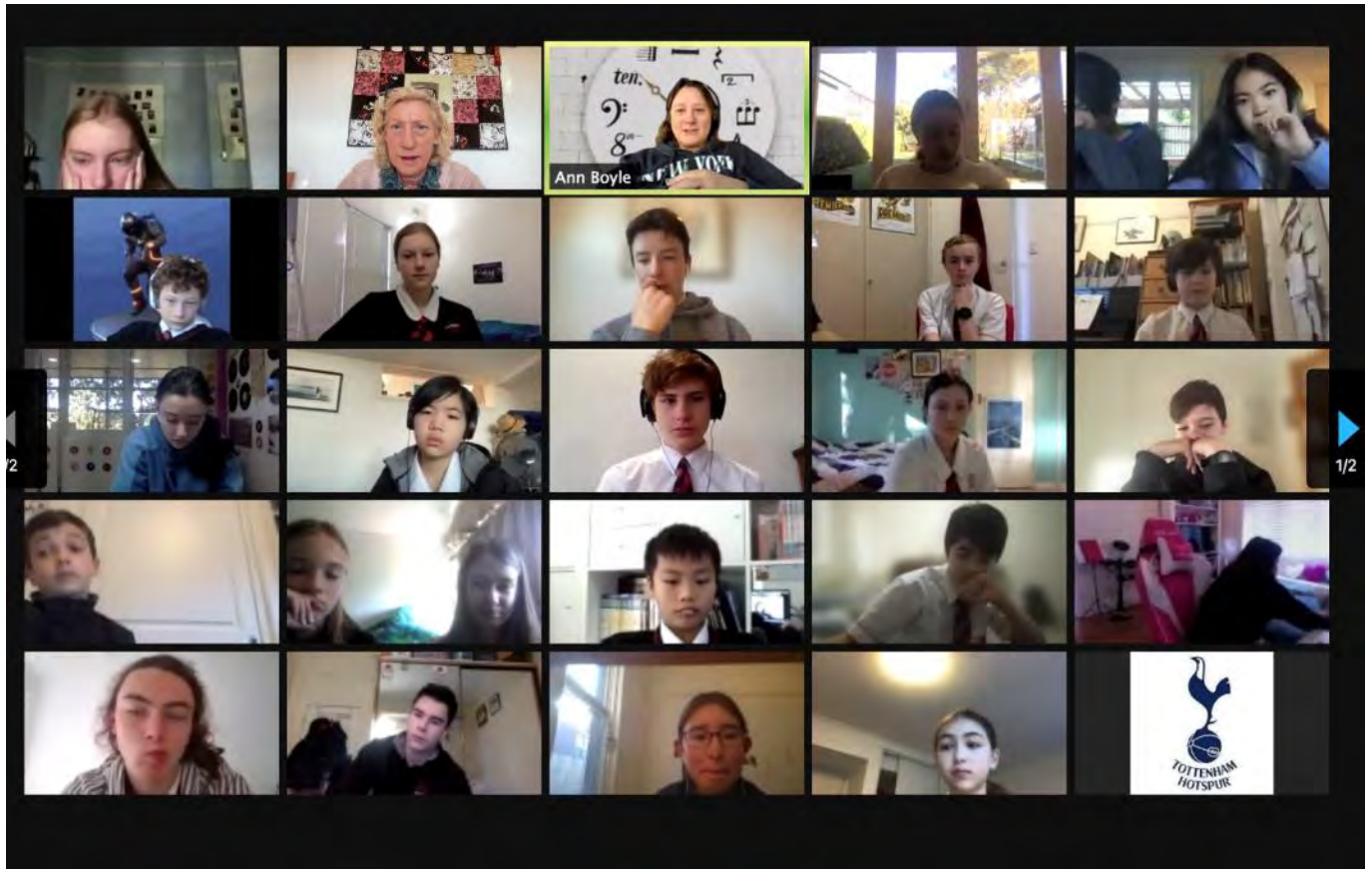
<https://sway.office.com/OPC7dssG0RzLBlpU?ref=Link>

Mrs Perry

Head Teacher Wellbeing | Learning & Support Years 10-12

Extracurricular

MUSIC ENSEMBLES



Sydney Eisteddfod

The Cammeraygal HS Concert Band has recently been awarded 2nd place in the Sydney Eisteddfod. Congratulations to the 41 Concert Band members and their conductor Ms Jennifer Power. We're all very proud of you!

The eisteddfod took place on line during Term 2. Ms Power and the band submitted a video of their three pieces which they later performed at our mid-year concert at school.



Mid-Year Concert

Place winners:

- Winner 12 Knox Grammar School Year 7 Wind Band (Wahroonga)
- 2nd 6 Cammeraygal High School Concert Band (Crows Nest)
- 3rd 3 Monte Sant' Angelo Mercy College Concert Band (North Sydney)
- H/C 4 North Sydney Girls High School Concert Band (Crows Nest)
- H/C 13 St Pius X Novice Concert Band (Chatswood)
- H/C 15 Killarney Heights High School Concert Band (Forestville)
- H/C 16 SCEGGS Darlinghurst Clarion Wind Band (Darlinghurst)

Here is the video submission for you to enjoy:

<https://drive.google.com/file/d/1dYCLEXPXEgSYgS5TPqzz4sDsFfA7Dakg/view?usp=sharing>

A Boyle
Music Teacher

from the CHS P&C Association

ENVIRONMENT

Did you know that so far, the Parliamentary Inquiry into impacts of the Western Harbour Tunnel and Beaches Link has received 576 submissions?

By way of comparison other inquiries have achieved the following number of submissions: Heritage Act 1977 Inquiry 13th May 2021 (295), Tolling Regimes 31st March 21 (42), Greyhound Welfare and Integrity (81), Governments Management of the Powerhouse Museum 27th Feb 2020 (151), The Impact of WestConnex 21st June 2018 (556), Select Committee on Greyhound Racing 27th Aug 2013 (1027!).

Both the Greyhound and the Powerhouse inquiries have led to significant change. The WestConnex Inquiry was held very late into the process so recommendations for future projects were made.

Submissions have come from schools – including Cammeraygal High School, Anzac Park Primary School and Cammeray Primary School, sporting organisations, environment groups, City Councils, progress associations, bush and land care groups, health professionals, engineers, judges, contamination experts, resident groups, bushcare organisations, peak bodies, individuals and the list goes on.

So far I have read half of them starting from the end and have noted that quite a few parents have written submissions voicing their concerns of the impacts of 8 years of heavy construction in our school catchment zone and so close to our school.

The hearings are set for 13 and 17 September.

If you would like to read the submissions, including the one from Cammeraygal High School (Submission 474) visit the NSW Parliamentary website at

<https://www.parliament.nsw.gov.au/committees/inquiries/Pages/inquiry-details.aspx?pk=2767#tab-submissions>

Update on the early works for the Western Harbour Tunnel and Warringah Freeway Upgrade

Early works for the Western Harbour Tunnel and Warringah Freeway Upgrade have commenced at Cammeray Golf Course. Unfortunately, significant trees have been removed.

Cammeray Golf Course is historically thought to be a dumping site for local industry and questions are being raised as to whether adequate contamination reports have been prepared. Harmful contamination with a 'distinct asphalt odours' was found near Warringah Road. Additional testing is needed to determine if it is coal tar from local industries is present. The type and level of contamination already reported raises questions about the suitability of the site as a dive site for tunnelling, so close to where our children play sport.

WEPA (Willoughby Environmental Protection Association) that was established in 1982 has lodged a complaint with the Department of Planning (DPIE) about Cammeray Golf Course as there is known asbestos at the site and a site auditor has not been appointed. This can be found on their website <https://wepa.org.au/>.

WEPA, in this complaint states that "The DPIE has a duty to avoid potential harm to children in exercising its compliance functions: *Sharma by her litigation representative Sister Marie Brigid Arthur v Minister for the Environment* [2021] FCA 560.

Although Sharma specifically considered the threat of personal injury to children from climate change this was an application of the broader principle that decision makers have a duty at common law to prevent personal injury to children in the exercise of their duties. Clearly there is a risk of personal injury to children from contamination in present circumstances due to the proximity of construction to schools, childcare centres and pre-schools, and the continuing use of the golf course by sensitive users".
(Page 13)

WEPA would like to train and support locals to monitor compliance of the early works. If you are interested you can email wepa@wepa.org.au with the aim of placing pressure on the DPIE to follow their own Conditions of Approval.

If you would like further information please contact me at environment@cammeraygalpandc.org.au

Kind regards

Kristina Dodds

Environment and Community Committee P&C

SPORT



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 registered 10 teams into the Northern Suburbs Netball Association competition which commenced in April 2021. We had high hopes for the 2021 season for teams to play all 14 regulations rounds, and 3 rounds of semi finals and grand finals but it was not to be.

Sadly, we saw the cessation of netball at the end of Round 8 (19 June), and the Association recently cancelled the 2021 season.

The Association awarded Grade Winners for Head of the Competition Table at Round 7, which saw 3 of our teams win their grade. A huge congratulations to the following teams:

- **CNC 05 (15C)** had an outstanding season losing only one game in the short season. The team members were Kaitlyn J, Leah P, Venus L, Sachia W, Jade S, Sydney A, Elise T and Rose B. The team was coached by Vicki van Dijk.
- **CNC 06 (15G)** were incredible during the short season going undefeated and demonstrated huge growth from last year.



The CNC 06 team members were Ana W, Annabelle C, Ashley R, Ava C, Eliana R, Emily M, Kaylin G, Laura H, Mackenzie H, and Sophie R. The team was coached by Maddy B and Izzy K.

- **CNC 02 (D4)** played seniors for the first time and did incredibly well to win their division. The team members were Charlotte F, Elke G, Isabel W, Jaimee O, Kristal C, Lizzie L, Yasmina R and Izzy K. The team was coached by Zahara Jithoo.

We are proud of the results of all teams and more importantly, the way they have represented the club and the school. Results may have changed if we had finals but we will never know!

CNC 01 (C1) : 3rd place

CNC 03 (D5) : 4th place

CNC 04 (C2) : 6th place

CNC 07 (14F) : 3rd place

CNC 08 (13C) : 3rd place

CNC 09 (13G) : 5th place

CNC10 (13 H) : 6th place



CNC 01 in action | Maddy B & Zoe S

Umpiring

This year we had 13 umpires and a mentoring program to help them achieve higher levels of umpiring through the season. A big thank you to Meg W and Jade S for mentoring the umpires.

Congratulations to:

Chloe T : Senior level 1

Zoe S : Senior level 1

Lilya S : Senior level 2

Nina S : Senior level 2

Izzy W : Senior level 2

Maya T : Senior level 2

Venus L : Junior level 1

Rose B : Junior level 3



Umpires Zoe S & Chloe T



Chloe T being mentored by Meg W

Coaching

We had 12 players who worked hard as coaches for our club and Mosman and North Sydney Junior Netball Clubs:

Congratulations to:

Sienna P & Lien D : CNC 09

Lilya S : CNC 10 & Mosman Netball Club

Maddy B : CNC 06

Zoe S & Chloe T : CNC 07

Jade S & Venus L : NSJNC

Imogen A & Grace M : NSJNC

Imogen A : Mosman Netball Club

Nina S : Mosman Netball Club



CNC 10: Ananya M, Chloe S, Grace J, Joanna W, Tessa L, Sarah W, Anjali LDG, Ruby A with coaches Lily S & Charlotte F



CNC 07: Charlotte V, Evanya R, Eve L, Evie S, Kiara I, Sophie L, Zahara C, Ella J, Maira S, Gabby P (sub) with Coaches Zoe S & Chloe T

The CNC Committee would like to sincerely thank players, managers, coaches, umpires and parents who supported the club to make this short season such a successful one.

We look forward to getting back on the courts and will update the netball community as and when we know more re future competitions.

Take care

Cammeragal Netball Club

Community Announcements



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT2021 (FREE)
7PM – 8:15PM
VIA ZOOM
Live - No recording
Available

[BOOK NOW](#)

LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. Learn about: the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au

09SEPT2021 (FREE)
7PM – 8:15PM
VIA ZOOM
Live - No recording
Available

[BOOK NOW](#)

LET'S TALK BODY IMAGE IN BOYS

For parents / carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. Learn about: the common concerns for boys and who is higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

Contact:

E: education@butterfly.org.au

T: 02 8456 3908

www.butterfly.org.au

Extra Community and Support During Lockdown

The youth group at St Thomas' North Sydney has invited Cammeraygal students to join their community online each Friday night.

The night starts at 7pm at lightsyouthgroup.online.church where everyone is welcomed and join together in online community games. Shortly after that, Zoom details for each year group are posted, so students can meet with other students in their year and have a discussion group (supervised by a leader who is trained in safe working with teenagers).

Further information and the parental permission form can be found at lights.st-thomas.org.au/covid/



PSYCHOLOGY SERVICES

Therapy | Research | Training

Because 'life' happens!

EXAM STRESS

The parent survival guide

Wednesday 1st September, 2021

7.00 - 8.30 pm

Presented by Neil Worsley

To be held ONLINE

Assessments, exams and the HSC can be a stressful time for students and also parents who are trying to support them. Covid 19 restrictions and uncertainty have increased these tensions. Join this seminar to learn how best to support your teen through this period.

Given current Covid -19 restrictions this Wednesday Night HOT TOPIC seminar will be held online via Zoom. Once you have registered, an email link to join the seminar, will be sent to you.

NEIL as well as being a father of three, who has experienced the stress of the HSC, is Director of Schools & Organisations at The Resilience Doughnut, and a former College principal of the largest high school in NSW.

Learn from his considerable experience in training and working with schools and students to enhance positive wellbeing and resilience.



Cost: \$30

REGISTER & PAY

Register before midday on 1st September

Enquiries: robyn@theresiliencecentre.com.au
www.theresiliencecentre.com.au | +61 (0) 2 9869 0377



Upcoming ADHD Events

A Conversation with Dr Edward (Ned) Hallowell – ADHD Q & A

Thursday 9 September 2021 @10am

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

Coach 2 Cope: Families and Carers

Supporting the mental health and wellbeing of young people



Are you concerned about the impact mental health has on your children?
Would you like to learn simple ways to respond to young people during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

*A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.

*Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.

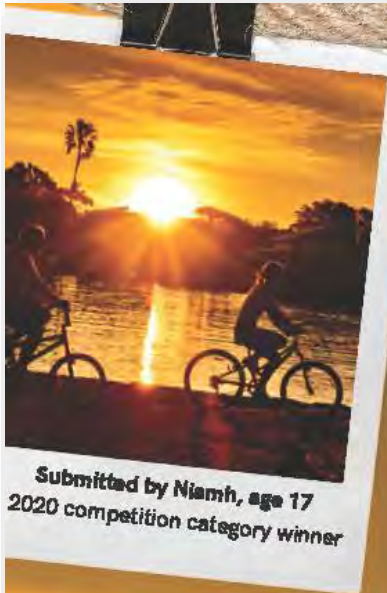
*Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

*Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 psychological first aid framework.

Live via zoom from 5.30pm to 6.30pm on 24th of August (free for families and carers of the Macquarie Park Network of schools)

Bookings are essential via this link (please be quick as spots are limited)

<https://www.eventbrite.com.au/e/coach-2-cope-families-and-carers-macquarie-park-network-tickets-167265334117www.eeyouth.org.au>



Submitted by Niamh, age 17
2020 competition category winner







Submitted by Lucy, age 14
2020 competition overall winner



Submitted by Oliver, age 13
2020 competition entry

NEED A LIFT?

Youth Mental Health Month photography competition for young people aged 12-24 across Northern Sydney

-  To celebrate positive mental health we're asking you to capture a photo of something uplifting, positive or joyful in your life or community.
-  Selected photos will be showcased in the elevators of local hospitals, community health centres, Council facilities as well as social media during Mental Health Month in October.
-  5 x JB Hi-Fi vouchers up for grabs with values of up to \$250.
-  Submit your entry by 12th Sept, 2021.
For details and to enter use this QR code, or go to <https://www.surveymonkey.com/r/NeedALift>



Health
Northern Sydney
Local Health District






Need a Lift? is an initiative of Northern Sydney Local Health District, North Sydney Council, and Lane Cove Council, supported by Home by/ku-ring-gal Community Drug Action Teams



Resources for Families During Remote Learning

Name	About	Phone/Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Suicide Call Back Service 	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.	1300 659 467 24/7 https://www.suicidecallbackservice.org.au/
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7 https://www.youthbeyondblue.com/
Mental Health Line 	Mental Health Line offers professional help and advice and referrals to local mental health services.	1800 011 511 https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx
SANE Australia 	SANE Australia supports people living with complex mental health issues and the people that care about them.	1800 187 263 10:00AM – 10:00PM https://www.sane.org/about-sane
Headspace 	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	https://headspace.org.au/eheadspace/
QLife 	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 https://www qlife.org.au/resources/chat




<p>1800RESPECT</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 https://chat.1800respect.org.au/#/welcome</p>
<p>Mens Line</p> 	<p>Advice, therapy and support for men with families and relationship concerns.</p>	<p>1300 78 99 78 https://mensline.org.au/</p>
<p>Carers NSW</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 http://www.carersnsw.org.au/how-we-help/support/carers-line/</p>
<p>Parent Helpline</p> 	<p>A telephone counselling, information and referral service for parents of children ages 0 -18.</p>	<p>1300 1300 52 http://www.parentline.org.au/</p>
<p>Family Connect and Support</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 https://www.familyconnectsupport.dcj.nsw.gov.au/</p>

Helpful Mental Health Websites



Name	About	Website
<p>ReachOut</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>https://au.reachout.com/</p>
<p>Black Dog Institute</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>https://www.blackdoginstitute.org.au/</p>
<p>Beyond Blue</p> 	<p>Information, advice and strategies to prepared to help people manage their mental health. A key initiative of the Australian Government.</p>	<p>https://coronavirus.beyondblue.org.au/ 1800 512 348</p>

Head To Health	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.	https://www.headtohealth.gov.au/
		
Mind Spot	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 https://mindspot.org.au/
		

Self-Guided Programs

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

Aboriginal and Torres Straight Islanders

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

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

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.^[1] 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 [021 8021 3668](tel:02180213668)

headspacechatswood@newhorizons.org.au

headspace Brookvale

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

 Phone [021 9937 6500](tel:02199376500)

headspacebrookvale@newhorizons.org.au

^[1] As at 20 September and inclusive of headspace centres, satellites and outposts

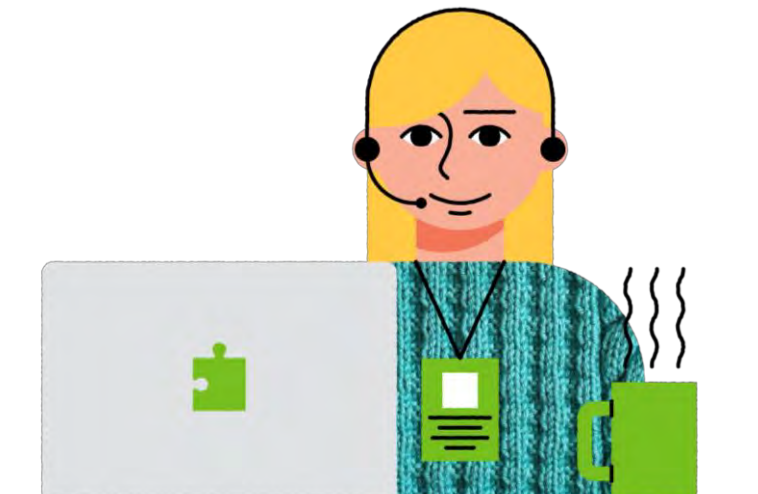
national supports

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:

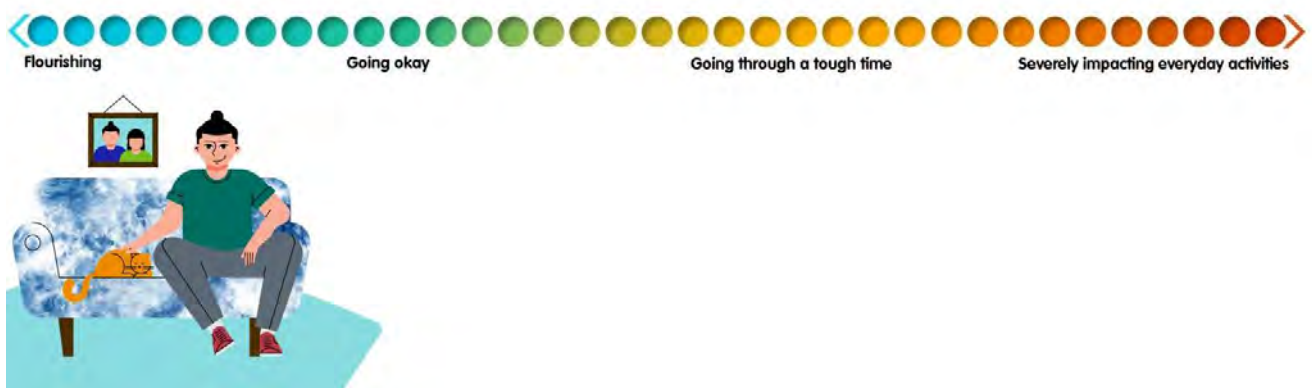
- [Lifeline](#): 13 11 14 - available 24 hours a day, 7 days a week for crisis support
Lifeline Text: 0477 13 11 14 - available from 12pm to midnight (AEST)
[Lifeline Chat](#): available 7pm to midnight (AEST)
- [1800RESPECT](#) 1800 737 732. National sexual assault, domestic family violence counselling 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.”² 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.



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 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.