Term 2 Week 6

Important dates to put in your calendar.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5/6/2015</td>
<td>World of Maths yr5 &amp; 6</td>
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<tr>
<td>8/6/2015</td>
<td>Queens Birthday</td>
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<td>10/6/2015-11/6/2015</td>
<td>Nantren Temple Yr12 excursion</td>
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Principal Report

Assessment and Reporting

We are currently finalising student reports ahead of our parent teacher nights on Wednesday 10 June (Years 12, 9 and 8) and Wednesday 24 June (Years 11, 10 and 7). More information about booking appointments will be provided shortly.

We hope the renewed social development and commitment to learning categories that we have connected to our school values will lead to some positive reflections and goal setting around quality learning in the 21st century.

Power4Learning

As part of last term’s assembly I announced a new award that focuses on learning as something that occurs within the school and connects meaningfully at a community, state/ national and global level. To demonstrate success within the school students will need to achieve a majority of ticks at “Always” for the social development and commitment to learning categories on their report.

There have been many recent examples of learning connecting to local, state/ national and global worlds:

- Y7 camp focused on team building

- Primary and secondary (led by Freeman House) fundraisers and school spirit activities linked to supporting the Cancer Council’s Biggest Morning Tea

- Students selected for Sydney North representative teams

- Primary and secondary debating teams in local competitions

- Music students performing on centre stage at Tuggerah Westfield (an initiative arising from the visit by the local radio station earlier in the year)

- Cultural Affirmations students, working in collaboration with community artists, winning the Y7-12 Collaboration Prize at the Gosford Art Gallery Reconciliation Exhibition

- Student works exhibited at The Entrance Art Gallery as part of the Maliga
Showcase ("Maliga" means shine in Dakinjung language).

Forms for students to nominate/plan for the Power4Learning Awards will be available following distribution of student reports as well encourage students to understand the lifelong value of learning.

Mr J McGrath  
Principal

Deputy Principals Report.

We often talk about High Expectations to students across a number of forums. High expectations can take a number of forms and are based around our core values of Respect, Responsibility and Excellence.

Teachers work hard to give students skills to produce High Quality work in the classroom and practical areas. Those that have attended the CAPA nights, watched our sporting teams, visited our school farm or have seen our Café in operation can testify to the outstanding work our students produce.

High Expectations of our students to produce high quality work doesn’t happen by chance. It takes a consistent and committed effort by our teachers who work in strong partnerships with parents and students. It is this team work that will allow students to achieve at their personal best and at times, beyond their expectations.

To produce high quality work takes a process. It is about students being in every lesson, prepared with all books and equipment. It is about being engaged in every lesson, completing all set work and homework. It is about following teacher’s instructions and not interrupting the learning of others through the use of phones, ipods or ipads.

Parents have a vital and critical role in their students’ ability to produce High Quality work. Ensuring that students are wearing the correct uniform, are bring their books and pens each day, assisting with homework and looking at their books to see the work being completed; as well as being interested in their learning.

We have recently been focusing on school uniform and making contact with parents regarding students not in uniform. The importance of school uniform assists school communities in;

- Defining an identity for the school within its community  
- Developing student sense of belonging  
- Building school spirit  
- Enhancing health and safety of students  
- Increasing the personal safety of students and staff by the recognition of visitors and potential intruders.  
- Reinforcing the perception of the school as an ordered and safe environment

- Promotes a sense of inclusiveness and equal opportunity

We seek and look forward to strengthening the partnership between parents and carers, and the school in supporting school uniforms and to bring about improved outcomes for all our students.

Cameron Dusting  
Deputy Principal  
Years 12 and 9

HSIE News

Here in the HSIE faculty we are busy supporting our Year 12 students as they work towards completing their topic area in preparation for the Trial exams which are due to be held early next term. It would be great to see Year 12 parents/caregivers and students at the Parent and Teacher interviews so that we can discuss individual progress. With this in mind, it is advised that all Year 12 students have in place an at home study routine which involves revising and summarising on a daily and/or weekly basis, as well as keeping on top of any assessment tasks. This brings us to Year 11. The Preliminary course is designed to prepare the students for their HSC year, preparation includes: attending class on a regular basis, completing all assessment tasks and work in class, at home revision and keeping in touch with the HSIE staff that are here to help and guide the students on their journey.

Year 10 are currently studying Issues in Australian Environments. The issue are focusing on is Coastal Management. The HSIE faculty are currently organising an excursion to
be held in conjunction with Rumbalara Environment Education Centre. Students participating in Rumbalara’s programs apply a range of fieldwork techniques to collect data on current natural resource management issues. The majority of Year 9 have completed their studies on Australia’s involvement in World War 1 and are now involved with comparing their experiences of the soldiers in World War 2. In HSIE Year 8 delved into the gruesome life of those who lived during Medieval times as they followed the experiences of The Black Death and are currently looking at the ancient world of the Khmer Empire. Finally, we are pleased to say that the AVID HSIE classes are well on their way to settling into the year and have been producing some excellent work. Once again we would invite parents and caregivers to attend the Parent and Teacher interviews so that we can keep you informed as to your child’s progress.

Janet Trumm
(Rel HT. HSIE)

Mental Health

Wadalba is very fortunate to have two Mental Health programs running in June, One which supports teens who have a family member with a mental health problem and the other supporting parents who may have a child who has a mental health problem. If you or your child would benefit from either of these programs, please email Nicole their names and I will make contact with them. Nicolemiller39@det.nsw.edu.au

PARENTS SUPPORTING TEEN MENTAL HEALTH:

Tuesday 23rd and Wednesday 24th June (6 till 8.30pm)
This is opportunity for parents to get a bit of a roadmap to help navigate their way through the teen years when their teen struggles with their mental health. Helps parents to understand what is normal in adolescent mental health and when is it mental illness. This program helps parents to understand their teen’s psychological needs and how to support them.

The program aims to helping parents to understand the difference between rights and responsibilities – when to let go and when to stand firm, looking at issues around privacy and the like. Helps parents to assess how they are going with their parenting in a safe way, what they are doing well and what they would like to improve.

It then gives parents an opportunity to gain practical strategies for when their young person is suffering depression and having thoughts of suicide, or when they are suffering anxiety and have panic attacks. We can also cover what to do when your young person is self-harming, aggressive, or using substances. It’s similar to Youth Mental Health First Aid, only especially for parents.

We will also look at some positive parenting strategies such as alternatives to grounding.

RACE Resilient
Adolescent Carer Education:
Tuesday 9th, Wednesday 10th and Thursday 11th June (all day)
This is an opportunity for teens to understand more about mental illness, and have an opportunity to connect with other teens that also experience the challenges of living with a family member with mental illness.

The program gives teens an opportunity to express how they feel and be validated. Equally as important it helps teens understand how to manage their own mental health and well-being. The will learn mindfulness, stress management, communication skills and look at their strengths and creative expression etc.

Teens are at an increased risk of struggling with their own mental health if one of their parents or family members has a mental illness, therefore it is essential that we support them in caring for someone else, and also help them how to look after themselves.

Thank you for your support.

Nicole Miller
Student Support Officer

7D Humanities – The Circle of Life

7D have this week started a new unit of study in Humanities, titled ‘The Circle of Life’. As an introduction to the new unit, they have discussed the idea of the circle of life and represented it visually. These title pages reflect the links that were made between abstract thoughts about the circle of life – the different and continuous links connecting all life on earth – and predictions of what they might learn about during their study of the geography of Africa. The common prediction was a focus on animals and The Lion King as a way of understanding the landscape of Africa.
Year 7 Camp

Camp has been great. At the start of camp we went on the Super Drop. On the super drop you are strapped into a full body harness and attached to what’s called a spindle. Once attached, the instructor will inspect the harness and if all is good will do a countdown and you will step off the platform... The drop is 12 metres straight down. It’s a really good activity to try especially if you’re afraid of heights. It’s much more fun than it looks.

Commando night is a night time activity in the woods where students get into groups of six and are given a GPS (aka a bottle cap). The teachers hide in the woods with flashlights and water guns just waiting to soak kids and take the milk caps so that we had to go and tell jokes to get more. Some of the children were taken as hostages and the kids had to find them using their trusty bottle caps and remain undetected in the woods. My own team split up, abandoned others, stole a cap and made me tell jokes to get four of the six caps we used in the game.

Next up is probably the toughest, yet finest one, Mud World. Mud World is a course in which everyone was thoroughly soaked and filthy by the end of it! We started out crawling through what I thought was sewage and then had to slide along a slippery pole. We then crossed the mud pit on monkey bars but everyone fell off into the freezing water. After this we had to crawl under a green net canopy and then through a three story prison cell helping each other through a small hole in the ceiling. Finally we went down a giant slide into more mud and then cleaned up with a nice, hot, shower.

Camp is awesome!

Alexandar Kovac
To register for training, or for more information please contact
UnitingCare Mental Health Family & Carer services at:

Northern Sydney    8599 4955               Central Coast - 4322 1855

Free Course for families and carers of those with a mental illness

Helping Parents Supporting Teens with Mental Health

Key Topics
- Adolescent Development and the Adolescent Brain
- Adolescent mental illness (Depression & Anxiety mainly, can cover other illnesses upon request)
- Beneficial Parenting Styles
- Adolescent Psychological Needs
- Rights & Responsibilities (Parents & Teens)
- Strategies for supporting teens when unwell

Key Skills
- Strategies for supporting adolescents with Depression and thoughts of suicide
- Strategies for supporting adolescents with Anxiety and Panic Attacks
- Managing difficult behaviours (Self-harm, Aggression, Substance Mis-use)
- Positive Parenting Strategies

Helping Parents Support Teens—This course is designed to help parents understand what is normal in adolescent development and what is mental illness. It offers strategies for parents to support their adolescent when they are unwell, and encourages self-reflection for parents in relation to parenting styles and supporting adolescent psychological needs.

Course Details
Location: Wadalba—VENUE TO BE ADVISED
Date/Times: Tues & Wed—23rd & 24th June 15
5.45PM TO REGISTER, 6–8.30PM
Refreshments Provided
Please phone our office on 4322 1855 to sign up for this course or email: tanya.doyle@ucmh.org.au.

Additional Information:
Note: No childcare is provided. Please make alternative arrangements for children if required.
R.A.C.E
Resilient adolescent carer education
For teens caring for a family member with a mental illness

Key Topics
- Information about Mental Illness (Depression, Anxiety, Bipolar Disorder and Schizophrenia)
- Myths and Facts about Mental Illness
- What is Stress and how can I manage it well?
- What is Resilience and how can I develop it?
- Benefits of Relaxation and Mindfulness
- Support Networks and looking after yourself
- Group Discussions, Games, Video’s, Music

Key Skills
- Stress Management
- Problem Solving
- Identify Personal Strengths
- Communication Skills
- Mindfulness and Relaxation

RACE is a 3 day program for teenagers who have a family member with a mental illness. The course aims to offer a supportive environment for young people to talk about the effect of mental illness in their family and learn strategies to cope with stress.

Course Details
Location: Wadalba (venue to be advised)
Date/Times: Tues 9th, Wed 10th, Thurs 11th June 2015 (9am to 3pm)

To register:
Please phone our office on 4322 1855 to sign up for this course or email: tanya.doyle@ucmh.org.au.

Additional Information:
Teenagers need to bring their own recess, lunch and drinks each day.