

Bulli High School Newsletter

Ursula Road, Bulli NSW 2516
Telephone +61 (0)2 4284 8266

www.bulli-hs.nsw.edu.au
bulli-h.school@det.nsw.edu.au

May, 2017

Upcoming Events

Monday 8th May
U/15 Rugby League & U/16 Girls League Tag
@ Croome Road, Albion Park

Tuesday 9th May
Yrs 10, 11 & 12 Career's Expo
Yr 10 Marine Studies Excursion

9th – 11th May
NAPLAN in School Hall

Wednesday 10th May
P & C Meeting @ 7.00pm

Thursday 11th May
Yr 12 Legal Studies @ W'gong Court House

Friday 12th May
Zone Cross Country
NAPLAN – Catch up

Monday 15th May
Yr 11 & 12 Ancient History to Maritime Museum
Yrs 9 & 10 - Police Talk – Social Media
U/15's K/O Soccer Boys & Girls Vs Keira

Tuesday 16th May
U/14 Rugby League & U/16 Rugby League
@ Sid Parrish Park

NSW AVC Illawarra Regional Finals @ BHS
Yrs 10, 11 & 12 Parent/Teacher Interviews

17th – 19th May
Duke of Edinburgh Bronze & Silver
Practice Hike @ Heathcote National Park

Thursday 18th May
Yr 7 Vaccinations & Yr 11 Vaccinations

Friday 19th May
Yr 11 & 12 AIME @ Wollongong University

22nd May – 2nd June
Yr 10 Work Experience

Wednesday 24th May
Yr 12 Legal Studies Exc @ Nan Tien Temple

Friday 26th May
School Athletics Carnival

Monday 29th May
Reconciliation Morning Tea

Tuesday 30th May
Yrs 7,8 & 9 Parent/Teacher Interviews

Thursday 1st June
School Captains to Parliament House

Friday 2nd June
Koori Cultural Experience @ IPAC

5th June – 6th June
Yr 7 Y-PEP Program – 9-12

Thursday 8th June
Language Crepe Day



Principal's report

Welcome back to Term 2.

School Musical

We are off to a flying start with the school musical this week. I encourage all families to come along this weekend and enjoy the show, *Anything Goes*. Tickets are available at the door for each performance. See the brochure later in the newsletter.



NAPLAN

Next week students in Years 7 & 9 complete NAPLAN exams. To help with preparation and to ensure familiarity with the tests, practice questions can be accessed via the link <https://www.nap.edu.au/naplan/the-tests>. A letter from NESA for parents of Year 9 students is attached.

ANZAC Day

Along with Mr Pember, I attended the Dawn Ceremony at Austinmer Beach and was very proud of our Senior Leadership Team who represented Bulli High School. Mr Pember has included an article in this bulletin.

Bulli HS held our ceremony on the first day back for students. Thank you to Mr Dixon, Head Teacher HSIE, for his coordination, and to Mr Warren Helson from the Austinmer - Thirroul RSL Sub-branches for addressing our students and staff.

Continued over page

*We acknowledge the traditional custodians of the land on which we live and work and pay our respect to
Aboriginal elders past, present and future*

Proud member of the
Seacliff Community of Schools



Respect - Responsibility - Integrity



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May, 2017

P & C dates for 2017

(2nd Wednesday of the month)

7pm in the Staff Common Room

Term 2: 10th May, 14th June

Term 3: 9th August, 13th September

Term 4: 11th October, 8th November

Register for E-News

If you are already registered you will continue to receive our e-news bulletins.

To register for e-news follow these steps:

- Go to the school's website:
www.bulli-h.schools.nsw.edu.au
- Click on tab 'Newsletters & notes'
- Hit subscribe
- Enter your name and email as requested and follow the prompts
- You also have the option to download the App facility to your device

Uniform Shop Hours

Tuesdays: 1.15pm – 3.30pm

Thursdays: 1.15pm – 3.30pm

School Office Hours

Mon, Tue, Thur & Fri: 8.30am – 3.30pm

Wednesday: 8.30am – 3.00pm

Student Absences

If your child is absent from school, please notify the office by calling 4284 8266 extension 4 and following the prompts.

Continued from previous page

School Development Day: Curriculum Network Illawarra (CNI)

On Monday 24th April, whilst students enjoyed another day of holidays, teachers and SLSOs met within their curriculum areas to work together to further develop and plan programs and syllabus implementation. This involved all high schools from Bulli to Kiama sharing knowledge and expertise to ensure continued improvement of student results through relevant and meaningful teaching and learning. This is a professional structure unique to the Illawarra and is attracting a lot of interest from schools across the state.

Invoices & Payments

In the coming weeks invoices will be sent out for any outstanding school fees or subject contributions. Once again, thank you to all families who have already paid. As I have said before, contributions and fees are for the year and hence payment is appreciated to allow the purchase of materials for students. The Learning Material Resources contribution allows us to provide facilities for students. A notice informing parents of incoming changes to our financial set up will be included.

Proposed BHS Postcard Art Show

Due to unforeseen circumstances the decision has been made to postpone the inaugural art show. A new date is yet to be determined. Thank you to all those parents who had offered to be involved.

Have a great term.

Chris Gregory

Principal

Deputy Principal's News

I would like to echo the sentiments expressed elsewhere in this edition of our newsletter regarding Anything Goes. I had the great fortune to watch Wednesday evening's performance. The enthusiasm and talent of our cast and crew are, as always, outstanding. Whatever you do this weekend, make sure to put time aside on Friday or Saturday evening to attend the show.

Some Year 11 students have recently asked me for study skills advice. In addition to the advice your teachers are able to provide, many resources are readily available on the internet and in libraries. It is often helpful to trial a range of strategies in order to determine what works best for you. Irrespective of which specific strategies you select, the keys to effective study are -

- being organised
- having a comfortable space
- being self-disciplined
- setting yourself goals (and sticking to them)
- studying smarter - not harder!

One simple step that I encourage all senior students to take is to make an agreed time each evening with your closest friends in which you won't call each other or make social media contact. This will ensure your study time is not interrupted and is, therefore, more effective.

It is never too early to start developing effective study habits.

Mr Chris Neave
Years 7, 9 and 11
Deputy Principal

English

After a very busy Term 1, students in English classes from Years 7 to 10 were probably relieved that they had completed their speaking assessment tasks. However, on the last day of term, twelve students took to the Hall stage to deliver their speeches in the Year 7 Public Speaking Showcase. The event came to fruition when the English staff were discussing the quality of the work produced by students in all of the Year 7 classes. We were so impressed with their efforts that Mrs Smart suggested we invite two students from each class to present their speeches to their peers. So, the seeds for our Showcase were planted. The audience consisted of the speakers' families, Year 7 and Year 8 students as well as BHS teachers. The range of topics was amazing. They included the substantial earnings of elite athletes, climate change and gender equality. Each speaker had obviously conducted a great deal of research into their chosen topic. Additionally, they were confident, articulate and persuasive. A huge thank you must be given to the fantastic speakers, Mrs Gregory, Mrs Smart and the Year 7 English teachers who helped make our inaugural Showcase a great success.



Returning Novels

Students who have copies of the novels studied in English should return them to their class teacher as soon as possible to allow the next class to utilize them.



Ms Heather Gardiner
Head Teacher English

HSIE

The staff in the HSIE faculty would like to extend a warm welcome to Mr Sam Dixon the new Head Teacher of HSIE. We have enjoyed getting to know him during Term 1 and look forward to many successful years together.

Term 1 has been extremely busy for all HSIE staff. We have been planning and organising many future opportunities to ensure our students are extended and challenged consistently. Term 1 has been a watershed term in regards to establishing new programs and curriculum aimed at putting Bulli High School at the forefront of education. Programs such as the New South Wales Law Society mock trial, the Les Gordon History debating competition, Year 7 History writing competition and the implementation of virtual reality based learning within the classroom are motivating students and exposing them to invaluable experiences.

Virtual Reality is relatively new in terms of its use in the classroom. Recently the HSIE faculty purchased a number of virtual reality headsets to test their use. Immediately students were engaged and astounded at the opportunities that this new technology provides. The HSIE faculty is excited to officially implement this technology into our programs and look forward to touring World War 1 trenches, Pompeii, Herculaneum, Mount Everest and many other sites from the comfort of the classroom.



The mock trial and the history debating competitions both provide challenging and meaningful opportunities outside the classroom and allow our students to test their skills against schools across Sydney. This is the first time these programs have been on offer at Bulli High school and we look forward to reporting on their success.

Year 12 Geography are heading to Thredbo in Week 8 as part of their compulsory fieldwork component of the Higher School Certificate. The students will be looking at Ecosystems at Risk and The Impact of Tourism. The students will be travelling by bus and are excited about the prospect of being able to combine their school studies with fieldwork.

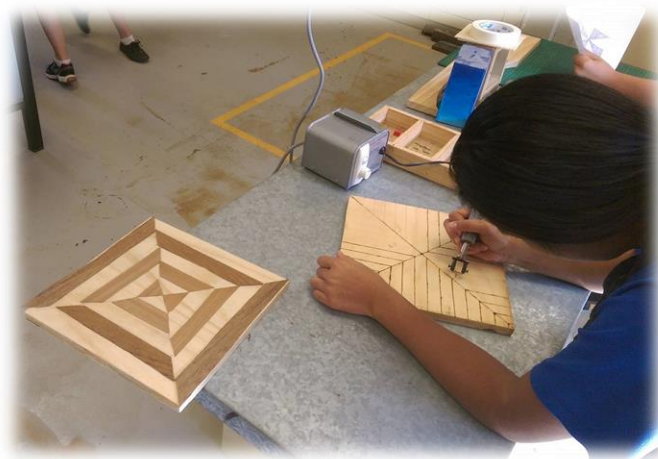
Bulli High School is committed to ensuring all students meet literacy and numeracy standards. The HSIE faculty has recently begun plotting students in Year 7 and 8 on the literacy continuum to gain a better understanding of students' strengths and weaknesses. The continuum provides an in depth breakdown of literacy components and identifies where each student should fall in relation to their year group. This adds to a more data based approach to student achievement and learning. We look forward to engaging in discussion with parents in regards to student improvement in literacy and numeracy across our subjects. The literacy continuum has been a focus for the local HSIE CNI network of which Bulli High School is a significant contributor.

The HSIE faculty is excited about the opportunities ahead for our students

HSIE Team

TAS

Year 10 Timber Bedside Table Designs



TAS - continued

Year 12 Construction

Collaborating on their community bench seat project



Year 9 Timber

Turning a rail for a footstool



TAS - continued

Year 9 iSTEM

Prototype Plane Concepts



Sport

Under 14's Boys League & Under 14's Girls League Tag Gala Day

On Tuesday 2 May, two Under 14's teams representing Bulli High School met at Sid Parrish Park in Figtree to play in a League/League Tag Gala Day. Other high schools participating included Warilla, Oak Flats, Illawarra Sports, Lake Illawarra, Holy Spirit, Edmund Rice, Dapto and Albion Park. The competition was always going to be tough.

The draw for the boys and girls teams were divided into 2 pools each.

Under the expert guidance of Mr Cranney, the boys enjoyed mixed success with one loss and one win in their pool play.

The girls fared a little better with a convincing 38-0 win against Warilla 2 followed by a 4-all draw with Albion Park. On count back, Bulli ended up winning their pool and consequently earned a place in the final against Warilla 1 for the last game of the day.

The game was fiercely contested by both sides and at the final whistle Warilla 1 was the victor with a score of 14-10.

Although the Bulli girls had not played together before, the team spirit, camaraderie and sportspersonship demonstrated by these young women were exceptional. They were gracious in victory and defeat, had smiles on their faces throughout the day and their unwavering enthusiasm was infectious.

Particular mention goes to Summer Cahill who was the top try scorer for the day with a total of five tries and Jasmine Fowler who kicked 7 conversions in total. All team members exhibited excellent skill and athleticism of which culminated in their fine achievement of runners-up. Congratulations to all participants and thank you for a fun day. Thanks and appreciation is also extended to the parents who attended and provided transport and welcome support.



Under 14 Girls League Tag Team



Under 14 Boys League Team

Coach: Mr Cranney

Ms Katie Pidhirny

CAPA

Anything Goes! The Music and Drama departments are all busily working towards another excellent musical production. The Musical is one of Bulli High Schools most outstanding events and looked forward to by staff, students and the local community.

Performances are as follows:

{ Wednesday Night 7:30pm
Friday Night 7:30pm
Saturday Night 7:30pm } See you there! }

Many Drama students are involved in the Musical. The opportunity to perform to a large audience and learn aspects of characterisation, blocking and stage direction gives students an authentic learning experience. Entertainment students, under the expert guidance of Mr Trenaman and Mr Macnab, are responsible for all aspects of the bump in and rigging for the show, sound, lighting design, backstage management and prop co-ordination.

Year 9 Visual Arts students have recently completed their first major 2D assessment task in the form of an A1 self- portrait. These have been hung in the Short Gallery and the five most accomplished works have been taken to Point Street Café to be exhibited. The CAPA faculty would like to acknowledge the continued support of the Point Street Café.

Yeah 10 Photography students have been busily working on their Short Films in Term One, with the culmination of all their effort being submitted this week. Students were able to select a genre and concept for their own film and were responsible for all stages of pre-production and filing, editing and post-production. The most successful films as voted will be shown at The Final Cut; Bulli High Schools annual film night.



Language

Wow! Term 2 already! Our French and Indonesian students have certainly been busy!

Previously, our online language program, Language Perfect, was only used in elective classes but it is now incorporated into our Stage 4 programs as well. To date, Year 7 have answered over 111,000 questions using the program! Special recognition to Vincent Heap and Thomas Lamb who are topping the year group for questions answered! Year 8 has had similar results answering over 96,000 questions in only 8 weeks! Topping the year are Leila Christofides and Joshua Preddy.

This year from May 15th to 25th we are competing in the Language Perfect World Championships. Any encouragement from home to answer even a few questions outside of school hours would be appreciated! Let's put Bulli on the map!

Late last term, Year 10 French students participated in a taste-testing activity, to see if they prefer plain croissants or chocolate-filled pains au chocolat. They also conducted a second taste-test to see if they prefer dipping their pastries in hot chocolate, like many French people do, or if they prefer eating delicious French pastries from Crown Vint Bakehouse in Woonona without dipping them. Their results were graphed, which allowed students to practise their numeracy skills. Some of the presentation of the lesson was filmed and will be shared with future language teachers enrolled in the Modern Languages Other Than English course in the University of Wollongong's Masters of Education Program. Thank you to the Year 10 French students for their willingness to participate in this activity, taste-test the French pastries and represent their preferences graphically. Now what can we graph on Crepe Day??!?!

Madame Schilbe, Madame Phipps and Madame Evans
Language Teachers

Bulli High Leaders do us proud on ANZAC Day

Amongst hundreds of local residents and dignitaries, Bulli High School's senior leaders participated in key roles in the Austinmer ANZAC Dawn Service. Captains Zoe Lewis and Hamish Bell provided a reading entitled *A Call to Worship*, and spoke of the need to remember those who fell victim to the tragedy of war in places as far afield as Gallipoli, France and Palestine, and as close as Borneo, Vietnam and Papua New Guinea.



Bulli High Leaders do us proud on ANZAC Day - continued

Senior Executive Maeve Couch and Vice-Captain Jake Hodgson laid a wreath on behalf of Bulli High School, along with representatives of many groups including Austinmer Public School and the NSW Police Force. Vice-Captain Kara Donald, along with fellow Year 12 student Emily McIntyre were representing 314 Squadron Air Force Cadets, and took part in both the remembrance march itself and had the honour of being members of the Catafalque Party which stood guard around the cenotaph during the service.



Jared Roberts, also a Senior Executive of Bulli High School, could not attend the Austinmer Dawn Service as he was part of the official party at the Corrimal service, again representing 314 Squadron Air Force Cadets as the flag bearer. He reprised this role later in the day in a Wollongong parade, which was also attended by Kara and Emily.



Bulli High Leaders do us proud on ANZAC Day - continued

In an uncanny stroke of good timing, the crowd was directed to face the East during the *Reflection* phase of the ceremony, and was greeted by one of the most beautiful sunrises in recent memory with the sun peaking above the horizon for the first time at that exact moment.



Our students received universal praise for their attendance and participation. Clearly, Bulli's leaders are distinguished and capable individuals who did the school, and the memory of the fallen, proud.

Brett Pember
SRC Co-ordinator

Duke of Edinburgh - GOLD

Twelve dedicated senior students & 2 staff members embraced the challenges involved with completing the Adventurous Journey component of the Duke of Edinburgh Award at the Gold Level. During the final week of Term 1, staff and students boarded a plane bounded for Alice Springs to complete the 2 mandatory hikes required for the Gold Award, each lasting 4 days and 3 nights.

The initial hike was along sections of the challenging Larapjinta Trail. Heat, steep ascents and then descents, sleeping rough in the outback, as well as carrying full hiking packs tested the student's fitness, determination and resilience. Iconic Australian landmarks such as Uluru, Kata Tjuta and Kings Canyon provided the backdrop for each of the days in the final hike. During their time in Central Australia students also experienced mountain bike riding in Alice Springs, time at a reptile centre, a camel ride and a scenic helicopter flight at Uluru.

All students in the Gold Duke of Edinburgh program at BHS have progressed through the levels of bronze and silver, commencing in Year 9. At each level of the Award students devote an hour a week of their time, outside of school hours, participating in activities for a skill, a sport and also community service. Throughout their time in the Duke of Edinburgh program these students have been great ambassadors of the school.

A big thankyou to Mrs Jenni Ellsmore & Mr Rob Mann for their organisation, commitment and time.



Green Team

Update May 2017

Term 2 has begun in earnest with our Green Team. We have the largest 'Green Team' ever at Bulli High. Our members are eager to participate in our sustainable activities for our Winter Sport with many keen to revive our volunteer lunch time sessions on Fridays.

We participated in Clean Up Australia Day late last term, on the 17th May. Our students faced a very cold, windy and at time rainy (or was it sleet) conditions and did a fantastic job, cleaning out our grounds. We filled 3 huge collection bags. The majority of waste was small pieces of plastic, consisting of pen lids, pens and food packaging. In particular our 'pop top' drink lids and foil seals. Scott Taylor and myself presented this on assembly and reinforced how we needed to show great care when using these products to ensure all packaging makes it into the bin, not down the street into our ocean. Many of our team were shocked that a lot of our rubbish was found in areas which were out of bounds. The students deduced from the evidence that wind played a huge factor with pollution and how easily it can move from its original source. A huge concern, since we are so close to the ocean.

Our winter plants are in, and the canteen garden, herb garden and vegie patch are looking very healthy. We had to remove our very content lemon grass which had overgrown its welcome, taking too much space and limiting our vision throughout the quadrangle, it has now been relocated to our herb patch.

Our goal for this term is to maintain our current sustainability practices, such as Paper Recycling, nutrient cycling with worm farms and maintaining vegetable patches. However, we have quite an extensive 'to do' list. Our energetic crew would like to investigate solar panel options and vertical garden ideas as we do have many concrete walls that could really do with softening for aesthetics but also to assist us cleaning our air. Solar is also an excellent idea as we only require electricity through the hours of 8 – 4 (strongest times for generating power) and the rest could be returned to the system. Hopefully we can begin turning the Green Teams vision into a reality.

Mrs Fraser

Library

- Did you know that you can access ProQuest (a database) through Oliver? Just go to your search screen and change your search type to Federated search. This is a great tool for students to access newspapers and journal articles to help complete homework and assessment tasks. If you need any help, see Miss Martin.
- Have you borrowed an e-Book yet? Go to <https://bullihighschool.wheelers.co/> or download the app. Our e-Book library has over 1200 e-Books available for borrowing. Students use their school username and password to log in.
- The latest Book Club catalogue is now available from the library. Don't forget you can order and pay online. Go to scholastic.com.au/LOOP

Ms Kylie Martin
Teacher/Librarian

JUNIOR PARENT/TEACHER

Years 7, 8 & 9

Tuesday 30th May from 4.00pm – 7.00pm

Bookings open Wednesday 17th May

Logon details have been sent to your current email address, if you have not received this please contact the office on 4284 8266.

SENIOR PARENT/TEACHER

Years 10, 11 & 12

Tuesday 16th May from 4.00pm – 7.00pm

Bookings are now open

Logon details have been sent to your current email address, if you have not received this please contact the office on 4284 8266.

VACCINATIONS

Thursday 18th May

Years 11 & 12

Year 7

(Year 7 students who missed the previous vaccination)

Vaccinations will be held on Thursday 18th May for Year 11 & 12 students and any Year 7 student who DID NOT receive their vaccination previously

CANTEEN VOLUNTEERS

Bulli High canteen needs your help

- If you can't manage P & C meetings but would still like to help your school
- If you have 1 day a month spare or could go on the emergency roster and would like to meet some new people
 - If you would like to help the major fundraiser for our school
 - If you would like a free lunch and lots of laughs

Please come and give it a try, it's for about 4 hours a month and greatly appreciated by all students and staff at Bulli High School

If you work part time, like most of our mum's, you can choose what day works for you

- Your child will love having mum helping in the canteen

PLEASE GIVE IT A TRY

Call Lyn Falkiner on 4284 8266 ext 119
BULLI HIGH SCHOOL CANTEEN

BULLI HIGH PRESENTS ANYTHING GOES



MUSIC AND LYRICS BY COLE PORTER

NEW BOOK BY TIMOTHY CROUSE & JOHN WEIDMAN

ORIGINAL BOOK BY P.G. WODEHOUSE
& GUY BOLTON & HOWARD LINDSAY &
RUSSEL CROUSE

ON BEHALF OF TAMS-WITMARK MUSIC LIBRARY, INC.

WEDNESDAY 3RD MAY
FRIDAY 5TH MAY
SATURDAY 6TH MAY
7.30 PM

TICKETS AT THE DOOR
ADULTS \$12
STUDENT \$8
NO CONCESSIONS

"ANYTHIN GOES"
IS PRESENTED
BY PERMISSION OF
ORIGIN™ THEATRICAL

Friday 28 April 2017

Our reference: D2017/34535

Dear Year 9 student

Re: The HSC minimum standard for literacy and numeracy

I wanted to assure each of you that you will have the opportunity to sit your HSC exams in 2020 regardless of your NAPLAN results this year. However, you will need to demonstrate a minimum standard of reading, writing and numeracy in order to be awarded your HSC certificate.

New online reading, writing and numeracy tests

You will have multiple opportunities to do this, by taking short online tests that specifically assess these skills. These online tests will take place online and at school. You will have two opportunities a year to pass them in Years 10, 11, and 12. You will also be able to take them for a few years after you leave school.

You don't have to pass all three tests at once. You and your teacher will decide when you are ready attempt each test and if you pass a test you don't have to sit it again.

What does Year 9 have to do with the HSC minimum standard?

We know students learn at different rates. Your upcoming Year 9 NAPLAN tests are designed to provide you, your teachers and parents with valuable information about how your learning is progressing and if you need support.

If you do happen to achieve Band 8 or above NAPLAN results in all three areas this year, that means you are already achieving the minimum level of reading, writing and numeracy skills required to receive your HSC in 2020, so you won't have to do any of the online tests.

But the NSW Education Standards Authority expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

So don't believe anyone who tells you that you can't get your HSC if you don't get Band 8s in NAPLAN this year. It's just not true. NAPLAN this year is just the first of a number of opportunities you will have to demonstrate the minimum standard.

Why has the minimum standard been introduced?

The HSC minimum standard is being introduced to help ensure that you leave school with basic literacy and numeracy skills for success in life, and that you will be able to communicate your ideas effectively in your HSC exams. Regardless of your plans beyond school, you will need adequate reading, writing and numeracy skills to make sure you can do things like:

- get a good deal on your mobile phone plan
- write a job application
- follow written instructions to operate equipment safely.

You can find more information available about this by:

- Visiting the NESA website for a video and flyers about the HSC minimum standard:
educationstandards.nsw.edu.au
- Trying some sample online reading, writing and numeracy test questions:
hscliteracynumeracy.nesa.nsw.edu.au

I wish you well as you master these and other important skills for your future.

Yours sincerely

David de Carvalho
Chief Executive Officer

Physical and Mental Health

References:


<https://www.betterhealth.vic.gov.au>

<http://www.helpguide.org>

<https://www.youthbeyondblue.com>

It is well known that it is important to look after our physical health and we all have some idea of what to do, but what about Mental Health?

Every aspect of your life influences your state of wellbeing. You're mental and emotional health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

 <p>Tips for looking after our physical health</p> <p>Get regular exercise – about 30 minutes a day of moderate exercise five times a week</p> <p>Eat a balanced nutritious diet</p> <p>Limit the level of alcohol, cigarettes and other drugs use</p> <p>Limit the level of alcohol, cigarettes and other drugs use</p> <p>Get adequate good quality sleep</p> <p>Stay connected with others</p>	<p>Tips for looking after our mental health</p> <p>Connect face-to-face with supportive people</p> <p>Get moving in fun ways - as much and as often as you are able</p> <p>Explore a variety of techniques for managing stress</p> <p>Choose a diet which is balanced and nutritious to support mental health</p> <p>Get enough quality sleep 7 to 9 hours a night</p> <p>Invest in activities that give your life meaning and purpose</p>
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Taking Action, Getting help.



You will notice how similar the activities to look after your physical health and mental health are.

Regular exercise, social and educational connection, stress management, healthy diet and adequate sleep can have a major positive impact on depression, anxiety, ADHD, and more. Exercise helps to relieve stress, improve memory, sleep better, and boosts overall mood.

You don't have to start out big when looking after your physical or mental health, making a small change in at least two areas will have some positive impact. Get your whole family or friends involved it is more fun if you aren't going it alone.

What if I have tried and nothing changes

If you've made consistent efforts to improve your mental and emotional health and still aren't functioning well at home, school / work, and in your relationships, it may be time to seek professional help. In fact, input from a caring professional can often help to motivate us to do more for ourselves than we're able to do alone. This support does not need to be intensive or expensive. Your School counsellor or GP is a good person to talk to about help.



This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP) or School Counsellor.

Useful Resources / Contacts:

Mental Health Line 1800011511

Kids Helpline 1800551800

www.beyondblue.org.au

<http://au.reachout.com/reachout-nextstep>

Learning Labs

JULY 2017



Ten Equity places proudly sponsored by

 **Peoplecare** love people

**AN ACADEMIC
ENRICHMENT
PROGRAM FOR
HIGH ACHIEVING
STUDENTS
FROM YEAR 7 TO
YEAR 10**

More information about the workshops on offer and the application process can be found online at www.uow.edu.au/in2uni-myway/learninglabs.

APPLICATIONS CLOSE WEDNESDAY, 24 MAY 2017

Places for this program fill quickly. Please distribute this information to students as soon as possible to avoid possible disappointment.



**UNIVERSITY
OF WOLLONGONG
AUSTRALIA**

Outreach & Pathways

LEARNING LABS (YEARS 7 TO 10 DURING 2017)

DATE: 11 and 12 July, 2017
LOCATION: University of Wollongong
TIME: 9:00am - 3:30pm
FEE: \$160



PROGRAM INFORMATION

Learning Labs is an enrichment program designed for students who are performing in the top 10% - 15% in their area of interest within their peer group, and are seeking a challenging and fun experience during the school holidays.

All workshops are held over two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants- please see more details on how to apply for these places on the website.

WORKSHOPS ON OFFER

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of the academically gifted. Here is a taste of what's coming up for Learning Labbers in July:



Intro to Virtual Reality Development

We are about to see perhaps the biggest tech evolution since television. We now have the ability to create worlds of our imagination and transport ourselves and others into them.

In this workshop we will be using Unity to create a virtual world of the students design and allow them to take their first step into using this technology.

Enhance your skills of working as a team, coding, level design and much more.



History- Weird, Wild Conspiracies

This workshop will look at some of the most famous conspiracies such as the assassination of JFK/the death of Marilyn Monroe and ask some important questions:

How and why have so-called 'conspiracies' emerged? Why do they persist?

And given that there is much evidence to dismiss some conspiracies, why do many people accept 'conspiracies' or weird and wild histories as fact?



Disney, Fandom & Social Justice

Why is it that our society, our media, and our culture is so saturated and influenced by Disney? Being such an influential cultural product comes with the good and the bad.

In this lab we will explore Disney from a social justice lens, looking at how markers of identity including age, race, sexuality, gender, and disability are portrayed, and how these have changed over time since the release of Snow White and the Seven Dwarfs in 1937. We'll also look at how fans read Disney by looking at social media platforms and the content being produced and shared online.

A full list of the available workshops to choose from will be posted on the website by mid-April, 2017 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to: www.uow.edu.au/in2uni-myway/learninglabs.

For all other enquiries, please contact the Learning Labs team via:

E: learning-labs@uow.edu.au

P: (02) 4221 5557

Facebook: www.facebook.com/UOWOandP

APPLICATIONS CLOSE WEDNESDAY, 24 MAY 2017

**Make the right call
to get the right health care**
at night, on weekends and public holidays



1 **Your Doctor or nearest general practice for after hours options**
Details available at nhsd.com.au
Or call **Radio Doctor Illawarra** on **4228 5522**

2 **Medical advice and support**
Call the **after hours GP Helpline** on **1800 022 222**

OR **Emergency**
Call **000** in a medical emergency or visit your nearest Emergency Department for a serious illness or injury

  **coordinate.org.au**

SOMETHING TO DO **WOLLONGONG YOUTH SERVICES**
FEBRUARY - JUNE 2017

RAINBOW LEAGUE A social group for same sex attracted, gender diverse or questioning young people aged 16-25 MEETS FORTNIGHTLY MONDAYS 4-6PM	ON AIR Tune into 106.9 VoxFM to listen to radio hosted by young people - want to be a presenter? Contact us MONDAYS 8-9PM	CODE THE GONG Learn to write computer code and build a website, create an app or a game and explore technology - bookings essential TUESDAYS 4.30-6PM	INTRO TO GUITAR Learn how to play guitar - half hour lessons - bookings essential WEDNESDAYS 3-5PM
CREATIVE DEN Learn new skills, be part of a creative space, create artworks for a Youth Week exhibition WEDNESDAYS 4-5.30PM	YOU DECIDE We provide the money, you decide how it is spent - Apply now to be part of this group of decision makers WEDNESDAYS 4-5.30PM	BARISTA COURSE Be mentored by experienced baristas and learn to make café quality coffee - 5 week course - bookings essential WEDNESDAYS 3.30-5PM	MUSIC MAKERS Music workshops for young people - bookings essential THURSDAYS 4-5.30PM
YOUTH WEEK COMMITTEE Young people working together to organise events and activities for Youth Week MEETS FORTNIGHTLY THURSDAYS 3.30-5PM	ON STAGE Performance space for young people - full PA, sound engineer and lighting provided - contact us to book your space THURSDAYS 6-7.30PM	FRIDAY NIGHTS 2 February Dodgeball 3 March Girls Night In 7 April Live Music 5 May Trivia 2 June Anime FRIDAYS 6-9PM	HANG OUT Basketball, pool, table tennis, air hockey, TV, foosball, young womens space and more - space for young people 12-18 years TUESDAYS 3-6PM THURSDAYS 3-8PM SATURDAYS 12-4PM
YOUTH WEEK To be part of deciding the where, what and how of Youth Week 2017 - contact the Youth Services team - check out what's happening at youthweek.com.au in March 1-9 APRIL	SPECIAL EVENTS 8 March Int. Womens Day 15 April World Circus Day 4 May Star Wars Day 24 May Sorry Day Visit the Youth Centre on these days to see what's happening! 1-9 APRIL	REHEARSAL SPACE Fully equipped sound proof music rehearsal room \$5pp-2hr sessions - bookings essential VARIOUS TIMES TUESDAYS - SATURDAYS	BOOK A SPACE Are you a young person and need a space for your group to meet? Book a space at the Youth Centre for free TUESDAYS - SATURDAYS

 These activities and events are for young people aged 12-24 years. To make a booking or to find out more information **CONTACT THE YOUTH SERVICES TEAM**
P: 4227 8222 E: youthservices@wollongong.nsw.gov.au



1ST AUSTINMER CUBS AND SCOUTS
WE CURRENTLY HAVE VACANCIES TO ACCEPT NEW CUBS AND SCOUTS!!!!

Join in the fun and come along to the oldest and best Scout group in the Illawarra.

Have amazing fun with friends!
Learn new skills!
Activities include:
Canoeing; abseiling; camping; hiking

Cubs (7 ½ – 10 ½ years) 6:30-8:00pm Wednesday Evenings
Scouts (10 ½ - 14 ½ years) 7:00-9:00pm Monday Evenings
Bring a parent, bring a friend, join and make new friends!
Come along to our Hall at 20 Moore Street Austinmer.
What have you got to lose?
For more info contact Steve on 4268.2004 or 0409 695 575
Look forward to seeing you there!

Planning a kid's birthday party?
1st Austinmer Scout Hall is available for hire.
Cost: \$25 per hour (max: \$100 for whole day)
Contact Ron on 0409399752