

Bulli High School Newsletter

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

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

August 2017

Upcoming Events

7th – 8th August

Year 9-Y-PEP Program – 9-12

8th August

BLK DMD – WOW Program

9th – 11th August

Ski Trip @ Perisher Blue

Wednesday 9th August

P & C Meeting @ 7.00pm

Friday 11th August

Year 9 & 10 AIME @ University of Wollongong

14th – 15th August

Year 10-Y-PEP Program – 9-12

Tuesday 15th August

BLK DMD – WOW Program

Friday 18th August

U/15 Boys Basketball KO

Monday 21st August

Year 11 Entertainment @ Southern Stars

Tuesday 22nd August

South Coast Public Speaking Competition

@ Holy Spirit College

BLK DMD – WOW Program

NDIS Information Session: 9am – 1pm

NDIS Information Session: 5pm – 9pm

Thursday 24th August

Year 11 Crossroads @ RYDA Road Safety

Friday 25th August

Year 9 & 10 AIME @ University of Wollongong

Monday 28th August

Year 10 Excursion @ Jewish Museum

HSC VA Showcase

Tuesday 29th August

Year 10 – Brainstorm

BLK DMD – WOW Program

30th August – 1st September

Year 10 Duke of Edinburgh Hike (SILVER)

Thursday 31st August

Year 11 Crossroads Excursion @ Kembla Grange

Monday 4th September

Police Talks – Social Media

Tuesday 5th September

Illawarra F1 in Schools Regional Finals

@ Bulli High School

BLK DMD – WOW Program

Highlight Zone

6th – 8th September

CHS Athletics Carnival

Friday 8th September

Year 9 & 10 AIME @ University of Wollongong



Principal's report

CNI Leadership Conference Dinner

Curriculum Network Illawarra (CNI) is a network of all local high schools from Kiama to Bulli. The CNI brings teachers together with a common focus, in particular curriculum areas. Last night curriculum and specific areas co-ordinators, Deputy Principals, Principals and Directors Public School NSW attended the second annual Conference Dinner which focussed on leadership. This is a highly effective network which puts teaching and learning at the centre of all planning and is unique to the Illawarra.

Special guests, Secretary of the Department of Education, Mr Mark Scott, the Executive Director for Wagga Wagga, Mr Geoff Pellizzer and Principal of Rooty Hill HS, Christine Cawsey each gave special addresses on the themes of leadership, quality teaching, and change in education.

The attached photo shows Bulli High School representatives LOTE teacher Rachel Schilbe, HT English Heather Gardiner, HT TAS Steve Delaney, myself, Deputy Principal Chris Neave with Mark Scott.



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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August 2017

P & C dates for 2017

(2nd Wednesday of the month)

7pm in the Staff Common Room

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.

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Wollongong North Staff Impact Awards

Congratulations to Mr Nik Brankovic and Mr Steve Delaney who were both honoured at the Wollongong North Staff Impact Awards last week, Mr Brankovic for his coordination and leadership of the Developing Leaders Program which builds leadership, confidence and collaboration skills of student leaders, Mr Delaney was recognised for his commitment to enhancing the STEM curriculum, engaging students and supporting teacher professional learning.

Both are pictured here with myself, BHS Deputy Principal Robyn Lang, and Ms Debbie Lowe Director Public Schools NSW.



Girls Uniform

There has been huge response from girls with the Uniform Shop taking a large number of orders for the new dress which will be introduced in 2018. Orders and payments are now due.

Flood Mitigation Works

As most of our community is aware, Bulli high School experienced serious and costly flooding in 2014 and again in 2015. It has taken a while and an amount of lobbying, but at last over the July school holiday period, the Department of Education completed works within the school grounds to limit the impact of any future flooding caused by very heavy rain and/or storms. The works included the installation of drains, the lowering of existing drains and the introduction of swales which are open water channels. Although these works will not prevent flooding, it is hoped they will make a significant difference.

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Staff changes

In Terms 3 & 4, Julie Swain will fulfil the role of Head Teacher Administration, and Mrs Jo Canvin will relieve as Head Teacher Science.

LMBR Update

As you are aware Bulli High School is transitioning to the new financial management system which is a significant change for schools. I am very happy to report that our administration staff have done an amazing job in preparing and establishing, this new complex system. Bulli HS is now able to accept payments at the front office and online via Parent Online Payments (POP). I must acknowledge the outstanding leadership of Marianna Hunt our SAM. Her calm and efficient manner has ensured a very smooth transition.

Year 12 Final Term

As we approach the end of Term 3, Year 12 students are nearing the completion of thirteen years of school. Though some classes will have completed the course work, all class teachers will be preparing their students for the HSC exams, ensuring that all content has been completed, that students are completing work to the HSC standard, giving final advice and ensuring students are HSC ready.

The expectation is that students attend each lesson, every day until the last day of Term 3 as this is invaluable time and access to teacher experience and knowledge.

The expectation is also that students behave and act in a manner that makes their teachers, the school and the community proud to enable them to graduate with their peers and attend the Year 12 Formal. Students who engage in poor, unruly, aggressive, intimidating or disruptive behaviour may have their graduation and formal privileges withdrawn. All students from Years 7 to 12, all teachers and school staff have the right to a safe, secure and uninterrupted learning and working environment. The Year 12 Adviser, Mr Boon and Deputy Principal, Ms Lang have organised the final week of the term to ensure that Year 12 have a memorable yet safe end to their time at high school. A *Final Countdown* of expectations, events and commitments has been distributed to and discussed with students.

Chris Gregory

Principal

Deputy Principal's News

SCHOOL OPAL CARDS

Students who travel to school by bus or train are reminded of their obligation to "tap on" and "tap off". This is mandatory.

Students must only use their own School OPAL Card and are required to have their card with them when boarding their bus or train.

School OPAL cards can only be used for the journey to and from school.

If a School OPAL card fails to operate properly or is damaged students or their parents must call 131 500 or email concessions@transport.nsw.gov.au quoting the student's name, address and school.

Chris Neave
Deputy Principal

YEAR 12 – THE FINAL COUNTDOWN

Year 12 have been given detailed information about the next few weeks leading up to their HSC exams and the activities at school. I will be asking students to complete a final Confirmation of Entry for their HSC next week. Students should check this document very carefully to ensure they are entered into the correct subjects.

This is a very important time for students and it is vital that they attend every lesson. Many subjects will still be working on new course materials.

BULLI HIGH SCHOOL STUDENTS ACHIEVING PERSONAL BEST HELPING THE COMMUNITY

A big shout out of congratulations to Corey Sellick (Y10) and Paige Hirst (Y7) for being good community citizens and helping out. Their bus broke down on the way to school and as other students made their own way to school, Corey and Paige noticed some very young students from St Michaels were a bit lost and bewildered. They made sure the little ones got to school safely. Well done and thank you from their mum who contacted the school to let us know about our helpful students!



KEEPING MENTALLY FIT

To be mentally fit and healthy we should make sure we build positive habits and practice them frequently. Academic research into wellbeing shows that there are five key pillars to maintaining positive attitudes throughout our life.



These wellbeing pillars can be summarised as follows:

1. **Give:** Not material things but your time, your words and your presence. This includes volunteering to help your community, sharing your skills and resources and working as part of a team. For children giving provides a sense of purpose and for adults it increases self-worth.
2. **Be Active:** Being physically active increases wellbeing. You don't have to run a marathon you just need to get up and move about. Too much time sitting in front of glowing screens etc. can lead to a loss of confidence and depression. Being active can also lead to increased social interactions which is a big plus.
3. **Keep learning:** By maintaining your curiosity throughout your life you can enhance your wellbeing. This is important for adults and children. While most children are involved in formal education at school; adults benefit too. It does not have to be formal education but learning anything new, setting goals can help prevent depression.
4. **Take notice:** Taking notice is akin to mindfulness. Being aware of what is going on; paying attention to what you are doing and not splintering your thoughts into a thousand avenues will increase wellbeing. Being grateful, practicing forgiveness and reflecting are all helpful.
5. **Connect:** We don't live in this world alone and having close connections and feeling valued is an important human need. People who are not connected to others will struggle to maintain a positive mental state. So make sure you take time to talk to being in real life as well as online. More importantly listen to what they say. Join into things and create strong networks.

This information has been adapted from Five Ways to Wellbeing – A best practice guide from the Mental Health Foundation NZ.

Ms Robyn Lang
Years 8, 10 & 12
Deputy Principal

BULLI HIGH SCHOOL

HSC MAJOR WORK EXHIBITION

MONDAY 28th AUGUST

6:00pm - 7:30pm

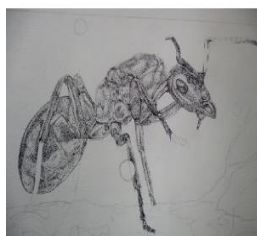
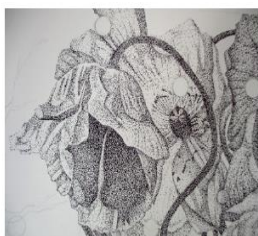
Following a busy two weeks completing their Trial HSC exams, the Year 12 Visual Arts students of Bulli High School now turn their attention to finalising their Body of Works for the annual exhibition on Monday the 28th of August, from 6pm to 7:30 pm.

They have been working hard all year and even met their teachers for two days during the holidays to ensure they keep on track. Students from both classes have been working on drawings, paintings, photographs, sculptures and films using a wide variety of media including pencil, ink, charcoal, watercolour, oil paint, wire, clay, perspex and resin, just to name a few. Styles range from realistic, figurative, surrealism to abstract and the works explore concepts such as immigration, identity, aspirational societies, politics, the media and the subconscious.

Despite all of the hard work the students are undertaking they are looking forward to the exhibition night where they can showcase their efforts to family and friends and the wider community who have always supported the event with enthusiasm.

It is also a rewarding time for their teachers who have been privileged to watch the students develop in their artmaking over the past six years and contribute to the rich Visual Arts culture at Bulli HS.

Everyone is welcome to attend the exhibition and we look forward to seeing you there.



Teaching & Learning

BULLI HIGH SCHOOL MOVING TOWARDS NAPLAN ONLINE...

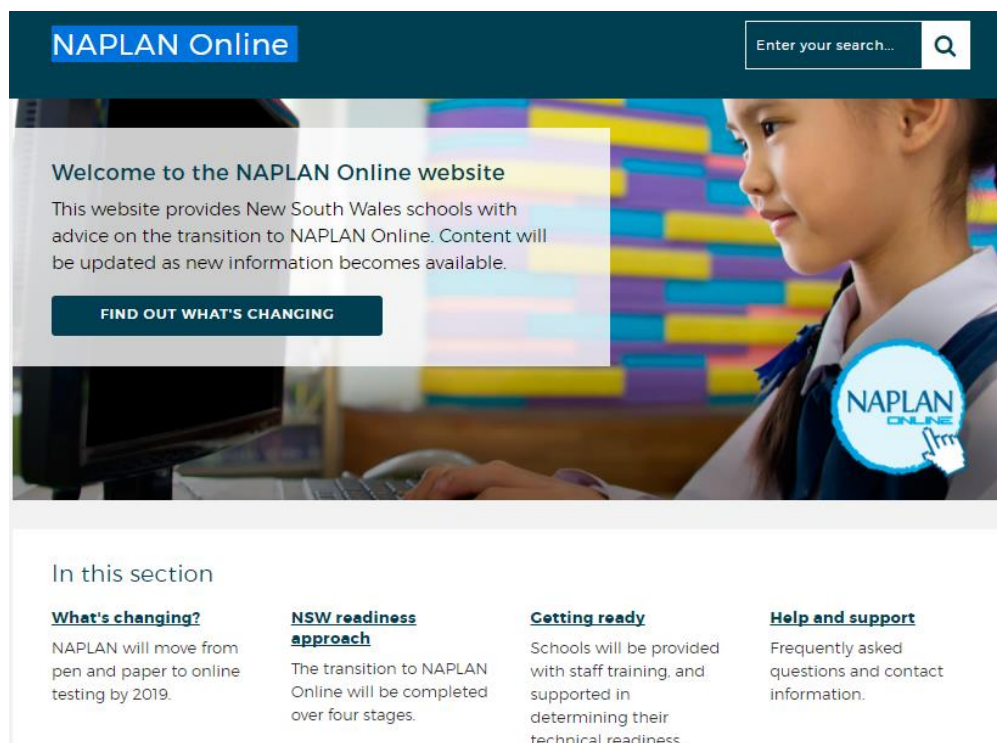
Bulli High School, like other schools in NSW, is preparing to move our students to the new online testing format for NAPLAN in 2018.

We have completed the **Online Readiness Test** by ensuring that we comply with all the technology and connectivity requirements. In Week 4, two classes (one from Year 7 and one from Year 9) and their teachers will be involved in the Online NAPLAN Trial Test. **The Online Trial tests will not be marked** as the purpose is to run-through the steps to gain insight into the functionality, ease of use, navigation on the site etc. to ensure that next year's NAPLAN tests run efficiently and effectively.

NAPLAN ONLINE WEBSITE

The department's NAPLAN Online website is now live. It provides information about the NSW approach, the transition timeline, key stages and activities, training information and resources, frequently asked questions and information for parents and carers.

Principals, teachers, students, parents and carers and the local community are encouraged to visit the website for all the latest information. <https://education.nsw.gov.au/teaching-andlearning/student-assessment/naplan-online>



If you have any queries, please do not hesitate to contact me.

Sumana Viravong
Teaching & Learning HT

Science

I would like to announce that Mrs Swain will be relieving Head teacher Administration at Bulli High for the next two terms and I will be relieving in her position as Head Teacher Science. I am happy to have this opportunity to be relieving in this role.

The Science faculty has been involved in a number of events in the past month. It has been exciting to see so many Bulli High School students engaging in Science learning opportunities – both inside and outside the classroom.

- Young Change Agents workshop by Keira High School

As part of an initiative to highlight the need for change and encourage young female students to consider STEM career pathways, seven local high schools participated in a Young Change Agents workshop called Social Change through STEM (Science Technology Engineering and Mathematics) on Monday 19th, Tuesday 20th and Wednesday 21st June.

Young Change Agents is a social entrepreneurship program that helps our youth see problems as opportunities. It provides them with the tools to think creatively, build skills in critical thinking and communication and empowers them to believe that they are good enough to be entrepreneurs, leaders and world changers. Some of the skills our students gained from the program included increased self-confidence, better understanding of their leadership potential, team building and they developed social enterprise start up skills. This program helped our students take initiative and gave them decision-making skills to empower them to feel that they can make a difference in the community.

The Bulli High School team of Ashleigh Ireland, Hannah Bowen, Isabelle Heathcote, Lauren Kemp, Tyler Scott and Bella Westley-Wise developed a 5-minute pitch that solved a global social issue utilising STEM and business principles. The girls presented a fantastic pitch to a panel of judges showing their concept of a stainless steel water bottle that could be sold to create money for those less fortunate in developing countries.

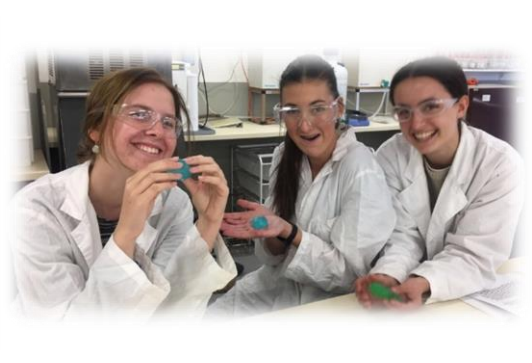
The initiative highlighted how STEM can be used to engage and make real changes. Thank you to Keira HS for inviting us to participate in this program.



Science - continued

UOW YEAR 11 ENRICHMENT DAY

On Thursday 20 July, 53 of our Year 11 Science students visited the University of Wollongong to experience a day as a university student. They attended two lectures and completed two practical activities in their chosen subject area of Biology, Chemistry or Earth and Environmental Science. It was a fantastic experience for Bulli High students and they found the day very rewarding. School uniform was not worn on the day so that the students would feel like university students. The students were also given information on what courses UOW offers for Science students and possible career paths for the future. I would like to thank Mrs Swain for her organisation of this excursion.



Science - continued

YEAR 9 MARINE STUDIES – EXCURSION TO MARITIME MUSEUM & SYDNEY AQUARIUM

On Friday 21st July, 44 Year 9 students from the elective class Marine Studies, went on an excursion to the Maritime Museum and Aquarium in Sydney. In the morning, they went on the Destroyer HMAS Vampire and toured the museum. Students viewed the Wildlife Photographer of the Year exhibition at the Museum. This a global celebration of the world's very best nature photography and they also watched a 3D documentary on Sharks.

After lunch they walked over to the Sydney Aquarium. Many different species of sharks, corals and fish were observed. Students experienced the new penguin exhibits and rode through the exhibit on a boat.

Our students are provided with a wealth of opportunities to undertake excursions and expeditions, extending the boundaries of the classroom into the wider world. Whether it is one of our regular fishing expeditions to Bulli Beach, or gaining their boat licence, our students enjoy all the possibilities that exist to apply their theoretical understanding in engaging practical settings.

This exciting trip could not have happened if it were not for the incredible and devoted teachers in the Science faculty. All the students that went along on the trip are greatly appreciative of the time and effort put into making this trip possible. Thanks go to our excellent Marine Science teachers, Mr McKenzie and Miss Contarin.



Science - continued

YEAR 9 MARINE STUDIES – EXCURSION TO MARITIME MUSEUM & SYDNEY AQUARIUM

On 21st July, both Year 9 Marine Studies classes travelled to Sydney by train and got off at Town Hall. We attended an introduction talk about the Vampire warship and received a Destroyer badge. Everybody in our class explored the warship and saw the conditions that people had to go through in days gone past. It was very fascinating. We then got off the warship went to the Maritime Museum and saw more amazing old artefacts. These included small boats and the original rescue helicopter. We watched a 3D movie about the legendary Great white Shark and learnt so many facts we did not know about.

We then started to walk over to the Sydney Marine Aquarium. When we went inside, we saw many different types of unique fish and a giant dugong.

It was a fantastic day for the Year 9 classes.

Guolin Du, Thomas Mott, Scott Taylor (Year 9)



Ms Jo Canvin
Relieving HT Science

NATIONAL TREE PLANTING DAY

On Friday 28th July, our Green Team, with the support of Debbie, Scott and Lachlan from the Wollongong Botanic Gardens celebrated National Tree Planting Day, by planting up to 100 new plants in our gardens. Whilst we received our first rain shower that we had in months that morning, it certainly didn't dampen our spirits. We had two focus gardens for the day. In our Wadi Wadi Indigenous Garden, we added more 'bush tucker' shrubs and ground cover species, such as pig face, birds nest ferns and Mat Rush. In our Art Garden which is a harsh location, with intense sun, a variety of species of grasses were planted with coastal rosemary hedging. Our group is under strict instruction to ensure ample water is provided during the transition stage of the plants and the extreme dry conditions we are enduring. Advice was also provided for long term maintenance of our natives and landscape design for our gardens in the future. Plenty of projects for our industrious group to keep busy with. I would like to congratulate our students on their dedication to our environment and exemplary behaviour on the day. Debbie was very impressed by our students and really looks forward to working with us again soon. Well Done Green Team!

KREATIVE KOALA PROJECT – LAND CARE INITIATIVE

This is a new project that our Green Team has become involved in this year. Our students will address global environmental management goals, outlined by the United Nations, to ensure global legislation is carried out at a local level. We have a long anticipated meeting with our Green Team and our land care ambassadors Wednesday 2nd August to begin our program, so by next bulletin, we will have plenty more to share. As usual, watch this space!





Mr Samuel Dixon
HSIE Head Teacher



TAS – continued

Year 11 Design & Technology



TAS – continued

REA 4 X 4 IN SCHOOLS IS UNDERWAY

Semester marks our school commencing on our 4x4 in Schools journey for the first time. We have a number of Year 10 iSTEM teams presently working on their modified 4x4 vehicles and busily building our obstacle course, whilst we also have 3 teams across Year 7 and 8 undertaking this opportunity as a STEM extension activity. If there's any parents or community members out there who would like to know more or be involved, please give Mr Delaney a call.



<http://rea.org.au/4x4inschools/>

Mr Steve Delaney
TAS Head Teacher

Sport

INTERSCHOOLS SNOWSPORTS CHAMPIONSHIPS TEAM

Once again Bulli High students are to be congratulated for their stellar performances and outstanding behaviour on a school trip. Last week 15 students (3 girls and 12 boys) competed in the ACT and Southern NSW Interschools Championship snow sports races at Perisher in snowboard and skier cross, and snowboard and skier giant slalom events. Bulli High certainly has many truly passionate and talented snow sports people in its ranks, and can be extremely proud of the way our students represented their school and conducted themselves during the competition.

The 15 students were entered in 28 events over the three days and competed against students from both government and non-government schools from the southern parts of NSW and Canberra. For many of our students this was the first time they had competed in this kind of competition, making the outcomes even more impressive both for the school and for the individual competitors, resulting in three teams and six individual students being invited to participate in the State Interschools Snowsports Championships in August.

Results include:

3rd place snowboard giant slalom Division 1: Dylan Gillett, Thomas Dubourdieu and Monty Josh-Jones

8th place snowboard giant slalom Division 2: Stevie Jones, Jake Paine and Lockie Josh-Jones

4th place snowboard cross Division 1: Thomas Dubourdieu and Monty Josh-Jones

6th place snowboard cross Division 1: Dylan Gillett and Owen Kocyan

9th place snowboard cross Division 2: Jack Beckett and Tom McGlinn

10th place snowboard cross Division 2: Stevie Jones, Jake Paine and Lockie Josh-Jones

17th place skier cross Division 3: Noah Quigley and Max Miller-Tamsitt

Our other competitors, Amelie Abbott, Alyssa Abbott, Riley Van Anen, and Lily Ashburner were unplaced. However, their performances as individual competitors are to be highly commended. They were up against a very competitive field and in most cases, were just out of the ranking for their events.

Well done to all students. It's always a pleasure to take enthusiastic, well-mannered and willing students such as these away to represent our school. I look forward to organising this event next year, and hope to even more of our snow-loving students participating.

Congratulations to Dylan Gillett, Thomas Dubourdieu, Monty Josh-Jones and Owen Kocyan for their state competition selection. Also, congratulations to Jack Beckett and Thomas McGlinn for their invitation to compete with these teams.





Library

- Premier's Reading Challenge. The PRC closes on the 28th August so it's time to finish that book and update your reading record. All reading records are able to be updated through the student portal.
- Book week - The theme for book week this year is "Escape to everywhere" Book week runs from the 19th to 26th August. The shortlist for older readers are available for borrowing in both print and eBook format from the library.
- eBooks - Don't forget that Bulli High now has access to over 1200 eBooks. With a diverse range of titles offered there is a eBook to suit everyone's reading tastes. Students can borrow through Oliver or by going to <https://bullihighschool.wheelers.co/> To borrow all you need is your portal logon and password.

Ms Kylie Martin
Teacher/Librarian

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 mums or dads ,
you can choose what day works for you

- Your child will love having you helping in the canteen

PLEASE GIVE IT A TRY

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

UNIFORM SHOP NEWS



School Dress – 2018

Sample range now available

Following consultation with students, staff and parents, all girls in Years 7 – 12 will have the option of wearing the new school dress from 2018.

The junior dress will have a blue tie, and the senior dress will have a maroon tie.

We currently have a range of dress sizes for students to try on.

To ensure dresses are available for the start of the 2018 school year, orders need to be placed and paid for by the 10th August.

The cost of the dress is \$70.00.

Payments need to be made by EFTPOS, cash or cheque at the Uniform Shop.

Thanks.

Chris Gregory

KNOW YOUR CONSUMER RIGHTS UNDER THE NDIS.



Do you know your rights when hiring services and buying goods?

NSW Fair Trading deliver free facilitated workshops to community groups, service providers and carers about supporting NDIS participants with their consumer rights when entering into a contract, hiring a service or when making a complaint.

Under the NDIS people with disabilities will be able to manage their own funds and choose the services and products they wish to use.

Fair Trading is providing an information session about the actions people can take to protect themselves as consumers, including what to look out for and how to complain if something goes wrong.

This information session is open to people with a disability and their carer.

This session will provide information to assist consumers with disabilities to understand their consumer rights when:

- ☐ Entering a contract / service agreement
- ☐ Hiring a service
- ☐ Making a complaint

Monday, June 26

10.00am -11.00am
Wollongong TAFE Auditorium

6.00pm – 7.00pm
Para Meadows School Hall

Tuesday, August 22

10.00am – 11.00am
Bulli High School Hall

6.00pm – 7.00pm
Bulli High School Hall

Monday, September 11

10.00am – 11.00am
Albion Park High School Library

6.00pm – 7.00pm
Albion Park High School Library

For all enquiries please contact:

Merryl Bennett (merryl.bennett@det.nsw.edu.au)

Steig Nordstrom (steig.nordstrom@det.nsw.edu.au)

Alcohol and Mental Health

Reference: <http://www.druginfo.adf.org.au>

Alcohol and brain development

Changes in brain function that occur during adolescence mean that alcohol affects teenagers differently to adults. Teenagers who drink alcohol experience less coordination problems and sedative than adults, and can stay awake and drink for longer than adults. **BUT**, they are more at risk for memory and learning problems caused by alcohol. This may cause: memory problems, being unable to problem solve or judge risks or blackouts.

Heavy drinking in adolescence is also likely to have a negative effect on healthy brain development. The human brain is still developing until the mid-20s. Alcohol is a nervous system poison and can disrupt important changes that are occurring in the brain during this period. **This may lead to learning difficulties and reduced ability to focus or concentrate.**



Alcohol dependency

We are learning more and more about use of alcohol and other substances. Research is showing that **the earlier age we start using alcohol or other substances the greater the risk** there is for using it more frequently and experiencing problems with it in later life.

This could be related to the disruption alcohol use has on changes that are occurring in the adolescent brain.

It is dangerous to assume that all teenagers who drink heavily will “grow out of it”. Not all teenage drinkers become dependent, but many continue to drink alcohol at risky or high-risk levels.

Mental illness and alcohol

Research has found links between the early onset of substance misuse with later mental health problems. There is evidence that **teenagers who misuse alcohol have higher rates of mental health problems.**

A young person with a mental illness may drink alcohol for the same reasons as other people: curiosity, boredom, to have a good time, in social situations or to cope with problems.

Alcohol may be used to help cope with the symptoms of mental illness. This can develop into problematic use as it is not an effective way to treat mental health concerns and can make some conditions worse e.g. anxiety and depression.

Alcohol use may have negative effects on a young person’s family, school and social life. These issues may increase the risk of depression or anxiety.

Some risk factors are common to both developing a mental illness and alcohol or other drug dependence. These may be physiological, genetic, social or environmental.

Advice for parents

Parents who are able to **communicate openly** with their children about alcohol are more likely to influence their child’s attitudes towards the use of alcohol.

Some tips for parents include:



Expressing **disapproval** of drinking has been shown to postpone the onset of alcohol use by adolescents. **Don’t be afraid to keep tabs** on your teenager. Monitoring your teenagers’ whereabouts is the most effective strategy to minimise the risks of them drinking at risky levels.

Parents mistakenly believe that if they **don’t provide** their teenagers with alcohol they will get it elsewhere and this will increase the chance of binge drinking. There is no evidence to support this.

Parents and families are important **role models** for young people. Parents should set an example that they want their children to follow.

To avoid problems with alcohol later in life teenagers should be encouraged to:

- **delay** the age of initial drinking
- **not progress** to regular drinking
- **minimise or reduce** risky and harmful drinking patterns

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 : Teenagers and alcohol: A guide for parents www.alcohol.gov.au

Drug Alcohol Information Service: 1800 422 599

Go4Fun®

Register today for
term 3

Join us in term 3 at:
Berkeley
Gwynneville
Nowra

A fitter, happier
healthier kids
program



Health
Illawarra Shoalhaven
Local Health District

Call **1800 780 900** or visit **www.go4fun.com.au**

Northern Districts Junior Cricket Club



Registrations are now open for boys and girls aged 5-16 to play cricket in 2017/18 and create your own cricket moment!

This season (commencing October) we will be offering a variety of Saturday morning options including:

In2Cricket (Milo Cricket)
for 5-8 year olds to learn the skills to play cricket

In2Cricket (T20Blast) 7-12 years
Your first experience of playing games, the next step after Milo for 7-12 year olds

Junior teams from U/11 to U/16



Find us on
Facebook

Register online at

<http://ndcc.nsw.cricket.com.au>

For more information contact junior_info@butchercricket.com

KIDS CAN CREATE THEIR OWN
CRICKET MOMENT
PLAYCRICKET.COM.AU





Registration Days - Friday 8th September & Friday 15th September 4-6pm at
Woonona Bulli Rsl Club

ALL Registrations will need to be completed online by visiting www.lansw.com.au and following the links.

Option 1: Rego Online but Pay by Cash- \$120 per athlete (U6-U17) \$100 per Tiny Tot (U3yrs -U5)

Option 2: Rego Online and Pay on Line - \$140 per athlete (U6-U17) \$120 per Tiny Tot (U3yrs -U5)

**** New Rego's please bring your Birth Certificate or Blue Book on Rego Day ****

All Athletes are required to have 1 parent/adult from their own family in attendance each week with their child and to also help out each Friday afternoon at a designated job as part of your child's registration.

Competition starts Friday 6th October 2017 at 4:15pm then every Friday afternoon after that of the School term on the athletics oval at Bulli High School Access via Alroy, Jardine & Godolphin Streets

Uniform Shop is Open on all Registration Days & the first few weeks of competition - Uniform costs \$70 per set.

Uniform is Compulsory every week whilst competing at Nilac, including Rego Number and Age Patch clearly displayed on the front of the uniform. Tiny Tots do not require uniform but must display Rego Number and Age Patch on front of their shirt each week.

Any further info please Call our President Wanda on 0400 663 943

Email: northernillawarralac@yahoo.com.au

Face book: Northern Illawarra Little Athletics Club

Parent Involvement is essential to the running of any athletics club,
Supervision of 1 parent/adult is required per family at all times whilst competing at our club.
There are no drop offs permitted.

Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online School Portal for endorsing school travel applications and submitting School Drive Subsidy and Private Vehicle Conveyance Scheme attendance checks.

You are now able to manage all your school travel needs online including applying for school travel passes, tracking the status of your application and tracking the status of your School Drive Subsidy application and payments.

The application process has also been simplified so that a new or updated application for school travel passes is only needed when a student is:

- applying for a school travel pass for the first time
- requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).
- changing school or campus
- changing home address
- receiving an expiry notification
- repeating a school year
- changing their name
- requesting a new transport operator.

This means students who are progressing to year 3 and year 7 only need to reapply if they are changing circumstances.

Students who are not residents and are temporarily in Australia can also provide their visa subclass number or exchange program when applying online, making the application and approval process much faster.

Parents, guardians and students can apply or update their details online at:

www.transportnsw.info/school-students

If you do not have access to the internet contact 131 500 for assistance.

Note: Student attendance checks will be available for completion by schools after the last day of semester (1 July 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**



**POLICE CITIZENS
YOUTH CLUBS**

JUNIOR BOXING

\$7.00 Ages 5 – 15 years
Tuesday & Thursday 4pm – 5pm

ARCHERY

\$60.00 for 6 week period then \$10.00 p/class
Ages 8 years +
Saturdays 10.00am

Wollongong:

Phone: 4229 4418 / 0411 269 001

Address: 2 Exeter Avenue, North Wollongong / PO Box 308 Wollongong East NSW 2520