

July 2019



MAITLAND GROSSMANN HIGH SCHOOL NEWSLETTER

"Providing Quality Education in a Caring Learning Community"

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PRINCIPAL

To begin, I wish to acknowledge the fantastic work of our school community throughout NAIDOC Week (24 - 28 June). This year's theme of Voice, Treaty, Truth was showcased through numerous events and celebrations. The major activity was our whole-school assembly on Tuesday 25th June, which saw members of the wider community congregate at MGHS to view and participate in this significant event. Particular congratulations to Mrs Tonnet and our extensive group of Aboriginal and Torres Strait Islander students who performed admirably throughout the week.

On behalf of MGHS, I wish to congratulate and welcome Mr Stephen Forbes who successfully gained a permanent Music Teacher position through a recent merit selection process.

I extend my appreciation to the families and students who completed our 'Day Structure Review Survey'. We received an overwhelming response, which our Day Structure Committee will unpack as we look to strengthen our learning, wellbeing and sporting structures throughout the school.

Teachers have been working hard to complete semester one report cards. All students will receive their reports by the conclusion of Term 2. Through my proof reading of these reports, I've been highly impressed by the overwhelming amount of positive comments and results. Please take time to read and discuss these reports with your children.

On the 14th August, MGHS will host the Regional Education Week Awards in our school hall. This ceremony will acknowledge students, staff and community members for their contribution to MGHS over the past year. Families of award recipients will receive a notification in early Term 3.

I extend my best wishes to Year 12 students who will undertake their Trial HSC Examinations in week 2 and 3 of term 3. I encourage them to make the most of the holiday period to prepare for these important exams. I also encourage Year 12 to access our newly constructed Senior Study Area in the school Library. Mrs Williams has been timetabled onto this area to support all Year 12 students as they continue the journey to HSC completion.

Our Teacher Librarian Mrs Dubois is always working hard to highlight and innovate many opportunities within our school Library. I encourage students and families to keep up to date by following our Library on Instagram, search mghs library.

My best wishes for an enjoyable school holiday period. School resumes for Term 3 for all students on Tuesday 23rd July

Josh Gane
Principal (rel)

July 2019

DEPUTY PRINCIPAL

Deputy Principal's Report Year 7

I would like to congratulate Year 7 on their application at school this Semester. On a personal note, whilst it has been difficult to get to know each student in 10 weeks, I have enjoyed the opportunity to engage with students whenever possible. Our Year 7 Advisors and Head Teacher Welfare have consistently reinforced expectations in regards to respect, tolerance and kindness. We are determined to support all students as they strive to become resilient and confident learners.

Mr Focic recently shared a fantastic article based on the work of Carol S Dweck, an acclaimed Professor of Psychology at Stanford University. Dweck is known for her work on the mindset psychological trait. Whilst I have attached a link to the paper below, it highlights the contrast between 'fixed' and 'growth' mindsets. The article explores the benefits of teaching students to deal with failure by developing their confidence to view each setback as an opportunity to grow and learn. Too often students see a setback as being a sign of inability which subsequently impacts upon their emotional state.

Staff at Maitland Grossmann High School consistently see the potential in all learners and actively encourage students to seek feedback and support as they navigate the complexities of high school. Resilience is the cornerstone of a successful education as it is a characteristic that will prove invaluable in all careers or educational pathways.

I wish our school community a safe and enjoyable school holiday break and I look forward to seeing you all in Term 3.

Article: <https://www.heysigmund.com/positioning-kids-teens-thrive-11-practical-powerful-ways-build-growth-mindset/>

Neil Fara

DP (Years 11 & 12)

REMINDER TO PARENTS

When parking/stopping outside the school please be mindful of the residents living in the area. Could you please ensure there is adequate room for residents to enter and exit their premises at all times during the day.

PHOTOS

Occasionally photographs are taken of individual students or classes at school. Please notify the school in writing if you do not want your student photographed.

NEWSLETTER DATES 2019

AUGUST 21ST SEPTEMBER 25TH

NOVEMBER 13TH DECEMBER 18TH

July 2019

CURRENT SPONSORS

WESTPAC BANK (Green Hills)

Take out a loan and mention Maitland Grossmann High School. The school will receive a monetary contribution from the Westpac Bank.

ATHLETE'S FOOT (Green Hills & Charlestown) Become a Club Fit Member and the school will receive a monetary contribution from Athlete's Foot.



MGHS UNIFORM SHOP OPENING TIMES 2019

TUESDAY: 8.00am-12.00pm

THURSDAY: 12.00pm-4.00pm

CASH, EFTPOS, MASTERCARD and VISA ACCEPTED AT UNIFORM SHOP

ALSO AVAILABLE ONLINE SHOPPING

(THROUGH THE SCHOOL WEB SITE)

ATTENTION PARENTS/ CAREGIVERS

Maitland Grossmann High School
Has a
Web Page

www.mghs.com.au

The newsletter is available on the Website for all to access
If you require a printed copy of the newsletter posted out to your family, please fill in the form below and return to school A.S.A.P

Name..... Student.....

Postal Address.....

Phone.....



FACEBOOK PAGE



July 2019

FROM THE BUSINESS MANAGER'S DESK

Working Bee: This will be held on Saturday, 6th July. We usually start at about 8.00am and finish at approximately 2.00pm. Morning Tea and Lunch are provided on the day and it's a really good way of meeting other parents, community members and staff who participate.

The projects for this year include the following:

- CovaRubba under the Quad treed area
- Path repair on Library Hill
- Mulching and gardening
- Garden Borders at Hall Entrance to stop erosion from the garden
- Outside Stairs to be painted with Non-slip paint
- Sticking carpet to the Portable Stages and Choir Stand to stop scratching of the newly polished Hall floor
- Chair trolleys to be rewheeled

These are examples of the applications that CovaRubba can be used for.



Should you have any questions please don't hesitate to contact me.

Grant from East Maitland Bowling & Leisure Club: Our application for sporting equipment was successful and we were presented with a cheque for \$2,500 towards new Volleyball & Soccer nets, Rugby Post Pads and a Linemarking Machine. Thank you for your continued support.

Thanking you

Jennette Hardy

LEGAL STUDIES AND COMMERCE

Biennial Canberra Excursion

Students from our school who study Preliminary Legal Studies and Year 10 Commerce recently participated in an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs including a tour of the High Court, participating in role plays at both the Old and New Parliament Houses as well as visiting the Museum of Australian Democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion, the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

P West (HT)

STAGE 5 SCHOOL SPORT

Students in stage 5 have now selected and been allocated sports for Term 3. We encourage students to check the PE notice board prior to their first day of sport to ensure they understand their rooming and sport allocation.

We appreciate the support and patients from students and parents throughout sport in 2019 as we try to accommodate and implement the best sporting procedure for students. We appreciate all feedback received in the school's survey and endeavour to utilize this feedback moving forward to provide the best opportunities and outcomes for all students.

CHS Teams

Congratulations are in order for the U/15 Bill Turner Trophy team who progressed to the next stage of competition. The Maitland Grossmann girls advanced after a resounding 6-2 victory over St Peters Maitland. Olivia Hanks and Halle Walterback both netted 2 goals each, but a strong team effort was the key to the girls victory in the Lower Hunter portion of the competition. We wish the team the best of luck as they progress to play the winner of the Mid North Coast region early next term.

Blaise Edgtton

Sports Organiser

CAPA

GATS Workshops

Our CAPA faculty has a strong academic and cultural heritage and we are excited to include our talented students in a series of workshops with external tutors and exhibition on Thursday 4th July from 5:30pm. Artworks from across all year groups will be on exhibition and student performances will be held for invited guests and interested community members. Our focus is to elevate student achievement and recognise their accomplishments through collaboration and dedication. Our department has been successful with students' selection for Encore and ArtExpress, HSC showcase events, with 18 Band 6 results in the past 4 years including First in State in Visual Arts, reflecting the calibre of students and excellence of our staff. We look forward to seeing you there on the night.

Art @ Lunch

This year, Mr Focic has been running a Wednesday lunchtime class in B106 for students interested in entering various art and photography competitions. We have had a lot of success recently in these and want to build upon this as well as giving students opportunities to develop their creative skills in different areas. It is proving very popular at the moment. There are several possible competitions students can enter currently. The competitions build students' skills and experience with a range of materials and many have great prizes and exhibition opportunities. All ages welcome.

Entries in the Moran Photographic Prize

This year, following last year's success as the Australian Geographic Junior Photographer of the Year, Floyd Mallon of Year 12 has gained recognition for his outstanding photographic practice with two works shortlisted in the finals of the Moran Photographic Prize. His was joined by Year 7 student Ava Budden who was shortlisted in Year 7-8 category. This is a significant achievement and for Floyd it is the 3rd year he has received honourable mention.



Photographs by Floyd Mallon

July 2019



Year 7 student Ava Budden



Young Archie @ AGNSW

Caitlin James of Year 10 Visual Arts was selected for a second year to have a drawing exhibited in the Young Archies Portrait Exhibition at the AGNSW, as a finalist. Some of her fellow Year 10 classmates were lucky enough to see her work exhibited at the gallery on the recent excursion to Vivid Light Festival, the AGNSW and White Rabbit Gallery of Contemporary Chinese Art. Congratulations again to Caitlin on this special achievement with a drawing of her dad. We wish her well in this competition. This runs in conjunction with the Archibald Prize and will be seen by over a hundred thousand people who visit the gallery in the next few months.

Please click the link to the recent article in the Maitland Mercury to read about this talented student with a big artistic future.

<https://www.maitlandmercury.com.au/story/6224827/young-archy-entry-just-a-bit-of-a-joke/>



July 2019

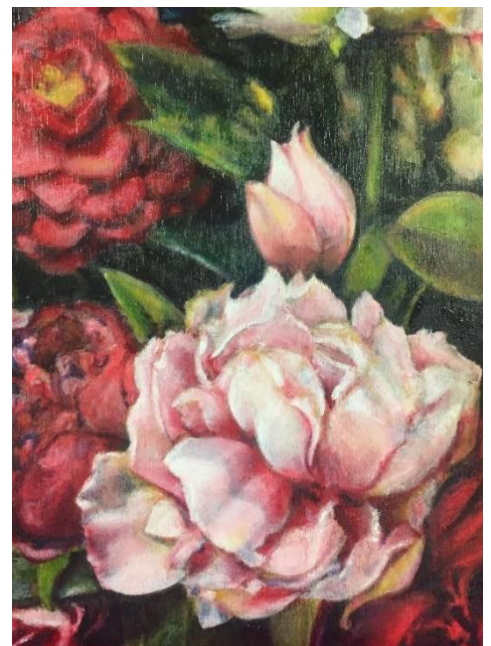
This work is of Catlin's grandfather, which was selected as a finalist in 2018.

HSC Intensive Studio Practice at the National Art School



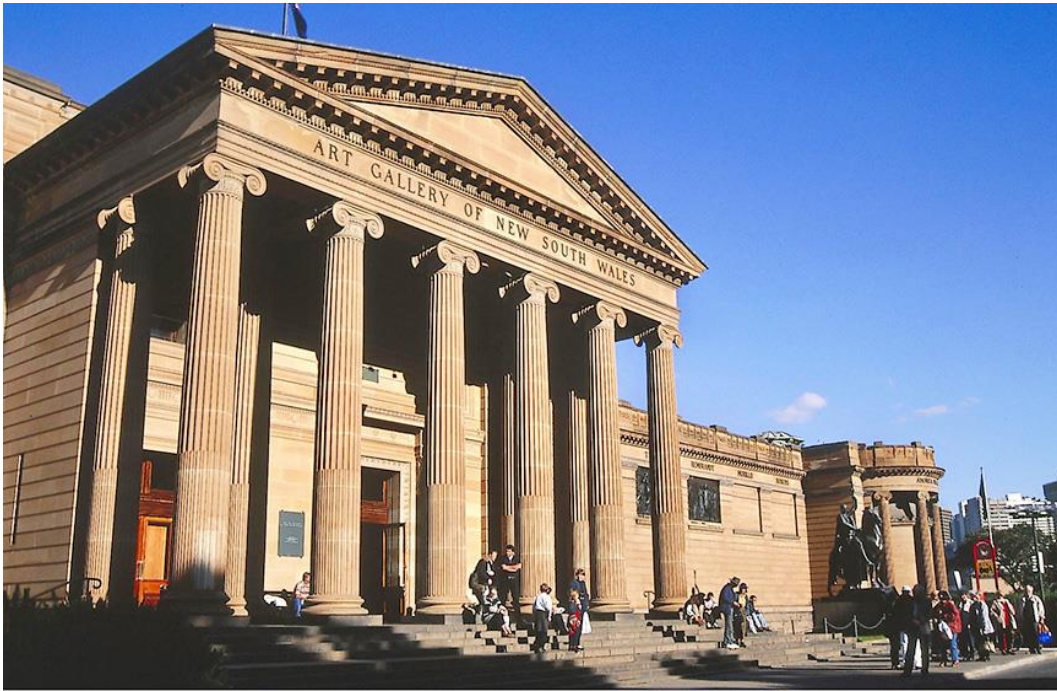
One of our talented Year 11 Visual Arts students, **Emily Davidson**, was selected to attend the National Art School for **The NAS HSC Intensive Studio Practice** which now operates as a University Developed Board Endorsed Course. She will have the opportunity to work at the National Arts School campus in Paddington over two weeks in July and October and will be credited towards University subjects.

One of Emily's works from our Term 1 unit on Still Life.



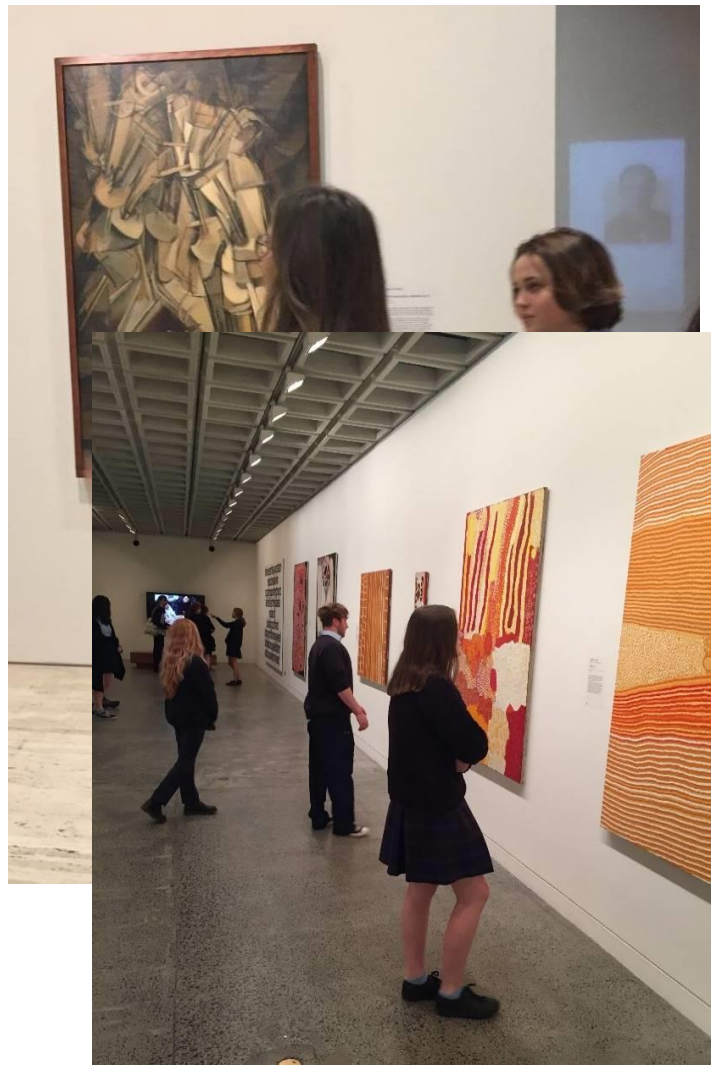
Sydney Galleries and Vivid

July 2019



Each year students in Elective Visual Arts explore a range of galleries in Sydney which coincides with the Vivid Light Festival. It is a great opportunity for students to see a diverse range of Visual Arts in a variety of exhibition spaces and venues. This year our excursion linked in with a major exhibition of Internationally renowned artist Marcel Duchamp. The Year 11 and 12 students attended a guest talk before viewing the exhibition, having the opportunity to visit several of the other key exhibitions within the gallery, including the Aboriginal and 19th century galleries. This is an amazing opportunity for the students to see works they have studied in class and the first exhibition of the collection to travel outside of America.

Our exchange students Louise and Ani were able to join us on the day and have the chance to visit the galleries and the internationally renowned Vivid displays.



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Students were able to view the Aboriginal works on display in the gallery's collection of Indigenous works before viewing the key works.



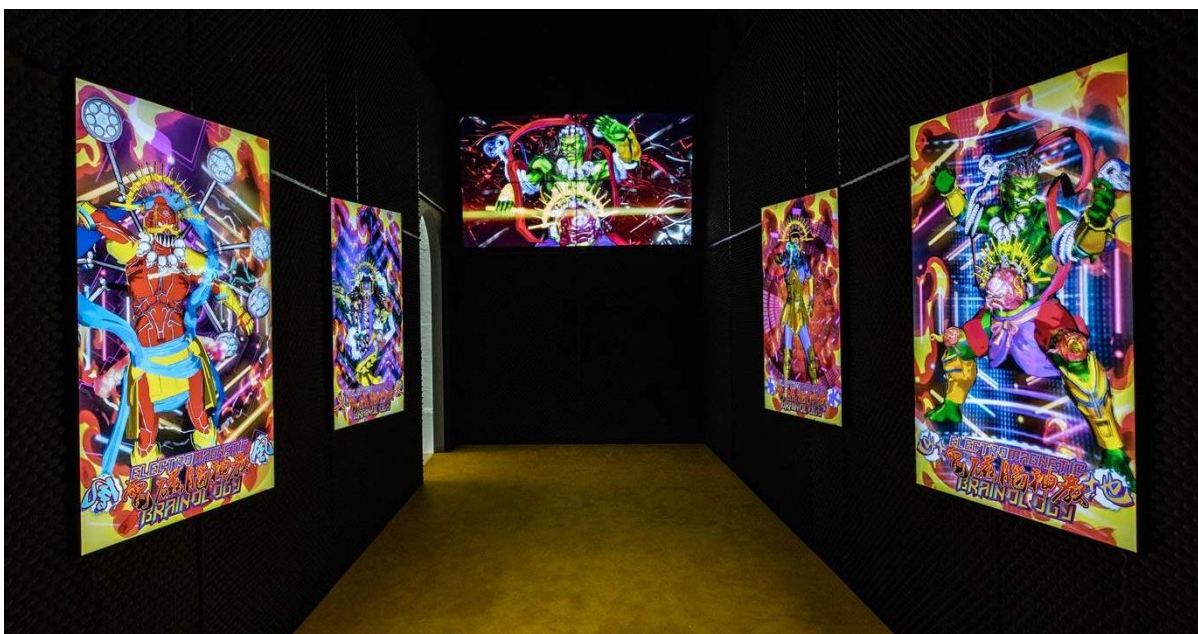
July 2019

A recent acquisition by the gallery of a giant Captain Cook, with its silvery mirrored surface was a popular work for our students to investigate



Year 10 Visual Arts students also attended the excursion, starting their day at the White Rabbit Gallery, in Chippendale. The White Rabbit Gallery was opened in 2009 to showcase what has become one of the world's most significant collections of Chinese contemporary art. Dedicated to works made in the 21st century, the contemporary collection is privately owned and rotates its works on view. The current show – **Hot Blood** looks at a range of technologies and political and social changes that are impacting China and the gallery is always one of the most exciting places for students to visit.

With giant video installations, political statements, links to technology as well, and traditional drawings the students were able to find something they felt a connection with.



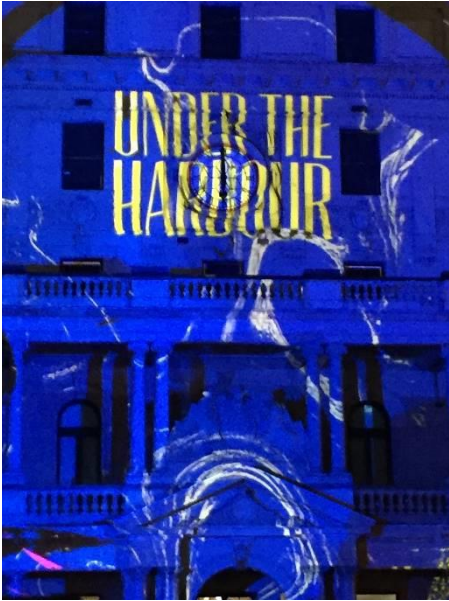
July 2019



THE FAMILY ALBUM—SO SEE YOU LATER was a popular work that interested our students as it was easy to see the family connections and links to their own world.

July 2019

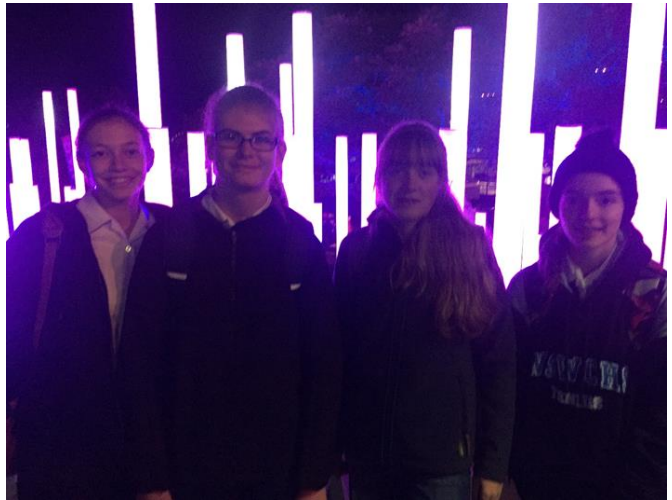
VIVID 2019



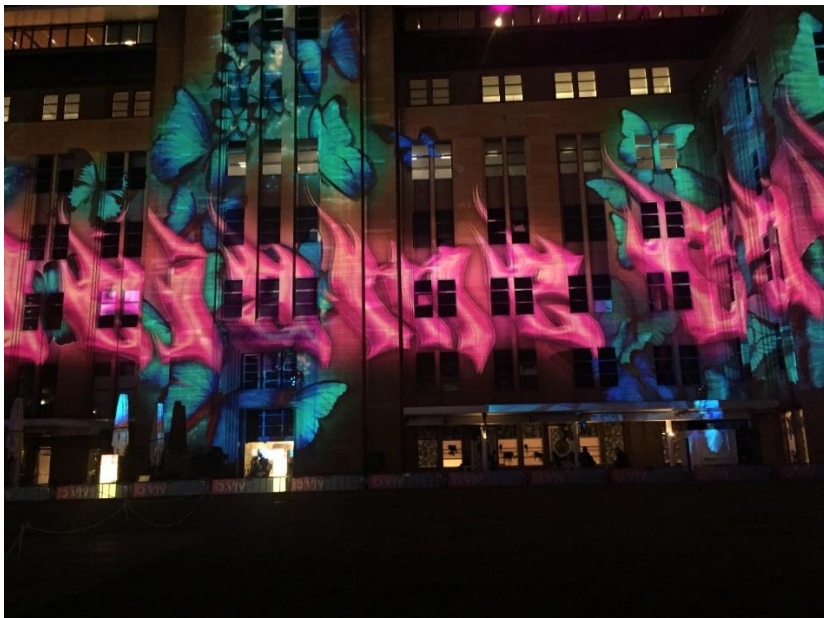
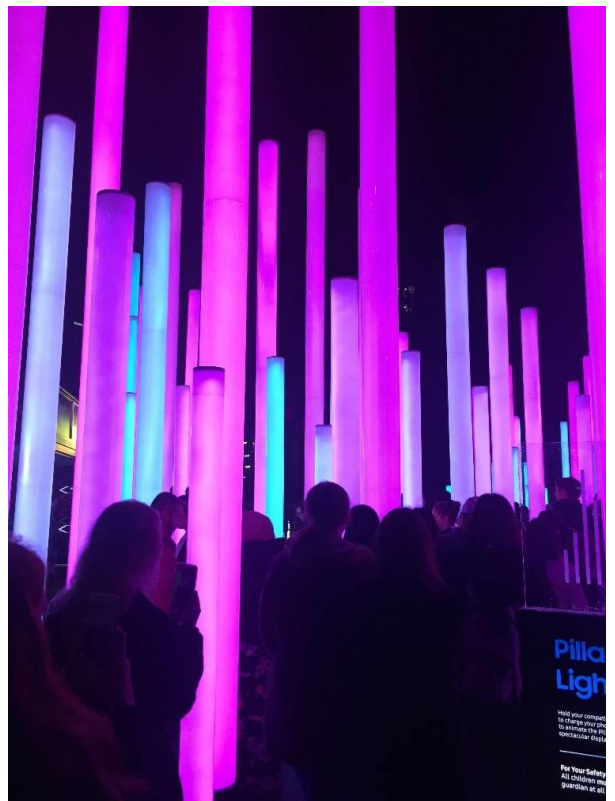
After visiting the galleries, the evening was set aside for viewing some of the major buildings around Circular Quay starting with Customs House, followed by a walk through the Botanical Gardens and then back to The Rocks. Vivid provides interactive installations and environments which the students were able to walk through and interact with.



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Students exploring the interactive Pillars of Light walk in the Rocks



The MCA Gallery is always illuminated with amazing images that cover the entire façade while turning around students were able to watch the sails of the Opera House transform with flower motifs, dancing across the skyline.

July 2019



The dancing ballerinas and the Pixar tunnel were the last two features we had the chance to visit before returning home – there was plenty more to see, but our weary travellers were all a bit tired by the end of the day and a seat in the warm coach was beckoning.



Music

The Music Department at Maitland Grossmann High has had a busy term with many students representing the school at state and regional levels. Last school holidays 5 of our students went on tour to Central Australia with the Hunter Wind Ensemble. For 2 weeks they travelled over 7600km across 3 states and the Northern Territory, performing to welcoming and appreciative audiences along the way, camping and having so much fun creating lifelong memories. Congratulations to Emily Tenorio, Bryson Tenorio, Eliza Davis, Charlotte Gordon and Isobel Gordon for representing Maitland Grossmann High School in such a positive way. On June 1 these same students also travelled to Canberra to compete in the National Eisteddfod Open B Grade Champions, which they won for the third year in a row.

Emily Tenorio of Year 12 was once again selected as the female soloist to sing at In Concert at the Sydney Town Hall in May. This is a huge honour as students from around the state audition. This is the 3rd consecutive year Emily has been successful in being selected as the soloist for this NSW Arts Unit initiative. Both Emily and Bryson Tenorio perform with the regional vocal ensemble "Hunter Singers". They deliver regular concerts and frequently represent our region vocally at a national level. Hunter Singers will be part of the Gondwana World Choral Festival in July this year and they regularly tour internationally.

At the start of the year our senior students went on an excursion to the Sydney Opera House to see one of our very own perform to a full house. Ryan Hemsworth, of our 2018 MGHS music class, was considered one of the best HSC candidates in the entire state, and was asked to perform at the elite 'Encore' concert in February. We are very proud of his outstanding performance.

Our Maitland Grossmann High School band has been working hard to include the fantastic new Year 7 recruits this year and our numbers have swollen to 25 regular members. They are sounding fantastic and are ready for the busy performance schedule that will begin at the end of this term and continue for the rest of the year. Our Vocal Ensemble meet each Friday and it's a great, inclusive group that enjoy singing contemporary hits. If you are interested in joining either of these groups, please talk to your Music Teacher!

'Silaquay' is a female only band from Year 10 and 11 who were selected to perform at the SunStreet Music Festival in Maitland this year. Well done Imogen, Lucinda, Amity, Sophie and Arwen.

Our keen elective and ensemble students were lucky enough to hear the Sydney Symphony Orchestra perform in Newcastle during their 2019 regional tour. A great day was had by all and it was a great opportunity to hear such high calibre professionals.

We were fortunate to have many students from MGHS as part of the StarStruck team this year. The music department would like to congratulate our featured vocal artists Tom Cummings, Amber Locock, and Emily Tenorio in addition to Bryson Tenorio who was performing with the Hunter Singers in this event.

Maitland Grossmann hosted the internationally renowned musician Tjipooroo last week, as Year 7 experienced a live performance incursion full of storytelling and Didjeribone playing.



July 2019



Our Elective and Ensemble students attending the Sydney Symphony Concert at the Newcastle Town Hall.

Charlotte Gordon, Eliza Davis, Isobel Gordon, Bryson Tenorio and Emily Tenorio on tour with the Hunter Wind Ensemble.



We are busily working towards creating opportunities for our gifted and talented musicians and many students will participate in workshops with industry specialists during week 10 that will culminate in a very special concert that week. Good luck to all performers and enjoy your music making!



Ryan Hemsworth (4th from the right) during 'Encore' at the Sydney Opera House.

Drama

This term has seen a busy time in Drama. The Regional Shakespeare Festival saw representation from Maitland Grossmann against schools from as far away as Kempsey. Lanah Watters and Imogen Pickard-Ling enjoyed a workshop with Chris Tomkinson from professional theatre company "Sport For Jove".



Year 12 have been working on their HSC presentations and individual projects which are due early next term. Year 11 are also working on group presentations for assessment. Year 10 has been studying Italian Comic Theatre "Commedia Dell'Arte" and has spent the second half of the term working on a Naidoc performance "Truth.Treaty.Voice", working with indigenous students to create a performance .

GATS week will see workshops conducted by Callan Purcell for Years 8, 10, 11 and 12. Callan is a graduate of the Central School of Speech and Drama in London, specialising in creating original performances. Theatresports has also grown substantially this term with twenty plus students regularly competing on Mondays at lunchtime in the Drama room, for bragging rights. We hope to run a competition next term with trophies for the winners. This opportunity is for all students in the school from Year 7 to 12, whether or not they are Drama students.

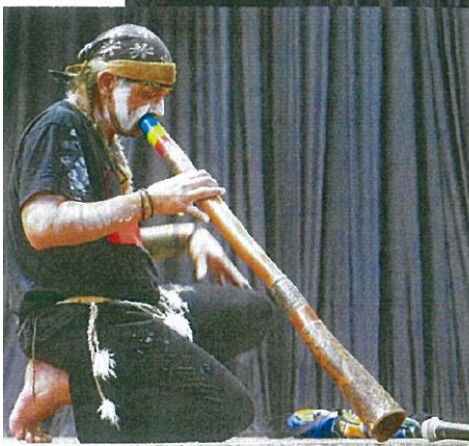
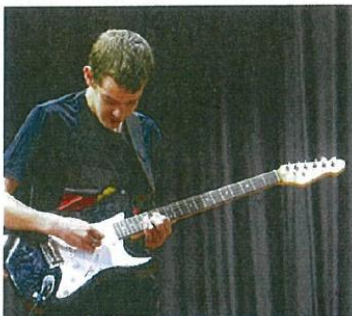
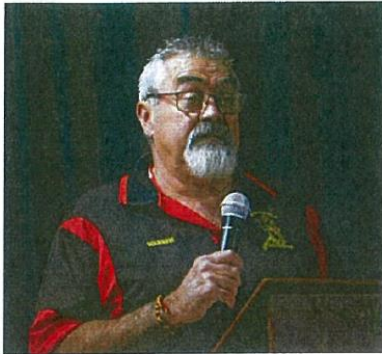
Regards Michelle Burnitt

Citizenship Project

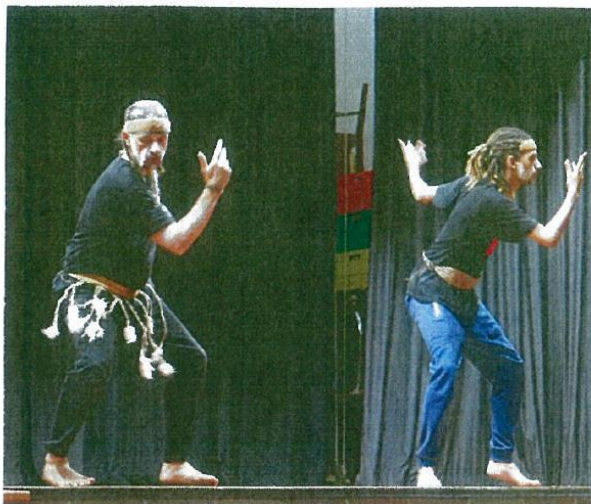
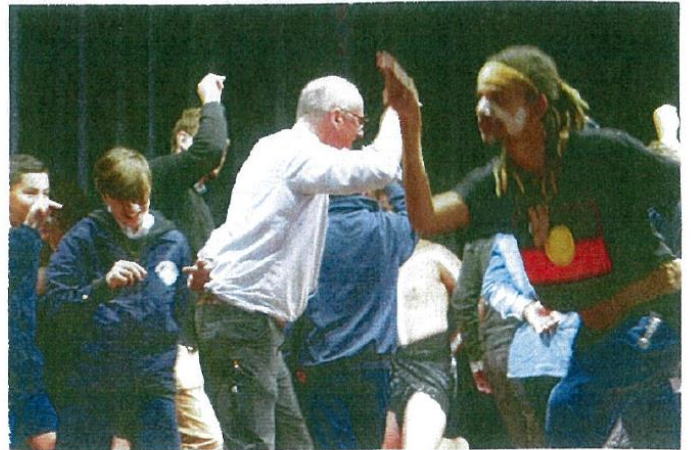
Term 3 will see the launch of the Citizenship Project. This project has been supported and sponsored by Member for Maitland and Shadow Minister for Small Business, Ms Jenny Aitchison. The aim of this project is to create small unique artworks by students as gifts for new Australian citizens to the Maitland area. Junior AECG students will be creating a range of Aboriginal style dot paintings with assistance from Aboriginal elders and artists that feature representations of the local Hunter area. These gifts will be presented at citizenship ceremonies to welcome new citizens to the Maitland area and highlight the long history of Australian settlement from the First Australians to the present. This will provide an opportunity for MGHS to showcase the artistic skills of our Junior AECG students to the wider community.

Naidoc Celebrations

NAIDOC celebrations were held in Week 9 with invited Aboriginal and Torres Strait Islander community members including Uncle Warren Taggart and Aunty Michelle Earl, as well as family of students involved in the assemblies. The focus of 2019 celebrations is around the theme '*VOICE TREATY TRUTH. Let's Work Together for a Shared Future*' and this was explored throughout the week in class, as well as through a collaboration art project, music, dance and drama performances. We also welcomed special performer, Bundjalung man **Troy Allen**, who played the didgeridoo, danced and shared cultural knowledge. After our BBQ lunch he had the chance to work with the Aboriginal students. A big thanks to all the students and staff who contributed to the very successful and enjoyable day. Special mention to our Junior AECG who led our assemblies, Aboriginal Dance group: Kunarr Kuwaykuway, Alex Tansey, Year 10 Drama class, Ben Tansey, Emma Dipple and all Aboriginal and Torres Strait Islander students who have been involved in *Culture Strong*.



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July 2019

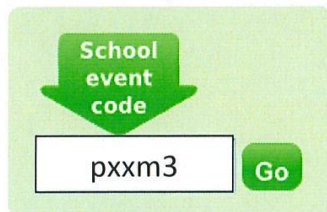


Dear Parents/Carers,

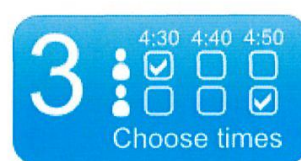
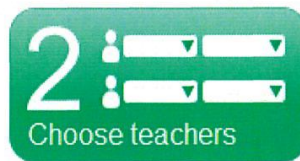
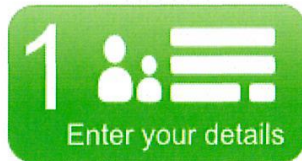
Parent/Teacher Interviews will be held for **Years 7 to 12** on **Thursday the 25th of July, 2019** from **3.30pm to 7.00 pm**. Bookings can be made online.

For online bookings go to www.schoolinterviews.com.au and follow the instructions listed below.

Enter **THIS** school event code
for **Thursday the 25th of July, 2019**



Then follow these 3 steps



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately. Details of the room organisation where faculties will be will be in your confirmation email. A map of the rooming is posted to the school website- www.mghs.com.au

If you do not have access to the internet at home, at work, at a friend's house or on your phones, you may **ring the school office to make appointments**. Interviews are strictly **9 minutes** and spaces are limited. If you require more time, please ring the office to make alternative arrangements.

You can change your interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address that you used when you made your original booking.

If you have any questions please do not hesitate to contact the school on 49342066.

July 2019

Tuning in to Teens

Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 12-18years

Where: The Centre at Kurri Kurri
251 Lang Street, Kurri Kurri. NSW. 2327

When: 3.30pm to 5.30pm Tuesday's
6th August, 2019 to 10th September, 2019 (6 weeks)
Call Michelle on 0438 676 289 to register your interest

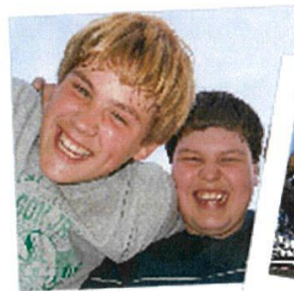
Assisting you to learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions
- help to prevent behaviour problems in your teen
- teach your teen to deal with conflict

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ.

difficulties



WHOLE SCHOOL WELLBEING PROGRAM – BE YOU

Be You is a national mental health initiative for educators which aims to promote and protect positive mental health in children and young people in every early learning service and school in Australia.

Be You promotes mental health and wellbeing, from the early years to 18, and offers educators and learning communities evidence-based online professional learning, complemented by a range of tools and resources to turn learning into action.

Be You provides surveys for students, staff and families to assist with mapping strategic directions and planning the implementation of the program. Families are invited to share their voice about mental health and wellbeing, and their understanding of MGHS' approach to building a mentally healthy learning community by participating in an online survey.

Important information about privacy and access to information from surveys.

- Be You Surveys are anonymous — individuals can't be identified.
- Participants are never asked to include their name or any other personal details on the survey, ensuring anonymity and security within the learning community.
- Any reporting of data, for internal or public purposes, is reported in aggregate form and individuals can't be identified.
- Summarised anonymous and aggregated results and the Be You Survey report are password-protected and only available to the Action Team Leader within the learning community.
- The Action Team will only use the summarised survey results to assist whole-setting planning and continuous improvement.
- Survey results from other learning communities aren't accessible to the Action Team Leader.

Parents and carers will be invited to complete a short 10 minutes survey at Parent-Teacher Interviews on the 25/7/2019.

Information about where to complete the survey will be available on the night.

Parent/carers survey link will be open from the second week of the July holidays until the end of week 3.

NATIONAL CONSISTENT COLLECTION OF DATA

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

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This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

HEADSPACE SUPPORT FOR STUDENTS, PARENTS/CARERS LIVING IN THE MAITLAND AREA

A two-day Youth Mental Health First Aid course supporting the youth sector will be available in July. Details are attached and tickets through the link below. **There are only 20 spots** and it's first in best dressed.

<https://www.eventbrite.com.au/e/youth-mental-health-first-aid-tickets-63458558256>

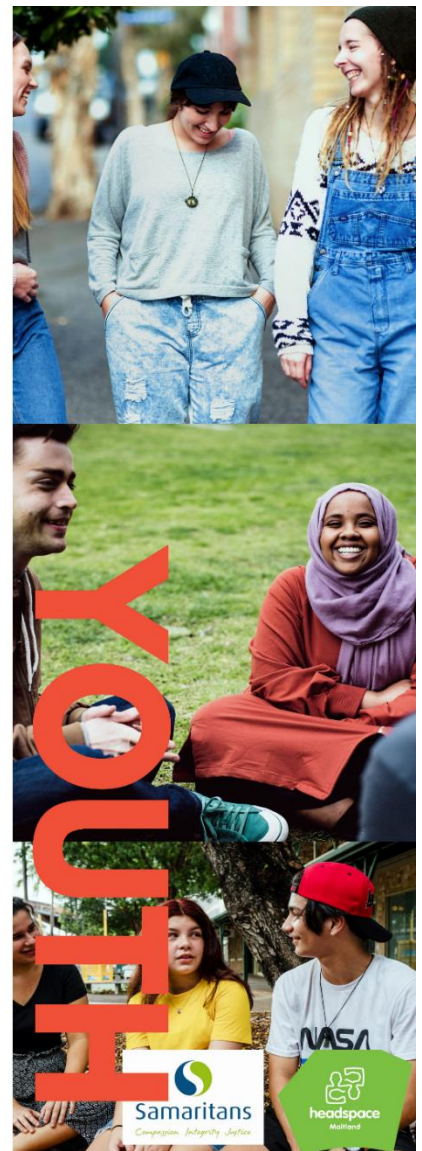
2-DAY YOUTH MENTAL HEALTH FIRST AID

Learn how to provide practice and evidence based mental health first aid to young people aged 12 to 18.

YOU'LL LEARN HOW TO:

- How to **recognize signs & symptoms** of mental health problems.
- Understand possible **causes & risk factors** of such mental health problems.
- Give appropriate **initial help** and support someone who is experiencing a mental health problem.
- Take appropriate action if a **crisis situation arises**, involving suicidal behaviour, panic attacks, overdose or threatening psychotic behavior.
- Awareness of the evidence based material, psychological and alternative **treatments** available.

WHEN: JULY 18 & 19, 9AM - 5PM
WHERE: BLOCK BB, KURRI KURRI TAFE, MCLEOD RD
COST: \$10 (RRP: \$250-\$350). LUNCH INCLUDED.
RSVP: ELIZABETH.MURPHY-MAY@SAMARITANS.ORG.AU
OR CALL 4931 1000



July 2019

DEALING WITH HSC STRESS

In the lead up to the HSC trials, **headspace** Maitland will be offering three free workshops for young people who may be feeling overwhelmed with the stress that comes with the exams. They'll learn some tips and tricks in getting through the exams, as well as understanding how a little bit of anxiety can be used as a tool to effective study!

16 July 10am-11.30pm

13 August 10am-11.30am

30 July 10am-11.30



Feeling nervous about the HSC trial exams?

We've got your back!

We're hosting workshops in the lead up to the HSC trials to help you with some of the stress and anxiety that you may be experiencing.

We'll show you some great ways to cope with that stress and anxiety, as well as sharing a few tips from some of our Youth Reference Group members who have completed the HSC – and survived!

Bring a mate along and let's get to it!

When

16th & 30th July and the 13th of August

2pm – 3.30pm

Where

headspace Maitland

Contact

headspacemaitland@samaritans.org.au or call 4931 1000

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

ReachOut - 7 tips to help with stress and anxiety

It's totally normal to feel stressed or anxious from time to time, but there's lots of things you can do to feel a bit better. If the stress or anxiety is starting to take a toll and you're looking for ways to deal with anxiety, consider talking to a mental health professional.

1. Talk to someone you trust about how you're feeling

Just talking to someone about how you feel can take a weight off your shoulders. Make sure you trust the person, then work out what you want to say to them. We've got four more steps for talking to someone you trust here.

2. Focus on the present

Have you ever noticed that feeling stressed or anxious often coincides with dwelling on the past or worrying about the future? Simply focusing your mind on the present moment can help you feel a little more relaxed. You might be surprised to know there's lots of ways to do this, even if you don't like meditating. Here's five simple ways to be more mindful. This can really help with dealing with stress and anxiety.

3. Take some time out

A fully packed schedule would make a lot of people feel stressed. Make sure you fit in at least one thing you enjoy each day, whether it's a hobby, a Netflix show, or a chat with a friend. It can also help if you schedule the enjoyable activity into your day, so that you don't feel guilty about not doing something else.

If you're feeling overwhelmed and wondering how to help stress and anxiety, don't be afraid to say 'no' to things that will just add to your stress. Read our guide to relaxation for more ideas.

4. Monitor your thoughts

Sometimes we don't even know what's making us stressed or anxious. Writing down your thoughts can help you figure out what the cause is. Once you've done that, you can work on challenging and changing your negative thoughts. You can use a diary to do this, or an app such as Mindshift.

5. Challenge your thoughts

If your head is full of negative thoughts, of course you're going to feel stressed or anxious. But even though our thoughts feel true, it doesn't mean they reflect what's really happening. Try writing down what you're thinking, then adding facts that support or disprove each thought. You might be surprised by how many of your thoughts are exaggerated or aren't reality. Read more about how to challenge negative thoughts here.

6. Move more, eat well, sleeeeeeep

It's pretty well known that exercise lowers stress, reduces anxiety and improves mood. And the good news is: you don't need to run a marathon to get the benefits. It takes just 30 minutes of exercise a day to make a difference. We've got some tips on how to exercise when you're not feeling motivated.

Diet and sleep are also really important for your wellbeing. A healthy diet will make you feel healthier and stronger and make you able to handle stress better, while enough sleep positively affects your mood and stress levels.

7. Face your fears

If you always avoid situations that make you anxious, this might be stopping you from doing things you want or need to do. It sounds weird, but facing the things that make you anxious can reduce your anxiety.

You can test whether the situation is as bad as you expect, and learn to manage your fears. It's best to do this with the help of a professional (such as a counsellor or psychologist), though, so that it doesn't get too full-on for you. They can help you with more tips to help with managing anxiety.

Information from ReachOut.com <https://au.reachout.com>



Bring a picnic, a blanket, and enjoy outdoor theatre at its best in the grounds of Nillo Infants School for a holiday treat with the family.

With Carey the Hairy as their teacher, class 6C get into 'co-curricular activities' like poetry and belly dancing, and they put on a concert that is the best night of their lives.

Funny, honest and full of likeable characters, this brand-new Australian play is perfect for the whole family.

Meet Billy the punk genius, J-man the rapper, Sophie the poet, Amita the soccer star, Jason the good kisser, Anna the dancing queen, Peter the boy with the talking bottom, Emily the ballerina, Alex the artist along with the rest of the crazy, singing, dancing and rapping class. And what a funny, unpredictable year - the year of Naked Bunyip Dancing - when the kids in Class 6C find out who they are, what they're good at, and how to put on a fantastic show.

Tickets: upstageyouththeatre.com.au

Barnardos Australia urgently needs short-term foster carers for local children in need.

We provide support, training and a generous tax free allowance of \$1050 per fortnight.

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**Barnardos
Australia**



HOW TO EMPATHIZE BETTER WITH YOUR CHILD

EileenKennedyMoore.com



THE GENTLE INQUIRY

"You seem [sad, grumpy, worried...]. What's going on?"
Use this phrase to open a conversation when you're sensing something is off with your child but you're not sure what.



THE LABEL AND ACKNOWLEDGE

"You're feeling [happy, guilty, sad...] because [event or circumstance]." This one is your go-to phrase. It labels your child's emotion and connects it to whatever is going on.



THE CAUTIOUS GUESS

"It sounds like you're feeling [angry, hurt, embarrassed...] about [circumstance]." With some children, it pays to be tentative when reflecting feelings. Saying, "It sounds like..." or "It seems like..." acknowledges that your child is the expert on his own emotions.



THE EXCLAMATION

"How [exciting, frustrating, disappointing...]!" This is a useful phrase for acknowledging intense emotions. Use your own tone of voice and body language to convey that you're aware of your child's emotion.



THE GENERAL PARAPHRASE

"It bothers you that [event or circumstance]." "It's hard for you when [event or circumstance]." These subtler ways of echoing your child's experience can help ease him or her into a conversation about a difficult topic.



THE IMPLIED IDEAL

"You wish..." This phrase steps beyond the current facts to speak to longing. It's a gentle way of acknowledging your child's hopes, intentions, or regrets.

SOURCE:

<https://www.psychologytoday.com/us/blog/growing-friendships/201806/what-say-empathize-better-your-child>

How to nurture a child's mental health



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Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|--|--|
|  laptops & tablets |  lessons & activities |
|  uniforms & shoes |  books & supplies |
|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact
your local Saver Plus Coordinator
1300 610 355

Phone or SMS
your name and postcode to 1300 610 355

Email
NewcastleSP@thesmithfamily.com.au

Online
saverplus.org.au
Find us on Facebook 



HAVE YOU FORGOTTEN TO NOTIFY THE SCHOOL ABOUT CHANGES TO YOUR INFORMATION?

- New mobile number - New home phone number - New work phone number
- Emergency contact person or number - Your name change - New carer (step-parent)
- Medical updates (Allergies, medications, injury risks)

Is there something we need to remove from our records such as an old home or mobile phone number or contact person? Some changes such as a new surname will require legal documents to be provided to the school before the change can be made.

We need to keep in touch with you for your child's education, comfort and safety.

Please contact the school by phone 49 342 066, fax 49 345 086, email maitgross-h.school@det.nsw.edu.au, or drop into the front office.

CHANGE OF DETAILS SLIP

STUDENT NAME.....YEAR.....

NEW ADDRESS.....P/C.....

MUM

NEW HOME PHONE.....NEW MOBILE NUMBER.....

NEW WORK NUMBER.....

DAD

NEW HOME PHONE.....NEW MOBILE NUMBER.....

NEW WORK NUMBER.....

NEW CARER INFORMATION

CARERS NAME.....

RELATIONSHIP TO STUDENT.....

HOME PHONE NUMBER.....MOBILE PHONE NUMBER.....

NEW EMERGENCY CONTACTS

NAME.....

RELATIONSHIP TO STUDENT.....

HOME PHONE NUMBER.....MOBILE PHONE NUMBER.....

NEW MEDICAL DETAILS

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