



# BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

Cooper Road, Birrong 2143 Telephone: 9644 5057

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## PRINCIPAL'S REPORT

Dear Parents and Carers,

I write this edition of the Birrong Bulletin Principal's Report, conscious that we are fast approaching the end of a term like no other, filled with tragedies and triumphs and all of the things life has in store for us in between.

As a school community, we have stood strong in the face of the tests placed before us. Our staff have worked tirelessly and with complete devotion to their students to make sure that learning and wellbeing was prioritised. Our students met us with their commitment and a new found appreciation for learning, school and their teachers. Our parents shouldered the responsibilities of keeping their children safe and supported during this long period of constriction and restriction.

There is no question that most of us have been suspended in a long term state of stress- unlike nothing we have experienced before. However, I only count most, because we do have members of our community who have lived and survived war-torn conditions and/or have a refugee/refugee like background. As the weeks passed, we were learning of COVID cases affecting our families daily and sadly during this time, a number of our school community have lost loved ones. We send our deepest condolences to all who have suffered grief and loss during this difficult time- whether it was as a result of COVID or not, the COVID context made farewelling and grieving even more difficult.

The term also contained many triumphs. Every day, our students continued on their rich learning journeys, many of them taking advantage of the new learning environment and working in partnership with their teachers to forge ahead with their skill development. Our teachers took every opportunity to innovate in order to engage students who found learning from home challenging. So many hours were invested in developing learning and teaching materials suitable for the online setting. These were incredible work hours, most teachers working well into the night and juggling the demands of their own families as everyone negotiated the challenges of long term lockdown.

Our Wellbeing Team, including our year advisers and counsellors, also had the added responsibility of monitoring and responding promptly to the

multitude of issues experienced by students and their families.

Our SASS staff, including our learning support officers, as usual, took on the barrage of calls and queries every day in addition to supporting the overall functioning of our school.

The Executive and Senior Executive managed the demands and needs of staff, students and parents, pulled in every direction in addition to their own teaching load.

Our Teacher and Year 12 Trivia Nights were a huge success and did much to boost morale and reconnect us with each other. Thank you to all involved, all who participated and especially to Ms Mezzino for hosting.

We have much to be thankful for and much to appreciate. I express my gratitude, appreciation and awe for the commitment, work ethic and passion in which BGHS staff have served their community. It is an honour and privilege to work alongside you and I know that our community recognises how special you are.

### Minister's Award for Excellence in Teaching

I would like to further honour both Kelly Andrews and Livia Bolanca for being recognised by the Minister of Education, both awarded the Minister's Award for Excellence in Teaching. Ms Andrews and Ms Bolanca are outstanding teachers, responsible for incredible student outcomes consistently over the past decade.

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The school's HSC English results have been celebrated repeatedly and have achieved much attention over the years- many schools making inquiries about our processes and pedagogy. They are most worthy recipients of this prestigious award and the entire BGHS community congratulates them as they continue to pursue student excellence and inspire all around them in doing so.

### **Make It Up Days**

We valued the Year Meetings conducted with our students across the term and in response to their feedback, we implemented the Make It Up Days. Students were provided with a day to focus on catching up on tasks and logging into class so teachers could provide them with support if required.

### **Year 12**

We are incredibly proud of our Year 12 students. They have faced the most adversity and have remained motivated and focused. They have worked hard and responded so well to the intensive feedback provided. Despite some tough conversations, they have responded maturely and this is going to pay off in the long run.

As a school, we modelled for the girls how important it is to push for better results and never to take the easy option- because this is the only way to succeed in the real world- the world they are about to join in a few months. Consequently, our decision to run the Trial HSC exams has been vindicated repeatedly. The full complement of HSC exams will run from November 9 and the Trial exams were important preparation for this. The new HSC timetable was released on the second last Friday of Term 3. It is full steam ahead and the girls are more prepared than most because they have experienced the demands of full blown exams and timed responses under pressure. We have spoken to our Year 12 students and stressed the importance of sustaining their focus and study. Momentum at this stage is so important. Following the holiday break, Year 12 students will have access to their teachers who are developing important revision and feedback sessions – what the students do in the last weeks can make a huge impact on their final ATAR. Please encourage your Year 12 daughters to sustain their working partnership with their teachers and not slacken off. It is the final stretch to the finish line!

We will be hosting an online graduation ceremony on the last day of term. Parents will be invited to attend. While we hope that we can still hold some celebrations for the Class of 2021 (even if it is in January), we could not let this milestone pass without acknowledgement now, even if it is not how we would have liked it to have been. Further information will be provided prior to the event.

### **Vaccinations and the road map back to school**

All teachers, school staff and DoE sanctioned personnel are required to be fully vaccinated to be onsite by November.

We recognise that within the community, there are a full spectrum of views. We also ask our community to consider the two following things:

1. Seek advice directly from known medical professionals about your concerns and queries.
2. Recognise that we are no longer in a pandemic. We are now endemic which means that once lockdown is over people who remain unvaccinated are completely unguarded from the potential short term and long term ravages of this insidious and infectious disease.

While there have been announcements about the return to school, the Canterbury-Bankstown LGA does not have a clear indication about the dates that will be relevant- time will drive such decision making. We urge all our families to prepare for lockdown post school holidays and sustain productive routines at home that include complete commitment to attending class. I have met with all our year groups and reiterated expectations that students must be in class and have their cameras turned on at all times with the blur feature on in the background. They must also be wearing their school shirt and school scarf where relevant. Students cannot attend class online unless they comply with these basic but important expectations.

These holidays will also be spent in lockdown and it is important that our community adheres to the lockdown laws and makes every effort to stay safe. While vaccination rates are rising and are very important, catching COVID is something everyone should try to prevent. There have been some students gloating about catching COVID and spreading it to others. This is disrespectful to those who have suffered, dangerous to those who have underlying health risks and dismissive of the long term impacts of COVID on individuals. Every one of us has responsibilities beyond the individual and their families- they have responsibilities for community and society. These are reflected in our school values.

We wish everyone a safe and restful break and look forward to reuniting with you next term.

Zena Dabaja  
**Principal**

## REPORT FROM THE DEPUTY PRINCIPALS



Every year we ask parents and carers to complete the 'Tell Them From Me – Partners in Learning Parent' survey. This survey asks questions about student wellbeing and engagement. The information provided by parents and carers helps us to understand more about your child's experience at school. You can help us to confirm our school's areas of strength as well as areas for us to focus on in the future. The survey is anonymous and only takes around 15 minutes to complete on a computer, tablet or smartphone. The parent survey asks a range of questions related to the following areas:

- feeling welcome
- being informed
- being supported with learning at home
- parents' participation at school
- how the school supports positive behaviour
- student safety
- inclusion
- how the school supports student learning.

Our school survey will be open from Monday 4 October to Friday 15 October 2021 (Weeks 1 and 2, Term 4). We will provide the link for the survey via text direct to you and also on our social media sites.

Year 12 students have completed their Trial examinations. It is very important for all of the girls to use the critical teacher feedback in preparation for their HSC examination next term. This is a time for Year 12 to modify their study habits and make the necessary changes as they travel towards the HSC. After all study notes are complete the girls should be engaging in past papers and send the completed questions to their teachers for feedback regarding content and writing style. Motivation will be the key and it is very important for the girls to keep their eye on the prize.

All Year 12 students must continue working until the end of Term 3 and all through the September/October school holidays in preparation for the HSC. Sustained dedication, time and effort towards examination preparation will lead to success.



Year 11 students have completed their Preliminary HSC final examinations. In Term 4 they will officially begin their HSC course of study. All Year 11 students need to ensure they understand the importance of this year and set up effective study habits that will ensure their success leading to their HSC exams in 2022. Year 11 students are also in the process of electing the Prefect body that will lead our school from Term 4 this year and into 2022. All Prefects must demonstrate the core Values of our school and follow our Code of Behaviour. Year 11 PDHPE and SLR students First Aid course to gain their First Aid credential will occur later in Term 4. The First Aid training is a valuable life skill that also sets them up when seeking part time employment.

Year 10 students have completed round 1 of the Year 11 subject selection process for 2022. They should be preparing for their Year 10 final exams which will be held mid Term 4. Year 10 students are expected to keep working at a consistent pace for the remainder of the year, making sure they complete all class and assessment tasks to a high standard to ensure no warning letters are sent home.

Year 9 students, like all others, are continuing with remote learning. Most of our students have shown considerable resilience during this difficult time by logging into their Google classrooms and joining Zoom lessons or working from the booklets we have sent to their homes. We encourage all Year 9 students to continue to join in with their teachers and classmates as often as possible. Parents and carers can help to maintain good routines by encouraging students to be prepared for lessons each day by getting dressed, eating breakfast and brushing their teeth every morning; as well as leaving their workspaces and computers during break times throughout the day.

Year 8 students are also learning by either joining online lessons or completing work in booklets sent home. Students are encouraged to ensure they continue to follow their normal school timetable of lessons and work for the full hour we have allocated for our current periods. Parents and carers can help by talking to their children about what they are doing throughout the school day and encouraging students to maintain the high standards of work they established at school throughout the first half of the school year. Importantly, Year 8 students have begun the process of selecting their two elective subjects for Year 9 and Year 10. Our elective program provides students with the opportunity to supplement their mandatory courses of study with courses in which they have a particular interest. All Year 8 students are encouraged to ensure they complete and submit documentation by the dates identified by Ms George and their Year Advisers.

Year 7 students are showing great resilience in learning from home and are enthusiastically engaged in online lessons or in hard copy booklets at home. We encourage families to continue maintaining healthy habits and schedules each day. This includes waking up at a normal time each day, following lessons as per their timetable, but making sure there are regular breaks during the day. Make sure you take advantage of the good weather to get back into the backyard and do some exercise, and also do lots of physical tasks during the day to get your steps up. Practise your GEM skills (Gratitude, Empathy and Mindfulness) everyday and know that we are thinking of you every day.

Ms George, Ms Andrews and Ms Cross  
**Deputy Principals**

### STUDENT OF THE MONTH AWARDS



Congratulations to Sidra Abdullah of Year 12 who has been awarded the Student of the Month Award for May 2021. She has demonstrated strong citizenship and commitment to the school community. Sidra has shown persistence toward improved

academic achievement and has a mature and positive attitude to her studies.

Sidra has demonstrated dedication and initiative as a member of the prefect body where she has participated in various fundraising events for worthy causes, including the MAD for Homelessness initiative where she volunteered her time to distribute essential packs to the homeless. She has also volunteered her time for the Zonta birthing kits assembly project. Sidra has been a supportive and encouraging peer reading tutor, assisting a Year 7 student with her literacy development over the whole year. She has been successful in the ABCN Scholarship Program gaining effective goal setting and learning skills. Sidra is involved in the U@Uni Academy program which provided her the opportunity to visit the UTS campus to participate in various practical workshops in the field of science.

To unwind, Sidra enjoys listening to music, doodling, watching cooking shows and she likes to bake and cook too.

Her future goal is to attend university to attain a degree in medical science and with the view to pursue a career as a pharmacist or another medical science related career. Sidra aspires to become a pharmacologist to create new and effective medicines to treat diseases and to be active in charities that support community health education. She hopes to be able to travel widely

across many countries to experience diverse cultures.



Congratulations to Daliya El Helou of Year 11 who has been awarded the Student of the Month Award for June 2021. She has demonstrated leadership, initiative and responsibility to the school community. She has a mature and persistent

approach and displays strong citizenship. Daliya is an outstanding role model to her peers.

Daliya has carried out exceptional school service through her active involvement and dedication in various programs and teams. She has been an active and dedicated member of the School Representative Council and the Amnesty International team over the past 5 years and the Environmental and Debating teams for 3 years. Her support of peers has been highlighted through her caring and supportive role as a Peer Support Leader to Year 7 students throughout Term 1. Her school commitment and leadership have been acknowledged and celebrated through her Zonta Citizenship, the Canterbury Bankstown All Rounder and the Canterbury Bankstown Finalist for Leadership awards in 2020. She has dedicated her time in personal fundraising efforts in the Ration Challenge and the MS 50k May Challenge. Daliya has also excelled in the field of sport achieving Age Champion for swimming, cross country and athletics for 5 consecutive years and she has competed at state level in swimming.

Out of school, Daliya embraces projects focusing on the betterment of our community by volunteering time to programs that support mental health and victims of domestic violence, such as Generation Grit, Lighthouse Volunteer and Mental Health First Aid. To maintain good well-being, Daliya participates in swimming and soccer outside of school.

Her future goal is to attend university to attain a degree in the field of medicine so as to pursue a career that will lead to a prominent change in our community and to specialise in cardiology and cardiovascular disease. Daliya aspires to volunteer at homeless shelters and to establish a not-for-profit organisation to advocate for mental health initiatives. Daliya hopes to travel around the world in the future and would like to visit Norway, the United Kingdom and the Americas.

Ms Salvagio  
**Head Teacher Female Students**

## PREFECTS' MESSAGE



Ms Boyle (pictured top centre) with some of the Prefects meeting during Remote Learning

Lockdown is a stressful time for all.

When Greater Sydney schools first shifted to online learning in 2021, many students, parents, and teachers were caught off-guard. They didn't know what to expect or how long it would last. But it's safe to say most families didn't anticipate it would last *this* long.

So how do you get yourself excited for online learning and an extended lockdown?

- **Offline and outside:** Although we've got to spend a significant amount of time inside during lockdown, this is often not only bad for your physical health but your mental health too. Take time to get out of your house, whether you go for a walk around the block or go to your nearest park, spending time outside can often give you the energy that you need to get things done when you get home. Going outside into nature also helps to reduce your body's production of the stress hormone and to improve your overall mood. Moreover, when you do go for your daily walk, it may be a good idea to take some time away from social media. It's easy to feel immersed into Instagram, Facebook or Twitter so taking some time away can help you to relax and recalibrate.
- **GEM: Gratitude** - being appreciative of the things we have right now and not worrying about what we don't have or what we cannot control. Being grateful for having a shelter over our head, having family/carers around us, and friends that can be contacted. **Empathy** - putting yourself in the shoes of others, and understanding that some people will have more struggles than others, we need to make sure we check up on the people around us and allow them to express their true feelings in order to release tension and stress, and let them know that they are cared for in this tough time. **Mindfulness** - mindfulness activities help us to be present in the

moment and often create a feeling of calm. We practice this through slowing down and concentrating on one thing at a time. This includes meditation, colouring in and flow states.

- **Be kind to yourself!**: Lockdown is stressful and it's normal to be affected. Productivity and motivation will drop in difficult circumstances. Instead of beating yourself up, ask yourself what you would say to a friend in this situation. Then practice saying that to yourself. We must be a friend to ourselves during external and internal tribulations.
- **Look after your brain and body:** It's important to get a good night's sleep. Try going to bed early and getting up at the same time every day. Take regular breaks to get outside and get moving, even if it's just stretching.
- **Reach out and connect:** It's normal to feel overwhelmed, but the best thing to do is reach out. It doesn't have to be a counsellor – just talking to a friend or trusted family member can help you know you're not alone. Birrong Girls has your back with trusted teachers and counsellors that are expert at helping.
- **Make jokes:** "they said a mask and gloves were enough to go to the grocery store...they lied everyone else had clothes on!", "I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it!", "So many coronavirus jokes out there, it's a pandemic!"...okay make better jokes than these.

Birrong is a strong community and we WILL persevere in this stressful time. Remember, we all must worry about what we CAN control rather than what we CAN'T. We miss everyone and it's crucial that we connect with each other online to maintain safety for ourselves and the community. Use this lockdown as an opportunity to study hard and focus on your mental health and mindfulness. Remember to be kind to your body and give your eyes a rest from the screen.

**By: The Prefect Body**

## PDHPE NEWS



**The PDHPE faculty**

The PDHPE faculty have been motivating students and encouraging students to stay active throughout lockdown. Many students have developed their own games that they are able to play at home with the limited equipment and space they have available. The key message for lockdown is to **KEEP MOVING**, as it has a significant impact on not only physical health, but also our mental, emotional, social and spiritual health.

The PDHPE faculty have created a video to showcase the fantastic learning Birrong Girls have been doing in PDHPE as a part of Health & Physical Education (HPE) Day. HPE Day is a nationwide initiative from ACHPER that highlights the importance of HPE in the Australian Curriculum, and its influence on the learning and development of children. You can find the video on the school media and web pages.

Australian school children rank among the worst in the world when it comes to their physical activity levels. The theme of HPE day is *Good for Children, Good for Schools and Good for Communities* and in 2021 HPE day will be celebrated on Wednesday 1 September 2021! Students at Birrong Girls High School have been keeping active in lockdown in a range of creative ways! #HPEDay

Ms Boyle

**Relieving Head Teacher PDHPE**

**R U OK? DAY 2021**  
**THURSDAY 9 SEPTEMBER 2021**



R U OK? Is a harm prevention charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. They encourage people to invest more time into their personal relationships and build the capacity of their informal support networks – family and friends.

R U OK? Day will be held on Thursday 9 September and encourages people to have a conversation with their family and friends if they identify signs of distress or difficulty, and enable connections to appropriate support, long before they reach crisis point.

We encourage ALL staff and students at Birrong Girls to wear a touch of yellow on Thursday 9 September, and to reach out and ask R U OK? Young people cannot be expected to fix someone's problems, nor know the best way to help and support. However, they can listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend. By promoting an environment of positive peer support and accessing support channels via an adult, young people can learn that asking, "Are you OK?" is a key life skill.

R U OK? has 4 Conversation Steps to help navigate a conversation when someone says, "No, I'm not OK".

These steps are:

- 1 Ask
- 2 Listen
- 3 Encourage action
- 4 Check in

## FROM THE ONLINE ENGLISH ROOMS

In this bulletin our focus has been to highlight moments that our faculty members have found heartening. We hope you enjoy them as much as we have. What is one thing you appreciate about the last few weeks?

Ms Sayed: "One thing I appreciate about the last few weeks is facetimeing my 1-year old niece, Aleena."



Ms Bolanca: "One thing I appreciate about the last few weeks is learning how to bake bread."



Ms Caravas: "One thing I appreciate about the last few weeks is my beautiful environment."



Ms Legg: "I am grateful for opportunities to slow down and take time to appreciate the late afternoon sunlight."



## CAPA REPORT

### 7VA7 - If I were Prime Minister:

At the start of Term 3, 7VA7 were challenged to consider what they would do if they were the Prime Minister of Australia. Year 7 created posters and wrote paragraphs explaining what they would do to make Australia a better place to live. Here are some of their ideas.

"As Prime Minister I would stop animal testing. More than 100 million animals die from getting tested. As an animal lover, I hate to hear that these animals are dying because of testing. I think animal testing should be illegal, put yourself in the animals' shoes even though animals don't wear shoes, how would you feel if someone had to test you? So as Prime Minister I would stop animal testing. Who's with me?"

I think Australia would be a better place if we stop animal testing because animals need to be free like us humans. Australia will be an animal free testing environment and it will make animals live in a good place and not be harmed. I will do everything in my power to bring a law and help against testing on animals. Animals have rights too!"

By: Layell Mattar

"If I were Prime Minister, I would think of a plan B to stop a second lockdown a year after the first one. This would stop people losing their jobs, being able to still go to school and just let you be free. I think if I were Prime Minister, I could stop all of these bad things that have happened and are happening. This lockdown hurts many people, not only on the outside but mainly on the inside. Lockdown is affecting mental health, not being able to go anywhere except basically only a local supermarket is hard for some people. Having to wear masks and seeing the shops empty is sometimes scary and it makes people think that it's coming to the end of the world and that is not a nice feeling, believe me."

By: Analise Micallef

"I chose three topics to talk about on my poster. I think having a four-day work week means that I can spend more time with my parents on weekends. Plus, I don't like school uniforms, so I chose no uniforms and only coloured clothes. This might

make students happier. And free food and rooms for homeless people because if I am cold at night, people sleeping outside would be a lot colder and nobody should sleep on the side of the street being not safe. These topics are important to me because every Australian deserves to live a stress-free life and get the help they need.”

By: Sienna Moffett

“If I were Prime Minister, I would give everyone a cat. I want to do this because I want to see people smiling and I also want everyone to have a friend and someone to talk to. Time spent with cats is never wasted.”

By: Maria Alhashimi

**Term 3 Report - Elective Photography:**

Inspired by the British artist David Hockney, this term the students of Year 9 Photography have been given many welcome opportunities to step out into the sunshine in order to capture then compose a series of iPhone camera photographs into a photographic collage. Encouraged to use a variety of camera angles and filters as well as B&W shots in their final unique and ‘remote’ production, the task was as challenging as it was individually interpretative.



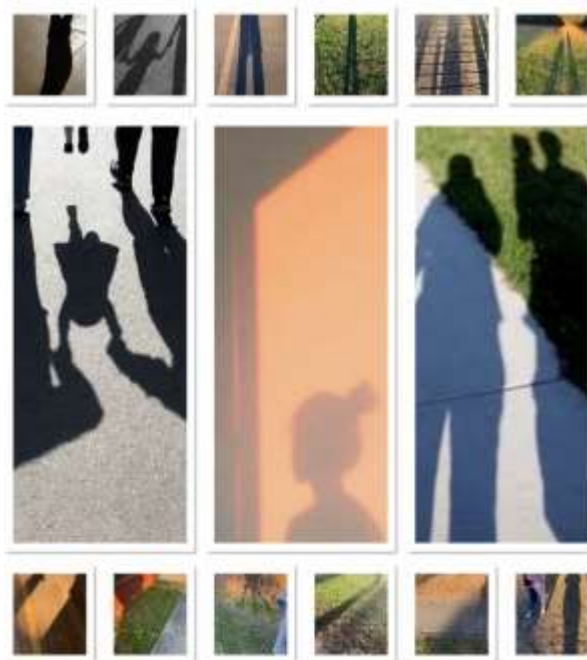
*Nastaran Mohammadi (Year 9)*



*Eman Kassem (Year 9)*

Year 10 Photography continues their off-campus short film making immersion, focusing on the Elements of Design and editing in MS PowerPoint, with the finest of the 3-minute video-audio productions to be displayed on the school website.

Year 11 PVDI continues to study hard toward their Yearly Examination while our graduating Year 12 PVDI students Hibo Muhumad and Maha Sabbagh will undoubtedly carry many fond memories of their unique and creative experiences in the photo studio and behind the DSLR camera lens. Good luck girls...we'll miss you both!



*Mah Noor (Year 11)*





*Hibo Muhamad (Year 12)*

### LIBRARY NEWS

CBCA 2021 Book of the Year award winners were announced on Friday 20 August.  
 Older Readers Book of the Year is *The End of the World is Bigger than Love* by Davina Bell.  
 Younger Readers Book of the Year is *Aster's Good, Right Things* by Kate Gordon.



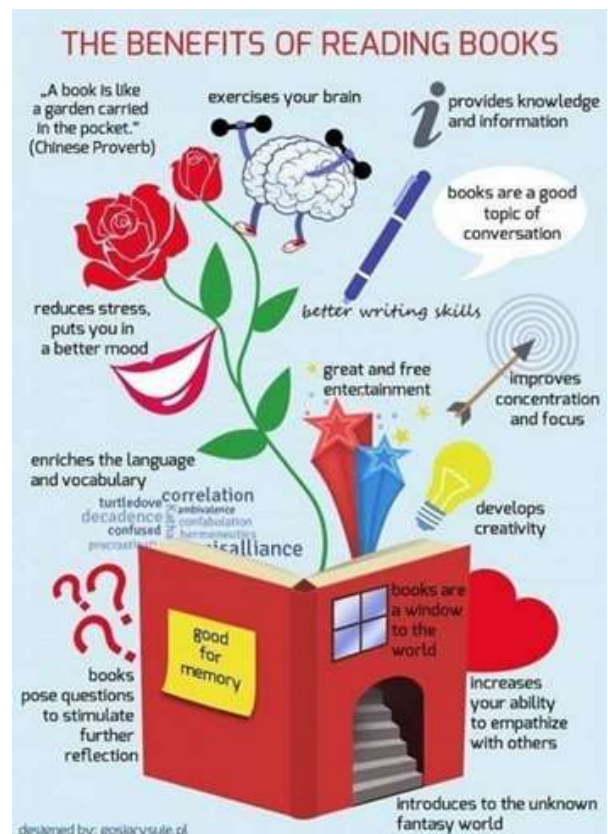
Book Week Competition prize giving day will be held when we return to school.



We have received some spectacular entries but there are still more prizes than entries so it is not too late to send a text file or a photo to [victor.davidson@det.nsw.edu.au](mailto:victor.davidson@det.nsw.edu.au)



The Premier's Reading Challenge deadline has been extended until Friday 17 September 2021. There has been an adjustment to the PRC rules. Students are now able to include up to **10 Choice Books** on their reading records. All students are able to include books on their reading records that they read collaboratively as a class, in person or online with their teacher or at home with their parents/carers. If you need help with adding Choice Books please email: [victor.davidson@det.nsw.edu.au](mailto:victor.davidson@det.nsw.edu.au)



Do you need access to books to read whilst learning at home? Many public libraries offer access to ebooks whilst access to their physical collection is limited. Alternatively you can find free ebooks for children at <https://www.gutenberg.org/ebooks/bookshelf/20>

Mr Davidson  
Teacher Librarian

### PEPPERCORNS POEMS

#### The First Shoe

The first shoe

That first step.  
That first shoe.  
That video recording your mother took.  
It began a new beginning.

It led us to explore.  
Reach new heights.  
To finally get up to the couch by ourselves.  
And finally, it led us to run.

And we jumped.  
We backflipped.  
We somersaulted.  
and swam.

We hit the ground hard  
We got wounds from head to toe  
We slipped  
And we cried.

And all this from that one step.  
We did fall. But we got back up.  
And this won't stop here  
but begin, as we write our first word.

**By: Fathima Shukry, 7B**

#### Changes

Change is a fear,  
Change is a challenge,  
Change is always drops of tears,  
Change is a plunge.

Change needs no consent,  
Change comes but never goes,  
Change feels no need to repent,  
Change is our adversary.

Change changes you,  
Shows you what you can do  
And shows the real you  
Change will not stop until you do.

**By: Fathima Shukry, 7B**

#### BIRRONG GIRLS HIGH SCHOOL CALENDAR

##### September:

Friday, 17<sup>th</sup>

- Last day of Term 3
- Online Year 12 Graduation Ceremony, 10am

Enjoy the School Holidays!

##### October:

Monday, 4<sup>th</sup>

- Labour Day Public Holiday



#### BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

Parents are invited to the  
**P & C MEETING**  
on Wednesday 3 November 2021  
at 6pm

# 5 REMOTE LEARNING TIPS FOR PARENTS

#4OCF



**Build a Routine.** Try to use the same quiet spot each day. Try to be consistent in time and structure.



**Don't Worry About Finishing Everything.** Learning at home will look different than learning at school. Don't expect that students will finish everything. Don't think you have to.



**Pace Yourself.** Let students work at their own pace. And let them work at **YOUR** pace. Don't try to accomplish everything in one day. Give yourselves the gift of time!



**Take a Break.** When necessary, stop. Don't allow a learning session to turn into a struggle. Let your student take a break if needed. Or take a break if you need it!



**Enjoy THIS time TOGETHER!** This time is unique in history. You didn't plan on being home with your child, make the most of it. Go for a walk. Bake a cake. Take a bike ride. Enjoy the time TOGETHER!

**DO WHAT YOU CAN. PERIOD.**  
DOING THIS MAY BE YOUR BEST. THAT'S OK.

**THIS TIME PERIOD IS JUST a TINY PERCENT of YOUR CHILD'S OVERALL SCHOOL CAREER.**

**1 Model** How to FACE ADVERSITY  
COURAGE  
SELF-CARE  
COMPASSION  
MOST VALUABLE ACTION  
THIS FIRST! Then... ↓  
We see you

**2 ENCOURAGE** a SCHEDULE WITH SET TIMES EACH DAY  
★ ROUTINE IS KEY ★

**3 TRY TO DETERMINE** a SET PLACE in the HOME for WORK

**4 ask KIDS SPECIFICALLY** ABOUT WHAT THEY LEARNED  
3 MOST IMPORTANT THINGS I  
1 THING YOU LEARNED IN... ?  
SHOW ME

**5 Great TIPS** even when NOT in a CRISIS  
**6 read** WITH YOUR CHILDREN in any LANGUAGE  
online  
print

**6 Tell FAMILY** STORIES  
↑ IDENTITY  
↑ SELF-ESTEEM  
DOCUMENT THEM

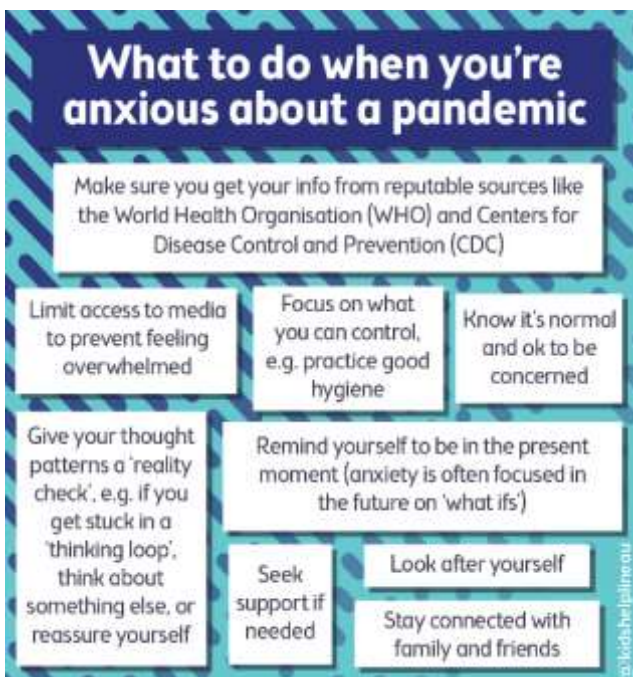
**7 WRITE ABOUT WHAT** YOU'RE GOING THROUGH.  
see THINK FEEL WISH MISS  
any language

WENDI PILLARS @ WENDI322

## MENTAL HEALTH RESOURCES, STRATEGIES & SUPPORT SERVICES:

### Coping strategies to consider when times are tough:

- ✓ Create a routine and plan your day around your routine
- ✓ Try to wake up at a decent hour each morning and try not to sleep too late each night. Having a good sleep routine is important for your physical and mental health, and will make coming to school easier when it resumes.
- ✓ Ensure you are eating a good diet and aiming for 30-60 minutes of exercise each day.



- ✓ Do things you have done in the past to help manage challenge and stress; reflect on your own coping strategies and write them down
- ✓ Find ways to relax, spend 10 minutes a day breathing slowly and calmly or trying one of the apps below.
- ✓ Limit exposure to information from social media and the news. Source positive news pages and uplifting news stories instead.
- ✓ Talk with a trusted adult or support person listed below.
- ✓ Scheduling activities that you enjoy can be helpful for maintaining your mood.

**Circle/Highlight activities you might like to do or try during this time:**

|   |  |                        |   |  |   |                                  |
|---|--|------------------------|---|--|---|----------------------------------|
| Read a new book or an old book you previously enjoyed | Write a story or Journal entry             | Do drawings or artwork | Go for a walk/or fitness at home                      | Talk to a friend and design a study plan | Listen to music which makes you feel good | Design a workout program at home |
| Go for a run/or exercise to a fitness video           | Watch a movie                              | Design a board game    | Practice your sport skills outside if you have a yard | Learn a new language online              | Learn to cook something new               | Try and make up a new dance      |
| Watch your favourite series                           | Research a new topic that interests you    | Re-arrange your room   | Do a crossword or jigsaw puzzle                       | Try mindful colouring in of pictures     | Declutter your bedroom and work station   | Colour coordinate your wardrobe  |
| Play board games                                      | Play with your pet or teach it a new trick | Learn a new song       | Write a list of good memories                         | Write a song, a play, a novel            | Keep a journal                            | Write a letter to future self    |

**Free apps that may also help:**

**Calm Harm**



Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks and it is a completely private app which is password protected.

**Clear Fear**



The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

**ReachOut Worry Time**



Reach Out WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and you can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.

**Smiling Mind**



Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

## WellMind











WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

| Worries/Anxiety  |  |   |
|--|--|---|
| <p><b>Niggle</b></p>  <p>niggle</p> | <p>What is a niggle? A niggle is a feeling that won't go away. It grows and grows and has a life of its own. When you have a niggle, it can be a challenge. But you don't have to do it alone.....<br/>Niggle is the app that allows you to capture your niggles and do something about them!</p>  |    |
| <p><b>Happify</b></p>               | <p>Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges.</p>  |    |
| <p><b>Headgear</b></p>              | <p>HeadGear is a free, easy-to-use smartphone app that guides you through a 30-day mental fitness challenge designed to build resilience and wellbeing and prevent things like depression and anxiety.<br/>Based on techniques scientifically proven to build good mental health, it features a range of simple engaging daily activities to help reduce and manage stress, improve sleep, connect better with friends and deal with difficult situations.</p> |    |
| <p><b>Whats up?</b></p>           | <p>What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought tracking diary and helpful techniques to manage your feelings.</p>  |  |
| <p><b>WorryTime</b></p>           | <p>Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life.<br/>ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.</p>  |  |

| <p><b>SAM</b></p>                | <p>SAM provides a range of self-help techniques organised into several main well-being themes, together with tools for recording and monitoring changes in your well-being. The social cloud feature allows users to give and receive support from others. We ask you to be non-judgemental and sensitive in your interactions with other users.</p>  |    |
|---|---|---|
| Substance use/Addictions  |   |   |
| <p><b>Ray's night out</b></p>    | <p>Ray's Night Out is an app designed to help young people learn safe drinking strategies and important facts about alcohol. Users of 'Ray's Night Out' take Ray the panda for a night out, buying drinks and food, dancing and playing bar trivia. Users collect good vibe points to unlock rewards and take selfies with Ray while taking care that he doesn't cross his 'stupid line' for drinking – the point where a good night out turns bad.<br/><b>Ages 15 to 25</b><br/><b>iPhone only</b></p> |    |
| <p><b>I am Sober</b></p>         | <p>I am Sober is an addiction buddy useful for quitting any activity or substance. With daily tracking, advice and quotes from other users, this app is focused around creating motivation and support while trying to quit.</p>  |    |
| Relationships   |   |   |
| <p><b>Breakup Shakeup</b></p>  | <p>Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark? Breakup Shakeup can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best thing you can do to start feeling happier and stronger again.<br/><b>iPhone only</b></p>  |  |
| <p><b>Love Smart</b></p>       | <p>LoveSmart provides you with scores and information on the health of your relationships. It focuses on key relationships factors such as friendship, communication, conflict and sensitivity. It gives you insights for improvements.<br/><b>iPhone only</b></p>  |  |

| Resilience  |   |   |
|---|---|---|
| <p><b>SuperBetter</b></p>      | <p>SuperBetter is a tool created by game designers to help you build resilience and get stronger, happier and healthier. Choose from over 25 power packs or design your own adventure for any area of life where you want to feel better.</p> <p>Each activity uses gaming techniques to help you tackle a tough challenge, change what isn't working and reach your goals. You can get support and help others while having fun.</p>   |      |
| Goal setting and motivation   |   |   |
| <p><b>WOOP</b></p>             | <p>WOOP is a practical, evidence-based mental strategy that you can use to find and fulfill your wishes and change your habits. The app guides you through the four steps of WOOP (Wish, Outcome, Obstacle, Plan) and allows you to save as many WOOPs as you like!</p>   |      |
| Study and organisation  |   |   |
| <p><b>My Study Life</b></p>    | <p>My Study Life is a cross-platform planner for students, teachers and lecturers designed to make your study life easier to manage. My Study Life allows you to store your classes, homework and exams in the cloud making it available on any device, wherever you are.</p> <p>My Study Life seamlessly syncs your data between devices, allowing you to use the app even when offline. You can add a task on the move from your phone or tablet and it will be instantly available on the web app.</p> |      |
| For Aboriginal and Torres Strait Islander People  |   |   |
| <p><b>iBobbly</b></p>         | <p>A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over.</p> <p>Completely private and confidential, it helps by showing you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.</p>   |     |
| <p><b>Mood mission</b></p>     | <p>MoodMission helps you learn new and better ways of coping with low moods and anxiety. Tell MoodMission how you're feeling and it will give you a tailored list of 5 Missions that can help you feel better. Missions are activities and mental health strategies that are quick, easily achievable, and backed up by scientific evidence.</p> <p><b>Cost \$7.99</b><br/><b>iPhone only</b></p>   |    |
| <p><b>MoodKit</b></p>          | <p>Moodkit is designed to improve your mood and overall wellbeing. Developed by two clinical psychologists, it offers more than 200 activities tailored to your goals.</p> <p><b>Cost \$7.99</b><br/><b>iPhone only</b></p>   |    |
| <p><b>Your Crew</b></p>        | <p>YourCrew is a reflective, interactive and fun way to prevent small issues from becoming big ones. YourCrew connects people seeking help to those they know and trust. Feel secure that your Crew have your back, share your feelings with your Crew or write in your private diary.</p>  |    |
| Mindfulness and Meditation  |   |   |
| <p><b>Smiling Mind</b></p>     | <p>Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.</p>   |    |
| <p><b>Headspace</b></p>        | <p>Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track your stats and reminders to help you with your practice.</p> <p><b>Subscription fee may apply after the 10-day free trial.</b></p>   |    |
| <p><b>Breathe2Relax</b></p>  | <p>Breathe2Relax provides instructions for deep breathing exercises that can help reduce stress. Deep breathing has been shown to improve mood and deal with anger and anxiety. It can be used wherever you are, as a standalone tool or combined with other therapies.</p>   |  |

| Name  | About  | Phone  | Online   |
|---|--|--|--|
|  <b>Kids Help Line</b>       | For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.                            | 1800 55 1800<br>24/7   | Webchat 24/7<br><a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a>  |
|  <b>Lifeline</b>             | For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.  | CALL: 13 11 14<br>24/7<br>TEXT: 0477 131114<br>6:00PM - Midnight | Crisis Support Chat 7:00PM – Midnight<br><a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a> |
|  <b>Beyond Blue</b>          | Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.               | 1300 22 4636<br>24/7   | Chat Online<br>3:00PM - Midnight<br><a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a>  |
|  <b>SANE Australia</b>       | SANE Australia supports people living with complex mental health issues and the people that care about them  | 1800 187 263<br>10:00AM – 10:00PM                                | Webchat<br>10:00 AM – 10:00 PM<br><a href="https://www.sane.org/about-sane">https://www.sane.org/about-sane</a>  |
|  <b>Headspace</b>           | headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.   | N/A  | Group Chat 24/7<br>1 on 1 Chat<br>9AM - 1AM<br><a href="https://headspace.org.au/eh/headspace/">https://headspace.org.au/eh/headspace/</a>   |
|  <b>QLife</b>              | QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships           | 1800 184 527<br>3PM - Midnight                                   | Webchat<br>3PM – Midnight<br><a href="https://www qlife.org.au/resources/chat">https://www qlife.org.au/resources/chat</a>   |
|  <b>1800RESPECT</b>        | Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse                   | 1800 737 732<br>24/7<br>Interpreter: 13 14 50                    | Online Chat 24/7<br><a href="https://chat.1800respect.org.au/#/welcome">https://chat.1800respect.org.au/#/welcome</a>  |
|  <b>Mental Health Line</b> | A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people | 1800 011 511<br>24/7   | <a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a>                          |

**If you need to talk to someone, you can contact:**

**IF IN IMMEDIATE DANGER, CALL 000**

**SCHOOL COUNSELLING SERVICE:**

Complete the online self-referral form below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=muagBYpBwUecJZOHJhv5kepLPWb6tj1liWe3JXqiycdUNVpFUIFKUKILRDNUU1DT0kxUUJaVjg1NC4u>

The school counsellor will receive an email notification of your referral and will contact you by phone or email to confirm your appointment.





**Stay Safe**

**Stay Connected**

We want to share what great work our communities are doing to stay safe.

Join our Stay Safe, Stay Connected campaign to hear what others are doing to get through lockdown.

Get weekly:

- Challenges to do on your own or as a family;
- Health and wellbeing tips;
- Important COVID-19 updates; and
- Chances to win prizes.

To sign up, scan the QR Code  
or visit [cb.city/SafeAndConnected](https://cb.city/SafeAndConnected)



# CBCITY COMMUNITY SAFETY

## Campaign 27 Sep - 9 Oct

Learn practical ways and helpful tips to stay safe in CBCity. Join us online for two weeks of workshops, covering topics including:

- Scam and fraud awareness
- Self-care and wellbeing
- Cyber safety
- Healthy relationships
- Domestic and family violence
- Fire safety
- Pool and ocean safety
- Personal safety
- Prevention of abuse
- Storms and flooding

Prizes to be won!

For more information, visit  
[cb.city/SafetyCampaign](https://cb.city/SafetyCampaign)

