



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

Cooper Road, Birrong 2143 Telephone: 9644 5057

Issue No. 1

February 2023

PRINCIPAL'S REPORT

Dear BGHS Community,

We extend the warmest of welcomes to our Birrong community as we have commenced the 2023 educational calendar. It has only been four weeks and we have been immersed in rich learning experiences in and out of the classrooms. Each day, as I drive to and from school, I am filled with reflections about the days and weeks ahead and I am pleased to say there is no shortage of excitement about what lies in store for our students. Our teachers prepare what can only be described as strategically crafted lessons, modules and assessment tasks as well as engaging in whole school, network-based and state-wide professional learning.

Year 7 engaged successfully in their orientation and are navigating high school life as well as can be expected, considering the expanse of our school grounds. They continue to participate in peer support and are a lovely group of students.

We conducted year group meetings and outlined core expectations in addition to timetables and stage specific planning and guidelines.

Senior Learning Centre

The Senior Learning Centre has been in full swing and we are very pleased with the productivity level and commitment that Year 12 have demonstrated so far. We encourage our students to continue applying themselves. While too many students are relying on early entry offers, I remind all students that the real prize lies in the high number of scholarships and bursaries on offer and these are often secured when students can demonstrate consistent results and strong performances in their subjects. Remember, nothing trumps hard work and we are here to help you.

Year 7 Welcome BBQ

We look forward to seeing all our Year 7 parents on Monday afternoon for our annual welcome BBQ. There will be an opportunity to meet the teachers and get a chance to discuss how your child has settled into high school as well as ask any questions you may have. There will also be an information session about NAPLAN run by Ms Blue, the Year 7 DP in the Common Room before the BBQ if you are able to make it! We hope to see you there!

Student safety, uniform and school rules

A note about rules in general.

Running a site that is responsible for the safety and security of almost a thousand individuals is a weighty responsibility. As parents and guardians, your children are the most precious things in your lives so I know you understand this. Sometimes, as members of the community, you may not see the immediate reason for rules, you may have different opinions about rules or think things can be done in a different way. However, logistically, securing the safety for a thousand is different than it is for one or five or even twenty.

There have been some preliminary announcements with some year groups and on Monday, a whole school presentation will be held about safety with relation to uniform. We have consulted with Grand Mufti, Dr Abu Mohamed to ensure that the safety measure we are putting in place regarding our uniform scarf is in keeping with appropriate Islamic dress. Our expectation is that headscarves are fastened and secured with a pin so that no extended length of fabric is hanging at the back or front. It must not be pinned to the school shirt. Students may tuck their scarf under their shirt but this is not in place of pinning. It is only mandated that scarves be tucked into shirts during Hospitality, PDHPE and Science. Unfortunately, information by some students to their parents has not been relayed accurately.

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In the interests of hygiene and safety, students should have their hair tied back when engaging in all practical lessons.

We remind all students that there is no make up to be worn at school.

Jewellery: Only plain stud or sleeper earrings. Plain short necklace. One plain bracelet only.

School shirts must be worn under jumpers at all times.

Senior school contract

The senior school contract is an articulation of school expectations, accountability and consequences. They are in keeping with post compulsory education requirements. I invite parents who are unclear about these expectations to read the contract, make an appointment to see me to discuss them and to attend the welcome to Stage 6 meeting scheduled for March 3.

The first of many constructions and Community Consultation on February 28

After what seems like forever, construction on our security fence is commencing and should be completed in a fortnight. We have been assured that the construction will not impact on the entry and exit of staff and students, however, we urge all community members to take care at all times and consider their movements along Cooper Road at all times of the day.

A Community Consultation Meeting will be held in the school hall on February 28 from 3pm to 6:30pm regarding our school upgrade. The school upgrade includes a new three level building on Cooper Road and full scale Gymnasium/Hall and Materials Learning Unit.

Additional refurbishment work in 2023

Following delays caused by COVID, school funded refurbishment works will now proceed, including a covered outdoor double courts area, the quadrangle and Tumbalong playground area, senior outdoor area, building a metals shed, customizing a specialised food and beverage kitchen and refurbishing the library and senior learning centre. We have been waiting for these improvements for a very long time- we ask our community to be patient and understanding- just as if they were undertaking their own home renovation- it will be challenging but worth it in the end.

Looking forward to an awesome 2023

We have loved meeting our new staff, students and families. We are looking forward to the wonderful experiences, opportunities and learning journeys- onwards and upwards. Who knows what lies ahead? We don't, but the unknown brings adventure, discoveries and rich rewards. Ad Astra.

Warmest regards,

Zena Dabaja
Principal

REPORT FROM THE DEPUTY PRINCIPALS

As we begin 2023, the Deputy Principals wish every student from Year 7 to Year 12 success in meeting all the challenges which await you this year. Now is the time to set your short and long term goals so that each of you can achieve your *personal best*! We trust that this will be a year during which each student can take pride in their academic growth and in the personal excellence they are able to apply to all areas of their life.

This year we will be continuing our focus on student wellbeing and self-reflection. We will be continuing with The Resilience Project this year for all year groups every Friday in our Wellbeing period. Throughout this project we share the benefits of Gratitude, Empathy, and Mindfulness, and easy ways to practice these in everyday life. The 2023 student diaries provide specific resources for the teaching of these practical skills. We encourage you to take some time to peruse your child's diary. Students are also required to reflect on their learning at the end of every week during the Friday roll call period and formally address the following questions in their school diaries:

'What went well this week and why?' and 'What do I need to improve / work on next week?'

The aim of self-reflection is for students to increase their self-awareness and self-regulation surrounding their own learning. Reflection on school work enhances its meaning and clarifies learning. Self-reflection will also provide an opportunity for students to evaluate their own personal driving force towards their learning - a recognition or affirmation of personal core beliefs and values.



2023, the start of a new year with a host of new changes. We have moved to a 5-period day decreasing our lesson time to one hour per period. Every Monday afternoon school finish time is 2.16 pm for all students. An information letter was sent home identifying the organisation and supervision of students who are unable to be picked up at the new finish time. All other students must head directly home and not wander around the community.

There are many opportunities available at Birrong Girls High School for your child to be involved in and develop her own personal skills along the way. Year 11 students are preparing and working hard to begin their role as Peer Support leaders

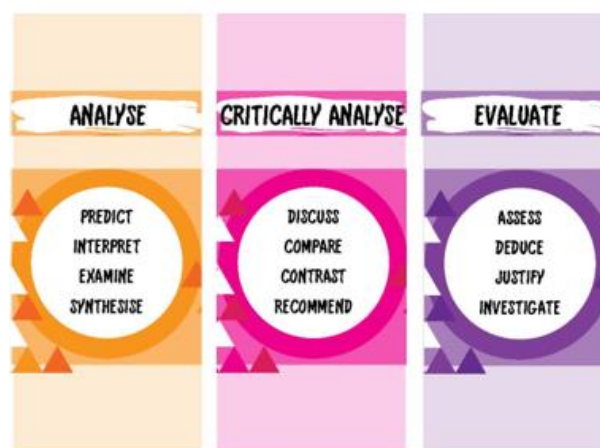
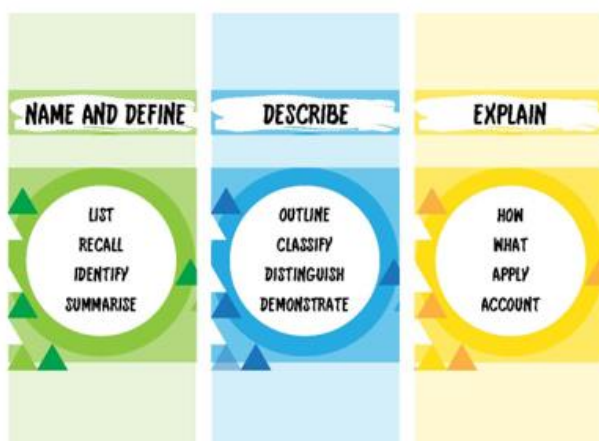
supporting the Year 7 students and developing communication, organisational and leadership skills of their own.

Year 7 started high school with a week of activities aimed at welcoming them and assisting with getting to know how our school works. We are looking forward to working with them as they journey through 2023.

Year 9 students continue to participate in their mandatory courses but have also begun working in their elective classes. This is an important step that empowers students to take some control over the direction of their education by selecting courses they have an interest in and want to experience.

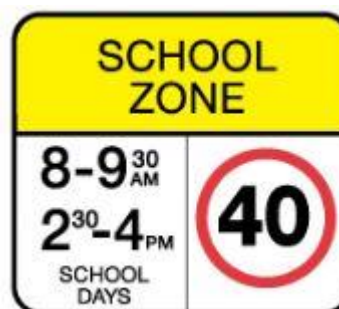
Year 10 has become a part of our senior school and as a result we have even greater expectations of them, their behaviour and their commitment to their learning. We have already begun our preparations to ensure they are eligible for the Record of School Achievement (RoSA) and they will be revising their subject selection and personal details to ensure our records are accurate before we progress further. It is critical that they know their address, as well as their own phone number and a parent/guardian number. Your help with this would be very much appreciated.

Year 11 are participating in a new initiative called ALARM lessons for success. These weekly lessons explicitly teach higher order critical thinking and enhanced writing skills, including academic writing style for the HSC. ALARM (A Learning and Responding Matrix) works by supporting students to understand specific types of questions to be able to form more effective responses. Ultimately, this will help them to gain the highest possible result in the HSC.



Year 12 are now into their second term of the HSC. They are encouraged to make the most out of their learning time by actively engaging in their lessons and asking questions. This includes planning their study lessons efficiently when they are in the Senior Learning Centre, supervised by our dedicated learning support teachers. Students in Year 12 must be prepared for success with regular homework and study sessions at home as well as seeking the support of their classroom teachers. This means committing at least 3-4 hours each night to this goal.

It is important that your child attends school and is in the correct uniform at all times. Our uniform consists of black lace up hard leather traditional school shoes, crew length white socks, navy blue hijab and white bond, school tunic, skirt or pants and the school blouse must be worn at all times especially under the school jumper. Fingernails must be kept short in order to meet work, health and safety requirements at school and no nail polish of any kind is permitted. Acrylic nails, makeup and eyelash applications are also not permissible.



The safety of our students travelling to and from school is important to us. You will often see us at the railway station and the school crossing supervising students as they enter and leave our school. We ask you to partner with us to ensure your children are safe by abiding by the school zone road rules before and after school each day. At the start of the new school year it is an important time to remind everyone about the Transport Roads and Maritime Services (RMS) seven school

zone offences aimed at improving pedestrian safety around schools. For example, stopping on top of a pedestrian crossing in a school zone carries a fine of \$330 and a loss of 2 demerit points. Queuing across an intersection in a school zone, including roundabouts, will incur a \$439 fine and a loss of 2 demerit points. The picture below shows some of the other fines and demerits in school zones.



Our school website is updated regularly with information, photos and videos that showcase student success. The school calendar provides details of events and excursions. New information will be added as the school year progresses.

To the stars - Ad Astra!

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

Monday 20th February 2023

- NAPLAN Information Session (Year 7 & 9) at Birrong Girls High School from 3:30pm – 4:30pm.
- Welcome BBQ to follow for Year 7 and new students, from 4:30pm – 6pm.



INTRODUCING THE NEW STAFF

Shelley Tang English



Hi everyone! I'm Miss Tang!

Thank you all for the warm welcome I've received so far. I am beyond excited to officially begin my full-time teaching career at Birrong Girls High School!

I finished studying a Bachelor of Arts (History and English) and Secondary Education at UNSW in 2022. Whilst studying I also worked at a diverse variety of schools including Canley Vale High School, Ryde Secondary College, Blacktown Girls, Auburn Girls and Chester Hill High School. As someone who went to public schools growing up, it is super rewarding to finally be able to give back.

I have always wanted to become a teacher from a young age and am stoked this dream has become a reality. My favourite part about being a teacher is leaving school feeling fulfilled and always learning new things from my students.

I endeavour to create a safe and nurturing learning environment for all our girls in and outside the classroom context. Looking forward to working alongside the talented staff at BGHS to help our girls reach for the stars.

Kylie Witchard School Counsellor



My name is Kylie Witchard, and I am excited to be joining the dynamic duo of Patty and Athena in the School Counselling Team at Birrong Girls High. Feels like I've been here for years already!

I have worked in a range of teaching and learning roles throughout my time with the Department of Education, starting as an In Class tutor working with Aboriginal students, SLSO, Teacher (English, Society and Culture), teaching students with dynamic behaviour and support needs. I recently retrained as a School Counsellor through the Department of Education retraining program and am currently completing my second year of service and working towards full psychology registration.

Don't be afraid to say hello as you see me stomping through your school grounds!

WELFARE MATTERS

Welcome to the start of an exciting school year to all our students and families. We look forward to working with our families to ensure our students are supported throughout the year with their academic, social and personal growth. We are continuing to implement the whole school Resilience Project which is a whole school wellbeing program to enhance our students' resilience and happiness which will assist them to experience success and thrive.

The Welfare Team includes the School Counsellors, Ms Athena Tselepi (Mondays and Tuesdays), Ms Patty Kalavritinos (Wednesday all day Week A and half day Wednesday Week B) and Ms Kylie Witchard (Thursdays and Fridays); the Year Advisers and Assistant Year Advisers, as listed below; and the Head Teacher Female Students, Ms Cathy Salvagio.

Parents and guardians can make an appointment to see our school Counsellors, the Head Teacher or the relevant Year Adviser if there are issues or concerns that you wish to discuss.

Below is the list of the Year Advisers and Assistant Year Advisers.

YEAR 7 ADVISER - Ms Jyothi Subramaniam
Assistant- Ms Fatima Boussi
YEAR 8 ADVISER - Ms Evon Zomaya
Assistant- Ms Emma Roberts
YEAR 9 ADVISER - Ms Melissa Petrovska
Assistant - Ms Katerina Katkarovski
YEAR 10 ADVISER- Ms Diana Graham
Assistant - Ms Emma Barry
YEAR 11 ADVISER - Ms Mona Baddah
Assistant - Ms Christie Rothwell
YEAR 12 ADVISER - Ms Melinda Wright
Assistant - Ms Nicky Shinas

Student Assistance Scheme

Families experiencing financial difficulties due to unemployment or being on a pension can be assisted via school funds to purchase school uniform items and make payments for excursions and subject fees. The payment of General Contributions can be negotiated to be paid in instalments over the year.

Parents need to make an appointment to speak to Ms Dabaja to discuss their financial difficulties. Parents must be able to show that there is financial need by having their Pensioner Concession card or Centrelink card etc.

School Uniform Policy

Our school uniform policy outlines and clearly demonstrates the uniform items that our students are expected to wear on a daily basis. Uniform items can be purchased from our uniform store on site on Tuesday to Thursday at lunchtime or via the

Make a Payment tab on the school website. Please check the uniform items list and size guide on the school website.

Our uniform includes enclosed black hard leather school shoes for safety, especially when working in the Science laboratories, art studios and kitchens.

For students who wear long sleeves the school has a long sleeved blouse. Wearing a short sleeved blouse with a long sleeved undergarment is **not** considered to be part of the uniform and is not acceptable.

It is expected that students have more than one school outfit and that their uniform items are washed and ironed regularly so that they are in a clean uniform at all times. The hems on school trousers and skirts should be neatly sewn. For safety the hems of pants and long skirts should not drag on the floor and should not be ragged or torn. Being in full school uniform demonstrates a student's respect for her school community, commitment to being a positive member of it and enhances the good image of our school.

Wellbeing Presentation for Year 10

On Thursday 23 February, during period 3 and part of period 4, Nic Newling, the founder of The Champions will be presenting to all our Year 10 students. The presentation focuses on promoting wellbeing and self-care through understanding, empathy and identifying important strategies and support systems available to students. Nic connects with students through honest storytelling and covers topics such as the highs and lows of having a mood disorder, the challenges of being misdiagnosed, and the grief of losing his brother to suicide. By sharing his story, Nic brings light to the hidden reality of living with a mental illness in school and how to address it using empathy, understanding and peer support. He highlights the role of professional support and educates students on available services within the school, the community, and online while trying to reduce the stigma that surrounds them.

Year 12 HSC Stress Management and Coming Back Stronger seminars

On Friday 10 March Year 12 students will be participating in the HSC Stress Management and Coming Back Stronger seminars in the hall. Jennifer Hawken, a Clinical Psychologist at The Kidman Centre, UTS, will be delivering the two 1-hour seminars with student booklets, in the hall, during periods 3 and 4.

Elevate Education Study Skills Program

Elevate Education will be delivering customised study skills seminars to all our students in Term 1.

- Years 10, 11 and 12 will have 2 seminar topics

- Years 7, 8 and 9 will have one seminar topic
- Students will be provided with access to the Elevate Education website throughout the year and will be able to use the online resources to assist them with study, assignments, exams and HSC subjects content.
- The cost of the seminars will be notified in a parent note closer to the time

Year 12 students will participate in HSC preparation seminars on 9 March during periods 3 and 4, which will focus on study strategies for the preparation of assessments and examinations and on techniques to assist students to be effective learners and to cope better with Trial and HSC examinations.

Year 11 students will participate in HSC preparation seminars on 2 March during periods 3 and 4, which will focus on effective learning strategies and study techniques to enhance students' performance as a senior student.

Year 10 students will participate in seminars on 23 March during periods 3 and 4 which will focus on time management and study strategies.

Years 7, 8 and 9 students will participate in a seminar that focuses on study skills, memory skills and time management to build positive study habits and enhance motivation in students. The scheduled times are:

- Year 7 – 29 March in period 3
- Year 8 – 29 March in period 2
- Year 9 – 29 March in period 1.

All students must attend these very beneficial seminars, which are of a reasonable cost to families as the school pays for a part of the cost. A note with details about the seminars will be issued to students closer to the time.

School Vaccination Program (NOT for COVID)

Our school is participating in the NSW Adolescent Vaccination Program for Year 7 and Year 10 students.

- Year 7 will be offered a 2 dose course of the Human Papilloma Virus (HPV) vaccination for cervical cancer prevention at visits 1 and 3, and a single dose of Diphtheria, Tetanus, and Pertussis (Whooping Cough) vaccine (Boostrix) at Visit 1.
- Year 10 will be offered a single dose of Meningococcal ACWY vaccine at visit 2.

The vaccinations will be provided over 3 visits on the following dates:

Visit 1 on Monday 20 February for Year 7 students (Dose 1 of HPV)

Visit 2 on Monday 19 June for Year 10 students (single dose of Meningococcal vaccine)

Visit 3 on Thursday 31 August for Year 7 students (Dose 2 of HPV and a single dose of Boostrix (Diphtheria, Tetanus and Pertussis))

Online consent for school vaccinations

Online consent is required for vaccinations. If your daughter is in Year 7 or Year 10 this year, you can now provide online consent for their school vaccinations. Vaccination will only be provided at school if consent has been received.

How to provide consent:

See the NSW Health document attached and follow the steps on "How to log in to the NSW School Vaccination Program Portal" or follow the information below.

1. To complete online consent for your child's school vaccinations by either using the QR code in the small poster on the next page or visiting the site: <https://nswhealth.service-now.com/school>
2. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a [ServiceNSW](#) account, refer to [ServiceNSW](#) to create one.
3. Update or confirm your personal details in ServiceNSW as required.
4. Complete the School Vaccination Consent Form for your daughter(s). You will need to:
 - a) Enter your daughter's personal details
 - b) Provide the Medicare card details for you and your daughter
 - c) Read the [linked Parent Information Sheet and privacy statement](#)
 - d) Provide consent

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit www.health.nsw.gov.au/schoolvaccination or call the Liverpool Public Health Unit on 9794 0855.

If you require information in your language, please visit

www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

If you or your daughter do not have a Medicare card, consent can still be provided by requesting a

paper-based consent form from our school reception office or from Ms Salvagio.



Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



For more information on vaccination visit:
health.nsw.gov.au/schoolvaccination

November 2022 © NSW Health, SHPN (HP NSW) 221060. NSW Health



School Dental Services by Australian Dental Health NSW



Children are commonly taken to a dentist only after a serious problem has occurred, which could have easily been prevented had a health check been completed. Australian Dental Health focuses on providing all children the opportunity to be seen and properly educated by a health care professional which is covered by Medicare.

Australian Dental Health NSW will be visiting our school in Term 2 on the 1st May 2023 to carry out

dental checks using a mobile dental van like that in the photo. Parents and carers will receive a consent form soon which outlines the dental check program and it will need to be completed and signed to give your daughter consent to have a dental check at school. The consent form will need to be returned to Ms Salvagio by the due date in the note.

Ms Salvagio
Head Teacher Female Students

YEAR 7 ORIENTATION WEEK

Year 7 had a fantastic first week at Birrong Girls High School, settling into the rhythm of high school life by participating in an orientation program.

The week was a combination of activities that allowed students to meet and work with a variety of teachers and students in different groups before being assigned to their classes.

On their first day, we explored the school rules and values, students went on a Treasure Hunt to find various 'treasures' around the school. They also met their Peer Support leaders and groups.

On Wednesday and Thursday, they began to participate in some practical activities; including an archaeological dig in History, an engaging introduction and tour of our School Library, cooking muffins in Food Technology and drawing a portrait – upside down – in Visual Arts. Students also worked together in small groups in a marshmallow spaghetti tower challenge as well as competing in a numeracy activity.





On Friday, students participated in Team Building challenges in the morning, started to set goals for high school and played games in the afternoon. They also received their timetables and diaries.



Here's what some of our students said about the week:

"When I came to orientation day last year, I was nervous because there were only a few people that I knew. The first few days of high school were fun because I got to know students from other schools and teachers."

"I have made many new friends and I'm having a great time. One of my favourite things I have done so far is cooking muffins. It was really fun and used a lot of team effort."

"My favourite thing I did so far in high school was trying to make the biggest tower made of spaghetti and tape, it had to hold a marshmallow on top."

"I especially enjoyed cooking muffins today and yesterday's art lesson..."

"My favourite activities were the treasure hunt, cooking, marshmallow challenge and so much more."

"I've made new friends and my favourite activity was baking cupcakes and going to the library."

"I'm also looking forward to learning new things in different types of classes I get in the future. The school diary has lots of colouring in pages that I can do after I've finished my work. High school is great currently and I hope it will get greater."

"Some of my favourite things that have happened are Math, art and library!"

"I just wanted to say my favourite lesson/ activity was peer support."

We are so thrilled that you have joined our Birrong Girls HS community, Year 7! Welcome to Birrong!

Ms Blue, Year 7 Deputy Principal



BIRRONG GIRLS HIGH SCHOOL PARENTS & CITIZENS ASSOCIATION

**Parents are invited to attend the
P & C MEETING
at Birrong Girls High School
on Wednesday 22 February 2023
at 5pm**

**Please register your attendance by phoning the
school office**



BIRRONG GIRLS HIGH SCHOOL CALENDAR

February:

- Monday, 20th
 - Year 7 Vaccinations
 - NAPLAN information session (Year 7 & 9), 3:30-4:30pm
 - Welcome BBQ for Year 7 and new students, 4:30pm – 6pm
- Monday, 20th to Tuesday, 28th
 - Year 12 Business Services and Hospitality Work Placement
- Tuesday, 21st
 - Year 7 Swim School
- Wednesday, 22nd
 - Year 7 Swim School
 - P&C meeting, onsite, 5pm
- Thursday, 23rd
 - Year 11 VET Work Ready Day
 - Year 10 Wellbeing Presentation, 11:10am – 12:40pm
- Friday, 24th
 - Zone Swimming, Birrong Leisure Centre
- Tuesday, 28th
 - Community Consultation Meeting, BGHS Hall, 3pm - 6:30pm

March:

- Wednesday, 1st to Friday, 3rd
 - Year 12 Business Services and Hospitality Work Placement
- Thursday, 2nd
 - Year 11 Study Skills workshops, p3&4
- Friday, 3rd
 - Year 11 Parent meeting – Welcome to Stage 6, 9:30am – 11:30am
- Monday, 6th
 - Halogen Leadership Conference - Prefects
- Tuesday, 7th
 - School Cross Country, p2,3&4
- Wednesday, 8th
 - International Women's Day
 - Proposed Photo Day
- Thursday, 9th
 - Year 12 Study Skills workshops, p3&4
- Friday, 10th
 - Year 12 HSC Stress Management and coming back stronger workshops, p3&4
- Tuesday, 14th
 - Year 5/6 Open Morning, 8:50am – 10:50am
- Wednesday, 15th
 - NAPLAN – Writing
 - Proposed Photo catch up day
- Thursday, 16th
 - NAPLAN – Reading
- Monday, 20th
 - NAPLAN – Language
- Tuesday, 21st
 - Harmony Day
 - NAPLAN – Numeracy
 - Year 8 Swim School
 - Year 10 ABCN Careers Expo, 10am-2pm
 - Parent session online – The Resilience Project, 6:30pm
- Wednesday, 22nd
 - Year 8 Swim School
- Thursday, 23rd
 - Year 10 Study Skills workshops, p3&4
- Wednesday, 29th
 - Years 7, 8&9 Study Skills sessions





Parent and carer webinar schedule 2023

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences.

Our live webinars for parents and carers attracted record attendance numbers in 2022. To meet the growing demand, we are expanding the program in 2023 to include more dates and topics to support school communities.

Term 1

Safer Internet Day (7 February)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Setting your child up for success online

Suitable for parents and carers of young people in primary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Navigating online friendships

Suitable for parents and carers of young people in secondary school.

Term 2

National Families Week (15 to 21 May)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Online relationships and consent: sending nudes and sexting

Suitable for parents and carers of young people in secondary school.

Setting your child up for success online

Suitable for parents and carers of young people in primary school.

Term 3

National Day of Action Against Bullying and Violence (18 August)

National Child Protection Week (3 to 9 September)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Online boundaries and consent

Suitable for parents and carers of young people in primary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Online relationships and consent: sending nudes and sexting

Suitable for parents and carers of young people in secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Term 4

Mental Health Month (October)

Wellbeing and digital technologies

Suitable for parents and carers of young people in secondary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Navigating online friendships

Suitable for parents and carers of young people in secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Subscribe to [eSafetyNews](#) for dates and registration details or visit esafety.gov.au/parents/webinars.



 **eSafety Commissioner**

esafety.gov.au



Tuning in to Teens™

This free five - session program is for parents who would like to learn how to:

- Understand your and your tween/teenager's emotional responses;
- Manage behavioural issues and set appropriate limits;
- Better deal with conflict, outbursts and defiance.



[Register Now](#)

Child care is available - please indicate when registering.
The Youth Centre is open for children and young people while the parent program is running. Supervision is provided.

When: Tuesday 7, 14, 21, 28 February, 7 March
6pm-8pm (5 sessions)

Where: Belmore Youth Resource Centre,
3/ 38-40 Redman Parade Belmore

Who: For parents with children 10 -18 years

Register:
<https://tuning-into-teens-evening.eventbrite.com.au>

For questions contact Anita 0438 674 349



PARENTING THROUGH TRAUMA

An Online Workshop for Carers
of Children 12 and Under

Date Thursday 9th March 2023

Time 9.30am – 12.30pm

An introductory workshop to carers about the
impact of trauma on children including:

- Developmental trauma
- Developing healthy attachment with children
- Skills to responding to emotional dysregulation
- Self-care for carers

Referral Closure Date 28 February 2023

📞 9794 0920

✉ SWSLHD-CPCS@health.nsw.gov.au



Health
South Western Sydney
Local Health District



SCHOOL ATTENDANCE MATTERS – Remember, give your child every chance to succeed. A day absent from school here and there doesn't seem like much, but...

If your child misses	That equals..	Which is....	Over 13 years of schooling that is..	Which means the best your child might perform is....
1 day/fortnight	20 days/year	4 weeks per year	Nearly 1.5 years	Equal to finishing in Year 11
1 day per week	40 days/year	8 weeks per year	Over 2.5 years	Equal to finishing in Year 10
2 days per week	80 days/year	16 weeks per year	Over 5 years	Equal to finishing in Year 7
3 days per week	120 days/year	24 weeks per year	Nearly 8 years	Equal to finishing in Year 4




BIRRONG SPORTS NETBALL CLUB
Proudly celebrating 59 years

JUNIOR PLAYERS WANTED
5-15 YEARS OF AGE FOR THE 2023 SEASON

All school aged children may be eligible for a \$100 voucher under the NSW Government's Active Kids Program.
Go to sport.nsw.gov.au/activekids for details.

For any queries regarding **NETBALL** please call:

Leah Lewis on 0418 269 179
Lee Hill on 0418 759 874
or
Email: info@birrongnetball.com