



RANDWICK GIRLS HIGH SCHOOL
Barker St, Randwick, NSW, 2031 | 9398 3233

NEWSLETTER

TERM 4 | WEEK 2B | 18 – 21 October 2022

Website: www.randwickgirlshighschool.com.au

Student Absent Line: 8345 8288

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HIGHLIGHTS

- Creative Arts News
- Wellbeing Update
- Breakfast Club
- Working Bee

WELCOME

PRINCIPAL'S MESSAGE

Dear Parents and Caregivers

The end of last term saw the return to normal post-Covid Year 12 Graduation Night and Year 12 Formal. These two events indeed made us feel blessed as well as proud - with full credit going to the 2022 Graduating Class, as well as their Year Adviser, Ms Rollo. We were thankful that after the past variations to the Graduation and Formal Night for two years, we were able to celebrate this year.

The sense of optimism and collective joy the Class of 2022 shared with us during the Graduation Evening as well as the Formal, was uplifting. Our congratulations are once again extended to all members of the Class of 2022 for their commitment, care for each other and expressed hope for the future. We wish all students the very best for their HSC.

New Staff

This term we extend a warm RGHS welcome to the following staff:

Ms Breanna Nelmes, English and Drama teacher (commenced Week 1),

Principal's message continued on next page



Principal's message continued

Mr Daniel Gonzalez, PDHPE teacher (commenced Week 2) and Mr Rolfe Kolbe, Maths and TAS teacher (commencing Monday Week 3). I also want to welcome Ms Bilir as she takes over from Ms Stolzenhein (maternity leave) as the Year 10 Year Adviser. Ms Thompson also takes over the sports coordination role in the absence of Ms Hodder, who has taken some short-term leave from the school.

Term 4

Customarily, the final term of the school year is a time of consolidation of the year's academic progress, culminating in assessments and the final school reports issued in the last weeks. Students in all years are advised to turn their attention to the advice of their teachers in the Semester 1 report and ongoing feedback provided through this second semester, in order to achieve their learning goals. Clear consideration given to areas to focus on and improve is vital to students' success. It is hoped that all students will work with determination and diligence and evaluate their learning, adopting the school's growth mindset approach.

Year 11

The end of last term also saw our Year 11 cohort sitting for their yearly examinations. This new term sees them receiving vital feedback from their teachers regarding areas to focus on for success in Year 12. Consideration will be given to the possible dropping of subjects and the picking up of extension courses. Advice provided during the feedback is essential to make informed decisions regarding this; and students are strongly advised to seek parental advice, as well as post school advice from the Careers Adviser, Ms Evers in this important stage of decision making.

Year 10 Senior Transition program

Year 10 students have been taken through a journey of preparation to enable them to be best placed for success in the Senior School. This journey commenced last term with the subject selection process, punctuated by the current Senior Transition program and concluding with

their yearly examinations and a week of work experience. It is indeed a busy time for this cohort.

LEAP Program

This collaborative program involves RGHS teachers working with Primary School students. The program will bring some Year 5 students from eight different primary schools in our area, to hone their communication, collaborative and independent skills through an enrichment program. The program commences on Thursday 3 November for six consecutive Thursdays. We look forward to welcoming these students.

Presentation Day

Looking forward, we hope to finally return to the celebration of the year's achievements at our annual Presentation Day on Tuesday 13 December. Please save the date in your diaries. After a two year break due to Covid, it will be a valued opportunity for the RGHS school community to come together on this special day, to celebrate student success this year. Invitations will be sent to families of the prize recipients closer to the date.

RGHS Working Bee (6 November)

Please keep this date in your diaries, as this date is set aside for parents and students to join other parents as well as teachers and members of our community, to beautify our school. We hope to see you at school!

Lucy Andre
Principal

Have your say on what school success looks like

Dear parents and carers

Reflecting on the challenges of the last few years, the NSW Department of Education is in the process of reviewing and evaluating what school success looks like now and in the future. It's enhancing ways to support student success and wellbeing as part of ongoing school reform. The goal is to support our schools in a way that is more responsive to their needs and priorities.

To inform this work, the department is inviting parents and carers to share their perspectives on what the school and the department could do to improve the schooling experience. By participating, parents and carers will inform the department what is working well, what needs to be improved, and will be involved in shaping new and innovative initiatives.

If you would like to be part of the discussion, there are face-to-face and online forums being held in weeks 5, 6 and 7 of Term 4 (7 – 25 November). You can register your interest and find more information at [Have your say on what school success looks like](#), including the locations and timing of sessions.

Regards

Lucy Andre
Principal

From the Deputies

Welcome to term 4, as we prepare for the many and varied celebrations in coming weeks.

The Higher School Certificate commenced on Wednesday 12 October with English Paper 1 and will finish on Friday 4 November. We wish Year 12 the best of luck with their final exams.

In the event of your child becoming ill or being involved in an unforeseen event, please contact the school immediately. This allows the school to inform the Senior Exam Supervisor and for the necessary notification to NESA to take place. Should your child become ill, they **MUST** attend the doctors and obtain the necessary documentation to support their absence. If your child needs to be tested for COVID during the HSC, advise the GP/clinic that they are currently doing their HSC and their test results will be prioritised by NSW Health.

Year 12 students will undertake their clearance day on Friday 11 November. The 2022 HSC results will be released to students on Thursday 15 December. Year 12 are invited to attend a morning tea on Friday 16 December at 10.45am in the library quad.

The Term 4 Transition Program for all Year 10 students launched on Wednesday 12 October. The program is mandatory for all Year 10 students and aims to guide students in raising their level of responsibility and reinforce pathways available to them in their senior years at Randwick Girls' High School.

Yearly examinations for Year 10 will be held this term during Week 4. All students are encouraged to develop and implement an organised study and revision schedule, discuss any queries with their teachers, attend Homework Centre, and give themselves ample time to plan and prepare for all tasks and examinations.

Our Year 10 Work Experience week will take place in Week 8 from Monday 28 November to Friday 2 December 2022. This opportunity enables students to engage in practical learning with real world experiences. Students will be shadowing

professionals in industries they are wanting to pursue post school, gaining valuable life and career skills. For further details please contact Ms Evers – RGHS Careers Adviser.

We strongly believe that students should have opportunities to develop their leadership skills, sense of responsibility and connection to community. Student leadership helps young people find their voices, participate in decision-making, and understand their rights and responsibilities as active citizens. It helps students have a real impact on their learning and school environment and prepares them to participate meaningfully in their community.

The SRC Leadership Seminar was held on Thursday 20 October with Guest Speaker Dr Margaret Varady and segued to the SRC training day, organised by Ms Dovellos on Friday 21 October. Students recognised that they can be leaders in the classroom, through their actions, through their support for others, or their involvement in academic, sporting, cultural or local community events or projects.

Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed. The theme of this year's Mental Health Month is *Tune In*. RGHS Mental Health and Wellbeing Awareness Day will be held on Friday 18 November. Special thanks to the Wellbeing team who have planned a myriad of events for RGHS.

Regards
Ms Reilly

From the Deputies continued

Spring has sprung and it has been a busy start to the term. I would like to welcome our community back to Term 4 and am privileged to be relieving for Mr Rekić while he takes some much deserved leave.

Here are some updates that parents and carers should be aware of.

Year 11

Our Year 11 students are about to spring into Year 12. Some important information to know for Year 11 parents.

I have met with students' twice over the last week to advise on the process for dropping courses. Here is some general advice for dropping of courses.

Your ATAR is based on an aggregate of scaled marks in 10 units of ATAR courses comprising your:

- best 2 units of English
- best 8 units from your remaining units, which can include no more than two units of Category B courses.

Students are able to drop to 10 units in their Higher School Certificate year (only one category B to be included in 10 units) if they wish to be eligible for an ATAR.

Students MUST remain in their allocated classes until **Monday Week 3: 24 October 2022**

Important points to consider are:

- There is no urgency to drop a subject - this can be completed at any stage (even up to before a student sits their HSC exam)
- If in doubt stay and wait for first HSC assessment task results
- Remember once a subject is dropped, all remaining units will be used to calculate an ATAR
- If all 12 units are kept the BEST 10 UNITS will be used to calculate the ATAR
- Talk to your teachers/Head Teacher of subject area before deciding to drop a course
- If you require further advice speak to Ms Evers in careers or DP

If a student wishes to drop a course, they must see the DP to obtain the Change of Course form. Forms must be handed in to DP by **Friday 21 October 2022** for this change to take effect by **Monday 24 October 2022**.

Application for flexible start and leave times

Once a student drops a course, they may have periods throughout the day where they are not on class. They are STUDY periods and are to be utilised to **STUDY**. Students can apply for flexible start and leave times to support this process. General rules that students and parents/carers need to be advised of include:

- A student can arrive to school no later than **DEAR** on Mondays and **RECESS** on other days. ie if a student arrives after recess, they will be considered late, and this will impact on their overall attendance.
- A student is unable to leave earlier than lunch on any day. They can leave at lunch if they have periods 5 & 6 free. They are also able to leave period 6 if they have this free.
- Students are only able to leave if they have a signed Study Period Application form and have signed parental permission. This must be approved by the Deputy Principal.

Spring into Year 12

On Friday 21 October all Year 11 will be participating in our first ever *Spring into Year 12* preparation day. A huge thank you goes to Ms Hall and Ms Thornton for their organisation and planning for this day. During this day we hope to set up our Year 11 students with the skills and knowledge to achieve their Personal Best in their final year of schooling. Throughout this day they will be participating in Study Skills, Community of Inquiry (encouraging critical thinking skills), ALARM refresher and some team building activities. A huge thank you to all of the staff (Mr Kominos, Ms Tweneboa, Ms Jordan, Ms Vo, Ms Hall and Ms Stampfli) involved in facilitating this day.

Extended leave

A gentle reminder that an Application for Extended Leave is required when a student will be absent from school for more than four (4) days.

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your daughter's Deputy. Absences relating to travel will be marked as leave on the roll and, therefore, contribute to your child's total absences for the year. Assessment tasks must still be completed regardless of leave.

Have a great start to Term 4!

Mrs Roberts

CREATIVE ARTS NEWS

Music News

ENCORE Nominations, exquisite performances, impressive ensembles, choir and band rehearsals as well as spectacular Music festivals. These are just some of the exciting opportunities RGHS Music students have experienced over the past few months.

HSC Music 2 Success



We would like to congratulate pianist Tegan and violinist Dimitra on their recent ENCORE nominations. ENCORE is a program presented by NESA and the NSW Department of Education which celebrates and showcases outstanding performances and compositions by HSC Music students. Encore nominations are the accolades that HSC Music students can achieve. Although it is an extremely competitive program we weren't surprised that these talented, hardworking students have been recognised. Tegan and Dimitra will now record their

performances for a chance to participate in the Showcase Concert held at the Sydney Opera House on Monday 27 February 2023. We would like to thank their teachers, Mrs Masterson and Mr Fletcher for guiding our young musicians through their HSC year.

Combined Schools Signing Choir

On Monday 19 September, several students and Ms Mok participated in the Combined Schools Signing Choir. Open to public school students in Year 4 to Year 12, students learnt and performed two songs at the prestigious Primary Proms - Brindabella Concert at the Sydney Town Hall. It was a great opportunity for our students to learn AUSLAN signing and communicate songs for an audience who cannot experience the joys of listening to music the same way that most people do. Congratulations on stepping outside of your comfort zone and engaging with Music and communication in a challenging way. Thank you to Ms Mok for organising this unique opportunity for our students, we appreciate your dedication to our choir ensembles.



The Combined Schools Signing Choir including our Auslan choir performing at Sydney Town Hall



Our Auslan choir with Ms Mok at Sydney Town Hall: Abigail Year 7, Anika Year 8, Luna Year 8, Maya Year 9, Lilli Year 10, Coco Year 10

The 2022 Festival of Instrumental Music

The Festival of Instrumental Music celebrates the musical talents of public school students across the state over three concerts. Amy and Cate of Year 11 took part in the Recorder Ensemble and Amy performed as a

soloist. We are proud that our students are willing to involve themselves in state-wide events and perform in unfamiliar places and for new audiences. We hope this experience was a valuable one for both of them.

The State Wind Band

Zara of Year 7 recently performed in the junior State Wind Band as a part of The Arts Unit's Festival of Instrumental Music. Zara played the flute and learnt three pieces of music in her own time. She joined other students from across NSW for two days of intensive rehearsals in Lewisham and sound checks at Town Hall and The Sydney Opera House.

The festival opened with the Jacaranda Concert at Sydney Town Hall and closed with the Mimosa Concert at the Sydney Opera House. The concerts featured hundreds of public school students from all over NSW performing works including J S Bach and special commission pieces from talented Australian composers.

Zara enjoyed sharing her talent and performing live in prestigious venues for the first time in two years. Zara's favourite part about performing in the junior State Wind Band was meeting students from all around NSW and making new friends.



Visual Arts News

Year 10 Wearables

The Year 10 hybrid wearable artworks are now on display in the Art corridor. It's always exciting to see students transform humble discarded materials into spectacular works of art!

This Year 10 will extend on this task by creating a catalogue of their photographs and artists statements.



Clockwise from top left:
Camoloprulos by Matilda, *The Crown of the Quetzalcoatl* by Keona, *Eyes, they watch* drawing by Clarinda, *Atlantean Seahorse-Homokampos* by Meital

Randwick Girls leading Art Workshops at Ronald McDonald House



Ashley, Grace and Daisy sharing their skills art Ronald McDonald House

We are excited to announce a special partnership between the students of Randwick Girls' High School and the young residents of Ronald McDonald House! Our talented students have been sharing their expertise in artmaking. They have been leading workshops for children between the ages of 3 and 16, offering them respite from their daily medical treatments with an opportunity to immerse themselves in art making and have fun! Grace, Daisy and Ashley of Year 9 gave up a day of their school holidays to share their knowledge and skills with others. Our students have learnt that volunteering gives us a sense of purpose and that artmaking is about more than what we do inside the art classroom. We look forward to visiting again and sharing this experience with more volunteers from our school.



[Canal to Creek Competition | Eckersley's Art & Craft](#)

Canal to Creek Art Prize – amazing prizes to be WON! The Transurban Public Art Program - Canal to Creek – includes 21 signature artworks that have activated parklands along our WestConnex M8 motorway in NSW.

www.eckersleys.com.au

Wellbeing Update

It is essential for staff at Randwick Girls' High School to support our student's social and emotional development, whilst educating learners on how and when to seek help. Our focus is to encourage students to take time each and every day to focus on their wellbeing and implement self-care.

R U OK?Day

Last term, students engaged in an array of activities and workshops to reflect on the importance of mental health. On September 8, activities were organised to recognise R U OK?Day. Lessons were delivered to students reminding them that every day is the day to ask, *are you OK?* and start a meaningful conversation. Conversation Bingo and a mural in the library with conversation starters were just some of the educational activities students engaged in throughout the day. Students were also invited to accessorise in yellow, as a visual reminder of the importance of reaching out and seeking help.



Year 9 Excursion

An excursion to Taronga Zoo was another exciting opportunity organised for Year 9 students. It was a wonderful day out that enabled students to reconnect with one another, as they navigated the Zoo and engaged in Classification and Adaptation Workshops. Students viewed scorpions up close and were provided the opportunity to handle snakes and echidnas, all whilst learning about these species and their survival in the wild. I would like to thank all teachers who attended this excursion, and specifically Miss Dunimaglovska for her fantastic organisational skills.



Raise Program



October 17 was a day of recognition for selected Year 8 and 9 students. We celebrated the end of the *Raise Program*, a program aimed at supporting our learner's social and emotional wellbeing. Young people were provided with a caring and dedicated independent mentor who visited them weekly to support their learning and wellbeing goals. I have no doubt this program will leave a lasting and positive impact on our learners, and we look forward to welcoming the program again in 2023.

Year Adviser Update



This term, we have welcomed Ms Bilir to the role of Relieving Year 10 Year Adviser. Ms Bilir has already shown her care, devotion, and true passion for students through the positive relationships she has forged with students.



Miss Tomov also accepted the position of Year 7 Adviser for 2023 and we very much look forward to her joining the Wellbeing Team. Her bubbly personality and kindness will be valued by our incoming students.

Learning and Support Update



Students across the school have continued to engage in an array of Learning and Support Programs that have proven fundamental in building confidence. The *Peer Reading Program* offers selected Year 7 students help with their reading with the assistance of Year 9 reading buddies. Peer Reading is an interactive and engaging way for students to build their literacy skills and to forge meaningful connections with older students. Learners who have engaged in this program have made remarkable progress and should be proud of their efforts. It is a real honour to witness our students coming together to create such authentic and positive learning experiences.

The *Covid Tutoring Program* has also proven instrumental in increasing core literacy and numeracy skills, whilst *Back on Track* has provided our senior students with meaningful assessment support. Students will continue to engage in these programs this term and the Learning and Support Team look forward to guiding students by offering tailored and individualised assistance.

As always, there are many exciting wellbeing and learning support opportunities being organised in the background. Our current focus is the planning of a Mental Health Day to promote self-care and mindfulness, and this will take place later in the term.



The Wellbeing and Learning and Support Teams look forward to continuing to work alongside students and staff to offer support and make that positive difference. We wish our students the very best for the Term ahead.

Ms Garcia
Relieving HT Wellbeing

RGHS Breakfast Club!!!!

This is a safe space for students to come have some good food, fun with their friends and start the day off right with full tummies.

Breakfast club is free of charge and available to every student.

We like to keep breakfast club as a chilled environment with some relaxing music.

We have different foods weekly but generally we have a choice between toast with all spreads, cheese toasties, cereals, and fruit. We also have juice, tea and milo.

We encourage all students to come and join us on a Friday morning from 8:15 to 8:40 am for some good food and even better company.



Randwick Girls' High School



RANWICK GIRLS HIGH SCHOOL

INDIGENOUS SUSTAINABLE GARDEN

RGHS WORKING BEE

SUNDAY 6TH NOVEMBER

9.00AM - 3.00PM

(DROP IN ANYTIME!)

As many of you know, we have now completed the designing planning and developing an Indigenous Sustainable Garden and learning space for our school community as a part of our NSW Sustainable School Project. Last years working bee saw many people from our school community come and bring the garden to life. Thanks you so much for those who came and helped. We welcome parents and carers and their daughters to come and help finalise the garden.

Aims:

On **Sunday the 6th of November** we are having a working bee with the aim to complete the following:

- mixing, filling and moving cement (gaps in east wall)
- help on the Queen's Jubilee Garden
- drilling / helping mount up-cycled donated whiteboards to outdoor classroom walls
- weeding of garden and surrounding areas
- help paint upper wall (base coat)
- fill the new corrugated planters with soil in preparation for the new veggie garden (launching 2022)
- continuation of planting natives from Randwick Nursery
- mulch runs (wheel barrow)
- end of day tidy up

On the day we will have staff and students to help, we would love to see you there, even if its just for an hour or so!

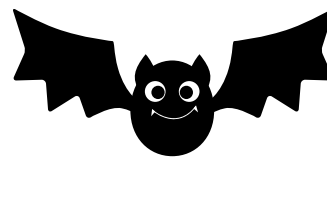
Registration:




**SCAN / CLICK
TO REGISTER
HERE**

COVID-19 Information:

- Please check in at outside the front office on arrival
- Please to avoid attending if you have symptoms to prevent the spread



We acknowledge and pay respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples. 



P&C MEETING HIGHLIGHTS

Thanks to everyone who joined us for the P&C meeting on Monday night!

- Working Bee date change Sun 06 Nov (see flyer for details and to register).
- Year 7 Orientation Day Tue 29 Nov - helpers needed.
- World Teachers' Day is Fri 28 Oct. P&C is donating \$1,000 towards a recognition initiative.
- P&C is contributing \$200 in awards for Presentation Day.
- Two delegates will attend the P&C Federation Annual Conference on 29 Oct (@\$65).
- Randwick Council Creative Community grant application for indigenous garden mural (\$8,200).
- Kingsford-Smith Volunteer Grant submission \$2,000 (for digital technology).
- November meeting will be in-person at earlier time 6pm (venue tbc). P&C budget approved for \$100.

PUBLIC EDUCATION FOUNDATION

"Hands Up" - it's a podcast from the Public Education Foundation about the complexities, challenges and unique advantages of Australia's public school system. It's for parents and carers, families, teachers and educators, and anyone with an interest in how we can best serve kids in our public schools.

Watch out for a new episode every Tuesday.

- The future of teaching in Australia with Alice Leung, Geoff Gallop and Lila Mularczyk - 18th October
- Consent in the curriculum - 25th October
- Education equity - 1st November
- The impact of Covid - 8th November
- The importance family/school engagement - 15th November



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P&C membership/donations:
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A/C 546443



We acknowledge and pay respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples. 

More **than** thanks

World Teachers' Day | Fri 28 Oct 22

*Dear teachers,
thank you for guiding and inspiring
our students!*

Parents & students: please sign our Thank You card.
Any donations received will go directly towards a recognition
initiative for RGHS staff!



<https://app.grouptogogether.com/WorldTeachersDay-ThankYou>



Free webinar

eSafety parent and carer guide to digital technologies and mental health

Learn how games, apps, social media and time online can influence young people's mental wellbeing.

Join eSafety's expert education and training team for a free live webinar designed for parents and carers of young people aged 10 to 18.

October	AEDT
Wed 12	7:30 to 8:30pm
Mon 17	12:30 to 1:30pm
Thurs 27	12:30 to 1:30pm

Register now: esafety.gov.au/parents/webinars



School Travel

Term 4 2022

2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback





We are excited to announce an **Effective Parenting Seminar** will be happening on October 27.

This seminar is designed for parents and carers of tweens and teens (aged 10-17) who want practical information and strategies for effective communication, healthy relationships, and to better understand and manage adolescent behaviour.

This seminar will be led by clinical psychologist, Dr Terri Said, CEO of WAYS Youth & Family and WAYS Secondary Principal.

DATE: Thursday 27 October 2022

TIME: 6pm - 7:30pm

WHERE: Community Room, Margaret Whitlam Recreation Centre

Bookings are essential, please click [here](#) to book

TOPIC AREAS INCLUDE:

- Understanding adolescent development and brain function
- Effective communication, managing conflict and challenging behaviours

Please click [here](#) to register or phone **9083 8936** for more information

FREE

Effective Parenting Course



This free four-week course is facilitated by experienced psychologists specialising in adolescent development and behaviour. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behaviour. This is a skills-building and educational program only.

Four Tuesdays from the 8th of November to the 29th of November, 2022

6pm - 8pm

WAYS Bondi Beach - 63A Wairoa Ave North Bondi

TOPIC AREAS INCLUDE:

- Understanding your child - adolescent development
- Reflecting on your parenting - the impact of various parenting styles
- Setting limits and boundaries that stick
- Effective communication and conflict resolution strategies
- Practical strategies for building resilience in your children
- Special topics: alcohol and other drugs, sex, mental health, navigating social media and cyberspace & enhancing internal regulation

“

“This course is one of the MOST beneficial things we have done as parents- everyone should be taught these Strategies / knowledge. Totally needed in the community”

“Both facilitators were extremely knowledgeable and generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service and felt privileged to have access to it”

“Absolutely life changing for me! Already recommended it to a few people”

”



Hurry book in today as places are limited

Please call and speak to Luke for more information

P. (02) 9365 2500 E. Luke@ways.org.au

ways.org.au



Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins
per day

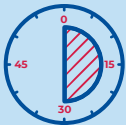


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3 days

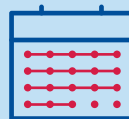


30 mins
per day



=

18 days



**Patterns of lateness
can have a serious
impact on your child's
education.**