

VUSC News

Issue 9 · 15 Sep 2020

Create the Future

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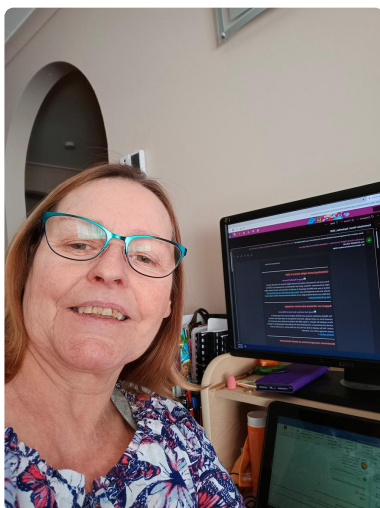


Principal's Message

Dear Families,

Congratulations and thank you for your outstanding efforts during another term of remote learning. I am incredibly proud of our VUSC community, together we have all done an amazing job to stay connected and focused on learning during these very challenging circumstances. Thank you to all who have provided feedback about remote learning and your personal experiences. It has been a very demanding few months and both staff and students have provided feedback on what is working well and what we can improve.

This term we have shared some photos of our staff working from home, to let students know that they are not alone and we are doing our best to make this work together!



In Term 4, all Year 7 to 10 students will continue remote learning from home for the foreseeable future. Year 11 and 12 students will return to the Senior Campus from Monday

12 October. Year 12 VCE students and Year 11 students studying a Y12 VCE subject will be required to come to school for the GAT on Wednesday 7 October. Mrs Atzarakis has posted more information about this on Compass.

Safety procedures and social distancing measures will continue in Term 4 for those students and staff in attendance. Parents will still need to make an appointment to visit the office. Payments can be made online on Compass instead of visiting the office.

RU OK Day

Last week we celebrated RU OK day a little differently. I think it is important that everyone looks after their own mental health, as well as checking in on their loved ones. It has been a strenuous and stressful year to date and with this in mind I sought approval from DET and our College Board President to have a student free day on **Friday 18th September, the last day of Term 3**. Students are encouraged to use this day to focus on their wellbeing and catch up on any outstanding work if required.

Last week our VCAL students took over Year 7 classes online to educate our junior students on mental health strategies for RU OK Day. They explored such questions as:



Why do we need to ask someone if they are OK and listen to their answer?

Asking someone if they're OK can **help** them **cope** with stressful times, such as exam periods or when school work is building up.

Asking people around you if they're OK and demonstrating effective listening skills can **help** friends **feel valued, supported and connected**.

Why do we need to encourage action and check in our mates?

When you need information to support someone, there are people and places in your community that you can turn to for assistance. Encouraging friends to seek **help** early will enable them to **manage** the situation and potentially **stop** the problem growing bigger.

Checking in on our mates assists in letting them know we have been **thinking about them**, wanting to know how they are and **encouraging** them to **seek support** if needed.

Congratulations to the VCAL students who did a fantastic job during these lessons which I had the pleasure of attending. Thank you also to the VCAL staff for supporting these students

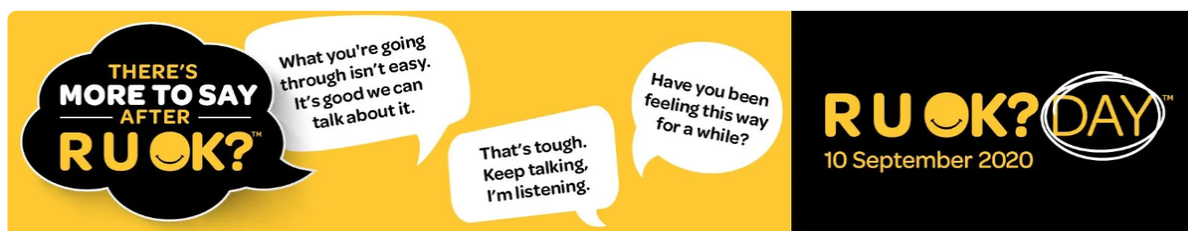
and sharing teaching strategies for them to use in their classes.

More information can be found at:

<https://www.ruok.org.au/join-r-u-ok-day>



RUOK FactSheet - Signs that a friend may not be OK.pdf



Congratulations

Congratulations to our Junior Campus Laboratory Assistant, Nish Sureshkumar who recently gave birth to a beautiful baby girl! This term we also farewelled STEM Leader Alison Clarkson who is due to have her first child in the coming weeks. We wish both Nish and Alison and their families all the very best.

VTAC Applications: Year 12 students

The Victorian Tertiary Admissions Centre (VTAC) is the central point for applications to Victorian Universities, TAFEs and Independent Tertiary Colleges. Students planning to apply for any courses in 2021 in Victoria will need to ensure their applications are submitted by the following dates as well as payment of application fee of \$41. Please contact the Careers Team if you have any questions.

VTAC Key Dates

Applications through VTAC close	Wednesday 30th September at 5pm
SEAS Applications close	Friday 9th October at 5pm
Scholarships through VTAC close	Friday 9th October at 5pm
Payment of VTAC Application Fee of \$41 Due	Wednesday 30th September at 5pm

Virtual Tour

Our virtual tour is now live! Go to our website at <https://www.vusc.vic.edu.au> to find the Virtual Tour link on the home page. As we cannot have tours onsite, prospective parents and students can now tour the College online in preparation for their start to secondary school

next year. Further information will be available online early next term for students entering Year 7 in 2021.

Wear It Purple Day – Monday 31 August

Both the Junior and Senior SRC students worked extremely hard to recognise ways to support 'Wear it Purple Day' within our school community. This took place on Monday 31st August and both staff and students showed support for the day.



Wear It Purple is an event which helps support teenagers who are being isolated, bullied and harassed, due to their sexuality or gender identity. Our VUSC community decided to stand up and speak for those who are being targeted due to their sexuality and gender identity. *Wear It Purple* has recognised the number of suicides caused by bullying and harassment, which led them to conclude that this problem needs to stop, and have more people support the aim of their campaign, so that the death toll stops.

The SRC students came up with the following ways to support the day:

- Staff and students to change their Teams logo to the one designed by the SRC students above
- Staff to wear something purple if they are on camera
- Staff to change all writing or headings in Teams to purple
- Change the Teams background to the *Wear it Purple Day* background
- Encourage students and staff to look at the provided site to understand what the day is about.

<https://www.wearitpurple.org/>

School Holiday Online Program

This upcoming school holidays Mushroom Group, North Melbourne Football Club (The Huddle) and Melbourne Victory are offering young people aged 12-18 the opportunity to participate in an online school holiday program, aimed to engage, entertain and build skills. These programs are funded by the Department of Education and Training. Please see the flyer below for information on how to register.



Please check our **Community News and Services** page in this newsletter for lots of programs available in our local area and online.

Free Triple P Positive Parenting Program

Families can now access free expert parenting advice through the online [Triple P – Positive Parenting Program](#), courtesy of the Department of Education and Training.

The program is relevant to families with children between 2 and 16 years and provides strategies to deal with specific challenges, such as building children's resilience and dealing with conflict.

There are courses specifically for parents of toddlers to tweens, and for parents of pre-teens to teens.

It gives parents strategies to:

- raise happy, confident kids
- manage misbehaviour so everyone in the family enjoys life more
- set rules and routines that everyone respects and follows
- encourage positive behaviour
- take care of themselves as a parent
- feel confident they're doing the right thing.

[Parents can sign up to the Triple P program via this link.](#)

Finally, I hope you all have a restful break and stay safe and well. I look forward to another interesting term and in particular to welcoming back our Year 11 and 12 students on Monday 12 October.

Elaine Hazim

College Principal

Child Safety at VUSC

Victoria University Secondary College is a child safe organisation committed to protecting students from all forms of abuse.

Our College has stringent protocols in place and endeavours at all times to be fully compliant with the Child Safe Standards set out under Ministerial Order 870.

Our College has the following documents and policies in place to achieve compliance with the Standards. All of these documents are available for downloading on our website or contact the school for a copy.

1. Commitment to Child Safety
2. Child Safety Policy
3. Child Safety Code of Conduct
4. Child Protection Policy and Procedures



Important Dates

GAT Information Session - Microsoft Teams

Session 1 – Tuesday 15th September Period 4

All Year 12 VCE students and Year 11 students studying a Y12 VCE subject must attend this session online.

Term 3 Progress Reports published on Compass

Tuesday 15 September

Parent Teacher Interviews by phone

Thursday 17 September 1.00pm - 7.00pm

Booking instructions have been posted on Compass.

Last day of Term 3

Friday 18 September

This is a student free day. There will be no online classes.

First day of Term 4 - return to remote learning

Monday 5 October

GAT Information Session - Microsoft Teams

Session 2 – Tuesday 6th October Period 4

All Year 12 VCE students and Year 11 students studying a Y12 VCE subject must attend this session online.

General Achievement Test (GAT) for all Year 12 VCE students

Wednesday 7 October

All Year 12 VCE students and Year 11 students studying a Y12 VCE subject must come to school for the GAT.

Year 11 and 12 students return to school

Monday 12 October

Year 10 students studying a VCE subject must come to school for those classes.

Year 12 Practice Exams

Monday 19 - Thursday 22 October

Public Holiday - school closed

Friday 23 October

Last day Year 12 VCE classes and Year 11 and 12 VCAL classes

Friday 30 October

Student home study day (no classes)

Monday 2 November

Students should use this time at home to complete learning tasks and assessments and prepare for their exams.

Melbourne Cup Public Holiday - school closed

Tuesday 3 November

Please note that Year 7 and 10 immunisations will be rescheduled.

A full Term 4 calendar will be posted on Compass and our website.

To view a full calendar, please click [here](#).



Student Work Exemplars

Even during remote learning and lockdown, our students continually do their best and demonstrate a fantastic effort to their studies. Below are some examples of work that has been submitted this term which we think is awesome.

Thank you to these students for allowing us to publish their brilliant work!



Messages from the Student Wellbeing Team

Be safe, be happy, be healthy, be kind to yourself and one another.....this is the *sign off* that the Student Wellbeing (SWB) Team has often used in our communications with students throughout remote learning.

In this final newsletter for Term 3, we ask that you support us to continue to promote this message to your sons and daughters. To do this, we have shared below some of the ideas we have already communicated to the students, as well as including some new resources/ideas to add to your own “ideas bank” and practices.

Be safe

Being safe physically, mentally, emotionally has perhaps become even more important during periods of lockdown and remote learning.

- **COVID 19 protocols to keep ourselves and others safe**, media reports are a constant reminder to us all about what we are required to do. In my local fish and chip shop, I recently saw what I considered to be quite a striking a poster promoting the importance of wearing face masks. I found the poster online and more interesting to me than the poster, was the story behind it; the City of L.A. (USA) teamed up with local artists to develop a range of posters freely available to download:
<https://corona-virus.la/la-mask-print-project>
- **Online safety** – a safety issue that as parents you are well and truly aware of and from what we hear from our interactions with families, you have a number of safeguards and monitoring procedures already in place to monitor your children's safe and responsible use of online sites/apps/platforms.

Here are some resources that you may not have previously been aware of that you might want to view:

- [Office of eSafety Commissioner](#) – provides a range of information for young people, families, and educators about online safety and wellbeing
- [Parent portal of Office of eSafety Commissioner](#) – provides information and learning for parents/carers about online platforms
- [Screen time for a healthy headspace](#) – fact sheet for young people
- Our VUSC website has a whole section on eSafety, including information about how reports of cyber bullying can be made to The Office of the Children's eSafety Commissioner:

<https://www.vusc.vic.edu.au/college/we-are-esmart/>

- **Safe emotional and mental health – *our wellbeing*.** A y12 student recently described wellbeing as....*a place where you can go to if you are ever feeling down or have some problems you want to talk about. Wellbeing helps you by talking it out and giving suggestions on how to overcome challenges to improve your mental and physical health.* We have also encouraged students to plan for, and monitor their wellbeing:

I can plan:

- for time to do things that make me happy (e.g talk with a friend, listen to music, go for a walk)
- for time to rest and relax
- to reflect on my achievements and all the things I do well
- to be prepared for schoolwork that I need to get done, remembering that with hard work and planning, I can handle it.
- to remember all the things in my life I can be grateful for
- to do something nice for someone else.

Some helpful numbers, someone to talk to:

Kids Helpline 1800 551 800 –
Online

Chat www.kidshelpline.com.au

Headspace 1800 650 890 Online
Chat www.headspace.org.au

Beyond Blue 1300 224
636 www.beyondblue.org.au
<https://www.beyondblue.org.au/get-support/get-immediate-support>

Feeling down, wanting to talk something through – some useful external contacts for families to access for young people to talk with someone include:

- Headspace T; 99927 6222
- Victoria University Psychology Clinic 9919 2353
- Dr in Schools Program 0491 174 821 (call on Mondays and ask to speak with Jess);
- Beyond Blue 1300 22 4636
- Kids Helpline 1800 551 800
- Drummond Street Services (Brimbank) 9663 6733
- Parent Line 1300 301 300

Be happy – depending on who we talk to, during remote learning/lockdown, there is it seems no formula for being happy that applies to us all. One of my very best friends is *staying happy* by making CDs of remixed, restructured and extended music tracks that he downloads and then sends the CDs as gifts to his friends.

A few of the students SWB interact with, say that they are happy because they have more free time to read. We have encouraged students to access the [Brimbank Library](#). Other students tell us that they are enjoying more time in the kitchen with their parents cooking, and others tell us that they are happy because they are getting to sleep in. SWB have been promoting ideas for the students about “being happy”, including:

- **Love learning** – some students are loving the experience of remote learning, others not so much. SWB have been speaking with students about **intrinsic motivation** – a love of learning that comes from within, engaging in an activity because you enjoy it and get personal satisfaction from it. Not for all students the easiest thing to do, when logging on to four lessons every day and at the same time, perhaps feeling overwhelmed by keeping on top of learning and homework tasks.

An immediate strategy we suggest, is to let their teachers know. Then, we often talk with the students about discovering, reflecting on and planning to use their [learning strengths](#), goal setting, and developing and maintaining a study schedule to discuss with their teachers. For some students, there is perhaps a sense of [learning anxiety](#) which together, teachers and families can support students with.

During the school holidays, Brimbank Council have a number of [free webinars](#) that we have promoted with the students, to help re-ignite their passion for and curiosity about learning,

- **Viewing art that inspires happiness** <http://artpaintingartist.org/tag/happiness/>
- **Creating a Happiness Bag:** Whenever a student may be feeling down or having a challenging time, a Happiness Bag is a wellbeing tool that can be used to help the student change focus, and boost a positive mindset. Here's how you make one:

1. Gather as many magazines as you can find.
2. Sit down as a family.
3. Give each family member a box or bag labelled with their name.
4. Ask each person to cut out 10 things (quotes, words or pictures) that bring a smile to their face.
5. Have them place the chosen items in their bag.

Students could use images, words, a favourite song or even a funny YouTube clip to put in a virtual Bag of Happiness.

- ***Be healthy***
- **Youth Health and Wellbeing** - Brimbank Youth: Register here for a free webinar on 17 September <https://brimbankyouth.com/youth-health-and-wellbeing/>
- **Sleep, Screen Time, Diet and Exercise** – all reported to be the cornerstones of being healthy. Students may like to view the attached word doc and use a guide in recording and monitoring goals for their healthy behaviours.



Sleep screen time diet and exercise plan.docx

- ***Be Kind to Yourself and One Another***

Here are some links/ideas that you might want to access; ideas about taking extra special care of yourself and others right now in particular. **NB:** Always check with your parents/carers before accessing/downloading any apps that are mentioned.

Over the past week, when I viewed these resources, what really resonated with me, was the word **self** in the term self-care. Reminded me of a famous saying ...if it is to be, it is up to me... made me realise that perhaps I'd not been as self-disciplined as I need to be, in taking responsibility for *taking care of me*.

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

<https://www.orygen.org.au/About/Responding-to-the-COVID-19-outbreak/For-young-people-and-families/Self-care-during-the-COVID-19-outbreak>

- **How to Stay Positive During Corona Virus With a Positivity Journal**

There's no right way to create a positivity journal. You could journal in the morning or the evening, you could write things down throughout the day as, and when, a positive thought comes into your head.

You could write in a notebook, on your phone notes, record your voice, text yourself...

- **Grounding** this is a simple mental tool you can use at any given moment to become more relaxed.

The basic idea behind “grounding” is that when you find yourself feeling stressed, worried, or overwhelmed about a situation you can’t control, you “ground” yourself into the present moment by observing your immediate surroundings. For example, one simple “grounding” technique is to look around and identify 5 objects in your environment. “Couch, dog, TV, book, laptop...” By doing this, you temporarily take your focus away from your worrisome thoughts and shift it to the present moment. Grounding helps to reduce negative thoughts by shifting your focus outside of your mind and “busy thoughts” and into your body and “raw sensations.”

The attached word doc includes more examples of grounding activities. Be safe, be happy, be kind to yourself and one another – SWB



Grounding_Exercises.pdf

- **A collation of Family Wellness Activities:** *Making the time for the important people in our lives and having positive relationships with friends and family is essential for mental wellbeing .*



SFYS-Isolation News-Sept 2020 Family Wellness Activites.pdf

From the SWB Team - Gail, Harry and Mary



Doctors in Schools Program

A message from Doctors in Schools from Nurse Jess

Hello Students of VU Secondary College!

I hope you are all well and surviving the lockdown. I'm sure its been a tough road but hopefully we will get to the other side soon. As you are aware, during the various stages of lockdown, the School and Our service felt it was best that the Doctors-in-Schools Program would be provided remotely for the protection of student & staff's health.

To date there have not been many students calling us which usually is a good thing if we assume that you are well however I also wonder if it's because some of you might be a little shy?!

I do completely understand if this is the case as most of you have never met Dr Daniela or I before so its like picking up a phone and calling someone you've never met before to share some super personal information?? I guess that's not absurd at all!

Well I'm here to remind you that WE ARE STILL HERE for you. No matter how minor or great your question or issue is, how silly you think it might be.. Its OK... nothing we haven't heard before, seriously!

Our service is like a normal GP service, except we are focused on all areas of youth health. It's completely confidential (with the exception of if we feel you or someone else is in danger of being hurt then we would have to act on this to protect that person).

To get in contact with us, you can call or text the **Doctors-in-Schools Mobile number which is 0491 174 821** on a Monday and I will call you back.

Now that the world has gone digital we thought we should step it up and offer video- calls in addition to the voice calls. You can choose whichever method you feel comfortable with.

I know it can be a tough time with not being able to see your friends/loved ones and you may be stressed with school work or exams (or other things) but hang in there and please reach out if you need someone to talk to.

I will be sending regular emails with some helpful information for your health and perhaps throw in some jokes along the way (hopefully not too lame!).

Take care.

Jess - Nurse for the Doctors-in-Secondary Schools Program



DiSS Flyer.pdf





Community News and Services

Charis Mentoring Homework Club

Charis Mentoring is running an after school homework club for all Pasifika students in the Brimbank area. Please see the flyer attached below.

Students can register here: <https://forms.gle/oG8aNB3cz1z6ambB7>



Pasifika Excel Homework Club flyer.pdf

Brimbank Youth Health and Wellbeing free webinar

Brimbank City Council will be hosting a Youth, Health and Wellbeing Webinar that is aimed to provide students with information on mental health, crime & safety, and study engagement services to young people in Brimbank to support them during the pandemic.

This free webinar will be held from 3:45pm – 6:15pm on Thursday 17th September. See the attached flyer for information on how to register.

The event will include the Brimbank mayor and other guest speakers including Tom Boyd, former AFL Western Bulldogs Player, who will speak about the importance of looking after your mental health; Alicia who is the Junior Lord Mayor of Melbourne will also be making a

speech. Participants will be in the running to win one of three pairs of Beats by Dre Headphones.



Brimbank Youth Health and Wellbeing event flyer.pdf

School Holiday Online Program

This upcoming school holidays Mushroom Group, North Melbourne Football Club (The Huddle) and Melbourne Victory are offering young people aged 12-18 the opportunity to participate in an online school holiday program, aimed to engage, entertain and build skills. These programs are funded by the Department of Education and Training. Please see the flyer below for information on how to register.



Online School Holiday Program Spring 2020.pdf

Programs for Young People @ Brimbank Libraries

Brimbank Libraries are running several programs these school holidays! Click on the links to find out more.

- **Writing workshop, What's on your mind?**

Join Oromo Poet Saaro Umar to explore ways to express yourself through writing, particularly poetry. Participants will be able to use the workshop to create pieces of work which can be submitted to The Bold Source magazine and considered for their next publication. Tuesday 24 September, 2pm.

- **Macrame workshop:**

Learn how to create your own Macramé plant hanger, using various macramé knots. Don't have the materials needed? First 20 registrants will receive a craft pack containing everything you need!*

Tuesday 29 September, 2pm.

*to be eligible for a craft pack, each registrant must be a Brimbank resident. Limit to one pack per family.

- **An Emerging Brimbank Artists Journey:**

Join local Brimbank artist Manuel Sison, as he details how he started his career in art, and how he is turning his passion into a business. He will explore the paths in which a creative career can take you, as well as share some of his works.

Wednesday 30 September, 2pm

- **Business Basics:**

Want to start your own business, or make some money from your hobby, but not sure just where to start? How do you get an ABN? Do you need one? What about a website? Join successful business-owner Justyna to learn the basics needed to start your own business so you can turn your hobby into profit.

Thursday 1 October, 2pm.

Healthy and Well-thy: Join Brimbank Libraries as we discuss ways to be safe and healthy; and learn some practical tools around lifestyle and wellness.

For young people aged 16-25 years. Five weekly sessions will cover: Body and Senses, Mind, Heart, Home Life, and Work.

Weekly Friday zoom webinars, 4-4.45pm, from 15 September-23 October.

The five week wellbeing program will be focusing on lifestyle and wellness activities and is not a platform for crisis support. If you're in an emergency situation or need immediate assistance, contact mental health services, go to your local emergency department or call emergency services on 000. If you need to speak to someone urgently, call Lifeline 13 11 14 and Kids Helpline 1800 551 800.

Zoom VCE Study Support

VCE Year 12 Revision Tutors Session: English

Facilitated by Anne Mitchell, an experienced Year 12 English teacher and exam assessor, the session will focus on:

- Section A: Analytical interpretation of a text
- Section B: Comparative analysis of texts
- Section C: Argument and persuasive language

Anne will provide suggestions for effective preparation and tips for successful exam performance. Students are encouraged to bring topics for brainstorming practice, sample essays to get feedback, and questions about the exam that they would like answered.

Thursday 1 October, 11am-12:30pm

VCE Year 12 English as an Additional Language (EAL) Revision Tutored Session

Facilitated by Marcellene D'Menzie an experienced VCE English and EAL teacher and assessor of English. The VCE EAL Revision Program is targeted in helping you prepare for the EAL Examination. The program will assist you with strategies for the three sections:

- Section A – Listening to texts
- Section B – Text study
- Section C - Argument and language analysis

If you need any follow up support with any particular section you will be able to practise your skills and get immediate feedback.

Friday 2 October, 11am- 12.30pm

Are you a young person with an idea for a workshop for young people? We want to hear from you!

Brimbank Libraries is looking for young people aged 18-25 years to deliver some engaging online workshops targeted at Young People.

This is a paid opportunity. Staff will support you in setting up the virtual session and planning your online event.

If you are interested in applying for this opportunity and gaining some experience, please complete [this survey](#), submissions close 15 November, 5pm.

If you have any additional queries about applying, please contact Jennifer at jenniferb@brimbank.vic.gov.au.

See the attached flyer for more details:



VCE Sessions-Healthy and Well-thy-School Holidays flyers.PDF

For more information on any of these events, please check out the Brimbank Libraries website: www.brimbanklibraries.vic.gov.au

NDIS Information Sessions

Three different service providers are coming together to provide information for NDIS school leavers who are transitioning to further education or the workforce. See the attached flyer for details and how to register.



NDIS School Leavers Information Sessions.pdf

Talk to Ten: Free Mental Health Webinar Series

Funded by Moonee Valley Council, Psychologists Maria and Anthony will deliver a free ten week pilot webinar program, where once a week, they will present to parents/carers/etc on a mental health topic relevant to young people.

The presentation will be contained to only 10 minutes and there will then be 10 minutes given to any questions from the virtual audience. See the flyer attached for more information and how to register.



Talk to Ten Flyer.pdf

Headspace Sunshine

Support is available!

Headspace have developed a new digital resource to support young people:

<https://headspace.org.au/tips/>

Call 9927 6222 to get advice about referral options for a young person to access telehealth support services.

You are also most welcome to call 8312 0200 and ask to be put through to Harry (Junior Campus) or Gail (Senior Campus). We are happy to assist with any referral information and discuss other support services and resources that may be helpful.



Headspace Flyer.pdf

Drummond Street Services in Brimbank

Support for Families and Individuals during COVID-19

Drummond Street services (available in Brimbank and other municipalities) is still supporting families during this very challenging time. They provide a range of services and programs to

support children, young people, families, relationships and communities.

Give them a call and chat with their staff about what's going on for you and your family. Interpreting services are available including multilingual staff, please ask if this is required. Appointments can be made to fit in with the needs of you and your family via telephone or the online platform Zoom.

You can access the following free services:

- Relationship and family counselling and support
- Family mental health support
- Parent coaching and support
- Groups and seminars on a range of parenting and relationship issues
- Individual counselling, for children and adults (a fee may apply)
- Specialist support for families who are expecting a baby and for those with a baby up to 1-year-old
- Support for stepfamilies

During COVID-19, we want to make sure that you, your families and our staff can stay safe and well, so currently we are offering our support by either telephone or Zoom.

Online information and video clips for your family are also available at www.ds.org.au/info-for-families-in-isolation.

Join Brimbank Libraries Online

The Brimbank Library System covers 5 libraries, so if you are not a member it might be a good idea to get your parent/guardian to sign you up if you are under 18 (they have to join first and there is no cost involved). In this Stage 3 of lock down, it might be a good opportunity to grab an eBook or Audiobook that piques your interest.

Visit <https://www.brimbanklibraries.vic.gov.au/index.php/component/mtree/services/39-joining-and-borrowing>.

Maths Tutoring Available

Tommy Le , who was a student at our school last year and is now at Melbourne University is available as a Math Methods and Physics tutor after hours and can be contacted on 0414051716 or on email TommyLe48@hotmail.com.



Parenting Ideas

Our school is a Parenting Ideas School

Parenting Ideas was founded by Michael Grose, author of nine parenting books and parenting educator to over 1500 Australian schools.

Parenting Ideas features up-to-date research, timely advice and inspiration, providing parenting strategies on everything from sibling rivalry, teen health and creating resilience in kids, for children of all ages.

Parents and guardians can view articles published regularly in our newsletter and access free webinar vouchers valued at \$37.



Free webinar voucher - Parenting like a cat and dog 11 November 2020.pdf



Standing behind difficult decisions.pdf



When young people challenge family traditions.pdf



Maintaining strong family traditions.pdf



Developing skills for independent living.pdf



Encourage kids to occupy themselves.pdf



Staying the course in COVID times.pdf