

10th May 2019



90 Seconds with the Principal

[Watch Video](#)

90 Seconds with the Principal - Tips on helping to create Happier Families by Dr Justin Coulson

In the 90 seconds with the Principal video this week Dr Justin Coulson, who worked with our students, staff and parents last term, gives us some useful tips on ways to help create happier families.

Welcome Back and Happy Easter!

It has been a very busy start to Term 2 - I hope every family enjoyed time together over the holiday break. Last week we began the term with a whole school prayer to commemorate ANZAC day which occurred during the school holidays. I would like to take this opportunity to thank the Year 6 students and parents who joined me in Parramatta on ANZAC day for the dawn service. This week our whole school gathered to celebrate Easter with a liturgy and reflection - thanks to Mrs Boyd for her preparation of this beautiful celebration of the Risen Lord and the hope of new life that Easter brings.

Happy Mother's Day and International Day of Families

I would like to take this opportunity to wish all the Mums and Grandmothers from the Mother Teresa Community a very Happy Mother's day for this Sunday. Our school will gather next week, **Wednesday, 15th May**, to celebrate the Month of Mary beginning with a **liturgy at 11.05am and weather permitting, a picnic lunch beginning at 12 noon**. Bishop Vincent encourages all schools throughout the Diocese to participate in Month of Mary celebrations to highlight the importance of family. Catholic Care have shared the following statement about the importance of the 15th of May:

*"The United Nations General Assembly proclaimed that 15 May of every year shall be observed as the **International Day of Families**. The day reflects the importance that the international community attaches to families as basic units of society as well as its concern regarding their situation around the world."* Please see following letter.

Cuppa with the Principal/Parent Forum

Last week it was great to meet with parents as we discussed our current issues with traffic and parking. I would like to thank the representatives from Parramatta City Council Road Safety team who presented information regarding traffic and safety. Pamphlets handed out at 'Cuppa with the Principal' are available from the front office. Thanks also to Mr Ryan Pigram, the Westmead Catholic Community site facilities manager who was present to provide a context of the current trial of traffic flow across the site.

New Canteen Supplier

Earlier this week all families received information about the new canteen supplier for Mother Teresa Primary 'Welcomeasy'.

We would like to inform all families that due to contractual issues between Welcomeasy and CEDP (Catholic Education Diocese of Parramatta), the commencement date for families to begin utilising the new online canteen supplier has had to be [postponed](#). We will let parents know ASAP about the [new commencement date](#) for our online canteen services. We apologise for any inconveniences that this may have caused.



"We must never think any one of us is indispensable."

St Mother Teresa of Kolkata

Important Dates:

- **Saturday, 23rd March—Sunday 12th May**
First Eucharist
Enrolment forms can be collected from the Parish Church while attending Mass during the period 23rd March – 12th May 2019
- **Tuesday, 14th May—Friday, 24th May**
NAPLAN—Years 3 and 5
- **Wednesday, 15th May**
Month of Mary Liturgy-11:05am (Morley Centre)
Family Picnic-12:00pm (School grounds)
- **Friday, 31st May**



Welcomeasy

"In purchasing your child's tuckshop order online through Welcomeasy, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier."

School Writing Goal

When we returned to school last week, Ms Voda had the whole school intrigued by the 'egg?' mysteriously appearing on our school playground. Every child got to use their Writer's Notebooks to record their ideas about the possibilities and then use these ideas to produce a piece of writing throughout the week. As you know, one of our school goals for 2019 is to use the traits of quality writing, used by famous authors, in our own writing. Our teachers will use your child's writing to determine their growth from Term 1 and also their next steps in improving the quality of their writing. I can't wait to read the writing of our MTP students!



NAPLAN online 2019

Over the next two weeks our Year 3 and 5 students will be participating in NAPLAN online. As indicated in previous newsletters, as teachers we use the day to day observations, interactions, work samples and written responses from your child as the most valuable form of information about their growth as learners. NAPLAN plays a small part in the life of your child at Mother Teresa Primary. The best preparation for NAPLAN is continued engagement in all learning and of course reading every night. **A balance of play and rest is also crucial.** If you have any questions in relation to NAPLAN please feel free to contact me through the school office.

Data Validation Survey

At the end of 2018, families were invited to complete a data validation survey sent from the CEDP (Catholic Education Diocese of Parramatta). Next week you may receive communication directly from CEDP inviting families who have not yet done so, to complete the survey. Our school requires accurate and up-to-date student information as part of our duty of care and to support the needs of all learners. To ensure the information we currently have is correct, all families will be asked to validate key information such as contact details and emergency contacts.

Communicating with the Executive Director of CEDP - Mr Greg Whitby - Thursday 13th June 2019 - Chatterbox Live Q and A event

Join Greg Whitby, Executive Director of Catholic Education Diocese of Parramatta, for a transparent and engaging Q&A session with parents and guardians from learning communities throughout the diocese. Held at St Andrews College in Marayong, the event will begin at 7pm with light refreshments, followed by a Q&A session with Executive Director Greg Whitby where parents will have the chance to raise their questions around education and school in today's world. Can't make it in person? This event will also be live-streamed via the CEDP Facebook page. Be sure to click on 'Interested' or 'Going' to be reminded before the discussion goes live! You can do this via the event page: <https://www.facebook.com/events/1988053254654264/> Free ticket registration for this event will be available from Monday, May 20th at 9am by visiting chatterbox.parra.catholic.edu.au.

If you have any questions or would like further information in regards to this event, please contact Lachlan Andrews from Catholic Education Diocese of Parramatta via landrews8@parra.catholic.edu.au or on 9840 5790.

[Invitation from Mr Greg Whitby](#) on the following pages.

Parramatta Diocese Parent Representative Council - PRC

A big thank you to the MTP parents who have volunteered to represent our school at the Parramatta Diocesan Representative Council. The PRC meet once a term and usually have a keynote speaker who present on topics of interest for parents. Last term, one of our representatives, Mrs Jodie Skinner attended the meeting where representatives from the CEDP Wellbeing team presented ideas on dealing with anxiety. I would like to thank Jodie for her attendance and a copy of the flyer is attached to the newsletter this week.



May 15th—International Day for Families

Next Wednesday our community of Mother Teresa Primary will gather in prayer to honour our blessed Mother, Mary, followed by our family picnic.

No two families are identical and yet we have so much in common. Bishop Vincent speaks of our family the Church; "not like a club with strict rules for its members. It was a family that cut plenty of slack and accommodated those who struggled, questioned, or even strayed and got lost."

The Holy Family faced their own challenges. Mary, found herself pregnant prior to her marriage, she gave birth in far from ideal surroundings. Not long after, she and Joseph had to run for safety as refugees, fleeing to a foreign land. Jesus caused concern and

anxiety being lost for three days. Mary suffered the loss of her husband, leaving her a single parent and finally had to witness the unjust and cruel murder of her beloved son.

The story of Thomas reminds us that, "faith does not exclude doubt and questions, nor does it exclude moments when we wonder whether God is truly with us. The journey of faith requires of us a sense of vulnerable trust." The family is the church of home. It where we first learn to love and forgive, to challenge and to accept.

Maria Boyd REC

Reminders Term 2

- Our "And one for you" grocery campaign is ongoing for the Jesuit Refugee Centre – please keep those donations coming in.
- **Wednesday, 15th May** — Mary the Mother of God Liturgy 11.10 and Family Picnic following.
- **Friday, 21st June** — Winter Appeal and Sleep Out for St Vincent de Paul – supporting the homeless.

Kindergarten 2020 Interviews

Last week we began meeting with families of future Mother Teresa Primary students as the Leadership Team and myself commenced interviews for Kindergarten 2020. These interviews will continue for the next few weeks. An orientation program, where our new Kindergarten students will meet their buddy for 2020, will occur later this year.



NSW Premiers' Reading Challenge 2019

The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9, in government, independent, Catholic and home schools.

The 2019 Challenge kicked off **Monday, 4th March** and closes **Friday, 30th August** (midnight) for MTP students.

How can my child get involved? Just click on the link at [NSW PRC](#) and log on to begin (Kindergarten and new families) should have recently received their log in details. There is also a new student portal which allows students to look for books that are on the challenge list and add them directly to their reading log once read.

Mrs Rawlings will be on the playground at lunchtime most Wednesdays during the challenge, to help any students.

If you have any questions, please see either Mrs Rawlings or Mrs Halligan.



Woolworths Earn & Learn

We are really excited to be participating in the Woolworths Earn & Learn program again this year. This program enables our school to earn educational resources when anyone from the school community shops at Woolworths. The program started Wednesday, 1st May when you can start collecting stickers for every \$10.00 you spend. Once you have completed a sticker card, you can place them in the collection box at school in the student foyer.

WHS - Parking and Safety

Thank you so much to our parents and carers who make our Westmead Catholic Community a safe and caring place to learn and grow by their compliance with our road rules. A reminder that it is extremely important to follow the directions of staff during drop off in the morning and pick up in the afternoon. Please do not overtake cars waiting in the left hand lane when moving into the Kiss and Drop zone, by swinging out into the right hand lane. This is very dangerous and children crossing the road on the pedestrian crossing may not be seen. I thank you for your cooperation on this important matter. Recently a Traffic Management Company has been observing and providing feedback to the Principals on this site about safety procedures at pick up and drop off. Once these reports have been finalised and discussed with the Principals I will share more information with our parent community.

Important Dates:

- Month of Mary Liturgy and Family Picnic Day (after Mother's Day) see School calendar
- SDD Staff Development Days 2019 - these are pupil free days:
 - ⇒ Term 2 - Friday, 7th June
 - ⇒ No SDD in Term 3
 - ⇒ Term 4 - Friday, 1st November
- Term 4 - Last day of school for students Wednesday, 18th December

Sport News

Mother Teresa Primary had a wonderful start to sport during term one. The highlights included our Diocesan Swimming events, MTP Cross Country carnival, Stage 3 Diocesan Sporting Trials and our Stage 3 girls Macquarie Sports Netball clinic.

NSWCPS MacKillop Swimming Championships 2019 - 27/03/2019:

This year we had one student who achieved above and beyond, participating in the NSWCPS swimming championships at Homebush. Aaron K in year 4 did his very best on the day and we are very proud of his achievements in reaching this level of competition. Well done Aaron!

MTP Cross Country:

Students from years 3-6 participated in this year's MTP Cross Country event. It was a fabulous day with all students participating either in the 1km fun run or the actual 2km or 3km Cross Country event. It was wonderful to see so many students encouraging others during the competition in true Mother Teresa spirit. A big thank you to Mrs Karen Mardini who helped to officiate the event.



Sporting Schools Trials:

We had 7 students from Mother Teresa trial for various sports throughout term one. These trials are very competitive and are held for students across the Diocese who have already reached a high standard in their sporting endeavours. This year we are very proud to see Christian Mardini in year 5 chosen to represent MacKillop in Rugby League. We look forward to hearing the results from his team's efforts in the coming months. Congratulations Christian!

Macquarie Sports Netball Clinic:

Stage 3 girls were invited to participate in the Macquarie Sports Netball Clinic held at Jamison Park Penrith in the last week of term 1. The girls were super excited to be participating in this event and joined other local schools in a fun-filled, skills based day. All participants were able to meet veterans of the game as well as current players. The day flowed very well with all girls participating enthusiastically. A big thank you to our parent helper Mrs Skinner for assisting to make this day a success.



Cumberland Zone Cross Country Carnival

This week we had an amazing 40 students from MTP compete at the Cumberland Zone Cross Country Carnival held at Eastern Creek Motorsport Park. All of our students ran their best on the day and rallied together to cheer our students on. A special mention to David (Yr 5) who came 8th overall in his event and will be continuing to the next level. Thank you to Mrs Dennis, Mrs Hashim and Mrs Mardini for their assistance on the day.



14 March 2019

Dear Parents and Guardians,

Keeping with the policies of the Diocese of Parramatta the Parish's Sacramental Programme is a **parish based, family centred, school supported** programme. This means the programme is run through the parish and is not conducted by the schools. Students enrolled in the programme will have their learning during the preparation sessions supported in their RE and SRE classes at school.

The Sacramental Programme is open to all children baptised in the Catholic Church and whose family have made Sacred Heart Parish their primary place of worship. The school a child attends does not have a bearing on eligibility for participation in the programme. Children baptised in a Protestant, Anglican or Orthodox tradition ought to approach their own denomination for sacramental preparation.

Children who received Eucharist when they were baptised, for example within the Melkite or Coptic Rites, are welcome to participate in the Sacramental Programme as a form of catechesis. They are welcome to attend the First Eucharist Mass but as one who has already received Eucharist, therefore they will not be celebrating their First Eucharist.

Baptised Catholics who have celebrated the sacrament of Penance (Reconciliation) are eligible to prepare for First Eucharist. **Enrolment forms for First Eucharist can be collected from the Parish Church while attending Mass during the period 23 March – 12 May 2019.** Enrolment forms are not available from the schools or the Parish Office.

Important information about the Sacramental Programme is contained in a letter accompanying the enrolment form. This information includes relevant dates that you need to be aware of and to place in your diary.

If you require any further information, please contact the Parish Office during office hours (10am-4pm Tuesday – Friday).

Yours in Christ,

A handwritten signature in black ink, appearing to read "Walter J. Fogarty".

Fr Walter J Fogarty
Parish Priest



Invitation to Chatterbox Live Q&A Event

27 April 2019

Dear Parents and Carers

CEDP has always valued parent feedback and with the use of new technologies, we now have the opportunity to become more connected with families in real-time. As part of our commitment to promoting student and parent voice in our schools, we have launched a new initiative called *Chatterbox Live*.

We have had success using social media platforms to host Chatterbox Live in a number of primary and secondary schools already. I was impressed with the range of questions students asked me on issues related to schooling in today's world.

I am extending the invitation to our parent community to join us for the first Chatterbox Live event for parents and carers. This will be held on Thursday, 13 June at St Andrews College Marayong from 7.00pm. I'm looking forward to hearing your views and responding to your questions related to Catholic schooling in the Parramatta Diocese.

Registrations to attend the event in person will open on May 20 at 9am. If you would like to attend in person, please register your interest as soon as possible by visiting chatterbox.parra.catholic.edu.au.

If you're unable to attend in person, you are welcome to tune in live by 'liking' the CEDP Facebook page to be reminded when the event begins. You can do this at www.facebook.com/CatholicEdParra/.

If you have any questions or would like further information in regard to this event, please contact Lachlan Andrews via landrews8@parra.catholic.edu.au or on 9840 5790.

I look forward to strengthening our engagement with parents.

Regards

Gregory B Whitby AM KSG
Executive Director

NAPLAN Online – information for parents and carers



2019

Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

What is assessed?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

In 2019 most students across Australia will sit NAPLAN online.

Feedback in the first year of NAPLAN Online showed that students engaged well with online assessments. One of the main benefits of NAPLAN Online is tailored (or adaptive) testing, where the test automatically adapts to a student's test performance. The test presents questions of higher or lower complexity, depending on a student's performance.

Tailored (or adaptive) testing is designed to assess a wider range of student abilities and to measure student achievement more precisely. Your child should not be concerned if they find questions more challenging than usual; they may be taking a more complex test pathway. A student's overall NAPLAN score is based on the number and complexity of questions they answer correctly.

NAPLAN Online is not a test of keyboard skills. There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will complete the writing test on paper.

To get an idea of what the online assessment looks like, visit the public demonstration site at nap.edu.au

How can I help my child prepare?

Help your child prepare by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. Ensuring students are familiar with using devices, typing on them and navigating through programs are a part of student learning and a requirement of the Australian Curriculum from the first year at school.

ACARA does not recommend excessive preparation for NAPLAN or the use of coaching providers. NAPLAN is about assessing learning progress in literacy and numeracy.

Will my child sit NAPLAN on paper or online?

In 2019, your child will sit the NAPLAN online tests. However, children in some other schools across Australia will sit the NAPLAN paper tests this year. Federal, state and territory education ministers have agreed that all schools will move online by 2020. State and territory education authorities will determine when their schools move online.

As students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper, results for both formats can be reported on the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit nap.edu.au

Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with disability that severely limits their capacity to participate in the assessment, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on NAPLAN Online disability adjustments or the process required to gain a formal exemption.

NAPLAN Online 2019 timetable

The assessment window for NAPLAN Online is extended from three days provided for the paper test to nine days. This is to give schools more flexibility in scheduling and accommodate schools that may have fewer devices. The NAPLAN Online assessment window starts on Tuesday 14 May and finishes on Friday 24 May 2019.

The online tests must be taken in the following order:

Test	Duration	Order	Details
Writing	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.	To be completed in the first two days	Year 3 students do a paper-based writing test on day one only
Reading	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the writing test	Students read a range of informative, imaginative and persuasive texts
Conventions of language	Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min.	To be completed after the reading test	This test includes spelling, grammar and punctuation
Numeracy	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed after the conventions of language test	This test includes number and algebra; measurement and geometry; and statistics and probability

What if my child is absent from school on assessment days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule. Individual students are not permitted to sit NAPLAN online tests after Friday 24 May 2019.

How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not receive a report, you should contact your child's school.

How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra support.
- Schools use results to identify strengths and areas to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at myschool.edu.au

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

For information about how personal information for NAPLAN is handled by ACARA, visit nap.edu.au/naplanprivacy

NAPLAN individual student reports will be provided to schools from August through September by your state or territory test administration authority.

NAPLAN assesses the key areas of literacy and numeracy. It provides parents and educators with a snapshot of how students are progressing – individually, as part of their school community, and against national standards that have been agreed upon by all state and territory governments.

If you are the parent of a student in Years 3, 5, 7 or 9, you will receive an individual report of your child's results for the NAPLAN tests they sat in May.

2018 is the first year some students took NAPLAN in an online format. The report will show whether your child completed the assessment online or on paper.

How do I read the report?

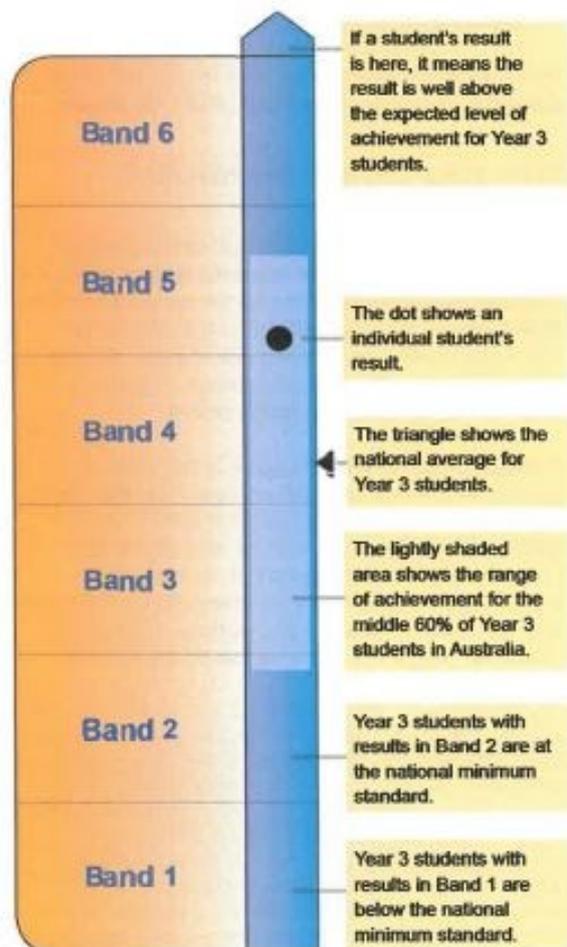
NAPLAN assesses numeracy, reading, writing, spelling, grammar and punctuation. You will see your child's results on an achievement scale for each of those assessments.

The Years 3, 5, 7 and 9 literacy and numeracy assessment results are reported on a scale from Band 1 to Band 10. This scale represents increasing levels of knowledge, understanding and skills demonstrated in the assessments. Whether your child completed NAPLAN online or on paper, the results are reported on the same scale.

Only the most relevant six bands for each year level are shown on the student report. For example, the results for Year 3 are reported across the range of Band 1 to Band 6, as illustrated in the diagram opposite. The Year 5 report shows bands 3 to 8, the Year 7 report shows bands 4 to 9, and the Year 9 report shows bands 5 to 10.

The diagrams in the student report also show the range for the middle 60 per cent of students, the national average result and the national minimum standard for each year level. Reports in some states and territories also show the school average.

The report also summarises the skills that students have typically demonstrated in the assessments at each band.



How does NAPLAN help my child and my school?

NAPLAN is designed to provide information about a student's literacy and numeracy achievements. NAPLAN is the only national assessment that Australian children undertake. It complements other school assessments and provides nationally comparable data to help governments evaluate how education programs are working and whether students are meeting important literacy and numeracy standards. NAPLAN results help:

- parents and students to discuss individual student progress with teachers
- teachers to better identify students who need greater challenges or extra support
- schools to identify strengths and areas of need in teaching programs
- schools to set goals in literacy and numeracy
- school systems to review programs and support offered to schools
- the community to see average school results on the *My School* website.

Your school principal will be able to give you more details on how your school uses NAPLAN results.

Who else will see the results?

Each year, test administration authorities provide schools with results for all students who sit NAPLAN. Schools are encouraged to use the results to inform their planning for improvement across the school. Individual student reports are confidential. No one outside of your local test administration authority or your school will see your child's report.

Average school results are publicly reported on *My School* (www.myschool.edu.au). The website is updated with the previous year's results in the first quarter of each year. *My School* also allows the community to look at aspects of each school's profile, as well as to make comparisons with schools that serve similar student populations. Your child's individual results are not available on *My School*.

From 2018 to 2020, NAPLAN is moving from a paper assessment to an online assessment to provide more accurate and precise information about what students know and can do. During this period some students sit NAPLAN on paper, while others sit the assessments online. Students for both online and paper tests are being assessed on the same literacy and numeracy content and results can be reported on the same NAPLAN assessment scale.

What impact will the results have on my child's future?

NAPLAN results provide important information about literacy and numeracy skills that your child is learning through their regular school curriculum. The results complement the assessments your child does at school. They provide you and your child's teachers with an understanding of your child's achievement and progress at the time of the assessments. The information can be used to support your child to reach their full potential.

Some schools may ask for NAPLAN reports, in addition to school reports, as part of their admissions process. NAPLAN assessments are not designed to be a school admission test. However, results may be useful for informing new schools of student needs. If you have any concerns, ACARA encourages you to talk them over with the school.

What if the results are not what my child and I expected?

NAPLAN tests are about assessing learning progress in literacy and numeracy. Students are provided with an indication of where their results are on the common assessment scale.

NAPLAN gives a snapshot of your child's performance on the days of the assessments and the results should be interpreted with care. There are many reasons why students' results may vary. Some students may perform much better than expected when compared against their regular classroom assessment results, while other students may not perform as well as expected.

If you have any questions or concerns about your child's NAPLAN results, you should discuss these with your child's teacher, who will have the best insight into your child's educational progress.

For more information about NAPLAN and the National Assessment Program, visit www.nap.edu.au

In 2018, all Year 3 students completed the writing assessment on paper, including those students who completed other assessments online.

To find out more about NAPLAN Online, visit www.nap.edu.au/online-assessment

What is Anxiety?

Anxiety is a natural part of life and is a useful emotion. Anxiety is only problematic when it dominates someone's life and stops them doing things they really want to do. Key is whether there is a 'significant change' in functioning for the person. Anxiety results in physical, emotional, cognitive and behavioural symptoms.

Some Facts

- Helping young people to understand anxiety can really help them regain their sense of power and control over their emotions.
- High anxiety/high emotion (instinct) overrides logic and rational thought when someone is consumed by their feelings, making it hard to appeal to reason.
- Common symptoms of anxiety: dry mouth, butterflies in stomach, increase in heart rate/blood pressure, tingling feeling in arms and legs, light headed sensation etc. However all of these symptoms have a biological and evolutionary purpose and therefore can be explained
- Increased risk if other family members have anxiety (genetic and environmental components). Life experiences such as high conflict in the home, trauma, peer rejection, chronic illness, disruption in schooling, inexperience with dealing with difficult emotions, unrealistic expectations, modelling, learning difficulties, previous failure, sexuality, disabilities etc can also increase risk of anxiety.

Some Tips for Parents

- Have clear expectations and limits for your child.
- Build on your child's strengths.
- Encourage independence (self efficacy and autonomy).
- Avoid rescuing your child ('helicopter' parenting!) from experiencing negative emotions.
- Avoid excessive reassurance (turn questions around back to them).
- Give a clear message that anxiety is OK and they can learn to handle it.
- Use emotion coaching by helping them to label, articulate and understand emotions rather than fear them / be overwhelmed by them.
- Model positive coping behaviour when you experience anxiety yourself.
- Try not to lose control or let your own frustrations through.
- Have a united approach with all key adults in their lives.
- Still have calm, clear consequences (delivered without emotion) when necessary.
- Be involved, aware and active in your child's technology use (in common space).
- Screen time stops at least one hour before bedtime (light interferes with melatonin production which is needed for sleep).
- Consider having a time for phone to be docked (not in room).
- Remind them not to share personal information online, not participate in gossip or negative comments about a person and to block, delete and report to trusted adult as needed.
- Avoid threatening to ban technology in response to problem behaviour (could result in them not telling you when there's been a problem).
- Teaching our kids that bad feelings don't last and they can get through it is helpful.
- Encourage your child to talk about 2 - 3 good things that happened / that they are grateful for every day.
- Even if you think you know what the solution might be, don't just tell them! Help them brainstorm options and possible consequences and facilitate their choice of best solution.

Treatment/Intervention Options

- Cognitive Behaviour Therapy (CBT),
- Acceptance and Commitment Therapy (ACT),
- Graded Exposure, Family Therapy,
- Interpersonal Therapy (IPT),
- Mindfulness/meditation,
- Relaxation training
- Medication etc.

CEDP Initiatives

Many initiatives through the CEDP providing support to schools to target student wellbeing:

- Positive Behaviour Support For Learning (PBS4L)
- Youth and Teen Mental Health First Aid
- ProACTIVE Anxiety Groups
- Parenting Groups
- School Counselling
- Wellbeing & Behaviour Team
- Attendance Team
- Family Clinic

Telephone and online support

- Kids Helpline 1800 55 1800 www.kidshelpline.com.au
- Lifeline 13 11 14 <https://www.lifeline.org.au/>
- Mens Line 1300 78 99 78 <https://www.mensline.org.au/>
- Suicide Call Back Service 1300 659 467 <https://www.suicidecallbackservice.org.au/>
- Parentline_1300 1300 52 <https://www.parentline.com.au/>
- Better Access to Mental Health Care
- Access to Allied Psychological Services (ATAPS)
- Black Dog Institute <https://www.blackdoginstitute.org.au/>
- Beyond Blue <https://www.beyondblue.org.au/>
- Youth Beyond Blue www.youthbeyondblue.com
- Butterfly Foundation <https://thebutterflyfoundation.org.au/>
- CatholicCare <https://www.ccam.org.au/>
- reachout.com/tools-and-apps <https://au.reachout.com/tools-and-apps>
- National Institute of Mental Health www.nimh.nih.gov (American but has lots of anxiety info)

Other Online Apps and Resources

- Brave Online <http://www.brave-online.com/>
- Biteback <https://www.biteback.org.au/>
- Chilled Out
- Cool Kids Online
- myCompass <https://www.mycompass.org.au/>
- Smiling Mind <https://www.smilingmind.com.au/>
- Calm <https://www.calm.com/>
- Dreamykid <http://dreamykid.com/>
- Breathing Bubbles <https://www.common sense media.org/app-reviews/breathing-bubbles>
- Relaxing Melodies https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en_US
- Anxiety Reliever <https://www.anxietyrelieverapp.com/>

Useful Books

- Foa EB, Andrews LW. *If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents*. New York, NY, USA: Oxford University Press, 2006
 - Schab LM. *The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry*. Oakland, USA: New Harbinger Publications; 2004
 - Phillips N. *The Panic Book*. Concord West, NSW, Australia: Shrink-Rap Press; 2005
 - Wever C, Phillips N. *The Secret Problem*. Concord West, NSW, Australia: Shrink-Rap Press; 2006
- To order above two books, go to Shrink Rap website www.shrinkrap.com.au

2019 School Sport Track & Field Championships



NSWPSSA Athletics Selection Trials Thursday 8 August 2019.

Nomination applications for this event close 5pm Wednesday 26 June 2019.

Dear Parents,

In 2019 the School Sport Australia Track and Field Championships will be held in the Northern Territory.

Due to extreme heat conditions in Darwin during November/December when the National Track and Field Championships are traditionally held, this year's SSA event will be held from the 18th-23rd September 2019.

In order to select a NSW representative track & field team for this event, the NSWPSSA will be holding a special selection trial.

Participation at these trials will be via a formal application to NSWPSSA and athletes MUST compete at this event to achieve selection in the 2019 NSW representative team.

How to enter: To apply for the NSWPSSA Athletics Selection Trials you must complete the nomination form and scan and email the form to the Executive Officer - jason.wilesmith@det.nsw.edu.au by the closing date .

Further information is available at the NSW Schools Sport website <https://app.education.nsw.gov.au/sport/>