



# WILLOUGHBY GIRLS HIGH SCHOOL

*A Leader in Girls Education*

## NEWSLETTER

Phone : 9958 4141

<https://willoughbg-h.schools.nsw.gov.au/>

20 AUGUST 2021

### PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose

#### Year 12 Trial Examinations – online

The Year 12 Trial Examinations have begun online and all is going well so far. This is quite a challenge for all involved and I sincerely thank teachers for their commitment to ensuring students have the maximum opportunity to demonstrate their learning in these unusual circumstances. Students and teachers are very familiar with the online platforms and use Zoom for many of their classes. So, while completing important examinations in this environment is not ideal, I am confident that these will continue to run smoothly.



Many students are enjoying zoom cooking lessons including Nanao S in Year 7

I never say 'good luck' to students for their examinations or assessments, but rather 'I wish you well', because all students have worked hard with support and encouragement from their teachers. This commitment to learning is what yields results for students.

#### Student Leaders

The process of selecting our next group of student leaders is well underway. Thirty Year 11 students have nominated for the role of Prefect for 2021-22, and now teachers and the whole of Year 11 have the difficult task of choosing 14 young women for these important positions.

Deputy Principal Mrs Watts, Year Adviser Mrs Jarvis and I had the pleasure of viewing all applicants' video recorded speeches in which they outlined their reasons for nominating for Prefect and explaining what skills and experiences they bring to the role. These are very impressive students indeed.

Nominations for members of the Student Representative Council (SRC) are coming in and these elections will take place online later in the Term.

#### P&C Meeting this week

It was lovely to see members of the P&C online on Tuesday evening. I updated those present on what is and is not happening around the school at the moment:

- All building works have temporarily ceased (Science laboratory refurbishment, the new lift in A Block and the upgrade of the TAS staff area and ambulant toilet in A Block). We hope works will recommence when the lockdown restrictions lift.
- The netball court upgrade has been approved and will commence when workers are allowed on site.

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### WGHS P&C



Facebook.com/wghspandc  
[secretary@wghspandc.org.au](mailto:secretary@wghspandc.org.au)



Next P&C Meeting will be held:  
**Tuesday 19 October 2021 (Zoom details TBC)**

- ✓ Please follow our Facebook page to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page
- ✓ All parents are welcome at P&C meetings, held twice per term at 7.00pm in the staff common room (Access via front door)
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time

## PRINCIPAL'S MESSAGE *continued*

- A large shade structure over the new basketball courts has been approved by Willoughby Council and we hope this will be completed by the end of the year – Covid restrictions allowing.
- All our usual end of Term 3 celebrations; Year 12 luncheon and graduation and the student leadership assembly, have been postponed until later in Term 4.

### Online Schooling

It is increasingly difficult for everyone to stay motivated during lockdown. I spend most of my days on email, on the phone and in Zoom meetings with colleagues within and beyond the school. As you know our teachers and students also spend most of the day online. It is exhausting for all, so I am pleased that teachers and most students remain engaged and enthusiastic about learning. Throughout the rest of Term 3, we will be initiating some additional wellbeing programs to ensure everyone has some time to focus on things that they enjoy.

Commencing next week, all students will need to be logged in at 8.45am so they have time to decide what their wellbeing focus for the day will be. We are also working on building in learning catch-up time and additional wellbeing focus time for all students. Further details will follow via email to all families.

Please take care and stay safe.

**Ms Elizabeth Diprose, Principal**

## 2022 TERM DATES

Mrs Jennifer Watts, Deputy Principal

Here are next year's term dates for your planning purposes. (Please organise travel outside of school terms):

TERM	First Day	Last Day
Term 1	Tuesday, 1 February (Y7, Y11, Y12 & new girls) or Wednesday, 2 February (Y8, Y9 & Y10)	Friday, 8 April
Term 2	Wednesday 27 April	Friday, 1 July
Term 3	Tuesday 19 July	Friday, 23 September
Term 4	Monday 10 October	Tuesday, 20 December (TBC)

## 2021 CALENDAR

### TERM 3: Tues 13 July – Fri 17 Sept

18 August – 1 September  
Y12 Trial Exams

Friday 17 September  
Last Day of Term 3

### TERM 4: Tues 5 Oct – Thurs 16 Dec

(Summer uniform to be worn at school)

15 October – 4 November  
HSC Exams

Tuesday 19 October  
P&C Meeting 7pm

Tuesday 16 November  
P&C Meeting 7pm

Friday 10 December  
Presentation Day

## NEEDED: ONLINE LEARNING PHOTOS OF YOU



Music, PDHPE, TAS, Art, Band, English, Science.....what subject or school co-curricular activity are you enjoying?

Please share photos of online learning and we might publish them. Just email them to the school at:

[willoughbg-h.school@det.nsw.edu.au](mailto:willoughbg-h.school@det.nsw.edu.au) titled "For the newsletter", with your name and year, and a line or a paragraph or two about what you have been doing. Thank you.

# YEAR 12 TRIALS, YEAR 11 EXAMS AND OTHER ASSESSMENTS ONLINE AND UNDERWAY

Janet Atchison, Deputy Principal - Curriculum & Assessments

Regardless of staying at home orders, our students have still been completing their scheduled assessments, such as the Trial exams and Year 11 Final exams.

However, this year, due to the Lock down, these assessments are all online. For this to happen, many factors needed to be considered such as formats of exams, lengths of exams, time periods, revised timetables, and processes and procedures to ensure assessment protocols and validity could be met.

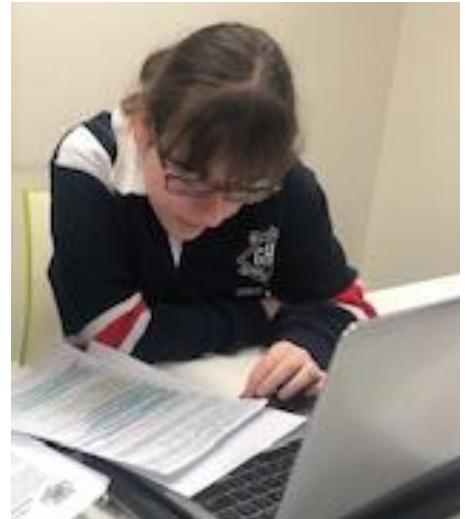
Thank you to the many staff who have worked tirelessly behind the scenes to make this happen.

Our Year 12 trials started on 16 August and will finish on 1 September.

Our Year 11 exams started in Week 6 and conclude in Week 10.

Other years have also continued to do planned assessment tests using online formats and processes.

It has been a huge effort of resilience by both students and teachers and I congratulate all who have adjusted to the enforced changes.



## PREFECT ELECTIONS FOR 2021/22

Mrs Cheryl Blomfield, Head Teacher Technological and Applied Sciences

Late last term, Year 11 students were addressed about the Prefect election process and the role of the Prefect body. Students were asked to submit a written application. The applications were read by Ms Diprose, Mrs Watts and Mrs Jarvis.

In an ideal world, students would have had to present a speech addressing a specific question to a panel. Due to Covid, we had to quickly adapt to an alternative. Students were asked to present a three-minute recorded speech and upload it to a google classroom.

Ms Diprose, Mrs Watts and Mrs Jarvis are working through these pre-recorded videos. I would like to thank students for adapting to this change and producing such high quality presentations.

Staff and students will be given an opportunity to vote, which will occur in the next few weeks.



2020-21 Prefects

# STUDENT REPRESENTATIVE COUNCIL (SRC) ELECTIONS FOR 2021/22

Ms Kirsty Stringer, Mrs Hailey Carruthers, Technical & Applied Sciences Teachers

It's that time of the year again and we want to know, would YOU like to represent the WGHS school community in 2021/22? We are looking for five (5) people to represent each year.

The application process this year will be a little different due to learning from home. This is what you need to do:

1. Complete the google form to register your interest: <https://forms.gle/D8faJ4sZu1tkRA9h8>
2. Create an application video that we can share with year groups. You will need to respond to these two questions in your video:
  - Why do you want to be part of the SRC at WGHS?
  - How would you help the school community, if you were elected?Keep the video short; around 30-45 seconds. No longer than a minute please. It needs to be in a video file format ie .MP4, .AVI, .MOV or .WMV
3. Join the "WGHS SRC 2021/22 Student Nominations" google classroom (eplq2ec) to upload your application video on or before Friday 27 August (Week 7).

SRC Voting will take place in Week 8. We look forward to your submissions!



2020-21 SRC

## SCHOOL LEAVERS SUPPORT

Ms Rana Morris, Careers Advisor

This link from the Australian Government may be useful for both students and parents who would like advice regarding careers and leaving school.

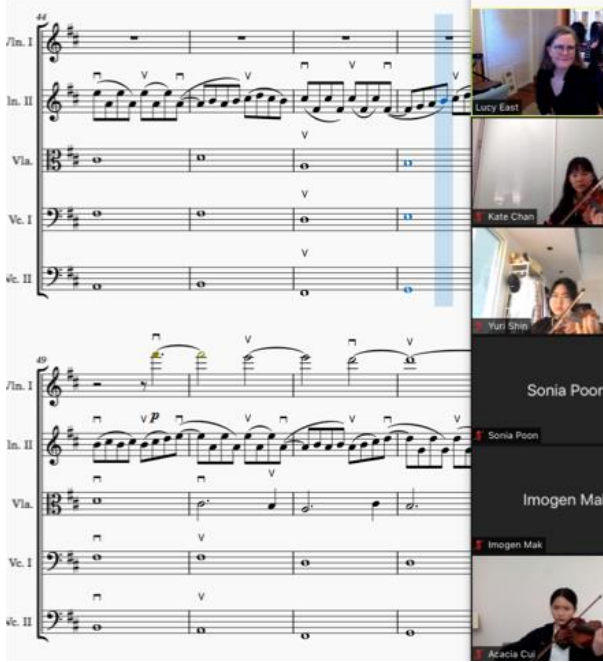
<https://www.yourcareer.gov.au/school-leavers-support/>



# INSTRUMENTAL ENSEMBLES OVERCOMING LOCKDOWN

Clem Burgmann, Head Teacher Music and Administration

Lockdown can't stop the WGHS instrumental ensembles! Students are playing in their bedrooms, their gardens, and anywhere within a 5km radius of their homes!

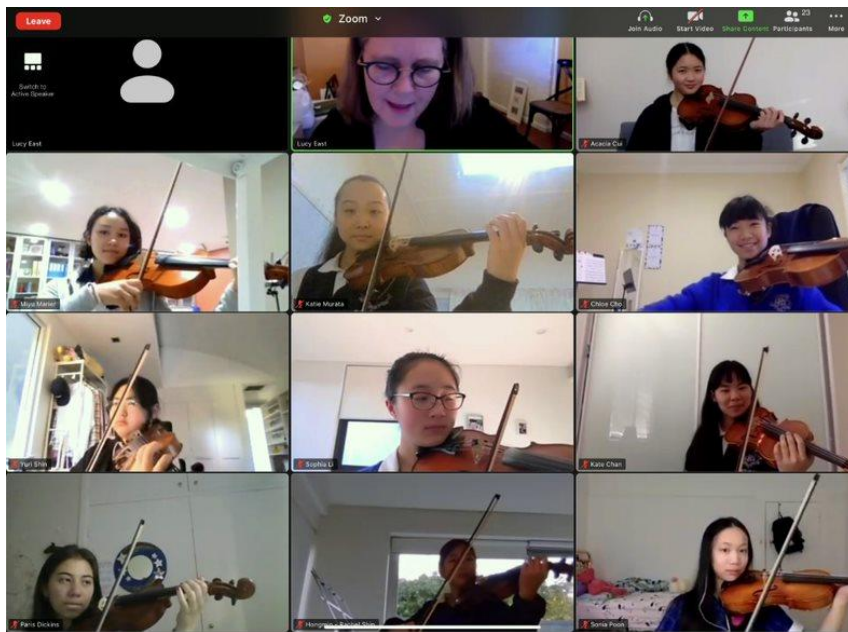


The image shows a musical score for a Chamber Ensemble, featuring staves for Flute I and II, Viola, Violin I and II, and Cello/Double Bass. To the right of the score are several small video thumbnails showing students performing their parts. The names of the students are listed next to their respective thumbnails: Lucy East, Katie Chan, Yuli Shin, Sonia Poon, Imogen Mak, and Aradia Cui.

Chamber Ensemble



Conductor Jason Isaac's view of the Senior Wind Ensemble As they work hard on zoom every Friday morning!



Chamber Ensemble



Mieke BS



Nina B



Pin Pin

## YEAR 8 AND YEAR 9 FRENCH – READING RECIPES IN FRENCH

Ms Nyssa Bunyan, French Teacher

In Year 8 and Year 9 French, students have been learning to read recipes in French. Recently they cooked crepes by following the recipe in French.

The results were sure to have impressed many families in lockdown. Bon appetit!



Haylee H



Jessica C



Juliet D

## YEAR 10 BE STREET SMART SEMINAR

Lisa N, Year 10

In Week 5, Year 10 viewed the online BStreetSmart seminar - one of Australia's largest road safety educational programs for large groups of high school students in Sydney.

This seminar targeted young adult drivers beginning their driving journey. We learnt valuable lessons to ensure we don't EVER have to deal with the trauma that was experienced and discussed.

These lessons included:

- Don't drink and drive,
- Know if you're the driver, you're responsible for yourself and the people in the car,
- Make good choices,
- Don't give into peer pressure,
- Know your speed,
- Be aware of your surroundings,
- Understand your own limits,
- Eliminate all distractions e.g phone, and
- Follow all road rules.



The re-enactment of the driving scene was surreal and very confronting, with a hit of reality.

We were educated on the procedure following an accident, hospital treatment, and police practice.

BStreetSmart informed us about the harsh reality that trauma victims face with three speakers who shared their experiences with road accidents which was very interesting and heartfelt.

Overall, this incursion with BStreetSmart gave me an insight to be more careful and be responsible when I drive, especially considering I just got my L's Permit.

## YEAR 9 GREEK DRAMA

Mr Daniel Yeung, English and Drama Teacher

In Year 9 Drama, we have been studying Ancient Greek Drama.

In the last fortnight, we have been learning about the dramatic function and purpose of the Greek Chorus.

Whilst on Zoom, groups formed a chorus and worked on developing gestures and movements in unison to bring to life either a nursery rhyme or excerpt from a famous play. There are obvious limitations to performing chorus work on Zoom, but the girls had fun anyway!

Chorus work is a foundational skill employed by students in Stage 5 and 6 Drama.



## YEAR 11 HOSPITALITY GETTING JOB READY

Lara H and Abbey B (Year 11)

In recent weeks, Mrs Blomfield's Year 11 class have been cooking up a storm at home through online zoom cooking lessons. We have made chicken burgers and a traditional Chinese dish, Sung Choi Bao.

Within these classes we are continuing to have the opportunity of hands-on learning with Mrs Blomfield guiding us through cooking sequences while taking on board any questions or queries.

In addition to these practical lessons, we are learning about the importance of safety in food handling and servicing through theory based activities and lessons.

These lessons are helping us develop skills to set up our foundation for a potential job within this industry or even just knowledge of basic skills to help benefit us in the future.



Isabel



Lara



Abbey



Sophia

## YEAR 10 CAREERS MATCH SURVEY

Ms Rana Morris, Careers Advisor

In the last few weeks, as part of the subject selection activities, all Year 10 students completed the Careers Match Profile Survey, which is based on personalities. They have received an email that parents can work through with them.

<https://www.mycareermatch.com.au/>



*Employment studies show personality is a contributing factor for career success and the closer the behavioural match between you and the job requirements, the happier and more successful you will be.*

**There are four basic personality styles**

**Drivers | Promoters | Supporters | Analysers**

When blended together in varying percentages these four personality styles make us who we are. Most people are a combination of two styles. The first style is your "Dominant Style", this is the one that governs how you behave most of the time. The second is your "Back Up" style, it's like your co-pilot and kicks in when there is a need for balance.

After our students completed this survey, they were emailed a report based on their answers. This report shares their strengths and personality traits and also a link to writing a resume.

*Parents – if you haven't seen your daughter's report, please ask her to share it with you.*

## YEAR 8 SUPPORTING PARAYMPIAN JENNIFER BLOW

Mr Daniel Yeung, Year 8 Advisor

Last term, Year 8 students had their Wellbeing Day and we were given some great advice from Jennifer Blow, an Australian Paralympian Goal ball player.

Some Year 8s have been writing messages of support for Jennifer and her team- the Aussie Belles.



If you wish to watch Jennifer play, the game times are below.

You will be able to watch the games live on the 7plus app. All times are in Australian Eastern Standard Time.

- WED AUG 25, 8pm AEST: Vs Israel
- FRI AUG 27, 3.45pm AEST: Vs China
- SAT AUG 28, 10am AEST: Vs Canada
- SUN AUG 29, 8pm AEST: Vs RPC (Russia)





## YEAR 9 ZOOM MEAT PIES

Leslie R and Katelyn R (Year 9)

In Food Technology this week, Mrs Blomfield taught us how to make meat pies over zoom.

Even though we weren't face-to-face, it was still fun and Mrs Blomfield was a great help guiding us step by step, and waited for us if we were behind a step.

The meat pies turned out great and it was one of our favourite cooking practical lessons and a highlight in online schooling.



Katelyn's pies



Sophie



Megan



Charlotte



Imogen's pie



Paige's pie



Sophie's pie

## THANK YOU TO ALL PARENTS

Mrs Cheryl Blomfield, Head Teacher, Technical & Applied Sciences

*"I would like to personally thank parents who have gone out of their way to provide the ingredients so their daughters are able to participate in practical lessons for Hospitality and Food Technology."*

# YEAR 8 PHOTO RALLY COMPETITION

Mr Daniel Yeung. Year 8 Advisor

Year 8 students have been challenged to participate in a Photo Rally Competition. If your daughter is in Year 8, please encourage her to get outside and take part.

Here are the rules:

- You have until the end of Week 9 to complete this challenge.
- Do not do anything illegal or that breaks NSW Health orders, and where appropriate ask for permission to take a photo.
- Instructions - Label all photos and point allocations in a Google document. To save time, please record the total number of points in your Google document.

## The Photo list and points:

### 1 point

- a QR code (max of three submissions)

### 2 points

- 3 bicycles (together or separate photos)
- a cute dog (2 points each, max of 3 photos)
- something orange
- a plant with red flowers
- your local council building
- a place of worship

### 5 points

- a screenshot/photo of a movie/TV show scene which includes three people next to the ocean
- playground equipment
- a street sign containing 3 vowels
- an ibis
- something belonging to a construction site
- a mural
- a bird in flight
- if appropriate, someone presenting a slide in a zoom meeting that's not a school lesson!

### 20 points

- the sun rising/emerging from the horizon
- something being delivered to your house/apartment
- a street sign containing the name of someone in your friendship group
- you and your family doing something together that doesn't involve anything digital or technological
- a sign/plaque which includes a year from the 19th century [bonus 10 points if that year is a prime number]

### 30 points

- a payphone
- a garbage/recycling truck

### 100 points

- the Australia Post mail person delivering mail



### 10 points

- a statue of a person (bonus 2 points if you can provide a one-liner about that person)
- a photo of a green house

# WELCOME NEW PDHPE STAFF

Ms Narelle Best, Head Teacher PDHPE

We are thrilled to have two new teachers on board. Please welcome back our much loved and respected Ms Karina Garnett who is back from maternity leave and new teacher, Mr Angus Woods.

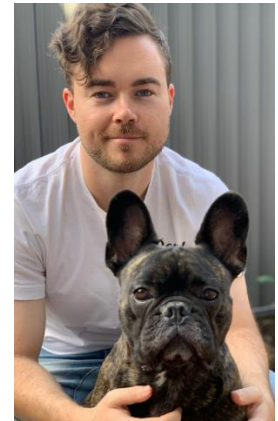
Mr Woods is a PDHPE/ History teacher, keen skier, and passionate cricket and rugby union coach who has enjoyed playing cricket and rugby overseas. Mr Woods is looking forward to being involved in our knock-out competitions and being an active member of our school community."

Ms Garnett is back in a part-time capacity but super keen to get back in the classroom and connect with students.

Both teachers will be wonderful assets to the PDHPE faculty.



Ms Karina Garnett



Mr Angus Woods

## YEAR 10 GEOGRAPHY STUDYING FINLAND

Mr Matt Palmer, Head Teacher, Social Sciences

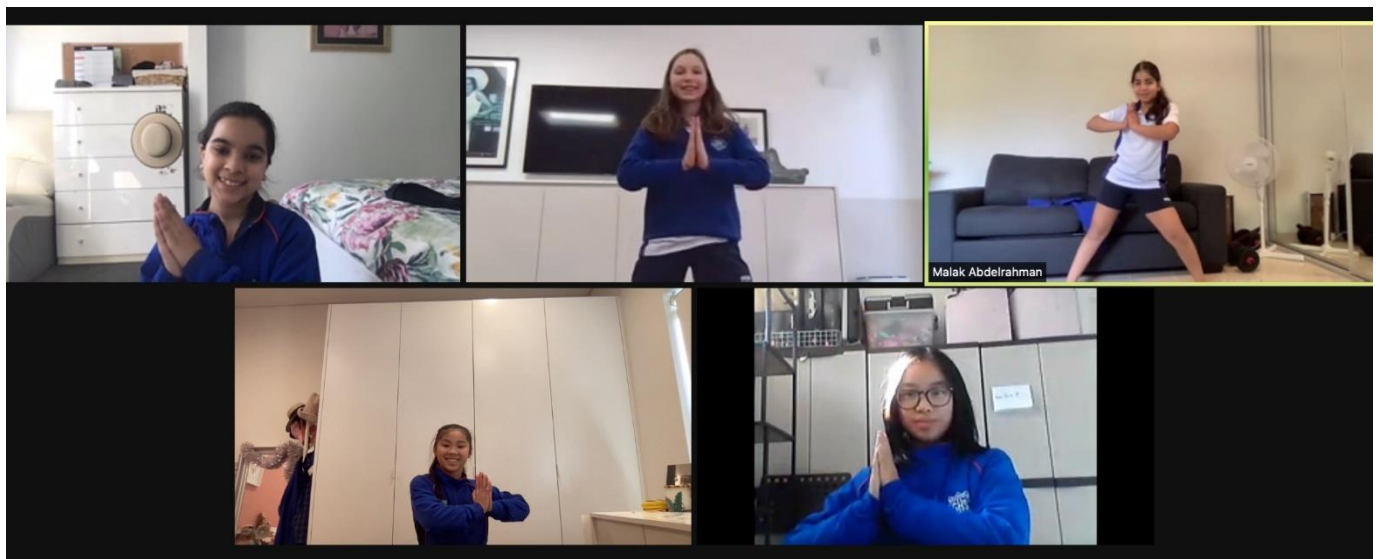
Year 10 Geography students have been studying Human Wellbeing and investigating the happiest country on earth; Finland.



## YEAR 7 GROUP CULTURAL DANCE TASK

Ms Jenni Carruthers

7PDG have been having fun prepping for the group Cultural Dance Task.



# YEAR 7 PANCAKE PRAC

Mr Terry Evans, Technical and Applied Studies Teacher

7TEM2 had another innovative Zoom cooking class with Mr Evans this week.

Students were given the recipe and organised the ingredients prior to the day.

During the Zoom, Mr Evans went through the recipe step-by-step, ably assisted by his own daughter who is Year 2!

The pancakes were a huge success, looked fantastic and tasted delicious. Well done girls!

Here is the recipe for families in lockdown who wish to try it:

## PANCAKES WITH BERRIES *Serves 2 (makes 6 pancakes)*

### Ingredients:

1 1/2 cups milk	1/4 teaspoon bicarbonate of soda
1 egg	1/3 cup caster sugar
2 teaspoons vanilla extract	1 cup frozen mixed berries, defrosted
2 cups self-raising flour	25g butter

### Method:

1. Melt the butter in a microwave safe bowl (NOT metal), covered with cling wrap. Microwave in 20-second bursts, until melted.
2. Whisk milk, egg and vanilla together in a measuring jug.
3. Sift flour and bicarbonate of soda in a bowl.
4. Stir in sugar. Make a well in the centre. Add milk mixture. Whisk until just combined.
5. Heat a large non-stick frying pan over medium heat. Brush pan with butter using a pastry brush.
6. Using 1/4 cup mixture per pancake, cook 2 pancakes for 3-4 minutes or until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through. Transfer to a plate.
7. Cover loosely with foil to keep warm. Repeat with remaining mixture, brushing the pan with butter between batches (If your pan is too hot, the pancakes may burn. You can turn the heat down on the stove or remove the pan between batches to avoid this.)
8. Serve pancakes with mixed berries.



Kaitlyne T



Brooke G



Ruby P



Nanao S

# WEEK 5 GROW-GETTERS PHOTO COMPETITION

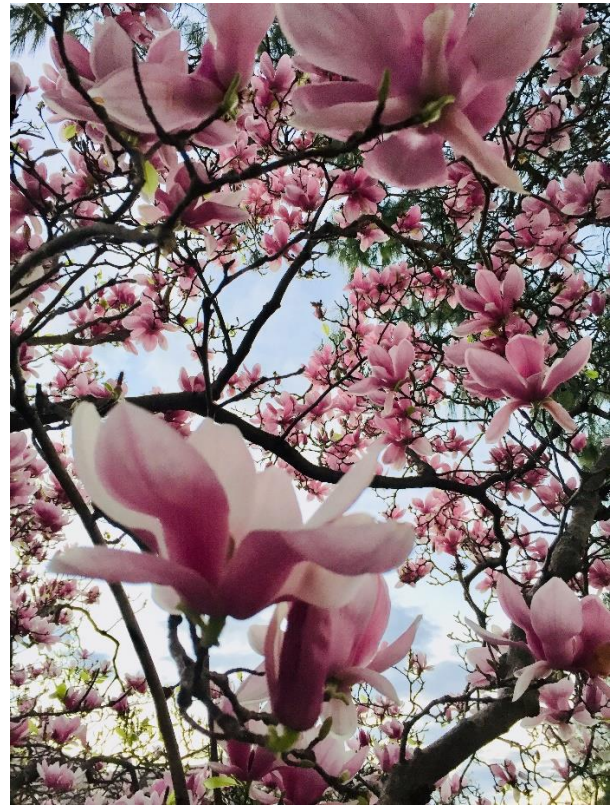
Ms Adel Frames, Technological and Applied Sciences Teacher

Week 5 saw the launch of the weekly Grow Getters' Photo Competition.

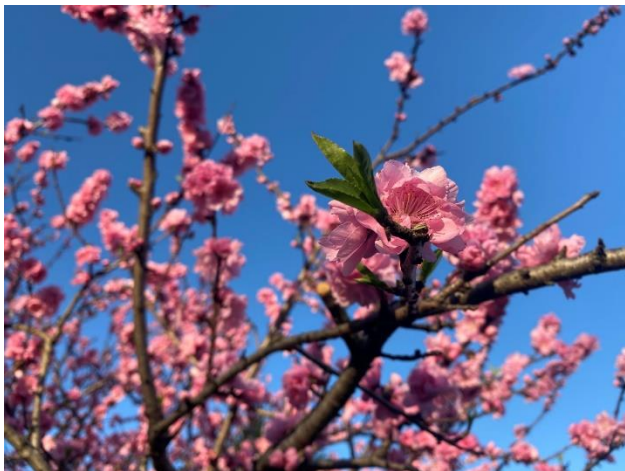
The theme for the first week was 'Trees', and what a wonderful response we've had! With more than 50 entries it was a very challenging undertaking for the secret lockdown panel to agree on a winner. After much deliberation the gold medal was awarded to Zoe L in Year 7, with her stunning photograph of a multitude of blossoms on a magnolia tree. Magnificent!

A big thumbs-up to all the students and teachers who entered. Keep trying!

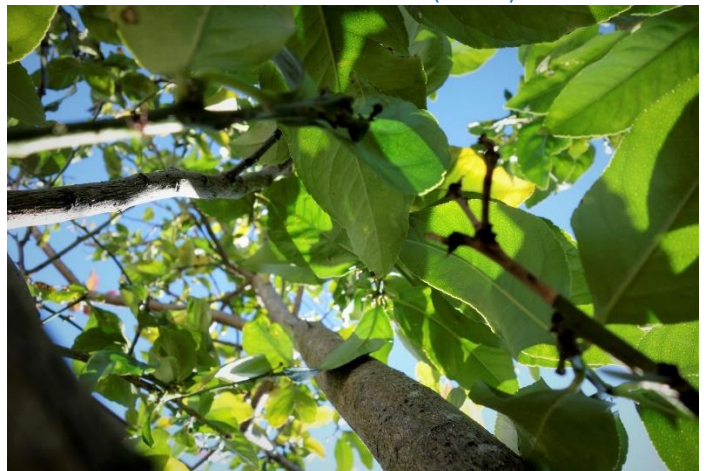
The theme for Week 7's competition is 'Water'. A drop on a leaf, a puddle after the rain, a garden pond or a fancy pants water feature - it's all water and it's all welcome! Be arty or be obvious. Details about how to enter will be on Sentral.



Winner: Zoe L (Year 7)



Katya



Harmony



Teagan



Arabella

## LOCK DOWN TRIVIA ANSWERS REVEALED!

Each day everyone has to answer a simple question to show they are attending school. We thought it would be fun to show you some answers!

65% of WGHS students would choose a holiday at the beach over a holiday in the mountains



47% of WGHS students can make more than 3 origami figures  
(60% of Year 12 can do this)

66% of WGHS students have heard a dog (or other animal) cough!



78% of WGHS students can skip backwards!

And the winner is .....

The WGHS Students surveyed said:

- 47% prefer McDonalds
- 32% prefer KFC and 21 prefer neither



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## FREE MENTAL HEALTH CLINICS

Mrs Dianne Topic, Head Teacher Wellbeing

**Headspace** are running online webinars educating parents on general mental health. Many are free and delivered via Zoom. Click here to register for the Chatswood clinic session on 9 September, 7pm-8.15pm: <https://www.eventbrite.com.au/e/chatswood-nsw-parent-and-carer-mental-health-education-session-registration-159574556795>



## FREE WORKSHOPS AND SUPPORT SERVICES

**our students  
our teachers**

A SPECIAL BROADCAST FOR PUBLIC SCHOOL PARENTS AND CARERS IS BEING HELD ON TUESDAY SEPTEMBER 7 AT 7PM

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

Focusing on the impact of COVID-19 and looming teacher shortages, this is a great way to learn more about what's happening in our public schools in these challenging times and how parents and teachers can work together for the benefit of students.

**TRACEY SPICER AM**  
AUTHOR AND BROADCASTER

**ROBYN EVANS**  
PRESIDENT NSW PARENT AND FAMILY ASSOCIATION

**CHRIS PETRASIN**  
PRESIDENT NSW TEACHERS' FEDERATION

**ANGELO GAVRIELATOS**  
PRESIDENT NSW TEACHERS' FEDERATION

**NATALIE WALKER**  
PRESIDENT NSW TEACHERS' FEDERATION

**DATE**  
SEPTEMBER 7

**TIME**  
LIVESTREAM COMMENCES 7PM

**DURATION**  
30MIN

**REGISTER**  
AT WEB ADDRESS OR VIA QR CODE

NSW GOVERNMENT | TOWARDS ZERO | Presented by Hunter's MBI Council and Lane Cove Council in partnership with the NSW Government.

**Free workshop for parents and supervisors of learner drivers**

Helping learner drivers become safer drivers

The session will offer practical advice about:

- current driving rules and requirements for L and P platers
- how learners benefit from supervised on-road driving
- how you can help make learning to drive a safe and positive experience

6:00pm - 7:15pm  
Thursday 2 September 2021  
Online via Zoom

Find out more at [www.onlinelearnerdriver.eventbrite.com.au](http://www.onlinelearnerdriver.eventbrite.com.au)

NSW GOVERNMENT | TOWARDS ZERO | Presented by Hunter's MBI Council and Lane Cove Council in partnership with the NSW Government.

Parents and supervisors can find out more and register at [www.onlinelearnerdriver.eventbrite.com.au](http://www.onlinelearnerdriver.eventbrite.com.au)

## FREE WEBINARS FOR PARENTS – BODY IMAGE

Butterfly Foundation is offering important tips on supporting your child's body image as part of Butterfly's new initiative Body Kind Families - [www.butterfly.org.au/bodykindfamilies](http://www.butterfly.org.au/bodykindfamilies)

### Free Webinar - Let's Talk Body Confident Children and Teens

**For:** Parents of primary and secondary age children.

**Covers:** Power of positive role modelling | Reducing toxic body talk | Developing resilience to social media pressures | What to do if concerned.

**Date:** Wednesday, 1st Sept 2021

**Time:** 7pm - 8.15pm (AEST)

**Format:** Live, via Zoom (no recording)

**Registration:** [https://events.butterfly.org.au/portal//event/?id=EP\\_BCCT\\_Parent\\_Webinar2576727166&Name=01/09/21\\_BCCT](https://events.butterfly.org.au/portal//event/?id=EP_BCCT_Parent_Webinar2576727166&Name=01/09/21_BCCT)

### More support available at Body Kind Families

Register for a webinar and gain access to Butterfly's **Body Kind Families** resources - videos, factsheets, family activities and audio content to help your family be body kind. Head to [www.butterfly.org.au/bodykindfamilies](http://www.butterfly.org.au/bodykindfamilies) for more information, but remember there's no need to sign-up as your webinar registration automatically qualifies you for **Body Kind Families**.

*Concerned about someone?*

Butterfly's free and confidential National Helpline can support you.

Phone Email Webchat  
1800 33 4673  
[www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au)

nib foundation

Butterfly  
LET'S TALK body image

W: [butterfly.org.au](http://butterfly.org.au) E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

# Family and Domestic Violence Financial Assistance Program



Australian Red Cross' Family and Domestic Violence (FDV) Financial Assistance program is now open for individuals seeking support and service provider referrals.

The program is available to all people on temporary visas, or with uncertain visa status, experiencing family and domestic violence, in need of financial support.

### Is the program able to support me?

The program can support people who are:

- not Australian citizens or Permanent Residents, and
- experiencing or at risk of family and domestic violence, and
- experiencing financial hardship.

### What sort of support can I get?

Support offered could include:

- financial assistance
- referrals to other organisations
- casework support (up to 3 months)

### To help us make a payment, you will be asked to provide:

- **Visa status** such as your passport number or ImmiCard number. If you are uncertain or do not currently hold a visa, you are still able to apply and Red Cross will call you to discuss your situation.
- **Bank documents** such as a bank statement. If you do not have a bank account in your name that is safe for you to access, you are still able to apply.

### Will my personal information be safe?

- Red Cross does not share your personal or visa information with the government. The contact you make with Red Cross is confidential. We keep the information you provide with your application safe at all times.
- Please do not send any documents with your personal information via email.

### I need help to apply

- If you need an interpreter to help you contact the TIS on 131 450, state your preferred language and ask to be connected to Red Cross, 1800 733 276.
- If you need help to make an application and do not have anyone that can help you, contact Red Cross on 1800 733 276, or email [cas\\_fdv\\_client@redcross.org.au](mailto:cas_fdv_client@redcross.org.au)

For more information go to [www.redcross.org.au/familyviolenceand](http://www.redcross.org.au/familyviolenceand)



# SUPPORT SERVICES – YOUTH RESPONSE TEAM – NORTH SYDNEY



## Contact Information



Youth Response Team  
Macquarie Hospital  
North Ryde  
2113



1800 011 511

\*YRT operates between the hours of 2pm and 10:30pm, 7 days a week. Referrals can be made 24/7 via the mental health line.

**Mental Health Line**  
**1800 011 511**



Where there is immediate risk of harm to self or others, call 000 or present to the emergency department.



Health  
Northern Sydney  
Local Health District

## Other Contacts

**Kids Helpline**  
1800 551 800  
**Parent Line**  
1300 130 052  
**Lifeline**  
13 11 14  
**Youth Suicide Helpline**  
1800 191 919  
**Suicide call back service**  
1300 659 467  
**Emergency Accommodation**  
1800 152 152  
**Police (non Emergency)**  
13 14 44  
**Family and community services**  
13 21 11  
**Domestic Violence Helpline**  
1800 656 463

## Online Resources

[www.headspace.org.au](http://www.headspace.org.au)  
[www.drugs.health.gov.au](http://www.drugs.health.gov.au)  
[www.reachout.com.au](http://www.reachout.com.au)  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

## YOUTH RESPONSE TEAM

Providing mental health crisis assessment and planning for young people within their communities.



## Our service

The Youth Response Team (YRT) are an outreach team of mental health professionals consisting of mental health nurses, social workers, occupational therapists and peer support workers. We provide a **free** and **confidential** service to young people and their families within the Northern Sydney Local Health District.

YRT operates between the hours of **2pm** and **10:30pm**, 7 days a week.

## Who can we help?

- Young people aged 12-17.
- Within the Northern Sydney region.
- Young people experiencing high levels of emotional distress including distress that could result in harm to self.



## What do we provide?

YRT provides mental health assessment for young people experiencing serious distress within the community. YRT engages with young people in a space that best suits them (e.g. their home, school, GP, or any other safe space in the community).

Throughout our assessment we consider immediate emotional support and interventions, along with referrals to other services which can provide more ongoing care and support as needed.

## How do I access the service?

Contact the Mental Health Line on 1800 011 511 24 hours a day 7 days a week.



Your call will be answered by a mental health clinician who will contact YRT if needed.



A YRT clinician will contact the person as soon as possible within the operating hours of the service to arrange a time and place for a community visit.

*\*Calls are encouraged directly from young people or others may call if they are concerned about a young person who may require mental health support.*

*\*If a young person is currently under NSLHD Mental Health service, we accept referrals internally from those professionals.*



Headspace are running online webinars educating parents on general mental health. Many are free and delivered via Zoom.

<https://www.eventbrite.com.au/o/headspace-national-youth-mental-health-foundation-30549822220>

# FREE MENTAL HEALTH WORKSHOPS AT THE KIDMAN CENTRE

## THE KIDMAN CENTRE FREE WORKSHOP CALENDAR 2021

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

All workshops will run online (via Zoom) and, where possible, at our centre by our team of experienced clinical psychologists.



For more details or to register for a workshop please visit our website [tkc.uts.edu.au](http://tkc.uts.edu.au)

Call us  
02 9514 4077

Email us  
[kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au)

Located at  
Prince of Wales Hospital  
Level 10, Parkes Building

 @thekidmancentres



### WORKSHOP ONE

#### Taking Charge for Young People: *Managing stress and worry*

**WHO IS THIS FOR?** Young people aged 12-18 years.

**WHO WOULD BENEFIT?** Young people who are interested in generating their own personal and practical plan for how they can manage their general stress and worry levels. Topics include: identifying common causes of stress; understanding the stress response; taking positive action (e.g., goal setting, routine setting, and minimising procrastination); challenging unhelpful thinking; and self-care skills.

**Workshop 1: THURSDAY 19 AUGUST @ 4.30-5.30pm Online (via Zoom)**

### WORKSHOP TWO

#### Taking Charge for Parents: *Balancing technology and social-media use in young people*

**WHO IS THIS FOR?** Parents and caregivers of young people aged 5-18 years.

**WHO WOULD BENEFIT?** This workshop is for parents and caregivers who would like to manage their child's use of technology and social media more effectively. Topics include: understanding the relationship between child development and technology use; identifying the costs and benefits of technology; enhancing parent management skills; and enhancing protective factors to minimise the potential detrimental impacts of technology.

**Workshop 2: THURSDAY 2 SEPTEMBER 6-7pm - Online (via Zoom) & at The Kidman Centre**

### WORKSHOP THREE

#### Taking Charge for Parents, Teachers and Health Professionals: *Effectively managing self-harm in teenagers*

**WHO IS THIS FOR?** All parents, caregivers, teachers and health professionals of teenagers aged 12-18 years.

**WHO WOULD BENEFIT?** This workshop is for parents, caregivers, teachers, and health professionals who would like to better understand and manage self-harm in teenagers. Topics include: what self-harm is; self-harm prevalence in teens; understanding why teens self-harm; how to discuss self-harm with teens; and skills to minimise self-harm, including teaching teens more effective ways to regulate and communicate their distressing emotions.

**Workshop 3: WEDNESDAY 22 SEPTEMBER 6-7pm - Online (via Zoom) & at The Kidman Centre**

### WORKSHOP FOUR

#### Taking Charge for Young People: *How to effectively manage bullying*

**WHO IS THIS FOR?** All young people aged 12-18 years.

**WHO WOULD BENEFIT?** This workshop is for young people who are experiencing bullying or would like to know skills to manage bullying. Topics include: identifying what bullying is; how to manage big emotions; practical skills to manage bullying (e.g., calm-down skills, helpful self-talk, problem-solving, and assertive communication); getting support; looking after yourself; how to be an upstander; and self-esteem and resilience building.

**Workshop 4: THURSDAY 14 OCTOBER 4:30-5:30pm - Online (via Zoom) & at The Kidman Centre**

### WORKSHOP FIVE

#### Taking Charge for Parents: *Motivating your teen towards their goals*

**WHO IS THIS FOR?** All parents and caregivers of young people aged 12-18 years.

**WHO WOULD BENEFIT?** This workshop is for parents and caregivers whose children are lacking motivation, direction, and focus. Topics include: busting motivation myths; building a growth mindset; practicing realistic and compassionate self-talk; taking effective action (e.g., setting meaningful goals and building daily habits); modelling and building resilience; and self-care skills.

**Workshop 5: THURSDAY 4 NOVEMBER, 6-7pm - Online (via Zoom) & at The Kidman Centre**

### WORKSHOP SIX

#### Taking Charge for Parents: *Five tips to a well-adjusted child*

**WHO IS THIS FOR?** Parents and caregivers of young people aged 8-14 years.

**WHO WOULD BENEFIT?** This workshop is for parents and caregivers who would like to learn skills to effectively support their child's psychological wellbeing and enhance their parent-child relationship. Topics include: family connectedness (including active communication and quality time); picking your timing; rules, consequences, and boundaries; self-care skills; and appropriately modelling behaviours.

**Workshop 6: THURSDAY 25 NOVEMBER, 6-7pm - Online (via Zoom) & at The Kidman Centre**

### WORKSHOP SEVEN

#### Taking Charge for Parents and Teachers: *Effectively managing study in children with ADHD*

**WHO IS THIS FOR?** Parents, caregivers, and teachers of young people aged 12-18 years with ADHD.

**WHO WOULD BENEFIT?** This workshop assists parents, caregivers, and teachers with effective ways to manage study, academic performance, and schoolwork in children with ADHD. Topics include: skills to build motivation, listening and organisation; and skills to manage impulsivity.

**Workshop 7: THURSDAY 9 DECEMBER, 6-7pm - Online (via Zoom) & at The Kidman Centre**