



Year 12

Parent Information Night



Role of Support Staff

- **SASS staff** – attendance, application of extended leave and administrative enquiries, payments over the phone
Online – parents can make payments, explain absences
- **Counsellor & Learning Support staff** – learning and welfare issues.
- **Mentors** – Students have chosen a teacher as their mentor for their senior studies. They are available to support students through their HSC.





Role of Year Adviser

The **Year Adviser** is the link between welfare resources in the school, wider community, the student and the family.

The **Head Teacher Welfare** will become involved for case management for families and students for significant welfare concerns

Academic and class related issues should first be directed to the class teacher, then you may escalate to the head teacher.



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Our focus for the year

- Developing Healthy Study Habits & Self Care.

TIME	ACTIVITY	APPROX. COST
Term 1	Elevate: The Finish Line - Study tips for the final year of school 30 January	N/A
Term 2	My Strengths – A program designed to help students to identify their strengths and set achievable goals for each of the critical areas of their life and development.	Included in welfare fees
Term 3	Celebration Day: BBQ & Fun Games and activities run for Year 12 only on school oval Wednesday 23 rd September	N/A
	Graduation Assembly – All Parents & Guardians invited 9am Thursday 24 th September	N/A
	Year 12 Formal – Final Celebration together Thursday 24 th September Taronga Zoo Function Centre 6pm	TBC





Our focus for the year

Healthy Study Habits and Self Care

- The program designed for Year 12 has been developed to support healthy study habits in Year 12, deal with stress and focus on goal setting and achievement with emphasis on students' strengths.
- Students have been working with their mentor now for six months. Please familiarise yourself with who your child's mentor is.

Helpful Hints



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Healthy body, healthy mind

- Some things you can do to help your teen get through the HSC include encouraging:
 - a healthy diet – plenty of protein and complex carbohydrates, fruits and vegetables
 - drinking lots of water
 - cutting down on caffeine – if they must have a coffee, limit it to 1 and not after midday
 - plenty of sleep – teens don't realise how much sleep they need, at least 8 to 10 hours is recommended
 - being positive about how they will do in the exam
 - exercise and time to switch off and relax each day.



Support and encourage

- Be supportive and encouraging. Highlight strengths and successes. Encourage your child not to dwell on failures, but to see them as 'mistakes', which they can learn from.
- Appreciate your child may be feeling stressed, even if it's not obvious to you. Many kids fear letting their family down so beware of setting unrealistic expectations. Some can feel overwhelmed about what lies ahead – leaving home, leaving lifelong friends, the prospect of having to live in a new city.





Encourage help seeking

- Encourage your child to seek help from teachers or the school counsellor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
- Help for parents/guardians:
- [Reachout.com](https://www.reachout.com) has a great section for parents. It's a great resource for practical support, tools and tips to help young people get through anything from everyday issues to tough times – and the information they offer parents makes it easier for you to help your teenagers, too. Reachout.com also have great tips on coping with exam stress.





Careers & POST -SCHOOL

- <https://www.killarneyheightshscareers.com/>
- This website is a valuable resource for University, TAFE, employment and gap year information.
- Scholarship information
- University and TAFE Open day dates can also be found here.
- The Careers Adviser is available for student and parent meetings and information regarding Post School options





School Website

www.killarney-h.schools.nsw.edu.au/

