

# Killarney Heights High School

## Newsletter



**Respect Connect Aspire**

**Term 4 Week 6 2018**

### Principal's Report

#### Planning

While at home we are planning for Christmas, at this time of the year at Killarney Heights High we are busy planning for 2019. In particular I am looking at the numbers of students and consequently how many teachers we will need. If you are planning to move or have your children move to another school, can you please let the office know as soon as possible so that we can account for this. On the flip side, if you know of anyone wanting to enrol their children in Killarney Heights High School please tell them to enrol straight away, in some years we are almost at capacity. Our numbers for Year 7 are very strong. If you know of anyone interested in starting in Year 11 we offer a very broad curriculum, with a great range of subjects. Contact the office for details of lines and subjects available.

Part of the planning for 2019 is budgeting. In this exercise as with any budget, I have to ensure that we do not spend more than we have. I was disappointed to discover that many parents have still not paid their school contributions nor paid subject fees. I urge you to please give us your contribution so that we can do the very best for your child. Payments can be made by phone, website, School Bytes or in person. If you have a genuine case of hardship could you please phone the office to make an appointment to see me to explain your situation.

Part of the budgeting for 2019 is planning for the number of teachers that we need, this is determined by the number of students enrolled. As you know teachers are the most important person when it comes to education. It is my aim to attract the very best when teaching positions open up at Killarney Heights High School. We have a new English teacher starting next year, we welcome Mel Sanderson who comes from Turramurra High. I am hoping to employ a new maths teacher and new science teacher to start in the new year.

I have applied for funding to upgrade another of our science labs. The P&C are keen for these improvements to happen and have put aside funding for this, it is now up to the Department of Education to match these funds. We have 2 more labs to refurbish, which will bring our total number of labs to 5 – most years have at least 6 science classes, so we also need to build an additional lab to accommodate these classes.

All blocks have been repainted inside and out, with new noticeboards making the classrooms look much fresher and neater. Blinds and carpets are being replaced on a needs basis. Students are really enjoying the upgraded learning spaces, in particular the seniors are fully utilizing the Senior Learning Space with the funky cushions and coloured chairs. Students are using these spaces productively and really appreciate the new space.



**Nicole Koval, Lara Emirzian, Jacob Trzecinski and Emma McKay  
making use the Senior Study Area.**

**Hayley Emmerton  
Principal**



**The latest edition of SchoolTV is now available!**

This month's edition is **'Mindfulness'**.

It is a great edition for parents with children across all year levels.

Over the last decade, **mindfulness** has been slowly rising in popularity with many individuals practising it on a regular basis.

Evidence based research has found that there are many benefits to **mindfulness** which has prompted some schools across the nation to implement this practice into their daily routines.

**Mindfulness** can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. **Mindfulness** can be practised in a number of ways and is something that can be done by everyone - no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion.

**Mindfulness** has been proven to help improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even, time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.

In this edition of SchoolTV, parents can learn the best way to introduce **mindfulness** to their children, implementing it into their daily lives to have an overall positive impact on family relationships. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information.

Here is the link to this month's edition **/newsletter/mindfulness**:

<http://killarney-h.schools.nsw.schooltv.me/>

**Brenda Baker**

**Deputy Principal**

## Upcoming Events

<b>30 November</b>	Sport Presentation Assembly
<b>4 December</b>	Orientation Day for Year 7, 2019
<b>7 December</b>	Year 10 Reports issued
<b>12 December</b>	Presentation Night
<b>14 December</b>	Years 7, 8 and 9 Reports issued
<b>19 December</b>	Last day of Term 4 for students

## Uniform Shop

### OPENING HOURS

**Tuesdays from 7.30am to 1.30pm**  
**Thursdays 11.30am to 3.30pm**

**Dee Cleworth**  
**Uniform Shop**  
**9453 5000**

## Uniform Shop

### UNIFORM SHOP VOLUNTEERS NEEDED

We are looking for volunteers to help on some of our busiest days. Orientation day and the first days of term 1 are extremely busy but it's a great way to meet other parents and welcome new parents to the school.

If you could spare 2 hours on Orientation Day, **Tuesday 4th December** we would be very grateful. We need 2 volunteers for each shift **8.00 to 10.00 and 10.00 to 12.00pm**.

We also need your help next year on the pupil free day **Monday 28<sup>th</sup> January 7.30am to 9.30am, 9.30am to 11.30am and 11.30 to 1.30pm** (ideally 3 volunteers per shift)

And on Tuesday **29th January 7.30am to 9.30am, 9.30am to 11.30am and 11.30 to 1.30pm** (2 volunteers per shift)

We are also looking for volunteers for the end of year uniform rush:

**Thursday 29th November 3.00 - 5.30pm - booked appointments**

**Tuesday 4th December - 7.30am - 4pm - Orientation Day**

**Tuesday 11th December - 1.30pm - 5.30pm - booked appointments**

If you can help on any of these dates please call the uniform shop ASAP during opening hours Tuesday 7.30am to 1:30pm and Thursdays 11am to 3:30pm on 9453 5000, email Dee on [dclewort@bigpond.net.au](mailto:dclewort@bigpond.net.au) or phone or text Dee on 0418 962246 with your preferred shift times.

**Parents with students starting in Year 7, 2019 should take the opportunity to book appointments as above to avoid having to queue on Orientation Day.**

Please Note: Donations of unwanted second hand school uniforms displaying the current school logo will be gratefully accepted by the Uniform Shop.

Many thanks in anticipation!!

**Dee Cleworth**  
**KHHS Uniform Shop**



## Year 9 Music Drama Exhibition



The Year 9 Music Drama Exhibition held on Tuesday 13 November went very well and all the Year 9 students involved rose to the occasion.

We had a reasonable turn out - even if the wind played havoc with the Drama students' voice projection. Blade, Phil and I were very proud of this talented group of KHHS students.

**Lainie Grugan**  
**Head Teacher CAPA & Languages**

## Duke of Edinburgh



### Duke of Edinburgh's International Award Australia

#### Doing the Award at KHHS, 2019

Killarney Heights HS has run the Award program for 21 years. In that time over 700 students have enrolled, 2000 activities attempted and 200 days bushwalking and camping completed. It's all been worthwhile.

The scheme will run again in 2019 and we are looking for expressions of interest from students who want a challenge that is different from day-to-day school. At this stage there is no commitment – formal enrolment will take place early in Term 1.

There is a minimum age to commence an Award level – however, if you are a bit young then don't worry - you may still enrol with everyone else then start formal activities as soon as you have your birthday.

- BRONZE, 13 years 9 months
- SILVER, 14 years 9 months
- GOLD, 16 years

Typically, Year 9 students start with Bronze. Older participants may do Silver following completion of a Bronze, or else may enrol directly. Participants may do Gold following completion of Silver, or else may enrol directly. It should be noted that "direct entry" requires more time.

For more details about doing the Award, please read the info pack or access the website, <https://dukeofed.com.au/>

#### **Enrolment**

If you do enrol in Duke of Ed early in 2019, there is a registration fee.\*

- BRONZE = \$250 and includes \$130 participant registration with the NSW Award office plus both the school-run Adventurous Journeys (hikes).
- SILVER or GOLD = \$160 and includes registration and administration only. Hikes are an additional cost.



Please feel free to contact the school should there be financial limitations that might restrict the family's ability to pay fees up-front. Possible options include staging payment or receive financial assistance as determined on a case-by-case basis. Enquiries are treated confidentially.

### **After Enrolment**

Participants accepted into the scheme in 2019 will be briefed regarding their individual programmes and the likely dates of the two KHHS Adventurous Journeys (hikes). Though not yet finalised, for Bronze, hikes are usually early August and mid-September. It is not possible to count informal hikes run by family or friends, though it may be possible to attend commercial programs or hikes run by organisations like the Scouts.



**Mr Kevin Collins - Award Leader, KHHS**

**Ms Shona Forsyth – Assisting Award Leader, KHHS**



## Welfare

Mental health is something that we need (and we really do need) to think about all the time. It is part of our day to day wellbeing, whether healthy or not, whether in treatment for a condition or managing it by ourselves. However, we have busy lives...we tweet, we blog, we go to work and school, look after the kids, feed the cats, all the things that keep us occupied (I may have thrown a few of my own reasons in there)!

October was Mental Health Awareness Month, this month provided us an opportunity to shine a spotlight on mental health and challenge ourselves to embrace this often ignored part of our hectic lives. It is estimated that 1 in 6 people in the past week experienced a common mental health problem. But why are we still so reluctant to talk about our mental health?

This month we focused in our extended homerooms on teaching the girls some grounding techniques, breathing techniques and to recognise the signs of anxiety. Anxiety is a normal sensation that we all feel, each day, when anxiety starts to impact on our function we need some tools to help us calm down and re-focus. These tools will continue to be built upon with the girls in the coming weeks during homeroom and PDHPE classes.

We have also had guest speakers from Northern Beaches Council talking about local supports for young people including their KALOF (keep a lookout for) app. In assembly yesterday one of our school counsellors spoke of friendship, being kind to each other and has organised for a whole school survey on what kind of friends we'd like, what kind of friend we are and how we can develop and grow our skills. This data will be collected, collated and presented back to the student body of KHHS.

There is a vulnerability in revealing anything about ourselves to the world; sometimes this can't be avoided (the colour of our skin or a physical disability for example) and sometimes we can be fearful of the reaction we could receive from others (coming out as LGBTI+ for example). There is also a fear of whether people will understand what we are going through.

The media and celebrities have recently helped embrace the value of speaking openly about our mental health. Prince Harry has expressed his struggles with the death of his mother and coming to terms with that tragedy as he grew up, along with his struggles and being open to asking for help.

There is strength in being open about ourselves, becoming part of a wider community, receiving acceptance for who we are or how we live, not to mention being able to get the help we need from the people who know how to support us. We can also help educate others around us, providing them with an opportunity to learn about mental health and how to have conversations with others who may be experiencing issues.

Below are some fabulous programs in our local community aimed at supporting the mental health and well-being of our young people and support for us as parents to ensure that we are taking care of ourselves so that we can support our young people.

KHHS have full-time school counsellors (registered psychologists) to assist our young people be all that they can be.

Please have a look at our school website “supporting our students” and follow the links for “student wellbeing” and “well-being”

<https://killarney-h.schools.nsw.gov.au/supporting-our-students/student-health-and-safety.html>

KHHS Well-being Team

### **Mental Health Supports**

Headspace Chatswood **8021 3668**

<http://headspace.org.au/headspace-centres/chatswood/>

Headspace Brookvale **9937 6500**

<http://headspace.org.au/headspace-centres/chatswood/>

Headspace Online <https://www.eheadspace.org.au/>

Beyond Blue **1300 22 4636** <https://www.beyondblue.org.au/>

Black Dog Institute **9382 4530** <http://www.blackdoginstitute.org.au/>

Lifeline Crisis Support **13 11 14** <https://www.lifeline.org.au/>

Child and Youth Mental Health Service – North Shore **02 9462 9222**

<http://www.nslhd.health.nsw.gov.au/Services/Directory/Pages/CAMHS-Lower-North-Shore.aspx>

Kids Help Line - 1800 55 1800 (free call land line; 24 hours) For people 5 - 25 years

Reach Out (apps, forums & chat groups for mental health) <http://au.reachout.com/>

## **Parenting Through the Ups and Downs of Adolescence**

**TERM FOUR: Wednesday November 28th 2018 6pm-7.30pm**

A seminar for parents of high school students discussing:

- Ways that adolescents may behave when experiencing intense emotions
- Responding to self-harm behaviour
- Parent strategies and tips to help parents remain calm and be a resource for their adolescent



- To register please call CYMHS on 9485 6155
- **VENUE: Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave.** Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is \$10. There will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.





## Managing Your Mood

### Skills Groups for Adolescents

Are you struggling with distressing feelings and thoughts?

Are you experiencing symptoms of anxiety and depression?

Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?

Lifeline is offering 16-week psychological skills groups which will cover the following key components:

- ⊗ **Mindfulness skills** – to stay focused on the present moment
- ⊗ **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- ⊗ **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- ⊗ **Interpersonal Effectiveness skills** – for assertive communication and building relationships



\* Groups will break for the school holidays and recommence in Term 2.

**Who can attend?** If you live or attend school in Northern Sydney or the Northern Beaches, are between 14 and 18 years old, and have mild to moderate mental health concerns you are eligible to attend.

**How much does the group cost?** FREE but you will require a referral from your GP to attend. (Form found here: [sydneynorthhealthnetwork.org.au/mentalhealthtriage](https://sydneynorthhealthnetwork.org.au/mentalhealthtriage))

**To register your interest:** please talk to your GP, or contact the Group Coordinator on 8287 1158 or [PHNgroups.coordinator@lifelineh2h.org.au](mailto:PHNgroups.coordinator@lifelineh2h.org.au)

### 2019 Managing Your Mood Terms 1 + 2

Adolescents 14-18 yrs

Thursdays, 5:30 - 7:30pm, 21 February – 20 June, at Balgowlah

**All potential participants must have a referral before a place can be confirmed.**

Funding for groups is provided by Sydney North Primary Health Network





**SYDNEY NORTH**  
Primary Health Network

## Mental Health Triage Referral Form

### REFERRAL FORM

T: 1300 782 391 | F: 02 8072 6899

#### CRITERIA

For referral to **short-term psychological therapies**, please confirm the following (must check **both** items to be eligible)

- ☐ Patient is unable to access Medicare rebated (Better Access) psychological services OR cannot afford the gap payment under Medicare (e.g. on low income or pension)
- ☐ Mental Health Treatment Plan and outcome measure attached

#### PATIENT DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Gender: \_\_\_\_\_

☐ M

☐ F

☐ Other

☐ Unstated

Phone contact: \_\_\_\_\_

Country of birth: \_\_\_\_\_

Main language spoken at home: \_\_\_\_\_

Spoken English level: ☐ Very well

☐ Well

☐ Not very well

☐ Not at all

☐ **Interpreter Required**

Indigenous status: ☐ Aboriginal

☐ Torres Strait Islander

☐ Both

☐ Neither

Homelessness: ☐ Not homeless

☐ Short term/Emergency accommodation

☐ Sleeping rough

Employment status: ☐ Employed

☐ Unemployed

☐ Not in labour force

☐ Unknown

NDIS participant: ☐ Yes

☐ No

☐ Unknown

Health care card: ☐ Yes

☐ No

#### MENTAL HEALTH PRESENTATIONS

**Suicide prevention referral:** ☐ No ☐ Yes ☐ Attempted ☐ At risk of suicide

If person is at immediate risk (intent or plan), contact the **Mental Health Access Line: 1800 011 511**

**Presenting issues:** \_\_\_\_\_

☐ See Mental Health Treatment Plan

**Principal diagnosis:**

##### ANXIETY DISORDERS

- ☐ Stress related
- ☐ Panic disorder
- ☐ Social phobia
- ☐ Generalised anxiety (GAD)
- ☐ Obsessive Compulsive Disorder
- ☐ Post Traumatic Stress Disorder

##### AFFECTIVE/MOOD DISORDERS

- ☐ Major depression
- ☐ Adjustment disorder
- ☐ Depressive symptoms
- ☐ Bipolar disorder

##### PSYCHOTIC DISORDERS

- ☐ Schizophrenia
- ☐ Eating disorder
- ☐ Personality disorder

##### CHILDHOOD / ADOLESCENCE

- ☐ Adjustment disorder
- ☐ Oppositional defiant disorder
- ☐ Conduct disorder
- ☐ ADHD - Attention deficit hyperactivity disorder

##### SUBSTANCE USE DISORDERS

- ☐ Alcohol dependence
- ☐ Other drug dependence

##### OTHER

- ☐ Other mental disorder: \_\_\_\_\_

Severity: \_\_\_\_\_

☐ Mild

☐ Moderate

☐ **Severe:**

☐ Acute

OR

☐ Complex

Psychotropic medication:  
(Tick all that apply)

- ☐ None
- ☐ Hypnotics and sedatives
- ☐ Psychostimulants and nootropics

- ☐ Antidepressants
- ☐ Antipsychotics
- ☐ Anxiolytics

Outcome tool score:  
(Attach form)

☐ K10+:

☐ K5:

☐ SDQ:

☐ Other:

**Previous Mental Health history or treatment:** \_\_\_\_\_

☐ See attached Mental Health Treatment Plan

**Physical health conditions to note:** \_\_\_\_\_



**SYDNEY NORTH**  
Primary Health Network

[snhn.org.au](http://snhn.org.au)



### What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

### What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

### You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

*To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)*

### Who can participate?

Parents or legal guardians with their adolescent (aged 12-17 years):

- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
- Have internet access, & consider themselves proficient in English

### Interested?

For further information or to register, please click here:

[bit.ly/TOPSmain](http://bit.ly/TOPSmain) or contact the TOPS team by email at: [med-tops.coach@monash.edu](mailto:med-tops.coach@monash.edu)



# TOPS:

Therapist-assisted Online  
Parenting Strategies

**Help your teen  
manage anxiety,  
depression, & sleep  
problems**

**An online tailored  
parenting program**

**Weekly coaching via  
videoconference**

**Access the program  
anytime & anywhere**

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.





## PARENT EXPLANATORY STATEMENT

### Evaluating the Therapist-assisted Online Parenting Strategies (TOPS)

**Chief Investigator:** Associate Professor Marie Yap, School of Psychological Sciences, Faculty of Medicine, Nursing and Health Sciences, Monash University. Phone: (03) 9905 0723, email: [marie.yap@monash.edu](mailto:marie.yap@monash.edu)

**Co-investigator:** Associate Professor Glenn Melvin, Centre for Developmental Psychiatry & Psychology, School of Clinical Sciences at Monash Health; Faculty of Medicine, Nursing and Health Sciences Monash University. Phone: (03) 9902 4562, email: [glenn.melvin@monash.edu](mailto:glenn.melvin@monash.edu)  
Dr Bei Bei, School of Psychological Sciences, Faculty of Medicine, Nursing and Health Sciences Monash University. Phone: (03) 9905 3903, email: [bei.bei@monash.edu](mailto:bei.bei@monash.edu)  
Dr Michelle Blumfield, Department of Nutrition, Dietetics and Food; School of Clinical Sciences Faculty of Medicine, Nursing and Health Sciences, Monash University. Phone: (03) 9902 0658, email: [michelle.blumfield@monash.edu](mailto:michelle.blumfield@monash.edu) Professor Anthony Jorm, Melbourne School of Population and Global Health, University of Melbourne. Phone: (03) 9035 7799, email: [ajorm@unimelb.edu.au](mailto:ajorm@unimelb.edu.au)

**Student Researchers:** Catherine Fulgoni and Sarah Khor, Doctor of Psychology (Clinical) candidates, School of Psychological Sciences, Faculty of Medicine, Nursing and Health Sciences Monash University. Phone: (03) 9905 1250, email: [med-tops.coach.monash.edu](mailto:med-tops.coach.monash.edu)

### Invitation to participate in research

You are invited to take part in research being conducted by Monash University as part of Doctorate of Psychology (Clinical) research. Please read this Explanatory Statement in full before deciding whether or not to participate. If you would like further information regarding any aspect of the project, please contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

This study aims to evaluate whether an online program supplemented with a telephone-support coach providing parents with personalised information and tips on parenting strategies is effective in improving parenting behaviours and confidence, and in turn improve teenage depression, anxiety and sleep problems.

### What will I be asked to do?

If you agree to participate, you will be asked to do the following:

1. Go online to <http://www.partnersinparenting.net.au/> secure website.
2. Fill in the online registration and consent form. You will be asked to confirm that you have discussed the project with your teenager and that they agree to take part too. You will be asked to provide brief demographic information so that we can ensure you are eligible for this study. We will also ask you to provide a telephone number that we can contact your teenager on at a preferred time and day of the week. If you consent for both you and your teenager to participate, click on 'both my teenager and I agree to participate in this study'. You will be emailed a copy of the youth explanatory statement to give to your teenager.
3. Your teenager will be contacted by phone by a member of the research team from the Monash University School of Psychological Sciences. The purpose of the phone call is to discuss with your teenager the explanatory statement to ensure they understand and agree to take part in the research. Your teenager can decide whether or not to take part in the study when the researcher contacts them. To ensure continuity of care for your teenager, we will seek your permission to contact your teenager's mental-health care provider to inform them that you are participating in this study. No details about your program will be provided to your teen's clinician unless you request and consent to it.

4. If your teenager agrees to participate, the researcher will give you and your teen separate login details, and provide guidance as needed to complete an online assessment. The online assessment will take approximately 50-65 minutes each to complete and includes questions about your parenting of your teenager, stresses experienced as a parent, and different feelings and behaviours that may be related to your teen's depression, anxiety and sleep problems. Your teen will also be asked to keep a sleep diary using a smartphone app that requires him/her to keep a record of his/her sleep patterns over the course of 1-week. If you and/or your teenager report high levels of difficulty with your teenager's mood or anxiety, a member of the research team will contact you and your teenager to ensure that your teenager is getting the support that they need.
5. Once you have completed this initial assessment, a researcher will organise a mutually convenient time for you to be oriented to the program via videoconferencing (using Zoom) or phone. The orientation session will last between 45-60 minutes. We will ask you and your teen to complete the surveys again around 1 month after you enrol and completed an orientation session but before commencing the actual online program. The results from this second assessment will be used to determine the individualised parenting program that will be recommended to you.
6. At the completion of this second assessment, you will be provided access to the online parenting program comprising of up to 9 modules. Each module will be made available to you progressively, and takes between 15-25 minutes to complete, depending on the topic and the way you choose to engage with it. Topics will cover areas of communication, autonomy granting, limit setting, conflict resolution, supportive relationships, healthy lifestyle habits including sleep, problem solving and emotional coping.
7. You will also receive a Zoom session from a 'TOPS-coach' once a week until you have completed your allocated program, each call lasting up to 30-45 minutes. These calls provide you with an opportunity to raise any questions about the online modules. Your TOPS-coach will also present some supporting content relevant to the module and provide support with applying content covered in the module. You will also be asked to rate your teen's depression, anxiety and sleep problems during the calls. This program is not designed to provide you with therapeutic support but we will encourage you to identify and connect to an appropriate service if required. Sessions with the TOPS-coach will be audio-video recorded, for ensuring quality of care and for data-collection. Annotated content presented to you may also be screen-captured so that it can be provided to you via email as a reference source.
8. To see if the program is effective over the longer term, you and your teenager will be contacted again 4 months and 12 months after you first started the program, to complete follow-up online surveys (60 minutes each for you, 30 minutes each for your teen). Your teen will also complete a sleep diary on their sleep over the course of a week. These surveys will be delivered in the same format as the initial surveys.

All parts of this study can be completed at any time or place of convenience to you, as long as there is internet access.

**Who is being asked to participate?**

We are inviting families living in Australia with at least one teenager aged between 12 and 17 years (inclusive) experiencing depression or anxiety and currently receiving treatment from a mental health service provider. Families need to have regular access to the internet to participate in this research. One parent and one teenager (aged 12-17 years) per family, with proficiency in English, are invited to participate.

**Source of funding**

This research project has been funded by Monash University.



**What if I change my mind?**

Participation in this research is completely voluntary. If you decide to participate, you will be asked to check the relevant boxes in the online consent form. If you change your mind at any stage, you are free to withdraw from the research (e.g. you may stop completing the modules or surveys). You may also request that your data (i.e. survey responses) be withdrawn once submitted, prior to the final report being written. After this time, you will not be able to withdraw your data.

**What are the benefits?**

This project is designed to help equip parents with parenting strategies that can reduce depression, anxiety and sleep problems in their teenagers. In the longer term, it is hoped that the program will reduce teenage depression, anxiety and sleep problems. Participating parents may also find the program beneficial in improving their own well-being, as well as their relationship with their teenager.

**Are there any risks?**

The risks of participating in this research are low; however we have identified the following potential risks:

1. Although unlikely, it is possible that you may become upset while completing the assessment or receiving your parenting program. If this happens, please let the researchers know, and you are welcome to withdraw from the study at any time. If you get upset or distressed, please seek support from a family member or friend, or call one of the helplines below:
  - **Lifeline: 13 11 14 (24 hours a day, 7 days a week)**
  - **Parentline: 13 22 89 (8am – midnight, 7 days a week)**
2. There is also a small risk that your teen experiences a deterioration of their mental health symptoms during the intervention. To minimise this risk, we have requested that your teen remains in treatment with a mental health practitioner or under the care of a medical professional. We will also monitor for changes in your teen's mental health status over the course of your participation and encourage you to seek further assistance for your teen if necessary.
3. Although unlikely, there is also a risk to your privacy through breaches of confidentiality, particularly if there is a risk of harm to yourself or others that cannot be prevented without breaching confidentiality. If we believe that yourself, your child, or someone else is at risk of harm (e.g. child abuse, self-harm), we are bound by professional codes of ethics or required by law to take reasonable action to prevent this harm occurring, even if it means breaching confidentiality. If this is necessary, we will try to discuss the situation with you (and your child, if appropriate) first.

**Reimbursement**

You will receive e-gift vouchers after completing the second set of surveys, when you first start your program, valued at \$20 each. You will also receive a \$15 e-gift voucher each after you complete the surveys 4 and 12 months later, to say 'thank you' for your time. Your teen will receive a \$10 e-gift voucher after completing the first two surveys and \$10 for each follow-up survey completed at the 4 and 12-month time point. Additionally, your teen will receive a \$5 bonus at each of these timepoints for completing a sleep diary twice a day, over 1-week for a minimum of 4 school days and 1 non-school day. You will receive Coles supermarket e-gift vouchers and your teen can choose between Coles or iTunes vouchers. Vouchers will be sent to you and your teenager separately via email.

**What about my privacy?**

All information collected will be stored separately from any identifying information, to protect your confidentiality. Information obtained in this research will only be accessible by the researchers



named on the project. All electronic files will be password protected. All data will be securely destroyed after a minimum of 5 years from when the final report of the study is published. Any written reports will only include group data, and will not be identifiable in any way.

**How can I see the results?**

A summary of results will be available in 2020. If you would like a copy, please contact Catherine Fulgoni or Sarah Khor at [med-tops@monash.edu](mailto:med-tops@monash.edu). We also aim to have the results presented at conferences and published in scientific journals.

**What if I have any complaints or concerns?**

This project has been approved by the Monash University Human Research Ethics Committee. Should you have any concerns or complaints about the conduct of the project, please contact:

Executive Officer, Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Building 3e, Research Office, Monash University, Clayton, VIC, 3800  
Tel: +61 3 9905 2052 Email: [muhrec@monash.edu](mailto:muhrec@monash.edu) Fax: +61 3 9905 3831

Thank you,

**Associate Professor Marie Yap**

NHMRC Career Development Fellow  
Associate Professor (Research) and Psychologist  
School of Psychological Sciences  
Monash University

## Careers

### YEAR 12 RESULTS and ATAR DATES 2018 NSW HSC Students

Thursday 13<sup>th</sup> December          2018 NSW HSC results released by NESA  
Friday 14 December  
ATARs released by UAC on UAC's website and by MY UAC app from 9am

Remember that the **CAREERS ADVISORY SERVICE (CAS)** is available on the **14<sup>th</sup> Dec, the 17 and 18<sup>th</sup> Dec from 9am – 5pm**. This free service can help to advise you on university courses, TAFE, college, work opportunities, traineeships and apprenticeships.

Congratulations to the 45 Year 10 students who completed the **PROVIDE FIRST AID COURSE** last week. This course is highly practical and focused on real life safety scenarios. It is nationally accredited. The participants also completed their Cardiopulmonary Resuscitation training under the supervision of the Surf Life Saving NSW. The CPR remains valid for 12 months from the training date. All students needed to provide a valid **USI** (Unique Students Identifier) to receive their statement of attainment. Well done Year 10!!

### BANDAGING

Narrayani and Lauren



Emily and Jacques



Julie and Thomas



David and Sven



**David with a broken arm**



**Teagan, Courtney and Hannah working on a doughnut bandage**



**Felix, Connor and Ben**



**Carlos and Ben**



**Narrayani and Genevieve**



**Tenki and Rina**





**Maella and Amy**



**Sarissa and Mei**



**Sebastian and Genevieve**



**Stefani and Sky**



More congratulations to all the Year 10 students who completed a **BARISTA COFFEE COURSE**

The Barista course supports students in their endeavour to find employment in the industry. The students receive a Statement of Attainment, which is useful when seeking part time work in a café or restaurant.





**WELL DONE!**

## **UNIVERSITY INFORMATION**

### **AUSTRALIAN NATIONAL UNIVERSITY – SCHOOLS ENRICHMENT PROGRAM**

The ANU Schools Enrichment Program gives students in years 10 to 12 an amazing opportunity to experience what it is like to learn at Australia's national university. They will see what studying at ANU is all about by participating in workshops delivered by some of our leading researchers, designed to deepen their knowledge and interest in the field.

Find out more - <http://www.anu.edu.au/study/information-for/career-advisors/schools-enrichment-program>

### **CHARLES STURT UNIVERSITY – GETTING PREPARED FOR THE JOBS OF THE FUTURE**

The world of work is changing. Jobs of the future require new skillsets. But what are they, and how do you make sure you're prepared to grab the opportunities they present? At Charles Sturt University (CSU), we are constantly working to make sure our students learn at the cutting edge of technological change in their chosen profession. We have a few new and evolving courses that we have developed to put you at the forefront of technological change. Or even offer a path to a brand-new career. Read more - <https://insight.futurestudents.csu.edu.au/getting-prepared-jobs-future/>



## **UNIVERSITY OF SYDNEY – ADMISSION PATHWAYS**

ATAR is not the only way to enter the University of Sydney. We'll consider additional factors that allow us to learn more about you than just your Year 12 results. You may be eligible for one of our admission pathways, depending on your educational background, financial situation, and your motivation for choosing a particular course.

Find out more - <https://sydney.edu.au/study/admissions/admission-pathways.html>

## **A DAY IN THE LIFE OF A HARVARD STUDENT**

Who actually gets into a university like Harvard? Check out this 'Day In The Life' video of Harvard sophomore, Calvin Duran, who is also taking advantage of Harvard's generous financial aid program which is also available to Australian students. <https://www.youtube.com/watch?v=uQfZ3gpV-21>

## **UNIVERSITY OF WOLLONGONG – YEAR 10 LANGUAGES DAY**

Thursday 14 February | UOW

Love Learning Languages? Experience life as a uni student with this one-day interactive workshop designed specifically for Year 10 Language students. You will learn from UOW's passionate language Academics and choose from workshops in French, German, Italian, Mandarin and Japanese.

Find out more - <https://lha.uow.edu.au/studydays/UOW205948.html>

## **A.G. COOMBS – APPRENTICESHIP PROGRAM**

The Apprenticeship Program is built on the philosophy of structured learning, providing support, direction, guidance and mentorship to each apprentice. With apprenticeship opportunities available across Victoria, NSW and QLD, we are actively recruiting in Mechanical Plumbing, Refrigeration & Air Conditioning, Electrical, Sprinkler Fitting and Drafting.

Find out more - <https://www.agcoombs.com.au/people-careers/apprenticeship-program/>

## **THE HOTEL SCHOOL – EXPERIENCE EVENING**

Tuesday 29 January | Sydney

The Hotel School Sydney is delighted to welcome you to attend a special evening.

This will be a great chance for you to experience our newly renovated campus, meet staff and engage in fun programs and workshops.

Find out more - <https://hotelschool.scu.edu.au/events/thss-experience-evening/>

Julie McDermott

Careers Adviser, phone 9451 7005. Please visit the careers website

<https://www.killarneyheightshscareers.com/>

**DISCLAIMER:** All information is provided in good faith. It is the responsibility of the student/parent to confirm all details with the appropriate institution or event organiser.

[www.killarneyheightshscareers.com](http://www.killarneyheightshscareers.com)

We have a School Careers Website.  
It's a "One Stop Shop" for everything you  
need with Career Planning and help.

**CHECK IT OUT NOW!**

*Mrs Julie McDermott*



Latest News and Events

VET

Uni Admissions

Find What Careers Suit You

Work Experience

Gap Year

Choose a University

Find a Job

Create a Resume

Defence Careers

Youth Allowance

**THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT**

# STAND UP, SPEAK ABOUT IT



## NORTHERN BEACHES White Ribbon Walk

### MEET

Queenscliff Surf Club –  
walk to The Corso, Manly

### DATE

Wednesday 28 November 2018

### TIME

7am for 7.30am departure

BBQ breakfast – gold coin donation  
Don't forget to wear a white t-shirt!

**JOIN IN  
Everyone  
welcome**

To register your interest or  
for more information email:  
[nbdvnetwork@gmail.com](mailto:nbdvnetwork@gmail.com)

 In support of  
**White Ribbon**



**Northern Beaches**  
Domestic Violence Network

**ENDING VIOLENCE  
CREATING HARMONY**



## 1-2-3 MAGIC

**A three week program for parents of 2 – 12 year olds.**



**Tuesday's**  
19 Feb, 26 Feb & 5 Mar 2019  
10.30am – 12.30pm



**Naremburn Family Centre**  
40 Merrenburn Avenue



\$30

Learn how to manage behaviour without arguing or shouting. Discover effective methods to stop unwanted behaviours, increase co-operation and enhance your relationship with your children.



**FOR MORE  
INFORMATION  
CONTACT**

Naremburn Family Centre  
P: (02) 8425 8700  
E: [intakefs@catholiccaredbb.org.au](mailto:intakefs@catholiccaredbb.org.au)

[catholiccaredbb.org.au](http://catholiccaredbb.org.au)





## BRINGING UP GREAT KIDS

**A four week program to build confidence in your parenting skills**



**Thursday's**  
14, 21, 28 March &  
4 April 2019  
10.00am - 12.00pm



**Northern Beaches  
Family Centre**  
116/20 Dale Street Brookvale



**FREE**

We know a loving, safe parent is the best relationship a child can have.

Our *Bringing Up Great Kids* program gives you knowledge about development, connection with others and an opportunity to reflect on your communication with your children.

When opportunities for mindful reflection are created, this can lead to positive change - including more respectful interactions and increased positive self-identity in children – and a better relationship for all!



**BOOKINGS ARE  
ESSENTIAL**

Northern Beaches Family Centre  
P: (02) 8043 2600  
E: [intakefs@catholiccareddb.org.au](mailto:intakefs@catholiccareddb.org.au)

[catholiccareddb.org.au](http://catholiccareddb.org.au)





**CatholicCare**  
Diocese of Broken Bay

## KEEPING KIDS IN MIND

**A 5 week course for parents experiencing conflict after separation.**



**Wednesday's**  
6.00pm – 8.30pm  
13 Feb – 13 Mar 2019

**Wednesday's**  
6.00pm – 8.30pm  
31 Jul – 28 Aug 2019



**Northern Beaches  
Family Centre**  
116/20 Dale Street,  
Brookvale



**\$100**

This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Topics include:

- Grief and loss after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back, moving forward

*Keeping Kids in Mind* is facilitated by qualified and experienced counsellors, social workers, mediators and educators. Participants must register, participate in a pre-group interview and pay prior to attending the course.

**Keeping Kids In Mind**

**BOOKINGS  
ESSENTIAL VIA:**

P: (02) 8425 8700  
E: [nfc@catholiccaredbb.org.au](mailto:nfc@catholiccaredbb.org.au)

Keeping Kids in Mind © CatholicCare Broken Bay, CatholicCare Parramatta, CatholicCare Sydney, CatholicCare Wollongong

**[catholiccaredbb.org.au](http://catholiccaredbb.org.au)**

# URBAN ART

CREATIVE WORKSHOPS

3:30-5PM WEDNESDAYS

COST: FREE

LOCATION:  
CHATSWOOD  
YOUTH CENTRE  
CNR ALBERT & VICTOR ST.  
CHATSWOOD, NSW 2067

CONTACT:  
TOM: 0473 578 273  
STREETWORK.ORG.AU

