

NEWSLETTER

October 2019



Dear parents, carers and the wider Warrawong community,

Welcome back to term 4. I trust that all our families and students had a safe, restful and enjoyable holiday from the normal rigors of school life.

I start my newsletter by acknowledging the school Graduation team, led by Mrs Hijazi who were involved in the organisation of this event at the end of last term. This outstanding celebration was shared by a record amount of parents and community in the celebration of such an important milestone. The gowns, speeches, catering and overall feeling was one of belonging and of a connected community.

On behalf of the Warrawong School community I now wish our teachers and students good luck with their exams.

As a diverse and dynamic school we are continually offering opportunity to our staff and students to grow in their academics and learning. As such I would like to congratulate the following people for their outstanding work:

Sam Rath on her amazing work within the Visual Arts Curriculum Network - Illawarra. Sam was the key driver in the development of a Year 11 'Artwork exhibition - Every artist was first an amateur' in Wollongong. Sam was recognised for her work in the local media and on opening night.

Our IEC students and teachers for their photography exhibition that adorn the corridors in the Intensive English Centre.

Our Aboriginal students, Miss Alex Simpson, Robyn Fallo who attended the University of Wollongong for a 'canoe building' experience.

The Year 6 into 7 transition team for hosting our Community of primary school students and parents for the Toast-masters final.

Dave Curley for his organisation of the Taipans Cup, a futsal tournament for our feeder primary schools.

In other school news, the year 7-12 curriculum and elective subjects are being finalised for 2020 after a lengthy and diligent selection process. After finalising our school staffing we will allocate teachers to classes in order for new student timetables to be handed out on day 1 2020.

Our anticipated SBAR (School Budget Allocation Report) arrived this week. This guides our staffing, curriculum, programs and school resourcing for 2020. After updating our school plan (available on the school website) and developing a proposed school budget, we will seek approval from the finance team. This team includes the senior executive, Business Manager, IEC and a Community representative (Lyn Ryan).

Finally, we will be developing some surveys for your feedback in the near future. We are evaluating our Canteen and its operation, looking at the cost/benefit of a school mini bus and presenting a proposed sports uniform and logo. Community consultation is valuable in leading these potential changes/additions to our school. We will place the surveys on Facebook and the school App. for interested community members.

Once again, welcome back and thank you for your support in our most important work - changing the lives of the young people in our care.

Brad Hughes



Proudly
supported
by:



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FORTNITE AND GAMING TIPS FOR PARENTS

In 1978 the first Space Invaders machine was unpacked at an arcade in Japan. Since then, adults have had concerns over young people losing their souls to video games. Gaming is now everywhere. After 40 years, the gaming industry has become very accomplished at creating powerfully addictive entertainment.

The obvious example in 2019 is Fortnite, an online shooter which, in its famous (and free) Battle Royale mode, pits the player against up to 99 other combatants in a cartoonish fight to the virtual death. Bright and playful (and lacking gore), Fortnite has become a phenomenon since launching in 2017.

Fortnite appeals to a broad demographic as it's free to download, fun, colourful. Although we have seen changes when we discuss Fortnite in-school talks from elation (where the whole room would scream with excitement no matter what the age group) through to a collective eye roll (where some kids that still play it don't let onto their friends for fear of being seen as uncool). It is always played, and it is still being talked about at school. It is a global phenomenon, made even more famous by sports-people celebrating on the playing field with Fortnite dance moves."

Fortnite has prompted a controversy over its addictive qualities. Stories have emerged around the world of teens and children playing the game for up to 12 hours a day. Safe on Social has seen this first hand with young people asleep in school libraries during lunch and Teachers are explaining to us, "they are a gamer."

Even if your child's Fortnite "habit" is modest, you may have concerns as to whether your kids have an unhealthy relationship with the popular shooter game. Very few young people can stop after a short period as many games reward long playing times and playing daily.

It is useful to look beyond the old argument of banning or not prohibiting games outright. Rather than banning, we need to look closer at the time spent online gaming is not spent playing outside developing physical and social skills, time spent doing activities that are proven to increase happiness and wellbeing.

Set healthy boundaries:

Kids respond well to healthy boundaries and form life-long healthy habits from them. Set time limits, keep gaming consoles out of the bedroom where you can hear and see what a lot of what is happening as you go about your own business.

Respect classifications:

Classifications are in place for a reason, and in some cases, you can be fined for ignoring them. Safe on Social is seeing far too many young people (from Yr1) playing R and MA15+ games. Please check the classification before you allow your child to play a game. They are exposed to things that, in some cases, they are not able to handle emotionally at such a young age. And with shooting, rape and other violence in games there is a global concern around desensitisation in young people.

Don't reveal any personal information to other players:

Stranger danger is 24x7 make sure they never meet up with someone they have met online.

Make sure game software is kept up to date:

Don't forget!! Your credit card is often attached, and software updates always include security patches to make sure that your credit card details can't be hacked and stolen.

Watch out for scams:

If you type "free Vbucks" into YouTube, you will see more than 4Million results. All set up to. Scam your credit card. Make sure you speak to your child about this and that they know that the only place they can get Vbuck is in the game store. Better still, get them a kid's Visa/Debit card. Put their pocket money and birthday money on it, and then they will learn the value of money, and you can teach them how to budget at the same time.

Find out how to block and report:

Learn how they can communicate with strangers in the game and at a minimum, learn how to clock and report so you can help your child if they are being bullied or harassed. Remember that the average age of a gamer is 34-36yrs.

Think about your own screen use:

Children take their cues from adults. Bluntly telling your kids to wrap up their Fornite session while you are yourself glued to your phone sends mixed signals.

Play the game with your child:

Acknowledge their gaming as a legitimate interest rather than an activity to be demonised. Let them know you are willing to meet them halfway and that you understand gaming isn't just a time-waster; there is a greater chance they will reciprocate when you suggest a non-screen-based activity.

Look at the home environment and talk to your child:

Gaming is often escapism, and there may be a reason your child is trying to shut out the real world — and you in particular. What's going on that might cause your child to keep you at arm's length? Excessive game playing can be used as a thought blocker to cope with stress.

Encourage healthy habits and interaction with nature:

Sitting around the house all day can lead to boredom, and Fortnite is a ready alleviator of that boredom. So consider activities that will get kids off the sofa and out in the fresh air.

Go on a family bush walk or picnic somewhere, plant a small veggie patch in the backyard. You don't have to take them surfing or horse-riding every day. It is enough that you do something that is fun and involves leaving the house. Whether it's growing veggies in the garden or building a model plane together, kids love meaningful collaboration with their parents. A long-term project in which you have a shared interest will also allow you to bond.

Allow access only after homework and other household chores are done:

Consider whether your child should be allowed to play before they have, for instance, done their homework. The consensus is that it is best that online games are reserved for after everything else has been done.

Don't let gaming consoles become the babysitter:

If you find yourself relying on video games to keep your children quiet, reflect on whether it is you, or your child who has developed the addiction. Not all video games are created equal. Even if you have decided to allow games, you might wish to steer your child towards a non-violent and creative entertainment, such as Minecraft, rather than the mass shoot-out that is Fortnite.



Registered PD NSW Education Standards Authority (NESA)

LANGUAGE NEWS

Congratulations to the following students for winning the Year 8 section in the IATI Colouring Competition.

A prize ceremony was held at Il Porcellino where Ms Carvana collected prizes

1st Place Ruby Lee

2nd Place Sindel Sturgess

3rd Place Shayla-Jean Saunders



Anxiety...

Worry, fear, shyness, freaked out, stressed, scared, embarrassed...?

Anxiety is experienced by everyone; however, for some people it can interfere with daily functioning and wellbeing.

When?

Wednesday evenings 5-7pm for 10 weeks
Begins 16th October 2019

Parents and adolescent will be invited for an information session prior to group commencing

Cost: \$120 per family (standard), \$60 (concession).

Who?

Adolescents (aged 13-17) who are currently experiencing symptoms of anxiety.

"Chilled"

What?

- A scientifically tested course
- Group format involving the participation of adolescents and some sessions with parents.
- Research shows an 80% improvement of participants
- Improvement in fear, worry and general anxiety levels
- Improvement in academic success, achievement, confidence, social involvement and participation in activities

Where?

Northfields Psychology Clinic a specialist psychology service at the University of Wollongong that is staffed by Intern Clinicians under the supervision of experienced senior Clinical Psychologists

Building 22,

School of Psychology,

[Website](#)

Adolescent Anxiety Program

A Cognitive-Behavioural Intervention Program for Adolescents with Anxiety and their Families

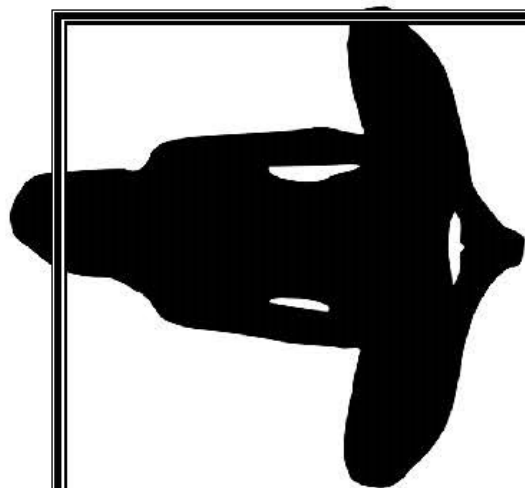
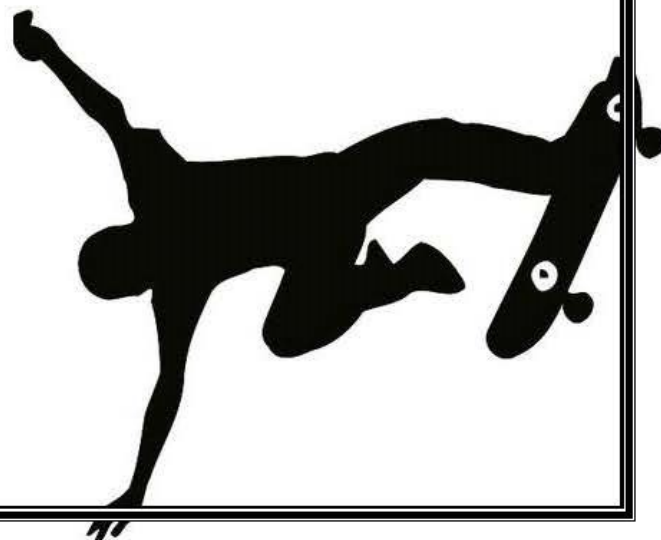
The **Chilled** program aims to address concerns with anxiety and provide practical skills to help adolescents manage these feelings

For all enquiries please contact Northfields Psychology Clinic on

P: 4221 3747

E: nfc-uow@uow.edu.au

[Website](#)





Free 2HR workshop for parents and supervisors of learner drivers. Accompanied learner drivers welcome.

Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm – 8pm

Bookings are essential

Please contact Council for a suitable workshop

Wollongong

4227 7111

rso@wollongong.nsw.gov.au

Shellharbour

4221 6124

jenny.davies@shellharbour.nsw.gov.au

Book online: www.shellharbour.nsw.gov.au/youngdrivers

Kiama

4232 0444

council@kiama.nsw.gov.au

16 July	Shellharbour
14 August	Kiama
10 September	Wollongong
16 October	Kiama
5 November	Shellharbour
10 December	Wollongong

17 February	Shellharbour
10 March	Wollongong
15 April	Kiama
25 May	Shellharbour
2 June	Wollongong

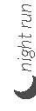


DO YOU HAVE YOUR L's?

Want to get more hours for your log book?

An opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours. Bookings are essential. Please contact Council for a suitable workshop. See overleaf for contact details.



2019	23 July	6.00pm – 8.30pm	Shellharbour & Kiama
	11 August	9.30am – 12.00 noon	Wollongong
	27 October	10.00am – 12.30pm	Shellharbour & Kiama
	24 November	9.30am – 12.00 noon	Wollongong
2020	22 March	Ultimate Learner Log Book Run 8.30am – 2.30pm (Special event)	Shellharbour, Kiama & Wollongong
	21 April	6.00pm – 8.30pm	Shellharbour & Kiama
	17 May	9.30am – 12.00 noon	Wollongong
	14 June	10.00am – 12.30pm	Shellharbour & Kiama

Community News:



Port Kembla Youth Project is conducting Splash Swim Program

*Water Babies, Water Confidence,
Learn to Swim and Stroke Correction
Enrolment Essential*

Program commencing Term 4

**Monday 21st October – Monday 9th December
2019**

\$11 a lesson

*Active Kids Provider (up to \$100 paid for school
aged children)*

Phone our Swim Coordinator on 4276 1229 for
enrolments



Port Kembla Youth Project is conducting Term 4 Homework Hub

Tutoring and Homework Help held @ Port Kembla

Small Group Programs open to:

Primary Students

Junior Secondary Students

Senior Secondary Students

Enrolment Essential

Program commencing on

**Tuesday 22nd October – 10th December 2019
(8 Weeks)**

FREE

Please either Phone on 4276 1229 or email
pkyp@bigpond.net.au for enrolments

Our Supporters:



WHS: 127 Cowper Street, Warrawong. PO Box 105 Warrawong NSW 2502