



# FIGTREE HIGH SCHOOL

## PARENT BULLETIN

Term 2 Week 8 12<sup>th</sup> June, 2015

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### Upcoming School Events

Week 9(A)	Beginning Monday 15 <sup>th</sup> June 2015
15.6.15	<ul style="list-style-type: none"> <li>- Homework Centre in Library 3:00-4:00pm</li> <li>- Yr 11 Drama Assessment Task</li> <li>- Yrs 7/8 Debate V Illawarra Sports HS</li> <li>- Yr 12 Economics Enrichment Day at UOW</li> <li>- Yr 11 Earth and Environmental Science Excursion</li> <li>- Yr 10 History Vietnam Performance - incursion</li> </ul>
16.6.15	<ul style="list-style-type: none"> <li>- Yr 11 PDHPE Assessment Task</li> <li>- Yr 12 Geography Enrichment Day at UOW</li> <li>- Yr 10X PASS Students to Hangtime P3 &amp; 4</li> <li>- CHS Boys Touch Football</li> </ul>
17.6.15	<ul style="list-style-type: none"> <li>- Yr 12 Business Studies Enrichment Day at UOW</li> <li>- South Coast Gymnastics Championships</li> <li>- CHS Boys Touch Football</li> </ul>
18.6.15	<ul style="list-style-type: none"> <li>- Yr 12 Economics Assessment Task</li> <li>- Australian Defence Force presentation – P1</li> <li>- Yrs 7, 8 &amp; 9 Brainstorm Productions in Auditorium</li> <li>- Yr 9X PASS Students to Hangtime P4 &amp; 5</li> <li>- CHS Boys Touch Football</li> </ul>
19.5.16	<ul style="list-style-type: none"> <li>- Zone Athletics Carnival – Beaton Park</li> <li>- Yr 10 French Assessment Task</li> <li>- Yr 12 Community and Family Studies and Yr 12 Geography Assessment Tasks</li> <li>- Debating Challenge - Figtree A v Figtree B</li> <li>- Yr 12 Mathematics and Extension Mathematics Revision Day at UOW</li> </ul>
Week 10 (B)	Beginning Monday 22 <sup>nd</sup> June 2015
22.6.15	<ul style="list-style-type: none"> <li>- Homework Centre in Library 3:00-4:00pm</li> <li>- Bookings for Parent Teacher Evening close</li> <li>- Yr 10 French Assessment Task</li> <li>- Merit Assemblies for Years 7 and 9</li> <li>- Red Cross Blood Bank Visit for Yrs 11 &amp; 12 and Staff</li> <li>- Yr 11 Geography Assessment Task</li> <li>- BOSTES Literacy and Numeracy Testing – for specific Yrs 10,11 &amp; 12 students</li> </ul>
23.6.15	<ul style="list-style-type: none"> <li>- Appointment times for Parent Teacher Evening available</li> <li>- Yr 12 Senior Science Assessment task</li> <li>- NAIDOC Debate V Woonona HS</li> </ul>
24.6.15	<ul style="list-style-type: none"> <li>- Yr 10 Merit Assembly</li> <li>- TAFE Taster Day</li> <li>- P &amp; C Meeting – 7:30pm in Library</li> </ul>
25.6.15	<ul style="list-style-type: none"> <li>- Parent Teacher afternoon for Yrs 7, 9 and 10 students from 2:30pm – 7:30pm</li> <li>- Yr 12 Biology Assessment Task</li> <li>- Yr 10 German Assessment task</li> <li>- Young Women's Forum – P1</li> </ul>
26.6.15	- Last Day of Term 2
Week 1 (A)	Beginning Monday 13 <sup>th</sup> July 2015
13.7.15	Staff Development Day
14.7.15	<ul style="list-style-type: none"> <li>- All students return for Term 3</li> <li>- Yr 12 PDHPE Assessment Task due</li> <li>- Yr 12 Year Meeting to confirm BOSTES entries</li> </ul>
15.7.15	- Yr 10 in Yr 11 2016 Subject Selection Evening 6:00pm
16.7.15	- NAIDOC Week Aboriginal Mural Launch

### PRINCIPAL'S REPORT

It has been a very busy few weeks. The Talent Show was a great event and highlighted the many talented performing arts students that are enrolled at Figtree High School. Thank you to all the organisers, P & C Canteen and the entertainment crew.

It was very rewarding to speak to so many parents at the parent/teacher information evening. Many parents were able to download the Figtree High School App on the evening. I would encourage all parents to download the FHS App, instructions can be found on our official FHS Website.

We are continuing to work with our Community of School to provide additional learning opportunities for students in Stages 3 and 4. I look forward to the CoS Science competitions in Term 3 during Science Week. The Year 5 Enrichment Program is progressing well.

I attended a Principal Forum hosted by the Wollongong and Lake Illawarra Local Area Police Commands. A guest speaker from the Australian Federal Police gave a very informative session on cyber-bullying. The Figtree High School contact is the School Liaison Police Officer Cons. Sian Pop. Constable Pop has been very active in assisting with information sessions for our students in a range of areas. The staff and students appreciate her active participation with FHS.

Thank you

Carol Marshman

Principal

## Figtree High School – Core Values: Respect, Safety and Learning

### Parent Teacher Night – Years 7, 9 and 10

Our next parent teacher night of the year will be held next Thursday 25<sup>th</sup> June in the school Auditorium for students in Years 7, 9 and 10. The Parent Information sheets, with unique individual student login codes, will be distributed to students during roll call on Tuesday 16/6/15. The website for parent teacher night bookings is [www.edval.com.au/book](http://www.edval.com.au/book).

If your child has misplaced the information sheet or you have misplaced your code, please contact the Office or Deputy Principals who can provide you with these details.

Parents are asked to make their bookings by Monday 22<sup>nd</sup> June at 9:00am. After this time, the website will be closed so that the appointments will be processed. Parents need to log back into the website on Tuesday 23<sup>rd</sup> June to access their appointments. After this date, if your appointment times are no longer suitable, you can make changes to the bookings online, based on when teachers may have appointments available. If you need assistance with rescheduling appointments, please contact your child's Deputy Principal.

### HSC Resources to help your child

On the following page is a promotional flier for HSC students who are interested in some study and enrichment activities. These activities are being run by Wollongong City Council Libraries and are FREE of charge. Bookings are essential so we encourage interested students to book early to avoid disappointment.

The HSC Examination timetable is available on the BOSTES website

<http://www.boardofstudies.nsw.edu.au/> and students can access their personalised timetable through their Students Online portal.

As published in our last bulletin, there are also a range of resources on the **A-Z Schools** website to provide you with some tips and advice for supporting your child through the challenging months ahead in the lead up to the HSC Examination period in October. These are available from the following link:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc/hsc-resources-to-help-your-child>

### Payments for School Fees/Excursions online

Payments for excursion and school fees can be made online using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting [\\$ Make a payment](#).

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called 'Other', this is to cover items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students full name, class and reference number OR
- the students full name, and date of birth.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

Ms Ellie Donovan – Deputy Principal

## PBS VALUES

### WEEK 9: RESPECT

Be in the Canteen only to buy for yourself

### WEEK 10: LEARNING

Move quickly back to the classroom at the end of the break

# LET WOLLONGONG CITY LIBRARIES HELP YOU WITH YOUR HSC

ALL FREE! BOOKINGS ESSENTIAL. BOOK ONLINE THROUGH OUR WEBSITE [WWW.WOLLONGONG.NSW.GOV.AU/LIBRARY](http://WWW.WOLLONGONG.NSW.GOV.AU/LIBRARY)

## ACING THE TRIALS WITH ROWAN KUNZ

Rowan will demonstrate step by step, how to make the most of your trial exams.

**WHEN:** Wednesday 17 June, 5-6.30pm

**WHERE:** Wollongong Library

## ENGLISH: AREA OF STUDY: DISCOVERY WITH LARRY GRUMLEY

Can't work out your related texts?  
Problems with relating to the topic?  
Former HSC marker Larry Grumley can help!

**WHEN:** Monday 29 June, 3.30-5pm

**WHERE:** Wollongong Library

## BUSINESS STUDIES SEMINAR

This seminar will take you through the core subjects, just in time for your trials.

**WHEN:** Tuesday 30 June, 10am-12noon

**WHERE:** Corrimal Library

## MOCK EXAM

Bring along a past paper of your choice and complete under mock exam conditions. It's a great way to prepare for your trials and HSC.

**WHEN:** Tuesday 7 July, 2-5pm

**WHERE:** Thirroul Library

## YOGA DE-STRESS

HSC getting to much? Need time to relax? Time to find some inner peace.

**WHEN:** Wednesday 8 July, 11am

**WHERE:** Corrimal Library

## ENGLISH: AREA OF STUDY: DISCOVERY WITH LYNDALL HOUGH

Respected author and former marker Lyndall Hough will take you through your options for Discovery.

**WHEN:** Monday 27 July, 5-6.30pm

**WHERE:** Dapto Library

## THE MONTH BEFORE THE HSC WITH ROWAN KUNZ

It's never too late to start a study plan (this workshop is also open to year 11 students).

**WHEN:** Wednesday 9 September, 5.30-6.30pm

**WHERE:** Thirroul Library

## HSC LOCK-IN

Pizza, tutors, study space... the entire library for HSC... FREE!!!

**WHEN:** Friday 2 October, 6-9pm

**WHERE:** Wollongong Library



**WOLLONGONG CITY LIBRARIES**  
IDEAS, INFORMATION, ENJOYMENT

## YEAR 10 into Year 11 2016 SUBJECT SELECTION EVENING

Year 10 students will soon commence the initial phase of selecting subjects for study in Year 11, 2015.

This involves:

- Lessons with the Careers Adviser
- Receiving the Preliminary Course Handbook 2015
- Talks by Head Teachers and staff within individual faculties

To consolidate these activities, on **Wednesday 15<sup>th</sup> July** Figtree High School will hold our Year 10 into Year 11 Subject Information Night in the school auditorium commencing at 6.00pm.

The evening will give parents/carers and Year 10 students the opportunity to gain further understanding of:

- Higher School Certificate rules and regulations
- ATAR (Australian Tertiary Admission Rank)
- Subjects on offer at FHS (subject to final approval)
- Vocational Education & Training options
- TAFE VET options
- the timeframe for choosing subjects

Parents/Carers and students will have the opportunity to talk to representatives of each faculty at the school to discuss individual subjects and their relevance to future career plans and goals. Wollongong University and TAFE Illawarra will also have representatives at the evening to answer any questions regarding tertiary study and degree options.

We ask you to put this event into your diary now, so that you can be available to come along to this very important meeting in the first week of Term 3.

Ellie Donovan  
Deputy Principal – Yr 10



### Ray White Wollongong/Figtree

69 Kembla Street, Wollongong 2500

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## TAFE Illawarra Choices Day

This Saturday 13<sup>th</sup> June is 'Explore your Options' Day at **TAFE Illawarra's Choices Day from 9am to 1pm.**

This is a valuable day for students in Years 10, 11 and 12 who may be thinking about TAFE as a post school option.

It's a great chance to:

- Explore your career options
- Find out what's on offer in Semester 2, 2015
- Get recognition for your existing skills
- Seek advice
- Gain assistance with the application process
- Get help creating your USI (Unique Student Identifier), which you need before enrolling

Enrolments for Semester 2, 2015 open on Saturday 13 June.

Further information can be found on the following link.

<http://www.tafeillawarra.edu.au/about-us/newsevents/events/796-choices-day>





## Science News

Year 7 students were fortunate to have had great weather for a fantastic day at Taronga Zoo, as part of their Classification topic. Students were given a presentation by zoo staff where they had the opportunity to touch various reptiles and mammals and had several hours to explore the wide diversity of animals at the zoo. A big thank you to Mr McGavock for leading the organisation of this event.

We have had participation across all year groups in the junior, intermediate and senior categories of the 'Big Science Competition'. This 30 question multiple choice exam challenged students to think critically and solve scientific problems using everyday examples. We are very pleased to see growing numbers of students taking the opportunity to enter and test their abilities.

Preliminary Physics students took part in a model solar car challenge as part of a focus on STEM, Science, Technology, Engineering and Mathematics, in Science. Students were challenged to build their cars in the shortest time, engineer the fastest cars and the cars with the greatest torque. Many of the cars produced displayed innovative design features including; angled solar panels, regearred motors and even a four wheel drive design. Congratulations to **Mathew MacGregor, Madeline Broadhead, Ryan Power** and **Blayne Sawyer** for their winning designs.

Years 8, 9 and 10 students will be given the opportunity in their Science classes to take part in a variety of STEM challenges including; model plane making, mousetrap racer challenge and producing a sixty second science film in the lead up to Science Week (Week 6, Term 3). During science week we will be hosting students from our surrounding primary schools who have won their in-school challenges. They will compete against our winning entrants in these challenge tasks designed to build interest and enjoyment in scientific endeavours.

Year 10 students who produced interesting Student Research Projects, completed to a high standard, have been invited to place entries into the Figtree High School Science Fair. Their entries will be displayed in the library during science week, with the top 10 entries going on the represent Figtree High School at the Illawarra Coal Science Fair at the University of Wollongong later in the year.

Finally, Engineers Without Boarder, a not for profit organisation that promotes science and engineering as a potential career pathway will be coming to our school in July to talk to Year 10 students, and have them undertake some tasks and activities involving science and engineering.

These are just a few of the many learning opportunities being provided in Science every week to assist our students to achieve and foster an appreciation of the amazing world around them.

Mr Hudson  
Relieving Head Teacher Science

### Year 9 Snow Trip: The countdown is on ☺

Monday saw the welcoming of winter and what a freezing start it was. Thermals, ugg boots and warm cups of tea might be an ideal option over the next three months. More importantly, Perisher received a huge dump of snow which only means good news for the Year 9 snow trip.

With cabins organised and everyone having returned their medical forms, we are nearly set to go. Thank you to those families who have been making regular payments over the duration of this term. If you have not made another payment since your \$100 deposit, can I please encourage you to start doing so as the final payment is due by the end of this term (Only 2 weeks away).

Students will be receiving an itinerary and an equipment list very soon. This will give you a good indication of what to pack for an exciting three days of adventure.

That's it for now Happy Snow Goer's. Keep an eye out for more bulletin entries and remember that missing snow meetings at school is a big 'No No' from now on.



Miss Quill  
Snow Trip Organiser



## Athletics Carnival – Friday 5<sup>th</sup> June

On our second attempt at running the school carnival we had a very successful day. There were a large number of students present on the day who participated in a range of events on the track and in the field. Once again Gurri (Red House) were the winners of the overall carnival. Congratulations to the following students who were Age Champions.

12 years – **Alyssa Parks** and **Max Schilder**

13 years – **Zoe Williams** and **Benjamin Plumb**

14 years – **Krystal Solevska** and **Cameron Lodge**

15 years – **Meghan Fox** and **Matthew Hobbs**

16 years – **Pimwadee Polhill** and **Jarrold Twigg**

17+ years -**Chloe Winch** and **Bainous Dumbuya**



**Front Row:** (L to R) Benjamin Plumb, Max Schilder, Alyssa Parks, Zoe Williams

**Back Row:** (L to R) Jarrold Twigg, Chloe Winch, Bainous Dumbuya, Meghan Fox

**Absent:** Krystal Solevska, Cameron Lodge, Matthew Hobbs, Pimwadee Polhill.

A number of records were also broken on the day.

Congratulations to the following students

\*12 year **Alyssa Parks** 400m new record 1:15.06 (old record 1:18.72)

\* 14 year **Cameron Lodge** 400m new record 1:00.72 (old record 1:06.88)

\* 16 year **Momolu Sirleaf** 400m new record 56:39 (old record 58.37)

\* 16 year **Kayden Hill** 1500m new record 5:16.30 (old record 5:22.00)



Below is a picture of the students who won the participation prizes. All students who entered an event went in the draw to win these vouchers. It was great to see so many entries and we congratulate all those that participated on the day.

Prize winners were: Nadine Kellerman, Natasha Hynoski, Myah Howard, Curtis Hay, Chloe Winch and Ally Nelson.

Absent – Krystal Solevska.



The Zone Athletics Carnival will be held at Beaton Park on the 19<sup>th</sup> June. The day will start at 8.00am promptly. All students in the zone team are to pay their \$5 levy to the front office. We wish all our students the best of luck on this day.



## Nationally Consistent Collection of Data on School Students with Disability

### Notification for Parents and Carers

From 2015, all Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education and Communities is provided in such a way that it cannot be used to identify any individual student or school.

General information about the national data collection can be found on the Australian Government Department of Education and Training website at <http://education.gov.au/fact-sheets-nationally-consistent-collection-data-school-students-disability>.

### Privacy Protection

The NSW Department of Education and Communities follows the requirements of the *Privacy and Personal Information Protection Act 1998* and the *Health Records and Information Privacy Act 2002*. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students' personal details will be kept confidential.

Under Clause 52 of the Commonwealth *Australian Education Regulation 2013*, data collected by the NSW Department of Education and Communities for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth *Privacy Act 1988* when handling any data provided by NSW Department of Education and Communities in connection with the national data collection. A privacy notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department's website at <http://education.gov.au/notices>

## Expression of Interest - Homestay Program - August 2015

Dear Parents and Students

It is time to plan for the arrival of our Korean Homestay visitors in August 2015. This is a great opportunity to host a billet for 10 days and be involved in the cultural activities and excursions available to billeting families. Families will receive some financial support to assist with costs.

**Tentative arrival date is 1<sup>st</sup> or 3<sup>rd</sup> August 2015.**

<b>Parent Consent:</b>
------------------------

My family and I are interested in participating in the program.

*Please circle the relevant response.*

- We would be able to accept one / two / three billets.
- It would be best if the billet(s) was a male / female / gender is not an issue.

Parent name/s: ..... Signature:.....

The following information will assist us with preparation of necessary documents to be passed onto the organisers of the visit for the Korean parents and students. **Please complete and return to school** via your student no later than **Friday 10 March 2015**.

Student Name \_\_\_\_\_

Roll Call \_\_\_\_\_ DOB \_\_\_\_\_

Parents name/s \_\_\_\_\_

Address \_\_\_\_\_

Phone Number Home \_\_\_\_\_

Mobile \_\_\_\_\_

Email address \_\_\_\_\_

Further information will be passed on to you as it becomes available. Please do not hesitate to contact me should you need further information. Thank you for your participation and interest in this valuable experience.

Cathy Smith  
Homestay Co-ordinator  
HT TAS

Carol Marshman  
Principal

42712787 / 0403596333 / catherine.j.smith@det.nsw.edu.au



# NOTIFICATIONS



**YOU CAN MAKE  
A DIFFERENCE**  
**BECOME A CARESOUTH CARER**

CareSouth supports vulnerable children and their families across Southern and Western NSW through a range of programs including **FOSTER CARE, FAMILY CHOICES**, and **AUNTIES & UNCLES**.

Our Aunties & Uncles volunteer carers regularly share a small amount of their time to mentor a child in their community.

There are children and young people in your community who could really benefit from your interest. CareSouth provides our carers with exceptional support and training.

Foster Care can be short-term, long-term or respite. CareSouth's Family Choices program supports children with a disability and their families by providing respite care.

To find out more, call us for an obligation-free chat today.

**“ I've just provided an environment that has allowed Dylan to turn his life around ”**  
**KAREN, CARESOUTH FOSTER CARER**

**EVERYDAY**  
**CareSouth**

1300 554 260 [caresouth.org.au](http://caresouth.org.au)



The Adult Migrant English Program (AMEP) provides free English Language learning to eligible migrants.

To see if you are eligible please ring 4229 0155.

The AMEP is funded by the Australian Government.

# Apprenticeships & Traineeships Information Sessions

**Give yourself the best chance of getting an Apprenticeship**

Find out:

What employers want?

Where do I find the jobs?

Strategies and Resources

## Hear from and talk to:

Employer

Group Training Companies

Australian Apprenticeship Centres

Current Apprentices

TAFE NSW Illawarra Institute

NSW Dept of Education & Communities

## When and Where

Tuesday 23rd June 2015

6.00pm – 8.00 pm

The Builders Club, Wollongong

Wednesday 24th June 2015

6.00pm – 8.00 pm

The Shellharbour Club

Bookings for FREE event in Wollongong, go to:

<https://register.eventarc.com/30250/apprenticeship-traineeship-information-sessions>

or for Shellharbour event, go to:

<https://register.eventarc.com/30253/apprenticeship-traineeship-information-sessions-shellharbour>

For general queries contact Workplace Learning Illawarra

Phone: (02) 4225 2526 or email: [tracey@iswlp.org.au](mailto:tracey@iswlp.org.au)

Presented by The Apprenticeship Partners:





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**Please contact Toni for further details**  
**Free call: 1800 243 513 or**  
**Telephone: (02) 4227-3111 or**  
**Email: info@eetgroup.com.au**

**22nd October 2015 @ Beaton Park, Wollongong**

"A community event which celebrates people with disabilities' unlimited potential & enthusiasm for life"




## The Essential Disability Group

Not for Profit Organisation | Established since 1986

### Essential Employment and Training (EET) offer:

- Disability Employment Services (DES)
- Youth Employment Program (YEP)
- Transition to Work (TTW)
- Community Participation (CP)
- Individual Funding Packages (IF)
- Cert I in Employability: Becoming a Worker
- Cert III in Disability



EET are proud sponsors of the Sky's the Limit, Mini Olympics

[www.eetgroup.com.au](http://www.eetgroup.com.au) | Freecall: 1800 243 513 | [info@eetgroup.com.au](mailto:info@eetgroup.com.au)

### Certificate II Courses

Next Semester **Adult Basic Education, Wollongong TAFE** is offering Certificate II courses for people wanting a career pathway into Early Childhood, Construction, Bricklaying, or Café Skills. We also prepare students for job-seeking and the workplace in our Certificate II course in Employability Skills. Students will benefit from targeted preparation in literacy, vocational study skills, technical skills and computer skills to enter Certificate III or Certificate IV training or the workforce.

For more information contact Helen Wood on 42290451 or Cheryl Hales on 42290566. Information sessions will be held at Wollongong Campus, Foleys Lane, Wollongong, building W2 on Monday 15 June, Wednesday 17 June, Monday 22 June and Wednesday 24 June from 10am to 1pm.





## WINTER HOLIDAY CAMPS

### THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ New friendships
- ✓ Great value
- ✓ Fun
- ✓ Safe

Our popular Winter Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular ski / snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 to 16 years\* and range from 1 to 7 days.



Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

\*Snow Sports camps are suitable for kids aged 10-16 years.

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)\*\*

\*\*Kids as young as 6 years can participate in group lessons as part of a Family Camp.

[dsr.nsw.gov.au/camps](http://dsr.nsw.gov.au/camps) | 13 13 02  
[fb.com/nswsportandrecreation](https://www.facebook.com/nswsportandrecreation)



Office  
of Sport  
Sport & Recreation

# Positive Relationships

**What does YOUR relationship look like?**

This group provides a safe, friendly space to for women to  
address relationship issues

- ♦ Power and Control ♦ Cycle of Abuse ♦ Relationships and Children
- ♦ Identifying Strengths ♦ Building Self Esteem ♦ Safety Planning ♦ Self Care
- ♦ AVOs and the legal process ♦ Managing Stress ♦ Future Relationships

We run 2 Positive Relationships Groups at the Women's Centre every term

## Term 3 Positive Relationships Groups

**When: Tuesday Mornings**

10.00 to 12.00 for 8 weeks

21 July through to 8 September

**When: Wednesday Mornings**

*Limited child minding available on Wednesdays*

10.00 to 12.00 for 8 weeks

22 July through to 9 September

**Where: Wollongong Women's Centre**  
170 Corrimal Street Wollongong  
(Opposite Wollongong Golf Club)

**Cost: Free**

**Bookings are essential!** For more information, or to register for a  
Positive Relationships group, you can contact us by phone on **4228 1499**  
or by email at [wwis@wwis.org.au](mailto:wwis@wwis.org.au)



**Black Dog Institute Program**

# REACH Wellbeing Group in your local area



## What is REACH?

REACH is a 9 week psycho-educational wellbeing group (based on the principles of responsibility, education, acceptance, connection and hope) to help participants with depression or bipolar disorder manage their illness and stay well. Topics include fostering strengths, dealing with loss and grief, identifying early warning signs and triggers, wellbeing strategies, nurturing support networks and creating a unique Wellbeing Plan.

## Eligibility criteria for participants:

- Over 18 years old
- Diagnosis of depression or bipolar disorder, for a minimum of one year
- Capacity to participate in a group setting
- Capacity to commit to attending the 9 weekly sessions
- Acceptance of illness
- Motivation to implement personal change strategies

## Upcoming Group – women only group

**When:** Mondays from 13 July to 7 September 2015

**Time:** 10.00am - 12.00pm

**Venue:** Wollongong Women's Information Service, 170 Corrimal Street, Wollongong

**Facilitator:** Nat from WWIS

**To register interest:** Call 02 4228 1499 or email [nat@wwis.org.au](mailto:nat@wwis.org.au)

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



BLACK DOG INSTITUTE

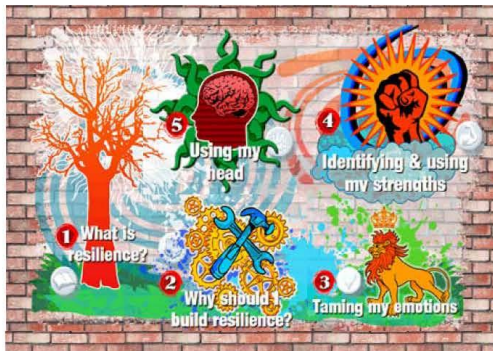




## Building good mental health in young people

Interactive online learning courses for parents developed by the Black Dog Institute

### BUILDING RESILIENCE IN YOUNG PEOPLE



This course includes five short, interactive, and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

#### You will learn about:

- what resilience is in the context of mental health and how it helps
- useful strategies for building resilience in young people including how to control emotions, identifying personal strengths and a step by step process for problem solving.

### NAVIGATING TEENAGE DEPRESSION



This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.

#### You will learn about:

- the causes and signs and symptoms of depression and bipolar disorder
- useful strategies for supporting a young person you care about
- help and support services available

Access the courses at: [www.BLACKDOGLMS.com](http://www.BLACKDOGLMS.com)

More information at: [www.HEADSTRONG.org.au](http://www.HEADSTRONG.org.au)

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