



# FIGTREE HIGH SCHOOL

## SCHOOL NEWSLETTER

Term 3 Week 4, 13 August 2018

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T3 Week 4	Week 4 Starting 13 August 2018
Monday 13/08/18	Year 11 - Hospitality and Construction Work Placement Year 11 - Legal Studies Assessment Task Year 8 - Maths Assessment Task
Tuesday 14/08/18	Year 11 - Hospitality and Construction Work Placement Year 9 - Links to Learning
Wednesday 15/08/18	Year 11 - Hospitality and Construction Work Placement Year 9 - Shine Program - Selected Students Year 8 - Shine Program - Selected Students Girls Oztog Knockout - Dalton Park Boccia State Finals
Thursday 16/08/18	Year 12 - Trial HSC Year 11 - Hospitality and Construction Work Placement Year 11 - Visual Arts Assessment Task Year 10 - NESB Young Women's Forum
Friday 17/08/18	Year 12 - Trial HSC Year 11 - Hospitality and Construction Work Placement Year 11 - PDHPE Assessment Task Year 9 - PASS - Northern Bowl Year 7 - SRE: 7U, 7E, 7T U15 Boys Knockout Basketball AIME program - selected students
T3 Week 5	Week 5 Starting 20 August 2018
Monday 20/08/18	Year 12 - Trial HSC
Tuesday 21/08/18	Year 12 - Trial HSC Year 9 - Links to Learning
Wednesday 22/08/18	Year 12 - Trial HSC Year 9 - Shine Program - Selected Students Year 9 - Ski Trip Excursion Year 8 - Shine Program - Selected Students
Thursday 23/08/18	Year 12 - Trial HSC Year 11 - SLR Northern Bowl Excursion Year 10 - NESB Young Women's Forum Year 9 - Ski Trip Excursion Year 9 - PASS Northern Bowl Excursion
Friday 24/08/18	Year 12 - Trial HSC Year 11 - Ancient History Assessment Task Year 9 - Ski Trip Excursion Year 7 - SRE: 7D, 7N, 7I Southern Stars Combined Choir
T3 Week 6	Week 6 Starting 27 August 2018
Monday 27/08/18	Year 12 - Trial HSC Year 7 - Vaccinations
Tuesday 28/08/18	Year 12 - Trial HSC Year 11 - FDT - Sydney Restaurant Excursion Year 10 - History Research Task Year 10 - German - Restaurant Excursion Year 9 - Links to Learning Year 9 - German - Restaurant Excursion

Wednesday 29/08/18	Year 12 - Trial HSC Year 11 - FDT Incursion Year 9 - Shine Program - Selected Students Year 8 - Shine Program - Selected Students Southern Stars - Dance & Choir excursion
Thursday 30/08/18	Year 11 - Geography Excursion to Minnamurra Year 10 - NESB Young Women's Forum Year 9 - History Research Task Southern Stars Choir Excursion and Performance
Friday 31/08/18	Year 7 - SRE: 7U, 7E, 7T Southern Stars Performance
Year 12 Purple Year 11 Olive Year 10 Blue Year 9 Red Year 8 Green Year 7 Orange	

### Thoughts from the Principal

I would like to introduce myself to the Figtree Community. My name is Daniel Ovens and I am the new Principal of Figtree High School. I want to let you know that I am thrilled to be here and excited to be Principal here for quite some time.

I have had the privilege of working across numerous schools, with varying demographics and in different capacities. The last 6 years have seen me as Deputy Principal and relieving Principal at Blakehurst High School, a fully comprehensive school with more than 1100 students. I have a Mathematics teaching background. I am married with 5 children, 3 boys and 2 girls. My family and I have spent much time in the Wollongong region as it is our choice of a great day out and has been for the last 10 years.

I strongly believe that teaching is the best job. There is no greater calling than to teach young people and I am very proud of the work we do!

At the same time, I acknowledge it is an increasingly demanding vocation. In such a complex, fast paced and ever-changing world, students need more than just

academic teaching. They need to be taught how to develop into good citizens, good human beings.

As our education system and many others have demonstrated, the happier a child overall, the better their educational outcomes. In keeping with this, my ultimate goal is to ensure that every one of our 900+ students feels connected to Figtree High School, and that every student has the chance to succeed and achieve their personal best.

Each child brings something different to our school, possessing a mixing pot of talents, cultures and interests. I want to encourage each student to pursue their interests and passions and I will be looking to work with teachers to broaden opportunities here in leadership, the Arts, Sport, and other extra-curricular activities.

My job is to ensure every student learns. High expectations for learning starts with me and extends to every leader, every teacher, and every student at Figtree High School.

I have already spent time with the dedicated teachers here, and it is evident they strive not only to deliver great teaching day in day out, but also model good citizenship. I want to thank them and those of you in the community, who have welcomed me, so warmly, into this school community.

I want to ensure you this is a family friendly school, enmeshed into the community. I want you to know you are always welcome at Figtree High School and that I am happy to hear from you. I know that if we all work together, we can continue to create experiences that our students will carry with them into the wider world, far into the future.

It is my privilege to be with you at Figtree and to be leading this school community. I look forward to us working together to co-write the next chapter of Figtree High School.

### **Term 3 so far...**

It has been a busy and hugely enjoyable first 3 weeks of Term 3 at Figtree High School. Herewith a couple of highlights:

### **NAIDOC WEEK**

It was a real privilege to have my first week at Figtree High School coincide with the school's celebration of NAIDOC week and the theme "*because of her, we can*".

It is the first time I have heard Figtree High School's unique *Acknowledgement of Country* and those inspiring words certainly provide a great way of sharpening our awareness and respect, to the traditional owners of the land.

During the week of celebrations, we welcomed our local elders - Uncle Richard, Auntie Shaz and Auntie May - as well as Lani Balzan, a local Aboriginal artist and a number of our parents and carers. Our learning was also significantly enriched by an Aboriginal Incursion Group, who led many different activities across the school, including: boomerang throwing; face painting; art making; Aboriginal dance and storytelling. This group also led a smoking ceremony.

What a wonderful opportunity to have all of these special guests here to join in the celebration, while sharing their experiences and essential role within the community.

One of the highlights was seeing many teachers getting involved in an Emu dance at the assembly. Another, was the National Anthem sung in Dharawal, so wonderfully by our neighbouring Figtree Primary School students. Our thanks to each of them for singing with class and gusto in such an emotional rendition.

On behalf of Figtree High School, I want to especially thank Ms Karin Harlor for coordinating the entire week of NAIDOC celebrations. Undoubtedly, her efforts further enriched our connectedness as a school community.

### **Year 9 and 11 Subject Evening**

Last week the school held a Subject Selection evening for 2019 Year 9 and 11 students. Hundreds of students and parents attended the evening. Both Year 8 and Year 10 groups were addressed separately in the Auditorium by the Deputy Principal, Careers Adviser, VET Coordinator and their Year Advisers, before moving off to the Gym to gather information about subjects from teachers across all Key Learning Areas (KLAs).

Feedback on the evening from both parents and staff has been fabulous. Everyone was pleased to have the opportunity to ask questions and gather information regarding the subject choices available.

The aim of the evening was for all students to be empowered to make well-informed choices and I believe this goal was achieved.

Thanks to all staff who assisted in organising the evening - led ably by Mrs Jemma Lawson - and thanks to those teachers who provided information at the faculty stalls. Thanks also to all of the parents and carers who attended on the night.

**Mr Daniel Ovens**  
**Principal**

### **PBL Core Values**

<b>WEEK 4:</b>	<b>Learning</b> Be an active listener during assembly
<b>WEEK 5:</b>	<b>Respect</b> Walk quietly in the corridors so that others can continue learning
<b>WEEK 6</b>	<b>Learning</b> Be on time for your next class

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### ***Deputy Principal Report Years 7 and 9***

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It has been fantastic to return to my Deputy Principal position at Figtree High School this term, after working in the Teacher Quality Advisor position at the Warilla Education Office for the past two years.

I have spent time during the first few weeks speaking to students about attendance.

### **Attendance**

Arriving at school by 8:30am, ensures that students are on time for roll call and the lessons that follow. It also ensures that students receive the daily messages for students that are delivered in roll call.

Year 7 students have made a concerted effort to be at school on time each day, and we have certainly reduced the number of Year 7 students who were arriving late, between 8:40am - 9:00am. I would like to thank both students and their parents/carers for this improvement, but we are still working towards zero for unexplained late arrivals, so we do need to maintain the effort in arriving at school on time.

Year 9 students still have some work to do to increase the number of students arriving at school on time, and I will be working with both students and their parents/carers to reduce the number of students arriving at school late, which results in partial absences. Late arrival impacts on student learning as students may miss the lesson introduction, discussions of learning intentions and explanations of the new content and learning activities to be completed in the lesson.

**Ms Ellie Donovan**  
**Deputy Principal**

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### ***Deputy Principal Report Years 8 and 11***

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### **NAIDOC Week Celebrations**

It has been an exciting start to term 3. The NAIDOC celebrations that ran throughout week 1 culminated on Friday July 27. At the morning school assembly students and staff were entertained by the Koomurri group who performed a smoking ceremony and traditional Aboriginal songs and dances. Thank you to Uncle Richard, Julie Street-Smith, Leisa Hicks and community members for joining us in our celebrations. Mrs Karin Harlor's superb leadership of the Aboriginal and Torres Strait Islander Education team at Figtree High School

resulted in a wonderful week of learning which was enjoyed by our school community.



### **Year 11 Preliminary Examinations**

At the end of Term 3, following two weeks of examinations Year 11 will complete their Preliminary Course. Parents and carers can support their children to prepare for their upcoming examinations by reinforcing the importance of effective time management skills. Students who successfully manage their time well have a daily and weekly routine, complete homework and have a separate study schedule in place, are setting themselves up for success. Please encourage your child to ask their teacher for help if they are having difficulty in any area.

### **P&C Fundraiser**

Figtree High School P&C hosted a fundraiser BBQ at Bunnings Wollongong, on Sunday 12 August. Thank you to the parents and teachers who volunteered their time on Sunday and to community members who dropped by the BBQ to grab a sausage and say hello.

**Mrs Johanna Clifford**  
**Acting Deputy Principal**

## ***Deputy Principal Report*** ***Years 10 and 12***

### **Year 8 and 10 Course Information for 2019**

Thank you to all the parents/carers and students who attended the Year 9 and Year 11 2019 Course Information Evening last week. All students need to have entered their selections online through Edval by midnight Monday 13 August. Just a friendly reminder that once subject selections are completed, students need to print out their sheet, have it signed by a parent/carer and hand it into Mrs Lawson. If you are having difficulties completing selections please contact the school.

### **Year 12 Trial Exams: 16 August – 29 August 2018**

As the Trial HSC commences on Wednesday 16 August, it is really important that our Year 12 students spend a considerable amount of time studying. The [NESA website](#), is an excellent website to assist Year 12 with their study. Once at this site, students need to click on the students online tab and then on the Studying for the NSW HSC tab to access past papers, syllabi, marking guidelines, standards packages, multiple choice questions and the exam workbooks.

We have included some '[Tips for Managing Exam Stress](#)' from reachout.com on page 13 of this newsletter.

On behalf of the school community I would like to wish Year 12 the best of luck in their Trial HSC examinations.

### **Year 12 Major Works**

A number of Year 12 students have major projects which will be due in the coming weeks. It is imperative that students continue to work on their projects whilst the trial HSC exams are underway and utilise the after-school opportunities that staff have given students to work on their projects. Congratulations to all the Society and Culture students who submitted their Personal Interest Projects last Monday.



### Top Blokes Boys Mentoring Program

Figtree High School is excited about continuing the Top Blokes Mentoring Program.

The program is a 16-week mentoring program for male students aged 14-17 years. The program uses a prevention and early intervention framework to provide an environment that fosters critical thinking so that the boys can build self-efficacy and the skills to lead healthy and safe lives. It is aimed to promote positive behaviour and strong role models for young men. The program addresses issues of alcohol and drug use, mental health, sexting, anger management, relationships, racism and sexuality.

We have 24 boys involved in the Top Blokes Mentoring Program who are from Years 9 and 10. The program will commence in week 4. The boys meet their mentors each Monday morning.

**Mrs Jemma Lawson**  
Relieving Deputy Principal

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## CAPA & Languages

### Faculty Report

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#### ‘CREATIVITY TAKES COURAGE’ – HENRI MATISSE

As always the staff and students in CAPA and Languages have been busy this year. We would officially like to **welcome our newest staff member, Mrs Kristen Smith**, who delivers the Languages courses. Mrs Smith brings with her a wealth of knowledge and expertise in three different languages – Spanish, French and German.

Year 8 students have been engaged in speaking and listening activities in Spanish and French and are continuing to develop their skills as the year progresses. Year 8 French classes are currently corresponding with our sister school in Mont Doré just outside Nouméa with a view to hosting them in the future, and the hope that Figtree High School may visit them one day also. Mrs Smith is also delivering German and French to Stage 5 elective classes. The Stage 5 course builds on the

mandatory course and sees students becoming increasingly fluent in their chosen language.

As we approach subject selection for our Year 8 and Year 10 students, it is interesting to consider the benefits of learning a second language at a young age. Please see this website for further reading <https://www.studica.com/blog/language-learning-education>.



At the start of last term all teachers participated in professional development with their **CNI (Curriculum Networks Illawarra) groups**. For our Visual Arts teachers this meant catching an early train to the Museum Of Contemporary Art, Sydney. Aside from being highly inspirational to be immersed in the art within the gallery spaces, teachers heard from keynote speaker Rosemary Gorman (NESA), who outlined changes to assessment within the Stage 6 syllabus. With two HSC classes and one preliminary class currently running, this information was extremely beneficial for our Stage 6 teachers and their students.



**The HSC Visual Arts cohort** have been busily developing their Body of Works (BOW). The BOW artwork requires students to demonstrate a sustained artistic practice in their chosen discipline. Mrs Szoboszlay and Miss Cook have shown commitment to their students by facilitating weekly after school workshops as well as holiday workshops. These workshops are intended for students to receive ongoing support and guidance as they work towards the NESA due date – 3 September. We would all like to wish students well as they are finalising and refining their works in preparation for the formal submission date!

**The Shakespeare Festival** was a huge success and a testament to the cross curricular whole school activities that we have here at Figtree High School. CAPA staff enjoyed working with the English faculty to exhibit and deliver this major event. The set design was led by Ms Pulham and Miss Brewer, designing and constructing props over several weeks. It was all hands on deck with the help of students from years 7, 8 and 10 and the other visual arts teachers. The students gave a lot of energy and willingness to get dirty during this project. The results of the final product on stage, under stage lights, was spectacular!

The Festival included the art exhibition installed by CAPA Co in the CAPA gallery, with most of our Visual Arts cohort being represented. Performances before the main event came in the form of a spoken word piece written and performed by Tobias M, buskers Daniel J, Ryan S, Maxine M, Jamie N and Bethany R. Mr Malouf's Stage 5 Music class performed the repertoire for the show, with the score being chosen by director Ms Mintzas. The audience were treated to covers of Prince,

Alice Cooper, The Red Hot Chilli Peppers and Daft Punk to name a few.

This year our Community of Schools were invited to watch matinee performances over two days and also contributed to the exhibition with entries into a colouring in competition. Figtree High School and the CAPA faculty are committed to developing strong partnerships with our wider community and we hope these students enjoyed the production and accompanying art exhibition. We would like to thank Levers Picture Framing, Fine Art & Craft Supplies and Riot Arts and Crafts for donating prizes for the Primary School's People's Choice Awards for the colouring competition.







**In Stage 4, Year 7** have continued to impress their Visual Arts and Music teachers. In Visual Arts, students created lino prints based on themes and imagery from the Shakespeare plays featured in the Shakespeare Festival. The prints were of an extremely high standard and demonstrated a deep understanding of composition, texture and carving techniques.





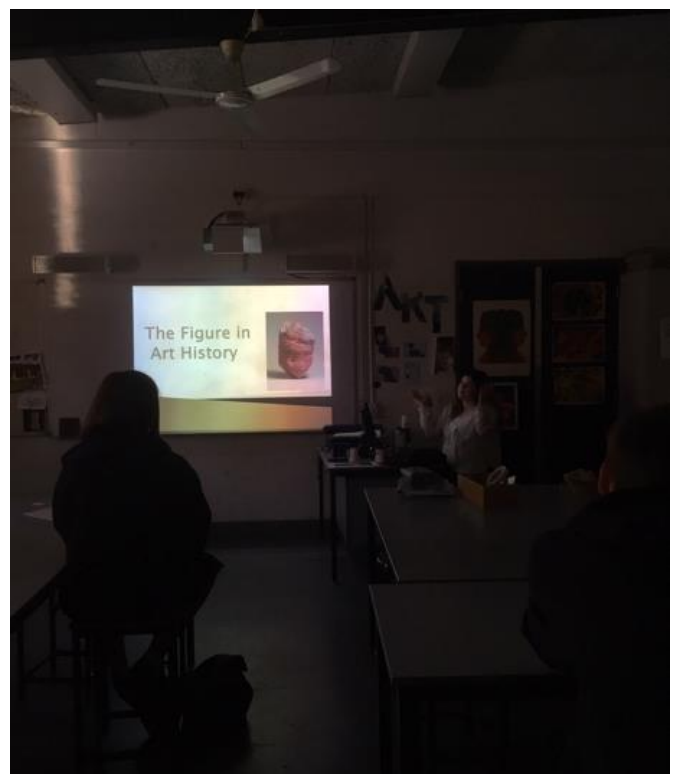
**Year 8 have finished their ceramic sculptures** based on the theme 'Lost At Sea'. Working with clay requires students to learn basic hand building techniques but also employ problem solving skills as they manipulate and construct their forms. Students designed, built and glazed their sculptures which were displayed as a cascading installation at the Shakespeare Festival.



**The Visual Arts Masterclass** has been running since Term 1 2018. Students commenced the workshops with 'Portraits' using watercolour, and in Term 2, 'Fibre Art' with macramé. Students are now creating 'Ceramic Busts', focusing on the figure in art history.

The Masterclass runs on a Monday afternoon with Mrs Basham and Ms Pulham. These 20 talented and committed students have shown a keen interest in artmaking and enjoy coming along to extend their skills.

If any students would like to participate in the future they can apply at the start of next year.







**Our music teachers** Mr Malouf and Mrs Murphy were busy last term ensuring smooth running of the merit assemblies. The merit assemblies are a celebration of both academic success for individual students from each year group and a celebration of our talented musicians in the elective music classes. Parents and carers, staff and students were treated to renditions of Hotel California, Boulevard of Broken Dreams, Still into You and Man in the Mirror. Dedicated practice and collaboration goes into these performances which enables our students to experience success in their areas of interest at Figtree High School.

**The music rooms have had an innovative makeover!**

After much discussion and consultation, the tables and chairs have been mostly removed and keyboards have been permanently set up around the perimeter of each room. The keyboards have all been equipped with headphones so that students can practice playing the instruments with limited noise interference.

The result is a more spacious, functional and dynamic learning space. We look forward to the next phase of further improving our classroom delivery and content with the addition of exciting and engaging music composition software.



We hope all students, families and our school community have a wonderful Term 3!

Thank you to parents, in particularly to parents and carers of Year 12 students, supporting your sons and daughters as they are in the final phases of their HSC courses. The HSC can be stressful and demanding, but stay focused Year 12 ... you are so close now!

**Mrs Alicia Szoboszlay**  
Relieving Head Teacher CAPA & Languages

## SCHOOL UNIFORM - WINTER

The school uniform in winter includes the option of long **plain navy** pants for boys and girls, and **plain navy** jumpers or FHS hoodies/senior jackets which are worn over the FHS polo shirt or blouse. We seek the support of parents to ensure students wear the correct uniform to school.

Navy pants or jumpers with stripes, sporting or brand logos **are not** school uniform and should not be worn to school. Black or grey clothing are not school uniform. The school does have a clothing pool with pre-loved school uniform items which can be issued to students upon request from a parent/carer. Parents/carers who are experiencing financial difficulties with uniform can apply for student assistance support. These enquiries should be directed to Mrs Kirsten Borst, who can be contacted on the school number.

## SOUTH COAST REGIONAL ATHLETICS REPORT

On Friday 3 August we had a large contingent of students make their way to Canberra to compete in the South Coast Regional Athletics carnival. Congratulations to all the students who competed. We had some fantastic results on the day. Our school came 2<sup>nd</sup> overall on the day. This is a great achievement and we only narrowly missed out on first place by 5 points.

We had two Age Champions on the day. Congratulations to:

Alyssa Parks – 15 Years Girls Age Champion

Payton Williams - 17+ Years Girls Age Champion

Congratulations to the following students who performed extremely well on the day.

*Caley Talon-Henniker*

2<sup>nd</sup> in the 100m, 2<sup>nd</sup> in the 200m, 4<sup>th</sup> in Long Jump

*Blake Barklay*

1<sup>st</sup> in 110m hurdles, 4<sup>th</sup> in Long Jump

*Cameron Lodge*

1<sup>st</sup> in 800m, 3<sup>rd</sup> in 400m

*Teagan Williams*

2<sup>nd</sup> in 200m, 1<sup>st</sup> in 100m, 4<sup>th</sup> in High Jump

*Alyssa Parks*

3<sup>rd</sup> in 200m, 1<sup>st</sup> in 400m, 2<sup>nd</sup> in 200m hurdles, 2<sup>nd</sup> in Long Jump, 3<sup>rd</sup> in Javelin, 1<sup>st</sup> in Triple Jump

*Keegan Whitten*

4<sup>th</sup> in 800m, 2<sup>nd</sup> High Jump

*Benjamin Plumb*

3<sup>rd</sup> in 200m, 3<sup>rd</sup> in 100m, 3<sup>rd</sup> in 400m

*Kade Reed*

3<sup>rd</sup> in 100m

*Zac Tagliapietra*

1<sup>st</sup> in 100m, 4<sup>th</sup> in Shot Put

*Natasha Hynoski*

2<sup>nd</sup> in 100m, 2<sup>nd</sup> in Long Jump

*Payton Williams*

3<sup>rd</sup> in 100m, 3<sup>rd</sup> in High Jump, 1<sup>st</sup> in Long Jump

*Ned Glasgow*

3<sup>rd</sup> in 1500m

*Nicholas Borg*

1<sup>st</sup> in High Jump

*Oliver Chadwick*

2<sup>nd</sup> in High Jump

*Kalin Marum*

3<sup>rd</sup> in Long Jump

*Tate Harland*

4<sup>th</sup> in Shot Put, 2<sup>nd</sup> in Discus

*William Hansen*

3<sup>rd</sup> in Javelin

*Harry Hobbs*

2<sup>nd</sup> in Discus

## Relay Teams

12 year girls – Caley Tallon-Henniker, Melanie Persinidis, Zoe Newton and Emily Howarth - 1st

13 year boys – Zac Tagliapietra, Gabriel Chadwick, Tobias Delaney, Isaac Parks – 1st

15 year girls – Molly Westwood, Sariah Wilson, Teagan Williams, Alyssa Parks- 2nd

16 year boys – Benjamin Plumb, Kalin Marum, Oliver Chadwick and Ethan Anderson – 2nd

17 year boys – Blake Barklay, Cameron Lodge, Justin Bogdanoski, Dexter-Moses Dembele – 2nd

We now have a number of students who will compete at the CHS State Athletics Carnival from the 5-7 September. We wish all those competitors the best of luck.



## WARRAWONG INTENSIVE ENGLISH CENTRE 39TH OPEN DAY AND GRADUATION CEREMONY

Congratulations to students Oo Reh, Dee Reh, Pray Reh, Poe Reh, Lee Meh, Sor Reh and Bank Chaisaensuk for graduating from the Warrawong Intensive English Centre on Wednesday 8th of August.

Figtree High is very proud of your achievements and wish you the best in your learning journey at our school and beyond.



## SOUTHERN STARS – ICONIC THE ARENA SPECTACULAR

Now in its 18th year, Southern Stars is one of the Department of Education's premier creative events, showcasing the abilities of more than 3000 students from across NSW. This arena spectacular held annually at the WIN Entertainment Centre, Wollongong with audiences of 12,000 each year, is a powerful, inspiring and energetic show featuring vocalists, dancers, circus performers, drama students, a 700 voice choir and live orchestra. Students from Figtree HS have been working tirelessly for this event.

We invite you to [purchase tickets](#) to see one of the shows. Show dates and times:

Friday 31 August 7.30pm

Saturday 1 September 2.00pm

Saturday 1 September 7.30pm



## FIGTREE HIGH SCHOOL P & C FUNDRAISER – 2018/2019 ENTERTAINMENT BOOK MEMBERSHIP

In the Term 2 Week 2 School Newsletter, information was provided about the P & C 2018/2019 Entertainment Book fundraiser.

The traditional Entertainment Book or new digital version costs \$60.00, and includes over \$20 000 in value offers that can be used up to 1 June 2019.

You can order your book online by clicking the link below, or share this link with friends or family who may be interested in purchasing the book and raising funds for Figtree HS P & C.

<https://www.entertainmentbook.com.au/orderbooks/2a81409>

If you have not yet purchased an Entertainment Book because you want to find out more information, then you may be interested to know about the **Entertainment Members' Top 10 offers;**



Click the image below if you want to see the value offers that your \$60 purchase will provide,



To learn about the digital membership, click the image below



For more information, contact the Figtree HS P&C on E: [figtreehspandc@gmail.com](mailto:figtreehspandc@gmail.com) or contact the school on P: 4271 2787 or E: [figtree-h.school@det.nsw.edu.au](mailto:figtree-h.school@det.nsw.edu.au)

# 7 TIPS FOR MANAGING EXAM STRESS

## FOR YOUNG PEOPLE

## FOR PARENTS/CARERS

1.



Stay organised with to-do lists and study timetables

Give them time off chores and non-urgent family stuff

2.



Take regular study breaks

Encourage them to keep doing the activities they did before exams

3.



Have a dedicated study space

Help them set up a study space and make sure the rest of the family understands

4.



Have a long term goal

Chat with them about what they want to do after exams finish

5.



Get as much sleep as possible

Remind them to go to bed at a regular time each night

6.



Remember your health - eat well and stay active

Go on study break walks with them and try to cook wholesome meals

7.



Talk to the people around you

Make a time to chat to them and let them vent



This program is aimed at young women aged 16-25 from CALD and refugee backgrounds.



Jump into the kitchen in a fun and easy going way!  
12 weeks of cooking and social activity workshops

1

COOK A MEAL AND  
LEARN EASY &  
USEFUL COOKING  
SKILLS

2

PICK UP SOME TIPS  
& TRICKS ON  
HEALTHY EATING

3

SHARE A MEAL &  
CONNECT WITH  
OTHERS



**Where:** Multicultural Communities Council of Illawarra  
117 Corrimal Street, Wollongong NSW 2500

**Date:** Starting Friday 31<sup>st</sup> August

**Time:** 3.00pm to 5.30pm

**Cost:** Gold coin (\$1 or \$2)

For more information and expressions of interest please contact  
Allyson from MCCI on 4229 7566 or Helen on 4283 8111



Funded by the Australian Government Department of Social Services.

Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.





# Want to communicate better with your teenager? Want to manage conflict more effectively? Join the Resourceful Adolescent Parent Program!

The Resourceful Adolescent Parent program is a free workshop to help parents keep their home a positive and safe place for the entire family. Parents will attend three sessions which aim to help build resilience, improve understanding of teenage development, provide skills to respond to difficult behaviour and foster a positive relationship with their teenager.

**Shellharbour:** Wednesday 15/8/18, 22/8/18, 29/8/18 10:30am—1pm.  
Held at the Southern Youth and Family Services office at 33 Pioneer drive, Oak Flats

**Wollongong:** Wednesday 5/9/18, 12/9/18, 19/9/18 10:30 am—1pm  
held at Headspace at 7 Atchison street, Wollongong

**Contact:** Charo Serventy and Hamish Simpson  
0412 999 965 (Bookings essential)

Course materials, tea/coffee, and light refreshments provided

The Resourceful Adolescent Parent Program is run by Southern Youth and Family Services in partnership with Headspace Wollongong.

