



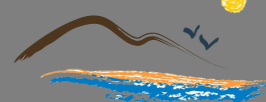
Pittwater Press

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PENINSULA
COMMUNITY
OF SCHOOLS



Term 1 Week 8B

19 March 2013



Principal's report – Jane Ferris

Pittwater High on Show

Open Night was a resounding success with many primary students and their parents attending. The most common question of the night was in regards to whether their child was able to be enrolled at Pittwater High as they did not want to miss out. Indeed I was told how the positive reputation of the school has grown and they could see this visibly in the improved uniform.

On the evening it was a time for me to reflect as I looked around our school with great pride. Firstly this is a happy school where the students are friendly and outgoing. Their enthusiasm and cooperation on the night was evident - whether helping in classrooms with demonstrations, acting as tour guides, giving speeches in the hall or playing in the band.

Secondly this is a school where it happens in the classroom, where our focus is always on the main business of quality teaching and learning. On the evening the dedication of our staff was reflected in their hard work preparing for the evening and being on hand to meet with our visitors.

Thirdly we do have on offer many extracurricular activities including our renowned band program, dance ensembles, chess club, Duke of Edinburgh Award Scheme and leadership programs.

Fourthly we are extraordinarily blessed with such superb grounds giving such a sense of space and beauty, grounds that provide terrific facilities for agriculture and sport. Also because of our extensive grounds, in recent years we have been able to expand with the Trade Training Centre for Hospitality and the Performance Auditorium which have greatly enhanced our facilities.

Finally our strength is that we are a local coeducational comprehensive high school. This is a school with a strong sense of community, where boys and girls can work together and learn from each other, and where we are inclusive of all. We are committed to developing young men and women who are independent and responsible learners and leaders, able to work together cooperatively with respect and aspire to reach their potential.

This year will be an exciting year where we continue to build on our strong foundations, further supporting quality teaching and learning including expansion of technology. Parents are encouraged to attend the next P&C meeting where I will be speaking about the priorities and directions for the school in the coming year.



HOMEWORK CENTRE

Since its inception at the start of 2013 the PHS Homework Centre has been helping students to complete homework, assignments and wider reading every Monday afternoon between 3:30m-4:30pm. The feedback from students and teachers alike has been very positive, and it is obvious that this extra opportunity to work in a quiet learning space is helping improve the standards of work in all areas of the school. Positive feedback from students, such as:

"Mum will be so happy when I get home tonight and tell her I've completed my assignment. This means she can relax and have a glass of wine..."

.. demonstrate that this new Pittwater High School initiative is off and running, in the right direction.

David Gleeson

CALENDAR

Saturday 23, Sunday 24, Monday 25 March	CHS Swimming Carnival
Wednesday 27 March	P&C Meeting
Friday 29 March	Good Friday
Monday 1 April	Easter Monday
Friday 12 April	ANZAC day commemoration
Friday 12 April	Last Day Term 1
Monday 29 and Tuesday 30 April	Staff Development Days – no students attend
Wednesday 1 May	All students return
Friday 3 May	School Photos



Deputy Principal's report – David Muirhead

There are 5 things from the research that people identify as reasons parents don't send their children to state schools. I thought it may be interesting to explore them with parents who have made the decision to send their children to Pittwater High School for a fine education.

They are in no particular order. Discipline in the classroom, most strongly identified with the way the students wear the school uniform. As I visit classrooms in the school I observe very few moments of total disengagement from our students and indeed have been heartened by the order, structure and learning in the classrooms at Pittwater High School. I thank parents for their support in getting our students into the uniform and insisting they wear the complete uniform as this reinforces our reputation in the community and that works for our students as they move from school to the workplace or further education. As we come into winter please ensure your son or daughter has the correct cool weather uniform.

Secondly, the quality of the teaching. We are working hard to improve engagement by the students and to ensure that all our students are successful at their own level. The press has recently been full of the quality of new teachers in the system. I have been most impressed with the commitment, enthusiasm and approach of the new scheme teachers at Pittwater High School. You should be confident about professionalism of these teachers at Pittwater High School and confident about the education your children are receiving at Pittwater High School.

Thirdly, the quality of the facilities. We are fortunate to have wonderful grounds, a purpose built Hospitality Trade Training Centre, outstanding performance space, recently refurbished science labs and classrooms that have been and are being equipped in the latest of teaching and learning technology. Our farm is a highlight of the schools curriculum.

Fourthly, student performance. The school annual report will provide more data about these external markers for school performance but suffice it to say we are proud of our students performances. Remember, we are a comprehensive high school and support all students for success no matter their starting point or talents.

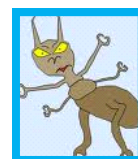
Lastly, the matter of values. Anyone who has sent their children to a state school knows the values that are being taught. Honestly, integrity, aspiring to improve performance and to a life worth living, inclusivity, respect for others and oneself along with taking responsibility for our actions both now and in the future. When our children leave home all they take with them are our values, they use these to guide them through the pitfalls and hardships of life. We are well aware that we have a role to play in this important undertaking.

Head lice - a timely reminder

With the hot, humid weather we have been experiencing head lice can rear their ugly heads!

The facts—Head lice can occur at any time.

- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments



Treatment - daily combing of white hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits)

Tips for parents in reducing the spread of head lice

It is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair.

What you can expect from your school

Advice from NSW Health indicates that there is no need for students to be sent home or excluded from school because of head lice.



**The next P&C Meeting
will be on
Wednesday March 27 at 7.30 pm
in the Teachers Common Room on the first
floor of the Administration building.**

Our guest speaker at the next P&C meeting will be Jane Ferris, Principal of PHS. Jane will outline her vision and goals for the school over the coming year(s). This is an excellent opportunity to meet and hear Jane and be updated on what is in store for the future.

The P&C are volunteers working on your behalf to address your priority issues in conjunction with the school for the best outcomes for our children. Come along to the next meeting and provide your input.

Remember the next P&C meeting will be held on Wednesday March 27 at 7.30 pm upstairs in A Block – put this in your diary and come along and get involved in your school!

Michael Kotow—Secretary
M: 0418 660 527
E: kotowm@live.com.au

CANTEEN NEWS

Tuesday 19 March

Sue Stevens, Kim Jefferys, Wendy Mclean, Michelle Watts

Wednesday - 20 March

Anne Carolan, Giovanna Graziano, Hayley Malone - **Helpers needed**- please call canteen to confirm

Thursday - 21 March

Fiona Little, Carolyn Currie, Alison Hulton - **Helpers needed**- please call canteen to confirm

Friday - 22 March

Kathie Rich, Rowena Kempton - **Helpers needed**- please call canteen to confirm

Monday 25 March

Carolyn Helm, Robyn Stonnell, Tina Kelwick, Michelle Rubenach

Tuesday 26 March

Michelle, Jo Van Hesden - **Helpers needed**- please call canteen to confirm

Wednesday 27 March

Leanne Pate, Jodi Williams, Fiona Griffith, Gee

Thursday 28 March

Karen Shapcott - **Helpers needed**- please call canteen to confirm

If you are unable to make your rostered day please try to arrange a swap or advise canteen managers
Lisa/Katrina (ph 9999 4035)

Thank you too all the volunteers we have for this year. This year we have a few changes to the roster. So we now have some great days and spots available:

7 people needed on Tuesdays

3 people needed on Wednesdays

5 people needed on Thursdays

5 people needed on Fridays

A full day is 9am to 2:30 or 3pm; a half day is 3 hours

If any parents, friends, family or grandparents to the school are able to assist on any of these days please let me know.

Penny Winterbottom; Canteen roster co-ordinator; Pennywinterbottom1@hotmail.com; Ph 0432 679977



There is just over a month to ensure we can secure a more equitable funding for public schools. Nine out of ten Australians support better funding to public education.

David Gonski in his review clearly identified there was an urgent need for change. It's time to ensure that governments make the right decision and invest in education and put funding into our schools where it is most needed. Please take time to communicate with your Local, Federal and State member, tell them how this additional money could improve your local school and the opportunities for your children.

PHS and Warringah Zone Swimming Carnivals

The 2013 swimming carnivals for Pittwater HS and Warringah Zone have proven to be very successful for the school and our students.

Managing the PHS team at the Warringah Zone carnival was a pleasure. The energy and enthusiasm that each student showed on the day, is reflected in the impressive PHS results. Most swimmers honoured all their commitments to the events. On the rare occasion where an alternate swimmer was to be needed, I often had multiple offers of support. The relays were a particular feature of the PHS team attitude to compete, progressing to the Sydney North Regional carnival in four boys' relays and three girls' relays.

A special note needs to be made of a selfless and committed decision by two year 8 boys who volunteered to swim in the 17+ Boys freestyle relay. Matt S and Kelly N had completed their program of events for the day and could still muster the energy to swim the race and allow Luke B and Chris P their chance for another result and points for Pittwater HS. They swam well enough for the team to be placed 2nd and thus qualifying the team for the Regional carnival. For me, this was a "selfless" act by the younger boys and a "feel good" moment for the team.

Please read the following results from the Warringah Zone Carnival with interest.

Pittwater HS—2nd in the combined point score

Two students age champions - Luke B (17+ boys) and Sophia D (14 girls)

Two students 2nd in age champions – Jasen W (13 boys) and Tyler A (16 boys)

Five students 3rd in age champions – Christian G (12 boys), Isabella & Lily C (13 girls), Liam D (14 boys), Caelan L (15 boys).

FULL RESULTS :-

12 years :-

Christian G 1st 50m free, 1st 100m free, 2nd 100m back

Levi K 2nd 50m free, 3rd 100m free, 1st 100m back

Sam S 1st 100m breast, 1st 100m fly

Sidney N 3rd 50m free

1st Boys 4x50m free Relay (Levi K, Christian G, Sam S and Max S)

3rd Girls 1st 4x50m free Relay (Sidney N, Olivia M, Cara C, Chyna S)

13 years :-

Jasen W 1st 50m free, 2nd 100m free, 2nd 200m free, 2nd 100m back, 1st 100m fly

Isabel C 3rd 100m free, 1st 100m back

Lily C 2nd 50m free, 3rd 100m back, 2nd 100m fly

2nd Girls 4x50m free Relay (Lily C, Isabella C, Grace H, Elizabeth C)

3rd Boys 4x50m free Relay (Jasen W, Joel W, Cale T, Seb A)

14 years :-

Liam D 2nd 50m free, 2nd 100m fly

Sophia D 3rd 50m free, 2nd 100m free, 2nd 200m free, 2nd 100m breast, 2nd 100m back, 2nd 100m fly, 3rd 200m Ind medley

Monique N 1st 100m breast

15 years :-

Nick S 3rd 100m fly

3rd Boys 4x50m free Relay (Nick S, Luke W, Harrison D, Caelan L)

2nd Girls 4x50m free Relay (Ella T, Claire S, Alysha R, Amelia K)

16 years :-

Tyler A 3rd 200 free, 2nd 100m breast, 3rd 100m back, 3rd 100m fly

Lachlan G 3rd 100m breast

3rd Boys 4x50m free Relay (Tyler A, Lachlan G, Jack L, Max B)

2nd Girls 4x50m free Relay (Darien A, Maddie H, Chloe P, Amber K)

17+ years :-

Luke B 1st in all of the following 50m free, 100m free, 200m free, 100m breast, 100m back, 100m fly, 200m Ind medley

2nd Boys 4x50m free Relay (Luke B, Chris P, Matthew S, Kelly N)

1st Boys 6x50m free Relay (Christian G, Jasen W, Liam D, Nick S, Adam, T, Luke B)

1st Boys 4x50m Medley Relay (Jack L, Adam, Jasen W, Luke B)

3rd Boys & Girl 12x50m Free Relay (Lachlan G, Nick S, Jack L, Adam T, Luke B, Jasen W, Darienne A, Knight, Jemma B, Madeleine H, Alysha R, Chloe P)

Mr R Askew

PHS Swim Team Manager

Year 7 gets active outdoors at Broken Bay Sport

Our Year 7 students swapped desks and books for fresh air and activity last month when they visited Broken Bay Sport and Recreation Centre.

The group of Year 7 students attended the camp as part of their welfare initiatives, which involved getting to know other students.

The three day active outdoor learning program included activities such as raft building, kayaking, archery, initiatives, bushwalking and damper making.

The adventurous activities were certainly a lot of fun, but they also provided a significant educational advantage. The program was a great opportunity for the kids to challenge their abilities and practice initiative, teamwork and communication.

All cabins were allocated duties in the dining hall which included serving, scullery and cleaning up the tables.

The seven cabins were Banksia, Wallaby, Magpie, Kookaburra, Waratah, Burrawang and Sea Eagle. The names are reflective of the flora and fauna associated with the Broken Bay Sport and Recreation Centre.

All students were extremely well behaved and participated in all activities. I really big thank you to the teachers who gave up their teaching time and family lives to attend camp – Ms Nixon, Ms Samojlowicz, Mrs Milliken, Mr Thatcher, Mr Lutton, Matt Willis (Youth Worker).

Sport and Recreation Centres also host family and kids' programs during the school holidays. Visit www.dsr.nsw.gov.au/camps for more information or check out their Facebook page at www.facebook.com/NWSportandRecreation.

Mrs Roulston—Year 7 Student Adviser



Castle Hill Show 2013

Months and months of planning and preparation went into making Pittwater's sheep and poultry the premier animals at the show. Every day they were fed a show standard diet. Discussions with and between experts led to heated arguments on the best regime. It is amazing the animals could stand the pressure! Then how should they be presented? We asked the parents for towels, bought special wool soap for the sheep and shampoo for the poultry. Many students washed and scrubbed to ensure a standard of presentation that matched their enthusiasm. Then the lunch times of preening the poultry and walking the sheep. After a rigorous selection process Rob and Maaïke were selected to lead the sheep Goldie and Apples. This is no easy task as it had been a long time since either sheep had seen a halter. From wild cranky angry beasts the sheep calmed to cooperative beings. It is not an easy task to get a 90 kg animal to cooperate.

Finally show day came and the tension mounted. Each class our sheep were entered in meant one more ribbon. The judge often kept us in suspense as she deliberated over the features of each animal. In a class with 11 other sheep this was a long process but in the end first place was to Apples.

Any achievement such as this is the result of a team effort. The show team was formed early in the year and every member played an important part. Many students were in the back ground coming in on weekends to feed the sheep or during lunch times filling in as helper. Parents have driven students to and from the show.



The success at the Show is a credit to all students involved



Girls Knockout Soccer Competition

Monday 3rd March, with the help of Meg's mum and Ella's dad, we headed off to Turrumurra to compete in the first round of the Knockout Soccer Competition.

Turrumurra were obviously a very senior team, made up mostly of year 12's and we were missing our year 12's and our goalie! It wasn't long before we were under constant attack and struggled to get possession. A disappointing first half but the girls really came out in second half ,determined to give it their best shot. A nice goal from Harley saw the second half score as 1-1 but we were unable to catch up the goals scored by Turrumurra in the first half.

Better luck next year!

TEAM

Jessica T	Isabella C
Ashlea G	Candice N
Meg S	Ella H-R
Charlotte M	Chloe P
Alicia R	Nicolette C
Hayley F	Chloe G
Harley J	

J Bates Coach/Manager

CAREERS NEWS

Year 11 and 12 TAFE students: need to let me know if they can't attend TAFE for any reason.

Careers Lessons for Year 10: in English classes this term, you will be doing some personality profiling and starting to build your "Career Portfolio"! Also, Work Experience Information will be coming home soon via careers lessons.

TAX FILE NUMBER applications: have now closed for this term, another school group application will happen in the middle of next term.

YEARS 10, 11 and 12 STUDENTS: Please log onto

"My High School Careers" website-Pittwater High School subscribes to this website. To login: use "**parent**" or "**student**" then password "**outlook**". You can also register for email alerts! The "Calendar" is great info!

J. Bates—Careers Adviser

MUSIC NEWS

TERM 1 WEEK 9

PERFORMANCE & MEETING DATES



Term 1- Performances	Day	Time	Bands
5 April at Harvest in Newport	Friday	Not yet confirmed - TBA	Senior Stage & 'Flip'
9 April 2013 An Evening with Primary Schools	Tuesday	7.00pm	Concert & Symphonic
Music Ensemble Rehearsal Times. All rehearsals are in the Performance Space.			
Symphony Orchestra	Monday	5.00 – 6.15pm	Performance Space
String Ensemble (All years)	Monday	6.30 – 7.30pm	Performance Space
<u>Junior Stage Yrs 7 – 9)*</u>	Tuesday	7.30 – 8.40am	Performance Space
Concert Band (Yrs 7 – 9)	Tuesday	2.45 – 4.00pm	Performance Space
Symphonic Band	Tuesday	4.15 – 5.45pm	Performance Space
Senior Strings	Wednesday	7.30 – 8.40am	Performance Space
Concert Band	Thursday	7.30 – 8.40am	Performance Space
<u>Senior Stage*</u>	Friday	7.30 – 8.40am	Performance Space
Term 1- Band Meeting	Day	Time	Bands
20 March – Jazz Evening Fund Raising Meeting. All Welcome.	Wednesday	7.00pm	Pittwater RSL
26 March – Band Committee Meeting. All Welcome.	Tuesday	7.00pm	Pittwater RSL

Meetings: Please come along to these meetings everyone. It is a great way for you to meet other parents and a great way for us, (Committee Members and the regular 'active' parents), to get to know you. We don't hold many meetings but we are timetabling in a few extras at the moment as we really need to get ourselves quickly organised to raise funds for all the music activities that we think you would all like our students to benefit from.

There are four fundraisers scheduled for this year: Term 1 - Jazz supper on Friday, 5 April at Harvest Newport; Term 2 - Pittwater Food and Wine Festival parking fundraiser on Sunday, 5 May and Lizottes (Dee Why) performance with all bands (date tba); Term 3 - election car boot sale on Saturday, 14 September

CONTACTS:

Band President - Karin Krueger: karin@kdkmedia.com.au or 0419 991 267;

Secretary - Joanne Gwatkin-Williams: joanne@thevastideep.com or 0437 408 801;

Treasurer – Rick Elliott: icycold@outlook.com or 0400 461 941;

Uniform – Geri Bergstein: geribergstein@hotmail.com or 0407 602 795.

Welcome to all band parents

PHS band program is a real selling point for the school, and probably the reason many of you chose Pittwater High for your child.

Parents are one of the key reasons that the program has been so successful – your dedication in supporting your children with music lessons, carting them back and forth to band rehearsals, etc.

But nothing happens without funds – parents have been exceptional in some past fundraising events enabling students to travel to the US, to Europe and to concerts in Sydney and NSW. This year we will be supporting the Generations in Jazz weekend in Mt Gambier co-founded by James Morrison, the John Morrison Big Band Blast weekend in Port Macquarie, and the end-of-year regional tour to NSW. We are also looking at other overseas tours in the next couple of years including Cuba.

Fundraising also helps pay for all the essential items in running the band programs for your children such as music, bus trips and teacher supervision, etc.

Every parent needs to help in some way to support your children in the music program.

Calling on year 7, 8 and 9 parents

We are now in a phase where new parents in years 7, 8 and 9 need to become involved to continue the successes of the band program. This is the last year for a number of parents, and now is the opportunity for us to hand over to a new regime of parents to ensure a smooth transition by term 4. It's a great way to get involved in your child's schooling, meet new friends, and enjoy the camaraderie and support.

**COME TO OUR NEXT BAND MEETING ON TUESDAY, 26 MARCH AT 7PM AT
PITTWATER RSL.
LOOK FORWARD TO SEEING YOU THERE**

Fundraising this year

There are four fundraisers scheduled for this year. In first term we have the Jazz supper on Friday, 5 April at Harvest Newport. Term 2 we have the Pittwater Food and Wine Festival parking fundraiser on Sunday, 5 May. We will also have a Lizottes performance with all bands (date tba). Term 3 we will have the election car boot sale on Saturday, 14 September. Please put these dates in your calendar.

We need your help now – Jazz Supper Harvest Newport on Friday, 5 April

We need your help for the Jazz supper evening on Friday 5 April at Harvest, Newport. Thank you to Kiri Fleming and Alison Meadows for coordinating. We will be meeting again at the Pittwater RSL on Wednesday, 20 March at 7pm to finalise details and to handout jobs to parents – we have less than a month to organise. This promises to be an entertaining night with our Senior Stage playing alongside Dr Martin Hardy and John Pennings. The night will also feature jazz band Flip. Please let me know by email at Karin@kdkmedia.com.au or message me on 0419 991 267.

REMEMBER, PARENTS ARE THE LIFE BLOOD OF THE BAND – IT WON'T HAPPEN WITHOUT YOU.

Cheers, Karin

Karin Krueger | PHS Band President

📞 +61 2 9979 3718 📠 +61 419 991 267 ✉ karin@kdkmedia.com.au



100 YPP PHOTO COMPETITION
FOR YOUNG PEOPLE IN PITTWATER AGED 15-24

Win an iPad Mini!
National Youth Week and Pittwater Council invite you to share your photos of your local area. Show us what you love about Pittwater and you could win some great prizes! *And heaps of other cool prizes!*

How to enter

- 1 Register online @ www.pittwater.nsw.gov.au/100ypp
- 2  Like the I Love Pittwater facebook page
- 3 Confirm your details on registration night Friday 5 April, 5 - 6pm Newport Community Centre Bring your ID, lucky door prizes including iPad Mini!
- 4 Upload your photos during competition weekend, 6 - 7 April

PITTWATER COUNCIL

NATIONAL YOUTH WEEK 2013
An Australian, State, Territory and Local Government Initiative

Swap Central

The Shop & Swap Outlet



Swap Central specializes in women's designer pre-loved clothing!

We sell our clothing at unbeatable prices but, we also offer our customers the unique opportunity to swap - yep swap!

You can swap your no longer wanted, needed or fitting clothing items with items in-store...

It's sustainable, cost effective & most of all it's fun!

Shop 6a, Robertson Rd, Newport
www.swapcentral.net.au

Teaching the Adolescent Brain

Tuesday 21st May 2013 - 6.00pm to 9.30pm
Mantra Hotel, Chatswood



How Does the adolescent brain learn? What has modern neuroscience taught us about how the brain learns, and how can we apply this knowledge to helping students in the classroom and at home?

Speech language pathologist, Devon Barnes, will open up current research from neuroscience and apply it directly to how we can create better learning experiences for our students and children. Specifically, the evening will look at the developmental stages of brain development from preadolescent to adolescent, and how these impact upon a child's learning.

Register Now at www.learnfastedu.com

Beyond Rage and Despair – Positive, helpful ways to support girls in crises:

Seminar by Dannielle Miller, CEO Enlighten Education,

Author: "The Butterfly Effect - A positive new approach to raising happy, confident teen girls" and "The Girl With The Butterfly Tattoo- A girl's guide to claiming her power"

Rationale –

This session is specifically designed to be informative, positive and focus on building resilience rather than on an in-depth discussion of suicide. The rationale for this session is based on the 2010 Youth Suicide Prevention Statement. Key statements from this report, which have helped shape the session's development, are outlined below. This report may be accessed in full here:

<http://suicidepreventionaust.org/wp-content/uploads/2012/01/SPA-Youth-Suicide-Prevention-Position-Statement.pdf>

Key points to note:

* "Suicide and suicidality are associated with a variety of biological, social and psychological factors, including traumatic life events and/or mental health conditions, such as depression, anxiety disorders, and borderline personality disorder. Resilience, self-esteem, connectedness, belonging, supportive environments and positive life events can be valuable safeguards against the effects of trauma and mental health conditions, and can protect from – but also be damaged by – suicidality."

This seminar aims to develop connectedness within the year group, a sense of belonging to a caring community, and will give specific skills that help develop resilience.

Content includes a focus on helping participants respond to each of these key questions after experiencing major life upsets:

How should I feel?

How can I cope?

How can I feel less alone?

How long will it take to feel ok again?

* "It is estimated that over 80% of young people have a limited risk of suicide and that universal curriculum programs are therefore sufficient to protect their mental health. However, approximately 15% of children are at risk of suicide and require selected and targeted interventions. A final 5% need indicated individualised treatment (Kutash et al. 2006). Nonetheless, youth-oriented programs not necessarily focused specifically on suicide awareness and prevention may still be effective and useful tools in both engaging and communicating with youth. It is important to give young people – especially those who may be deemed high-risk – an outlet in which to interact and connect with their peers."

This seminar is aimed at increasing protective factors and is a universal approach; it is not designed to replace more targeted, specialist interventions for those children most at risk.

* As bullying and its forms are varied and originate from different prejudices (e.g. homophobia, racism, gender stereotyping) and motivations (e.g. exerting control, punishment, or a form of self-promotion), measures that address bullying must be conducive to tackling the causes of the behaviour.

Given the emerging evidence of the harm that bullying can cause to young people (Rivers & Noret 2010, Rigby 2005), including a number of high profile suicide deaths; anti-bullying measures are recommended to increase safety and reduce psychological distress and suicide.

This seminar breaks down prejudices and provides strong anti-bullying messages.

* "There is strong evidence to suggest that inappropriate and irresponsible media reporting of suicide can have negative consequences for vulnerable populations (Pirkis & Blood 2010). In particular, the portrayal of specific websites or methods of suicide and the glamorisation of the individual and normalisation of their suicide can cause contagion behaviours, especially among vulnerable youth."

This seminar deliberately avoids talking about suicide specifically and does not allow the opportunity for any reflection (positive or negative) on any deceased.

* "In addition to promoting positive mental health, educating adolescents on suicide warning signs and effective help-seeking is posited as an approach to preventing youth suicide. The value and safety of targeting specific suicide prevention programs to youth, which include measures to increase awareness of suicide risk and how to seek help for suicidality, has been questioned (Mazza 1997). Fears that irresponsible programs may create imitative behaviours and inappropriate content may restrict help-seeking underpin much of the caution for school-based suicide awareness programs (Gould 2003b). Yet, it has been suggested that this stance is out of date, and recent arguments propose that it may, in fact, hinder suicide prevention efforts (Bridge et al. 2007, Kalafat 2003, Gould et al. 2005, Joiner 2009, Miller & Eckert 2009)."

Participants will be told what the warning signs for a friend in trouble are – these may be red flags that assistance is needed for other problems too including depression, bullying, eating disorders. The emphasis will be on encouraging young people to seek an adult to help, and on not keeping "dark" secrets.



beyond rage & DESPAIR

POSITIVE, HELPFUL WAYS TO HELP OUR GIRLS

**A SEMINAR FOR MUMS, DADS
AND DAUGHTERS (12-18YRS)**

The Mirabel Foundation invites you to this dynamic seminar with teen girl expert, author and mother Dannielle Miller.

Enabling your daughter to learn skills that help develop resilience.

**7.00PM-8.00PM
TUESDAY 30 APRIL 2013
HARBORD DIGGERS
COST: \$25 PER HEAD**

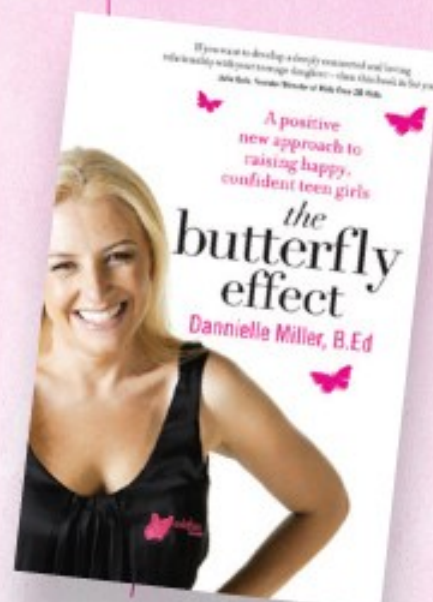
TO PURCHASE TICKETS GO TO:

www.trybooking.com (search word: daughter)
or call Alexandra Cordukes on (m) 0422291734



"Dannielle Miller is the first person to call attention to these issues, to the phenomenon of girls' lives sometimes falling apart at the very threshold of womanhood...But she offers not only insight into adolescent girls as interesting works in progress, but also provides encouragement, solace and solution."

-Clinical Professor David Bennett
AO FRACP SAM



All proceeds will go to The Mirabel Foundation which supports children who have been orphaned or abandoned due to parental illicit drug use.

'every child deserves a childhood'
www.mirabelfoundation.org.au

