

PITTWATER HIGH SCHOOL

BE RESPECTFUL

ASPIRE

BE RESPONSIBLE

22 September 2023

Term 3

WEEK 10B

Principal's Message

Congratulations Year 12 YEAR 12 GRADUATION 2023

This week we have celebrated with Year 12 students and their families, recognising the completion of 13 years of formal schooling and the beginning of the rest of their lives. The graduating class of 2023 deserve many thanks and congratulations, for both achieving this milestone and the way they have conducted themselves throughout this past week. They have engaged with final lessons, rehearsals, a day out at Jambaroo, a final school assembly, the graduation assembly with families and their formal at Luna Park with outstanding behaviour, good humour and consideration of others, all of which demonstrate the respect they have for yourselves and for the school.

I would also like to acknowledge the outstanding leadership Year 12 has shown the rest of the school this year. I'd like to particularly thank the captains and vice captains Linus, Abi, Avesta and Beth for their outstanding leadership of the prefect body and the prefects, for their leadership in the school.

I also acknowledge all the dedicated teachers at Pittwater High School who have supported Year 12 in their learning. Thank you to Year 12 Year Advisors Ms Greene, Ms Giddings and Deputy Principal Ms Purvis their support and advocacy of Year 12 students.

Every year over 400 students take centre stage as part of the HSC Showcase Season. At the time of printing this newsletter, nominations for possible inclusion in OnStage (Drama) and CALLBACK (Dance) are being emailed to successful students and their schools. Congratulations to Abigail Hamilton who has been nominated for possible inclusion in CALLBACK for both Core Performance and Major Study Performance.

Nominations for Encore (Music), ARTEXPRESS (Visual Arts) and SHAPE (Industrial Technology) will follow.

We acknowledge the Traditional Custodians of the lands on which we work today, and pay respect to Elders past, present and emerging. We extend that respect to all Aboriginal and Torres Strait Islander people.

Principal's Message Continues

Staff News

Congratulations to Ms Tamara Cole who has been successful in obtaining a permanent position as an Agriculture teacher. Congratulations to Mr Hamish Riddle who has been appointed permanently as the school's General Assistant.

We have more staff changes that will occur from the beginning of Term 4:

Ms Jessica Madsen will return in Term 4. She will be teaching Science and Agriculture.

Ms Purvis, Deputy Principal Years 8, 10 and 12, will be on leave in Term 4. Mr Andrew Fairley will be relieving Deputy Principal. Ms Kate Millson will be relieving Head Teacher Wellbeing and Ms Liz Seares will be relieving Year 8 Year Advisor.

Ms Lara Giddings will be on leave in Term 4 and will be replaced by Ms Mandy Sun.

Ms Samantha Waterhouse is on leave in Term 4 and will be replaced by Mr Mitch McWhinney.

Mr Chris Yates will be on leave in Term 4 and replaced by Mr Jeffrey Ware. Mr Yates retired from teaching and returned, as is the case for many of our casual teachers. I thank Mr Yates for continuing to serve students, and NSW Public Schools, and wish him well.

Phones Off and Away all Day

All students and families have been emailed a reminder about the Mobile Phone ban in NSW Public Schools from Day 1 Term 4. The Pittwater High School *Phones Off and Away All Day* procedures will continue and expand to include air pods and wireless headphones. We have strengthened our processes in terms of management of students who are non-compliant.

In summary: Students should have their phones off and away in their bags all day (if students are concerned about security, they should leave their phone at home or may hand in to the office on arrival and collect at 2.30pm). This also applies to wireless headphones and air pods.

If a student is seen with their phone, wireless headphones or air pods, they will need to hand these items in to the school office, in the first instance, and collect items at 2.30pm. **Any subsequent incidents will result in the parent/carer needing to collect the items between 2.30pm and 3:15pm.** Any phones, headphones or air pods not collected will be locked away for safe keeping. Failure to comply will result in the student's noncompliance being managed through our behaviour procedures.

We thank all parents and carers in anticipation of their support to improve student learning, engagement, and socialisation during the school day. Should you need to message your child during the day, please call the school office and the message will be delivered to your child.

From Day 1 Term 4 - mobile phones cannot be used for payment at the canteen.

Students will need to ensure they have cash or a payment card to make purchases. Alternatively use the Flexischools App to pre-order their food selection from the canteen.

Principal's Message Continues

School Community Charter

NSW Public Schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW Public Schools to ensure our learning environments are collaborative, supportive and cohesive. The School Community Charter informs parents and carers on how to engage with NSW Public Schools. The Charter is on display in reception at various point around the school. A copy of the School Community Charter can be found on the next two pages in this newsletter.

I would like to take this opportunity to wish all staff, students and their families a very happy and safe holiday.

Until next time, Ms Alison Gambino



VOTE AT PHS ON SAT 14 OCTOBER 2023

SCHOOL SAUSAGE SIZZLE FUNDRAISER

PHS Performing Ensembles/Band Committee are holding a PHS Ensemble Sausage Sizzle Fundraiser BBQ on Saturday 14 October during the Yes/No referendum voting in the school hall.

School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with **respect**

We **prioritise the wellbeing** of all students and staff

Unsafe behaviour is not acceptable in our schools

We work **together** with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
our part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Collaborative.
Respectful.
Communication.

School Community Charter

education.nsw.gov.au

Deputy Principals' Message

Year 8

Year 8 has had a busy Term 3 with lots of interesting learning happening in classrooms as well as extra curricular activities such as wellbeing incursions and sports activities. This week they participated in the 'Swim Test' in perfect conditions at Mona Vale beach. Next term we are looking forward to seeing them all in school uniform including black leather shoes, ready for a great term of learning and culminating in a reward day for all their hard work.

Year 10

It has been pleasing to see the hard work and commitment of students in and out of class as well as a growing sense of responsibility among Year 10. The foundations they are building now will pave the way for future success in Stage 6. I encourage any students who have any ROSA work owing to catch up on this over the holiday break.

Year 12

We celebrated Year 12s final week of school this week with a range of events including a trip to Jamberoo, whole school farewell assembly and clap out, Graduation Ceremony and the Formal. Year 12 were commended on what an amazing, resilient, collaborative and supportive group they have been. We are grateful for what they have given to this school. They stand out as a cohort who care for each other and know how to treat people respectfully which will get them a long way in life and we wish them all the best for their upcoming HSC exams and in the future.



Tanq Retires from Library Duties

After years of snuggles and support work, the old boy has retired to the couch and can snooze all day long (which is pretty similar to what he did 'at work' in our library). Thank you for your service Tanq! All the best from PHS





Education

Phone Off and Away all Day Starts Day 1 Term 4

It's as simple as 1, 2 and 3!

1

Each morning you will be required to switch your mobile phone off when entering the school.



2

The mobile phone then needs to stay off and out of sight throughout the day.



3

After leaving the school, you are able to switch on your mobile phone again.



SENIOR DRAMA & MUSIC RECITAL NIGHT

On the night of Tuesday 15 August, Pittwater High School Senior Drama and Music students presented their Individual and Group performances for an audience of appreciative family members and friends in the Pittwater High School Performance Space.



There were some outstanding performances - ranging from “heart-wrenchingly tragic tales” to “light-hearted send-ups of familiar figures”. The musicians were also wonderful exponents of their instruments. Audience members were kept on the edge of their seats by the powerful presentations by the mature Year 12 Drama students, and the Year 12 Music students had toes tapping throughout the showcase.

These performances give senior students an understanding of how audiences react to their major works, in preparation for their final performances for the NESA External Examiners who arrive at the end of Term 3.



cof0272 www.fotosearch.com

We look forward to presenting you with more Drama and Music in the future and your continued support of the Performing Arts Department of Pittwater High School.

Dave Gleeson, CAPA Teacher

CONGRATULATIONS TO THE CAST FOR 'LITTLE SHOP OF HORRORS'

Rikki Burlinson, Felix Shaw, Beau Power, Piper Neophyton-Vale, Ashnah Brophey, Kelly Tadzick, Ray Haythornthwaite, Rosanna Robertson, Sophie Cooper, Jessica Shaw, Cohen Dickinson, Hayley Clough, Beau Gregg, Olivia McDonald, Jasmine Barchia, Frankie Taylor-Wood, Lexie McCoy, Olivia Dewhurst, Eva Blackman, Ella Robertson-Hanning, May Fogarty, Jack Edwards, Samantha Ferguson, Danica Burrow, Sydney Manners, Hamish Thornton & Gray Paxton.

We are now looking to assemble a crew of motivated and savvy students, parents and staff members to support the production in areas such as Costume Design, Set Construction, and a million others things we haven't thought of yet. 🤔

CONTACT:
david.gleeson@det.nsw.edu.au

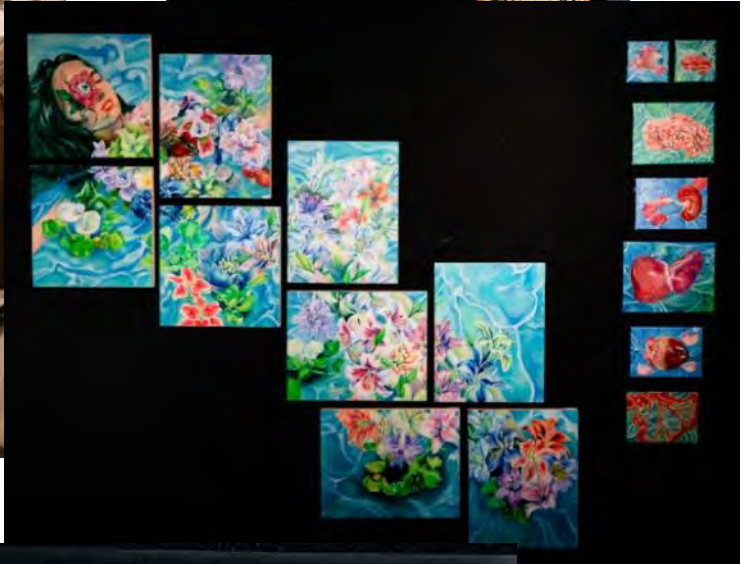
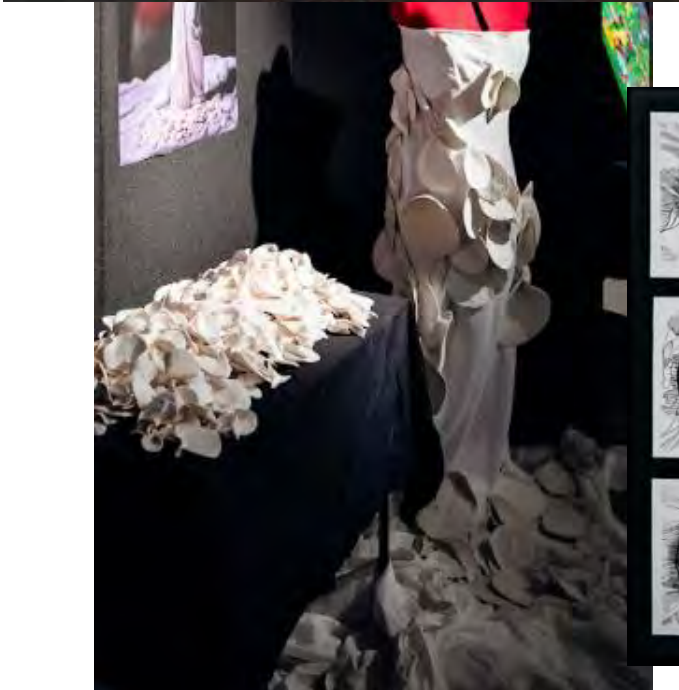


Visual Arts



Year 9 Ceramic students have been working hard to learn various slab building and decorative techniques this semester. The first unit of work was to create a decorative dragon head, inspired by the work of Beth Cavener, Sophie Woodrowmary and Mary Philpott, who all create figurative sculptures. This term students have progressed to build a 'cityscape' design, where all of their sculptures will be showcased together to create a final cityscapes exhibition at the start of Term 4. Keep up the wonderful work Year 9 Ceramics.

Visual Arts



Congratulations to our wonderful Year 12 Visual Arts students who have worked hard over the past year creating a final Body of Work to submit for their Visual Arts HSC. Below are some snapshots from our exhibition night, showcasing the amazing work created.

Rosemary Allan, Cassandra Reynolds, teachers of Visual Arts

Sport Stars

Netball

The Year 7/8 netball team competed in the Sydney North Netball Championships at Gosford. They played 7 games and won them all. They performed extremely well and represented PHS with pride.



The Under 15's Netball Team played in the Sydney North Finals.

In our first game, we had a very tight tussle with Killara High School, our girls produced a very strong second half, and ended up coming away with a great win with a score of 38-30.

In our second game, we had a very competitive game against Terrigal High School, and were down by 1 or 2 each quarter. Our girls dug deep, and came away with some fantastic intercepts and turnovers to come away with an excellent win of 36-32.

Our girls are now off to the NSWCHS State Championships on the 25-26 October and we wish them all the very best of luck!

Aimee Gundry/Kate Millson, PDHPE Teacher and Sport Coordinators

Sport Stars



Tennis

Rohnin Dyrmler was one of a nine member Sydney North Open Boys tennis team that recently won the NSW Combined High Schools Championships. This is a remarkable effort considering Rohnin is only in year 8 and was competing in the open division, against boys up to 18 years old!

Athletics

Taj Thompson finished FIFTH in the 16 years boys 200m at the state at the recent NSW Combined High Schools Athletics Championships while the Under 14 4x100m boys relay team finished NINTH IN THE STATE. That team included Kai Sadler, Eddie Pollard, Mitchell Body and Lucas Nuttall, who replaced the injured Lachie Byrnes. Both these results are outstanding, gaining a top 5 and top 10 finish in the state respectively.

Mark Dailhou, PDHPE Teacher

FOCUS ON...

MATHEMATICS

Australian Problem Solving Mathematical Olympiad & Maths Games



This term Pittwater High had two teams of Year 8 students compete in the Australian Problem Solving Mathematical Olympiads (APSMO) and one team of Year 7 students participate in the APSMO Maths Games. Each Maths Olympiad or Maths games team comprised 30 students who completed four different in-class competition challenges during terms 2 and 3. Here are some questions from past Olympiads that you might like to try for yourself:

1. Jacob has 3 more brothers than sisters. How many more brothers than sisters does his sister Sari have?
2. List all two-digit numbers that satisfy both of the following:
 1. The tens and ones digits are consecutive numbers, and
 2. The number itself is the product of two consecutive numbers.
3. What is the value of N ?
$$\frac{1}{5} = \frac{1}{6} + \frac{1}{N}$$
4. Both ABC and 3D8 are three-digit numbers such that $ABC - 3D8 = 269$. If 3D8 is divisible by 9, what number does ABC represent?
5. In his diary, Joshua numbers all the pages consecutively, beginning with 1. This requires a total of 228 digits. How many pages are in his diary?



One interesting application of mathematics is in the field of cryptography. Cryptography is the science of securing communication and data through the use of mathematical techniques and algorithms. It plays a crucial role in modern cybersecurity and has a wide range of fascinating applications and implications:

Data Privacy: Cryptography is used to protect sensitive data, such as personal information, financial records, and medical records.

National Security: Governments use advanced cryptography to protect classified information and communications.

FUN ACTIVITY: CODING AND DECODING IN PIGPEN CIPHER

A	B	C
D	E	F
G	H	I

J	K	L
M	N	O
P	Q	R

~~| |
|---|
| S |
| V |
| T |
| U |~~

~~| |
|---|
| W |
| X |
| Y |
| Z |~~

Hand-drawn letters L, E, T, S, P, L, A, Y, A using geometric shapes and a purple Sharpie marker.

The image contains two hand-drawn diagrams. The top diagram is a 2D coordinate system with a horizontal x-axis and a vertical y-axis. The origin is marked with a dot. The axes are labeled 'x' and 'y'. The bottom diagram is a 3D coordinate system with three axes: a horizontal x-axis, a vertical y-axis, and a diagonal z-axis. The origin is marked with a dot. The axes are labeled 'x', 'y', and 'z'.

Cryptography is just one example of how mathematics plays a vital role in solving real-world problems and ensuring the security and privacy of digital information.



quicksmart

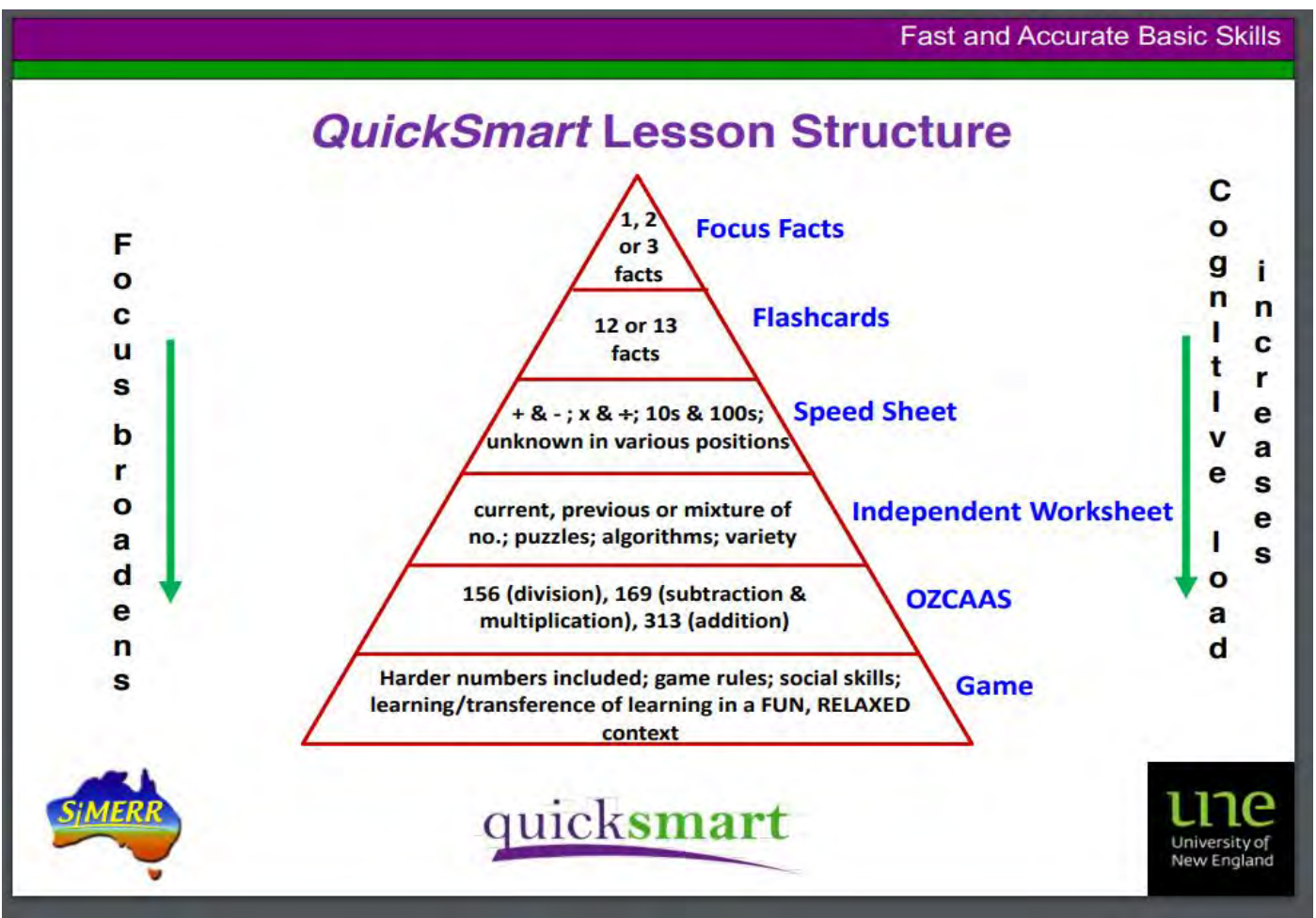
QuickSmart is an intervention mathematics program that **focuses on students' accuracy** and **information retrieval times**.

The *QuickSmart* program started at PHS in 2015. Since then we have been able to offer the program to **156** year 7 students.



flashcards

Pairs of students attend half hour sessions 3 times a week. The students work on basic facts and strategies for the 4 mathematical operations. Each session is structured to incorporate 6 components (see diagram below), all of which further **enhance the students' automaticity** when answering problems. Activities include using flash cards, speed tests, looking at focus facts, using a computer based OZCAAS program, games and individual worksheets. By using a variety of teaching methods in each 30 minute session, students remain engaged doing Maths, AND have fun at the same time.



Studies have revealed that students involved in the *QuickSmart* program have shown **improvement across ALL subjects** – not just Mathematics. Gaining confidence is the precursor to increased ability and success. **They believe in themselves and no longer have the attitude of, “Mum couldn’t do Maths, so I can’t do Maths!”** This growth mindset occurring at our school with **all** our students is remarkable.

Let's **raise the bar** together and give our children the **tools to improve**.



Addition

+

Add
Plus
Sum
Total
In all
Altogether
Perimeter
More
Net
Increase by
Tally
Count on

Subtraction

-

Subtract
Take away
Difference
How much more
Exceed
Minus
Decrease by
Reduce by

Multiplication

X

Multiply
Product
Times
Double
Multiple
Lots of
Treble
Twice

Division

÷

Divide
Share
Distribute evenly
Quotient
Divisible
Halve
One Quarter
Tenth
Halfway
Half
Average [+then+]
Mean [+then+]

You may like to make a cut-out of this book-mark and give it to your child to keep in their maths book as a reminder of some of the language we use every day in maths (sometimes without even being aware we are using it).

Division Search

5	$64 \div 8 = 8$	5	7	72	12	6	9	8	5	7	12	5		
1	10	8	7	1	10	9	2	15	3	5	6	1	3	
5	8	5	3	8	5	8	10	5	9	10	3	7	3	8
3	24	8	5	81	9	9	2	8	12	5	36	8	12	50
1	3	6	1	2	7	3	7	90	9	10	7	6	5	5
99	8	2	4	1	5	12	10	2	7	8	1	4	6	10
9	2	48	4	12	8	7	5	3	7	56	5	8	5	3
11	45	8	2	4	10	54	10	2	28	4	7	3	1	2
7	2	9	7	8	7	4	6	5	7	2	2	8	2	4
10	1	8	6	12	4	27	3	9	3	5	3	4	7	5
3	12	3	60	5	12	8	7	4	8	3	12	1	4	8
42	6	7	8	1	7	1	35	5	7	5	63	7	9	12

Give this Division Search a try.

Why not print it off and race your children?

Can you find 20 division facts in this puzzle? Circle each division fact and its answer. Don't forget to add the ÷ and = signs.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Super Teacher Worksheets - www.superteacherworksheets.com



OZCAAS computer program measures SPEED and accuracy changes over the course of the program



Trust your head!

Samantha Rous, Maths Teacher and QuickSmart Co-ordinator



There are artful explanations for the 54 poker cards: The big wizard/joker stands for the sun, the little wizard/joker stands for the moon. The rest of the cards are for the 52 weeks in the year. The suits respectively stand for the Spring, Summer, Autumn and Winter. Each suit has 13 cards, which means each season consists 13 weeks. If the King, Queen, Jack are seen as 13, 12 and 11 the big wizard and little wizard as 0.5 the total is exactly 365, 365 days of the Year; happiness in everyday.

Poker may be the simplest but most complicated game in the cultural history of the human being. It is a universal entertainment language which is beneficial to the mental and physical development, which helps make friends and to create harmonious society. Now the growth of poker culture has enriched people's life for its intelligence, education, art and entertainment functions. People can know the history, enjoy the entertainment reward and appreciate collection fun.

Meanwhile it is a new communication medium and broadcast carrier which implies boundless business opportunities and endless intentions. The small poker world contains broad world.

Nari Lapedjian, Mathematics Teacher

We have partnered with Flexischools, to make school lunches even easier.

- Order online at anytime
- Easily monitor special dietary requirements
- Pay with Visa, Mastercard, Paypal or direct deposit



GET IT ON
Google Play

Download on the
App Store

 flexischools

From Day 1 Term 4 - mobile phones cannot be used for payment at the canteen.

Students will need to ensure they have cash or a payment card to make purchases. Alternatively use the Flexischools App to pre-order their food selection from the canteen.

SET UP YOUR ACCOUNT

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.



Please ensure you select Pittwater High, not Pittwater House

2 Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

3 Login/Register

Click the 'Order now' button located in the bottom right-hand corner of the app, this will open a login screen.

- **Already a Flexischools user** - Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** - Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.



ORDER

1 Place your Order

Click the 'Order now' button located in the bottom right-hand corner of the app and select your student.

2 Make your Selection

Select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.

**The canteen also takes cash!
Please try to have the exact amount.**

Alternatively you can sign-up on flexischools.com.au

☎ 1300 361 769

🖱 flexischools.com.au



**10 years supporting
the school community**



**Committed to
healthy eating**



**Over 1,400
happy schools**

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NOTE: Flexischools have a card available that can be attached to your account as mobile phones cannot be used at the canteen from Term 4 2023

Got a bit of time in OCTOBER? Do you have time to give blood and change lives?
1 in 3 people in Mona Vale will need blood, and they need people like you to give it.
We're rolling into town from 9 to 15 October.
Don't forget to pre-book your spot at lifeblood.com.au, on our app or on 13 14 95.



Give life. Give blood in Mona Vale.

Mona Vale Beach, Surfview Rd
9 to 15 October



Monday 9 October	1 pm – 6 pm
Tuesday 10 October	1 pm – 6 pm
Wednesday 11 October	1 pm – 6 pm
Thursday 12 October	1 pm – 6 pm
Friday 13 October	9 am – 2 pm
Saturday 14 October	9 am – 2 pm
Sunday 15 October	9 am – 2 pm



KALOF



**Calling young emerging
Northern Beaches
filmmakers!
Create a five minute
film, show off your
talents and compete
for prizes and the
prestige of seeing
your work up
in lights.**

**Film entries open: Mon 4 Sep
Film entries close: Sun 1 Oct
Finals night: Thu 19 Oct, Glen Street Theatre**

Scan for
more details:



Film entries
\$50 + booking fee per team

Open to ages 12 - 24 years
Enquiries: youth@northernbeaches.nsw.gov.au



MILLER - Please provide
EPS or png file/white



northern
beaches
council



PROGRAMS



**LOWER
PRIMARY**
(5-7 years)



**UPPER
PRIMARY**
(8-11 years)



SECONDARY
(12-15 years)



Sydney Adoption and Education Centre
201 Rookwood Road, Yagoona NSW 2199

Sessions include:

- 🐾 A behind-the-scenes tour of our shelters
- 🐾 Making enrichment toys
- 🐾 Meeting a variety of shelter animals
- 🐾 Talks from various roles at RSPCA NSW
- 🐾 Exploring how our Inspectors perform rescues and enforce the law

SCAN ME



RSPCA NSW Education Team

📞 02 9782 4478 ✉ education@rspcansw.org.au
🌐 <https://www.rspcansw.org.au/what-we-do/education/>

RSPCA 
New South Wales

For more information about the programs and to register, visit <https://events.humanitix.com/host/rspca-nsw>

IMAGINE THE FUN



Join Woolworths Cricket Blast

Designed for kids to learn skills, exercise, and make friends.

Join us for a FREE 1 day Community Event these Holidays
Learn the skills needed to take on Cricket Blast this year
When : Friday 6th October
Where : Newport Public School
Time : 9am - 3pm
Scan the QR Code for more info and REGISTER TODAY



SIGN UP TODAY!

 **Play Cricket**

PROUDLY
PRESENTED BY





2023/24 Season

Starts Saturday 14th of October
commencing at 9 am

Regular Events include

15m, 25m, 50m Handicap Races

Family Fun

Parent and Child Relay Races

Races against other Recreational Clubs

All Ages – 4years to Adult

Poolside BBQs

Season runs Mid October to End of March
@

Bilgola Rock Pool

Registration: \$40 per swimmer

Contact Us

www.avalonbilgolaswimming.asn.au

info@avalonbilgolaswimming.asn.au



SLEEP FOR BETTER HEALTH, RESILIENCE AND PERFORMANCE



The
SLEEP
Connection

PROGRAM OVERVIEW

Students

3 program options
(view on page 2)
Workbook with 2 week sleep
diary and other personalised
activities.

Parents

60 - 90 minute options
Information and resources Take
home questionnaire to initiate
the "sleep smart" conversation at
home.

Staff

45 - 90 minute options
Presentations based on
student and/or staff wellbeing.
Consultations regarding a
whole school approach.

Why a Sleep Program?

Approximately 70% of teenagers experience insufficient sleep. This is having a significant impact on many areas of their lives such as:

- **Learning and academic performance:** Good quality sleep is essential for both pre and post learning. Poor sleep decreases motivation, concentration and memory consolidation.
- **Mental health and resilience:** Poor sleep negatively impacts relationships, overall mood and can be associated with depression, anxiety, negative body image and low self-esteem
- **Behaviour and decision making:** Poor sleep impacts decision making capacity, has a negative effect on behaviour and increases risk of accidents.
- **Physical Health:** Poor sleep affects children's physical growth, brain development, immune system and plays a key role in weight gain.

Program Aims

- **Create awareness** of the level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- **Empower participants** with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health.
- **Equip staff with ideas** they can implement, along with options for a whole-school approach to creating a "sleep smart school".

Program Content

- Sleep diary, questionnaire and workbook.
- What happens to our brain and body during the 5 stages of sleep?
- How much sleep do we need to function optimally?
- Effects of sleep deprivation on our learning, mental health and physical health.
- Causes of sleep deprivation: physical, psychological, habits and lifestyle.
- Impact of electronic devices on sleep.
- Signs of sleep deprivation.
- Smart sleep habits.
- Where to get further information and/or professional help.

Contact: Lisa Maltman
0404 096 822
lisa@thesleepconnection.com.au
thesleepconnection.com.au

Program 1

One-part presentation
(50-60 minutes)

Program 2

Two-part presentation and
workshop on two different
days (60 mins each)

Program 3

Two-part presentation and
workshop on same day
(90 - 110 minutes)



STUDENT WORKSHOP

Available with **Programs 2 and 3** and includes group work with students so they can collaborate and develop further insights around:

- **Assessing their own sleep habits** and the amount of sleep they are getting compared with sleep recommendations.
- **Understanding why they may not be getting the sleep they need** and how this affects their physical, psychological and emotional health.
- **Clarifying their top motivations** for improving their sleep.
- **Making improvements** in four key areas.

All programs include a workbook and two week sleep diary.

Part 1: Presentation

Presentation to the entire year group based on the course content (see previous page). During the presentation the students will complete a worksheet (provided) based on their own sleep habits relating to each topic.

Part 2: Group Work

Consists of groups of approximately 8-10 students. This interactive and creative group work element allows the students to openly discuss and answer the assigned group questions on their worksheet.

Part 3: Group Work Presentations

Include findings which are reported back to the entire year group.

Bonus: A summary report of the group work can be requested for your school which includes student feedback, as well as insights and recommendations. This report is very useful for teachers, wellbeing staff and school counsellors/psychologists so they can increase their awareness and provide related ongoing support.

Pre Program: Staff instructions, parent letter and student workbook with sleep diary will be forwarded to your school. The students are requested to complete one week of their two week sleep diary prior to the workshop for maximum benefit.

Post Program Support: The Sleep Connection will work with your school to provide post workshop support for the students, along with suggestions for a whole school approach.

Contact: Lisa Maltman
0404 096 822
lisa@thesleepconnection.com.au
thesleepconnection.com.au



Parents Prepared

Informative Webinar on Drug and Alcohol Use

- ✓ **Unlocking the ‘Why’:** Exploring motivations and reasons young people use substances.
- ✓ **Nurturing Adolescent Growth:** Understanding the relationship between development and substance use.
- ✓ **Understanding the Types of Substances:** Information about the different substances commonly used by young people.
- ✓ **Opening Dialogues on Substance Use:** Initiating conversations with sensitivity and understanding the impact of stigma on seeking support.
- ✓ **Where to get Support:** Resources and services for parents/carers and young people.

When: 11th October 2023

Time: 4.30-6.00pm

Where: online via Zoom

Cost: \$10 per ticket

Scan the QR code to register or visit
<https://www.trybooking.com/CLHQVg>



Sydney **Drug Education & Counselling** Centre

Vaping Information Hub



Northern Sydney Local Health District Vaping Information Hub Webpage

The Vaping Information Hub webpage provides a central location for useful resources and tools designed to assist young people, parents and carers, teachers and educators. It includes specific information for key groups (young people, parents and carers, and teachers and educators) as well as broader information about the relevant legislation and where to go to for support including how to quit.

Access here: <https://nshp.com.au/TheVapingInformationHub>



Health
Northern Sydney
Local Health District

POPULATION
HEALTH PROMOTION
PLAN 2022-2027



Reducing risky drinking & alcohol-related harms

■ Prevent increase of alcohol-attributable hospitalisations.

Reducing smoking and vaping

▼ Reduce smoking rates to below 6.5%

[Click to read the plan](#)