

Crestwood Infoline...

CRESTWOOD HIGH SCHOOL

Week 10, Term 4

VISION AND PROGRESS

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16th December, 2020

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From The Principal ...

As we approach the close of the school year, it is a good time to reflect on the challenges that this unique year has delivered, how we as a school and individuals responded, what we have learned and what we will do differently. I am pleased to say that one significant change in practice that is a direct result of student and parent feedback is that technology for teaching and learning will operate off one platform in 2021 called CANVAS. The staff have been engaging in professional learning in the use of CANVAS since July and will continue to do so throughout 2021.



On Friday 11 December, students in years 7 – 10 received their end of year school report. I encourage parents to discuss the contents of the school report with their child and possibly discuss learning goals to be set for the new school year. It has certainly been a challenging year and continuing the high expectations of teaching and learning has been a priority. I would like to thank our parents and school community for your ongoing support and understanding throughout these challenges, it has been greatly appreciated.

Presentation Ceremony

The prestigious Presentation Ceremony was held on Thursday 10 December and livestreamed to our school community. It was an outstanding event and the culmination of many hours of organisation. The musical items were exceptional with the jazz ensemble playing 'The Cool One' and a beautiful rendition of Nora Jones' 'Shoot the Moon' performed by Laura Heywood. All speakers were engaging and eloquent with the whole event running like clockwork. It was an absolute pleasure to celebrate the achievements of our most outstanding students who thoroughly deserve this recognition. In particular I would like to congratulate Andrew Phelps, School Captain 2020, who was awarded the Crestwood High School Gold Medallion. This is the pinnacle of our awards and it is given to a student of high integrity, whole school involvement and excellent academic achievement.

Many thanks to Presentation Ceremony Committee Karen Fornari, Cathy Knudson, Peter Govan, Tina Fisher, Joel Palmer, Leigh Rayner and Tania Wright for leading the team. Also, many thanks to Tim Henderson and Matt Campbell for your work with light and sound and musicians. The success of this prestigious event would not occur without the teamwork and commitment of such a capable and collegial group of staff.

Staff Farewells

At the end of this school year we will be saying goodbye to some of our staff. On behalf of our Crestwood High School community I would like to thank them all for their work and contributions to the school over their years here and wish them the very best for their future.

Shengying Bi came to Crestwood High School as school counsellor in 2017. During her time here, she has dedicated herself to supporting the wellbeing of our students. Sheng has been a valued member of our Welfare Team and our Learning Support Team. Sheng successfully gained a transfer to Gordon West Public School.

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From The Principal ...

Matt Agnew joined us in 2015 working in various faculties including PDHPE and the Support Unit. His professional flexibility of being able to teach in various areas has provided great support for staff and students. In the last few years he has become a valued member of the HSIE faculty and they are particularly sad to see him go. Matt has been successful in gaining a permanent position in special education at St Gabriel's School.



Stephanie Merriman joined Crestwood High School as a permanent teacher in 2013 however her history with the school extends further than that as Stephanie was a student and also a practicum teacher at the school. Stephanie's commitment to Drama education is enthusiastically demonstrated both in the class room and through numerous extra-curricular programs. Notably, she produced and directed numerous musicals and built the Theatresports program from the ground up. We will certainly miss her vivacity.

Erika Laslett was appointed to Crestwood High School in 2002 as an English and EAD/L (English as an additional language or dialect) teacher. She has supported numerous students from various cultural backgrounds over the years. Erika has been a strong advocate for public education throughout her career upholding the right for every child to a quality education.

Linda Jones is currently our longest standing staff member joining Crestwood High School staff in 1993. Linda's impact on the school is immeasurable not only as a passionate Visual Arts teacher but also her extensive involvement in various programs and projects that would be too numerous to list. With a deeply caring nature she has constantly put the needs of students and her colleagues at the forefront of work. This includes establishing the school's commitment to The Hills Relay For Life fundraising event. Linda will be greatly missed and we wish her in her all the best with her new life by the seaside.

Merry Christmas and Happy Holidays

I would like to wish all students and their families, staff and friends of Crestwood High School a happy and safe holiday break. Thank you to all who work with our school to support the education of our students and providing them with a positive learning environment to come to each school day. Whilst it has been a very challenging year, it is certainly a time to count our blessings.

Best Wishes

Therese Hourigan

HAPPY HOLIDAYS!

From The Deputy Principal

Last Thursday the 10th December we held our Presentation Evening here at school. The event was livestreamed due to COVID-19 restrictions. This ceremony acknowledges the academic achievement and commitment to school community by our students. This ceremony was the best attended by students we have ever had and our Student Advisers and Senior Executive presented the awards to our students. It is such a pleasure and a privilege to celebrate these achievements with our capable students and they are a credit to themselves and their parents in the manner in which they conduct themselves. Special congratulations goes to Andrew Phelps who won the School Gold Medal and who served as our male School Captain for 2020.

Last Friday the 11th December, Years 7- 10 students received their reports at our Recognition Assemblies. A student's school report is one of the most important written documents that is read by the students and goes home to parents to receive feedback on their child's progress and educational aptitude. It is recommended that students read this information at least twice, at different times, to take on board the constructive feedback to further improve in their studies. The end of the year is timely to reflect on the existing year and think about future goals for next year. Our continued commitment is to ensure that quality teaching and learning is delivered in classrooms within a nurturing and stimulating environment.

On behalf of the school I wish all of our Crestwood families a very merry Christmas and a happy new year and we are looking forward to 2021.



From The Deputy Principal



PRINCIPAL'S AWARD

Our Merit Award system started in 2010 and is accumulative across each year a student is at Crestwood High School. So, from arrival in year 7 until now all the awards achieved count toward the achievement of a Principal Award and Crestwood has now achieved its 8th recipient.

To achieve a Crestwood Principal Award a student must receive 3 Crestwood Gold Awards.

To break this down a student must have a minimum of 27 Bronze Awards of which at least 1 is an Academic Bronze Award being 10 teacher issued Academic Awards across any KLA per Gold. They need 9 Silver Awards to achieve the 3 Gold's. This gives the student a Principal Award.

This student has contributed to the school community through civics and art as well as sport and many AIM awards. He has achieved over 200 teacher issued awards over the last 5 years in order to qualify for his Principal's Award. Congratulations on this extraordinary achievement goes to Jonah Sewell of Year 11.

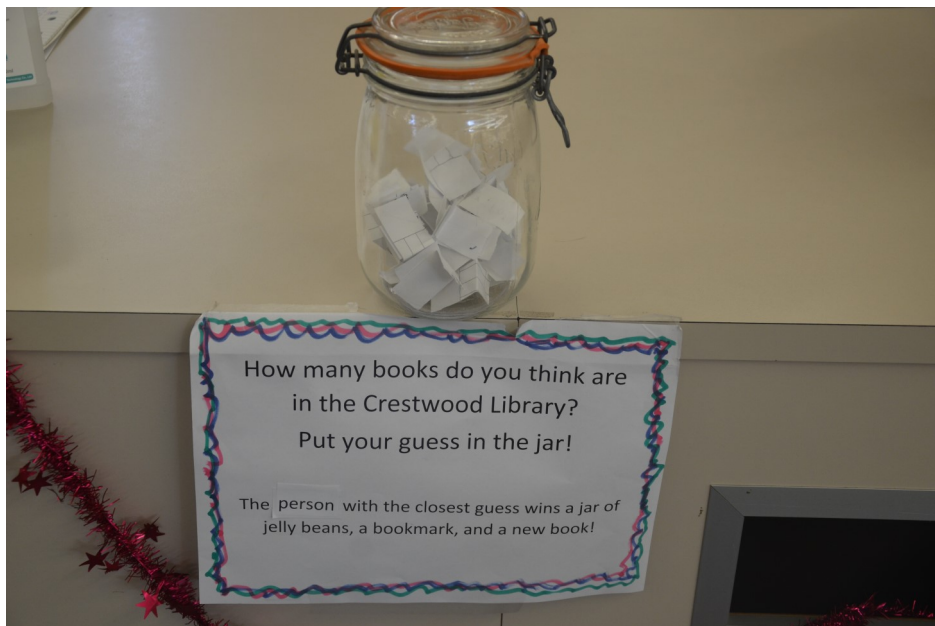
ACADEMIC # of Merits Issued	AIM # of Merits Issued	SPORT # of Merits Issued	COMMUNITY # of Merits Issued	CIVICS # of Merits Issued	ARTS # of Merits Issued	Total Teacher Issued Awards
115	68	9	1	9	15	217

# of BRONZE Issued	# of SILVER Issued	# of GOLD Issued	# of PRINCIPAL Issued	TOTAL HOUSE POINTS	HOUSE
28	9	3	1	731	W



Library News

The library staff wants to offer a big thank you to all of the Crestwood High School community for its patience during our annual stock take! We closed the library for three days to count and inventory all of the books, graphic novels, magazines, and audio/visual equipment. While we were counting the collection, we encouraged students and staff members to participate in a contest and guess how many books are in the library. The individual with the closest guess won a free book, a bookmark, and a jar full of jelly beans! The final number was an impressive 6806 books, and Briahna Sutherland-Smith was astonishingly close with a guess of 6854 books. Congratulations, Briahna!



P&C Newsletter—December

It's been a very challenging year for everyone so as we approach the end of 2020 the Crestwood P&C are delighted to let you know we are still going strong.

Even though we weren't able to have any meetings between March and December, the dedicated P&C Committee have continued to oversee the Canteen and Uniform shop which have both managed to operate very successfully even with the challenges of dealing with lockdowns, Covid restrictions and staff changes.

We've also been able to secure significant funding of \$50,000 from the NSW Government's 2020 Community Building Partnership Program which will be spent to improve and upgrade the cooling systems of the hall. This successful application can mainly be credited to the hard work and dedication of our Vice President Deb Duffy, who was greatly helped in the grant application process by Karen Titterton.

The Uniform shop is busier than ever with the influx of new year 7's buying their uniforms. We're looking for volunteers for various days and times in the second half of January to help with this process, so if you are able to help out for a few hours please contact Cheryl on the Uniform shop email below. The canteen also needs more volunteers for next year so if you are able to commit to a few hours on one day a month, please contact Mandy on the Canteen email below.

Our time and effort in volunteering at the school is always appreciated and translates to the money that is then available for the P&C to fund the upgrading of resources and equipment in the school. At our most recent meeting on 7th December, the P&C committed to continue funding the replacement and maintenance of air conditioners in all classrooms as well as funding various upgrades of equipment in the school hall. We are thankful to all the parents who pay the voluntary P&C contributions as well as to those who volunteer as this allows us to fund many worthwhile projects in the school. If you would like to have a say in how these funds are distributed please come along to our monthly meetings where these decisions are made. We usually meet on the first Tuesday of every month at 7pm in the main staffroom. It would be great to see lots of people attending next year to show support for our dedicated P&C.

Please note our new email addresses below which can be used to contact the P&C Committee, Canteen and Uniform shop at any time.

- Crestwood P&C Association - crestwoodhighschool@pandcaffiliate.org.au
- Crestwood Canteen - crestwoodhighschool-can@pandcaffiliate.org.au
- Crestwood Uniform Shop - crestwoodhighschool-uni@pandcaffiliate.org.au

The Crestwood P&C wishes all students, parents and staff a very Merry Christmas and a safe, happy New Year. We look forward to successful and more normal 2021.

PASS Excursion to Manly Surf School

On Friday the 11th of December, Crestwood year 9 and 10 PASS students travelled to the Northern Beaches to take part in a surf school program run by Manly Surf School. The weather conditions were overcast on the morning, however this did not dull the excitement of the thirty five students attending. Due to surf conditions being too dangerous at the original location of Long Reef Beach, the decision was made for students to attend the second destination of Collaroy Beach, which was much more suitable for beginner surfers. Students were met with some comical but experienced instructors who explained the importance of water safety, identifying rips and finally how to surf. Our students had the chance to test their skills on both body boards and then surfboards which everyone found challenging. The students were most impressive in the surf with many first timers capable of standing on their boards by the end of the lesson. The students finished the day by sitting in the shade under the palm trees enjoying a nice lunch before heading back to school.





Year 7 Hero's Journey Extravaganza

Students from Year 7 went on a journey of discovery as they engaged with the work of their peers in the library. The installation “Crestwood Studio Presents – The Hero’s Journey Extravaganza” showcased various stages of the project, including the storyboards, scripts, posters, trailers and scenes from projects that would highlight the Hero’s Journey.

The exhibition was interactive, and students were encouraged to move through the different phases of the project and think critically about the work that their peers had produced. After considering all of the contributions, learners were invited to vote on their favourite piece of work by scanning a QR code and completing a short questionnaire.

The winners are as follows:

Best Trailer: “The Battle of the Birds” by Reshwan, Alan, Jake, Josh, Jace, and Blake

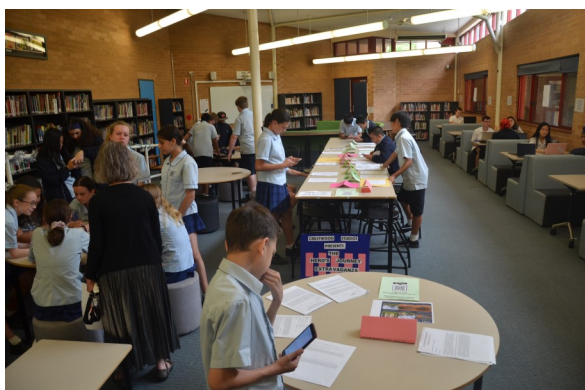
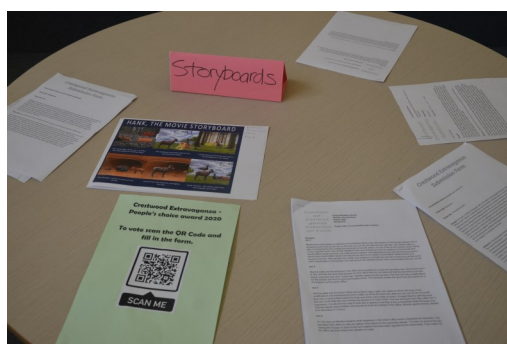
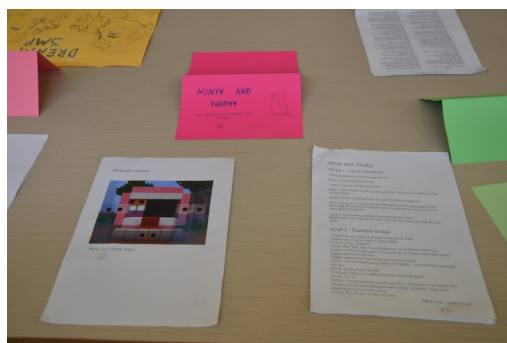
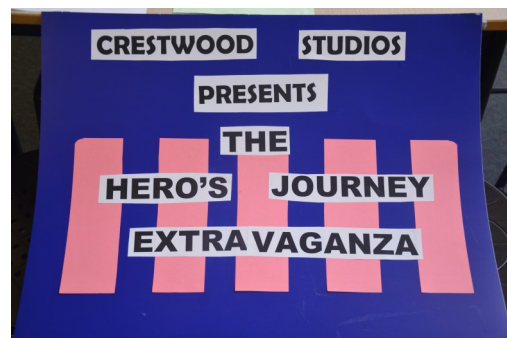
Best Script: “Ego’s Flare” by Ryan Wong and Ruben Seo

Best Storyboard: “Hank, the Movie” by Frank, Nicholas B., Maxwell, and Henry

Best Film: “The Panda Extravaganza” by Connor, Ramnook, Boen, and Ayan

Best Narrative: “The Return of Estella”

People’s Choice: “48 Hours”



HSIE Happenings

This fortnight in History...

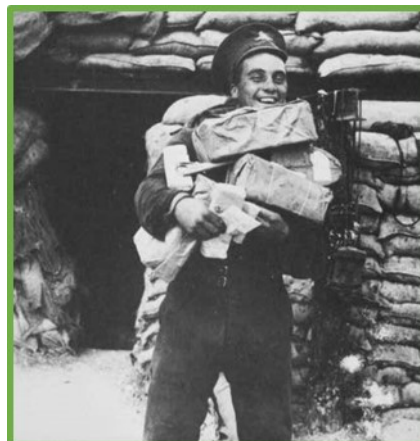
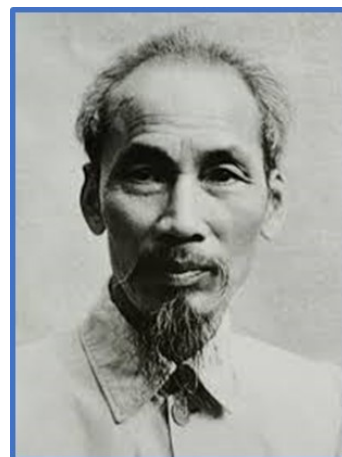
18 Dec, 1940 – Adolf Hitler ordered the German General Staff to begin planning *Operation Barbarossa*, the invasion of Soviet Russia.

19 Dec, 1946 – War broke out in French Indochina as Ho Chi Minh attacked the French seeking to oust them from Vietnam. This marked the beginning of a 30-year conflict which eventually led to heavy US involvement and ended with a Communist victory in April 1975 after US withdrawal from South Vietnam.

21 Dec, 1846 – Anaesthesia was used for the 1st time in Britain during an operation at University College Hospital in London performed by Robert Liston who amputated the leg of a servant.

25 Dec, 1066 – William the Conqueror was crowned King of England after he had invaded England from France, defeated and killed King Harold at the Battle of Hastings, then marched on London.

24 – 26 Dec, 1914 – The Christmas truce. Men from both sides of WWI (British, French, German) ventured out of their trenches on the Western Front and into no man's land to mingle, exchange gifts, have joint burial services, sing carols and play friendly games of football.



HSIE Happenings

Year 7 Geography

In the last week of this term, Year 7 Geography classes have been watching an inspiring documentary called 2040.

It is an innovative feature documentary that looks to the future. It embarks on a journey to explore what the future could look like by the year 2040 if we simply embraced all of the best solutions that are already available to us. The documentary shows us how we can improve our planet and our future simply by adopting existing technologies into the mainstream.

Many Year 7 students were very moved and inspired by watching '2040' and are now excited to make small changes in their lives to help save our planet.

The film is hopeful that this generation will become known as the 'regeneration'. It is very reassuring that Crestwood's Year 7 of 2020 are demonstrating a genuine care for the future of our planet. With these students leading the way, we will be in great hands!



The documentary 2040 changed my perspective on many important ideas for the future. Some changes that we can adopt are changing the way houses have energy and how it is distributed. Solar energy is a much more sustainable way of powering our future and we can also share or sell our energy if people cannot make enough for their own homes. Being vegetarian, vegan or reducing our meat intake will also really help, as vegetation can then improve from the livestock regularly consuming it and 'processing' it. Finally, there will be no need for harmful things such as fossil fuels. This is because solar power and other more feasible energy sources can be used and implemented in our day to day life. 2040 taught me lots of ways to 'regenerate' our world and change the future that I hope will greatly impact and help society over time.

Aarna A (7C)

I have learnt many important lessons by watching 2040. This documentary has inspired me to make a change, by helping the environment. Small things that people do can make a big change, and I want to help make that change. After watching this I am motivated to do those small things such as using recyclable materials and composting. Geography as a whole has taught me so many valuable lessons, such as the importance of water and how to save it and use it without wasting it.

My hope for 2040 is that the world will not be as polluted as today and that we can live in a clean and healthy environment.

Sneha V (7C)



2040 explains the immense benefits of homes generating solar power and sharing it with the community via a network. This could significantly reduce the use of fossil fuels for power generation.

HSIE Happenings



The documentary '2040' changed my perspective on the way people act on the planet and how it affects the future of the earth. Some things that I have learnt from the documentary are the different ways that people can re-use items to keep the environment healthy. This will also reduce pollution and climate change rates. What I hope occurs in the future is for more biodegradable items and sustainable ways in our lifestyle.

Rijen S (7C)

A documentary called 2040 that our class has been watching, has taught me that there is hope for a new better world and generation. It has made me think that we can rectify our mistakes that we have made in the past and it has changed my perspective of us humans destroying the environment and being careless of our actions. 2040 has given me hope for a better future because people all around are working together to find solutions to fix our world problems.

Ramneek M (7C)



2040 explores the impact of private vehicles and it challenges us to think about adopting alternate transport methods. The film looks at the many benefits that would result for people and the environment if we increased the green spaces in our cities.

The documentary "2040" has changed my perspective on how we should treat the planet. There were many important lessons and propositions on how we could change the way we live daily and how we could completely diminish pollution. Geography has taught us all about the negative impacts of all kinds of actions, whether we notice them or not. My hope for 2040 is that by then, the entire population will help reduce pollution and everyone is treated equally.

Jialin W (7C)

There are some important lessons that we should all learn from the documentary "2040". Not only should we learn them, but we should also practice the lessons. This documentary has changed my perspective on most things I do and it inspires me to change these. I think it should have this effect on everyone. If everybody makes one little change, the world can make one incredible amendment.

(Ayan K, 7C)



By watching 2040 in Geography, I have learnt many valuable lessons. My hope for 2040 is that people would care about the world more. For people to not be blind to see the problems in the world, and not having the motivation to make a change. 2040 has given many lessons and solutions to problems that we will face in the future. 2040 has educated the younger generation, giving motivation to make a change in the world.

Harini M (7C)



2040 challenges us to think about agricultural processes and increases our awareness of the impact that food production has on the planet. It shows us more sustainable farming approaches that could be adopted instead.

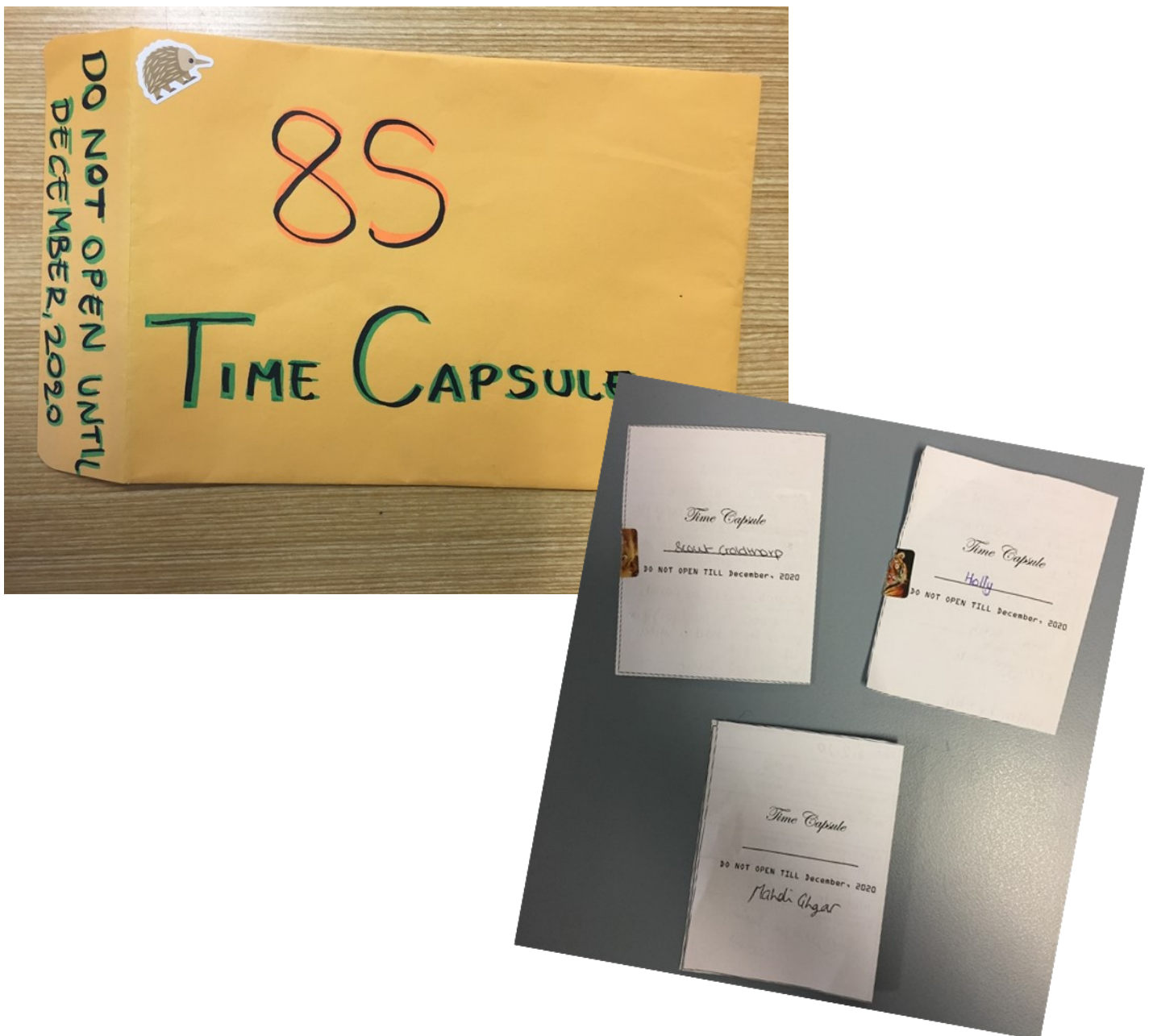
HSIE Happenings

Year 8 History...

In their 1st week of Year 8, 8S created a time capsule. It required students to answer questions about themselves. Some of the questions they had to answer included:

- ◆ Favourite song at the moment
- ◆ Favourite movie at the moment
- ◆ Thoughts about starting Year 8
- ◆ A goal they wanted to achieve this year
- ◆ A fun thing they did in the Christmas holidays
- ◆ A message to themselves

The time capsule was opened during Week 9 of Term 4. The students commented that it was funny reading their answers knowing that their February selves had no idea of how this year would pan out.



HSIE Happenings

Year 9 Geography...

This semester, Year 9 Geography have studied Sustainable Biomes and Human Wellbeing. Our 9R and 9W classes were given the opportunity to put Geography into action around our school.

Both classes helped to tidy our green areas and lay new mulch. Many students saw the importance of taking care of our environment and the benefit of gardening in improving wellbeing.

Well done
Year 9!



Farewell Mr Agnew...

The HSIE staff would like to recognise Mr Agnew's contribution to our faculty and Crestwood High School over the past 5 years.

His dedication and ongoing efforts for his students will be greatly missed.

We wish him all the very best for the future.

From the HSIE faculty

HSIE Happenings

Indigenous students celebrate NAIDOC Week in their new Bundarra T-shirts...

Our indigenous students chose T-shirts to represent their totems and culture in October. They arrived for the students to wear during NAIDOC Week.



Year 12, Class of 2020...

Wishing all the very best to our 2020 HSIE graduate students who receive their HSC and ATAR results this week!

Congratulations for completing your secondary studies and working hard during this unique and challenging year.

We hope that each of you follow your passion and do your best to make a positive difference in the world; through your degree/occupation but most importantly through simple acts of kindness on a daily basis.

Good luck, The HSIE faculty!

HSIE Happenings

These holidays, visit the Australian Museum...

After a year of renovation, the Australian Museum is open to visitors!

To celebrate reopening, general admission to the Australian Museum is free for adults and children, for a limited time.

Opening hours are 10am - 5pm daily.

The museum is open every day, except Christmas Day.

SPECIAL EXHIBITS

Tyrannosaurs – Meet the Family

Come face-to-face with a life-sized *T. rex*, run for your life in a virtual experience, you can even hatch a dino egg in this interactive exhibition.

Please note as the Australian Museum's major exhibition, *Tyrannosaurs - Meet the Family* requires a paid ticket.



Australian Geographic Nature Photographer of the Year 2020

Witness nature at its most dramatic, graceful and unexpected with this stunning photography exhibition celebrating the diversity of the Australian, New Zealand, Antarctica and New Guinea bioregions.

Visit this exhibition free of charge, included as part of free general admission to celebrate reopening.



For more info on the museum go to... <https://australian.museum/>

Football

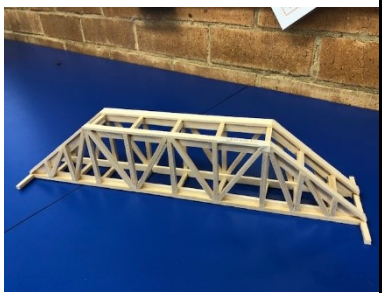

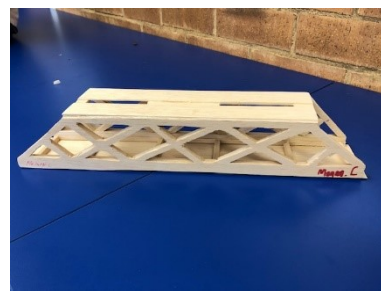



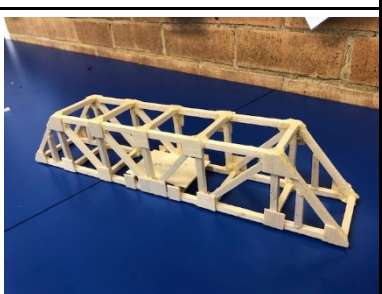
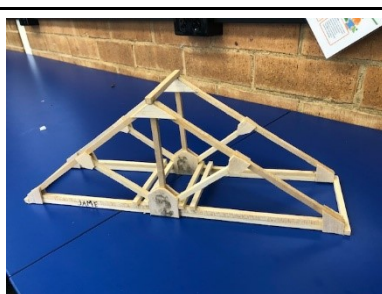
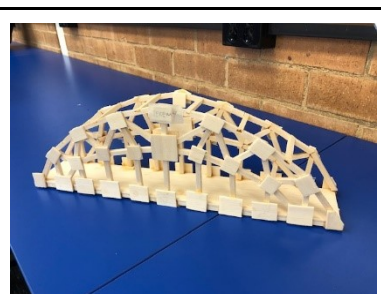
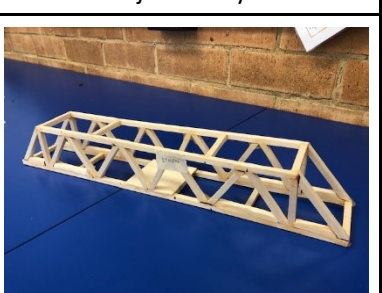
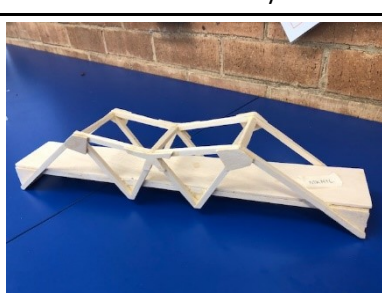
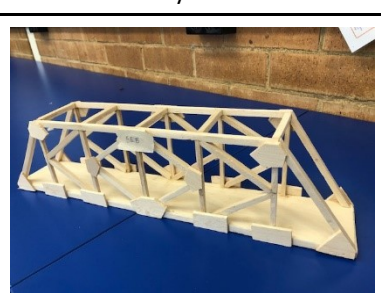
Our Talented Football Program years 7/8 match played on Wednesday 9th December against Hills Sports High.



TAS TIMES

Engineering Studies- balsa wood bridges

Students in Engineering Studies are currently studying the Civil Structures module. Among other things, they learn about forces in structures and how loads affect the individual members or parts. When such structures are “loaded”, forces such as tension, compression, bending and torsion are imparted on the parts and the engineers task is to investigate these forces and then design better, more efficient structures such as buildings, stadiums and bridges.

		
Jamie Burke	Chris Ceccato	Megan Cheung
		
Adam Dickson	Jai Higgins	Bradley Jacob
		
Arjun Mistry	James Mulreaney	Jeremy Padilla
		
Ethan Powell	Nikhil Rangoon	Sebastian Rasmussen

TAS TIMES

The assessment task that this class has recently completed involved them designing, constructing and then testing to destruction a truss type bridge that had to span a given distance.

The bridges were “loaded” with weights and the total mass supported by each bridge was carefully determined. The most successful bridge is not necessarily the strongest bridge, but the most efficient bridge. We can determine the efficiency of a structure by calculating its “specific strength”. This involves performing a simple calculation where we divide the mass that the bridge supports by the mass of the bridge:

$$\text{Specific Strength} = \frac{\text{mass supported}}{\text{mass of bridge}}$$

As well as the bridge design and construction, students were required to complete an engineering report where they had to research bridge types, perform some calculations and consider the impact of bridges on society and the environment.

As can be seen in the photos, there were a number of interesting solutions. Notable achievements were as follows:

- Highest specific strength: Arjun Mistry- 1208
- Lightest bridge: Jamie Burke- 31.09g, closely followed by Jai Higgins- 31.28g
- Most original design: Chris Ceccato
- Weight supported: Arjun Mistry- 48.93 kg, James Mulreaney- 44.085g

Congratulations to all students for designing such efficient structures.

Jon Hinde

Engineering Studies teacher

CAREERS NEWS

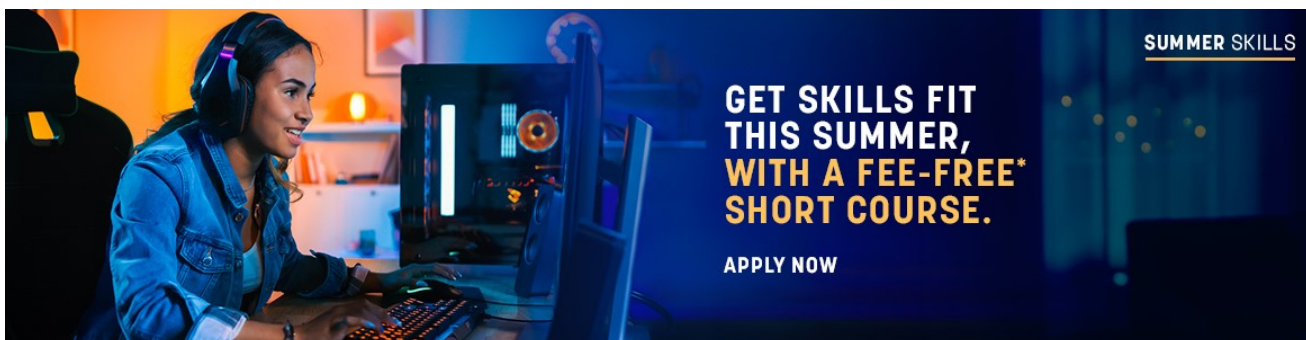


18-22 January, Discover the skills you need, for the job you want at TAFE NSW InfoFest.

Are you looking for a 2021 career change or perhaps a new skill-set to stand out from the crowd? Whether you're joining us online or on campus, you'll have the opportunity to connect with industry-expert teachers, join interactive workshops, explore state-of-the-art facilities and get the help you need to finalise your enrolment.

Registrations are mandatory so get in quick to secure your set at your nearest participating campus. If you need further information, drop into your local TAFE NSW campus or call us on 131 601 to speak to one of our friendly staff.

Ensure you keep checking back at [this website](#) as new sessions will be regularly added.



Summer Skills is a fee-free short course program designed specifically for school leavers to support skill development over the summer months. Whether you plan to attend university, TAFE NSW, have a gap year or are still deciding what you would like to do, we have a course that can give you the skills for a brighter future. Click [here](#) for more information.



JobTrainer will provide school leavers and job seekers with hundreds of fee-free and low cost courses, to help develop new skills. Targeted towards the sectors identified as growth areas, JobTrainer will help the economy rebound by ensuring the workforce has the right skills, right now. Find out more [here](#).



love netball?

COME PLAY
WITH US IN
2021

REGISTRATIONS NOW OPEN!

Season commences late March 2021

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association.

We are a local community, **non-graded**, not for profit club. We play on Saturdays at Gooden Reserve in Baulkham Hills.

We are committed to providing a low-cost competition with a friendly, safe and welcoming environment for children and ladies of all skill levels. Boys under 12 are also welcome.

2020 SEASON COSTS

PRICE

Fun Net

\$60.00

Years 2 - 12

\$80.00

Opens

\$90.00

**active kids
vouchers
accepted!**

Fun Net: For ages 5 – 7 (Kindy and Year 1) we have Fun Net, which teaches basic ball skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

Junior Competition: Years 2 to Years 12. Our junior competition is open to girls and boys (under 12). Experienced and beginners welcome. Saturday games between 12.30 and 3pm.

Ladies Opens Competition: Our adult division is a social competition with a fun, friendly atmosphere. We have players who join after not playing for years and even those who have never played. Individual registrations and team registrations are both welcome. Saturday games between 12.30 and 4pm.

REGISTER NOW AT:

northmeadnetballclub.weebly.com

Registrations close 21 February 2021



www.facebook.com/NorthmeadUnitingNetballClub

CONTACT US

northmeadnetballclub@gmail.com





CHUFC invites all girls aged between 9 & 18 years to

PRE GRADING SOCCER SKILLS TRAINING

Sessions times

U9 to U13 6 pm to 7.30 pm

U14 to U18 7.30 pm to 9 pm

held on

19 & 21 January 2021 at Fred Caterson Reserve Castle Hill, field 1

*As a big thank you for bringing your friends, existing members
will receive a new pair of socks!*

*Register ASAP by emailing your name and contact details to
the ladies coordinator Scott Marchant at
ladies@castlehillfootball.com.au or 0418 534 629*

Inspiring a new generation of girls to love soccer

Some Resources and Tips for Parents for the School Holidays

Please keep this resource handy.

This information has been put together to assist you in supporting your child or young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/data/assets/pdf_file/0008/319058/child_safety.pdf

Signs that may suggest that your child or young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe they are at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources & services you or your child or young person can access:



eheadspace provides free online and telephone support and counselling to young people 12-25 going through a tough time, and their families and friends. <https://headspace.org.au/eheadspace/>

Some helpful factsheets:

'Support your young person during the school holidays' - headspace School Support Factsheet:

www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'How to help a friend going through a tough time' <https://headspace.org.au/young-people/how-to-help-a-friend/>

'Self-Care for Family and Friends' <https://headspace.org.au/friends-and-family/self-care-for-family-and-friends/>

'Supporting your young person - the transition from primary to secondary school'

<https://headspace.org.au/friends-and-family/the-transition-from-primary-to-secondary-school/>

headspace Digital Services flier:

<https://headspace.org.au/assets/Uploads/Centres/Castle-hill/headspace-Digital-Services-Flyer-YP-COVID1.pdf>



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and live WebChat. Telephone: 1800 55 1800 or www.kidshelpline.com.au

Kids Helpline's website has separate sections for:

- **Kids 5-12 years old** (including feeling sad over the holidays; thinking about hurting myself)
- **Teens and young people 13-25** (loads of questions answered including managing relationships; what happens after school; if you're concerned about anxiety, depression or suicide and someone you know)
- **Parents and carers** (including empowering young people to ask for help).

- **Lifeline**

24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au

- **Suicide Call Back Service**

24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

- **beyondblue: National depression initiative**

24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au



The Mental Health Line is a single number, state-wide 24 hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief - www.goodgrief.org.au/assistance - information on children and grief, young people and grief, and supporting someone who is grieving.

Suicide Prevention and Support:



Orygen Chatsafe provides online Tools and Tips to help young people communicate safely online about suicide:
<https://www.orygen.org.au/chatsafe>



resources for discussing suicide

Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide



The Rural Adversity Mental Health Program (RAMHP) helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area.

www.ramhp.com.au/

You can click on a range of resources on their **Get Help Now** page:

www.ramhp.com.au/get-help-now/links-mental-health-services/

Sonia Cox is the Lithgow RAMHP Coordinator:

Sonia.Cox@health.nsw.gov.au Tel: 0448 125 676

Support around Bushfires and Disasters

Emerging Minds: Preparing children for the threat of a bushfire:

http://earlytraumaref.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATIGN_APS.pdf

From the Australian Red Cross

Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx

Orygen - Helpful Youth Health Factsheets on a range of mental health issues:

<https://oyh.org.au/client-hub/fact-sheets>

These include:

Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders; Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Sleep; Getting active.

Mindfulness: Try the free Smiling Mind app and see tips for practising mindfulness at home:



www.smilingmind.com.au/smiling-mind-app

www.smilingmind.com.au/at-home

Holiday Activities

Local Councils usually provide a **calendar of activities** happening at Libraries, Aquatic and Sporting Centres and other council venues. **Check your local council's Website or Facebook page closer to the summer holidays for more information.**

Penrith City Council: www.visitpenrith.com.au/events/search

PCYC Penrith: www.pcycnsw.org.au/penrith/school-holiday-programs/

Blue Mountains City Council: www.bmcc.nsw.gov.au/school-holiday-activities
www.bmcc.nsw.gov.au/swimpass

Hawkesbury City Council: Events and activities at Libraries, Galleries and Museums over the summer:
www.hawkesbury.nsw.gov.au/data/assets/pdf_file/0009/168813/LMG-Whats-On-Dec-Feb-2020-FINAL-DIGITAL.pdf

Lithgow: Check the Lithgow Mercury and <https://library.lithgow.com/>