

Parent Update

Term 2/Week 10
29th June 2023



APPLECROSS
SENIOR HIGH SCHOOL
INDEPENDENT PUBLIC SCHOOL

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IMPORTANT DATES

30th June

- Last Day of Term 2

17th July

- School Development Day - Students do not attend
- Year 12 GRIT Workshop

18th July

- Term 3 commences for students

19th July

- Music Support Group Meeting (Music Room at 7.30pm)

20th July

- Year 10 Parent Study Hacks Session 5.15pm-7.30pm

24th July

- Year 10 After School English M1 & M2

26th July

- Year 7-10 Councillors Levitate 7am in Auditorium
- Year 10 After School English W1 & W2
- Year 10 Leap Week Parent Information Night

27th July

- Tennis Testing #2 Year 5/6 4pm

28th - 30th July

- We Will Rock You Musical

31st July

- Year 10 After School English M1 & M2

School Activities and Student Achievement

Keep up with all the exciting activities and student achievements that occur in the school by regularly checking our webpage, Facebook, Instagram or YouTube pages.

Website <https://applecross.wa.edu.au/>
Facebook <https://www.facebook.com/ApplecrossSeniorHighSchool/>
Instagram https://www.instagram.com/applecross_shs/
YouTube [@applecrossshs5058](https://www.youtube.com/@applecrossshs5058)
School Calendar <https://applecross.wa.edu.au/parents/calendar/>
Parent Update <https://applecross.wa.edu.au/parents/parent-update-newsletter/>

Update from the Principal

Dear Parents / Guardians

Term 2 has concluded with a week of wonderful activities as part of our annual [NAIDOC Week](#). Parents may be interested in seeing photos from events such as the Smoking Ceremony, which was an important whole school event. The guests praised our students for their respectful attitude and superb behaviour throughout.

Year 7 and 8 students had their Awards Assembly today, with students receiving overall awards for school values (Personal Best and Mutual Respect) and many receiving certificates for academic achievement.

Mr Sam Lim (Federal Member for Tangney) also visited the school today to speak to Year 11 Political and Legal Studies students and to view the shade structures that were provided courtesy of a federal government grant to the school.

Semester One Reports

All parents should now have received Semester 1 Reports. Reports are now visible in SEQTA under the Reports tab.

"We do not learn from experience. We learn from reflecting on experience" (John Dewey)

It is important that each student takes the opportunity to reflect on their progress and achievement, and parents can play an important role in this process. Parents can request additional teacher feedback via email, phone, or in-person meetings. Teachers' email addresses are listed on the [School website](#). ([Refer to advice on p2](#))

Term 3 Day 1 for Students

A reminder that one of the designated School Development Days for 2023 will occur on the first day of Term 3 (**Monday, 17th July**), meaning that students recommence school in Term 3 on **Tuesday, 18th July**.

Musical Collaboration

Congratulations to the staff (Tim and Christine Stapleton) and students who participated in the Side-by-Side collaboration project with Emmanuel Catholic College and South Side Symphony Orchestra which culminated in a very successful performance on 25 June. The performance represented months of planning and rehearsals and was very well received by audience members. The students learned a great deal from working alongside SSSO members and thoroughly enjoyed the experience.



Staff Changes for Term 3

Staff Leaving:

- Tracy Clifford – Home Economics.
- Hayley Myors – English/Student Services - Parental Leave
- Kathie Donovan – English – Long Service Leave
- Catherine Wondolowski – HASS

New/Returning Staff:

- Preetha Challiyil Vasudevan – Laboratory Technician
- Perri Reid – HASS
- Isobelle Moroney – English
- Dana Moran – Math
- Rachael Symmons – HASS
- Jadon Gielingh – Head of Learning Area - Health and Physical Education
- Astrid Jackson – Home Economics
- Carolyn Cook – Associate Principal (Supernumerary)

Best wishes to all students and parents for an enjoyable mid-year holiday

Kind regards
Paul Leech
Principal

Lower School Reports

by Paul Currie - Associate Principal Years 7-9

These reports are a summative document and a record of your child's achievements during Semester 1 of 2023. They will include a generic comment relating to the content studied and the student's relative progress against the expected standard.

I would like to remind all parents and guardians to continue checking SEQTA and to also liaise with teachers for 'formative feedback' such as the types listed below.

- Verbal feedback directly to the student in class
- Written feedback and annotations on students' completed work
- Marks shared with parents/carers and students on SEQTA
- Attendance in lessons shared with parents/carers and students on SEQTA
- Written feedback on SEQTA
- Parent/carer contact by email and phone
- Parent/Teacher interviews when needed
- Formal Parent/Teacher interviews
- Rubric-style feedback on a variety of assessments
- Course Progress Reports
- Online homework completion and progress emails
- Contact from HOLAs and TiCs



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Reading your child's report, what is important?

by Paul Currie - Associate Principal Years 7-9

Look for things they did well. Focus on strengths first,

Acknowledge your child's effort and attitude to learning. If your child is putting in their personal best (one of our school values), you cannot ask any more of them, regardless of the grading.

Broaden your focus away from just academic performance. Consider how well your child gets along with their peers. Is this influencing their happiness and wellbeing?

Balance the results against their attendance rate. Typically Applecross students' attendance rates are 93%, and WA public schools are at 84.4%

Discuss the report with the child in the correct order. Talking about strengths first before looking at areas that need improvement. Ask for their opinion and then listen carefully to their concerns.

Ask your child for a self-assessment. This generation of adolescents is generally very open and honest. I am confident they will give you a realistic assessment of their progress, do take note of their opinions.

Work with the willing. Celebrate positive aspects of your child's efforts and recognise progress with a special activity or treat.

Finally, praise hard work, not the results. I have always favoured the phrase "great result, you must have worked hard" over "great result, you must be very clever."

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Year 10 Parent Presentation – Study Hacks Thursday 20 July

by Toni Jones - Associate Principal Years 10 - 12

As mentioned at previous Parent Information Evenings, Dr Jane Genovese from 'Learning Fundamentals' will present a session to all parents of Year 10 students on effective 'Study Hacks'. She will subsequently present to all Year 10 students in Week 2 of Term 3.

There will be two sessions for parents to choose from. The first will be from 5:30 pm - 6:30 pm, and the second from 6:40 pm - 7:40 pm. The sessions will be held in the **PAC**. Jane's presentations are highly engaging. She will provide useful information backed by scientific evidence on how you can support your child to be more efficient and effective with their study.

This presentation is for parents only. Students should not attend. They will have their own initial presentation and then a series of subsequent sessions both in and out of school time throughout Terms 3 and 4. We are running two sessions on the night to allow as many parents to attend as possible. We know that parents being informed on how they can support their children will produce better results. We strongly encourage parents to attend regardless of their child's courses for Year 11.

Please **book your seat** for this presentation, as the numbers are limited. We would love to have every student in Year 10 represented by at least one parent/guardian on Thursday, 20 July.

Session Details:

RSVP: www.trybooking.com/CJHRX
Date: Thursday, 20 July
Venue: PAC
Session 1: 5:30 pm to 6:30 pm
Session 2: 6:40 pm to 7:40 pm

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Year 12 Student Dropping Courses

by Toni Jones - Associate Principal Years 10-12

No further class changes are possible in Year 12; however, **eligible students may still drop courses**. The final date to do this is early next term. Students must withdraw from courses with practical components by Thursday, 20 July. For courses without practical components, the date is Monday, 7 August. This is a School Curriculum and Standards Authority date and cannot be extended.

I wish all Year 11 and 12 students all the best for their holidays and look forward to them returning for what is always a very busy Term 3.

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School Development Day – Year 12 GRIT Workshop

by Toni Jones - Associate Principal Years 10-12

A reminder to Year 12 students in the GRIT Program is that you have your workshop at school in the N Block on Monday, 17 July, from 9.00 am to 12.00 pm. We look forward to seeing you all there. For all other students, this is your day of rest, and we look forward to seeing you all back on Tuesday, 18 July, for day one of Term 3.



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Attention All Prospective Student Athletes in Years 8-12 – STUDY PLAY in the USA

by Toni Jones - Associate Principal Years 10 - 12

Hear from Study & Play USA, Australia's largest US College Sports Recruiting Company, at Applecross SHS on **Tuesday, 25 July, in our Auditorium**. Representatives from Study & Play USA will present information on how to maximise academic and sporting scholarships, eligibility criteria and how to get started.



We often have students ask about the US College system and who may apply. In collaboration with Study & Play USA, we are hosting an information session regarding this potential opportunity for interested students and parents. This is open to all sporting codes, not just tennis students, where you can hear from athletes who have completed degrees in the US and their experiences during their time away.

Places are limited, so please book only if you are genuinely interested.

Session Details:

RSVP: <https://www.trybooking.com/CJORJ>
Date: Tuesday, 25th July
Venue: Auditorium
Time: 6:00 pm to 7:00 pm (presentation plus Q&A)



To find out more prior to the event visit the [Study & Play USA website](#). A flyer is also [attached](#) to this Update.

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Year 10 'Leap Week' Parent Presentation

by Adeline Teh - Parent Representative

Week 9 of Term 4 is 'Leap Week' for Year 10's. This is the week where students have an opportunity to either attend the CORE program or work experience as part of their transition and 'leap' into Senior School. All Year 10 classes collapsed during this week.

An information session in the school Auditorium will be delivered on Wednesday, 26th July, 5:00 pm – 5:45 pm. (Week 3, Term 3) The presentation will also be recorded and disseminated to all Year 10 families if you are unable to attend the presentation in person.



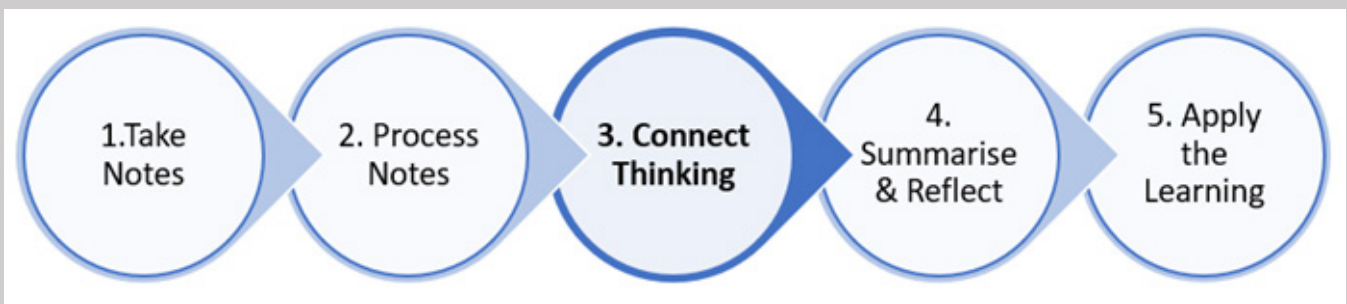
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Learning to Learn

by Sue Kovacevic - Teaching & Learning

Note-Taking

It sounds easy, but it's actually quite a complex skill that consists of the five phases below. We explicitly teach the note-taking process because it is so essential to learning. In previous Parent Updates, I have provided a brief summary of Phases One and Two. Today, we focus on Phase Three.



Phase 3: Connect Thinking

This phase aims to develop deeper understandings of the topic, skill or concept being taught by requiring students to ask inquiry questions and to connect their learning to a bigger picture. They will be asked to make connections with other academic content, their personal life and/or the world more broadly. It is in this phase that students and teachers identify gaps or points of confusion.

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SPECIAL REPORT - Celebrating NAIDOC Week

by SchoolTV

NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people. It is celebrated by all Australians and is a great opportunity to recognise and learn more about the history and culture of indigenous communities.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced back to the Aboriginal rights movement, when on Australia Day 1938, protestors marched through the streets of Sydney to highlight the status and treatment of Aboriginal and Torres Strait Islander Australians. Today, it is a week-long celebration held in July that consists of range of traditional and contemporary activities.

NAIDOC Week is an important event that helps build positive relationships between Aboriginal and non-Aboriginal people. It enables a deeper understanding of our differences and similarities. NAIDOC week is an opportunity for all Australians to eliminate bias and discrimination by reflecting and reconciling the wrongs of the past to facilitate hope and build a fairer future. Families are encouraged to join in and support young people in learning the significance of NAIDOC Week.

This Special Report offers suggestions on how families can celebrate NAIDOC Week together. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your [special report](#)

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Vaping

by Brad Snell - Program Coordinator Years 9-10

As with any school over the last few years, we have had issues with students vaping. The links below are very useful for parents as we all need to work together to help reduce the prevalence of this growing health issue.

**What are vapes,
what is vaping and
what is in it?**

**How do yo have
conversations
with your teenager
about vaping?**

**How can you help
prevent vaping
uptake for your
teen?**

**How do you know
if your teen is
vaping?**

Check out all top FAQs here

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EYES on VET

by Melinda Kennington - VET Manager

Welcome to another edition of Eyes on VET!

It is now official!... The successful Year 10 students who applied for the VET Connect program are now VET Connect students and they were presented with a Certificate of Achievement on their successful acceptance into the program at the recent assembly. Opportunities for external courses and School Based Traineeships are coming through regularly and these will all be advertised in Connect and during the Work Readiness classes. It really is an exciting time for the students.

Our Year 11 and 12 students have been updating their resumes in their Career and Enterprise classes, and I was delighted to hear from one of the teachers that under achievements, many students identified that gaining a place in the VET Connect program at school was their best achievement to date. I am confident that our new VET Connect students will feel the same.



I would like to acknowledge the fantastic efforts of our Year 12 Hospitality students who have been running the Red Apple Café and our newly named Green Apple Café all term. Staff have been so lucky to be served lovely hot drinks and sweet or savoury treats. In addition, VET Cluster meetings are held in the new café twice per term and VET Managers from other schools are always so delighted to be catered for so well!



It has been an extremely busy term with VET Connect applications for the Year 10s, and the Year 11 and 12 students worked hard to make sure they completed all their work on time to achieve the best results for their Semester 1 reports.

I will be on Long Service Leave during the first three weeks of Term 3, but I can reassure you that the VET office will be in good hands with Ms Kerriann Henderson and Mrs Cathy Coleman while I am away. I look forward to sending you the next edition of Eyes on VET on my return!

I wish all the VET students a relaxing break over the holidays.

Spotlight on External Courses

A large variety of VET courses are available to students at South Metro and North Metro TAFEs, as well as private Training Organisations. All course information will be posted on Connect, with specific information related to courses placed in the Connect library. The TAFEs have an online application process which will be opening on 3 July, and the application link will also be posted in Connect when ready.

Students not in VET Connect are able to apply for a course which runs externally on one day per week through the P2C, provided that they meet the requirements to be given approval to miss school one day each week.

ATAR students will not be able to undertake an external course. However, a student with one ATAR course can apply for the P2C to enrol in an external course if their ATAR course is not timetabled on the external training day.

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eyes on VET

by Melinda Kennington - VET Manager

Snapshots around the workplace....



Adrienne Husin-Ali at Applecross SHS Library



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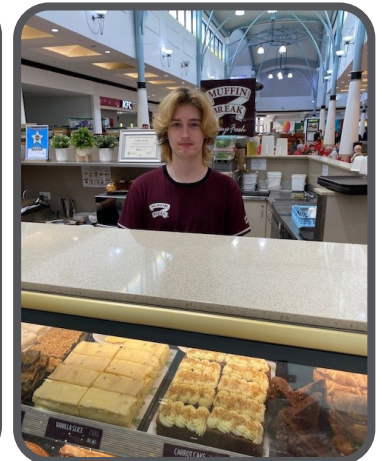


Ava Braden at Richmond PS



Luke Torr at Myaree Service Centre

MYAREE
SERVICE
CENTRE



Michael Cairns at Muffin Break



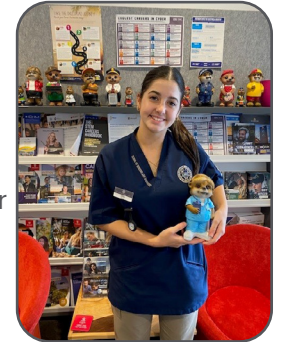
Congratulations

...Sophia Pitaro (former 2023 VET Connect student) on doing well in her first semester of nursing at Notre Dame University. Sophia gained direct entry to university through the VET pathway at school and I was so happy when she popped into the VET Office in her nursing scrubs to visit us to let us know how she was

going at university. We are very proud of Sophia's achievements, along with many other of our VET Connect students who are now at university following their dreams.

...Taya Jensen (Year 11 VET Connect), whose supervisor at Mount Pleasant Primary School informed us that 'Taya has been amazing and the best work placement student she'd ever had!'

...Keira Williams (Year 12 VET Connect), whose supervisor at Baptist Care contacted us to indicate that Keira is a 'fabulous workplace learning student who practically runs the Thursday morning colouring group!'



Please keep your eyes on VET in the next Parent Update.

Best wishes
Melinda Kennington - VET Manager 😊



...from the Languages Department!

Kaya!

Welcome to Term 2 edition of *Hello from the Languages Department!*

What a fabulous term of fun and learning in languages. I hope you enjoy seeing some of the things that have taken place in Languages this term.

This term we welcomed Matthew Majuki Wong to Japanese, as a Pre-Service Teacher from ECU. He is currently completing a Master of Teaching (Secondary). Matthew spent Weeks 5 to 9 with us and taught Years 7, 8, 9 and 10, and steered the Year 9s in preparation to complete a SCSA test as part of a pilot program in which the school is participating. Matthew has worked well in the team and has built great rapport with many of the staff and students in such a short time. We hope to see Matthew in the future and wish him all the best for the remainder of his studies.



In October, we have students coming to Perth from Lycée Sainte-Famille in Amiens, France, who will be staying in Perth for about 14 days. Last term we advertised the need for host families, and we received such a positive response, with a large number of families willing to host our visitors. Some members of these families have been exchange students themselves, and cherishing that experience they are keen to now host a French visitor.

Many thanks to all families who have agreed to host one of the French students.

I will be on Long Service Leave during the first 3 weeks of Term 3, but I can reassure you that the Languages Department will be in good hands with Teachers in Charge, Ms Sumika Nishikawa and Ms Charisma Valerie.

I wish all the language teachers and students a restful holiday.

Mrs Melinda Kennington
HoLA Languages

Kon'nichiwa!

Year 7 to 12 students of Japanese enjoyed a variety of activities in Japanese classes and Japan Club this term.



Murdoch University Students

Every week we are fortunate to be able to welcome four Japanese students from Murdoch University. During Semester 1, Year 11 and 12 students practised conversation every week. This not only helped students to improve their listening and speaking skills, but they also gained confidence in speaking Japanese to native speakers. Year 10 students also had the opportunity to interact with the Japanese University students in Week 5. They were excited talking in Japanese while playing card games.



Japanese Food Posters

Some Year 7 students learnt how to type Japanese on their device. They researched Japanese food and created a digital Japanese food poster. They also tried some Japanese food, Hiyayakko (Tofu).





...from the Languages Department! (continued)

Japan Club

Our Japanese language assistant, Yu Sato, organised a variety of activities in Japan Club. Students enjoyed chopsticks games and practised some Kanji writing for an upcoming calligraphy competition.

Year 9 Japanese students have been part of a pilot program where they undertook a Reading and Writing task recently. The results will be moderated with other teachers with SCSA to become exemplars for grading on the SCSA website. Well done to the Year 9s.

Year 11 and 12 students made Okonomiyaki (Japanese pancake) in class. Students brought their choice of ingredients and made an original and unique okonomiyaki.



Ms Sumika Nishikawa
Teacher in Charge - Japanese

Bonjour!

French Language students have been having a lot of fun both in and outside of their classes during Term 2.



French Club: Croissants, ham, cheese, brioche, chocolat chaud and French games!

The Year 7 students were happy that French club was back on in Term 2. Students learned how to play the 'béret' game with Monsieur Coret and played the French version of 'Guess Who' game with our lovely French language assistant, Coline. They also enjoyed eating a hot croissant with ham and cheese and some toasted brioche with nutella. Madame Valérie prepared her famous hot chocolate and the students went back home feeling a little more Frenchie



French Club: French movie, gaufres, nutella and chocolat chaud!

Students enjoyed watching the new Atérix and Obélix movie and they enjoyed eating a hot waffle (gaufre) with nutella and had a hot chocolate too. In Term 3, students will enjoy some food from other French speaking countries like Mauritius (tarte à la banane/napolitaine/puit d'amour). We will do an 'around the world' gastronomie discovery to teach students the diversity of the French speaking communities' cuisine.



Year 12 Speed Dating

The Year 12 students of French participated in a French speed dating activity. They were given a profile with a French name and other details, such as personality or profession. They had to have a quick conversation in French based on the profiles given to each of them. The conversation was 2 minutes long and then they had to move on to another person. The classroom setting was set to accommodate the activity. The challenge was to ask and answer questions in French on the spot. The students had lots of fun and decided to play the character fully. Félix mentioned his wish to have at least 20 children with Amélie, whilst François decided to get engaged with Delphine (it was love at first sight) and so on. It was a great activity which students enjoyed!



Years 7, 8 & 9 - Make your own crêpe!

Crêpes with Nutella is a heavenly combination and the Year 7-9 students of French know it best. They have patiently waited for the moment they would be able to cook their own crêpe and they were not disappointed.



Ms Charisma Valerie
Teacher in Charge - French

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P&C Secretary Needed

The AXSHS P&C Assoc Inc is seeking a Secretary to join the new, dynamic Executive Team for 2023. This would suit an organised person who is keen to support the P&C and the wider school community.

A thorough handover will be provided.

Our current Secretary is unable to continue beyond the next meeting so we need someone who can support the P&C with the following:

- work alongside the President, Kerri Gur, to prepare the agendas
- attend one P&C meeting per month - take the minutes and circulate them
- attend Executive Committee meetings when required – take the minutes and circulate them
- be a bank co-signatory on the P&C bank accounts
- circulate (via email) relevant information to the P&C Members

The current Secretary has already:

- set up templates for agendas and meeting minutes
- set up the filing system for the keeping of minutes of meetings

To put forward an Expression of Interest or gain additional information, please contact the P&C President, Kerri Gur, or the Secretary, Narelle Pearce, at axshspsc@gmail.com.

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P&C Treasurer Needed

The AXSHS P&C Assoc Inc is seeking a suitably qualified Treasurer to join the new, dynamic Executive Team for 2023. Ideally, it would be a Chartered Accountant or CPA who can volunteer a couple of hours each month.

A thorough handover will be provided.

Our current Treasurer is unable to continue beyond the next meeting so we need someone who can support the P&C with the following:

- payment of fortnightly wages for Canteen Staff
- payment of EOM supplier payments (monthly)
- meet with the Canteen Manager when required
- review monthly P&L provided by the Bookkeeper
- attend one general P&C meeting per term and provide an update on the P&C finances (Bookkeeper generates the required reports)
- attend Executive Committee meetings when required
- work with the paid Bookkeeper to ensure all payments are made and to ensure compliance for employment of staff
- provide information/access to MYOB for the Auditor at the completion of 2023

The current Treasurer has already:

- set up the 2023 Budget
- completed ACNC and AssociationsOnline compliance for 2023
- appointed the Auditor for 2023

To put forward an Expression of Interest or gain additional information, please contact the P&C President, Kerri Gur, or the Secretary, Narelle Pearce, at axshspsc@gmail.com.

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P&C Liaison Officer Needed

The AXSHS P&C Assoc. Inc seeks an enthusiastic person to promote the P&C and its activities to the wider school community. This role would suit an organised and enthusiastic person who has a public relations flair.

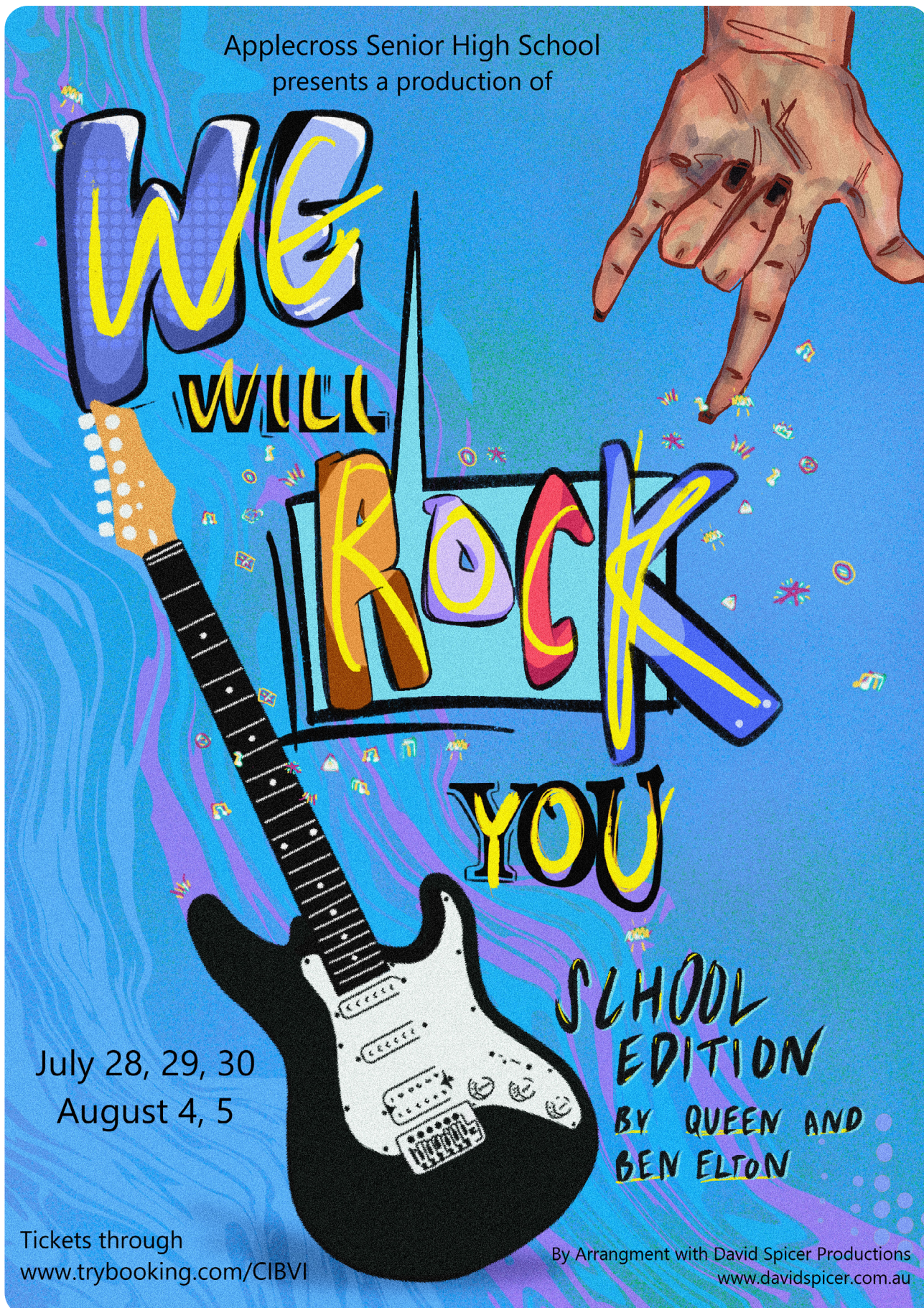
This is a new role we have created within the P&C, and we are looking for someone to act as a liaison between the P&C committee and the school community.

Your main role will be to assist with marketing events and activities undertaken by the P&C. The P&C has a number of activities each term and requires a dedicated person to market these events via the school newsletter and the school's Facebook page.

If you are interested in this fun new role within the P&C, please contact the P&C President, Kerri Gur, or the Secretary, Narelle Pearce, at axshspsc@gmail.com.

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Applecross Senior High School
presents a production of



WE WILL ROCK YOU

July 28, 29, 30
August 4, 5

SCHOOL
EDITION
BY QUEEN AND
BEN ELTON

Tickets through
www.trybooking.com/CIBVI

By Arrangement with David Spicer Productions
www.davidspicer.com.au

Managing the Excessive Use of Technology

By Yvette Tormey - School Psychologist

It's one thing for parents to impose restrictions, i.e., removing technology, time-based access, and rewarding a child in primary school. However, taking electronics away from a headstrong teenager can be more challenging. It is critical to assist the young person to acknowledge their excessive use and realise the change in their thinking and feelings, including possible negative and unhelpful perspectives that are being encouraged through their excess reliance on technology and social media.

Excessive use of technology can severely impact the child's/adolescent's cognitive, emotional and social development. Problems with relationships, confidence, and interpersonal skills are experienced through excessive use of technology and limit opportunities for real-life experiences.

It's important to take action, and some things can work with adolescents to empower and reduce technology use excessively and/or reliance on social media.

Parents/guardians need an **agreed plan** to manage the access and use of technology. Both parents must respond in the same way and give the same messages.

- **Put your child's excessive use of technology in perspective.** Explain that their excessive use has gotten out of hand, what you are seeing, i.e., what has changed and that you're concerned about them.
- **Set limits.** Limiting your child's access to one hour on days reduces use.
- **Be firm.** Enforce the limits you set up and have consequences if they do not follow your restrictions. Maintain your stand on this.
- **Using technology as a reward.** Your child's access time could be dependent on performing other tasks, such as household activities, sports or social activities.
- **Introduce other fun activities.** Arrange family activities, sport/community/volunteer/social activities, walks, and game nights, and show your child there is a wide world of things to enjoy.
- **Seek professional help.** Support from a professional to see the impact and change one's thoughts and behaviours is beneficial. The support will facilitate the young person to become confident and competent to self-manage emotions and beliefs around technology and one's life.

Many welcome easy access to technology, lured by the promise of better connection with others, greater engagement and more efficient life.

Psychological **research** confirms that social media can **increase stress, disconnection, inefficiency and feelings of inadequacy.** Teaching young people to **self-manage** their

behaviour is crucial to better health and relationships.

8 TIPS FOR HEALTHY DIGITAL LIFE

1. Check less. A recent survey of **social media users** found that 'constant checkers' – or those who frequently view social media updates and get notifications pushed to their phone – report greater overall stress than adults who check less often. Research also suggests that receiving constant email notifications reduces productivity while limiting email checks to **three times** a day lowers stress and increases wellbeing. **Time Limit** 10 to 15 minutes at a time. Set the alarm for this time.

Change your settings so you don't get constant notifications, and **limit when you check** to certain times of the day.

2. Take care when posting. An interesting **study** found that using anger-laden words on Twitter predicted heart disease. Other **studies** have found that those who receive or engage in negative interactions online also suffer.

Think about the **impact** of your online behaviour on your own or others' health, and do your bit to create a positive online social environment.

3. Take an active role. Passive use of social media often leads to **increased stress, social comparison, and envy.** But being an **active, constructive and respectful** contributor has been shown to have mental health benefits by building positive social connections.

Rather than engaging passively, **actively create an online world** tailored to your interests and values. Seek out social connections that boost your wellbeing rather than undermine it, just as you would offline.

4. Block the bullies. Social media has fuelled the rise of cyberbullying, but one improvement is that it is now easier to **report and block** individuals who post malicious content.

Be selective about who you involve in your social networks, and ensure your online social network enriches your life.

5. Maintain perspective. Seeing a constant stream of friends' or celebrities' career and social successes can be a stark reminder of how ordinary your own life is, fostering envy and a sense of **personal inadequacy.** Remember that people post edited highlights that create an **image** they want the world to see.

Research shows people who are genuine on social media are **less stressed and feel better connected** than those who present a false image. So **avoid competing** within your network and be authentic instead.

6. Set boundaries around emails for work and ads. Constant access to email increases the risk of never really clocking off from ads and work. This can result in issues spilling into **family/personal** time and affect other health aspects, such as sleep. Consider turning off email notifications outside of work hours unless your work involves being on-call. Setting boundaries, access and blocking unnecessary material is critical in health and creating time for real social, sports and life experiences.

7. Guard your sleep. Research suggests that people who use social media before or in bed, and those who keep notifications turned on overnight, are more likely to experience **sleep problems, decreased** productivity and poor wellbeing during the day. Experts advise **turning off all** screens, including phones, computers and television, at least an hour before bed.

8. Connect offline. Remember the 'constant checkers'? They **report** feeling more burdened by online discussions, less likely to catch up with family and friends, and more likely to feel disconnected even when meeting loved ones. Psychologists know that those who **mindfully** engage with people and connect with their environment are **healthier** and enjoy a **greater sense of wellbeing.**

If you find that the online world is taking over, take a break to reconnect with the people and world around you. Connect face-to-face, put the phone away and really engage.

Resources to assist parents

- **Australian Psychological Society** This link will take you to the Australian Psychological Society Website, and clients search for Psychologist and their areas of focus or specialty. Parents can type in specialty – addiction, behavioural addictions, and a list of WA Psychologists will be noted for them to contact.
- **Aresolution Counselling Service** Support learning, mental disorders, relationship and other adolescent areas.
- **Headspace**
- **Murdoch Psychology Clinic** provides assessment, individual and group therapy for adults and a variety of assessments and interventions for children, couples and families
- **SchoolTV** also has online gaming and reputation areas to support parents and students.
- **Parents | eSafety Commissioner** - Parent advice and resources.

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Social Media Highlights



Year 12 Production of The Crucible



Year 8 and 10 Bounce Excursion



Visual Arts Bush Camp on Balardong Country



Side-bySide Project

Visit our social media sites or the school website pages to read about the achievements and events/activities held over the last couple of weeks.



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USA COLLEGE SCHOLARSHIPS PRESENTATION

Hear from Study & Play USA, Australia's largest US College Sports Recruiting Company

COME AND LEARN ABOUT

- ✔ How to Maximise Academic and Sporting Scholarships
- ✔ Why an Aussie student-athlete is the ideal US college recruit
- ✔ Academic and athletic eligibility matters
- ✔ How to get started!

ABOUT STUDY & PLAY USA

Study & Play USA has successfully facilitated scholarship opportunities for students across Australia for over a decade. To find out more before the session, go to www.studyandplayusa.com.au

WHO SHOULD ATTEND?

All students from grade 8 – 12 interested in learning more about the US College pathway.

WHEN: TUESDAY 25TH JULY

WHERE: APPLECROSS SHS AUDITORIUM

TIME: 6PM – 7PM Presentation PLUS Q&A

To find out more before the session, go to www.studyandplayusa.com.au





THE WA POLICE FORCE WANT YOU!



Your school crossing is in need of traffic warden.

If you or someone you know who lives in the local area is interested in assisting your school community, call the children's crossings unit on 6274 8731 or go to

<http://www.police.wa.gov.au/Traffic/Childrens-Crossings-Unit/Traffic-Wardens>

for more information and apply now.