Principal’s Message

On behalf of the Lake Illawarra High School community I would like to extend my deepest sympathies to the family of Georja Balfour who this week passed away in such tragic circumstances. At the time of writing we are still trying to come to terms with our loss.

Georja had spent 4 years at Lake High and was a very popular student. She had a cheeky grin and a great sense of humour which endeared her to those that met her. She was also extremely loyal to her friends. The most outstanding thing about Georja was that she was a nice person. By that I mean that Georja treated everyone in a respectful way and didn’t like to see people hurting.

Georja will be greatly missed.

Tony Hicks
Principal

Deputies’ Dialogue

It’s hard to believe we are half way through term 3 already. Before we know it Christmas will be upon us! This time of the term is assessment time and I know in many classes across the school students are working on assessment tasks and preparing for tests. Next term will see the start of the HSC for year 12 and yearly examinations for most other years.

As parents ourselves, we know how hard it can be to juggle school requirements with sporting and family commitments, not to mention motivating our kids to study when it is all sooo boring! To help out we have compiled a list of tips (see below) for parents to help your kids get the most out of school.

As is our practice at Lake High, Mid-term is one of the times when teachers complete student monitoring. Letters will be coming home in the post over the next few weeks to those students who are achieving above or below school expectations. If you receive one of these letters and would like to discuss your child’s progress please don’t hesitate to contact your child’s Year Adviser or Deputy Principal.

Practical Tips for High School Study ….

Summary…..

- Mark key exam and assessment dates on a calendar. Here is a link to a great homework planner
- Mark key exam and assessment dates on a calendar.
- Keep a notepad handy when reading over schoolwork to make notes or reminders.
- Tell your child to take a complete five-minute break every 40 minutes when studying or working on assignments.
- Good study approaches include making a summary of the main ideas and keeping a reflective journal outlining what they learned each day.
- During exams, look for task words such as ‘discuss’, ‘compare’ and ‘explain’, that tell you what to do.
Many kids find study difficult or boring, but you can help make it more rewarding by using the following ideas.

Developing an understanding of key concepts through study is generally more important than remembering large amounts of information.

The more kids process new material in ways that are personally helpful, the greater the chance of successful learning.

Keep up with assignments and assessment tasks
- Mark key dates on a calendar.
- Make an assignment schedule for each week.
- Make daily ‘to-do’ lists.

Review class work each day
- Keep a notepad handy while reading to make notes or reminders.
- Create flash cards of main ideas or key points (with details on the back).
- Make up study questions to test learning.
- Keep a reflective journal where students reflect on their learning for the day and note down key points and observations i.e. What did I learn? What questions do I have? What do I need more practise at? etc.

Take breaks while studying
- Your child will focus more if they’re not tired.
- Suggest to your child that they stand up after 20 minutes and walk around the room (while thinking about the topic).
- Tell your child to take a complete five-minute break every 40 minutes.

Good study approaches for your child to use
- Make a summary of the main ideas.
- Use organisers such as columns, lists or tables and colour-coded folders for different areas of the subject.
- Draw a diagram, or mind map, to show main ideas and links between them.
- Reorganise the information and label the points.
- Write key words in the margin.
- Use headings, subheadings, underlining or bold-face when making notes.
- Create a list of key terms.
- Paraphrase a difficult passage using simpler words.
- Try memory testing by saying aloud what has been learnt.
- Cover a paragraph, diagram or page and say aloud what it was about or write some brief notes.

Be Safe, Be Respectful, Be Responsible
Mrs Powell, Mr Munn and Mrs Campbell
Deputy Principals
<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Start Time</th>
<th>End Time</th>
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<tr>
<td>24/08/2015</td>
<td>JET program</td>
<td>JET program - Yr. 9-12 selected students</td>
<td></td>
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<tr>
<td>24/08/2015</td>
<td>Ski Trip</td>
<td>McKinlay, Dyer, Unicomb + 40 Yr. 9 &amp; 10 students. Returning 25/8 9pm</td>
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<tr>
<td>24/08/2015</td>
<td>Book Week</td>
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<tr>
<td>24/08/2015</td>
<td>Top Blokes</td>
<td>Top Blokes - Pds 3&amp;4 - Common Room</td>
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<tr>
<td>24/08/2015</td>
<td>Green Light Day excursion</td>
<td>Port Kembla. R. Willingham</td>
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<td>24/08/2015</td>
<td>9 PAS 1 Ten Pin bowling</td>
<td>9 PAS 1 Ten Pin bowling - J. Chaseling</td>
<td>8:30:00</td>
<td>10:30:00</td>
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<td>25/08/2015</td>
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<td>Outdoor Rec course - Pds 2-6</td>
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<tr>
<td>26/08/2015</td>
<td>Yr. 9 Commerce to Warilla Grove</td>
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<tr>
<td>26/08/2015</td>
<td>9 PAS Shellharbour Bowl</td>
<td>9 PAS Shellharbour Bowl - M. Munro</td>
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<td>27/08/2015</td>
<td>UOW-elevate: Young Leaders Forum</td>
<td>Yr. 11 students, D. McDonald, M. Linsell. L. McMahon.</td>
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<td>27/08/2015</td>
<td>Trade Roadshow</td>
<td>Yr. 9 interested students. R. Willingham, A. Unicomb</td>
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<td>27/08/2015</td>
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<td>10 PAS &amp; 11 SLR - ten Pin bowling, J. Chaseling, G. Anderson</td>
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<td>AIME - Years 9/10</td>
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<td>3/09/2015</td>
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<td>3/09/2015</td>
<td>MCA Science Sydney</td>
<td>S. Clarke Aquarium all day</td>
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<td>AIME - Years 9/10</td>
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<td>12:00:00</td>
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<td>7/09/2015</td>
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<td>9 PAS 1 Ten Pin bowling - J. Chaseling</td>
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University Application for 2016

Students applying to university for next year have some dates to remember:
- Early Admissions to UOW open 3rd August
- UAC applications (compulsory if applying to any uni) open 5th August
- UOW Open Day 15th August - which gives a final chance to make decisions on courses on offer.

Mock Interview Day Success

What a fantastic morning for our Year 10 students!! Various people from the working community came and interviewed students and many students were successful in how they presented, spoke to the interviews, with many “getting the job” for the Mock Interview. The experience was different for everyone, some over nervous, others confident and a few under prepared. The chance to speak to people they didn’t know about themselves is an invaluable experience that they can all now draw upon in future ‘real’ interviews.

The Mock Interview Day would not have been made possible if not for the wonderful support from the English Department and making this year a success for the students. Thank you.

Study Opportunities for Year 11 Students

Year 11 have been invited to participate in two different programs that may suit them to improve HSC results. **Master Class**: is an intensive 3 week course to help capable students get a head start on the HSC, experience university life and lectures and be guaranteed an early admissions interview at UOW. Apply online at: http://bit.ly/in2uniSMC

**University Preparation Program**: two terms tutoring of students in their chosen subject area by university mentors to help students improve study skills. Apply online at: http://bit.ly/in2uniUPP

For further information please contact the Careers Adviser at school.

"As always, I am here to help you."
Rhonda Willingham
Careers Adviser

On Monday of week 5, selected students from the Harbour Centre were invited to participate in National Tree Planting Day. The Oak Flats Bowling Club was kind enough to pick us up in their bus and take us to Blackbutt Forest.
When we got there, our organiser and two Shellharbour City Council workers helped us to plant over 250 different types of trees and grasses. After all our hard work, we went on a nature walk through part of the forest. We saw many different types of native birds, trees and wildlife.
After our walk, volunteers from Shell Cove Social Club cooked us all a yummy BBQ lunch. After we all finished eating and had done a clean-up, we thanked everyone for helping us throughout the day and for cooking the BBQ.

It was then time to get on the bus and go back to school. We all had a fantastic day with lots of fun and we are looking forward to going back next year to see how well our trees have grown and to plant some more.

Mr Dyer and MCC Class are studying Volcanos in our English and Science units. We made our own volcano and then we got to see it erupt. We made the volcano out of chicken wire to get its shape and then glued heaps of newspaper to the wire. We painted the volcano and made a village.
Mr Dyer organised the chemicals and we watch the volcano erupt.
MCC spent the morning planting and learning about plants with Terry the Ag assistant. We planted natives and we wanted the garden to be colourful.

Over the course of three days, Lake Illawarra hosted several Japanese students on an Australian Study Tour. The students were integrated into Year 7 and 8 classes and thoroughly enjoyed their time at our school. Chihiro, one of the Year 8 Japanese girls, stated, “I have a lot of good memories,” while Nayu, another Year 8 Japanese girl, agreed, “I had a very good time.”

The students participated in a variety of activities and subjects. They really enjoyed seeing the Agriculture Plot, especially as it was the first time seeing a cow in person for some of the students. At lunch time it was great seeing our Lake Illawarra High students teaching the Japanese students different elements of our Australian culture. The students were warmly accepted and I was very impressed with our Lake students for making this such a memorable experience overall.

A big thank you to student buddies in Year 7 and 8. Several of our Lake students volunteered their time as buddies, which meant they escorted the Japanese students around the school and assisted their interactions during recess and lunch. Some of our...
student buddies even took the Japanese girls out after school for fish and chip and showed them around our community. This was a very valuable experience for the girls and they really enjoyed spending time with our students. The Japanese boys also had an interesting time, as many had rides on the Bazzano’s hovercraft around the lake. The boys found this incredibly fun, so a big thank you to the Bazzano family for facilitating this amazing experience.

On Tuesday night the Japanese students and host families attended a dinner night at Kiama Primary School. This was a great night full of origami, lots of food, socialising and cultural songs. Unfortunately, the time went very quickly and on Wednesday period 6 we held a graduation ceremony for our Japanese students. They loved eating some of our Aussie favourites – such as Tim Tams, ANZAC biscuits, Smiths chips, and more. There was also a cake of a similar size to Australia! The kids really enjoyed seeing their photos on display and interacting with our table stations. The stations consisted of origami, letter writing, anime drawing and a photo booth. It was a lovely day, but the Japanese students were very sad to leave our school and return home. Thank you to everyone who assisted with this study tour, it was a valuable and rewarding experience.

Miss McLoughlin.
Year 10 student Jordan Pirrone proudly displaying his completed Camp Shovel project.

Max Woll demonstrating his skill at braze welding with the Oxy-acetylene gas welding equipment.

Matt Usher competently angle grinding the ends of his project.

Angela Palmer and Teneal Pendergast working together to assemble their table tops in Yr9 Industrial Technology Timber.

Mr Dave Sieden and Yr9 metalwork student Lachlan Kaplantzi working together to mark out the next project.

Blake and Samuel apply the final touches to their Yr8 jewellery box.
Positive Behaviour for Learning is what PBL stands for and it is our aim at LIHS to reward students for good behaviour.

PBL Rewards
Respectful
Responsible
Safe
Learners

### PBL VALUES

<table>
<thead>
<tr>
<th>RESPONSIBILITY</th>
<th>Week 7: Right place, right time</th>
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<tbody>
<tr>
<td></td>
<td>Week 8: Right place, right time</td>
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</table>

**BEYOND THE FRAME SOUTHERN STARS 2015**

Rehearsals for Southern Stars 2015 *Beyond The Frame* are in full swing with students taking part in a wide range of dance and vocal rehearsals around the state.

The buzz around the show is growing daily and tickets are selling more quickly this year than ever before so we encourage you to buy your tickets through Ticketmaster (Adult $48, Pensioner and student over 12 $38, Student/Child under 12 $27 and Family pass $140) as soon as possible to make sure you don’t miss out.

*Beyond the Frame*, featuring 3000 public school children, will take place over four performances at the WIN Entertainment Centre in Wollongong on Friday August 28 (10am and 7pm) and Saturday August 29 (2pm and 7pm).

To keep up with all the news about *Beyond The Frame* including recent media stories and picture galleries, as well as profiles of performers and teachers involved in the show, visit the Southern Stars – The Arena Spectacular Facebook site. Like us and share with your friends and family!

This term Lake Illawarra High School is taking part in the Partners in Learning parent survey. The Partners in Learning parent survey is for parents and carers of school students. It is designed to clarify and strengthen the important relationship between parents/carers and school by gaining insights into parent/carer and staff communication, activities and practices at home, and parent/carer voice on school support of learning and behaviour. The survey results help to build an accurate and timely picture that schools can use for practical improvements.

It complements the student and teacher surveys. Parents and carers access the survey via this direct link: [https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent17094&j_password=Lak8474](https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent17094&j_password=Lak8474)

**How does it work?**
Parents/carers take the survey online in their own time. The survey usually takes less than 30 minutes and is anonymous.

**What does it ask?**
The parent survey asks parents/carers a range of questions related to the following drivers of student outcomes:

<table>
<thead>
<tr>
<th>Parents feel welcome</th>
<th>Parents are informed</th>
<th>Parents support learning at home</th>
<th>School supports learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>School supports positive behaviour</td>
<td>Safety</td>
<td>Inclusion</td>
<td>Parent participation at school</td>
</tr>
</tbody>
</table>

If you have any questions please feel free to contact the school on 42963844 or access the following link [http://surveys.cese.nsw.gov.au/](http://surveys.cese.nsw.gov.au/)
Tell Them From Me parent survey
Frequently Asked Questions (parents and carers)

Centre for Education Statistics and Evaluation

1. What is the Partners in Learning parent survey?

The Partners in Learning parent survey is part of the Tell Them From Me suite of surveys on student engagement. The parent survey helps to clarify and strengthen the important relationship between parent and school.

The survey is designed to measure, assess and report insights at the school and system levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices.

2. What kind of questions will the survey ask?

The survey questions aim at understanding parents' perspectives on their child's experience at school, including teaching, communication, activities and practices at home and the school's support of learning and behaviour.

The survey will ask parents questions about:

- Parents feel welcome
- Parents are informed
- Parents support learning at home
- Parents participation at school
- School supports positive behaviour
- Safety
- Inclusion
- School supports learning

3. How have schools been selected to take part?

The survey is open for all NSW government schools to participate in at no cost to them. Your school has taken up this offer.

4. How will taking part in this survey benefit my child’s school?

The parent survey provides school principals and school leaders with parents' perspective on their school as well as learning at home. Communication between parents and staff, activities and practices at home, and parent views on the school's support of learning and behaviour all help build an accurate and timely picture that schools can use for practical improvements.

Data collected from the survey responses are quickly compiled into reports for school leaders. Principals can then use this information to help them identify emerging issues and plan for school improvement.

5. How does the parent survey relate to the student survey?

The parent survey is complementary to the Tell Them From Me student survey that your child may have been asked to participate in. These surveys are offered (along with a teacher survey) to ensure schools can capture the views of students, teachers and parents.

For more detail on each of the surveys, see the survey website: http://surveys.cese.nsw.gov.au/

6. What do I need to do to participate in the survey?

The survey typically takes 15 minutes and is conducted entirely online through a secure website operated by the survey developers, The Learning Bar. You will be provided with a link to complete the survey at home or your school may make computers available so that you can complete the survey during school hours.

7. Do I need to participate?

No, participation in the survey is optional. Whilst your responses are very much appreciated, if during the survey, you feel uncomfortable, you can stop the survey at any time. The majority of questions in the survey can be skipped.
8. Will the school be able to identify me or my child from my responses?
Staff in schools will not be able to identify individual parents or students from parent responses. To ensure confidentiality, schools will be provided with a single username and password for all survey users. Where fewer than five parents respond to a question, the results will not be made available.

9. What sort of analysis will be done on the survey data?
Once the surveys are completed, reports are prepared and in most cases are available to schools within three business days. School leaders may use the data to better understand the experiences and views of parents at their school.
CESE will undertake state-wide analysis of the survey data in conjunction with existing student data held by the Department, including performance data. The results will help all schools better understand the relationship between parents and student's engagement and wellbeing, effective teaching and student learning. Results from CESE's analysis of this data will also help teachers and principals discuss what works to improve student outcomes. This supports the Department's continuing focus on quality teaching and leadership. The data will be retained for future analysis to help us better understand the nature of student engagement and wellbeing over time.

10. When will the Partners in Learning survey happen?
The surveys will be conducted in all participating schools between Monday 17th August (Week 6, Term 3) and Friday 16th October 2015 (Week 2, Term 4).

What is CESE?
The Centre for Education Statistics and Evaluation (CESE) is part of the Department of Education and Communities, within the Office of Education.
CESE has been established to improve the effectiveness, efficiency and accountability of education in New South Wales.
CESE will identify and share what works, creating new opportunities to improve teaching and learning across all of education.
More information about CESE is available at: www.cese.nsw.gov.au

What is The Learning Bar?
The Learning Bar is a Canadian education company that specialises in school surveys for both primary and secondary students. Its survey, Tell Them From Me, is the largest national school survey in Canada, used in nine of Canada's ten provinces. More than 2,600 schools and 1.7 million Canadian students have participated in the survey over the last nine years.
The Learning Bar is led by Dr J Douglas Willms. Dr Willms is a Professor and Director of the Canadian Research Institute for Social Policy at the University of New Brunswick, and holds the Canada Research Chair in Literacy and Human Development. Dr Willms led the development of questions on student engagement for the OECD's Programme for International Student Assessment (PISA).
More information about The Learning Bar is available at: www.thelearningbar.com

If you have any questions about the parent survey, please contact CESE via email: TTFM@det.nsw.edu.au or by telephone: 9561 8688 / 9561 8331 / 9561 8370.
Information for Parents and Carers

Mistakes happen
Learn from mistakes – whether by you or the young person – to learn and keep moving forward. Having some conflict and then repairing the relationship is more important than avoiding doing anything because you fear upsetting the young person.

What affects a young person’s mental health?
There is no one “cause” for mental health concerns. Instead, it seems that a number of overlapping factors may increase the risk of a young person developing a mental health problem. These can include:
- Biological factors – family history of mental health problems
- Adverse early life experiences – abuse, neglect, death or a significant loss or trauma
- Individual psychological factors – self-esteem, coping skills or thinking style
- Current circumstances – stress from work or school, money problems or difficult personal relationships, or problems within your family
- Serious illness or physical injury
- Drugs and alcohol – use and experimentation

How to find help
If you are worried about the health and safety of a young person:
Talk openly and honestly with them, and let them know that you are concerned.
Reassure them that you will be there for them, and ask what they need from you.
Let them know that there is lots of help available.
Help find an appropriate service, such as a headspace centre (headspace.org.au) and support them in attending.
Ask direct questions if you are concerned about suicide. For example, have you been thinking about dying? Have you thought about ending your life?
Help them build a support network.
Look after yourself as well. Get some support by talking to someone you trust, and seek professional help for yourself if you need it.

Some important things to remember about young people
- Young people need a sense of belonging, connectedness to their family, friends and community, and to make a meaningful contribution.
- Firm and consistent boundaries are essential, but try to involve the young person in negotiating acceptable “rules”.
- A balance between self-responsibility and support helps a “child” grow to an “adult”.
- Young people need to do things differently from their parents and become individuals in their own right.
- Teenagers and young adults often question everything their families say and do.
- Try to stay confident in yourself, but also be open to learning.

headspace
For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that the information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.
Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them. It can often be hard as a parent to know the difference between normal behaviour, such as occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.

Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

<table>
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<tr>
<th>Not enjoying, or not wanting to be involved in things that they would normally enjoy</th>
<th>Changes in appetite or sleeping patterns</th>
<th>Being easily irritated or angry for no reason</th>
<th>Their performance at school, TAFE, university or work is not as good as it should be or as it once was</th>
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<tr>
<td>Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol</td>
<td>Experiencing difficulties with their concentration</td>
<td>Seeming unusually stressed, worried, down or crying for no reason</td>
<td>Expressing negative, distressing, bizarre or unusual thoughts</td>
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<tr>
<td>Justified reasons</td>
<td>Unjustified reasons</td>
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<tr>
<td>• Doctor’s/Dentist appointment – must provide evidence, such as a Doctor’s/Dentist certificate or letter</td>
<td>• Sleeping in/ alarm not going off</td>
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<tr>
<td>• Appointment with other health care professional or similar service – must provide evidence, such as an appointment card or letter</td>
<td>• Missed the bus</td>
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<td>• Special family circumstances – note/verbal explanation must be provided</td>
<td>• Traffic/ road works</td>
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<td>• Bus delayed – school will check to verify</td>
<td>• Walked to school</td>
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<td>• Interview with Principal, Deputy/Assistant Principal, Counsellor or other school personnel – staff involved must inform the front office</td>
<td>• Waiting for parent</td>
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<td>• Minding sibling</td>
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<td>• Shopping</td>
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<td></td>
<td>• Other similar reasons</td>
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</tbody>
</table>

**Please note:** A note from a parent or verbal explanation from parent who drops student at school for any reasons listed above as ‘unjustified’ DOES NOT make the reason ‘justified’.

Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the school’s website by selecting $ Make a payment.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called other this to cover items not covered in the previous headings, other can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- Date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

Thanks
Ria Douglas
SAM
LOOKING FOR VOLUNTEERS!

Our school is currently looking for parents, grandparents or caregivers who are available to assist in a reading program for Year 7 students. Anyone who is interested in being involved please contact Tony Hicks or the Learning Support Team on 4296 3844.

If you would like to place an ad for your business in our newsletter please phone the school on 4296 3844 for more information.

Lake's Breakfast Club
Is open Tuesday & Thursday 7.45am

Our proud sponsor of our breakfast club is the:

The Shellharbour Club

Benson is proudly sponsored by:
McGrath Estate Agents
Now servicing your area
Phone: (02) 4293 2888
Email: fomkiama@mcgrath.com.au
Call today for a FREE market update
Community Notices

Lake Illawarra High School does not receive or accept any paid advertising for Community Notices. Also, we have no way of checking the bona fides of any information received. We encourage parents/caregivers to make all necessary checks prior to involving their children in activities listed.

Fundraising For Lake High

This book is $55 (you can get an electronic version too) and $11 gets donated to Lake Illawarra High School!! If you do buy one simply click on the link below or copy and paste into your browser. *Please select Pick up as you can collect the book from the school office*


Australian Air Force Cadets

314 Squadron is recruiting!
Attend an information session with your parent(s) or guardian(s)
Date: Tuesday, 25 August 2015 or Tuesday, 01 September 2015
Time: 7 pm, for approx 1 hour
Location: Lake Illawarra Cadet Facility
2/1a Northcliffe Drive
Warrawong
(between the Illawarra Rowing Centre and The Illawarra Yacht Club)
More information:
314sqn.aafc.org.au
co.314sqn@aafc.org.au
(02) 4276 3906 (Tuesday nights)

The 2015 | 2016 Entertainment™ Memberships are here!
And new this year, you have a choice:

- The traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers

or

- The Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone!

Entertainment™ Memberships contain thousands of valuable up to 50% off and 2-for-1 offers from many of the best restaurants, cafés, arts, attractions, hotel accommodation, travel and much more!

Make sure Ria Douglas' name is up in the top right hand corner or there should be somewhere where you can type in Lake Illawarra High School. Message this page if you need help!
Thanks for your support. For more info on the book www.entertainmentbook.com.au make sure you search through the NSW South Coast book for all the amazing deals you get!

2015 Summer Football

U6 - U7 - 4 A-Side - $80 pp
U8 - U18 - 7 A-Side - $100 pp

Two venues to choose from:
Lakelands Oval, Dapto Memorial Park, Corrimal

Team & Individual Player Nominations now open

Go to www.footballsouthcoast.com or phone Debbie 42856929
**Coerver Coaching** is the world’s number one global football program:
- Developing skilled, confident and creative players of all abilities.
- Make the game fun to practice and play.
- Under 7s mighty mites program available.
- Focus on the 4 core skills 1v1, striking the ball, running with the ball & first touch.
- Individual, team, club and school programs available.
  Registration online beginning February
  Mondays and Wednesdays
  Centrally located at Albert Butler Oval
  Kemblawarra

Email: nsuscah@coerver.com
Ph: 0459532223
Like us on facebook @ Coerver South Coast
www.coerver/wp/nsuscah.com.au

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**Fun Fridays**
**Fridays 4pm - 6pm**
(throughout school term)

PCYC Lake Illawarra is proud to announce the return of our Fun Friday’s program.

Fun Fridays is a fun activity for primary school aged children between the ages of 5 and 12, where different games will be played each week. The program will run from 4pm until 6pm each Friday afternoon throughout the school term.

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**Homework Hub**
**Tuesdays 3:30pm - 5pm**
(throughout school term)

PCYC Lake Illawarra is proud to announce the arrival of the Homework Hub.

Homework Hub is a tutoring program assisting students from Kindergarten to Year 8 in their day-to-day homework tasks. This program will run from 3.30 – 5pm on Tuesday afternoons throughout the school term. The program requires a small term fee of $50.00, with easy payment plans available for your convenience.

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Not for profit Physie Dance School!
Pre-school to Ladies Physie Dance Classes From Only $5
Troupe/Team Classes, Private Lessons, Stretch and Marching Classes for Girls aged 2 years to Ladies.
www.albionparkphysie.com
Sherone: 0428 839583 or Jackki: 0413 023718
albionparkphysie@gmail.com

Classes held on Tuesdays, Thursdays & Saturdays.
Location: Centenary Hall, Tongarra Rd, Albion Park
Term 1 Resumes: 10th February 2015
JOIN NOW & RECEIVE THIS BONUS PACK
*Register & pay for term 1 and receive a bonus package FREE Worth over $150

“Empowering Girls for Life”

REGISTRATION AND ORIENTATION DAYS:
THURSDAY 29th JANUARY & THURSDAY 5th FEBRUARY
4pm to 6pm Centenary Hall
UNIVERSITY OF WOLLONGONG

UOW Important Dates 2015

**Early Admission**
Applications open: Monday 3rd August
Applications Close: Friday 28th August
For questions call 1300 367 869

**Open Day**
Saturday 15th August
10am-4pm

**UOW Campus Tours**
Every Friday at 10am and 3pm
For bookings call: 1300 367 869

**Year 10-12 Information Evening**
Monday 4th May
Building 67, University of Wollongong

**Illawarra Coal Region Careers Expo**
12th to 13th May

For any enquiries, please contact Liz Clark at eclark@uow.edu.au or call 4221 4268

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TAFFE NSW ILLAWARRA

English for Employment free course provides job skills training for migrants with overseas qualifications. Commencing 10 August to 20 November 2015.
For more information, please ring Lucy on 4229 0146.

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Are you interested in becoming a volunteer English language tutor to adult migrants?
Volunteers are urgently needed in your area
to tutor 1-2 hours per week
All training is provided
Learn new skills and make a difference in your community

For more information please contact:
Email: hts@thesmithfamily.com.au
Phone: 9085 7264
Web: thesmithfamily.com.au/home-tutor-scheme
The Learner Log Book Run is a practical course for learner drivers who have completed a minimum of 40 log book hours.

- The program provides learner drivers and their supervisors the opportunity to participate in a planned drive which follows a route in the Wollongong region including a range of driving experiences.
- Participants will also experience a Random Breath Test (RBT) and Driver Reviver rest stop which informs them how to deal with fatigue.
- The program is delivered in partnership with Wollongong City Council, Bulli Police & Community Youth Club and Volunteers in Policing to help learner drivers complete the compulsory 120 hours of driving experience required.
- The Learner Driver Log Book Run program reinforces the importance of educating young people early in their driving life about behavioural issues that could one day save their lives.

The next Learner Log Book Run will be held:

**Date:** Sunday 30th August 2015

**Time:** 9:30am – 12noon

**Location:** Bulli PCYC

**Cost:** FREE (including driver reviver stop snacks and lunch on completion)

Bookings are essential as places are limited and can be made by contacting Wollongong City Council on 4227 7111 or rso@wollongong.nsw.gov.au

FREE WORKSHOP for parents and supervisors of learner drivers

**Helping Learner Drivers Become Safer Drivers workshop for supervisors of learner drivers**

Supervisors of learner drivers are encouraged to attend this workshop to increase their knowledge and confidence in helping their learner become a safer driver.

Participants will gain practical advice on:

- Supervising a learner driver
- The Learner Driver Log Book
- L & P Plate licence regulations
- How to encourage safe driving behaviours
- A light supper will be provided. Accompanied learners also welcome.

The next Learn Safe workshop will be held:

**When:** Tuesday 8th September 2015, 6 pm – 8 pm

**Where:** Wollongong City Council, Level 9 Function Room

**Cost:** FREE (including a light supper)

Bookings are essential and can be made by contacting Wollongong City Council on 4227 7111 or e-mail rso@wollongong.nsw.gov.au