



THE POINT

Your Community School Promoting Excellence

Term 1 Weeks 3 & 4 Picnic Point High School Update

28 February 2022

Congratulations to our Year 12 students who attended the Deputy Principal Morning Tea last week for their commitment and effort in their studies.

Ashleigh Barton, Meghan Battams, Tommy Bui, Zack Carter, Mackenzie Cole, Eden Dumalovski, Sophie Edwards, Mona Hinoura, Clara Hoang, Emily Irving, Taylor Meredith, Holly Nguyen, Tara O'Gorman, Ruby Pike, Ryan Saab, Sarah Scott, Lachlan Small, Payton Tahata, Josephine Tanamal, Byron Tickner, Antonia Touvelos, Daniel Walsh, Tony Wong and Blake Woods

Ms Stavros
Deputy Principal



Coming up @ PPHS

Social Media

Website:

www.picnicpt-h.schools.nsw.edu.au

Facebook:

Picnic Point High School Official

Twitter:

@picnicpoinths

WEEK 5		WEEK 6	
Monday 28.02	School Photo Day 1 Years - 7, 8, 9	Monday 07.03	
Tuesday 01.03	Year 6 - 7 2023 Open Night	Tuesday 08.03	Year 7 2022 Information Evening
Wednesday 02.03	School Photo Day 2 Years 10, 11, 12 Zone Swimming Carnival	Wednesday 09.03	
Thursday 03.03		Thursday 10.03	
Friday 04.03		Friday 11.03	

Year 7 Transition - iThrive


Year 7 have made a strong start to the year at PPHS! In iThrive, our integrated curriculum program, students have begun their first experience of project based learning through exploring the driving question "Who am I behind the (face) mask?". Students are looking forward to using their projects in our 2022 "Museum of Us".

Year 7 have also been working on the 5 Cs of learning - Creativity, Character, Communication, Critical Thinking and Collaboration. Mr Sly's iThrive class was challenged to draw a simple picture then verbally communicate the drawing directions to a partner. Students learnt a lot of effective communication as you can see from the photo!

Our 2022 iThrivors have been lucky enough to enjoy our new initiative - Stage 4 iThrive STEM Challenges. Year 7 iThrive classes have been buddied up with Year 8 iThrive mentor classes and combine learning once per fortnight to take part in a STEM Challenge. Year 7 and Year 8 students work together in small groups to solve problems which have so far included a murder mystery and building the highest lego tower. You might think building the highest lego tower sounds simple...but students were further challenged to spend three minutes building in silence and three minutes building using only one hand! Year 8 iThrivors are to be congratulated on the outstanding leadership, maturity, care and compassion they have shown as learning mentors to Year 7.

Ms Smith

Head Teacher Mentor - Lead iThrive



Please remind Year 7 and Year 8 students to charge their laptop every night!

YEAR 7 CAMP



**SAVE THE DATES
MAR 30-APR1**



Picnic Point High School

Your Community School Promoting Excellence



Open Night for Year 7 2023 Enrolments

Tuesday 1st March, 2022

6:00pm - 7:00pm

Due to the current COVID-19 health and safety procedures, Picnic Point High School will present the 2023 Open Night via Zoom.

The zoom link will be available on the school's website <https://picnicpt-h.schools.nsw.gov.au/>



This Zoom meeting will provide families with the opportunity to learn about the school's values, along with a detailed explanation of the facilities and the wide range of extra-curricular activities for all students.

Incoming families of year 7 2023 can now choose either a single sex high school or a coeducational high school setting. Your child may be eligible to attend PPHS as their local coeducational school.

Check the School Finder - <https://schoolfinder.education.nsw.gov.au/> or contact us on 9772 1700 or via email picnicpt-h.school@det.nsw.edu.au

Picnic Point High School

Your Community School Promoting Excellence

Did you know that the school zones have changed for 2023?

GOVERNMENT PRIMARY SCHOOL

If your child is currently attending a Government Primary School you will soon be provided an Expression of Interest form outlining local and non-local school application processes.

OUT OF AREA ENROLMENT

Are you considering enrolling for a position in Year 7 2023 at Picnic Point High School? Expressions of interest are now open for out of area applications. Please contact us on 9772 1700 to obtain more information.

PROVEN OUTSTANDING ACADEMIC SUCCESS

16 students scored an ATAR of 90 and over.
86 students achieved 76 band 6s and 194 band 5'.
37 student results were published on the NESA Distinguished Achievers list.
PPHS is ranked 17th in the top comprehensive public schools list.

STUDENT LEADERSHIP PROGRAM

A well established program since 2006 which focuses on the practical development of students' leadership skills.

CREATIVE AND PERFORMING ARTS

Picnic Point High School provides students with the opportunity to participate in many of The Arts Unit's programs such as Schools Spectacular, State Dance Festival, State Drama Festival, Pulse Alive and In Concert. Students can join extra curricular ensembles for dance, band, choir and musical theatre.

INNOVATIVE CURRICULUM

iThrive is an integrated, project based learning subject that supports students in their academic and wellbeing transition into Year 7 and throughout Stage 4.

SPORT

Proven success in boys and girls sport, including multiple state championship titles in cricket, basketball, soccer, water polo and touch football.



Year 11 Update

As Year 11 begin their senior years, there are lots of exciting events happening. In the next few months we will be organising our school jackets for Year 12. For our school camp on May 25 - 28 we will be heading to Kincumber. Keep an eye out for the information and when payments are due.

Ms Worthington
Year 11 Adviser

Sports Update

On 16 February Picnic Point HS held their annual swimming carnival. Like last year, due to restrictions, it was held as a competitor only event. Throughout the entire day, each swimmer demonstrated great competitiveness, sportsmanship and desire to achieve the best results possible. This resulted in several outstanding results across all age groups. Overall, it was a very successful day and a big thank to all students who competed, as well as the staff who attended and contributed to the smooth running of the carnival.

The BSSSA Zone Swimming Carnival is scheduled for Wednesday 22 March @ Max Parker Leisure Centre.

Mr Arvanitis
PDHPE



eSafety's parent guide to cyberbullying and online drama

Summary Sheet

Cyberbullying is sending or sharing seriously threatening, seriously intimidating, seriously harassing or humiliating online content to or about someone under 18.

The behaviour might include abusive texts and emails, hurtful messages or creating fake accounts to trick someone or humiliate them

One in five young Australians aged 8 to 17 years say they have been socially excluded, threatened or abused online.

Helping your child manage devices and accounts

Regularly reviewing settings in apps and on devices can help young people manage online drama and protect their wellbeing. You can support them by encouraging them to do this

Review privacy settings regularly

- Limit or filter comments to help manage negativity online.
- Actively manage who can make contact online by using the tools to mute, restrict, delete or unfriend others for a period of time or permanently.
- Enable wellbeing settings that help track time online and schedule breaks.

Most services provide a parent guide to help you understand the basic settings.

Examples

- [TikTok Safety Center for Parents](#).
- [YouTube Kids Parental Guide](#)
- [The Parent's Guide to Snapchat - ConnectSafely](#)
- [A Parent's Guide to Instagram - Reachout.com](#)
- [Tips for parents on helping your teen stay safe on Discord](#)

Building social and emotional skills

Cyberbullying is often an extension of face-to-face bullying. Talk regularly to young people about their relationships, including what happens online. Start the chat by asking some key questions:

- What do you do if you feel frustrated or angry about something happening online?
- What would you do if you saw someone harassing a friend?
- What can you do if you feel like someone is trying to make you look bad online?

[Young and eSafe](#) has practical advice and videos for young people. The resource covers topics such as respect, responsibility, empathy, resilience, and critical thinking.

You can also use our [conversation starters](#) to help with a range of online safety topics.



eSafety Commissioner

esafety.gov.au

Supporting your child if they experience cyberbullying

eSafety research showed that more than 80% of teens took some form of action after a negative online experience, and this mostly involved self-help or speaking to family or friends.

If you are aware that your child has had a negative experience like cyberbullying, try to stay calm and remind them that support is available. eSafety can help you deal with the issue and report the abuse.

- We have general information about [different types of cyberbullying](#) and how the abuse may affect your child's behaviour.
- Our videos step you through [collecting evidence](#).
- [The eSafety Guide](#) provides links to help you report a complaint to the social media site, app, game or websites where the cyberbullying occurred.
- We have FAQs about about [how to report](#) cyberbullying to eSafety and information on [how we handle complaints](#).

Encouraging early help-seeking

Provide easy access to information about support services, such as displaying key contact numbers on your fridge.

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

[kidshelpline.com.au](#) or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 to 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

[ehheadspace.org.au](#) or 1800 650 890

Support for parents

Each state or territory has a dedicated parent helpline that offers counselling, information and a referral service. Opening hours vary by state.

Parentline (QLD and NT) — 1300 30 1300

Parent Line (TAS) — 1300 808 178

Parentline (VIC) — 13 22 89

Parenting WA Line (WA) — 08 6279 1200 or 1800 654 432

Parentline (NSW) — 1300 1300 52

Parent Helpline (SA) — 1300 364 100

eSafety's parent guide
to cyberbullying and online drama

