



THE POINT

Your Community School Promoting Excellence

6 May 2022

Term 2 - Weeks 1 & 2 Picnic Point High School Update

Indigenous Youth Placement - Army Officer: Royal Military College – Duntroon 25-29 April

Congratulations to Seth Trindall Year 12 and Riley Farrell Year 10 who were chosen via a successful selection process to participate in this elite program. Both boys were flown down to Canberra on ANZAC day to observe a prestigious ceremony at Duntroon and then they participated in a residential program which they have both thoroughly enjoyed. Unfortunately, no photos were taken due to the confidential nature of the military college.

The program included:

- a five-day residential program designed to give aspiring students aged 15-18 a comprehensive overview of life in the Army.
- exposure to the day-to-day activities of an Army Officer
- the opportunity to experience Army lifestyle as a whole
- Australian War Memorial Tour
- physical activities such as -Outdoor obstacle course - Over water obstacle course - Weapons demonstrations - Leadership drills
- information regarding Leadership Courses and recruitment process, as well as training and degrees at ADFA.

Thank you to Ms Waibel (Careers Adviser) for her support through the application process.



Year 7	Elijah Pope
Year 8	Brandon Nguyen
Year 9	Lexi Dredge
Year 10	Bridget Morgan
Year 11	Jarrold Vangent
Year 12	Antonia Touvelos

Students of the month - March

Coming up @ PPHS

Social Media

Website:

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

Facebook:

Picnic Point High School Official

Twitter:

@picnicpoinths

WEEK 3		WEEK 4	
Monday 09.05	NAPLAN Online Yr 11 VET Entertainment White Card	Monday 16.05	NAPLAN Online Yr 11 VET Construction White Card
Tuesday 10.05	NAPLAN Online Yr 11 VET Entertainment White Card	Tuesday 17.05	NAPLAN Online Yr 11 VET Construction White Card
Wednesday 11.05	NAPLAN Online	Wednesday 18.05	NAPLAN Online
Thursday 12.05	NAPLAN Online	Thursday 19.05	NAPLAN Online
Friday 13.05	NAPLAN Online	Friday 20.05	NAPLAN Online

NAPLAN 2022

The NAPLAN assessment period commences in Week 3 and will be completed in Week 4 this term (10 - 20 May). All Year 7 and Year 9 students will complete these assessments based on Reading, Writing, Language Conventions and Numeracy. This year both year groups will complete the assessments online. Year 9 students will use school devices and Year 7 students will use their own devices BYOD. It is important that all Year 7 students have installed the locked-down browser on their device before their first assessment on Tuesday 10 May 22. Follow the link below if your Year 7 child has not already done this.



<https://www.assessform.edu.au/layouts/Technology/LockedDownBrowser.aspx>

If you wish to practice the assessments with your child beforehand here is a link to the public demonstration site. Click YES and Next to all the start up questions to commence the practice tests.

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

Good luck to all Year 7 and Year 9 students over the next 2 weeks!

Ms Lamaro

Deputy Principal

Debating

It's Debatable!

2022 has begun slowly with debating and public speaking. However, Term 2 will change all of this. We have great contenders and our next meeting will determine teams and competitions.


Ms Poulos

English Faculty

Plug-in headphones can be purchased from various supermarkets and Officeworks for as little as \$2.

Keji Earphones White

Product Code: KJINEARWE Category Links: Earphones & Earbuds | Earphones & Headphones



\$2.00

Year 7 Social Media talk

On 2 May, Constable Andre Korchagin the school's Police Youth Liaison Officer presented important information to our Year 7 students. The focus of this presentation was on social media and sharing information online.

Andre highlighted that the average age of gamers is 30, so many of the students are playing online games against people more than twice their age.

Alannah from 7E commented that you could never tell if strangers online were telling the truth about their age or anything else and it's best to block them.

Students were advised to report any online issues directly to the e-safety commissioner.



Ros Lamaro

Deputy Principal

[Click Here](#)



Mental health resources for families



How trauma affects children and young people - Be You

Depending on developmental stage, there are a range of behaviours seen in children and young people who've experienced trauma. Regression: individuals may return to 'younger' behaviours like bed wetting or sucking their thumb.

beyou.edu.au

How does trauma affect young people?

Short-term effects

The short-term effects of trauma are often described as normal reactions to abnormal events,⁹ and can include:

- fear
- guilt
- anger
- isolation
- helplessness
- disbelief
- emotional numbness
- sadness, confusion
- flashbacks or persistent memories and thoughts about the event.¹⁰

It is really important to know that these are normal and healthy reactions to trauma. These can last for up to a month after the trauma has occurred, and can slowly reduce over time.

Long-term effects

Sometimes these strong emotions, thoughts, and memories can continue over time and even worsen. This can overwhelm a young person and have damaging effects on their life and its course (e.g. their wellbeing, relationships, and their ability to work and/or study).⁶ Some traumas, such as those occurring in childhood, may have effects that only become clear later in life.¹¹ Long-term, there is a strong relationship between trauma and poor mental and/or physical health outcomes; however, in many cases young people can bounce back with the right support.^{12, 13} In some situations, young people can draw personal strength from their struggle with trauma and experience a feeling of positive growth.¹⁴

Developmental effects

Being exposed to trauma when we are very young can change how our brain grows, negatively affecting our ability to learn.^{15, 16} High amounts of stress when we are very young can also increase risk-taking behaviours in adolescence and early adulthood, which can lead to poor physical health later in life.¹¹

Help is at hand

Support is a huge protective factor against ongoing mental health difficulties related to trauma. Sometimes people can try to cope with the effects of trauma alone, even though reaching out for support can be hugely beneficial. Some young people might feel an overwhelming sense of self-blame or shame and might not be aware of or understand the effects of trauma, making it even harder to seek support.

Seeking help from someone you know

It is really important to try to find someone you can talk to about what's going on for you. Seeking support for trauma recovery does not make a person 'weak', in fact it is a brave step to take on the road to recovery. Opening up about traumatic events can be daunting, making it very important to find someone you feel comfortable with and can trust to talk to. This person might be a family member, friend, or school counsellor.

Seeking professional help

Some young people may not feel comfortable opening up to people in their personal lives and may prefer to seek help through a mental healthcare professional. In terms of seeking professional help, a good place to start is with your GP, a counsellor, or through a visit to [your closest headspace centre](#).

A number of helplines are also available:

- [Blue Knot Helpline](#) (1300 657 380) provides information and short-term counselling for survivors of childhood sexual abuse.
- [1800RESPECT](#) (1800 737 732) provides similar over-the-phone support for survivors of sexual assault, domestic, and family abuse.



ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

Ride a bicycle safely

As younger children are still developing the skills needed to ride alone, the safest place to ride bikes, scooters and skateboards is within fenced areas.

Until children are at least 10 years old they should ride away from vehicles and driveways. As they are learning to ride it is important to ride or walk alongside them and talk about how to be a safe bicycle rider.

Children between 10 years old and 12 years old should ride away from busy roads.

Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

Teach your children to be safe bicycle riders by getting them to always:

- follow bicycle road rules including:
 - ride to the left on footpaths
 - give pedestrians right of way on footpaths
 - watch out for cars entering or leaving driveways
- wear a correctly fitted bicycle helmet – it's the law
- wear bright-coloured clothing such as a vest so other road users can see them.

For older children, think carefully about the following when judging their ability to ride on their own:

- How safe is the travel route?
- What are their riding skills like?
- How aware are they of their surroundings in the traffic environment?
- How well can they manage unexpected hazards?

Your school will have procedures about students bringing bikes onto school grounds. Ensure your children follow these at all times.



For further support

Go to the department's Road Safety Education program at education.nsw.gov.au/road-safety-education or visit education.nsw.gov.au and search for road safety education.