



THE POINT

Your Community School Promoting Excellence

Term 3 Weeks 9 & 10 Picnic Point High School Update

23 September 2022

Dear Picnic Point High School community,

As we come to the end of Term 3, I would like to take this opportunity to commend all students on their learning through this term. To the Year 12 class of 2022, congratulations on your achievement over the past 6 years and for your upcoming Graduation. We wish you all the best as you make final preparations for your HSC examinations commencing on Wednesday 12 October. I encourage all students to look after themselves and remember to balance study with appropriate rest breaks. Year 12 parents/carers and students are encouraged to visit the Stay Healthy HSC Hub for useful resources via this link: [Stay Healthy HSC](#).

I would like to wish you all a wonderful school holiday break. Please stay safe and we look forward to seeing all students ready for a final term of learning on Monday 10 October.

Ms Tarasenko
Relieving Principal

Congratulations to the new Student Leadership Team for 2022-2023

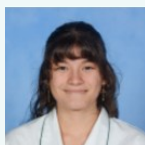
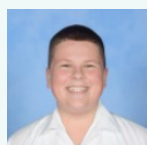
In Week 7, the interviews for the position of School Captain and Vice Captain were conducted. This was the Prefects opportunity to outline their passion and vision for the school community. The exceptional quality of candidature was a testament to the leadership of the students at Picnic Point High School. We are so proud of each of the Prefects who put themselves out there and applied.

It is with great pleasure that the incoming School Captains and School Vice Captains for 2022-2023 can be announced.

School Captains

Brayden Cooke

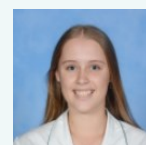
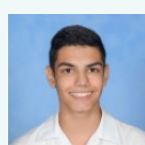
Sofia Katzakis



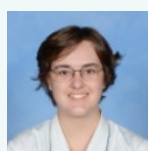
School Vice Captains

William Sakis

Casey Macreadie



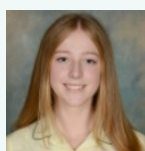
Introducing Prefects 2022/2023



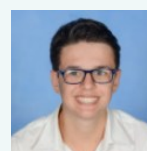
Ashleigh Allerton



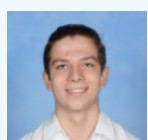
Sora Broadbent



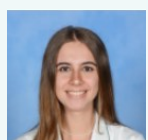
Jaymee Cuskelly



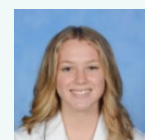
Blake Iofrida



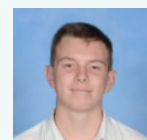
Bence Kovacs



Marianna Kotsis



Sarah Larkin



Beau Lucas

Year 7 Deputy Principal Morning Tea

Congratulations to Aidan Arnold, Aidan Price, Alanna Donnelly, Alannah Back, Alex Solomon, Arun Kumar, Ava Pringle, Chris Charalambous, Damon Beard, Daniel Jamieson, Elva Gilberd, Emily Fisher, Hao Yu Li, Harlan Bradley, Huda Agha, Isabella Singh, Jack Elder, Jacob Poole, Jandamarra Vukicikorolevu, Layla Hassan, Lila Kiel,, Mackenzie Rouse, Minh Luu, Piper Thomas, Qi Zhang, Qian-Rong Chen, Shivneet Maharaj, Timothy Tran, Tory Deegan, Udayveer Bawa, Zac Lindbeck.

Ms Lamaro
Deputy Principal



PPHS Winter 2022 Donation to Wrap with Love

Our PPHS Winter 2022 donation to Wrap with Love was delivered to their warehouse in Alexandria on Friday 26/8/22. This initiative has developed a new love of knitting and crocheting for staff, students, and family members.

Our school mantra was "Let's make someone else's winter a little warmer this year". The three main positives from this initiative were: students were not using their mobile phones during recess/lunch, many students and staff were learning a new skill that our ancestors would've been proud of, we were helping others in need.

Our school blankets and squares will be forwarded to nursing homes, women's shelters, and Assyrian refugees.

Thank you to all who donated needles, wool, and squares or blankets. We will start collecting again for Winter 2023 from Term 1 next year.

Ms Lamaro
Deputy Principal



Year 9 Deputy Principal Morning Tea

Congratulations to India Maxwell, Cameron Poole, Arabella London, Matilda White, Jack Ashburner, Daniel Strezovski, Shivek Maharaj, Ruby Crowther, Aitor Vispe, Jeremy Cannon, Gabriel Hall, Clara Cho, Angela Alouan, Talia Kumar, Joshua Knight, Joshua Shun Wah, Noah Aswad, Mariam Al Hashemi, Oliver Walker, Josh Allison, Jasmine Henriques, Dylan Petrovski, Grace Lee, Harison Dunstan, Erik Gilberd, Amelia Retegno, Matilda Dredge, Christian Milat, Royal Rafton, Reece Lewis, Jayden Tran, Genevieve McLeod, Ali Zidan.

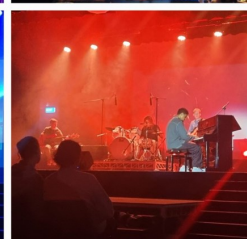
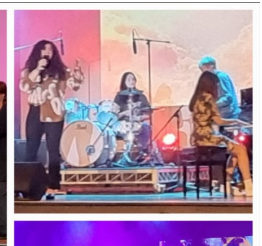
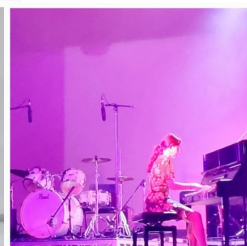
Ms Stavros
Deputy Principal



HSC Showcase

The HSC Showcase was held on Wednesday 31 August in the School Auditorium. This event featured an exhibition of Visual Arts HSC Body of Works, Industrial Technology Timber Major Projects and HSC Photography Portfolios. HSC VET Hospitality students catered for the event with light refreshments and delicious freshly made savory canapes. Following the exhibition, the HSC VET Entertainment students supported the HSC Music students with the Music Recital; it was a dazzling display of audio, vision and lights. Our Music students presented exceptional talent, performing their HSC repertoire. This fabulous evening was celebrated with family, friends and teachers who came to view the exhibition and recital. Congratulations to all students who have displayed outstanding major projects and performances. A special thanks to the TAS and CAPA faculties for hosting such a spectacular event.

Ms Gourlay
Head Teacher Creative & Performing Arts



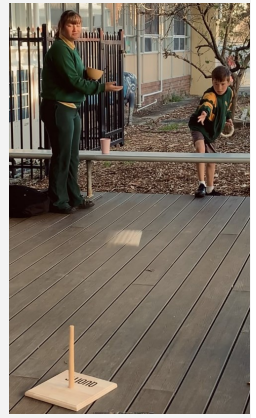
Early Riser's Club

The Early Riser's kicked off in Week 5 of this term to a huge success. All students have access to a free healthy breakfast, plenty of good music, good company and even jumbo jenga, naughts and crosses and a great start to the day is guaranteed.

Regular specials are held every fortnight, our most popular was the hot chocolate and hash brown Wednesday in Week 6.

It really is such a good atmosphere on the deck in the mornings. All staff and students are more than welcome to drop in and spend some quality time with the students.

Mr Doyle
Head Teacher Teaching & Learning



Students of the month - August

Year 7	Michael Whitear
Year 8	Dylan Szekeres
Year 9	Justin Baxter
Year 10	Juliet Gledhill
Year 11	Jade Anderson
Year 12	Tara O'Gorman



Social Media

Website:

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

Facebook:

Picnic Point High School Official

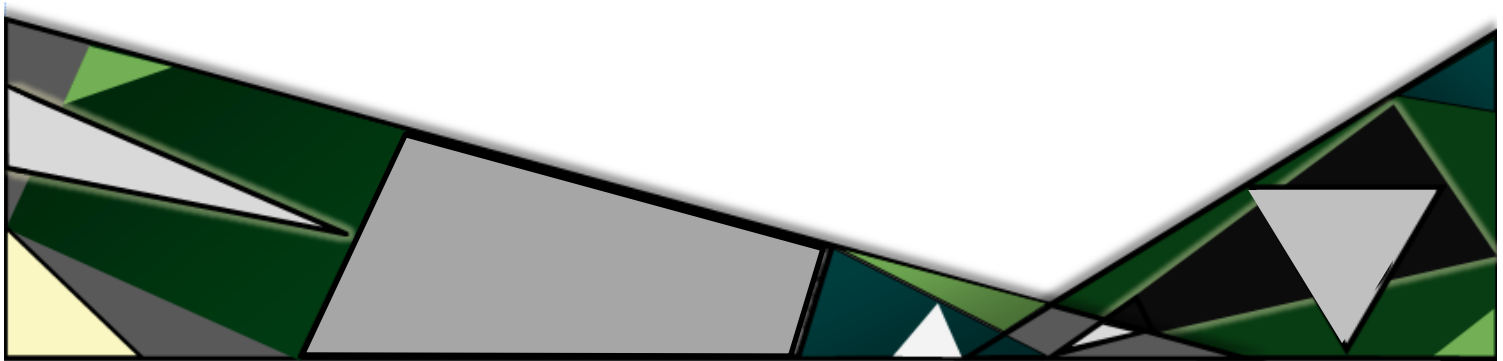
Twitter:

@picnicpoinths

Coming up @ PPHS

WEEK 1 - TERM 4	
Monday 10.10	All students return
Tuesday 11.10	
Wednesday 12.10	HSC Commences
Thursday 13.10	HSC - Day 2
Friday 14.10	HSC - Day 3

WEEK 10 - TERM 4	
Monday 17.10	HSC - Day 4 P&C Meeting
Tuesday 18.10	HSC - Day 5 Yr 10 Exams
Wednesday 19.10	HSC - Day 6 Yr 10 Exams
Thursday 20.10	HSC - Day 7 Yr 10 Exams
Friday 21.10	HSC - Day 8



5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

Photo: iStock

Student Behaviour

Inclusive, Engaging and Respectful Schools

The NSW Department of Education is committed to creating engaging and effective classrooms, and inclusive and safe school communities for all NSW public school students. Students and staff have the right and responsibility to engage in positive and respectful relationships based on valuing the interests, abilities and diversity of others.

The initiative

The aim of the Student Behaviour Policy and Procedures is that all NSW public school students:

- are supported to participate positively, and engage in their learning and in the wider community
- are supported to demonstrate positive and respectful behaviour that will contribute to an inclusive and safe school learning environment
- have the opportunity to self-advocate as active participants in their own learning and wellbeing
- are encouraged to feel connected and use their social and emotional skills to be respectful, resilient and safe in line with the [Behaviour Code for Students](#).

This overview should be read in conjunction with the policy and procedures, that outline the individual responsibilities and delegations of department staff.

Key principles

- 1. Inclusive, proactive prevention-focused approach**
Developing positive behaviours and self-regulation skills in all students from an early age.
- 2. A continuum of care**
Behaviours span across a continuum from positive, inclusive and respectful to complex, challenging and unsafe behaviours.
- 3. Explicit teaching of behaviour skills**
Explicit teaching works best when working directly with students to develop their social, emotional and behaviour skills.
- 4. Managing challenging behaviour**
Explore and develop new options and approaches for managing challenging behaviour.
- 5. Supports and resources: capacity building**
Ensure that schools and staff are positioned to develop and manage student behaviour.
- 6. A specialist workforce**
Targeted and intensive support across schools to provide expert guidance, advice and input.
- 7. Shared parent & community responsibility and action**
Foster shared responsibility between schools, parents and carers, and community for student wellbeing and learning outcomes.
- 8. Quality implementation of effective, evidence-based interventions**
Staged approach to establish and sustain a whole-school approach to positive behaviour.
- 9. Development of evidence and data**
Continue to strengthen understanding of what works best to support positive behaviour, school performance and student outcomes.
- 10. Collaborative partnerships**
Cross-sector collaboration to promote effective approaches and enhance service design and delivery.

For secondary school students



Bullying is NEVER OK!

Tips for secondary school students who experience bullying

Bullying is deliberate verbal, physical and/or social behaviour intended to cause ongoing physical, social and/or psychological harm. Bullying can make you feel anxious, depressed and lonely. It can happen anywhere — in person, or online using various digital platforms and devices (this is called cyberbullying). It might be obvious to others or hidden.

Bullying in person or online might look or feel like being:

- repeatedly hurt physically, or verbally through abusive texts, emails, images, videos, or nasty gossip and chat
- excluded or ignored
- tricked or humiliated by fake accounts.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share information about others with their consent.



You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- Talk to someone you trust about it. Try to stay positive. Focus on things you do well.
- Act unimpressed or pretend you don't care what they say or do to you.
- Use strong, assertive statements if you are talking to them face to face, starting with the word "I"; tell the other person "I want you to stop that" in a confident voice. Practise this with your friends.
- Don't respond to online bullying, it usually just makes it worse.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you experience or see bullying. You can speak to:

- a **trusted person** — this could be a parent or carer, aunty, uncle or friend who will listen and be supportive
- your **teacher or principal** — they can give you support and advice about how to make it stop
- **eHeadspace** — they provide free online and telephone support and counselling to young people 12–25 and their families and friends
- **Kids Helpline** — they have counsellors available at any time who will listen and support you
- **the police** — call the police if you are in immediate danger
- **the eSafety team** — you can report serious cyberbullying (see the steps below).

Reporting cyberbullying

- 1. Keep a record**
Take screenshots or photos of the cyberbullying content. You should also save or record evidence of the webpage addresses (URLs) or social media services where the content has been shared. Always record the time and date you collected the evidence. Read more about [collecting evidence](#).
- 2. Report and block**
Report the cyberbullying to the platform where it took place. The eSafety Guide has reporting links for social media services, apps, games and websites. You can also use the platform or device settings to block the person who is cyberbullying you.
- 3. Make a complaint to the eSafety Commissioner**
If you are under 18 (or helping someone under 18) and the social media service doesn't respond to your complaint within 48 hours, you can report seriously threatening, intimidating, harassing or humiliating online behaviour to the **eSafety Commissioner**. The team there can help you have the cyberbullying content taken down and get you further support.

Important links

Bullying. No Way!	bullyingnoway.gov.au	Kids Helpline	kidshelpline.com.au
eSafety young people	eafety.gov.au/young-people	eHeadspace	headspace.org.au/headspace
eSafety Guide	eafety.gov.au/eafety-guide	Youth Law Australia	yla.org.au
eSafety Report	eafety.gov.au/report		

