



NEUTRAL BAY PUBLIC SCHOOL

# THE BAY

Excellence Innovation Opportunity



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175 Ben Boyd Road NEUTRAL BAY NSW 2089

FROM THE PRINCIPAL

## FAREWELL, YEAR 6



*We sadly farewell our Year 6 students and wish them all the best next year.*

By **JUDY GOODSELL**

Neutral Bay Public School  
Principal

### FAREWELL

**M**any families who have been a very important part of the school community are leaving on Friday, as their children graduate from Neutral Bay PS. I would like to thank all of

our departing families for their generous contributions to the school and offer my best wishes for the future. We wish all those leaving Neutral Bay, including our Year 6 students, all the very best for the future. Thank you to those from Kindergarten to Year 5 who have notified the school that your children are leaving.

Continued on page 2.

### 2022 TERM DATES

**DEC 16:** Students' Last Day Term 4

**DEC 19:** Staff Development Day

**DEC 20:** Staff Development Day

### 2023 TERM DATES

**JAN 27:** Staff Development Day

**JAN 30:** Staff Development Day

**JAN 31:** Years 1-6 Students Return

**FEB 3:** Kindergarten Commences

### Acknowledgement of Country

We would like to acknowledge the Cammeraygal people of the Eora Nation, who are the traditional custodians of the land in the Neutral Bay area.

We pay our respects to the Elders, both past and present, for they hold the memories, the tradition, the cultures, and the hopes of Aboriginal Australia.

We must always remember that under the concrete and asphalt upon which Neutral Bay Public School is built, the land is, was and always will be traditional Aboriginal land.

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## LAST DAY OF TERM 4

The last day of Term 4 for students is tomorrow, Friday 16 December and all students are expected to attend. Staff will be at school on Monday 19 and Tuesday 20 December for our School Development Days. Teachers are completing professional development on the new K-6 English and Mathematics Curriculum.

## SEMESTER 2 REPORTS

Semester 2 Student Reports have now been emailed to parents/carers. Teachers have prepared these reports both professionally and thoroughly, and I have been very impressed by the quality of comments made. Reading your child's report with them is a wonderful way to help them reflect on their achievements, learning, participation in school life and work habits throughout the semester. Our school values of respect, responsibility and personal best contribute to each student's success as a learner academically, socially and emotionally.

## 2023 SCHOOL YEAR

Please note that teachers have two Staff Development Days at the beginning of the year on Friday 27 January and Monday 30 January 2023. On these days, teachers will be completing compliance training and professional learning on the teaching of reading comprehension. Years 1 to 6 students will commence school on Tuesday 31 January 2023. Students will return to their 2022 classes initially until we confirm the exact student numbers to form 2023 classes. Kindergarten Best Start commences on Tuesday 31 January with our Kindergarten students' first school day on Friday 3 February 2023. The first day for the OC Class is Wednesday 1 February 2023 commencing at 10am.

## CHRISTMAS DOOR COMPETITION

This year, each classroom got into the Christmas spirit by decorating their doors. Congratulations to 4HS, Mr Sheather and Ms Halls' class, who were voted the winners of the competition. Class members were delighted by a rendition of two Christmas Carols sung by our Senior Choir on Monday morning as their reward.

## YEAR 5 SRC ELECTIONS

Congratulations to the following Year 5 students who have been elected to the Student Representative Council (SRC) for 2023:

|                 |                |
|-----------------|----------------|
| Alex B 5D       | Kabir K 5K     |
| Alice W 5BT     | Katie Z 5K     |
| Audrey S 5D     | Kiara N 5K     |
| Brodie K 5K     | Leo L 5R       |
| Charlie G 5BT   | Lizzie S 5R    |
| Charlotte N 5BT | Mia S 5I       |
| Duru K 5BT      | Nate D 5I      |
| Elana S 5K      | Poppy J 5R     |
| Elise R 5K      | Rahul P 5BT    |
| Eloise M 5K     | Sam H 5BT      |
| Georgie S 5K    | Scarlet Q-C 5D |
| Henry S 5R      | Sophie C 5R    |
| Isobel V 5BT    | Sophie W 5BT   |
| James Z 5D      | William O 5D   |
| Joyce Y 5I      | Zoe C 5R       |
| Julian H 5D     |                |

The School Captains for 2023 are:

Charlotte N 5BT  
Georgie S 5K  
Kabir K 5K  
Sam H 5BT

## YEAR 6 PRESENTATION DAY ASSEMBLY

Congratulations to the students who received a major award at the Year 6 Presentation Day assembly yesterday. We are very proud of their achievements:

- Geoff Miller Outstanding Contribution to School - Life - Ava G
- Geoff Williams Performer of the Year - Emma W
- North Shore Historical Society Award - Katya T
- Rotary Award for Citizenship - Evan J
- Eliza Mann Award for Literature - Caitlin O
- Outstanding Achievement in Sport Award - Mitchell C
- Cec Pearsall Award for Service to the School - William W
- Ross Collins Memorial Award for Best All-Rounder - Hannah Y
- Mosman HS Creativity & Innovation Prize - Alexander B
- Captains' Award - Kylie R, Lachlan C, Natalie B, Alisa S and Nico T
- North Shore Medal - Jack B

## YEAR 6 FAREWELL

Everyone had a wonderful time last night officially farewelling our Year 6 students. The night was very special and we enjoyed a delicious dinner and disco at Norths. Thank you to Ms Vanessa Baumer-Rowley and the team of parents who worked with such vision and commitment to create a memorable night for the students. Thank you to Ms Michelle Chandra and the Year 6 teachers for organising the evening.

## STAFF NEWS

This week, we say farewell to Ms Imogen Blackie, Ms Molly Demaine, Ms Leigh Freeman and Ms Bobi Klein who are leaving Neutral Bay Public School and we send our best wishes for their future careers. I thank these teachers for their dedicated service to the school.

We wish Mrs Rachel Dempsey and her husband, Luke, best wishes on the impending birth of their baby next year and we can't wait to meet the new baby. Ms Gina Wilton and her husband, Lee, are also expecting their baby next year, and we wish them all the best for their future happiness.

Mr Victor Tan will return to Neutral Bay Public School as Deputy Principal Years 3-6 at the commencement of the year. Ms Su Hill has been appointed to our school as Deputy Principal Years K-2. Ms Hill has transferred to NBPS from Chatswood Public School and we look forward to welcoming her in 2023.

## STUDENT REQUIREMENTS 2023

Included in this newsletter is a list of Student Requirements we would like each student to have for next year. It would be appreciated if all students are attired in their Neutral Bay Public School uniform. This includes black shoes (no coloured markings) to be worn on all days other than the nominated sport days.

## DECANTING BUILDING B AND THE SENIOR LIBRARY

The removalists will be decanting the classrooms in B Block (currently Year 1 and 2 classrooms), the Junior Library and Senior Library over the coming weekend. The decanting is part of the NSW Schools Infrastructure building upgrade project. Our classrooms will be relocating to other areas of the school, including the Senior Library, whilst Building B is refurbished during Stage 1 of the project.

## MERRY CHRISTMAS AND HAPPY HOLIDAYS

I hope everyone has a merry Christmas and enjoyable holiday. The students have worked very hard this year and deserve a restful break. Thank you to our wonderful teachers and school executive for their inspiring contributions and we look forward to seeing everyone in 2023.

# SCHOOL NEWS

## PREMIER'S BACK TO SCHOOL PROGRAM

As we prepare for another year of learning in 2023, you can now apply for the Premier's Back to School NSW program, offering \$150 worth of vouchers (3 x \$50 vouchers) to help pay for school supplies like school uniforms, shoes, bags, textbooks and stationery

Every primary and secondary school student in NSW is eligible for the vouchers.

Please click [HERE](#) for the attached letter from the Premier about the program and the vouchers.

You can apply for and access your vouchers in your MyServiceNSW account, in the Service NSW app, by calling Service NSW on 137788 or by [visiting your local Service Centre](#).

To be eligible, your child needs to be a NSW resident and enrolled in a NSW primary or secondary school in 2023. For more information, visit the [Service NSW website](#).



# FROM THE P&C

By **LIBBY BRENNAN**  
P&C COMMUNICATIONS  
COORDINATOR

## END OF YEAR TWILIGHT BBQ

The Twilight BBQ held last Friday was a huge success, with over \$2,500 raised for the school. Thank you to all who attended, including our special guest, Santa! Also, a special mention to our volunteers who cooked the sausages and served pizza and sausage sandwiches and to everyone who baked. We couldn't hold these events without all your help.

## FROM THE PRESIDENT OF THE P&C

Thank you for the support from the school community for all the P&C events held over 2022. With the help of nine P&C office bearers, four canteen staff, eleven uniform and nearly new uniform team members, 34 class coordinators and an army of volunteers, this year we delivered a jam-packed agenda of events across the school.

We kicked off with welcome drinks and our events included Easter egg hunts, Mothers'/Fathers' Day stalls, Mother/Child Dance, Fathers' Day BBQ, Election BBQs, Twilight BBQs, an Online Auction, the Pampered Pooch Parade (which got mentioned in NSW parliament), an Art Auction, six nearly new uniform sales, eight P&C meetings (including a visit from the Minister for Education), Grandfriends' Morning Tea, Ladies Fashion Night and two hotdog days! Hopefully there was something for everyone in our community! Thank you for all your support over the year. Not only do P&C events raise money that goes straight back to our school, directly benefiting our children, but these events also provide an opportunity to connect as a school community.

We will open the new school year with the AGM in Term 1. Please come along and have your say on issues that are important to the school and our children. We look forward to hearing your ideas for future P&C events and to meeting the cohort of 2023 class coordinators.

We wish all our community a safe and happy festive period. See you back at school in February for a fantastic 2023!

# CANTEEN NEWS

By **JOC, NAKO AND JEN**  
THE CANTEEN TEAM

## FROM THE CANTEEN TEAM

What a wonderful year we have had at the canteen, meeting so many new people who came in to lend a hand with feeding the children of our school. We would like to say a huge thank you to all those who have helped out during the year and we look forward to seeing you again next year, and to welcome many others.

Please be mindful that during the last few days of school, you may not be able to order particular items, as we run down our stock base in preparation for the holidays. Thank you for understanding.

We wish you all a fun and safe holiday season and we'll see you all happy and rested in the New Year!



# STUDENT REQUIREMENTS 2023

## KINDERGRATEN & YEAR 1

*Shared resources, no pencil case required.*

- 1 paint shirt (labelled)
- 1 set of headphones (labelled in a snap lock bag)
- 1 Library bag (labelled)
- 2 whiteboard markers (thin) (per term)
- 1 glue stick (per term)
- 1 box of tissues
- 1 roll of paper towel

## YEAR 2

*Shared resources, no pencil case required.*

- 1 paint shirt (labelled)
- 1 set of headphones (labelled in a snap lock bag)
- 1 Library bag (labelled)
- 5 HB lead pencils
- 1 set of colouring in pencils
- 1 set of textas
- 2 erasers
- 1 whiteboard eraser
- 4 whiteboard pens
- 2 glue sticks
- 1 box of tissues
- 1 roll of paper towel
- 1 packet of wet wipes (no fragrance)

## YEARS 3 & 4

- 1 pencil case (small, labelled)
- 1 paint shirt (labelled)
- 1 set of headphones (labelled in a snap lock bag)
- 1 Library bag (labelled)
- 8 lead pencils (per term) or mechanical pacer with lead
- 1 set of coloured pencils or textas
- 1 pencil sharpener (with catcher)
- 1 eraser (per term)
- 2 highlighters (per term)
- 2 whiteboard markers (per term)
- 1 glue stick (per term)
- 30cm ruler showing millimeters (not flexible or metal)
- 1 box of tissues
- 1 roll of paper towel

## YEARS 5 & 6

- 1 pencil case (labelled)
- 1 set of headphones (labelled in a snap lock bag)
- 1 Library bag (labelled)
- 2 blue biros (per term)
- 2 red biros (per term)
- 3 lead pencils (per term)
- 1 eraser (per term)
- 1 set of coloured pencils or textas
- 2 glue sticks (per term)
- 2 highlighters (per term)
- 1 pair scissors
- 30cm ruler showing millimetres (not flexible or metal)
- Geometry set
- 1 box of tissues
- 1 roll of paper towel
- 2 whiteboard markers (per term)
- 1 whiteboard eraser

## OC

- 1 pencil case
- 2 blue pens (per term)
- 2 red pens (per term)
- 3 HB lead pencils (per term)
- A pencil sharpener with an enclosed container
- An eraser
- 2 whiteboard markers
- 1 whiteboard eraser
- 2 large glue sticks
- 1 pair of scissors
- 30 cm ruler showing millimetres (not flexible or metal)
- 1 geometry set
- 1 set of labelled headphones or earbuds
- 1 set of coloured pencils
- 1 set of coloured textas
- 1 pack of different coloured highlighters
- 1 labelled library bag
- 1 paint shirt
- 1 box of tissues
- 1 roll of paper towels

# Calendar 2023



## January

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## February

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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 |    |    |    |    |

## March

| S  | M  | T  | W  | T  | F  | S  |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## April

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 30 |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

## May

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
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| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## June

| S  | M  | T  | W  | T  | F  | S  |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

## July

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 30 | 31 |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

## August

| S  | M  | T  | W  | T  | F  | S  |
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|    |    |    | 1  | 2  | 3  | 4  |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## September

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

## October

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## November

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## December

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 31 |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 |    |    |    |    |    |    |

## Key dates

\* Check with your school as starting and finishing dates may change.



### Term start and end dates\*

Term 1 (Eastern): 27 January to 6 April



Term 1 (Western): 3 February to 6 April

Term 2: 24 April to 30 June

Term 3: 17 July to 22 September

Term 4: 9 October to 19 December



### School development days

Term 1 (Eastern): 27 January and 30 January

Term 1 (Western): 3 February and 6 February



### School vacation dates

Summer (Eastern): 21 December 2022 to 26 January 2023



Summer (Western): 21 December 2022 to 2 February 2023

Autumn: 10 April to 21 April

Winter: 3 July to 14 July

Spring: 25 September to 6 October

Summer (Eastern): 20 December 2023 to 29 January 2024

Summer (Western): 20 December 2023 to 5 February 2024



### Exam dates

Selective high school placement test: 4 May

NAPLAN online test window: 15 March to 27 March

Opportunity class placement test: 27 July



### Public holidays



### Scan me for practical school tips!

To help your child get the most out of their school year and to explore our resources, check out our going to school hub at [education.nsw.gov.au/going-to-school](https://education.nsw.gov.au/going-to-school)

School zone speed limits apply on all school days, including school development days.



# NEUTRAL BAY PUBLIC SCHOOL

## **YEAR 6** **PRESENTATION** **DAY**

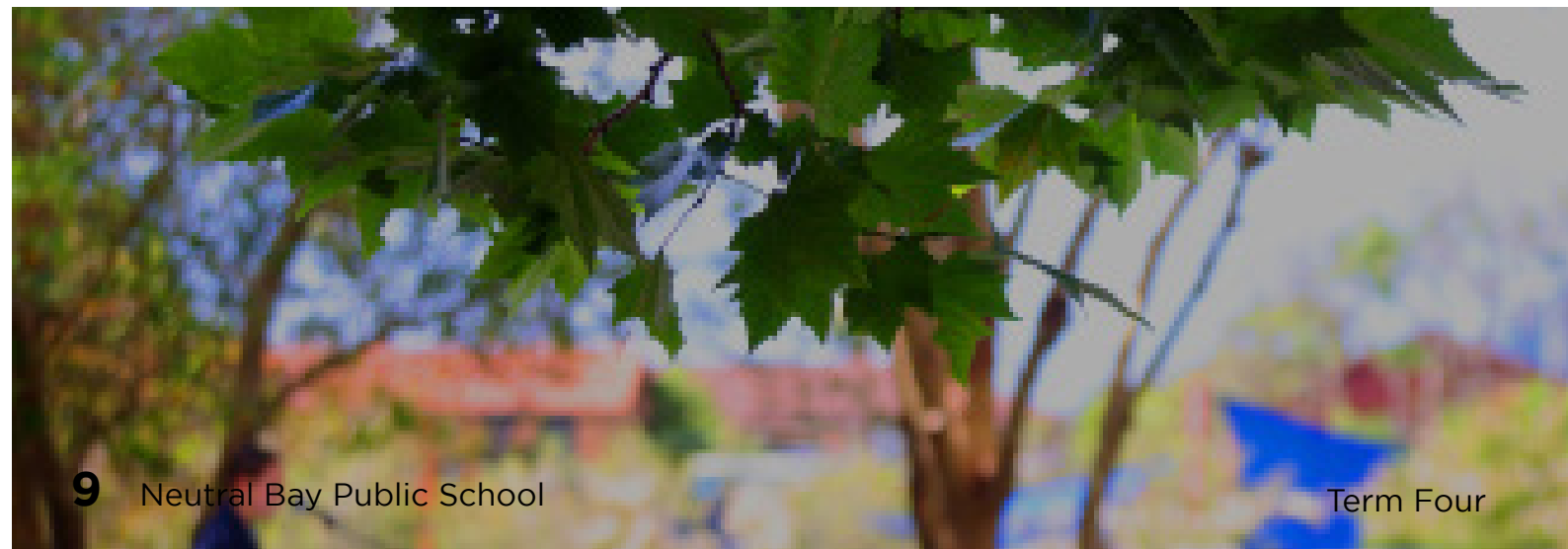
**WEDNESDAY**  
**DECEMBER 14**  
**9:20am-11:00am**



**It was a terrific day of gratitude and celebration as we said  
farewell to our Year 6 students for 2022.**







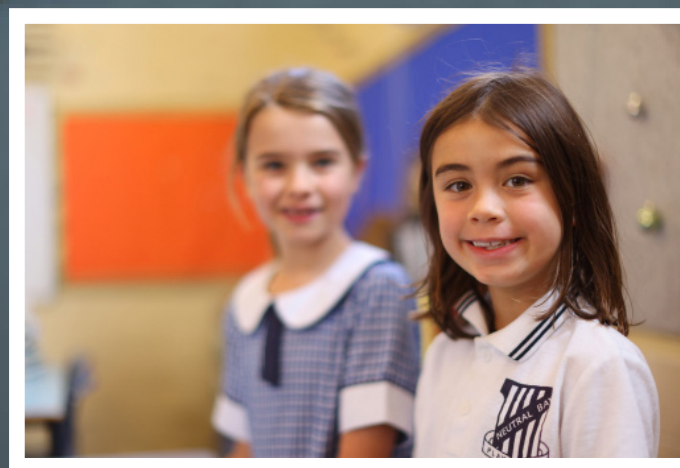
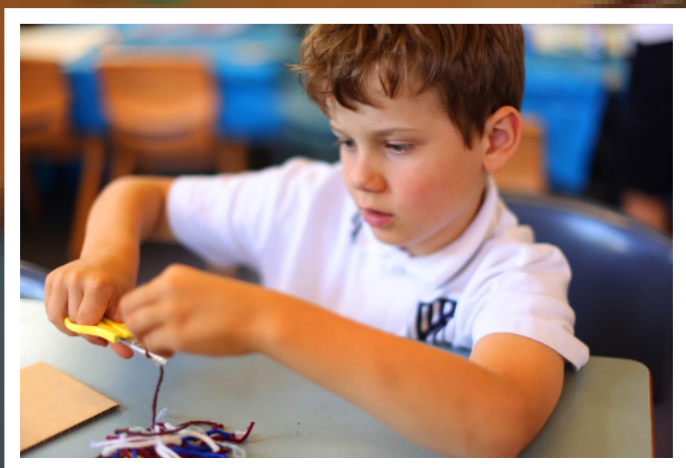






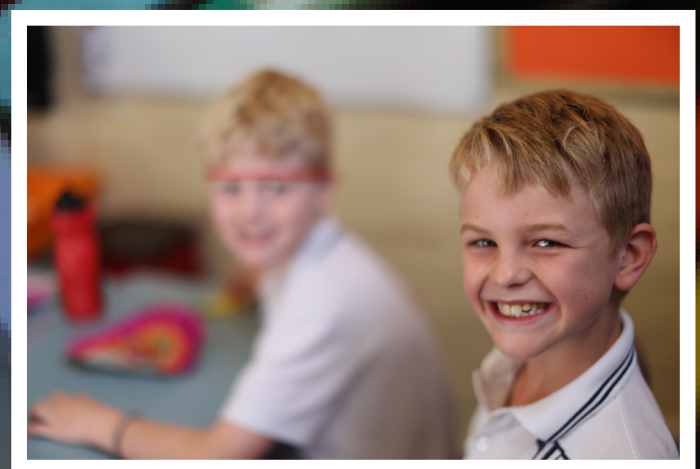
# YEAR TWO REPURPOSE MATERIALS FOR ART

## WITH MRS MOCKFORD

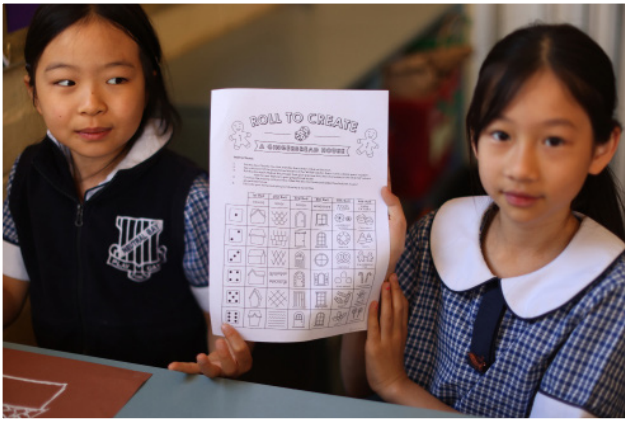








# YEAR THREE ARTS & CRAFT





# COMMUNITY NEWS

## LEARN TO PLAY PROGRAM NORTH SYDNEY THINGS BASKETBALL CLUB SHORE SCHOOL TRAINING SESSIONS



The North Sydney Things Basketball Club will be running targeted training sessions focused on developing junior basketball players. Held at the Shore School, training is by the same high-quality coaches & is available for all ages.

### HOW IT WORKS

The sessions are run every Friday, directly after school. All training is run by our specialist basketball coaches that are either:

- Ex-NSW Representative Players
- Ex-College athletes
- NSW Development Coaches
- Representative Coaches

### TRAINING AND VENUE

Training begins on the first Friday of the school term & will run for the entire term duration. Training is held at the Shore School.

### WANT TO PLAY?

There is an opportunity for athletes in our 'Learn To Play' program to put their training into action with weekly games. If you're interested in playing games in addition to the training program, please let us know when you email us (information below).

Individual Player Costs for the Season:

| Year       | Learn To Play Program | Game Fees (includes Coaching) | Total (Learn To Play + Games) |
|------------|-----------------------|-------------------------------|-------------------------------|
| Years K-6  | \$115                 | \$275                         | \$390                         |
| Years 7-12 | \$N/A                 | \$430                         | N/A                           |

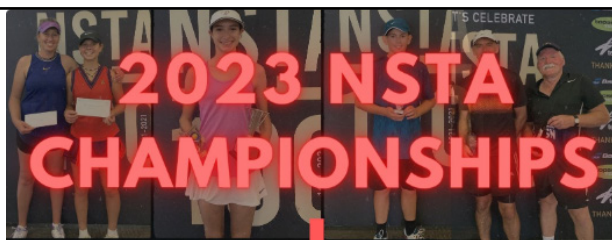
\*Price difference due to longer season duration

### REGISTERING YOUR INTEREST

If you are interested in joining or want to learn more, please register your interest at [luminateports.com.au/register](https://luminateports.com.au/register).



LUMINATE SPORTS



Could 2023 be your year to take home the title?  
NSTA Championships will be held in January & February 2023  
Qualifying - January 28/29  
Rounds - February 3/4/5, 10/11/12, 17/18/19, 24/25  
Finals - February 26

### EVENTS

- Open Mens singles & doubles
- Open Womens singles & doubles
- Open Mixed doubles
- 8 grade Men's singles
- 8 grade Womens Singles
- Over 50 men singles & doubles
- Over 40 Womens doubles
- 16/U Boys & Girls singles
- 14/U Boys & Girls singles
- 12/U Boys & Girls singles
- 10/U Boys & Girls singles
- 8/U Boys & Girls singles
- 12 & under Boys & Girls doubles
- 13 & over Boys & girls doubles

### PRIZEMONEY

Open Men's & Women's Singles  
Winners \$750 - Runner-up \$250  
Open Men's, Women's & Mixed Doubles  
Winners \$150 - Runner-up \$75

ENTRIES CLOSE JANUARY 21

To enter please visit: [nsta.com.au](https://nsta.com.au)



ENTER NSTA CHAMPIONSHIPS



## TERM 1 BEFORE SCHOOL CODING CAMP

NEUTRAL BAY UNITING CHURCH

## BECOME A MINECRAFT HACKER TODAY!

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WITH CODE IN MINECRAFT WORLD.



ENROL TODAY  
1300 089 344  
[JNRENGINEERS.COM.AU](https://jnrengineers.com.au)



## supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

### Where:

Online webinars.

### When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AEDT or 6 - 7pm AEDT.

Session dates will be listed on Eventbrite.

### How do I register?

Click the link to register for a session via Eventbrite: [bit.ly/3UVKYQM](https://bit.ly/3UVKYQM), or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

### Need more information?

Email us: [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

# Supporting your young person during the holidays



**Holidays can take students away from friends and their usual school supports.**

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

## 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

## 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

## 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

## 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

## 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all the vitamins and minerals to help their body and brain function well.

## 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

## Supporting your young person during the holidays

headspace.org.au



### Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



### Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

#### Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

#### Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

#### Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seems bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

### Support service options

- headspace centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](http://headspace.org.au)
- eheadspace provides online counselling and telephone support to young people aged 12 to 25 – [eheadspace.org.au](http://eheadspace.org.au) 1800 650 890
- Kids Helpline is a 24-hour telephone and online counselling service for young people aged 5 to 25 – [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800
- Lifeline is a 24-hour telephone counselling service – [lifeline.org.au](http://lifeline.org.au) 13 11 14
- Parentline 1300 301 300
- ReachOut.com for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](http://headspace.org.au/schoolsupport) or [headspace.org.au](http://headspace.org.au)

Please refer to the headspace School Support Suicide Prevention Toolkit – A Guide for Secondary Schools for further guidance.

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