

Year 7 2023

# Parent Information Session

Transition Day

5 December 2022



# Chris Capra

## Executive Principal

*Welcome*



# Anita Sgalippa

## Junior Secondary Principal

# The Student's Day



Tour of school  
Getting to know you  
activities  
Two regular lessons  
House Meetings

# Parent Support

## TODAY

- First 20 Days
- One2One & SRS
- Parent Connect
- OPTIMA Code and PBC routines
- Strategies to cope with anxiety and change

# Day 1 2023

- Monday 23 January
- What to bring
- Staggered start – Year 7, 11 and 12 only





# Daily Timetable

Class	Monday (3 Period Day)	Tuesday to Friday (4 Period Day)
<b>CARE</b>	9:00 - 9:10am	9:00 - 9:10am
<b>1</b>	9:10 - 10:20am	9:10 - 10:20am
<b>2</b>	10:20 - 11:30am	10:20 - 11:30am
<b>Lunch 1</b>	11:30am - 12:10pm	11:30am - 12:10pm
<b>3</b>	12:10 - 1:20pm	12:10 - 1:20pm
<b>Lunch 2</b>	1:20pm Early Finish	1:20 - 1:50pm
<b>4</b>		1:50 - 3:00pm





# Week 1 CARE Program

- Introduction to CARE and Positive Education
- PBC routines
- Character strengths
- Growth Mindset





# First 20 Days



Getting to know the students

- Specially designed lessons
- PAT R, PAT M and testing
- QuickSmart testing
- ID photos

# Weeks 1 to 3

- Laptop Roll-Out and orientation lesson





# One2One

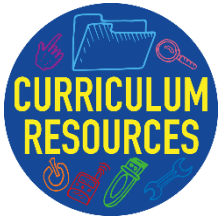


- Curriculum connections – e-learning
- Online consent survey – lasts until Yr10
- More details at Meet the Teacher Night



# Student Resource Scheme (SRS)

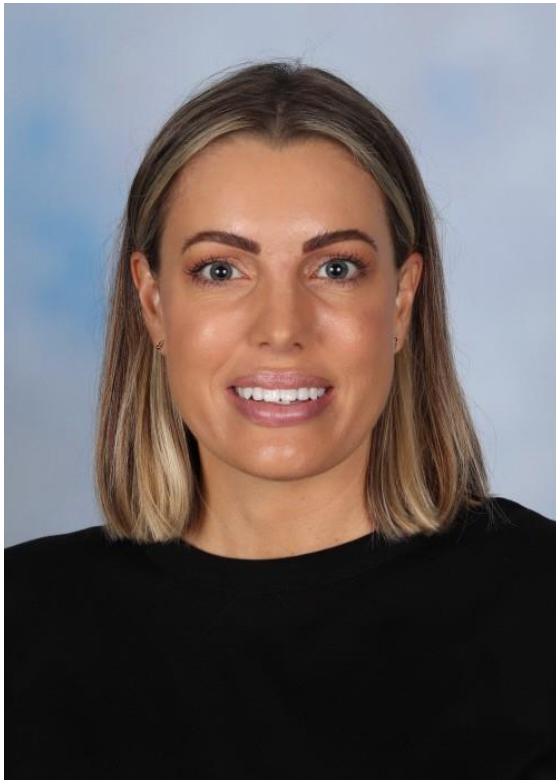
Offers good value to participants and ensures participating students have access to the same standard of resources. Invoices show 2-3 line items/costs.



- **Curriculum resources and maintenance**  
*e.g. textbooks, in-class consumables inc. paper, printing, timber, nails, sporting equipment, cooking ingredients, chemicals, microscopes, ID cards*
- **Computers and Subscriptions**  
*e.g. One2One devices, software, digital subscriptions*
- **Educational programs**  
*e.g. instrumental music, sport, excellence programs*



# Head of Year 7



Kate Patterson



Emma Norton

[HOY7@pbc-shs.eq.edu.au](mailto:HOY7@pbc-shs.eq.edu.au)





# Key Contacts

Issue	Who to contact
Class work	Class Teachers
Peer relationships and behaviour	Head of Year
Wellbeing	HOD Student Engagement/ Guidance Officer/ GP for MHCP
Absences /Lateness	Attendance Officer
Attendances impacting on school work	Class Teachers
High level academic, behaviour & wellbeing concerns	Deputy Principal
Complaints	Junior Secondary Principal
Allergies and medical	Sick Bay Officer
Fundraising	P&C



# How to find a contact

- Go to the school website





## Palm Beach Currumbin State High

### Our school

- Principal's welcome
- Mission and values
- Rules and policies
- Employment
- Student council
- School houses
- Maps and transport
- Parent teacher communication
- Absences
- Class times
- Contact us

## Our school

Palm Beach Currumbin State High is situated at the southern end of the Gold Coast and caters for approximately 2600 students in Years 7-12. The school draws its population from the local suburbs of Palm Beach, Currumbin, Tugun, Bilinga, Coolangatta, Elanora and Burleigh. As a large school we have the distinct advantage of offering a wide range of opportunities that targets the interests and ability levels of every student.

- Our school is committed to providing a personalised learning experience for every student. During student enrolment and at other significant times during the year, students are encouraged to explore their interests and career aspirations and to make appropriate subject choices.
- Excellence Programs - provide exciting pathways for gifted and talented students in the fields of Academia, Creative Arts and Sports.
- Pathways Centre - a job resource facility that provides vocational opportunities for students to develop a diverse range of work related knowledge and skills.
- International Program: A strong commitment to internationalism and a vibrant international program which has up to 100 students enrolled at any time. International students participate in Study Tours, High School Programs, Study Abroad Programs and International Student Programs. The students are welcomed by the rest of the student population and this adds to the relaxed and friendly school climate.

[Print](#)[Email](#)



## Our school

- [Principal's welcome](#)
- [Mission and values](#)
- [Rules and policies](#)
- [Employment](#)
- [Student council](#)
- [School houses](#)
- [Maps and transport](#)
- [Parent teacher communication](#)
- [Absences](#)
- [Class times](#)

## ▼ Contact us

- [Staff Contact List](#)

## Contact us

### Street address

Thrower Drive, Palm Beach Qld 4221, Australia

### Postal address

Locked Mail Bag 1, Currumbin Qld 4223, Australia

Contact information

### Contact information

**Telephone:** +61 7 5525 9333

**Facsimile:** +61 7 5525 9300

**Website:** [www.pbc-shs.eq.edu.au](http://www.pbc-shs.eq.edu.au)

### Email Addresses

**General information:** [info@pbc-shs.eq.edu.au](mailto:info@pbc-shs.eq.edu.au)

**Executive Principal:** [the.principal@pbc-shs.eq.edu.au](mailto:the.principal@pbc-shs.eq.edu.au)

**Principal, Senior Secondary:** [parentsupport@pbc-shs.eq.edu.au](mailto:parentsupport@pbc-shs.eq.edu.au)

**Principal, Junior Secondary:** [parentsupport@pbc-shs.eq.edu.au](mailto:parentsupport@pbc-shs.eq.edu.au)



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**Principal, Senior Secondary:** [parentsupport@pbc-shs.eq.edu.au](mailto:parentsupport@pbc-shs.eq.edu.au)

**Principal, Junior Secondary:** [parentsupport@pbc-shs.eq.edu.au](mailto:parentsupport@pbc-shs.eq.edu.au)

**Staff Contact List has all  
email addresses**



Print



Email



## Our community

- [P&C](#)
- [School council](#)
- [Volunteering](#)
- [Community partnerships](#)
- [Alumni](#)
- [Our local area](#)

## P&C

The Palm Beach Currumbin State High P&C Association is a friendly and welcoming group of parents and caregivers who actively promote the interests, and facilitate the development and further improvement of the school.

The P&C represents the parents' voice and the committee works closely with the school community and School Council influencing the future direction of the school. The P&C maintains a focus on educational and social programs and fundraising activities throughout the year.

### P&C Executive Committee:

<b>President</b>	Kellie Trigger
<b>Vice Presidents</b>	Melanie Allen & Philip Follent
<b>Treasurer</b>	Mags Huggins
<b>Secretary: Meetings</b>	Amanda Sutherland
<b>Secretary: Correspondence</b>	Sarah Bannan



### Related Documents

- [P&C Constitution \(PDF, 199 KB\)](#)
- [P&C Application for Student Support \(PDF, 267KB\)](#)



## Support and resources

### Forms and documents

### > Parent resources

### ▼ Parent resources

- QParents
- Payments
- QSchools and QParents
- > Student services and support programs
- > Guidance Officer

## Parent resources

Parent Connect is an exciting initiative supported by the P&C Association and the School. The objective of Parent Connect is to provide information, advice and practical tips for parents to support their students through their educational journey.

This area of the website provides useful links and information to help parents support their student/s through their schooling. If you would like any further information regarding a topic or you would like to provide suggestions for future forums please email [parentconnect@pbc-shs.eq.edu.au](mailto:parentconnect@pbc-shs.eq.edu.au)

## Growing Good Men

In February and May 2020 PBC hosted an event for teenage boys and their parents/caregivers - Starting Conversations that Count then Continuing Conversations that Count.

This event included high profile guests and PBC alumni as part of a panel to discuss the idea of what it means to be a good man and offer insights into how we might help re-define some of the more negative aspects of traditional Masculinity. The aim was to help young men/ boys and their parents become engaged in these conversations. Topics included Building Emotional Muscle, Being resilient in the face of Change, Opening up and sharing.

The link to the first event is here: [Starting Conversations that Count Video](#)

## Support and Resources Links

- Virtual Clinic for Support - Parent flyer (PDF, 100kb)
- Community Links
- E-Mental Health in Practice (PDF, 833kb)
- Gold Coast Community Services Directory
- Social and Emotional Communication Help Services (PDF, 488kb)
- Youth Friendly Resources for Important Conversations
- Black Dog Institute
- Centrelink website
- Family and Child Connect website
- Genuine Love (op shop & food relief)
- Headspace Website



## Palm Beach Currumbin State High

➤ [Our school](#)

➤ [Enrolments](#)

➤ [Curriculum](#)

➤ [Co-curricular](#)

➤ [Facilities](#)

▼ [Calendar and news](#)

○ [Term dates](#)

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➤ [Our community](#)

➤ [Support and resources](#)

➤ [International](#)

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○ [Site map](#)

## Calendar and news

In this section you can browse school events, term dates, our newsletter and news stories.

Last reviewed 14 October 2014

Last updated 14 October 2014



[Print](#)



[Email](#)



# PBC Alliance

- Networking and supporting the PBC identity
- Local industry to enhance student experiences
- Strengthening PBC's position as the community hub
- Initiate and promote social and career activities to connect alumni, local business community and students
- Encourage alumni and local business community to maintain an active interest in PBC through supporting students with apprenticeship/work placement opportunities, career guidance and mentoring opportunities
- Connect to alumni, friends and local businesses staying up to date on events and meetings





**Follow us** 😊



[www.facebook.com/PBCAlliance](https://www.facebook.com/PBCAlliance)

[www.facebook.com/PalmBeachCurrumbinStateHigh](https://www.facebook.com/PalmBeachCurrumbinStateHigh)

<https://www.instagram.com/pbcshs/?hl=en>



# Please add to your phone

Lates and Absences Text - 0426 305 728

Questions Email – [parentsupport@pbc-shs.qld.edu.au](mailto:parentsupport@pbc-shs.qld.edu.au)

Contact my student? - their email is best option

The last resort... phone call 5525 9333

But note there is one person on reception for 2700 students and most staff are teaching during the day



# PARENT CONNECT DATES

*Wednesday 1 February 5:00pm*  
*Year 7 Parent Teacher Info Night*  
Cybersafety, One2One info

# Tammy Burns

## Deputy Principal

*PBC Routines*

*Optima*

*Nil Sed Optima  
Nothing But The Best*



Each Optima  
is worth

10 Credits

#### Credit Value

Zooper Dooper	20 credits
Optima Tuckshop Voucher	50 credits
Hoyts Voucher	100 credits
End of Term Pizza Lunch	150 credits
End of Semester Surprise Activity	250 credits
End of Year Big Day Out	350 credits

# Nil Sed Optima

- Optima Code
  - Be Safe , Be respectful, be a learner
- Optima Rewards Program
- Optima Assemblies





# GC6 Cluster Sport Days



# Uniform Expectations

JUNIOR GIRLS DAY UNIFORM



JUNIOR GIRLS SHIRT  
GIRLS SKIRT

JUNIOR DAY UNIFORM



RED CAP UNISEX  
BLUE JACKET UNISEX  
JUNIOR GIRLS SHIRT  
TRACK PANTS UNISEX

RED BUCKET HAT UNISEX  
RED JACKET UNISEX  
JUNIOR BOYS SHIRT  
BOYS SHORTS

SPORT/PE UNIFORM



SPORT/PE UNIFORM





# EVERY DAY COUNTS ...

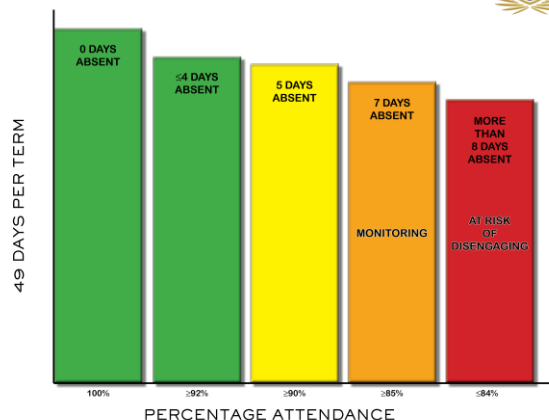
**A day here or there doesn't seem like much but ...**

When your child misses just ....	that equals...	which is....	and therefore, from Prep to Year 12, that is ...	This means the best your child can achieve is ...
1 day a fortnight	20 days a year	4 weeks of school	Nearly 1½ years of school	Equal to finishing Year 11
1 day a week	40 days a year	8 weeks of school	Over 2½ years of school	Equal to finishing Year 10
2 days a week	80 days a year	16 weeks of school	Over 5 years of learning of learning	Equal to finishing Year 7
3 days a week	120 days a year	24 weeks of school	Over 8 years of learning	Equal to finishing Year 4

**Give your child every chance to succeed ...**

Text 0426 305 728

EVERY DAY COUNTS EACH TERM!





# Student Mobile Phones



JS Students are not to have mobile phones in use inside school grounds.

Please use school email or parent reception to contact your child during school hours.



# Monday Afternoon Options

Early finish 1:20pm

- Homework club
- Chess
- Drawing
- Gardening

Book your child in by emailing Sally Bullpitt –  
[sbull43@eq.edu.au](mailto:sbull43@eq.edu.au)



# Other Information

- **Administration Office** is open:

From Monday 16 January  
8:00am – 4:00pm

- **Uniform Shop** is open:

Regular trading hours during term time are:

Monday to Thursday 8:00am to 12:15pm

Extended trading – January 2023

Monday 16 to Friday 20 January  
7:00am to 2:00pm



## Other Information cont...

- Bus passes
  - NSW: <https://apps.transport.nsw.gov.au/ssts>
  - QLD: [www.tmr.qld.gov.au](http://www.tmr.qld.gov.au)
  - Both can be collected from student services
- Canteen – EFTPOS/Cash; No use of phones (applepay or paywave)

# Thrower House



## After school and Saturday program

The after school and Saturday program at Thrower House is an opportunity for young people to participate in a wide range of activities.

The program is run during the school term, during the following times:

- Tuesday: 1.30pm - 5.30pm
- Wednesday: 1.30pm - 5.30pm
- Thursday: 1.30pm - 5.30pm
- Friday: 1.30pm - 5.30pm
- Saturday: 1pm - 4pm

The  
Thrower House  
team also facilitate a  
holiday program  
each school  
holidays

The program includes:

- Organised youth activities for people aged between 12 – 17 years
- Computers with internet access and Microsoft Office suite
- Sports equipment including basketball, pool and tennis tables
- Preparation for learner driver test
- Help with resume writing and homework help
- All activities are FREE!



Thrower House, Salk Oval, Palm Beach. Activities are designed for young people 12–17 years. For information: **phone** 0408 734 061 or **email** [throwerhouse@goldcoast.qld.gov.au](mailto:throwerhouse@goldcoast.qld.gov.au)

CITY OF  
**GOLD**COAST.



- Thrower House (after school and holiday program)



# First Day Procedure

- School fees will be invoiced next year
- 2023 booklist can be found on the PBC website
- First day is Monday 23 January
- Arrive 8:30am and go straight to the hall
- Formal Uniform
- Bike rack door access off Thrower Drive (bring a helmet and lock)
- No mobile phones





# Cam Williams

## HOD Student Engagement

*Wellbeing*



# Anxiety disorders affect one in seven teens



Research shows untreated children with anxiety disorders are at higher risk of:

- **disengagement**
- **performing poorly in school**
- **miss out on important social experiences**



# How can I tell if my child has anxiety?

- Lots of **worries** and a need for reassurance
- **Psychosomatic symptoms** (feeling nauseous, shortness of breath or headaches)
- **Crying**, being clingy or fidgeting when nervous
- **Sleep problems**, feeling tired all the time
- **Fear** and **avoidance** of a range of issues and situations.
- **Feeling angry** or becoming irritated easily

## **Trust the Signs, Trust your Gut, Ask R U OK?**



Changes in sleep  
patterns



Mood swings or  
changes



Quiet or  
withdrawn



Anxious, worried  
or overwhelmed



Irritable or  
angry



Losing interest in things  
they once loved



# Why are some children anxious about going to school?

- ***Separation anxiety***  
(fear of being away from their parents or carers)
- ***Problems at school***  
(being bullied, not having friends or not fitting in)
- ***Fear of new situations***  
(first day at school)
- ***Fear of feeling like a failure***  
(worried about schoolwork or not understanding the work)
- ***Fear of losing a parent***  
(a parent being ill or parents separating)

# What can parents do?

- Reinforce ***anxiety is a normal feeling***  
(normalise, normalise, normalise!)
- Reward ***brave, non-anxious behaviour***  
(Praise nurtures your teen's confidence and sense of self)
- Encourage ***constructive coping***  
(planning, seeking help from others, reframing the situation)
- Model ***non-anxious behaviour***  
(being calm and present)
- Talk to ***professional's***  
(GP, Psychologist or Counsellor)
- If your teen is ***experiencing anxiety***  
(notify Teachers)





# **TIPS ON HOW TO MANAGE**



# Daily Questions for your Teens

What are you grateful for today?



Who are you connecting with today?



How are you getting outside today?



What expectation of 'normal' can you let go of today?



What beauty are you creating, cultivating or inviting in today?



How are you moving your body today?





# Smiling Mind

- More than one million people are experiencing the many health and wellbeing benefits of Smiling Mind
- Reduce worries, anxiety and distress
- Enjoy more energy
- Create a sense of calm
- Learn how to relax and regulate emotions
- Enhance awareness and creativity
- Improve concentration and increase productivity
- Develop a sense of empathy and connectedness
- Enjoy better health and sleep
- Access free **APP** or **website** <http://smilingmind.com.au/>





**Please stay if you have  
questions**