



# Year 7 2017

# **PARENT INFORMATION SESSION**

Transition Day  
5 December 2016



# Anita Sgalippa

## Head of School



# The Student's Day

CORE Teachers

Getting to know you activities

Tour of school

Two regular lessons



# Parent Support

## TODAY

- Key contacts and roles
- OPTIMA code
- PBC routines
- Strategies to cope with anxiety and change

# Week 1

- Introduction to CARE and Positive Education
- Cybersafety, Bullying, Drugs and Alcohol
- Getting organised and assessment
- Study Skills
- Repeat of today's session will be offered.

# Week 1 - Students

- Orientation Week
  - Introduction to CARE and Positive Education
  - Introduction to House Structure
  - PBC Routines
  - My Strengths
  - Cybersafety, Bullying, Drugs and Alcohol
  - Team Building Activities
  - Wellbeing session
  - Growth Mindset and Goal setting
  - Class Prefect Elections



# Key Contacts

| Issue                                | Who to contact         |
|--------------------------------------|------------------------|
| Class work                           | CORE Teachers          |
| Social, emotional, welfare           | CARE Teacher           |
| Absences                             | Attendance Officer     |
| Attendances impacting on school work | CORE Teachers          |
| Behaviour concerns                   | Dean of Students – 7/8 |
| General academic concerns            | HOD of Middle School   |
| General concerns                     | Year Coordinator       |
| Complaints                           | Head of School         |
| Allergies and medical                | Family Liaison Officer |
| Fundraising                          | P&C                    |

# Palm Beach Currumbin State High

## Nil Sed Optima

CrICOS Provider Name: Department of Education, Training and Employment

CRICOS Code 00608A

- Our school
- Principal's welcome
- Mission and values
- Rules and policies
- Employment
- 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 2500 students in Years 7-12. The school draws its population from the local suburbs of Palm Beach, Currumbin, Tugun, 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 Sport.
- Education Access Centre - that ensures that all students' academic and cultural needs



Home > Our school > Contact us

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  - Employment
  - Class times
  - Contact us**
  - Staff Contact List



## Contact us

### Contact information

Phone: +61 7 5525 9333

Fax: +61 7 5525 9300

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

### Office hours

Monday - Friday 8 am - 4 pm Eastern Standard Time (EST)

### Street address

Thrower Drive, Palm Beach Qld 4221, Australia.

### Postal address

## Our school

[Principal's welcome](#)[Mission and values](#)[Rules and policies](#)[Employment](#)[Class times](#)[Contact us](#)[Staff Contact List](#)

## Staff Contact List

### Executive Principal:

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

### Directors

- **Senior School** - Alyce Cleary: [admin@pbc-shs.eq.edu.au](mailto:admin@pbc-shs.eq.edu.au)
- **Middle School** - Blair Hanna: [admin@pbc-shs.eq.edu.au](mailto:admin@pbc-shs.eq.edu.au)

### Deputy Principals

- **Senior School** - Tracey Cardinal: [tcard4@eq.edu.au](mailto:tcard4@eq.edu.au)
- **Middle School** - Peter O'Brien: [pobri21@eq.edu.au](mailto:pobri21@eq.edu.au)
- **Middle School** - Anita Sgalippa: [asgal1@eq.edu.au](mailto:asgal1@eq.edu.au)

### Deans

- **Dean of Students Senior School-** Jarlath Scannell: [jscan28](mailto:jscan28)

## Our community

[Past students](#)

▶ **P&C**

▶ [Parent teacher communication](#)

▶ [School council](#)

▶ [Volunteering](#)

## 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.

The Palm Beach Currumbin State High P&C Association meets at 6.30pm in the Administration building on the third Tuesday of each month. All members of the school community are welcome to attend.

### 2015 P&C Executive:

|                       |                    |
|-----------------------|--------------------|
| <b>President</b>      | <b>Andrew Budd</b> |
| <b>Vice President</b> | Kellie Trigger     |
| <b>Treasurer</b>      | Susan Lu           |
| <b>Secretary</b>      | Ian Roberts        |


### Term 4 P&C Meetings:


| <b>Date</b>             | <b>Time</b> | <b>Venue</b>        |
|-------------------------|-------------|---------------------|
| <b>20 October 2015</b>  | 6:30-7:30pm | Main Admin building |
| <b>16 November 2015</b> | 6:30-7:30pm | Main Admin building |

### Parent Connect

Parent Connect is an initiative of the P&C with an aim to provide information, advice and practical tips for parents to support their students through their educational journey.

### Related Documents

 [P&C Constitution \(PDF, 199 KB\)](#)

 [PandC Application for Student Support \(PDF, 510KB\)](#)

 [Student Applications for Assistance with Travel Expenses \(PDF, 237KB\)](#)

## Palm Beach Currumbin State High

- ▶ Student resources
- ▶ Student services and support programs
- ▶ Forms and documents
- ▶ Bring Your Own Device
- ▶ **Parent Connect**
- ▶ QParents

## Parent Connect

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)

### Term 4 forums

| Topic                                       | Date   | Time            | Venue                 | Presenter                                   |
|---|--------|-----------------|-----------------------|---|
| 'Supporting your child to cope with stress' | 27 Oct | 7:30am - 8:30am | Trade Training Centre | Anna Willis, Middle School Guidance Officer |
| 'Money Matters'                             | 24 Nov | 7:30am - 8:30am | Trade Training Centre | Jasmin Dorrington, the Smith Family         |




### Drugs and Alcohol

There is a significant body of research in relation to adolescent drugs and alcohol issues all confirming that alcohol and particularly cannabis use can have a devastating effect on the adolescent brain.

A telling piece of research emanating from Harvard Medical School in the Journal of Neuroscience reported that a 3D scan on brains revealed "that young people who had only used cannabis once or twice a week for a matter of months were found to have changes in the brain that govern emotion, motivation and addiction."

We live in a society where drugs and alcohol are readily accessible to all young people and we therefore must work together to safe guard adolescent wellbeing.

### Related documents

-  [Blame Their Brain! Dr. Nagel presentation \(PDF, 1.4MB\).pdf](#)
-  [Young people and mental health \(PDF, 392KB\)](#)
-  [Stress and the minds of young people \(PDF, 229KB\)](#)

# QSchools

mobile app

The QSchools app is a convenient way to share up-to-the-minute information with the school community.

The app is designed to integrate with Websites for Schools websites. When a school publishes content to their website, the app is automatically updated with the latest news, events and newsletters.

Emergency announcements and push notifications, such as information about natural disasters and school closures, can be published by the department.

All Queensland state schools are searchable via the app, however only schools who have upgraded their school website with Websites for Schools will benefit from all the features of the app.

Encourage your school community to download for free

via the Apple iTunes Store, Google Play and Windows Stores.



## Calendar and news

▶ [Events calendar](#)

▶ [Term dates](#)

▶ [News](#)

▶ [Newsletters](#)

## Newsletters

Our school produces an electronic newsletter fortnightly which is emailed directly to you via our online subscription service. From here you can:

- [Subscribe to our electronic newsletter.](#)
- [View the current newsletter or browse the newsletter archive.](#)

Proud to be in Partnership with



## Contact information

**Address:** Thrower Drive  
Palm Beach Qld 4221

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# QParents

Secure online parent portal

Access your child's student information online and stay connected to your school.

Anytime, anywhere:

- reporting and assessment
- timetables and class times
- attendance records
- invoice and payment details
- and much more...

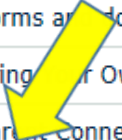
Visit: [qparents.qld.edu.au](http://qparents.qld.edu.au)





## Palm Beach Currumbin State High

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- ▶ Forms and documents
- ▶ Bring Your Own Device
- ▶ Parent Connect
- ▶ **QParents**



## QParents

### QParents is here

Our school now has QParents. Parents should have received an invitation email or letter by now and it's great to see that so many parents have registered already.

For those who have yet to sign up, remember that for a chance to win an iPhone 6, you must register by Sunday 17 May 2015.

If you have not received an invitation, please advise us as soon as possible.

Over time, QParents will become an integral part of how we communicate with parents. Get on board now to enjoy the ease and convenience that QParents offers.

To register visit [www.qparents.qld.edu.au](http://www.qparents.qld.edu.au)

### Related documents

-  QParents information (PDF, 324KB)

Proud to be in Partnership with



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# 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, family and career activities to connect alumni and students
- Encourage alumni and friends of PBC to maintain an active interest in PBC through supporting students with apprenticeship/work placement opportunities, career guidance and mentoring opportunities
- Connect to other alumni, friends and business partners staying up to date on events and meetings



# Like us on Facebook



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

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



# BYOD



- Important for communication using Daymap
- Curriculum connections
- Online testing from 2019



# Tracey Cardinal

## Dean of Students Year 9

*OPTIMA Code*



# Optima Code

- Optima Code - Be Safe, Be Respectful, Be a Learner
  - Copy of document in classrooms, website and student planner
- Uniform
  - High standards expected at all times
- Behaviour
  - Responsible Behaviour Plan for students available on website
  - Not-negotiables



# Optima Rewards Program

- Positive Behaviour Rewards System
  - Weekly draws, prizes
  - Optima Postcards
- OPTIMA Assemblies
  - One per term, celebrates students who achieve excellent grades in academic achievement, effort and behaviour
- Leadership & Community Service
  - International Ambassadors, Student Council, Community Service, Sport Activities and School Musical



# **Sharon Hillcoat**

## Head of Dept, Middle School

### *PBC Routines*

# Wednesday Sport

- Chosen in first week of school
- Sport Ex students do their Excellence Sport
- Everyone else trials or signs up
- Permission slips needed for leaving school grounds
- Some charges associated with some sports, others are free
- Information will come home early in Term 1
- Students may wear full sports uniform on Wednesdays (their 'reds')



# Out of Uniform?

- We value students wearing uniform well at PBC
- Dog really did eat their shoes?  
Bring a signed note to the Year Co-ordinator, Ms Condon, before school.



# Late for school?

- We value punctuality at PBC
- The car really did break down? Bring a signed note to Student Services on arrival.

# Absent?

- The *best* way for students to learn is to be at school
- Statistically significant impact of high attendance on results
- Lots of small absences add up and have impacts
- Please phone the school or send a signed note to Student Services the next day
- Absences of greater than 10 school days require an exemption from schooling form completed
  - Apply through Administration Office



# Marnie Loxton

## Business Manager

# Other Information

- Administration Office is open:
  - Monday to Friday
  - From 12 January: 8:00am – 4:00pm
  - *Look for emails, text message or school website updates*
- Uniform Shop access
- BYOD connection to network
- Bus passes process and distribution
- Student ID card distribution and uses
- Canteen – EFTPOS options



# **Anna Willis**

## **Middle School Guidance Officer**

*Wellbeing of your Teenager:  
Building Resilience & Managing  
Anxiety*

A vibrant, sun-dappled forest scene. The background is filled with tall, slender, vertical tree trunks, likely redwoods or sequoias, reaching towards a bright sky. In the foreground, a large, thick, gnarled tree trunk curves from the right side towards the center. The ground is covered in lush green moss and ferns. The overall atmosphere is peaceful and natural.

# Smiling Mind Exercise

# Benefits:

- 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 the free APP or website <http://smilingmind.com.au/>





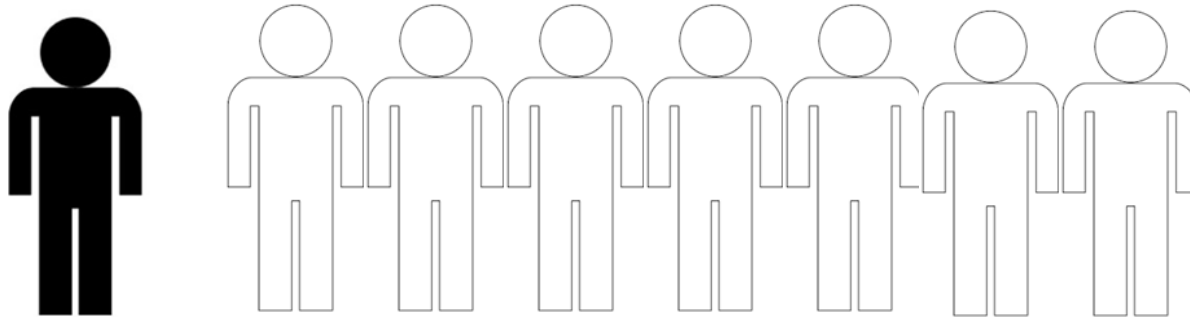


# Anxiety about going to school?



# Why Talk About This?

Anxiety disorders affect one in eight teens



- Research shows: untreated children with anxiety disorders are at higher risk of disengagement, perform poorly in school and miss out on important social experiences
- Overall, about half with anxiety disorders experience symptoms by 11 years old
- 75% of diagnosis, result in not seeking support



# Is Anxiety Good or Bad?

- Anxiety is normal and adaptive
- Teens will have anxiety
- Anxiety alerts us to danger and serves as a natural alarm system
- We need anxiety to keep us alive.

When is it a problem?

When it significantly interferes with your day and you experience distress above same aged peers

# How can I tell if my child has anxiety?

## Signs may include:

- Lots of **worries** and a need for reassurance
- **Psychosomatic symptoms** which occur before school (eg. feeling nauseous, shortness of breath or headaches). When the threat is taken away, symptoms reduce.
- **Crying**, being clingy or fidgeting when nervous.
- **Sleep problems**
- **Fear** and **avoidance** of a range of issues and situations.





# Why are some children anxious about going to school?

- ***Separation anxiety***
- ***Problems at school***  
(being bullied, not having friends, not fitting in, etc)
- ***New situations***, facing the first day at school (its normal to feel nervous in a new situation).
- **Failure**, worried schoolwork will be too hard, they won't be able to keep up, or they won't know the correct answer
- ***Fear of losing a parent*** (a parent being ill & parents separating)

A green thought bubble with a black outline, containing the text: "What if the teacher calls on me? I always get the answer wrong!"

What if the teacher calls on me?  
I always get the answer wrong!



# Common Thinking Traps for Teens

- They will reject me
- I will be found out as incompetent
- They will think I'm weird
- I can't even do the simplest things
- I had better not blow it again
- I can't (don't know how to) do this
- I will tremble and people will judge me
- If they see how anxious I am, they will think I'm crazy
- I will stumble over my words and be unable to continue



# What can parents do?

- Reinforce ***anxiety is a normal feeling*** (normalise, normalise, normalise!)
- ***Reward brave, non-anxious behaviour***
- ***Empathise and understand***
- Encourage ***constructive coping***. (Anxiety as a skill building opportunity). They can come up with their own helpful coping options in a scary situation.
- ***Model non-anxious behaviour***
- ***Talk to professional's*** (GP, Psychologist or Counsellor).
- Keep connections with friendships over the holidays
- If your teen is experiencing anxiety notify their teachers and Year Coordinator





# Tips for Managing Stress





# TIPS ON HOW TO **MANAGE**

# Handouts Available

- Anxiety about going to school
- Support and crisis service numbers
- Headspace agency support
- Helping your teen deal with stress
- Family and child connect
- Kids helpline
- Parent line
- Gold Coast Youth Information Card (free app)
- R U Okay wellness poster



Thank you for supporting your teen's wellness 😊



***Please stay if you have  
questions***