The St Leo’s newsletter, “The Pride” is now posted as a Website.
http://web.me.com/stleos/The_Pride/Welcome.html
This mail out will contain The Principal’s message and hyperlinks to other content. A print only version will be archived on the College Website and as a hard copy available from the College reception.

Principal’s Message
Fifth Sunday of Easter –
“...Live in me and let me live in you says the Lord; My branches bear much fruit...” (John 15:1-8)

Dear Parents, Guardians, Care Givers, Grandparents and Students,

I, like you have heard this Gospel passage many times previously. Earlier in my life I thought that this parable was from a very demanding and insensitive God. It was a “shape up or ship out” message. The image of God as the vinedresser was that if you did not perform – you would be cut off and that would be it.

How wrong I was - upon some reflection and watching vinedressers at work – the process of cutting away and pruning branches is an incredibly nurturing action; it is removing the unproductive portions of the plant so that the vine has an even better opportunity to produce fruit in the next season. It an act of love; not an act of ruthlessness.

Within our own lives we are called to make decisions about which of our thoughts and actions are life-giving (fruit-bearing) and which are unproductive; negative; crippling; life-diminishing. At the Year Group Information Evenings last year I referred to Dr Andrew Martin’s studies that both parents and the school work together with the students to reduce the “dementors” for the students, the negative self talk, the self destructive behaviour that some students adopt.

In Sunday’s Gospel – John also supports this idea - if we are able to ‘prune’ our life-diminishing thoughts and actions, we allow ourselves the freedom and the ability to really flourish. Feelings of jealousy, greed, resentment, self-doubt and lack of confidence can limit our ability to be fully alive, just as addictive and harmful behaviours can physically take away our ability to perform at our best.

The sense of community is also central to this Gospel. We are part of a community and we have responsibilities to each other. Yes we are all individuals – but we each have a role to play in our community to assist each other. In the case of St Leo’s community – following our College values of justice, integrity, hope, dignity and respect. If we bear fruit that is bitter and poisonous (the opposite of our College values) then we need of the caring and loving hand of the vinedresser (God) to tend to us so that we are capable of achieving what we can be.

What are our fruits that we grow? What aspects of our life that may need a little pruning, so we can bear a higher quality of fruit?
ANZAC Day Commemoration
Last Thursday we commemorated ANZAC Day at the College. The students, under the direction of Mrs Ann Lawrence, reflected upon actual visits to the battlefields in France and what it means to them as young Australians today. Our cadets from the 226 Cadet Unit also formed a guard of honour at the dais.

Now just after 1 year – our ANZAC Commemoration Garden has very much taken hold and the seedlings from the various battlefields where Australians fought have now been established. The garden is well worth a visit when you next come to the College.

It is a fitting reminder for us all that when we walk past this garden that we will not forget.

“Lest we forget”.

NAPLAN (Years 7 and 9)
In the next two weeks our students in Years 7 and 9 will be sitting the NAPLAN assessment with all students across the country. Recently in the media there have been many reports about the different ways schools have and are preparing for these assessments. I have also taken a couple of enquiries from parents about NAPLAN.

We must remember that NAPLAN is one piece of assessment that we use. There are many other pieces of assessment that also create the big picture for our students’ learning. These range from the informal assessment in class on an every day basis to the Allwell Testing and the Assessment tasks (throughout the year) that are listed in the Assessment booklets that were distributed in the first few weeks of Term One.

The College does not prepare our students specifically for the NAPLAN. Teaching and Learning goes on as normal and no subjects have lost time in any preparation for NAPLAN. Each student in Years 7 and 9 has been asked to do a practice test that reflects the NAPLAN format. This is done by accessing “Future Schools” and it is done online.

It is pleasing that last year we had 100% attendance for our NAPLAN assessment from our students. There are no students that are asked to stay at home or excursions/activities are organized for specific groups of students during this week.

We are very proud of all of our students and the NAPLAN provides us with a “snapshot” of how a student is progressing in literacy and numeracy. From this data we are able to analyse any issues or evident trends. This then informs our teaching so we can improve the learning outcomes of our students.
Parent Literacy/Numeracy Group
Last Thursday we kicked off our Parents’ Literacy Support Group for Term II. We had about 15 parents present and eager to continue with the great program of one on one assistance with our students.

I believe that this is one of the ways in which we have improved our literacy results (MySchools website) over the past three years.

I thank each of these parents for giving up their time to work with our targeted students in order to improve their learning outcomes across all subjects. If you would like to be involved please contact Mr Tony Gulliford here at the College (anthony.gulliford@dbb.catholic.edu.au). It would be great to see some Dads/ Grandfathers assisting in this very important initiative.

Last Monday (Staff Professional Development Day)
Last Monday week we started Term II with a Professional Development Day for staff. What did we do? We continued with our “Knowing My Students” theme we have developed over the past 18 months.

Under the coordination of our Director of Learning – Mrs Brenda Timp we set up “data walls” around Berg Hall. Each staff member was given a series of red and green dots to place next to the names of specific students who were either underperforming or performing at a high level. The staff were then divided into groups to discuss these particular students. They discussed what was working for these students in particular classes/subjects or what was not found to be effective for that particular student.

Staff have the opportunity to make informed decisions about teaching methods that will improve the learning outcomes of their students. To connect this with this Sunday’s Gospel – so that the students can bear a better quality fruit!

Staffing
Whilst our Director of Mission. Mrs Sue White is on some Long Service Leave this term, Mrs Jamila Torpy will be the Acting Religious Education Coordinator.

We welcome to the staff Mr Christian Iligan. Mr Iligan will be teaching Religious Education as well as some junior Science.

Mr Adam Byatt is also on Long Service Leave this term – and we welcome Ms Sara Verge to the College.

Mrs Michelle Teys is Acting Learning Support Coordinator for these first four weeks.

A new voice on College Reception on Mondays and Tuesdays – Mrs Jayne Magee.

We welcome our new staff to the College.
Principal’s Breakfast
Over these next two weeks we have the opportunity to welcome our new parents to the College through our Principal’s Breakfasts. If you haven’t responded to your invitation as yet – please do so as soon as possible – for catering arrangements.

These are a great opportunity to meet informally the College Leadership Team as well as our Middle leaders and Tutor Teachers of Year 7.

Principal’s Gold and Silver Awards – Term 1 Interim Reports
Congratulations to the following students who received Principal’s Awards.

Year 7 Gold
Gabriella Aston, Georgia Bowden, Holly Buttery, Gabriella Chan, Oscar Creasey, Joshua Croasdale, Rebeka Finn, Mason Francis, Emily Freeman, Shane Garcia, Daniel Khamis, Rohan Knight, Jesse Martin, Emily Michalicka, Luke Montgomery, Laura Moran, merald Murray-Joseph, Reon Rebello, Joshua Reidy, Isabella Rosen, Andrew Samuel, Jaz Slater, Isaak Smith, Zoltan Snead, Mark Tobin, Riley Watt, Brittany Wells.

Year 7 Silver

Year 8 Gold

Year 8 Silver
Year 9 Gold
Nicole Deggens, Lauren Fitzsimmons, Sean Friend, Danny Jong, Tanmay Kapani, Joshua Millen, Conrad Nitzsche, Sebastian Olczak, Isaac Rodda, Ailise Seery, Jade Ti, Daniel Trott, Rebecca Van De Werff.

Year 9 Silver
Christopher Aston, Sam Batchelor, Mark Bell, Nathan Birrell, Paul Charteris, Phoebe Cook, Daniel Cronin, Sheldon Crossan, Lucy Crothers, William Crothers, Emma Cryan, Juliette Dahdah, Timothy Demasi, Andrea Dingley, Ian Finn, Laura Goldsworthy, Monica Gonzalez, Lor’ence Gosbee, Patrick Grigg, Hannah Haldenby, Anna Halpin, Hannah Hayes, Fraser Henrisson, Oliver Hing, Oliver Horne, Timothy Huntley, Rebecca Ison, Bianca Italiano, Ryan Jennis, Bruce John Britto, Nathan Khoudair, Grayson Kieran, Owen Knight, Lauren Littler, Tristan Lopez, Sebastian Madden, Diana Masters, Luc Modde, Samantha Morris, Arhart Nagaraj, Emily Owens, Timothy Palmer, Amy Pannell, Claire Paynter, Andrew Placco, Jasmine Santone, Annabelle Sawyer, Sabrina Scrogie, Rebekah Sharpe, Connor Staggs, Kai Stevens, Zoe Takala, Guthrie Talens, Rea Tejwani, Carli Van Wyk, Thomas Waters, Nicholas Wood, Ryan Wreyford, Clancy Yates.

Year 10 Gold
Richard Andersen, Nicole Cesti, Liam Cipollone, Meg Fletcher, Tim Kelly, Rebecca Lalor, Katherine Larsen, Corinne Mack, Jazmine Reid-Zinck, Sara Salmanzadeh, Courtney Scarth, Lena Seiler, Christopher Smith, Bona Sulitas, Ashley Tavernese, Brock Thompson, Brandon Thompson.

Year 10 Silver

Year 11 Gold

Year 11 Silver

I would like to wish all members of our community a productive and “fruitful” Term II.

“...Let us try to do our work well in God’s sight who alone is to be considered in our thoughts...” St Mary of the Cross Mackillop (11/12/1880)

AF Gleeson, College Principal
Message from the Assistant Principal

Mr Marc Reicher, Assistant Principal

News from around the College

Library news

Premier’s Reading Challenge

For the third year, students in Years 7, 8 and 9 are entering the NSW Premier’s Reading Challenge. The challenge runs from March 1 to September 1. To meet the challenge, students need to read 20 books: 15 books from the challenge book list and five of their own choice. Last year we had 57 students receive their PRC certificate at assembly, including five students who achieved a Gold Award for completing four challenges. A number of Year 7 students are continuing the challenge from their primary years and we have several students who are in reach of the Premier’s Medal, having completed the challenge every year from Year 1 to Year 9.

The Library has a large number of the books on the list and we will be buying many of the new titles added for the 2012 challenge. There is a link to the website on Destiny, the library catalogue. Students can browse the booklist online or check the print copy in the library.

Being able to enjoy sustained reading is a skill which the school strongly supports through wide reading and challenges such as this. In the 2011 challenge, over 220,000 students read or had read to them a total of over five million books. As an encouragement and a celebration of achievement, several pizza lunches will be held for participants during the challenge time. Last year there were so many students invited to the pizza lunches we had to split the groups, as they would not all fit into the library at once.

Neryle Sheldon, Teacher Librarian

Debating

The Catholic Schools Debating Association Debating Competition gets underway this week with St Leo’s visiting Mercy College at Chatswood. We have two more away competitions, against Santa Sabina at Strathfield and Holy Cross at Ryde.

Our two home debates are on Friday 25 May starting at 6pm against Loreto Kirribilli. The final round is here on Friday 1 June against Oakhill College. Parents and students are most welcome to attend these evenings. Parents also might encourage students to assist with vital debate management roles of ushers, chair and timekeeper. We wish our students all the best as they embark on this competition.

Neryle Sheldon, Debating and Public Speaking Coordinator
**Writing and Poetry Competitions**

Attention: More competitions for all year levels this term with great prizes!

**Amnesty International Youth Writing Competition (Prose or Poetry) - closes 22 June, 2012**
Prize pool includes: cash and prestigious awards ceremony
[www.amnesty.org.au](http://www.amnesty.org.au)

**The Dorothea Mackellar Poetry Awards - closes 28 June, 2012**
Prize pool includes: $500, iPad (yrs 10-12), iPod Touch (yrs 7-9)

**Write About Now Young Journalist Award - closes 15 June, 2012**
Prize pool includes: cash, book pack, videos

Please visit websites for more information and see Ms. Filatov at school.

**Pastoral News**

**Gentle Reminder – Mother’s Day Mass on Friday 11th May 2012**
Mass will be held in the College Chapel from 7.30am – 8am. All welcome. A light breakfast will be served after Mass.

**iRisk**

Motivational Media presentation to Years 7, 8, 9 and 10 on Friday 4th May in Berg Hall.
Parent Line is a 24 hour confidential telephone counselling line. It is there as a resource available to all parents who may need a bit of extra support and understanding in situations dealing with their children. It is a completely free service. The telephone counsellors are all trained and experienced in working with young people.

Please see the attached website for more information.

http://www.parentline.org.au/

Year 10
Welcome back to Term 2. Hope you all had a restful and enjoyable Easter break.

On the first day back, all Year 10 students were aware that sport was on periods 5 + 6 and brought their sport uniform. On the Thursday, after ANZAC Day, all students wore the correct College winter uniform. Overall, I am very pleased with the attitude and demeanour of all Year 10 students and hope this continues further during the term.

During the Pastoral lessons, all students had the opportunity to view and analyse their Term 1 Interim Report. They were asked to assess their strengths and develop strategies for areas they feel are below expectations. I would also like to remind Year 10 students to review and revise their Term 2 assessment calendar. This gives a weekly “snapshot” of the assessments that are due during this term. This will assist with prioritising, organising and completing assessment tasks on time.

Angelo Solomonides, Year 10 Coordinator

Year 9
Last week and this week in tutor time Year 9 students will be setting targets for this term and analysing their Term 1 reports. Please read through and discuss your child’s targets with them and sign on Page 158 of their diary. On Friday students will be watching a presentation called “I Risk”.

Year 8
It is a busy time for Year 8 students at the moment.

Currently you all should have received the Camp information. It is imperative that the Medical forms and permission note is returned by Friday of this week – May 4

Please read the equipment list carefully as it will be cold on the Colo during May.

Important Note: On the Friday we return from Camp, the School is hosting the Bishop’s BYTE event for Year 12 students around the Diocese.

There will be 30 or more buses picking up around 2,000 students at the school so the decision has been made to change the RETURN drop off/collection point on Friday afternoon, May 18: -

| The new RETURN drop off/collection point will be Park Avenue, Waitara, next to Waitara Oval. The time will remain the same, approximately 2.30pm. Students will be dismissed from Park Avenue. They will be supervised at this location until 3.30pm. |

2. This week in Tutor time, students have been reflecting on their Interim Reports for Term 1. They have analysed these reports and filled in a sheet listing the strategies they intend to take to improve and their goals for this term.

3. This week, students have seen a presentation from Motivational Media on the topic “I Risk.” This contains images and messages about the value of planning our lives and making good choices in relationships with others.

For the next week, and throughout the next two terms, students will be discussing the themes raised and completing a number of activities during tutor time.

Andrew Betty, Year 8 Co-ordinator
Year 7
Welcome back for Term 2. I hope all students had a restful holiday.

UNIFORM: Students are now wearing winter uniform, and they’ll notice that as the temperature decreases jumpers and blazers are needed! Please remind your son or daughter that blazers must be worn as outer wear to and from school, and for formal assemblies, e.g. the Principal’s assembly every Monday.

ASSESSMENT TASKS: After a slow start in term 1, across-the-form assessments are now coming thick and fast. HSIE and Visual Arts assessments were due this week, English and Technology in Week 4, Maths and Science Week 5, Religion, HSIE, Music, Visual Arts and PDHPE to follow. A few main points students and parents need to be aware of are that:

- students get at least two weeks written notice of what is required
- teachers explain the expectations in class.
- written tasks are usually handed outside the chapel BEFORE 8.30am.
- tasks which are late without reason have marks deducted for each day they are late.
- all late tasks are handed in to the subject co-ordinator, not the class teacher.

Details are available in the assessment handbook handed out last term.

PASTORAL TIME: Students are memorizing our College Prayer, which encapsulates the inspiration of St Leo in a Christian life and the values of our school.
Students will be viewing a Motivational Media presentation this Friday on taking risks, both good and bad, which aims to help students manage risk in their lives.

PLAIN CLOTHES DAY: as detailed elsewhere in the bulletin, students may wear plain clothes (mufti) on Monday 9th May, if they choose to give a gold coin donation to charity.

EXCURSION: a reminder that Friday 11th May all Year 7 will be going on a HSIE excursion to the Nicholson Museum at the University of Sydney. Please have all notes in.

Best wishes for a good term,
Megan de Kantzow, Year 7 Co-ordinator

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Careers News

ADFA Education Award
The Australian Defence Force Academy Education Award is presented annually to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. The award comprises of a laptop computer and certificate for the student, along with a plaque of recognition for the school. There are up to 100 awards available on behalf of the Navy, Army and Air Force, which will be presented to suitable applicants who have applied for entry to ADFA. For more info visit:


Sydney University YR 11/12 Parent Information Night: Engineering and IT
The Faculty of Engineering and Information Technologies is holding its annual Year 11/12 and Parent Information Night to give students a greater insight into our undergraduate courses in:

- Engineering
- Information technologies
- Project management

Information will be given on the application process, HSC preparation and bridging courses as well as the financial and scholarship support available. Students will also have the chance to chat to academics and current students and hear about their experiences at Sydney first hand

THURSDAY 7 JUNE 2012 6.15pm for 6.30pm start - 8pm, PNR Lecture Theatre, PNR Building, Maze Crescent, Darlington Campus.

Light refreshments will be served. Students and parents should register at sydney.edu.au/engineering/info-night

DEFENCE FORCES GAP YEAR
Applications are still open for the 2012 – 2013 Gap Year program. Interested students need to apply as soon as possible to avoid disappointment as positions are filling fast. To apply please go to http://www.defencejobs.gov.au/education/GapYear/
For further information contact Miss Jordan King Careers Promotions Co-ordinator Ph: (02) 8831 224 Email: joking@dfr.com.au

Chartered Accountants Cadetship Evening, which is held on the Wednesday 23 May from 4:30pm at the Sydney Convention and Exhibition Centre. This is an excellent opportunity for students to engage with over 25 employers, attend information sessions regarding cadetships and receive tips on the recruitment process. Register now www.charteredaccountants.com.au/students

Additional notices:
Monday May 14 School Based Apprenticeship Pathway Information Session 4-6pm Meadowbank TAFE K3.30

UNSW Law school Parent and student Information Evening – Thursday 10 May, 5-8pm, Law Building Kensington Campus. Register at www.law.unsw.edu.au/ps

L Sykes, Director of Senior School-Careers/VET
Mission News

Come Join Us in Eucharist
Every Tuesday from 8 am
Every Friday from 1.05 pm
Mass in the College Chapel

An initiative from some of our students who will be involved in World Challenge

Vietnam / Laos
Fundraising for World Challenge Expedition January 2013

Mufti Day & Sausage Sizzle
Monday 7th May, 2012

Please assist this great cause by donating a gold coin for mufti day and buying a sausage sizzle at lunchtime.

Sausage Sizzle only $2.00

* All donations raised directly fund Community Project Work in Vietnam / Laos
Organised by Chris Smith, Ben Reidy, Jack Newton & Sebastian Fong
Parent Network

Mother’s Day Mass ... Friday 11th May 2012
College Chapel at 7.30 am. Followed by morning tea

Principal’s Update ... Wednesday 13th June 2012
College Library from 7 pm. Cheese and wine followed by presentations and discussion.

College Dinner and Dance - Saturday 4th August 2012
Hornsby RSL. Live Band. Invite adult friends and families.

Reading Support – volunteers, please
If you can spare approximately an hour to assist with reading and spelling, then please contact
Sarah Sacsray, Literacy Program Parent Co-ordinator
Phone: 9875 2843, Mobile: 0413 601 496, Email: sbuttfield@hotmail.com

St John’s Wahroonga - Soup Van
Join other volunteer families to prepare and serve hot meals to those without a home in the Hornsby area. For more
information please contact Connie Klimko, St John’s Soup Van Co-ordinator on Mobile: 0407 603 877 or Email:
leosparentnet@y7mail.com

College Dinner and Dance - Saturday 4th August 2012
For more information or if you have any queries please contact Kathryn Carmody, Team leader via email
kathryn_carmody@yahoo.com.au or telephone Virginia Gahan, Committee member 9476 8724.

Want to know more about the Parent Network or parent involvement at St Leo’s?
For more information regarding the College Parent Network:
www.dbb.org.au/schools/stleoscollege/Pages/ColegeParentNetwork
Or contact or email Marinela Mendes via email: <mendes@bigpond.net.au> or
call 9487 5757 or 0418 22 40 31.
INFORMATION REQUIRED TO HELP DETERMINE FUNDING ARRANGEMENTS FOR NON-GOVERNMENT SCHOOLS

PRIVACY NOTICE

This notice is from the Australian Government Department of Education, Employment and Workplace Relations (DEEWR), to advise you that DEEWR has requested your child’s school to provide the following three pieces of information to DEEWR:

- Students’ residential addresses (not student names)
- Students’ level of education (primary or secondary)
- Students’ boarding school status (boarders or day students)

DEEWR is bound by the provisions of the Privacy Act 1988 (the Privacy Act). Section 14 of the Privacy Act contains the Information Privacy Principles, which prescribes the rules for handling personal information about individuals. DEEWR will not use or disclose the information provided by your child’s school other than in accordance with the Privacy Act.

Purpose of collection

DEEWR is collecting this personal information for the purpose of administering funding to non-government schools, and to determine payments of Australian Government assistance to non-government schools, including under relevant legislation such as the Schools Assistance Act 2008 (Cth). DEEWR will only use this information for this specific purpose.

Disclosure of information

The information provided by your child’s school may be disclosed by DEEWR to contractors working for DEEWR for the purposes of verifying the information. The contractors will not use the information for any other purpose.

DEEWR may also provide this information to the Australian Curriculum Assessment and Reporting Authority (ACARA). ACARA will use this information in developing and evaluating Index of Community Socio-Educational Advantage (ICSEA) formulas and school values.

In other instances the information will not be disclosed without your consent, unless where authorised or required by law.

Contact

If you have any questions regarding this Privacy Notice please phone the DEEWR SES Funding helpline on 1800 677 027 (free call) or send an e-mail to: SAAMailbox@deewr.gov.au.
It’s not okay to be away ... nor to be late to school
When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has the best chance to learn and thrive is to get them to school every day—and get them there on time.

It sounds simple, but it’s true.

The correlation between school attendance and academic achievement is well established. Research shows that kids who are regularly absent from school are at greater risk of dropping out of school, and of experiencing long-term learning difficulties.

When kids miss school not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. As many teachers will tell you, for children who are already at risk of low school attendance, the missed social interactions are devastating.

Of course, most people know this intuitively and they place extreme importance on regular school attendance in their children’s education. But there are many reasons cited for why kids may miss school.

Some of these reasons may be reasonable, such as family illness or a need to attend to another family member’s needs. However, when kids are consistently absent from school, it can be a sign of underlying issues that need to be addressed.

That leads us to the year one schoolchild over the school-age child
In today’s highly competitive world, the role of education in developing a child’s skills and cognitive abilities is of utmost importance.

That’s not a reason to be away!
It’s not uncommon for children to be absent from school for reasons that would have been unheard of just ten years ago. These include staying away to care for sick family members, being absent because they stayed up too late watching TV or going shopping for other children to miss school due to personal issues.

This type of absenteeism sends a strong message to kids that parents not only value education but value their child’s school experience.

Australians miss 13% of their total school-time. They spend more time at school than they do at home. So we need to maximise every day to get the most out of our child’s education.

Being late is not okay either
Kids spend a lot of their day in school, and the time they spend in school is critical. Being late can mean missing important lessons and class time, affecting their education.

On average, Australian children are late for school once a week, with 40% of parents admitting their child is late to school once or twice a month.

It’s important to be punctual, as this sends a powerful message to kids that their education is valued.

As parents, we need to make a commitment to our children to be on time, as this helps them to be on time as well.

Of course, there will be times, such as illness or emergency, where being late is unavoidable, and this should be communicated to the teacher.

It’s interesting to note that those children who consistently come to school on time and are punctual are more likely to succeed in the future, just by making sure they get up on time every day. And of course, regular attendance helps kids prepare for the work they will be expected to do when they leave school.
Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here’s how to keep your kids safe when online.

Cyber bullying has become one of the biggest and most difficult issues facing young people today. Bullying and harassment online is now commonplace. For instance, over half of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyber bullying go to a new level. Messages and images sent can spread to wide and rapidly the sending a huge potential audience in the time it takes to upload a photograph or post a text message.

Once the family have agreed with a particular scenario or they are learning, new rules are applied to the cyber world. This is to stress that their home digital life is no different to that of their real life and to ensure that they are also aware of the risks in the cyber world.

The cyber world is rapidly growing, and young people are almost always online, often escaping from their parents’ view. As a result, they may increasingly be encountering online grooming and threats.

On the one hand, it is the shopping mall of the 21st Century, Parents have the same responsibilities to keep away from the online world as they do with the real world. They are the first to consider their safety and behaviour online as well as offline.

Parents should be aware of the dangers of sending or sharing photos and information with others.

2. Think before you send. Remind kids cyberbullying is a very public and permanent business. A text message or image sent out can be passed on to many people at a very rapid pace. Once sent, there is no way to delete them from the site.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly silly with each other, which is to be encouraged, however there are some things, such as online passwords that they should never share with their best friend.

4. Block bullies. Teach kids in block bullies’ messages. They can also block messages and addresses online. Similarly, they can block that message from bullies as well.

5. Don’t reply to harassment. Bullies can reply to your response which can further be spread. It is best to respond by blocking the message. If you continue to receive messages from bullies, you can contact your Internet service provider.

6. Show evidence. If a bully is bullying, they should take screenshots and print out messages. These can be used as proof if the bullying is brought to the notice.

7. Tell someone. The important part of bullying is that it is not just the victim who needs help. Someone else can help as well. If someone is, for example, doing something wrong to you, tell them to stop or to go to a trusted adult, even if they feel that doing so might make their bullying worse. They should then report the bullying in the appropriate way.

Sitting around the head in the sand saying ‘it’s just a game’ can be dangerous to children. It is important to keep children informed about what they are doing online and to ensure they use the Internet safely and responsibly.

- parentingideas.com
- parentingideas.co.uk
- parentingideas.net

facebook.com/michaelgroseparenting
twitter.com/michaelgrose
THE SPREAD OF FLU IS UP TO YOU

FLU DOESN'T SPREAD ITSELF, PEOPLE SPREAD IT

COVER your face when you cough or sneeze
WASH your hands thoroughly and often
STAY HOME if sick so you don't infect others

Global Volunteering: Good Relationships, Better Aid

Palms Australia

COME TO AN INFORMATION SESSION

Palms Australia is a Catholic organisation that has been sending volunteers to developing countries for 50+ years. Palms’ ‘global volunteers’ are vehicles for development and social change through mentoring and exchange of skills.

Countless studies show that when communities are supported and empowered through building capacity, the whole society benefits. Families are healthier, more children go to school, agricultural productivity improves and earnings increase. In essence, communities become more self-sufficient.

Ever considered sharing your skills in another country? Through Palms’ ‘Global Volunteering’ program you can fulfil your mission to educate children and secure them a brighter future while exchanging teaching skills to staff to advance local knowledge. Help a community develop their skills in educating future generations of children.

Learn more at our info session and get prepared for a 2013 placement. We have one of the best cross-cultural preparation programs in Australia.

Date: Sunday May 6th
Time: 3:30 PM – 5:30 PM
Venue: The Healing Ministry, Golden Grove, 5 Forbes St, Newtown, Sydney

If you are unable to attend an information session, but would like further information please contact Sarah Torcaso at sarah@palms.org.au or on 02 9518 9551 or visit www.palms.org.au We will be happy to email or post you further information.

THRIVE
Be the Best We Can Be

friday 10 – monday 13 august
St Augustine’s College – Sydney
(on the beautiful Northern Beaches)

A four day festival for parishes & schools offering music & song, ritual & prayer, creative arts, workshops, resources, multimedia, conversation ... centred on whole community catechesis through effective youth & family ministry that embraces people of all ages. Opportunities for flexible participation over the festival.

Steve Angrisano
Musician, Composer, Youth & Family Minister from the United States

James Maher MSC & The Gospel of Love Band
Ben Marshall & The Catholic Community of North Harbour Youth Band

w: www.bethebestwecanbe.com.au  Contact: Paul Skippen OSA e: thrive@bethebestwecanbe.com.au  m: 0412 850 883
THE INAUGURAL 
Edmund Rice 
GALA DINNER 
supporting the work of the Edmund Rice Foundation (Australia)

8th June

$1200 Tables of 10
$5000 Corporate sponsors

PURCHASE YOUR TICKETS CLICK HERE

The Edmund Rice Dinner draws its life and vision from the Charter of Edmund Rice and the Mission of the Congregation of the Christian Brothers.

The Edmund Rice Dinner will support a diverse range of development projects throughout Australia and Oceania as part of their social justice mission. These development projects encompass work with the most needy in our world.

- 3 course Premium Dinner
- Beer, Wine & Sparkling
- Dress: cocktail

7pm FRIDAY 8th June 
Doltone House 
Darling Island Wharf

PRESENCE • COMPASSION • LIBERATION

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Body Image Forum Monday 7 May 2012
6.30pm to 8.30pm at Ku-ring-gai Council Chambers

LYDIA JADE TURNER
Lydia Jade Turner is the Managing Director of BodyMatters Australasia

Lydia has previously worked as the School Programmes Director and Consultant to The Eating Disorders Foundation (NSW). Her broad experience in the field of eating pathology has included designing and delivering training programmes to health professionals; presenting in schools, tertiary institutions, hospitals and community organisations; and providing counselling services. As an opinion writer her work has been published in a variety of mainstream media and has been republished by internationally acclaimed eating disorders specialist Dr Rick Kauffman, journalist and Chairperson for the National Advisory Group on Body Image Mia Freedman, author and social commentator Melinda Tasker Reist, The Centre for Eating and Dieting Disorders (CEDD) and the National Association to the Advance Fair Acceptance (NAFAA).

SARAH McMAHON
Sarah McMahons is the joint Managing Director of BodyMatters Australasia.

Sarah has spent almost 10 years counselling people affected by disordered eating behaviours and facilitating eating disorder support groups in a range of settings, including corporations, public hospitals, non-government organisations and private practices. Sarah was previously employed by The Eating Disorders Foundation and The Butterfly Foundation. In these roles she counselled people affected by eating disorders; provided training and supervision of leaders of eating disorder recovery groups; and coordinated a rural project that was undertaken through the eating disorder units at Westmead Hospital and The Children’s Hospital at Westmead. Sarah loves presenting on disordered eating and has spoken publicly about the issue in an array of settings, including professional conferences, large community events, universities (Sydney University and Auckland University - CCE) and schools.
Communicating with Teens

Child & Adolescent Parenting
Northern Sydney Local Health District
Enquiries: Phone 9987 5830

Communicating with Teens Course
- influence your teenager's behavior
- understand the stages of development of teenagers
- feel more comfortable with your teenager's style and tone
- keep lines of communication open between you and your teenager
- cope with your teen and your teenager's anger in a constructive way
- learn how to get your point across and also listen to your teenager's point of view
- learn how to resolve issues between your teenager and yourself and still keep the relationship intact
- ... plus more ideas on how to build relationships - what works and what doesn't work!

COURSE VENUE: CHATSWOOD
5wks/2.5hrs
When: Tuesday, 29th May, 2012 (7.00pm - 9.30pm)
COST: $150 per person  Concession: $125 per person

Dealing With Teen's Back Chat Workshop
VENUE: CHATSWOOD
When: Tuesday, 22nd May, 2012 - 7.00pm - 9.30pm - $40 per person

Triple P (PPP) Teens Seminar Series
available on request - to organise these or for details of Workshops/Seminars scheduled for this term, phone 9987 5836

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TO ENROL, PLEASE COMPLETE THIS FORM
(Teens - Term 2)

Family Name: ___________________________  First Name(s): ___________________________
Address: ___________________________  Postcode: ___________________________
Phone: (h) ___________________________  (mobile) ___________________________  □ M  □ F  (Please tick)  □ Age of children: ___________________________

Small children: ___________________________

COURSE  □  WORKSHOP  □

CONCESSION CARD NUMBER MUST BE DUPLICATED IN ORDER TO RECEIE CONCESSION.

NSCCH employees ONLY: (20% discount)  Department & Hospital: ___________________________

Pay Money Order/Cheque to: Northern Local Health Network and post to: Child & Adolescent Parenting, PO Box 142, North Ryde 1670

Credit Card: ___________  Master Card  ___________  Visa Card  ___________  Amount: $________

Expiry Date: ___________  Cardholder's Name (printed): ___________________________

Enquiries: Child & Adolescent Parenting - 9987 5830