



Porty's Power of Positive Thinking

A fortnightly communication between home and the school community

PRINCIPAL: Mrs Julianne Emmert

Edition #9 - 28th Aug 2015

VALUE : *Every child matters every day!*

Port Curtis Road State School acknowledges the traditional Dharumbal people on whose land it stands.

Our School Rules and Acceptable Behaviour

- **Be Safe**
- **Be Responsible**
- **Be Respectful**

**Respect for Ourselves
Respect for Others
Respect for Learning**



WELCOME to Porty's Power of Positive Thinking, Edition #9

An extract from our PCRSS Learning and Wellbeing Policy

Port Curtis Road State School's commitment to learning and wellbeing is segmented into four categories : LEARNING ENVIRONMENT A positive school ethos and rich learning environment that is open, respectful, caring and safe optimises learning through a commitment to wellbeing.

CURRICULUM AND PEDAGOGY Curriculum that enhances wellbeing equips students with the knowledge, skills, attitudes and strategies to understand and manage themselves and their relationships. Pedagogy that enhances wellbeing builds positive relationships.

POLICIES AND PROCEDURES Policy intentions are transformed into action by school staff, students and the wider community.

PARTNERSHIPS Productive partnerships expand the knowledge, skills and resources available in the school.

How this is achieved is fully explained within the policy and can be found on our Webpage

www.portcurtss.eq.edu.au or a copy is available from the office.

Nationwide survey reveals high levels of distress among school-aged children *Study finds schools play a major role in supporting young people with emotional and behavioural problems*

Results released from the second national survey of the mental health and wellbeing of Australian children and adolescents show that one in seven young people experienced a mental disorder in the previous 12 months, equivalent to 560,000 children and adolescents. The survey of over 6300 families and young people, released on 7 August 2015, is "confronting, sad and shocking", according to Minister for Health Sussan Ley. ADHD was identified as the most common of mental disorders (7.4%, equivalent of 298,000 youth), followed by anxiety disorders (6.9%, equivalent of 278,000 youth), major depressive disorder (2.8%, equivalent of 112,000 youth) and conduct disorder (2.1%, equivalent of 83,600 youth). Ms Ley went on to affirm the important role that schools play in the mental health of young people, highlighting the link between depression and high rates of school absenteeism. The survey also identified that a school staff member was among those to suggest that help was needed in 40.5% of cases.

Currently, the Australian Government is working with the mental health sector and the states and territories on significant, long-term reform of the mental health sector and the way services, and outcomes, are delivered. The Queensland Mental Health Commission will shortly release its Mental Health Awareness, Prevention and Action Plan 2015-2017, which will include actions to support comprehensive frameworks for whole-of-system approaches, as well as better integration between schools, child and youth mental health services and other key services for children and young people showing signs of distress. It also recognises the value of whole-of-school approaches to prevention and early intervention.

Those interested in reading the results of the survey can go to: <http://youngmindsmatter.org.au/survey-results/overview/>

Reasons to exercise that aren't about weight Loss

"When it comes to weight loss, the impact of exercise is really quite minimal," Dr Aseem Malhotra told ABC TV's *Lateline*. Nonetheless all experts agree; exercise is very much worth making time for, weight concerns aside. In fact, it's one of the most powerful "medicines" we know, helping to prevent a host of health conditions with virtually no side effects. (In fact, being inactive is ranked just behind cigarette smoking as a cause of ill health).

So here are seven compelling reasons (other than weight loss) to stick with exercise:

- 1) You'll slash your risk of heart disease, stroke and type 2 diabetes by up to 40 per cent.
- 2) You'll reduce your risk of certain cancers (and their recurrence).
- 3) You'll keep your bones strong.
- 4) It can help you ward off dementia.
- 5) You'll give your immunity a boost (usually).

6) **Your mood and mental health will improve.** When it comes to the mind, exercise is a wonder drug says Dr Nicola Burton, senior research fellow in the University of Queensland's school of human movement studies.

"We're not only talking about preventing poor mental health or treating it, but promoting good mental health. Even if you don't have depression or anxiety or a serious mental illness that you want help managing, you can enhance your wellbeing and vitality." Exercise can boost mind, concentration, alertness and even make you more optimistic. Indeed not only do regular exercisers have better mental health and emotional wellbeing and lower rates of mental illness, but studies that track people over time show taking up physical exercise seems to reduce the risk of developing mental disorders. You could say it's a no brainer.

<http://www.abc.net.au/health/thepulse/stories/2015/05/11/4233218.htm>
ABC Health and Wellbeing: Fact files, health topics. Published 11/05/2015



Take Care
Julianne Emmert
Principal

Acknowledgements

Learning Place

Teacher Aides Supporting Students with Disabilities.

Sue Larkey: International Author, Autism Spectrum Specialist, Teacher

Sue Larkey is unashamedly passionate about her mission - to inspire parents and educators and teach them how to Make it a Success.

The Umbrella Network

"families supporting families"

LOVE our kids
EMPOWER ourselves
INSPIRE our community

Amanda Hartmann,

Inclusive Learning Consultant Speech Pathologist), Spectronics

Mr John Fleming Principal

advocates a dramatic shift in the way primary school children are taught using the John Fleming Explicit Teaching Model

Did you know?



E-Safety Social networking

Chat and social networking are great ways to stay in touch and find new friends. However, there are some risks meeting people online—especially if you don't know them in real life. When you share things online you may be sharing with other people you do not know or trust. Once a message, photo or video has been shared, you also won't be able to control where it goes.

What do I need to know about safe social networking?

- Limit your friend list — don't 'friend' random people.
- Protect your privacy — don't share your password and set your profile to private.
- Your personal details are valuable — don't share them.
- Protect your reputation — keep it clean and ask yourself: would you want others to see what you upload?
- Be careful who you trust — a person can pretend to be someone they are not.
- Don't use a webcam with people you do not know.
- Think before you post, chat, upload or download.

Offensive or illegal content

Some online content may be considered 'prohibited' content under the Broadcasting Services Act 1992. Violent, explicit or criminal, it's this content that you can report to the Office's eSafety Hotline for action.

What is prohibited or illegal content?

The following types of content may be classified as prohibited:

- footage of real or simulated violence, criminal activity or accidents from video clips, games or films
- sexually explicit content
- images of child sexual abuse
- content that advocates the doing of a terrorist act
- content instructing or promoting crime or violence.

What can I do to deal with prohibited content?

If you see content online that you believe to be prohibited, report it to the eSafety Hotline.

<https://esafety.gov.au/esafety-information/esafety-issues>

Resources

Sue Larkey
Education Events PTY Limited
Telephone: 0433 660 379
Fax: 1300 656 408
Email: dearne@suelarkey.com

Raelene Ensbj
Parent Connect Facilitator-
Central Qld
Umbrella Network Coordinator
254 Eldon Street,
Rockhampton, QLD 4701
Phone: 07 49286 550
www.theumbrellanetwork.org

Amanda Hartmann, Speech
Pathologist, Spectronics.
www.spectronics.com.au

Department of Education and
Training
<http://education.qld.gov.au>

Sue-Ellen Kusher-Mindworks
Consultant
www.mindworksteam.com.au/sue-ellen-kusher

Bullying No Way!
<http://bullyingnoway.gov.au/national-day/index.html>
National Centre Against Bullying
www.bullying.org

KidsMatter
www.kidsmatter.edu.au/

Mindmatters
www.mindmatters.edu.au/

E-Safety
www.esafety.gov.au/esafety-information/esafety-issues

eSmart Schools/The Alannah
and Madeline Foundation
esmart@amf.org.au

Online gaming

Too much gaming can affect your school or social life. It is important to be aware that if you chat with other gamers, you must protect your privacy and keep personal information private.

Know the basics. If you are worried about the time you spend gaming, you can:

- limit your game play time
- make time offline for your friends, your favourite sports and other activities you enjoy.

Protect yourself

- If another player is behaving badly or making you uncomfortable, block them from your players list.
- Report poor behaviour to the game site operator.
- Keep personal details private.
- Respect others in the game.
- Be aware of game classifications and age restrictions.

Online gambling

Online gambling is a distinct and ever increasing form of online gaming. It comes in many forms, from lottery tickets and betting on sporting games and racing to card games like poker. There are many games and social media applications that look like gambling websites that ask you to pay money to play or access features.

You need to be aware that some online games are actually considered to be gambling sites and are designed to make money for the company providing the service, not the user.

If you are under the age of 18, gambling is an illegal activity whether your play online or offline. It's always best to ask your parents or a trusted adult to check the game or website before you play or pay.

Remember: •Gambling online is risky, and it can lead to trouble.

- Always read the terms and conditions of a website before paying to play a game online.
- Be aware that some game sites may look very similar to legitimate online gambling sites.
- Make sure you know what you are getting for your money if you do pay for games online

Cyberbullying Cyberbullying is the use of technology to bully an individual or a group with the intent to cause harm. The intended harm may be social, psychological and, in extreme cases, physical.

Cyberbullying can cause fear, withdrawal, shame, guilt, loneliness or depression. Cyberbullying material can spread quickly, be difficult to delete and be created by anonymous users. Cyberbullying can have a serious impact on your life and the lives of other young people. Sometimes it's hard for adults to see the cyberbullying online, especially if it happens in games or through chat—it can also seem hard for them to know how to help.

What does cyberbullying look like?

Cyberbullying can occur in a number of ways, including:

- abusive texts and emails
- hurtful messages, images or videos
- imitating others online
- excluding others online
- nasty online gossip and chat.

<https://esafety.gov.au/esafety-information/esafety-issues>

