

2013

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DIARY DATES

Monday 2nd September

- L1 - Y8 Counselling Seminar DRMC

Tuesday 3rd September

- Y8 Counselling Materials Issued
- Grounds, Facilities, Services Ctee 6.15pm

Wednesday 4th September

- Y10-11 Course Confirmation
12.00 - 7.30pm DRMC
- Promotion and Marketing Ctee 6.00pm

Wednesday 4th - Friday 6th September

- Y9 Bushwalking Camp

Monday 9th September

- Y8 - 9 Parent Info Night 6pm DRMC
- Y9 - 10 Parent Info Night 7pm DRMC

Tuesday 10th September

- Finance Meeting 6.30pm

Wednesday 11th September

- GG ICT Ref Ctee 6.00pm

More Dates continued page 2...

Thursday 12th September

STUDENT FREE DAY

Friday 13th September

SCHOOL CLOSURE

SHOW DAY - Y7 Feeder

School Visits



Government
of South Australia

Department for Education
and Child Development



Principal's Column

Paul Wilson | Principal

Dear Members of our School Community

We have had our **winter music concert, campus assemblies and combined (campus) Governing Councils' dinner** in recent weeks. The concert and assemblies again showcased the wonderful artistic and creative talent that exists amongst our students and reinforced our school as a centre of excellence in the Arts.

School Services Officers and ancillary staff were acknowledged and recognised during SSO Week 19th – 23rd August. At GGHS we have 39 ancillary staff managing various administrative and maintenance tasks and supporting teachers work and student learning. These staff are the 'heartbeat' of our school. Without their wonderful support and work our school could not function. We thank them all for their fantastic contribution to our school.

I recently came across an article by parenting educator Michael Grose that talks about the **mental health habits to promote in our kids** – I thought that I would share this information with you.

Having good mental health doesn't mean that kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. As a parent it is useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider:

1. **Sleep:** is the one of the building blocks of mental health and well-being. Many children and just about all teenagers, are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids' ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. **Exercise:** When my mum told me all those years ago to turn the television off and go outside and play she didn't know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An

hour's movement per day seems the minimum for kids. How much exercise does your child receive?

3. **Help others:** Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. **Talk:** A problem shared is a problem halved! Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let them know that their concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. **Relaxation:** Try to ensure that your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they'll relax quite naturally.

These five habits are pretty much common sense. However, as kids' lives get busier these essentials get squeezed out. Michael recommends that mental health habits don't get over looked or neglected, he urges parents to see these habits as the building blocks of mental health. Don't ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe. Michael advises that we could assess which of these five essential habits need attention and if we determine one or more should be addressed we could make some adjustments over time to push the pendulum back, if necessary, in favour of our children's mental health. Our school provides a student counselling and student welfare team through our Access Centre. If you have any concerns about your child's health or well-being please don't hesitate to contact our team in the Access Centre.

Paul Wilson
Principal

Diary Dates Continued...

Monday 16th September

- Y12 PE Moderation

Tuesday 17th - 24th September

- Op Flinders (girls)

Tuesday 17th September

- Y8 - 12 Sports Assembly

Tuesday 17th - 20th September

- Y12 OED Self Reliant (after school)

Wednesday 18th September

- Governing Council 7.00pm

Thursday 19th September

- Y8/9 Volleyball
- Y12 OE Excursion

Friday 20th September

- Y12 OE Excursion
- Y8/9 Junior Badminton Carnival

Tuesday 24th September

- Vista Sport Finals

Wednesday 25th September

- Y12 Dance Performance (day & night)

**FRIDAY 27TH SEPTEMBER
LAST DAY TERM 3
STUDENTS DISMISSED 2.10PM
REPORTS POSTED HOME**

SSO NATIONAL RECOGNITION WEEK

Thank you to all of our wonderful
ancillary staff.

Linda DeBoer: Mandy Kennett: Jerome Smith: Cynthia Richardson: Melissa Ruciack: Sue Ruciack: Lynn Fulton: Julie Baker: Samantha Goddard: Morya Reed: Suzanne Gough: Nathan Taylor: Deb Goodwin: Rob Ellis: Katherine Doyle: Paul Howieson: Wayne Austin: Dina Casiou: Marilyn Lloyd: Darren Moffat: Alan Beckett: Lesley Brittan: Agnes Milne: Marylou Horvat: George Hirst: Margey Knapp: Lee Belperio: Janet Thomas: Claudia Brewis: Jacki McArthur: Di Foote: Michael Grantham: Kirsty Lanzilli: David Poland: Emma Talbot: Darren Moyle: Geoff Heritage: Lyndall Hulley: Kirrily Snibson.

Paul Wilson
Principal

MOTIVATION

It's now Term 3 and it is around this time of year that our motivation begins to lag and it's hard to remain focussed.

Recent research by the University of Illinois has a new theory about motivation. They suggest that cheering ourselves on, 'I will finish this assignment' does not motivate us as much as challenging ourselves does: 'Will I finish this assignment?' We respond much more effectively when we question ourselves, rather than when we give ourselves empty encouragement.

When we're challenged, we look at the task at hand and make a decision about how important it is for us to accomplish. Questioning whether a task will get done opens up the possibility that it won't, hopefully building up your motivation. In contrast, repeatedly telling ourselves that something will be achieved actually drains motivation.

So next time you're struggling to finish an assignment, go out for a run or do your chores, try challenging yourself as a motivator. Once the task is complete, congratulate yourself with a reward so that your brain makes a link between getting a job done and having something good happen. Good luck! Will you do it?

Emma Talbot

KEEPING UP – OUR CHILDREN ONLINE

Today almost all Australians aged 16-25 are online every day for 2-4 hours. Leading psychologist's state that the longer children are online, the worse their mental health.

In 2008, 13% of 16-25 year olds used the internet for email, 32% for facebook and 7% for YouTube. In 2012 it dramatically increased to 94% of 16-25 year olds using the internet for email, 93% for facebook and 86% for YouTube. How are our children accessing the internet? 74.8% access the internet via their phone and 75.9% access it in their bedroom. So how do you as parents keep track and ensure your child/s are safe? After attending a conference by Dr Michael Carr-Gregg on 'Promoting Student Wellbeing through the latest web-based programs and smart phone apps', I came away with a plethora of information to support the wellbeing of our students. Dr Carr-Gregg also suggested the Top 3 Websites for Parents to support you guide your children to becoming responsible cyber citizens and keep up with the latest social networking sites.

The following websites were promoted for parents:

1. www.cybersmart.gov.au/Parents.aspx - A parents cyber safety toolbox filled with information and resources.
2. www.thinkuknow.org.au
3. www.dbcde.gov.au/easyguide/social_networking - Learn more about cyber safety features of social networking sites or search engines or online gaming.

We encourage all parents/caregivers to familiarise yourself with these sites to promote healthy use of technology. If you have any more questions/concerns, please do not hesitate to speak to one of our Access Centre Counsellors – Belinda Noack or David Larritt on 8282 6400.

YOUR TUTOR

AFTER SCHOOL ON-LINE HOMEWORK & ASSIGNMENT ASSISTANCE

Your tutor has been available for senior students throughout 2013. It connects students, on-demand to qualified teachers and tutors the moment help is needed after school hours. It uses real-time, online communication across all subject areas.

In Term 1 of this year students collectively spent 71 hours and 51 minutes on-line predominantly seeking assistance with English and Mathematics.

In Term 2 they used 23 hours and 39 minutes.

Please encourage your sons and daughters use of Your Tutor in this latter half of the year to support greater understanding and higher achievement in all of their subjects.

We are also in the process of getting logins for students in Years 8-10 to similarly support their learning.

Student comments;

Year 11: This really helped me get the idea where I am heading, will definitely use it again.

Year 12: Really good! He told me exactly what I needed to do to get a strong introduction and made me think of what I needed to do.

Year 11: He really helped me to solve my math problem.

Vikki Walkom
Learner Support

JAPANESE FAREWELL DINNER

Recently the Stage 2 Food & Hospitality class catered for the Farewell Dinner for students and teachers from Toyo High School in Tokyo, Japan. The students worked in groups to prepare a three course meal for our visitors and their host students. The canapé group prepared Mini-quiches, Sausage Rolls, Savoury Pinwheels and Lamb & Feta Meatballs for the first course. For the main course guests had a choice of Chicken Parmigiana or Lamb Cutlets with Brown Onion Gravy served with Vegetarian Lasagne and a Garden Salad. The final course was a variety of desserts served on a tiered plate stand. Guests were able to sample Lamingtons, Passionfruit Cheesecake, Strawberry Jelly Slice, Apple Tea Cake, Chocolate Caramel Slice and Berry Muffins.

Overall the feedback given to the Food & Hospitality class was excellent and the guests that attended the event were happy with the food choices and the variety of food offered.

Melany Foster – Stage 2 Food & Hospitality student



YEAR 8/9 SPANISH LECTURA (READING) COMPETITION

On Monday evening of the 19th of August, Matthew Cailles, Sibrina Beukes, Alana Smith and Tyler Marcelis competed in the 2013 STASA (Spanish Teachers Association of S.A.) Lectura (Reading) Contest against four other public and private schools. The students had to read a 2-3 minute speech in Spanish, in front of six judges from the Spanish speaking world (Spain, Mexico, Colombia, Argentina and Chile). Our two Spanish student teachers, Mark Fitzgerald and Diana González were part of the Year 8 judging panel. The students had to read a speech they prepared about themselves, their school, what they like to do in their spare time and so on, then a paragraph about the importance of studying Spanish that was prepared for them. They were assessed on their fluency, pronunciation, memorisation and accuracy in the language. In the Year 8 category, Alana Smith came first and in the Year 9 category, Sibrina Beukes came second. Mr Gallardo said before they competed, "Kids, we are not just here to compete. We can also win!" so was very impressed with the results and on the ride home the students got Hungry Jacks as their reward.

Laura Carrington
Languages



Pictured above: Alana Smith, Miss Carrington, Sibrina Beukes, Matthew Cailles, Tyler Marcelis

SUBJECT SELECTIONS FOR YEAR 9 AND YEAR 10 IN 2014

Year 8 and 9 students are currently being asked to consider their subject selections for 2014. This is an important process and students need to ensure they make wise choices for next year. To assist in this process all students will have attended a Course Counselling session at school and will have received documentation to assist in selecting suitable subjects through their home group teacher.

Parents are invited to attend a parent information night where the subject selection process will be explained and have the opportunity to ask specific questions where required. The information evenings are scheduled as follows:

Year 8 parents - Monday 9th September 2013 6.00pm – 6.45pm in the DRMC upstairs lecture theatres.

Year 9 parents - Monday 9th September 2013 7.00pm – 7.45pm in the DRMC upstairs lecture theatres.

Some considerations for students in selecting a course of study include:

- Their future career plans and ambitions
- Their capabilities and interests
- Their achievements at school so far
- Information available to them from parents, teachers and school counsellors
- SACE requirements for senior school
- Prerequisites for further study

Once caregivers and students have selected the desired subjects for 2014 the selections need to be entered online using the school website.

The school website is used to access the "subject selection" button which will allow you to enter selected subjects online and print a copy for your and the schools records. Further information on course/subject content and subject selection can be found in the "2014 Curriculum Handbook" which is accessed through the school website via the Curriculum tab or at via the Intranet whilst at school.

For those students who are unable to select subjects online or view the "2014 Curriculum Handbook" please contact the school. Students are asked to complete subject selection online and have a printout returned to school by Wednesday 18th of September.

Mr Mike Meredith
Head of Middle School

NATIONAL SCIENCE WEEK 2013



Week 4 of this Term was National Science Week and the theme for this year was "A Century of Australian Science".

The week began with a Year 9 excursion to the Careers @ Science Alive Expo at Wayville showgrounds with hands on displays from 30 organisations including Adelaide University and UniSA among many others. "Careers in 5" presentations preceded the exciting science shows giving students insight into science related careers from young graduates and the study pathways required for these.

The GGHS Science Faculty ran fun activities during lunchtime including: balloon rockets, soap propelled boats, screaming gummy bears and rainbow colours. Home groups completed a science quiz based on famous Australian scientists for prizes. Well done to the winning home groups: 12E10, 9D5 and 8A2

Thanks also to Kavita Shah, Kevin Trunks, Lucas Van Woensel and Stephanie Aworth our Year 11 students who took part in the very challenging Science Olympiad exams in Chemistry, Biology and Physics during the week.

Science Week culminated in the PICSE Science Investigations Preliminary Final which involved not only students from GGHS but also our feeder Primary schools Greenwith and Keithcot Farm. It was a great community event showcasing the investigative minds and talents of our budding scientists. Good luck to all those participants who have made it through to the Semi-final.

Congratulations also to all students who participated in the Big Science Competition earlier in the year in particular Taylor Wain, Kevin Trunks and Mackala Flatman-Boyle who achieved Credits and Thomas Bills who achieved a Distinction.

Finally congratulations to Year 11 student Rebecca Hill for her selection to attend the National Youth Science Forum in January 2014. Well done everyone.

S. McLaren
Science Coordinator



STEM - ADELAIDE UNIVERSITY ROBOGALS VISIT

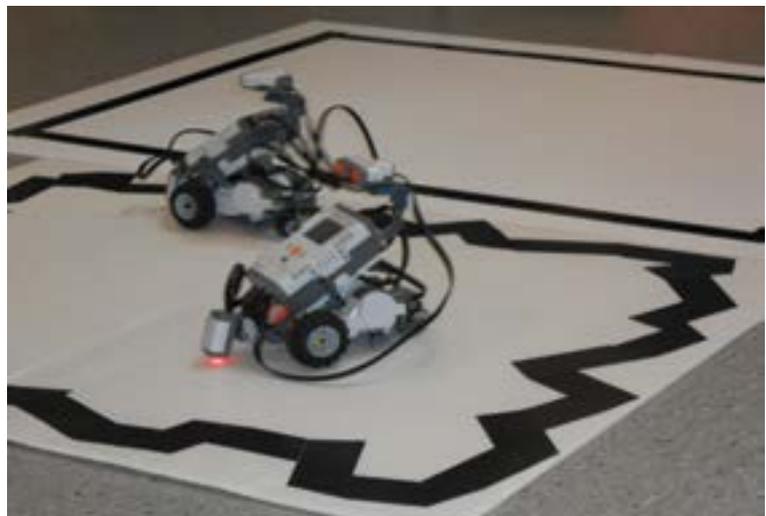
On Monday August 5th, Miss Muzyka's Year 8 Science class took part in a 90 minute workshop with a team of staff and engineering students from Adelaide University known as Robogals.

Robogals is a student organisation that aims to increase high school student interest in Mathematics, Science, Engineering and Information Technology through hands-on robotics workshops. It was a great workshop enjoyed by the students.



Some of the students comments:

Madelene Kschammer	It was awesome!
Chelsea Chandler	It was great fun.
Keischa Brown	Today was good to see how to control robots and learn about engineering.
Jordan Ayre	Really fun and interesting two lessons. I really enjoyed it.
Maddy Saundry	I thought it was enjoyable and I had a great time. Thank you.
Zoe King	It was really entertaining and fun.
Paige Brewis	It was really fun. I really enjoyed myself.
Morgan Hill	It was an awesome double lesson. A lot of fun. Thanks for today!
Ben Chandler	Today was great. Love playing with the robots and learning new things!
Cory Herrmann	It was great. It was fun and awesome!
Hayley Brand	It was a great experience with the robots, they are so cute! It was very exciting and fabulous to work with you guys and the robots!
Ruby Wells	I really enjoyed being able to program the robot and make it do movements! It was really fun.
Jacob	Today I learnt some amazing information about famous engineers and you the Robogals were great teaching us how to use the robots.
Sarah Reichel	I really enjoyed adding moves onto the robot from the computer.
Danielle Benedyka	It was fun and really educational and I learnt heaps considering I haven't done this before.
Josh Bloxham	Today was awesome because we did this in primary school but this was better.
Liam Skinner	Really fun and interesting.
Josh Stanley	It was great and I enjoyed it.
Alex Sinkinson	Really fun. I love robots. I want to learn how to work with robots and this motivated me more.
Joel Arnold	The Robogals gave us great help and the chance to use the robots.



“CHAMPIONING A CHANGE”

Often we can get so caught up in our own problems and negative thoughts that we forget to see the brighter side of things. Well, Champions for Change mentor and organiser Nicole Gibson is one of those people who is trying to change all that. Recently, Nicole visited the school with Loren Tier as part of their initiative to change the way students think about the world around them.

The pair is about half way through their journey which sees them travelling all around Australia and are scheduled to arrive back home on the Sunshine Coast late in November. The girls visited the school on Friday 9th August and workshopped with the junior members of Student Voice and a number of Year 10 students in order to spread their message about the power of youth. The girls' message is simple: "Champion the change that you want to see in the world." The pair is out spruiking the power of youth and encouraging students to be the ones to foster positive change in their school, local, state and global communities; that if students are the ones passionate about it, then they do have the power to actively change things.

During the workshop students discussed a variety of topics including world hunger, poverty, racism, even bullying and the ways in which they themselves could work towards helping these issues.

Students are also invited to come up with a project and make it a reality. Simply send in the proposal to the group and if it is deemed the best project, Champions for Change will chip in \$5000 towards it. Nicole and her team will also come and personally help mentor those involved to see their cause become a reality.

Nic and her crew are also on Facebook. Simply like the Facebook page "Champions for Change" to keep up with them and their cause!

YEAR 8 CROSS CAMPUS BOOK CUP

Golden Grove High School blitzes the Book Cup this year!



Congratulations to "The Ravens" team from Ms. Chelliah's class, who are the winners of the Cross Campus Book Cup for 2013. Brodie Shepherd, Tylor Stoeckel, Sarah Forester and Sophie Thompson will each receive a retail voucher and the Cup will be engraved with their team name. Gleeson teams took out 2nd and 3rd places. Students answered tough quiz questions and played heads and tails and mini quiz games. Afterwards, students enjoyed pizzas and juice drinks. Thanks to all the English teachers who put in a lot of effort preparing students for the Book Cup.



Ms. Muscardin/Mr. Fitzgerald

GOLDEN GROVE CAMPUS UNIFORM SHOP SUMMER UNIFORM APPOINTMENTS - TERM 4

COMMENCING TUESDAY 22nd OCTOBER 2013

TIMES AVAILABLE ARE ON :

TUES, WED, AND THURS AFTERNOONS

FROM 3.00pm TO 5.00pm

AND

SATURDAY MORNINGS FROM 9.00am TO 12.00pm

COMMENCING 26th OCTOBER - 7th DECEMBER

We ask that you please make an appointment time to pre-order / or purchase your student's summer uniform requirements.

THESE EXTENDED TIMES ARE FOR APPOINTMENTS ONLY, NOT GENERAL TRADE.

If no appointments are booked in after our regular trading times,

the shop will not remain open.

Orders will be available for pick up during the school holiday trading hours.

These times will be advertised in school newsletters, for January 2014.

GOLDEN GROVE CAMPUS UNIFORM SHOP October School Holidays

Trading Times

8289 5564

Saturday, 5th October 2013 9.00am - 12.00pm

Thursday, 10th October 2013 10.00am - 4.00pm

Friday, 11th October 2013 10.00am - 4.00pm

Saturday, 12th October 2013 9.00am - 12.00pm

How to find the campus uniform shop:

From the Grove Way, turn into Adey Place. Park in the Golden Grove High School carpark. Walk towards the netball courts and turn onto the path between the courts and the Dame Roma Mitchell building. This will lead you into the shared campus area, at the top of the path turn right and head to the area between the two buildings. We are the blue door on the left hand side. (G10) All other access gates around the schools are locked after school hours and weekends.

CROSS CAMPUS ASSEMBLIES

On Thursday 22 August, students on Campus came together in the Pedare Christian College Chapel to celebrate a long standing tradition – the annual Campus Assemblies. This year's assemblies were of particular significance, recognising and celebrating 25 years of Shared Learning.

Assemblies were professionally hosted by versatile and dynamic student leaders and representatives from all schools.

Quality and uplifting performances by class bands, concert bands, stage bands, string quartets and guitar ensembles were well received by students, staff and special guests. Vocal ensembles, small and large dance troupes wowed the audience with their energy and performance incorporating popular contemporary tunes as well as well known classics.

Mr Phil Lewis (Principal Gleeson College) addressed all students about the unique nature of our Campus, being the only Secondary Campus combining Public, Catholic and Independent Education sectors. He spoke of the vision of the Principals and the role of learning and Shared Learning in laying the foundations for students to make choices and be responsible for their future success,

"What excites me now is the future of our unique and vibrant Campus. Over the last 12 months the three schools have been collaborating and planning for the next phase. In the planning we are aiming to enhance not only the shared facilities but also the concept of shared learning opportunities for students. Our other main goal is to continually grow beyond Golden Grove and promote the Campus as a centre of excellence for learning for students and teachers. We want to be a gateway to lifelong learning to enable our students to be able to more fully participate in our future world. This world will need innovators, risk takers, independent learners, responsible citizens and people willing to contribute positively to communities in everyday life and online. In the future it will not be enough just to recall knowledge and information... The world will need us to be able apply what we know to new and unknown opportunities. As an example, who would have thought 10 years we would all need a smart phone or iPad and then Apps that go with them. Creativity and innovation will continue to be the driver of employment not just skills.

We also acknowledged Campus events including the Year 9 Debate, STEM learning opportunities and the Campus Cup. A donation of funds raised was presented to the Salvation Army and the audience was also entertained by the work of Year 11/12 Digital Multi Media Students. The finale at each assembly is a testament to what lies ahead in our journey together. In the spirit of collaboration and sharing on Campus, students and staff were excited to present, for the first time, the debut of a combined Campus performance. Hours of rehearsal saw around 130 students come together to play, sing and dance to Cy Coleman's 'Rhythm of Life'. A standing ovation partnered with great applause was offered to the performers and staff involved. Special Guests and staff commented on the exceptional performance and the feeling of goose bumps and spine tingles throughout! At the annual Combined Boards Dinner the same evening, there was also a great buzz and excitement in reflecting on the Assemblies, in particular the finale.

Leadership, staff and Board members from all three schools extended congratulations and emails expressing thanks and enjoyment were also received from special guests.

Events such as this don't come together without a significant collaborative team effort. I take this opportunity to extend my thanks to the following people:

- Mr Mike Millard (Principal Pedare Christian College) for use of the Chapel as the perfect venue
- Mr Phil Lewis for his address, speaking on behalf of Mr Mike Millard and Mr Paul Wilson (Principal Golden Grove High School)
- Campus Management Group, Business Managers, Grounds, Administrative and Marketing staff from all schools for assistance in set up and pack down, organisational support, photography and catering for the Special Guest luncheon
- Staff and student floor and technical crew
- Campus Performing Arts Staff, Ms Jane Roddy, Mrs Nadine Stroud, Ms Carly Meakin, Mr Andrew Crosby, Mrs Sally Parsons, Ms Lynette Haines and Ms Anne Young as well as Instrumental Teachers and last but certainly not least.....
- The student performers from all three schools who had the courage and energy to entertain at 3 assemblies and did so in such a professional manner. Thank you for sharing your wonderful talents with the Campus Community.

The Campus looks forward to the 2014 Campus Assembly and the showcase that awaits!

Amanda Price
Campus Director
Golden Grove Secondary Schools Campus



GIRLS RUGBY LEAGUE 8'S

On Tuesday 20th August the girls Yr 8-9 and Yr 10-12 rugby teams took part in a one day rugby 8's carnival at Woodville High School. There were 6 schools competing on what turned out to be a reasonably nice but muddy day. Everyone got into the running and tackling and by the end of the day there were some very sore young ladies heading home. Both teams had a few wins and the standard of play improved considerably as the day went on. Look out next year and well done to all the girls on participating so well and representing the school so admirably.

Mr Meredith and Ms Fulton



ENTERTAINMENT BOOKS

We only have a few Entertainment Books left. Anyone interested should ring Melissa on 8282 6400 and they can collect their books from her. Books are \$65 each.

DO YOU HAVE ANY UNWANTED ITEMS OF UNIFORM?

We have a Second hand Uniform register here at the Reception desk. Parents are able to complete 1 card per uniform item to on-sell to parents seeking Second hand uniform items. You place your details on the card enabling parents to contact you direct. This is a great way to reuse/recycle items that your child no longer needs. Come in and speak to our Reception staff and they will assist you to complete the cards.

REMINDER FOR STUDENTS

Students should bring their Student ID Cards to school each day. They are required for borrowing books from the Resource Centre, adding money to internet, printing and photocopying, as well as being used when arriving late and leaving early.



YEAR 11 & 12 Adelaide Education Consultants

SACE
Spring Revision Programme
Week 1: Mon 30 Sep - Fri 4 Oct and/or
Week 2: Mon 7 - Fri 11 Oct



Office: L30, 91 King William St
Seminar Venue: St Mary's College
Online bookings: www.aeg.sa.edu.au
From \$40 per day
Bookings Essential

Ph 8231 7776

Free parenting seminar Guerilla tactics for parents of teens



Are you the parent of a teen or pre-teen?
Wondering how to survive the emotional rollercoaster?

Come and hear Dr Andrew Fuller, clinical psychologist, author and ABC presenter talk about practical strategies that will help you to:

- > have constructive conversations with your teenager
- > set limits and boundaries that work for everyone
- > achieve cooperation without nagging
- > make the most of your teen's potential.

To book:

Online: <http://parentingsa.eventbrite.com.au/>
Phone: 8303 1660
Email: Health.parentingsa@health.sa.gov.au

Monday 23 September

When: 7.15-9.00pm

Where: Florey Lecture Theatre
Medical School
Frome Road (eastern side)
Adelaide

Presented by Parenting SA.
Visit www.cyh.com for information about parenting teenagers, or phone the Youth Healthline on 1300 131 719 for information and referral.



Government of
South Australia

10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND
HELPLESSNESS
- 10 BRING **FUN AND PLAYFULNESS**
INTO THEIR LIVES



For information from Michael Grose about raising exceptional kids...



1. Subscribe to Happy Kids newsletter on parentingideas.com.au and receive latest parenting ideas and information.



2. Visit parentingideas.com.au to find ready to go resources and books



3. For the best parenting ideas and great advice join the Michael Grose Parenting community at facebook.com/michaelgroseparenting

phone. 1800 004 484

parentingideas.com.au