



St Columba's Catholic College, Springwood

The Dove

Term 1
Friday 6 March 2020
Volume: 48 No: 3

"IT'S ALL ABOUT LEARNING
AND HAVING HIGH EXPECTATIONS
OF OURSELVES AND EACH OTHER"

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Thursday 19 March**

-
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Against Bullying and
Violence
Friday 20 March**

Dear members of the St Columba's
Community

**"It's all about learning and having high expectations of
ourselves and each other".**

You reap what you sow

A wise old person was sitting in the sun on a bench outside a school. Along came a new young student who said, "I have just shifted to this town. Please could you tell me what this school is really like?" The wise old person thought carefully, and, after a moment's silence replied, "Tell me about your previous school. What was that like?" The new young student didn't hesitate. "It was pretty boring. Nothing much ever happened. The teachers weren't any good. We'd just muck about most of the time. Nothing to do. Yeah, overall, just boring." The wise old person said, "Well, I think that's pretty much what you'll find here."

A short time later another new young student came along and asked the wise old person, "I have just shifted to this town.. Please could you tell me what this school is really like?" Again the wise old person paused, thought carefully and said, "Tell me about your previous school. What was that like?" The new young student didn't hesitate. "It was great. Lots to do all the time. Terrific teachers. Good fun. Lots to learn. Great friends. It was a really good place to be and I loved it." The wise old person replied, "Well, I think that's pretty much what you'll find here."

**Our attitudes shape the way we respond to everything we say
and do, and each one of us is responsible for these alone.**

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Student Reflection:

Having heard the story today, how you have responded to everything that has happened in the College so far this year regarding:

- Class work
- Learning preparation
- College expectations
- Your teachers
- Keeping our College clean, inside the classroom and outside the classroom
- Uniform

Now remind yourself that you alone are responsible for the way in which you respond to all these areas. Are you satisfied or can you do better?

And remember at all times, your attitudes are shaping your future!

May God bless you always,

**Mr Paul Ryan
Principal**

FROM THE ASSISTANT PRINCIPALS

Students using OPAL cards

Please remind your child of the need for them to 'tap on' and 'tap off' when catching morning and afternoon buses. The numbers of students on each bus must be recorded with the bus company to see whether each bus can accommodate the numbers of students regularly catching that bus. Furthermore, this information is critical in the bus company making decisions about the potential of a second bus being needed to do the same run, as is the case with some afternoon bus routes this year.

eSafety- Tips and Guidelines for Parents/Carers

At the end of this newsletter is a resource for parents and carers from the eSafety website. This resource provides parents with tips and guidelines for talking to your child about online safety, to assist in the prevention of and response to online safety concerns.

Uniform

The uniform requirements listed below are included in the Student Diary on pages 21-23. Our high expectations for uniform have not changed. Please use these guidelines to support your child in meeting these expectations and avoiding them receiving consequences for not wearing the uniform correctly.



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ST COLUMBA'S CATHOLIC COLLEGE

COLLEGE UNIFORM

SUMMER (TERMS 1 & 4)

Girls Years 7-9 <ul style="list-style-type: none"> Blue checkered College skirt worn on the calf or navy blue College shorts Sky blue College blouse College jumper Shiny black leather lace-up school shoes with normal sized heel and arch support Plain navy blue crew socks (no stripes or logos) College navy blue cap or hat 	Boys Years 7-9 <ul style="list-style-type: none"> Long grey College trousers or navy blue College shorts Short sleeved, sky blue College shirt with crest. Shirt to be worn outside of trousers or shorts College jumper Shiny black leather lace-up school shoes with normal sized heel and arch support Plain navy blue crew socks with shorts (no stripes or logos) Plain navy blue or black socks (no stripes or logos) with trousers College navy blue cap or hat
Girls Years 10-12 <ul style="list-style-type: none"> Blue checkered College skirt worn on the calf or navy blue College shorts White College blouse with navy piping College jumper Shiny black leather lace-up school shoes with normal sized heel and arch support Plain white crew socks (no stripes or logos) College navy blue hat or cap 	Boys Years 10-12 <ul style="list-style-type: none"> Long grey College trousers with navy blue or black socks (no stripes or logos) Navy blue College shorts with plain white crew socks (no stripes or logos) Short sleeved, white College shirt with crest. Shirt to be worn outside of trousers or shorts College jumper Shiny black leather lace-up school shoes with normal sized heel and arch support College navy blue cap or hat

SPORTS UNIFORM

Girls Years 7-10 <ul style="list-style-type: none"> Navy College sports shorts (Not Rep Team shorts) Navy blue or white polo shirt with College crest During terms 2 and 3, all students must wear full current College tracksuit over polo shirt and shorts If cold during terms 1 and 4, students may wear the current tracksuit jacket / full tracksuit if necessary Jogger style lace-up sports shoes White sports socks (no stripes or logos) 	Boys Years 7-10 <ul style="list-style-type: none"> Navy College sport shorts (Not Rep Team shorts) Navy blue or white polo shirt with College crest During terms 2 and 3, all students must wear full current College tracksuit over polo shirt and shorts If cold during terms 1 and 4, students may wear the current tracksuit jacket / full tracksuit if necessary Jogger style lace-up sports shoes White sports socks (no stripes or logos)
Compulsory (Terms 2 and 3) Full College tracksuit is compulsory for all girls with the polo shirt and shorts to be worn under the tracksuit	Compulsory (Terms 2 and 3) Full College tracksuit is compulsory for all boys with the polo shirt and shorts to be worn under the tracksuit
Representative Teams: All students playing Rep sports must be attired in the full College sport uniform. In winter students must wear the full College tracksuit to and from the venue	Representative Teams All students playing Rep sports must be attired in the full College sports uniform. In winter students must wear the full College tracksuit to and from the venue
Girls Years 11-12 Full College uniform to be worn every day. No sports uniform is to be worn	Boys Years 11-12 Full College uniform to be worn every day. No sports uniform is to be worn





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HAIRSTYLES

- Neat, tidy and conservative in nature. No extremes of cut, colour or fashion are permitted. Mullets are strictly prohibited. All hairstyles to be of a conventional nature. Hair must be of a natural colour.
- Students are to consult with the Assistant Principal before making any significant changes to their hairstyle, colour of hair, or any other change to the hair. **Failure to follow this procedure will result in student withdrawal from classes to address the issue.**
- If a students' hair exceeds the collar in length it must be tied back. All hair is to be off the face. Excessive gel/wax is not permitted. All hair regulations apply to both boys and girls.
- All students to have hair tied back, with scrunchies, ribbons or elastics. (Scrunchies, ribbons, pins, clips must be navy blue).
- Faces must be clean-shaven; beards and moustaches are not permitted for students in Years 7-11.

JEWELLERY

Piercing

- Ear: One stud or standard sleeper (plain silver or gold only) may be worn in the **lower earlobe**.
- No jewel/coloured stones, spacers etc. to be worn.
- Other piercings: No visible body piercings are to be evident. Tongue rings/studs and nose rings/studs are strictly prohibited. Keeping a hole open will not be accepted as an excuse. This means that 'clear' studs are NOT to be worn as they are visible.
- No band aids are to be used to cover piercings
- Sleeper: (plain silver or gold only)
(not bigger than 10mm in diameter) 
- Stud: (plain silver or gold only)
(not bigger than 5mm in diameter) 
- One ring only is permitted.
- Bracelets, anklets, leather thonging (around neck, ankles or wrists) are unacceptable.
- A single fine neck chain may be worn provided it has a crucifix or religious symbol attached.

Failure to follow these procedures will result in student withdrawal from classes to address the issue.

Ms Carol Muscat & Mr Ross Gawthorne
Assistant Principals



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STUDENT NEWS

**Swimming Carnival
Friday 28 February 2020**



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CAREERS NEWS

University

Business Cadetships

Opens - Monday 9 March 2020

Closes - Wednesday 13 May 2020

Open to Year 12 students who wish to pursue a business career. Cadets combine university study with paid work at **UBS**, a top-ranking global bank. Over the last thirteen years, Professional Cadetships Australia has provided Year 12 students with the opportunity to apply for a cadetship with leading companies in the financial services industry, including UBS, Bank of America Merrill Lynch, BNP Paribas, Westpac, QBE and Zurich. In 2019, UBS intends to offer cadetships across the firm under the Business Cadetships Program. In addition, the bank intends placing Technology Cadets under this Program. Program Director: Alister Wilkinson.

Contact: director@professionalcadets.com.au

<http://www.professionalcadets.com.au/index.asp>

When is ADFA Open Day?

Saturday 22 August. 9.00am to 4.00pm

Northcott Drive in Campbell, ACT

To arrange a tour of ADFA at another time, call the ADFA Visits Liaison Officer on (02) 6268 8541.

Where else could you receive expert leadership development and education, as well as study at the same time for a world-class degree in Arts, Business, Engineering, Science or Technology? That's how ADFA develops and educates the future leaders of the Navy, Army and Air Force.

<https://www.defencejobs.gov.au/students-and-education/australian-defence-force-academy/adfa-open-day>

University of Sydney Explore Engineering Winter School

Applications will open in April 2020.

July 2020

Year 10s. Through this one-day intensive workshop on campus you will discover more about the range of disciplines and careers available in engineering. You will experience the latest technologies while participating in hands-on activities, visiting laboratories and an industry site. Places are limited.

<https://sydney.edu.au/engineering/industry-and-community/high-school-outreach/year-9-and-10.html>

UTS - High School Senior Information Evening

10 June. 5:00 pm - 8:00 pm

Faculty of Engineering and IT Building, Building 11 Broadway

Hear from UTS students and academics about IT and engineering undergraduate courses.

<https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/high-school-senior-information-evening>

UTS - Law Undergraduate Info Evening

17 June. 6:00 pm - 8:00 pm

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Discover why studying at UTS will give you an edge!

- ☐ Entry pathways
- ☐ Law scholarships
- ☐ Student life from current Law students
- ☐ Career opportunities from Law graduates

<https://www.uts.edu.au/about/faculty-law/events/law-undergraduate-info-evening>

UTS Discover Nursing

Wednesday 14 July

Wednesday 18 November

Parents and partners are also welcome to attend with their High School student..

<https://www.uts.edu.au/future-students/health/why-health-uts/events-and-brochures/discover-sessions>

UTS - Discover Midwifery

22 April

Discover Health sessions are coming soon. Please email health@uts.edu.au to be notified when registrations open for 2020. Get a taste for what you can study in health at UTS at one of our Discover Health sessions. Find out more about our undergraduate courses at an info session, then head on a tour of our world-class facilities.

<https://www.uts.edu.au/future-students/health/why-health-uts/events-and-brochures/discover-sessions>

ANU How to Apply Direct 2021 - Consider which ANU programs are best for you

View [Programs and Courses](#) to find a program that best suits your interests.

You can also view admission requirements including minimum selection rank, prerequisites, study options, and any additional entry requirements that are required as part of your application.

Check that you meet the co-curricular or service requirement

The co-curricular or service requirement considers the knowledge you have developed outside of the classroom and recognises this in your ANU application.

You'll need to provide documentation to support your activities over the last two years, such as school reports or certificates for community activities. You can view [examples of documentation](#) we accept, or use our [supporting documentation](#) template to help.

Find out if you meet the requirements by using our [co-curricular or service calculator](#).

Full details on all the steps on how to apply are below:

<https://www.anu.edu.au/study/apply/domestic-applications-anu-undergraduate/applying-to-anu-application-details/how-to-apply>

UNSW Built Environment Workshops

14 to 23 April. 9am to 3pm

7 to 16 July. 9am to 3pm

We'd like to invite you to the Experience UNSW Built Environment Workshops at our Kensington Campus during the April School Holidays. Our free interactive and hands-on workshops, for students in years 10 -12, incorporate Design, Architecture, Planning and Construction to solve a real-world challenge - investigating better solutions to enhance the lives of children and elderly living in a city.

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With the world's population rapidly increasing, there is an urgent need to design cities which are smart, healthy and liveable for both the younger and older population – a challenge that designers, architects and planners are facing today.

April apply here: <https://www.events.unsw.edu.au/event/experience-unsw-built-environment-workshops-april-2020>

July apply here: <https://www.events.unsw.edu.au/event/experience-unsw-built-environment-workshops-july-2020>

UNSW Experience Science Day

24 April. 9am to 3pm

Are you interested in experiencing a day in the life of a first year UNSW Science student on campus?

Let us take you on a journey through some of the different branches of Science that you can study and find out about all the awesome opportunities available to UNSW students.

You'll get to ask questions throughout the day and pick the brains of current Science students and academics.

Become well informed about your options and experience the practical side of university studies with some interesting classroom and lab activities.

This event is designed for Year 12 high school students who are interested in knowing more information about their options for starting university at UNSW next year.

<https://www.events.unsw.edu.au/event/experience-unsw-science-day-0>

Didn't get the ATAR for entry - Diploma of General Studies CSU

Would your career aspirations be boosted by a university degree? The Diploma of General Studies from Charles Sturt University is an admission pathway program offering you guaranteed entry to most of our bachelor's degrees. It could be your perfect first step to bringing to life a broad range of career choices and opportunities.

Our Diploma of General Studies is an admission pathway into undergraduate education, creative industries, computer science and information technology courses. If you're looking for an admission pathway into other undergraduate degrees, consider the [Charles Sturt University Pathway](#).

<https://study.csu.edu.au/courses/pathways/diploma-general-studies>

Western Sydney University The Academy Scholarships

The Academy gives academic high-achievers an added edge – in study and with employers. It's free to join. Offers you the challenges and intellectual rigour you crave. Focuses on community engagement, and personal and professional development. Prepares you to be a leader of tomorrow.

The Academy is unique to Western. We enrich your learning experience and invite you to become an engaged and informed citizen through unlimited opportunities.

<https://www.westernsydney.edu.au/future/study/courses/the-academy.html/scholarships>

University of Wollongong Information Sessions

The University of Wollongong regularly holds and attends information sessions for prospective undergraduate and postgraduate students. These events are designed to give you the information you need about choosing courses and studying at UOW.

Southern Sydney Information Evening **1 July** UOW Loftus Campus [Register Here](#)

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<https://www.uow.edu.au/study/events/>

Macquarie in a Day - Express your interest

22 and 23 April

Uni life doesn't have to be a mystery. That's why we're opening our doors on Wednesday 22 and Thursday 23 April to Year 11 and 12 students.

Whether you have a clear idea of what you want to study or want to investigate all your career options, come along to Macquarie in a Day and you'll discover that uni is for anyone who wants to develop the 21st-century skills and knowledge that employers want. And it's a whole lot more as well. Think experience of a lifetime. Think friendships for life.

<https://www.mq.edu.au/study/high-school-students/events>

Macquarie - Year 12 Information Evenings - Express your interest

19 & 20 May

Macquarie University invites you to one of our Information Evenings, a series of short talks featuring current students and an exhibition where representatives from the Universities Admissions Centre (UAC) and our Future Students team will be on hand to answer your questions.

<https://www.mq.edu.au/study/high-school-students/events>

The best Australian universities to study health services and support

A career in health services and support is a rewarding experience as it makes a big difference in people's lives. Whether it's a position as a dental assistant, anaesthetist or carer, there are plenty of job opportunities in health services, as it's one of the fastest-growing industries.

The Good Universities Guide rankings look at Australian universities' specific strengths, offering insight to support and guide decision-making when choosing a university. View the rankings in terms of how each university performs overall, or you can narrow down by field of study and state.

We looked at which universities with undergraduate health services and support degrees performed best in full time employment, teaching quality and graduate salary.

[Click here for more info.](#)

U.S. University Specialist, Amy Jarich - Information Evening

12 March. 6:00pm – 8:00pm

Penrith Selective High School - School Hall, 158-240 High Street, Penrith

U.S. University Admissions Specialist, Amy Jarich, will speak about the U.S. application process & provide valuable insight for applicants. Education USA Australia, with support from College Board, are delighted to bring out Ms. Amy Jarich, former Assistant Vice Chancellor & Director of Admissions at the University of California - Berkeley and a past College Board Faculty Institute Member. Amy will speak about the U.S. application process and provide invaluable insight for student applicants.

<https://www.eventbrite.com.au/e/us-university-specialist-amy-jarich-information-evening-penrith-tickets-93863423025?aff=ebdssbdestsearch>

Medicine, Dentistry - NIE Simulated UCAT Day Workshop for Years 10, 11 or 12

Our workshops are designed to cover every section, the various types of UCAT-style questions to be encountered and how to tackle them, and then to check where you are at with respect to UCAT-

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specific study, throwing a full-blown UCAT NIE practice test at you. **Melbourne and Brisbane** options also in the link below.

NSW Sydney 8-Mar-20 Sunday UNSW - Kensington [Enrol Now](#)
NSW Sydney 5-Apr-20 Sunday UNSW - Kensington [Enrol Now](#)
NSW Newcastle 9-May-20 Saturday To be advised [Enrol Now](#)
NSW Sydney 10-May-20 Sunday UNSW - Kensington [Enrol Now](#)
NSW Sydney 7-Jun-20 Sunday UNSW - Kensington [Enrol Now](#)
NSW Castle Hill 20-Jun-20 Saturday Norwest [Enrol Now](#)
<https://www.nie.edu.au/ucacourses/simulated-ucacday-workshop>

TAFE

TAFE Career Insights – Trades in Growing Areas

Find out where the largest employment growth is and the courses that are popular for your students looking into these roles. Find out where the largest employment growth is in this sector over the next three years.

https://www.tafensw.edu.au/careeradvisor/industry-career-insights?utm_campaign=RS_TAFE%20NSW_CA_Newsletter%20_FY19-Feb_EDM_Current_v1.1&utm_medium=email&utm_source=Eloqua

Enjoy the advantages of studying with TAFE Digital

- You can enrol with TAFE Digital anytime throughout the year.
- Study when it suits you. This enables you to fit studying around the demands of work, family and other commitments.
- You can choose from a range of nationally recognised courses.
- Fast track your studies and save time. The skills you have gained from school, formal and informal training, employment and work experience can be assessed for credit against the units in the course you enrol in. Check out the [Credit Pathways](#).

Careers advice, counselling and tutorial help provided.

<https://oten.tafensw.edu.au/getting-started/>

Australian Apprenticeship Pathways Industry Information

Investigate in detail a wide range of career fields on offer for apprenticeships and traineeships.

<https://www.aapathways.com.au/careers-for-australian-apprenticeships-traineeship/industry-information>

70,000 Reasons Why Students Can Opt for Fee-Free Traineeships

There's never been a better time to start a traineeship. Under the NSW Government fee free trainee initiative, the course cost of 70,000 new trainees may include fee-free training from 1 January 2020. With over 100 different career courses available, visit TAFE NSW today for your students to start exploring their career options.

<https://www.tafensw.edu.au/fee-free-traineeships>

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COLLEGES

SAE Flickerfest Masterclass

31 March. 12.00 to 2pm

Flickerfest is considered in international circles as the leading Australian competitive short film festival and increasingly filmmakers view it as one of the main festivals on the world circuit.

<https://sae.edu.au/news-and-events/events/sae-sydney-flickerfest-masterclass/?date=2020-03-31&id=1035>

SAE Info Night Sydney

30 April. 6pm to 8pm

If you're considering studying creative media (**Animation, Audio, Design, Film, Games or Web & Mobile**) come along to SAE's Info Night to speak to our experienced team and learn how you can pursue your passion in this dynamic and expanding industry. Talk to current students and learn about life at SAE and discover the types of career opportunities that await you after graduation.

<https://sae.edu.au/news-and-events/events/info-night-sydney-campus-april-30-2020/?date=2020-04-30&id=722>

NIDA Autumn School Holiday Classes

14 to 26 April

Open your creativity with NIDA's holiday classes. Designed specifically for children and young people, NIDA offers a fun and supportive learning environment that unlocks creative potential and builds confidence.

<https://www.open.nida.edu.au/holiday-classes>

Shillington Graphic Design Info Session

Friday, 20 March at 6:00pm sharp

Level 3, 50 Margaret Street, Sydney NSW 2000

Friday, 8 May at 6:00pm sharp

Join us for an upcoming Info Session to learn about our mission, watch an interactive demonstration of design software and creative thinking techniques, meet teachers, chat with graduates, view a wide variety of student portfolio. RSVP here:

<https://www.shillingtoneducation.com/au/graphic-design-course/info-sessions-and-graduation/>

Sydney Dance Company School Workshops and Performances 2020

Delivered by Sydney Dance Company's Teaching Artists, Creative Workshops are a unique opportunity to experience how the Company creates and performs new and original movement. Participants are guided through a contemporary technique warm up, taught a section of Sydney Dance Company choreography and challenged with a composition task from one of our productions.

https://www.sydneydancecompany.com/wp-content/uploads/2020/01/MAUDxSDC_School-Program_A5-Folded-postcard_FA_NoCrop1.pdf



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Hospitality Open Day - Free Entry - Kenvale College

2 May.

38 High St Randwick

Start your hospitality career with Australia's leading college of hospitality and vocational skills. At Kenvale College, we offer courses in hospitality, commercial cookery and event management with a holistic approach to education. They can be taken either full-time or part-time and are a progressive pathway towards university degrees both in Australia and overseas.

Visit our College grounds on Saturday, May the 2nd to live a day-in-the-life at Kenvale College. Need more information? Speak to one of our course advisors to see how we can help you.

More info: enquiries@kenvale.edu.au / 02 9314 6213

<https://kenvale.edu.au/news-events/events/popup/open-day-kenvale-college/>

Event Starter Course College of Event Management

This course is designed to provide you with a thorough introduction to the skills and knowledge required to work in events. The course content relates to the planning, production and evaluation of events and is relevant to many different event types and industry roles.

<https://www.collegeofeventmanagement.com.au/courses/event-starter/>

Australian Theatre for Young People Weekly Classes

If you're looking for a fun and challenging drama class outside of school then ATYP is for you.

Our weekly drama classes are broken into two semesters annually and run seven days a week throughout the school terms. All classes are led by dedicated, industry trained actors and directors who will improve your acting skills in an exciting and encouraging environment.

When joining a class for a semester, you can expect to spend the first term developing performance skills. Acting classes can include acting for stage, acting for screen, comedy, drama, verbatim theatre, self devised work, audition techniques and many other drama skills. In the second term you will continue developing these skills as you work with your tutor to create an end of semester showcase performance.

<https://atyp.com.au/workshops/weekly-drama-classes/>

Barista and RSA Courses

RSA courses. Any questions, please contact us at enquiries@kenvale.edu.au / 02 9314 6213

For registration visit:

https://kenvale.jobreadyrto.com.au/apply_to_course/18885_33

Study Interior Design: Sydney Design School Info Session

Wednesday 25 March. 6pm

Simply love interiors? Make 2020 your year for creativity, roll your sleeves up and get hands-on learning the real world skills you'll need to work as a professional Interior Designer. Be inspired by our student work and explore our design studios. Register here: <https://bit.ly/2A3wROg>

April School Holiday Courses at AFTRS

AFTRS run a variety of courses in each of the four school holidays. Their workshops are taught by industry professionals using industry standard equipment and, where appropriate, are held in AFTRS' state-of-the-art film, TV and radio studios. Enrol here

<http://bit.ly/38izYjv>

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AFTRS HSC Video Intensive

15 April to 17 April. 9:30am-5:00pm

AFTRS, Building 130, The Entertainment Quarter, Moore Park

This course is a skill and story development workshop for emerging filmmakers tackling an individual project for the HSC. The workshop helps you hone your screen skills to create a high quality year 12 video project. HSC subjects that video can be used in include English Extension, Visual Art, Design and Technology, and Drama.

<https://www.afters.edu.au/short-course/hsc-video-intensive/>

GENERAL

NSW Police Force – Recruiting Information Sessions

Recruitment Information Session (Parramatta) - NOW OPEN

Note: You must be 18 years of age to attend this event

Saturday 21 March 2020

Time: 8.30am - 11.00am (times may be subject to change)

Tickets available 8.00am 6 March 2020

NSW Police Headquarters, 1 Charles Street, Parramatta

Come and join us for an information session about the NSW Police Force recruitment process. There will be speakers from the NSW Police Force and Charles Sturt University who will provide an overview of the academic and professional suitability requirements for entry into the NSW Police Force including information on the University Certificate in Workforce Essentials (UCWE) and the Police Academy. Recruitment Officers will be on hand to discuss your current or future application and to answer specific questions relating to the process.

Physical Training Instructors will also be available to discuss the physical testing standards, medical requirements and tips for training.

Please Note: Due to limited availability and space, bookings will be accepted from prospective applicants only. We are unable to accommodate guests at this time. One booking only per Eventbrite registration.

<https://www.eventbrite.com.au/e/nsw-police-recruitment-information-session-tickets-95761758999>

Police Recruitment Process

Learn about the process and the requirements here:

<https://www.police.nsw.gov.au/recruitment>

Defence Jobs Info Sessions

No matter what force you wish to join or the type of defence career, you will find the right event option for you by going to this site:

10 March – Sydney – ADFA

11 March – Sydney – GAP

<https://www.facebook.com/pg/DefenceJobsAustralia/events/>

State Music Camp Student Applications for 2020 are now open!

APPLY HERE

- **Junior Music Camp** (Years 5-8): Sunday 19 July - Friday 24 July (week 1, Term 3)
- **Senior Music Camp** (Years 8-12): Sunday 28 June - Friday 3 July (week 10, Term 2)

Apply by 1 May

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The camps will be held at Sydney Academy of Sport, Wakehurst Parkway, Narrabeen. (Office of Communities, Sport & Recreation)

Talented music students join together for one week each year to receive expert tutelage and develop their performance skills. Participants rehearse and perform high quality repertoire culminating in a concert for families and friends on the final night of the camp.

Musical activities at camp include participation in a major ensemble (symphony orchestra, symphonic bands, vocal ensembles, stage band) as well as a number of elective ensembles and activities. Elective activities include brass and woodwind ensembles, jazz improvisation, composition, music theatre, percussion ensemble.

Read more about the music camp experience [**HERE**](#)

<https://www.artsunit.nsw.edu.au/state-junior-and-senior-music-camps>

Application info:

<https://www.artsunit.nsw.edu.au/2020-state-music-camp-student-application>

ScholarshipsDb.Net

Find scholarships at all levels. A one stop scholarship shop. Refine your search to your own interests.

<https://scholarshipdb.net/scholarships?q=scholarship>

CSIRO Work Experience 2020

Now open

We are committed to giving students first-hand experience with working in a scientific or engineering environment; be it one of our many areas of science and research, or as part of our support services team.

Our work experience program aims to give year 10, 11 and 12 students all around Australia the opportunity to:

- gain insight and experience into our everyday work, which involves solving the big questions facing our country and planet
- find out the types of jobs that are available in the science industry

Contact: CSIRO Work Experience Team workexperience@csiro.au

<https://www.csiro.au/en/Careers/Work-experience>

Student Athlete Development Day

March 28

Killara Golf Club

The Student Athlete Development Day is dedicated to developing talented student athletes. Learn from sport industry professionals on how to take your athletic ability to the next level and to see where your sporting talents can take you. The included link (highlighted above) in the email will take you straight to the event page with the applied \$10 discount. Students, use the code 'JOBUMP' to apply a \$10 discount at checkout.

<https://www.eventbrite.com/e/student-athlete-development-day-sydney-tickets-93798232037>

John Taccori
Careers Advisor

St Columba's Catholic College, Celebrating over 40 years of Education

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St Columba's Catholic College, Springwood

The Dove

FROM THE OFFICE



**ST COLUMBA'S
CATHOLIC COLLEGE**

Phone 02 4754 8900 Fax 02 4754 8999
Post PO Box 7 Springwood NSW 2777
Email stcolumbas@parra.catholic.edu.au
www.stcolumbasspringwood.catholic.edu.au

10th March 2020

NSW School 7 Vaccination Program for Year 7, 2020

Dear Parents / Caregivers,

Each year NSW Health works with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC).

Year 7 students

In 2020 NSW Health will offer:

- Human papillomavirus (HPV) vaccine in a 2-dose schedule at 0 and 6 months.
- Diphtheria, Tetanus & Pertussis (whooping cough) vaccine (dTpa) as a single dose.

Clinic dates:

Friday 27th March 2020

Year 7, dTp and 1st dose HPV – all students

Monday 15th June 2020

Year 7, dTp and 1st dose HPV – catch up

Monday 19th October 2020

Year 7, 2nd dose HPV

Year 7 dTpa and 1st dose HPV – catch up

Parental/guardian consent is required for students to be vaccinated. Consent forms will only be accepted if they are completed using **blue** or **black** pen and are original (photocopies of faxed consent forms will not be accepted).

If you would like your child to participate, please complete the attached consent form and sign the vaccination/s you require for your child. For vaccinations not required leave the box **blank**. Your child will be provided with a card showing the Record of Vaccination at each clinic. Parents/guardians should ensure this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

If your child misses a dose they will be offered that dose at the next clinic visit.

URGENT: Please send signed consent form by Monday 23rd March with your child to Homeroom teachers

Ms Monique Salloum
Leader of Mission – Year 7

For more information please see the NSW Health Website on www.health.nsw.gov.au or call the Immunisation Team on (02) 4734 2000

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Health
Nepean Blue Mountains
Local Health District

HPRM: 19/30923

NSW School Vaccination Program 2020

All vaccines offered are **FREE** for Year 7 students.



Consent forms will be provided to you in 2020.

Students **cannot** be vaccinated unless a completed and signed consent form **is returned** to the school.

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Health
Nepean Blue Mountains
Local Health District

NSW SCHOOL VACCINATION PROGRAM 2020

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians at the beginning of 2020.

In 2020 the following vaccines will be offered FREE to Year 7 students:

- **Human papillomavirus (HPV) vaccine** in a 2-dose schedule at 0 and 6 months.
- **dTpa vaccine (diphtheria, tetanus & pertussis (whooping cough))** as a single dose.

To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- **return the completed consent form to their child's school as soon as possible**

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at:

www.health.nsw.gov.au/immunisation.

- **Ensure that your child eats breakfast on the day of the school vaccination clinic.**
- **A Record of Vaccination will be provided to each student vaccinated at each clinic as a physical card.**
- **Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.**

**TOGETHER
ACHIEVING
BETTER HEALTH**

Nepean Blue Mountains Local Health District
ABN 31 910 677 424
PO Box 63, Penrith NSW 2751
Tel (02) 4734 2000
www.nbmlhd.health.nsw.gov.au

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DENTIST VISITS THE COLLEGE 16-20 MARCH

The School Dentist by Totally Smiles is visiting St Columba's Catholic College on 16 – 20 March 2020.

4 Steps to Healthy Teeth

Tooth decay occurs when bacteria in our mouths use sugars from foods and drinks to produce acids that attack tooth enamel (the hard outer layer of teeth). Tooth decay can cause pain, infection and tooth loss. Without treatment, it can destroy teeth and have a serious, lasting impact on overall health and quality of life.

Dental disease can be prevented by 4 easy steps:



BRUSHING

teeth twice a day with fluoride toothpaste



FLOSSING

daily



LIMITING SUGAR

consumed in foods and drinks



VISITING A DENTAL PROFESSIONAL

for a check-up at least once a year

Professional dental care is an important part of overall health and wellbeing. Part of the dental service is to educate children on good oral hygiene practices and to provide a thorough dental treatment. Here's a short video why dental care is important, what The School Dentist does to help care for your child's teeth through professional dental services and how your child can participate in the program.

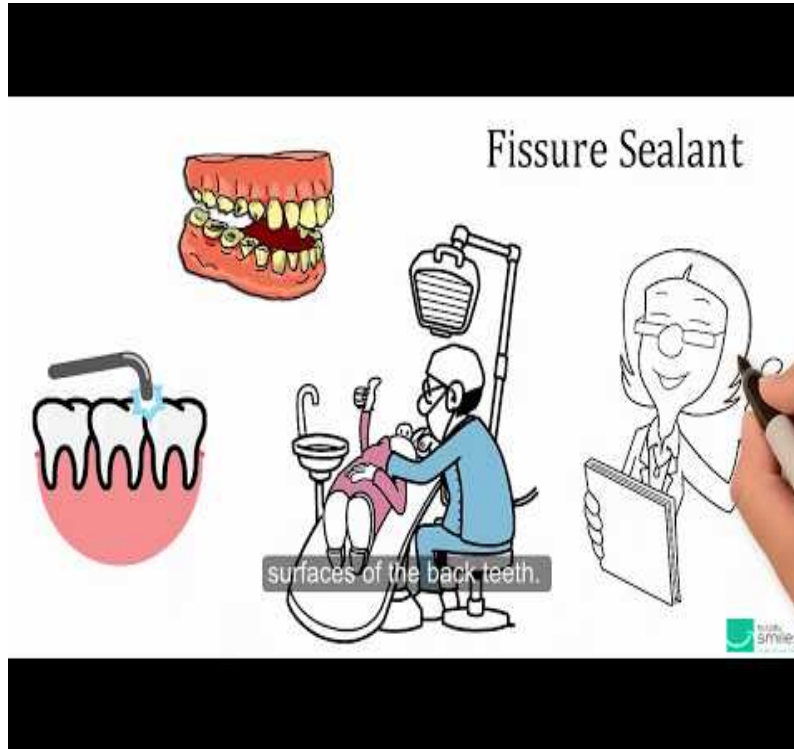
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Please find a copy of the Parent Information Pack which provides you with information about the service and recommended oral hygiene practices. If you wish to have your child participate in the dental program, please follow the

link <https://tinyurl.com/rxdq83y> to complete the consent form. The consent form can be completed and signed online. Alternatively, you can print the form at the back of your Parent Information Pack, sign it and return it to your child's school or email it to bookings@totallysmiles.com.au, consent forms are also available at the school.

If you have any question or need assistance completing the consent form, give The School Dentist a call on 1800 276 453 or email bookings@totallysmiles.com.au.



St Columba's Catholic College, Springwood

The Dove



1800 276 453

www.totallysmiles.com.au

CONSENT FORM

CHILD INFORMATION

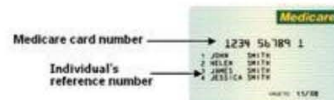
School Name _____
First Name _____
Last Name _____
Date of Birth _____
Gender _____
Year/Class _____
Medicare Card Number _____
IRN Number/ Expiry Date _____

PARENT INFORMATION

Parent Name _____
Parent Email Address _____
Mobile Number _____
Home Phone number _____
Home Address _____
Suburb/State Postcode _____

PLEASE TICK

- ☐ I give consent to conduct a Child Dental Benefit Schedule eligibility check
- ☐ I give consent to a free dental examination by Totally Smiles (if x-rays are required it will be bulked-billed through Medicare)
- ☐ I give consent to a dental assessment, scale and clean, polish & fluoride treatment carried out by Totally Smiles (Bulked-Billed; NO GAP payable; to the value of \$176.90 if eligible through Medicare Child Dental Benefits Scheme (CDBS) and if required fissure seals (\$46.05 each) and X-rays (30.45 each)
- ☐ If NOT eligible please provide a scale and clean, polish and fluoride treatment for \$99. X-rays (\$15 each) and Fissure Seals (\$28 each) (Payment will be taken over the phone once your child has been examined).
- ☐ I would like to be present at all the appointments if possible
- ☐ I do not want to participate in the program



MEDICAL AND DENTAL HISTORY OF PATIENT / CHILD

Is the patient receiving any medical treatment at present?	Y <input type="checkbox"/> N <input type="checkbox"/>	Details _____
Has the patient had any serious or long-standing illness?	Y <input type="checkbox"/> N <input type="checkbox"/>	Details _____
Has the patient ever been hospitalised?	Y <input type="checkbox"/> N <input type="checkbox"/>	Details _____
Are the patient's immunisations up to date?	Y <input type="checkbox"/> N <input type="checkbox"/>	Details _____
Please indicate if the patient has EVER had any of the following:		
Allergies (e.g. latex, penicillin, milk protein, etc.)	Y <input type="checkbox"/> N <input type="checkbox"/>	<div>If YES to allergies, please give details:</div>
Any heart complaint/treatment	Y <input type="checkbox"/> N <input type="checkbox"/>	
Rheumatic fever or heart valve surgery	Y <input type="checkbox"/> N <input type="checkbox"/>	<div>Does your child have any conditions or disabilities that may affect their treatment? (Example ADHD, Anxiety, Autism)</div>
High or low blood pressure	Y <input type="checkbox"/> N <input type="checkbox"/>	
Blood disorders / bleeding disorders	Y <input type="checkbox"/> N <input type="checkbox"/>	<div>Current Medications:</div>
Epilepsy	Y <input type="checkbox"/> N <input type="checkbox"/>	
Diabetes	Y <input type="checkbox"/> N <input type="checkbox"/>	<div>Details if YES to any of the conditions listed:</div>
Infectious disease (measles/chicken pox), especially in the last three weeks	Y <input type="checkbox"/> N <input type="checkbox"/>	
Tuberculosis	Y <input type="checkbox"/> N <input type="checkbox"/>	
Any nervous system disorders	Y <input type="checkbox"/> N <input type="checkbox"/>	
Asthma/bronchitis/lung conditions	Y <input type="checkbox"/> N <input type="checkbox"/>	
Thyroid disease	Y <input type="checkbox"/> N <input type="checkbox"/>	
Hepatitis, jaundice or liver disease	Y <input type="checkbox"/> N <input type="checkbox"/>	
Treatment for any form of cancer	Y <input type="checkbox"/> N <input type="checkbox"/>	
Transplanted organ or bone marrow	Y <input type="checkbox"/> N <input type="checkbox"/>	
Kidney conditions	Y <input type="checkbox"/> N <input type="checkbox"/>	
When was your child's last dental visit?	_____	
When was your child's last X-rays taken?	_____	

*Please note the form is double sided

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1800 276 453

www.totallysmiles.com.au

CONSENT FORM

CHILD DENTAL BENEFITS SCHEDULE BULK BILLING PATIENT CONSENT FORM

I, the patient / legal guardian, certify that I have been informed:

- › of the treatment that has been or will be provided from this date under the Child Dental Benefits Schedule;
- › of the likely cost of this treatment; and
- › that I will be bulk billed for services under the Child Dental Benefits Schedule and I will not pay out-of-pocket costs for these services, subject to sufficient funds being available under the benefit cap.

I understand that I / the patient will only have access to dental benefits of up to the benefit cap. I understand that benefits for some services may have restrictions and that Child Dental Benefits Schedule covers a limited range of services. I understand I will need to personally meet the costs of any services not covered by the Child Dental Benefits Schedule. I understand that the cost of services will reduce the available benefit cap and that I will need to personally meet the costs of any additional services once benefits are exhausted.

I agree that the above is true and accurate information given. I understand that all information including all photos will be kept private and confidential which Totally Smiles collect during all stages.

Patient/Legal guardian : _____

Patient/Legal guardian signature : _____

Date: ____/____/____

FREQUENTLY ASKED QUESTIONS

Can I attend my child's dental appointment?

Yes. You are welcome to attend your child's appointment. If you have received a Parent Information Pack, you can contact us to find out when your child's school and/or appointment is scheduled.

Who will be providing dental care to my child?

Your child's dental care will be provided by experienced registered dental practitioners (oral health therapists, dental therapists or dentists) and qualified dental assistants.

What will happen as part of my child's care?

Parents of children at participating schools will receive a Parent Information Pack from the school before a mobile dental clinic visit is scheduled. For a child to receive care, parents will need to complete and return the consent forms.

At the first appointment, children will receive the following care (if clinically indicated and if parents have consented):

- a comprehensive examination
- dental x-rays
- a scale and clean
- mineral varnish application
- fissure sealants

If a child needs further dental care, the dental practitioner will contact parents to discuss options for treatment. This may involve providing treatment at the mobile dental clinic or at a local dental clinic. Parent consent is required for any further treatment.

How will I know what happened at my child's dental appointment?

A report outlining what was done at your child's appointment will be provided. If your child needs further dental care, you will be provided with a treatment plan.

What will happen to my child's information?

Information that you provide on the Consent Form or collected as part of your child's healthcare is subject to strict confidentiality and privacy protections in State & Commonwealth legislation (see Privacy Statement in Parent Information Pack).

What if my child is scared or anxious about dental treatment?

All Mobile Dental staff are experienced in working with children. Every effort will be made to ensure that children participating in the program feel safe and confident about their dental care. If your child becomes upset, unwell or is otherwise unable to complete their care, they will be able to return to class and a staff member will contact you to make alternative arrangements. You may be asked to attend a follow-up appointment with your child at the mobile clinic or attend at your local dental clinic.

What will the program cost me?

There are no costs for parents/carers or children if your child is eligible for the Child Dental Benefits Schedule (CDBS). You will be asked to sign a form allowing us to bulk-bill care provided to your child. Details about the use of CDBS benefits in this program have been included in the Parent Information Pack.

*Please note the form is double sided

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SCHOOL FEES

School fee statements for the first instalment of school fees for 2020 (Billing Period 1 – 28/01/2020-15/05/2020) have been mailed out. The due date for payment is on or before Wednesday 18th March 2020. If you have not yet received your statement, please contact me on 4754 8902 to arrange for a copy to be sent home.

The cutoff date for returning the required paperwork for the payment of the 2020 school fees by way of the Flexible Payment Plan to the Catholic Education Office, Parramatta, is 6th March 2020. The Catholic Education Office will not accept late requests. If you would like to pay the 2020 fees as per the amounts shown on the Flexible Payment Plan paperwork but have missed the cutoff date, please contact me as soon as possible so that I am able to set the arrangement up for you.

Catholic Education Diocese, Parramatta, is committed to supporting families experiencing genuine financial hardship. If you are having difficulties with the payment of your school fees, you are encouraged to contact the school office to arrange an appointment with either me or the Business Manager to discuss payment options. Your situation will be treated with care and understanding and an appropriate payment arrangement will be made for you. Please note that as part of this process you may be required to complete an Application for School Fees Assistance so that the College is aware of your current financial situation. Please be assured of **complete confidentiality** with regards to any information you are asked to provide.

N.B. If you were on a payment arrangement for 2019 (except Flexible Payment Plan or Salary Sacrifice) it is important that you contact me when you receive your Billing Period 1 statement so that I am aware of your intentions for the 2020 fees.

Payment Due Date: Please be advised that unless alternative arrangements have been made regarding the payment of your account it will be assumed that full payment of all Fees and Charges for the Current Term Fees will be made on or before the due date as stated on your Fee Statement. Fees are payable in accordance with the Diocesan School Fees Policy which states “all fees are due and payable within 30 days of the date the school account statement is issued”. Outstanding accounts will be forwarded to Catholic Education Diocese, Parramatta, for actioning.

Withdrawal of a Student: A full terms notice (10 school weeks) in writing must be given to the Principal before a parent/guardian terminates the Student's enrolment. If sufficient notice of termination of the Student's enrolment is not given, the parent/guardian is to pay the College one term's school fees including any Diocesan Fees applicable. This amount reflects the College's financial loss associated with the Student's withdrawal without sufficient notice of termination. Exceptions to this policy include family relocating due to employment placement, a student gains full-time employment or commences an apprenticeship. One other exception is that notice in writing will be accepted at any time during Term 4 in relation to the following year's enrolment.



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Split Accounts: Please note that the College does not recognise 50/50 split of accounts. Enrolment signatories are joint and severally responsible for payment of fees. This means that both enrolment signatories are equally responsible for the payment of 100% of the total amount owing on the school fees account and not a proportion of it. If you have any questions regarding this, please don't hesitate to contact me.

Sibling Discounts: Reconciliations to external sibling discounts are regularly conducted by CEDP. If your circumstances change regarding sibling discounts, please notify me immediately. Failure to do so could result in an increase in fees throughout the year and your current payment arrangement may not cover the balance of your account.

School fees can be paid by Bpoint, Bpay, Postbillpay, Direct Debit, EFTPOS or credit card.

If you need to discuss any issues regarding the school fees, please contact me by phone on 4754 8902 or by email rvion@parra.catholic.edu.au

Roselee Vion
Senior Officer – Finance and Fees



St Columba's Catholic College, Springwood

The Dove



2020 Diocesan School Fees

22 November 2019

Dear parents and carers

Please find below the Annual Diocesan fees schedule for 2020. The new schedule includes a very modest 1.5% increase on the fees from 2019, a reflection of Bishop Vincent Long's aim of making our Catholic schools as affordable as possible for families.

School-based fees will also be limited to a 1.5% increase. School-based fees cover the costs of things such as technology and school administration.

School fees are generally billed in instalments during Terms 1, 2 and 3. The fee is made up of three main parts:

1. Diocesan tuition fee

These are set by Catholic Education Diocese of Parramatta and are the *same for every school*. There are **significant sibling discounts** for families with more than one child at a Catholic Education Diocese of Parramatta school (it does not have to be the same school).

Those discounts and a list of the annual Diocesan tuition fees for 2020 are outlined below:

2020 Diocesan tuition fee schedule (per year)

	1 st child (100%)	2 nd child (75%)	3 rd child (50%)	4 th Child (0%)
Kindergarten	\$1,224	\$918	\$612	No fee
Years 1 – 6	\$1,581	\$1,185	\$792	No fee
Years 7 – 8	\$2,190	\$1,644	\$1,095	No fee
Years 9 – 10	\$2,430	\$1,824	\$1,215	No fee
Years 11 – 12	\$3,102	\$2,328	\$1,551	No fee

2. Diocesan Building Levy

This fee is set by Catholic Education Diocese of Parramatta and is the same for every school. The annual Diocesan building levy for 2020 is \$822. This is an increase of 2% from 2019. This increase is slightly higher than the tuition fee increase of 1.5% as governments do not provide sufficient capital funding for our school provisioning program.

There is only one Diocesan building levy per family with one or more children in a Parramatta Diocesan school or at St Dominic's College, Kingswood and it is billed in instalments over the first 3 terms of the year. A sibling discount for the building levy of 50% applies to families with children within the bordering Archdiocese of Sydney and Dioceses of Wollongong and Broken Bay.

LEARNING FOR TODAY'S WORLD

12 Victoria Road North Parramatta NSW 150 Locked Bag 4 North Parramatta NSW 1750 9840 5600
www.parra.catholic.edu.au catholicedparra @CatholicEdParra catholicedparra

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3. School-based fees

These are determined by the school according to the needs of that school and billable for each child. School-based fees are often called 'resource fees' or 'activity fees'. These fees help schools cover the costs of things like teaching resources, technology, excursions etc.

This fee varies between schools. Please contact the school to find out more about their school-based fees.

Although it varies from school to school, as a guide, the Diocesan tuition fee represents roughly half the overall fee per year.

Here's how we can help

We appreciate that from time to time, some families experience financial challenges. As well as sibling discounts, confidential fee support is available through the following means:

- **Flexible payment options**

Families enrolled in CEDP schools are offered flexible payment options at the start of each year. These options provide opportunities to select a payment plan that best suits you. Payments can be made by direct debit on a weekly, fortnightly or monthly basis at no additional charge.

- **Fee assistance**

We understand financial circumstances can change and that these changes can impact on families. Please speak with your school principal confidentially if your family experiences financial difficulty or hardship so an appropriate arrangement can be made.

- **Bishop Manning Support Fund**

In addition to fee assistance programs, the Bishop Manning Support Fund is available to families who experience challenges meeting the cost of school fees due to financial hardship. Further information is available at the [Bishop Manning Support Fund](#) page of the CEDP website.

- **Byallawa Co-contribution Scheme**

The Byallawa co-contribution scheme provides assistance to Aboriginal and Torres Strait Islander families to ensure a quality Catholic education is affordable and accessible. Further information is available on our [Byallawa Co-contribution Scheme](#) page of the CEDP website.

Thank you for your ongoing support of our Catholic schools.

Yours sincerely

Gregory B Whitby AM KSG
Executive Director
Catholic Education
Diocese of Parramatta

LEARNING FOR TODAY'S WORLD



The Dove

Fact Sheet for Parents and Caregivers - Explanation of Absences

CEDP promotes daily school attendance. Going to school every day is the single most important part of your child's education.

If your child is sick or absent you are required to notify their school on the first day of absence if at all possible. All explanations to the school must be provided within **7 days** from the first day of any period of absence.

Absences can be explained using one of the following methods:

1. SMS: respond with reason to school notification of absence
2. Email: the school at stcolumbas@parra.catholic.edu.au
3. Telephone: the school office 02 47548900
4. Note sent with your child

Where an explanation has not been received within the 7 day timeframe or the explanation has not been accepted, the school will record the absence as unexplained or unjustified on the student's record. The school will not be able to accept explanations which are not received within the 7 day timeframe.

Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

Why do I need to notify the school if my child is absent?

Parents of children aged 6 to 17 years are legally required to ensure their children attend school every day or provide an explanation if they are absent. Notifying the school and providing an explanation for your child's absence will fulfil this legal responsibility.

The safety and wellbeing of students are the highest priorities for schools. Parents need to know if their child isn't at school, and schools need to know when and why a child is absent. Notifying the school of your child's absence helps ensure the safety and wellbeing of all children in school.

What is your responsibility?

- Ensure your child attends school every day
- Notify the school immediately if your child is absent
- Provide an explanation for any absences within 7 days
- Make sure the school has your correct contact details so that you can receive attendance information about your child



St Columba's Catholic College, Springwood

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COMMUNITY NEWS

News from Blackheath Parish

Bishop Vincent has invited the Blackheath parish community into a time of prayerful discernment so that the parish can transition following the retirement of Fr Bob after Easter.

We are consulting with the whole community, through individual questionnaires and group sessions.

The questionnaire is available in the church but can also be completed online at:
<https://tinyurl.com/blackheath2020>

Please participate in the consultations by completing the online questionnaire. Ideally it would be good to have feedback from the questionnaires before the end of March.

You can learn more about what we are being asked by viewing the background paper and minutes from parish meetings (available on request).

Let us continue to pray for each during this period of discernment and transition.

Blackheath Transition Working Party.

Our Lady of Nativity – Catholic Community

A Table Talk gathering to discuss and reflect upon refugees' / asylum seekers' experience. Each person is seated around a table of 6 – 8 people to discuss questions flowing from testimonies of guest speakers. Our guest speakers will include someone who has experienced life as a refugee or asylum seeker, as well as a professional working in the field of refugee policy or support

WHERE : PARISH SCHOOL HALL (7 Somers Street, parking also in church grounds)

WHEN: Sunday March 29 at 2.00pm (5th Sunday of Lent)

RSVP: Monday 23 March, email : springwood@ccss.org.au or (02) 8843 2545

Tips for parent/carer education and engagement

eSafety Toolkit for Schools

Creating safer online environments



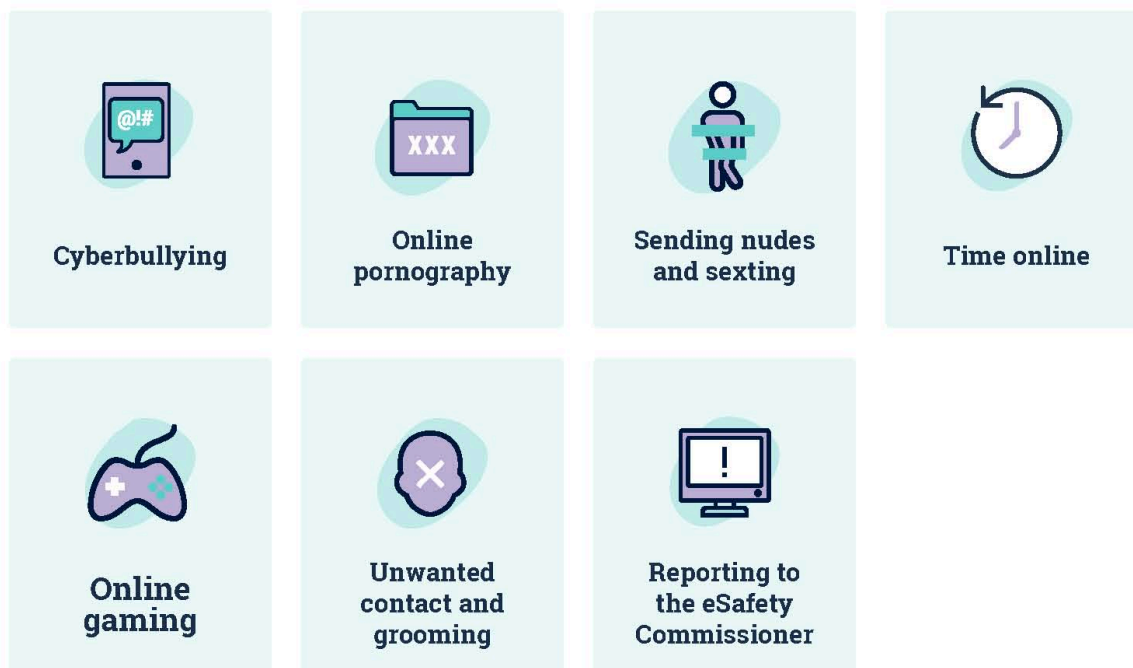
This resource provides a series of snapshots about common online safety issues, which can be shared with parents and carers. The snapshots are designed to be used in school newsletters, printed individually or shared as social media posts.

Disclaimer: This material is general in nature. It is made available on the understanding that the Commonwealth is not engaged in rendering professional advice. Before relying on the material in any matter, you should carefully evaluate its accuracy, currency, completeness and relevance for your purposes and should obtain any appropriate professional advice relevant to your particular circumstances. The Commonwealth does not guarantee, and accepts no legal liability whatsoever arising from or connected to, the accuracy, reliability, currency or completeness of any material contained in this resource or on any linked site. References to other organisations or websites are inserted for convenience and do not constitute endorsement.



esafety.gov.au

The snapshots are based on the [eSafety Parents Guide](#) and cover:



The [eSafety Commissioner's blogs](#) and other content on the [eSafety Parents website](#) can also be shared with the broader school community.

Before sharing any of the snapshots, schools are encouraged to consider the following:

Timing and frequency:	Plan the best time and frequency for sharing content in order to communicate with parents and carers most effectively. Time the release of messages with key dates (e.g. start of year, end of year, Safer Internet Day or parent/teacher interviews). It's important to keep your audience engaged through regular targeted and/or topical messages.
Sensitivities:	Consider if any critical incidents have occurred in line with the key messages in each snapshot. How can you share the messages with parents/carers in a way that is sensitive to the students involved in the incident — ensuring they are not identified?
Channels:	Choose the right combination of channels to share content with your target audiences (e.g. your school newsletter, website, app, social media channels and/or parent-teacher meetings).
Evaluation:	Consider how you might assess whether the communication has been effective. An annual Survey of school community attitudes to online safety can provide a good baseline.



Cyberbullying

I think my child is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.

Signs to watch for:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn,
- anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use

What can I do?

Talk to your child about cyberbullying before it happens. Together you can work out strategies to address any potential issues and reassure them you will be there to support them.

If your child is experiencing cyberbullying:

- **Listen, think, stay calm** — talk to them about what happened, try to remain open and non-judgemental, ask them how they feel and ensure they feel heard.
- **Collect evidence** — it is a good idea to collect evidence, such as screenshots, of the bullying behaviour, in case you need to report it later on.
- **Block and manage contact with others** — advise your child not to respond to bullying messages and help your child block or unfriend the person sending the messages.
- **Report to site or service** — many social media services, games, apps and websites allow you to report abusive content and request that it is removed.
- **Report to eSafety** — if serious cyberbullying is affecting your child and you need help to get the material removed from a social media service or other platform you can make a cyberbullying report to us.
- **Get help and support** — check in with your child regularly about how they are feeling. If you notice any changes that concern you, get help through a counselling or online support service.

Further tips and advice for parents/carers on cyberbullying are available on [eSafety's website](https://www.esafety.gov.au).



Online pornography

How can I protect my child?

- **Set some 'house rules'** — discuss the issue with all siblings and talk about where and when it is OK to use computers and devices.
- **Stay engaged** — talking regularly and openly with your child about what they are doing online will help build trust.
- **Use the available technology** — take advantage of the parental controls available on devices, and ensure the 'safe search' mode is enabled on browsers.
- **Build resilience** — talking about sexualised content can help young people process what they come across online and reinforce the importance of consent and respectful relationships.
- **Consider raising the subject of pornography yourself** — parenting experts recommend starting the conversation early (by the time they are around 9 years old) to help protect them from the potential impacts of coming across it accidentally. Every child is different, so decide when you think it is right to raise the subject with your child.
- **Take a long-term view** — reinforce that if they do see something they do not understand, they can come and ask you about it.

What can I do if my child has found pornography online

- **Stay calm** — thank them for being brave enough to let you know and reassure them that you will sort it out together.
- **Listen, assess, pause** — ask them how they found it, where it happened, who (if anyone) showed it to them and how they felt when they saw it. Resist the urge to give them a lecture.
- **Reassure your child they are not in trouble** — try not to remove your child's device or online access completely, as they will see it as punishment.
- **Be sensitive to how they feel** — it is important to talk with your child about how the content made them feel. Encourage your child to talk to you about any questions they have.
- **Talk about the importance of consent and respect in relationships** — talk about the importance of always having permission to touch, hug, or kiss another person.

Further tips and advice about how to talk to your child about online pornography, depending on their age, are available on [eSafety's website](#).



Sending nudes and sexting

How can I minimise the risks to my child?

- **Talk early, talk often** — have an age-appropriate chat with them about sending nudes. Consider asking questions using real-life examples like, 'Do you think it was right for him (or her) to share that photo after they broke up?'
- **Promote self-confidence and that it is OK to say 'no'** — let them know that they don't have to give in to peer pressure or send intimate images just because others do.
- **Teach them about consent and respectful relationships** — help them understand the impact of sharing intimate images of others and that they are breaking someone's trust when they do this.
- **Talk about the risks** — what can go wrong and the legal issues. Remind them that once an image is shared, it is almost impossible to get it back or control how it is shared.

What can I do when things go wrong?

- **Stay calm and open** — reassure them that they are not alone and you will work through this together.
- **Listen, and act fast** — there can be legal issues when intimate images of children are shared. You can report image-based abuse to eSafety. We can help to get intimate images removed and, in some cases, take action against the person who shared it. See more detailed advice on what to do and how to make a report on our website. You can also report the image to the site or service it was posted on.
- **Get help and support** — look after your child's wellbeing and encourage them to speak with a professional counselling or support service.

Further tips and advice for parents/carers on sending nudes and sexting, are available on [eSafety's website](https://www.esafety.gov.au).



Time online

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Help your child manage their online time

- **Stay engaged and encourage balance** — keep an eye on the games, apps and devices your child uses by sharing screen time with them. Help them stay aware of their important offline activities, like hobbies and sports.
- **Create a plan** — involve your child in creating a family plan that balances time spent sitting in front of screens, with a variety of offline activities.
- **Use the available technologies** — parental controls and tools to monitor online time allow you to measure and set time limits on device use or internet access. But be honest and open with your children about why you want to use these technologies.

Signs to watch for:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

Further tips and advice for parents/carers on managing time online are available on [eSafety's website](https://www.esafety.gov.au).



Online gaming

What are the benefits and risks?

Many games can improve your child's coordination problem-solving and multi-tasking skills, as well as help build social skills through online interactivity with other players. But it is important to understand what might go wrong.

Risks of online gaming include:

- spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing
- bullying and grooming through online or in-game chat
- games with gambling-like elements can normalise gambling for young people
- costs of in-game spending

How to create a safer gaming environment for your child

- Prepare — locate the computer or games console in an open area of your home and use available parental controls and safety features for devices, browsers and apps.
- Build good habits — help your child protect their personal information by using a screen name that does not reveal their real name. Teach them not to click on links provided by strangers, like 'cheat' programs to help with game play, which can contain viruses or malware.
- Agree on strategies to help them switch off — like a timer that signals game time is nearly over, with consequences for not switching off.
- Stay involved — talk regularly with your child about their gaming interests and who they play with online. Play alongside your child to get a better sense of how they are handling their personal information and who they are communicating with.
- Be aware of what they are playing — games vary in their level of violent or sexual content, and may contain themes, language and images that are unsuitable for your child.
- Empower your child — wherever possible, help them make wise decisions for themselves, rather than tell them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience

Further tips and advice for parents/carers on gaming are available on [eSafety's website](#).



Unwanted contact and grooming

How to deal with unwanted contact

Unwanted contact is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might do something they regret. This can happen even if they initially welcomed the contact. It can come from strangers, online 'friends' your child has not met face-to-face, or from someone they actually know.

How to deal with unwanted contact

- **Make their accounts private** — suggest that your child makes their social media accounts private or revises their privacy settings regularly.
- **Delete contacts they don't talk to** — ask them to go through all the people who follow them or are friends with them on social media and check that they actually know them.
- **Report and block** — if they receive any unwanted contact from someone they know or a stranger, encourage them to report and block this person.
- **Delete requests from strangers** — encourage your child to delete friend or follow requests from people they don't know.

How can I protect my child?

- Stay involved in your child's digital world — keep up-to-date with the sites, apps and online chat services they are using, and explore them together
- Build an open trusting relationship — keep communication open and calm so they know they can come to you when someone is asking them to do something that does not feel right.
- Help your child to protect their privacy — encourage your child to use their privacy settings on social media sites to restrict their online information to known friends only.
- Teach your child to be alert to signs of inappropriate contact — help your child recognise signs that an online 'friend' may be trying to develop an inappropriate relationship, such as asking lots of questions about personal information soon after meeting online, asking which room their computer is in, asking them for favours and doing things in return (abusers often use promises and gifts to gain trust).
- Establish safety guidelines for meeting online 'friends' face-to-face — explain that it is safest to keep online 'friends' online, but that if they do want to meet someone face-to-face they should let you know first. Let them know they should be accompanied by you or another trusted adult.
- What to do if something goes wrong — talk to them without being judgemental or angry and make them feel like they can come to you with anything, without fear of being punished or criticised. Find out what happened and act to protect your child.
- Call the police immediately on Triple Zero (000) if their physical safety is at risk. Report abuse or online grooming to your local police or Crimestoppers.
- Get help and support for your child from a professional counselling service.

Further tips and advice for parents/carers on grooming are available [eSafety's website](#).



Reporting to the eSafety commissioner

Cyberbullying

Cyberbullying is online behaviour that is seriously threatening, intimidating, harassing or humiliating. We can take action to get serious cyberbullying material removed, and provide advice, support and assistance.



Image-base abuse

We can help to get the intimate images or video removed and, in some cases, take action against the person who shared it. We can also help with sextortion, or where someone is blackmailing you over your intimate images.



Illegal and harmful content

We investigate complaints from Australian residents and law enforcement agencies about offensive and illegal online content.



Report content to eSafety at [eSafety's website](https://www.esafety.gov.au).



CATALYST FOR RENEWAL

A joint venture of Aquinas Academy and Catalyst for Renewal

Catalyst for Renewal Reflection Mornings 2020

Santa Maria Hall 9:30am-12:30pm

Parking at: Lawson Catholic Church (enter by Somers St) Or Kitchener St Lawson

Seeking renewal through conversation

March 21st

Patricia Madigan op

"Where to after Vatican II?"

April 18th

Donna Mulhearn

"The Prayer of the Heart and the Work of the Heart: How contemplative spirituality sustains our actions in the world".

May 16th

Peter Maher

"The Gift of Difference"

June 20th

Jane Elworthy

"Journey through Sacred Sound and Story"

July 18th

Sally Neaves

"Earth prayers and rituals: Communal practices to attend to our grief and imagination for Earth"

August 15th

Janet Barnett rsj

"We are the Ones we have been Waiting for: The call and the challenges of this time"

September 19th

Carolyn Craig-Emilson

"Retreats: Offering a Space for Encounter, Trust & Grace"

October 17th

Peter Mudge

"Living Spirituality"

Entry by donation. Morning teas provided, no need to book.

For more information contact Carol Teodori: 0449 172 669

Program also on Catalyst for Renewal website

catalystforrenewal.org.au

**For railway travellers to Lawson: Go east on the Great Western Highway.
Turn right at Orient St., left into Mary St. Walk to the end. (15 min. walk)**