



ASHFIELD BOYS HIGH SCHOOL NEWSLETTER

TERM 1 WEEK 11 2020

The next three weeks for your diary

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 27 - April to 01 May | • School Development Day | • Year 12 Mid Course exams |
| 04- 08 May | | | | | |
| 11 - 15 May | | | | | |

PRINCIPAL'S REPORT

I'm sure that I am not the only person who is glad that we have reached the end of Term 1! It seems an age ago that we welcomed Year 7 into their new school in the midst of drought and bushfires with a smoke haze that blanketed the city. Back then many of us thought that it couldn't get much worse than keeping the boys in the hall out of the smoke.

At the time of writing this, we have not been told exactly how Term 2 will look for schools. I'm sure that this will unfold over the next two weeks and I will be in touch with parents and the boys as soon as I am advised of any change. For the moment I am assuming that the start of Term 2 will look exactly like the end of Term 1 - with social distancing remaining, the school still open but with the advice that if you can stay home do so. We will be continuing to deliver learning digitally whether the boys are at home or at school.

Given the challenges that Term 1 has given all of us - the boys, their parent and their teachers - I think that it is important that this holiday is used for everyone to get as much rest as possible. We have all had to adapt quickly to a very new way of working and learning and I'm just so proud of how well we have all done this together. It is a source of strength for many of us that we live and work in such a wonderfully supportive school community.



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



As of yesterday we have loaned out 111 laptops and loads of USB dongles (I'm not sure who came up with the term "dongle" but I wish that they hadn't!) so that everyone can continue learning. Last week we ordered 30 more brand new DEL laptops and they arrived yesterday afternoon. Linda Henry will be in contact to swap over some of the older machines at the start of next Term. Linda was more excited by the laptops than she was about the toilet paper I gave her last week for her 29th birthday - this birthday milestone is a miracle in itself as I presented Linda with her 30 years of service certificate last year...

I'll be sending the boys in Year 12 an email about the HSC today. Can you please help to lessen their understandable anxiety about what will happen. I'm going to include the press release from the Federal Education Minister that very specifically states that there will NOT be a Year 13, that the boys will NOT have to repeat a year and that they WILL get an HSC this year if they continue to do their work. I'm sure most of the boys won't have seen the press release even though it is addressed to them -maybe the Minister should have released it on Tik Tok?

Please stay safe and have a restful holiday. On behalf of the whole staff can I thank you for all your support of us during this difficult time - it is very much appreciated.

Dwayne Hopwood
Principal



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Finding silver linings...

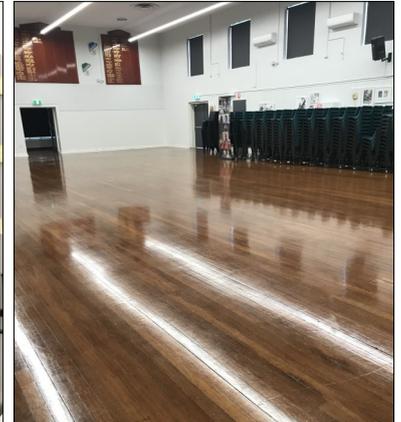
We have been trying to find some silver linings in the current situation. With most staff now working from home we have used the opportunity to get some of the things done around the school that often get shoved aside. We're not sure when this situation will end but the boys will come back to a shiny school with lots of jobs done.



Our archives are up to date and entered in Smart boxes.



We have almost completed a new filing system for the boys' student files



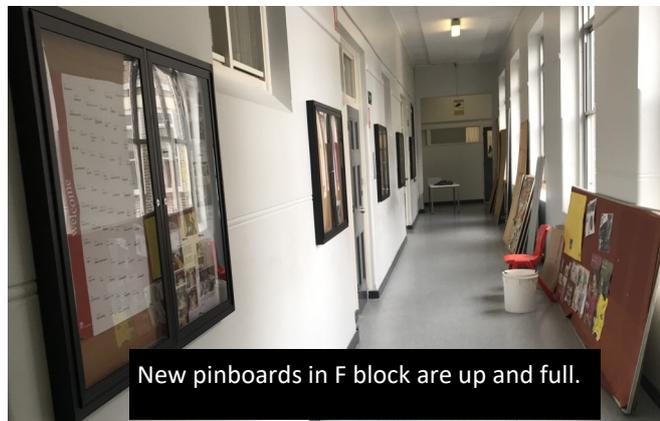
The hall has been polished and shines .



The commercial kitchen has had a deep clean and sparkles



Textbook order has arrived and they are all covered



New pinboards in F block are up and full.



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au





THE HON DAN TEHAN MP
Minister for Education

MEDIA RELEASE

7 April 2020

A Message for Year 12 students

The work you will do in Year 12 this year is incredibly important and your results will be as valuable as any previous year.

COVID-19 will take a lot from our nation but it won't take all your hard work over your years of education.

All education ministers met today through Education Council and we agreed that Year 12 students will get a leaving certificate for 2020. There will be no Year 13. There will be no mass repeating of Year 12.

We want Year 12 students to finish their education and next year go to university, undertake vocational training or enter the workforce.

Each state and territory is responsible for their government schools and is also responsible for awarding senior secondary certificates in their jurisdiction.

It was agreed that every state and territory would follow national principles to support local decisions.

ENDS

Media contact:

Tehan: Byron Vale 02 6277 7350 | minister.tehan.media@dese.gov.au

Authorised by The Hon Dan Tehan MP, Liberal Party of Australia, Parliament House, Canberra



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au

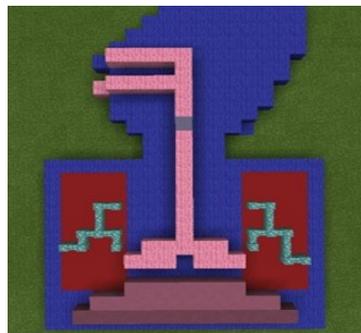


HUMAN BODY SYSTEMS

#ASHFIELD



8D has been learning about the human body systems in Science. They have made models using Minecraft, Paint and crafty skills and presented their work. They have also developed new skills through dissecting hearts and kidneys.



Ms T Pham
8 Da Vinci Science Teacher

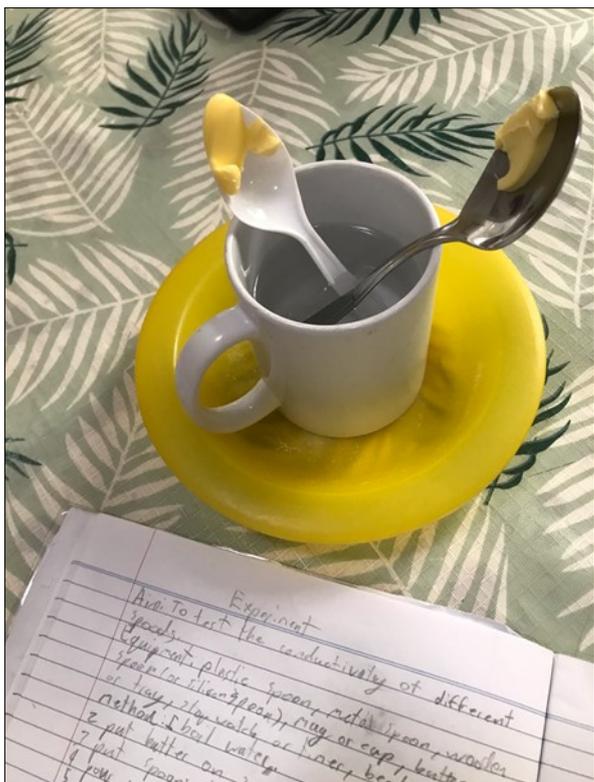


117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



SCIENCE AT HOME

#ASHFIELD



Year 7 is currently learning about heat and States of Matter in Science. These boys are proving that Science experiments can still continue at home!



Ms T Pham - Science Teacher



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



BASKETBALL IS A GREAT GAME FOR ISOLATION

#ASHFIELD

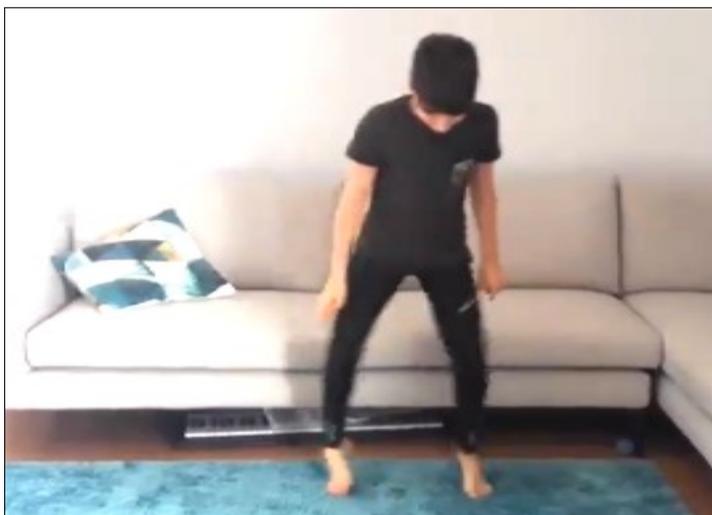


7F Practical Lesson 7.4.20

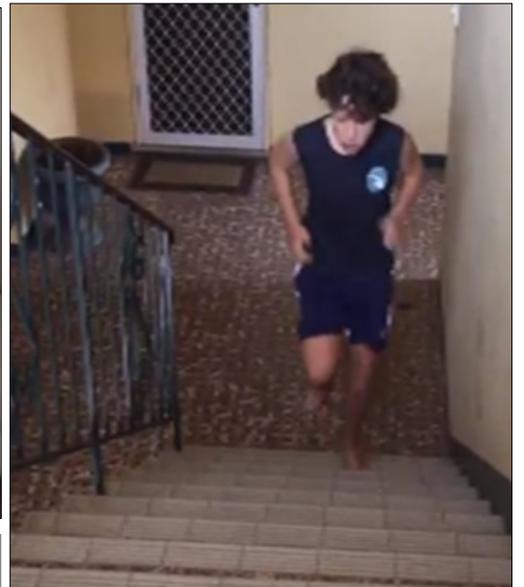
William Stevenson



Year 7 has started their first unit of object manipulation and has been practicing a wide range of skill (dribbling, shooting, balance, agility and muscular endurance) required for the sport of Basketball. Thanks to 7F for sending in photos and videos of themselves refining their skills.



Mr W Tyler– PDHPE



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



ELECTRONIC EXPERIMENTATION

Science students from Year 7 through to Year 12 have been making the most of online learning, taking the opportunity to utilise a range of engaging online interactives and videos to enrich their learning. This has ensured students continue developing their scientific investigation and data analysis skills.

Ms M Prasad - Science Teacher

Year 11 Biology – Is light required for photosynthesis?



Light is essential for Photosynthesis

Year 11 Biology – How different environmental factors affect rate of photosynthesis?

Virtual Lab Plant Transpiration

Question
What factor affects the transpiration rate in plant?

Purpose
In this investigation you will compare the rates of transpiration for several plant species under varying environmental conditions. You will investigate the effect of environmental factors (heat, light, and wind) on the transpiration rate.

Objectives:

- Describe the process of transpiration in vascular plants.
- Investigate the affect of various environmental factors on the transpiration rate in plants.

Procedure
Click More Information to read about transpiration rate in plants.
Pick a plant sprig by clicking one of

Information **Reset**

Zebra Plant
6.1 mL 27.0 °C

Journal Calculator Table Audio Print



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Year 9 Science Sheep Brain Dissection

By dissecting the brain of a sheep—an animal in which brain structure and function are similar to our own—we can see where memory processes take place. Throughout our lives, our memories are constantly being formulated, accessed, and filtered by the brain. Fleeting electrochemical connections made between brain cells help us remember the thoughts, skills, experiences and knowledge that make each of us unique.

Memory - 1998 The Exploratorium

The dark-colored top of the cortex is called "gray matter." The inner, lighter layer is called "white matter." Gray matter gets its color from the dark nuclei of the brain's cell bodies. Running from the cell bodies are long white extensions called axons, which make up the brain's white matter.

The axon of each brain cell reaches out through the brain to make connections with other brain cells. It is through these connections that billions of brain cells relay information to billions of other brain cells creating a communication network that makes thought possible.

Memory - 1998 The Exploratorium

Year 9 Marine and Aquaculture Technology – What are the properties of saltwater?



Home Learning Lab | Sea Water Experiment

Year 7 Science – How does increased energy affect states of matter?

| Time (min) | State | Temp (°C) |
|------------|-------|-----------|
| 0 | S L G | -10 |
| 2 | S L G | -4 ✓ |
| 4 | S L G | 0 ✓ |
| 6 | S L G | 0 ✓ |
| 8 | S L G | 0 ✓ |
| 10 | S L G | 0 ✓ |
| 12 | S L G | 14 ✓ |
| 14 | S L G | 32 ✓ |
| 16 | S L G | 54 ✓ |
| 18 | S L G | 70 ✓ |
| 20 | S L G | 85 ✓ |
| 22 | S L G | 100 ✓ |
| 24 | S L G | 100 |
| 26 | S L G | |
| 28 | S L G | |
| 30 | S L G | |
| 32 | S L G | |

Select Play and record the changes of state and the temperatures.

Good. Each section of the graph is now correctly labelled.

Temp (°C)

Time (minutes)

Boiling Gas

Liquid

Melting

Solid

Hot plate

24 min

Next

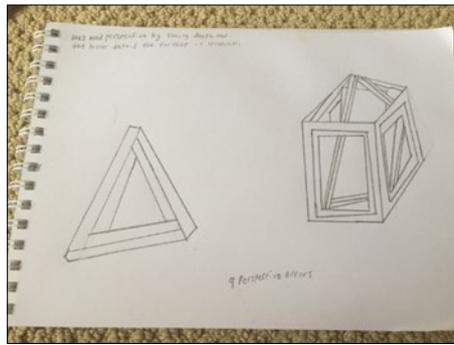
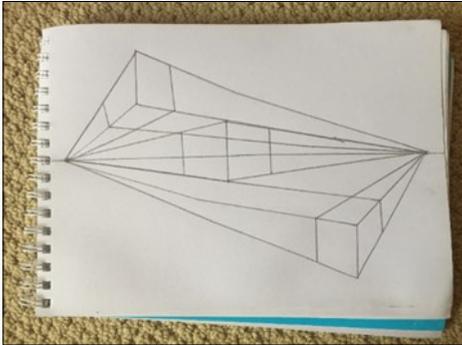


117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



VISUAL ARTS

Year 7 is learning about Perspective online with their art teachers. They are discovering that we use Vanishing points to help us create the illusion of depth. Here is a sample of work by **Archie Chandler-Lee**. He has used two vanishing points to show shapes moving towards different focal points. He has also had an awesome attempt at impossible shapes, and they are difficult!



Year 8 has been learning all about Surrealism, the subconscious mind and dreams in art. We have started our unit of study investigating the purpose behind Surrealism and

various techniques artists have used to tap into their subconscious. James Carroll created this excellent “automatic drawing” where you don’t plan your work, instead you allow your mind to wander and create the first thing that comes to your conscious mind. We have also created a surrealist MEME appropriating a Rene Magritte painting which creates a new dialogue with the audience.



Drawing: James Carroll



People in public now be like:

MEME: Oliver Crescitelli-Gregg



MEME: Jasper Chudleigh

MS Morris Visual Arts Teacher

#A S H F I E L D



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Young Writer and Young Artist Awards

Open to
Ages 12-15
Ages 16-18
Ages 19-24

Prizes
\$500 cash prizes
for winners
\$250 cash prizes
for runners-up



Full details at
www.innerwest.nsw.gov.au/YCA

Submissions close 31 July, 2020
Entrants must live or study in the inner west.

ART COMPETITION: INNER WEST YOUNG CREATIVES AWARDS 2020

Every Year the Inner West Council run this Fabulous Art and Writing Competition with wonderful prizes. If you are looking for something to do these holidays then please consider entering.

Competition opens 1st April and closes 31st July, 2020

There is a theme and word limit. To find out about all the details, terms and conditions

Please visit www.innerwest.nsw.gov.au/YCA

DO SOMETHING CREATIVE THESE HOLIDAYS!



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



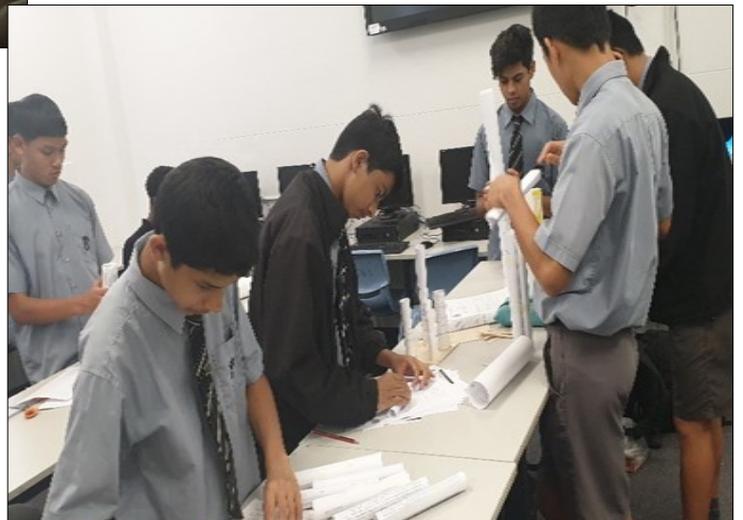
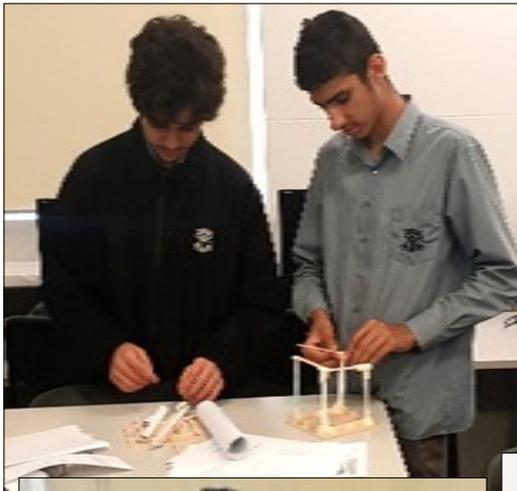
TAS ACTIVITIES- 2020 Term 1

Paper Towel Challenge- Year 9



Year 9 Engineering students were given the challenge to construct a tower made completely out of paper. The catch to this project was that the tower also had to be free standing and support weight! Students were allowed to cut and tear the paper as well as tape some of the paper together. Students got into the habit of testing their paper structures as they were building them so that they could determine any changes or adjustments that needed to be made on the spot! All of the

students were able to eventually figure out that manipulating the paper into rolls helped create a solid structure that could stand on its own and also support weight. We had some students were able to create some very impressive paper towers that could support quite a bit of weight!



Mr K Mahmud - TAS Teacher



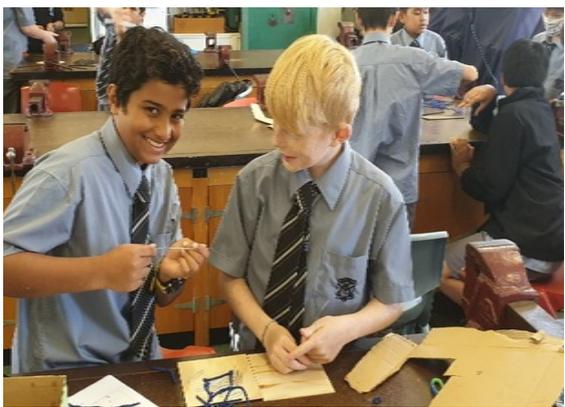
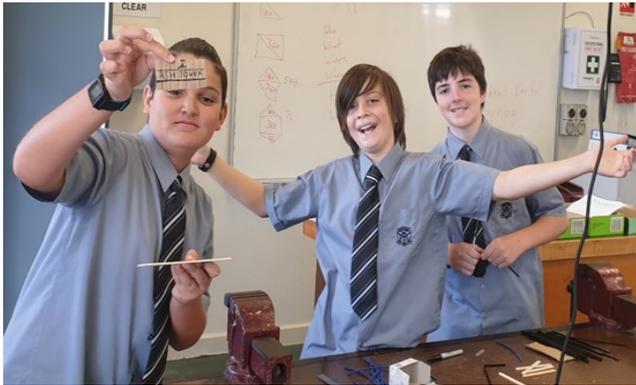
117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Year 7- Building Engineering Structures



Year 7- Ash Tower Challenge



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au

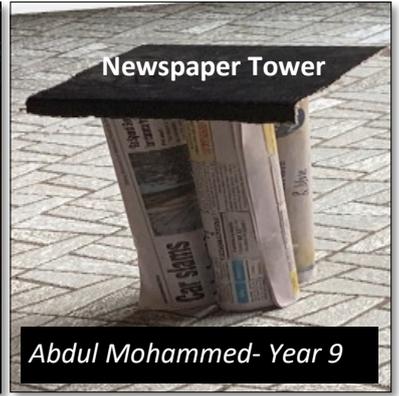


Bring Engineering at Home –Homemade Projects

#ASHFIELD

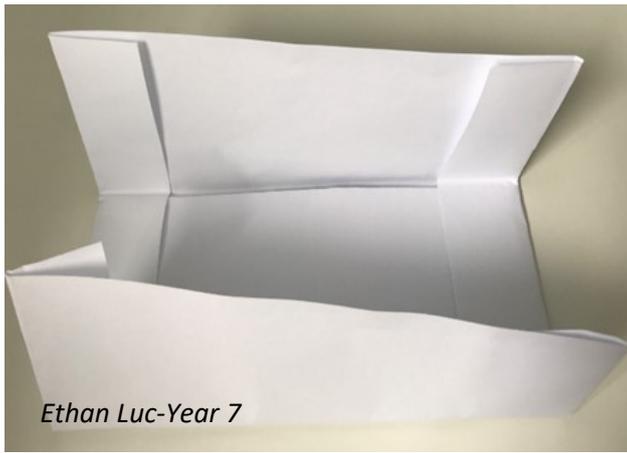


Avery Lawrence -Year 7



Newspaper Tower

Abdul Mohammed- Year 9



Ethan Luc-Year 7

Designing a Robotic Arm

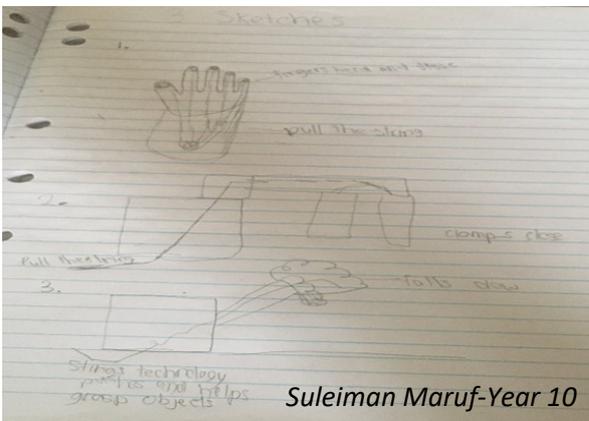


Jason Nguyen - Year 10

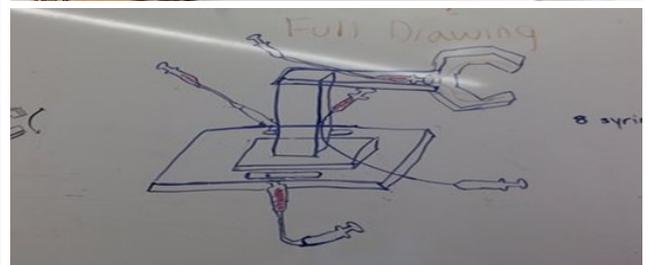
Hydraulic Arm



Design

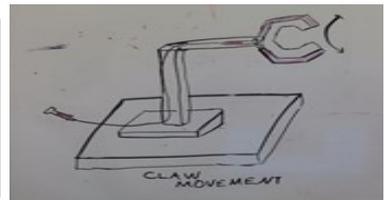


Suleiman Maruf-Year 10



Sketches

Syed Ali – Year 10



CLAW MOVEMENT

Mr Mahmud- TAS Teacher



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



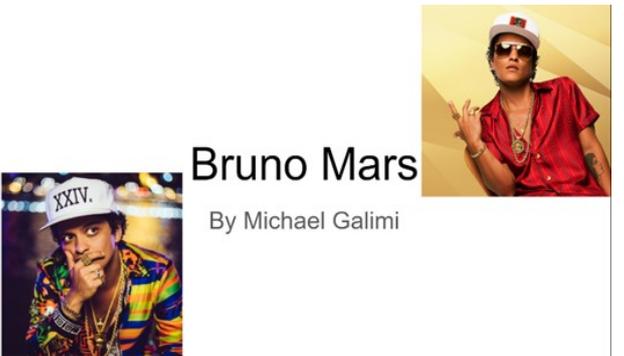
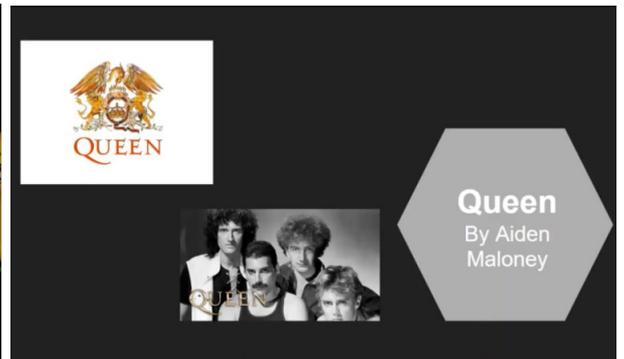
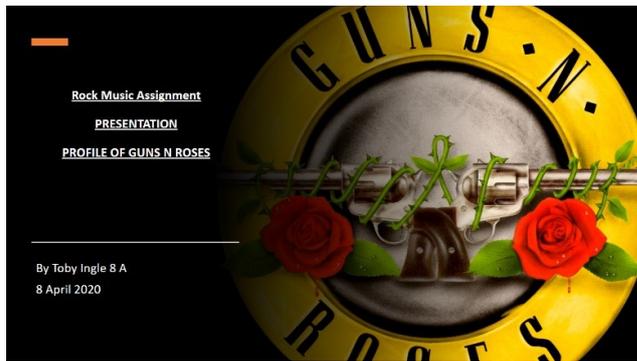
YEAR 8 MUSIC

PROFILE OF AN ARTIST / GROUP

Year 8 Music students have been studying the topic, History of Rock and Pop, throughout Term 1. This unit allows students to perform and listen to various styles of music from the 1950s to the present. In the final weeks of this term, students were required to either create a video or a slideshow of an artist or group and provide information on them and an analysis of a famous piece.

Below are some work samples from Year 8 students.

Ms D Markou - Music Teacher



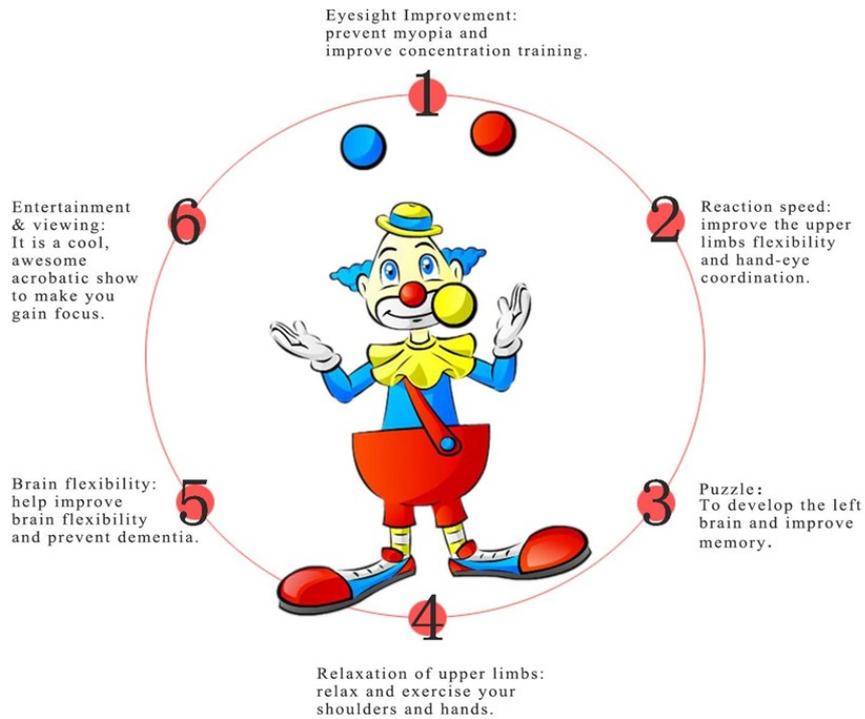
117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



PHYSICAL EDUCATION AT HOME

This week some students have been trying to improve their practical skills by juggling. Whilst for most an 80 min lesson may prove too short a time to accomplish a '3 ball juggle' it is a skill that can be practiced all anywhere at anytime. There are also multiple benefits of juggling.

What benefits are a juggling ball to the human body?



Ms T Brown - Head Teacher Welfare



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Access eLibrary Resources

Inner West library members have access to online resources
Becoming a member is [easy](#). Simply click through and select '[join the library](#)'.

School resources for high school and tertiary students

Our databases include:

[Australian/New Zealand Reference Centre](#), local and global perspectives on current events, business, religion, sports, technology and more.

[GreenFILE](#), includes content on global warming, green building, pollution, sustainable agriculture, renewable energy, recycling, and more.

[Science Reference Centre](#), provides access to a multitude of full-text science related content

efilms

Kanopy
Watch award winning films and documentaries via the [Kanopy](#) app

Beamafilm
Indie features and signature Australian content via [Beamafilm](#) app

eBooks and eAudiobooks

[Borrow Box](#)
Huge range of eBooks that includes extensive Australian titles.

[Overdrive](#)
An incredible selection of YA titles across many genres.

[Indyreads](#)
Features titles in other languages and content from independent publishers.

eMagazines

via [rbdigital](#) app, access to massive range and unlimited checkouts

Access to these online resources and many more at
innerwest.nsw.gov.au/eLibrary



innerwest.nsw.gov.au/Libraries



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



WELLBEING CHALLENGE

During Health lessons students are taught about the importance of maintaining a holistic approach to their health. Each week the remainder of Term 1, Wellbeing team will provide students' (parents and teachers can also join in) with challenges that encompass all aspects of our health.

Holiday Activities

| Physical Wellbeing | Emotional Wellbeing | Social wellbeing | Mental Wellbeing | Spiritual Wellbeing |
|---|---|---|--|---|
| Design and complete a body weight circuit (of at least 10 activities) | Watch your favourite movie (pick a comedy or 'feel good' one) | Participate in a fun challenge and compare your results with your friends | Read a book / listen to a podcast or listen to your favourite artist | Go for a walk in nature or create a herb garden (or succulents) for your family |

When you're feeling anxious and overwhelmed, this 5,4,3,2,1 technique can help bring your mind back to the present and help you feel calm. Try it next time you need to re-focus, and strive to notice small details that you would usually tune out. For more tips to reduce anxiety during Coronavirus visit: bit.ly/10tips-anxiety



What are 5 things you can see?

Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel?

Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in.

Pick up an object and examine its weight, texture, and qualities.



What are 3 things you can hear?

Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell?

Try to notice smells in the air around you, like a recently cooked meal, coffee, or unlit candle.

You may also look around for something that has a scent, like a piece of fruit or perfume.



What is 1 thing you can taste?

Grab a snack and focus your attention closely on the flavours.



Ms T Brown - Head Teacher Welfare



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



Reassuring your children about the unknown

Information for parents during COVID-19



What this fact sheet covers:

- How to talk about the situation
- Strategies to reduce anxiety
- Tips to support wellbeing
- Seeking additional help

Introduction

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, it is important to listen to the questions coming from your children so you can offer clear and honest answers.

It's also OK to admit that you may not know the right answers rather than pretending to have the correct response.

Children will be picking up information from their peers, the media, and what they are observing in the outside world.

It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

Talking about COVID-19 with your children

1. Speak to them calmly and openly. Don't shield them from everything but at the same time choose your words carefully. Saying that it is a 'pandemic never seen before in our lifetimes' does not help to calm your child.

2. Encourage them to ask questions. Curiosity at this time is natural and it is a good sign if they are wanting to find out more.

3. Ask them what they know and what they are worried about. Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.

4. Reassure them it's normal to be worried. Both children and adults have worries about COVID-19 and most people are feeling concerned.

5. Provide reassurance that as young people, they are relatively safe. Current data suggests that young people are less likely to catch the virus than others, and even if they do,

Creating a mentally healthier world



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



they are unlikely to get very sick or go to hospital.

6. Let them know that you will be available.

You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.

7. Identify other responsible adults in their life. If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.

8. Get the right information. Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.

9. Let them know about family plans. Share what you are doing and plan to do to keep their family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

Practical strategies to reduce COVID-19 related anxiety

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular handwashing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety.

Creating a mentally healthier world

General tips to support wellbeing

- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or zumba are great options
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

Seeking additional support

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and helplines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information [here](#).

If you have significant concerns about your child and want some professional help, you



Black Dog Institute



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



can get a referral to a psychologist or mental health professional through your GP.

It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

Helpful resources and online tools

Bite Back

biteback.org.au

Kids Helpline | 180055 1800

kidshelpline.com.au

Beyondblue | 1300 22 4636

beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace

headspace.org.au/eheadspace

Brave online

brave-online.com

This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the Black Dog Institute website.

For information: blackdoginstitute.org.au



[blackdoginst](https://www.facebook.com/blackdoginst)



[@blackdoginst](https://twitter.com/blackdoginst)



[/BlackDogInst](https://www.youtube.com/BlackDogInst)

Written by:

Dr Aliza Werner-Seidler

Clinical Psychologist and Senior Research Fellow, Black Dog Institute

Creating a mentally healthier world



Black Dog
Institute



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



Resources for Adolescents During Remote Learning

Are you in danger?

If you, or someone you are with is in immediate danger please call:

000

or

go to your nearest hospital emergency department

If you need to talk to someone...

| Name | About | Phone | Online |
|--|--|---|---|
|  Kids Help Line | For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. | 1800 55 1800 24/7 | Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling |
|  Lifeline | For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services. | CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight | Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat |
|  Suicide Call Back Service | A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide | 1300 659 467 24/7 | Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/ |
|  Youth Beyond Blue | Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. | 1300 22 4636 24/7 | Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/ |



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



| Name | About | Phone | Online |
|---|--|---|---|
| SANE Australia  | SANE Australia supports people living with complex mental health issues and the people that care about them | 1800 187 263 10:00AM – 10:00PM | Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane |
| Headspace  | eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. | N/A | Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/ |
| QLife  | QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships | 1800 184 527 3PM - Midnight | Webchat 3PM – Midnight https://www qlife.org.au/resources/chat |
| 1800RESPECT  | Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse | 1800 737 732 24/7 Interpreter: 13 14 50 | Online Chat 24/7 https:chat.1800respect.org.au/#/welcome |
| Carers NSW  | Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members | 1800 242 636 9AM – 5PM Monday - Friday | http:www.carersnsw.org.au/how-we-help/support/carer-line/ |
| Mental Health Line Mental Health Line 1800 011 511  | A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people | 1800 011 511 24/7 | https:www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx |
|  | Child Protection Helpline | 13 21 11 | https://reporter.childstory.nsw.gov.au/s/mrg |



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



If you are looking for an app...

| Name | About | Website |
|--|--|--|
| <p>Calm Harm</p>  | <p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p> | <p>Free</p> <p>App Store Google Play</p> |
| <p>Clear Fear</p>  | <p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p> | <p>Free</p> <p>App Store Google Play</p> |
| <p>ReachOut Worry Time</p>  | <p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p> | <p>Free</p> <p>App Store</p> |
| <p>ReachOut Breathe</p>  | <p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p> | <p>Free</p> <p>App Store</p> |
| <p>Smiling Mind</p> | <p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p> | <p>Free</p> <p>App Store Google Play</p> |
| <p>WellMind</p>  | <p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p> | <p>Free</p> <p>App Store Google Play</p> |



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



If you are looking for online support...

| Name | About | Website |
|---|--|---|
|  Bite Back | Promoting resilience and wellbeing in 12-18-year old's through activities | https://www.biteback.org.au/ |
| The BRAVE Program  | BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety | https://www.brave-online.com/ |
| ConnectEDSpace  | A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents | https://www.connectedspace.com.au/ |
| Smiling Mind  | Online and app-based program to improve wellbeing of young people through mindfulness meditation. | https://www.smilingmind.com.au/ |
| MyCompass myCompass | Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression | https://www.mycompass.org.au/YoungAdults |

| Name | About | Website |
|---|---|---|
| ReachOut  | Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing. | https://au.reachout.com/ |
| Black Dog Institute  | Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing. | https://www.blackdoginstitute.org.au/ |



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au

