



# Senior Site Bites



## Week 1

Term 1, 3 February 2016



### Dates to remember:

- 8 Feb- Breakfast Club 8am to 8:45am Kitchen 1
- 8 Feb - Homework Club 3-4:30pm, Library
- 10 Feb – Assembly 9am Gym
- 15 Feb – Breakfast Club 8am to 8:45am Kitchen 1
- 15 Feb - Homework Club 3-4:30pm, Library
- 21 Feb – Swimming Carnival, Big Splash Macquarie
- 24 Feb – School Photos

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<http://goldcreekschoolpandc.org.au/>



Dear Parents/Carers

Welcome back to 2017. This week is the second week back for teachers. The staff spent last week as a whole school team developing our knowledge and skills in a number of areas, especially digital literacy and supporting students with English as an Additional Language or Dialect (EALD) so we were all pleased to see the new students join us on Monday and the rest of the students return on Tuesday. As staff walk through the corridors during lesson times it is great to hear that hum of teachers and students engaged in learning and building that culture of inquiry at the school.

We wanted to remind students and parents of a few key ideas to consider as we begin the 'hot' term.

### Heat

With the heatwave expected to continue well into February students need to come to school prepared for the hot conditions. Water bottles are essential and need to be filled regularly using the refilling stations located in the playground. Staff have been instructed to relocate classes to air conditioned places where possible or to adjust work expectations in extreme heat. A reminder that water fights will not be tolerated and students wishing to engage in these activities will be removed from the playground during break times.

### Uniform

The white button up shirt is the top that students are required to wear at school each day. The blue PE shirt is only to be worn during PE classes and on the oval or courts at break time. A reminder that only the blue school shorts and pants or skirt should be worn; not leggings. Students may also choose to wear the dress. You can find the school uniform policy on our website.

### Courts

To address the ACT Education Directorate policy '*Sun (UV) Protection For Students*', all students who wish to participate in break time sport on the oval or courts are required to wear a hat. Students are also required to change into their blue PE shirt if they wish to access the courts and ovals during break time. This decision has been made as a result of feedback from parents and students that the white cotton top is uncomfortable to play sport in. At the end of break staff on the oval and courts will call students in at the first bell, 5 minutes before class starts, to give them time to change back into their white uniform shirt. A reminder that due to allergies and asthma concerns, no student should use an aerosol spray deodorant; only roll on deodorants should be brought to school.

### Contacting the school regarding support for your child

If you wish to speak to a staff member regarding an issue at school you should contact your child's Tutor Group teacher first. They will be able to help you deal with the issue or will direct it to the appropriate member of staff to help you.

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## Upcoming Events

**Swimming Carnival** – Tuesday Week 4 – This is a whole senior site event. The school relocates to Big Splash Pool in Jamison for the day. No classes, activities or supervision of students will occur at Gold Creek Senior Site on this day. Permission notes and payment need to be returned to the front office by Monday week 4. If your child is not attending the carnival, please notify the Tutor Group teacher prior to the day. A further reminder relating to sun smart behaviours – please bring a hat, a rash vest or t-shirt, sun screen and your drink bottle. This is important as well because on the Friday we will have school photos.

## Photos

Friday Week 4 – All students need to ensure that they are in full school uniform for the photos.

Best of luck to everyone for a successful year of learning!

*Hamish McDonald and Michelle Morthorpe  
Associate Principals  
Gold Creek School – Senior Site*

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## Gold Creek School Parents and Citizens Association

### Notice of Annual General Meeting

The 2017 AGM of the Gold Creek School P&C will be held at 6:00 pm on Wednesday 22 February in the junior site staff room.

The following positions are to be elected at the AGM:

- President
- Vice President
- Secretary
- Treasurer
- General committee members (up to 3)
- Public officer.

Nominations will be open at the AGM. Anyone who wishes to nominate for a position may nominate him/herself.

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## DEFENCE NEWS

**\*Friday 10 February, 5:00 - 8:00pm - DCO Canberra's Welcome by Twilight** All serving Defence members, Defence partners and families living in the Canberra region are invited to DCO Canberra's 2017 event. **Whether you are new to the area or are already a resident, everyone is welcome to come and enjoy this all ages event!** With stallholders providing local information, free & fun activities, competitions & much more...bring a picnic rug and enjoy the sounds of the RMC Band and watch the Great Zamboni Magic show, and visit the RAAF Hot Air Balloon up close. There will be a range of food and drinks available for purchase. We hope to see you there! .

**\*Tuesday 7 February, 10am - North Side Coffee Club** Come along and join DCO staff at the **Gungahlin Lakes Golf Club** in Nicholls. This is a great opportunity to connect with DCO staff and Defence partners. Children are very welcome and the cafe is child friendly.

*Colin Wilson, DTM/DSTA*

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## SOURCES OF STRENGTH

In 2017 and 2018, Gold Creek School will be supporting the Australian National University and Black Dog Institute in a trial of a US-developed program called Sources of Strength. This program is focused on building resilience in adolescents and encouraging positive help-seeking behaviours.

### About Sources of Strength

Sources of Strength is a best practice 'youth suicide prevention project' that utilizes the power of peer social networks to change unhealthy norms and culture. The program is designed to increase help seeking behaviours and connections between peers and caring adults with a focus on Hope, Help and Strength. Sources of Strength takes a different approach to other programs by moving beyond a singular focus on risk factors, instead it builds multiple sources of support around young individuals so that when times get hard they have strengths to rely on. The results of a recent evaluation of the program in the USA were promising, with significant improvements in adult-youth connections, help-seeking attitudes and intentions. The program uses a fun-filled style of active learning to encourage open discussion about the very real problems that youth face, and about the Sources of Strength that are often helpful for those problems.

### About the research trial:

Our School is involved in a trial currently in progress in NSW and the ACT to determine the effectiveness of Sources of Strength in Australian schools. The Sources of Strength Program involves the training of peer leaders to disseminate help-seeking messages to their peers (<https://sourcesofstrength.org> - see short videos at the bottom of the page). Teachers at the school will nominate several peer leaders to be actively engaged in the project, who will receive training from certified trainers. The peer-leaders in conjunction with adult leaders at school will then spend 3 months delivering 'help seeking' messages throughout the school.

One way to determine the effectiveness of the program, is to provide all students in years 7, 8 and 9 an opportunity to complete 4 surveys over the 2 years, these will include some sensitive questions to gauge students attitudes around risk-taking behaviour, including suicide. This week, all parents and caregivers with students in years 7 - 9 will receive a participant information form and consent form to allow their child to participate in these questionnaires. Please return the consent form as soon as possible to your home group teacher. In the coming weeks, some families will also receive an invitation for their child to be a peer-leader in the Sources of Strength program.

We are excited to be working with the ANU on this project and look forward to starting the Sources of Strength program this year.

*Zac Hain, Director of School Culture*

## 2017 HIGH SCHOOL IMMUNISATION PROGRAM

Dear Parent or Guardian,

Your child is eligible to receive FREE vaccines in Year 7 on the 3 March, through the National School Immunisation Program delivered by nurses in the School Health Team.

The protection provided by some childhood immunisations fades over time and needs to be boosted in adolescence. Secondary school students are at an age when a vaccine will be most effective and provides protection before possible exposure to a disease.

**In order for your child to receive the FREE school vaccinations we ask if you could please sign and return the consent card to the school as soon as possible**

The ACT school immunisation program offers vaccines to protect your child against a range of infectious diseases as indicated below:

Disease:	Vaccine offered:
Human Papillomavirus (HPV)	Gardasil: 3 doses spread over the school year
Diphtheria, Tetanus and Pertussis (whooping cough)	Boostrix: 1 dose
Varicella (chickenpox)	Varilrix or Varivax: 1 dose

Your written consent is required to administer these vaccines to your child.

Can you please return the consent card **even if you do not wish your child to be vaccinated**. We keep a list of students who are NOT to be vaccinated so we can check on the day if they are unsure.

If your child is absent, unwell or refuses the vaccination at anytime, you will receive a letter advising you of the process to ensure that the full schedule of vaccination is received. You will be able to access these vaccines FREE from your GP from 1<sup>st</sup> December 2017 until the end of 2018. For more info -<http://www.health.act.gov.au/our-services/immunisation> or call the School Health Team on 6205 2086.