



MHS Staff & Students celebrating International Womens Day

The core business of any school is teaching and learning. At Mitchell High School we actively encourage our students to take responsibility for their own learning. By this we mean that each and every one of our students are taught how to learn. Educational research indicates that we all have preferred ways to learn, we need to understand how we learn best to maximise our own learning outcomes. A vital aspect of learning is assessment; it is through assessment that we understand our strengths and weaknesses. I like to think about assessment in the senior school as Assessment for Learning in Year 11 and Assessment of Learning in Year 12.

Formal assessment is already underway the Preliminary HSC in year 11 and the HSC in year 12. All students in years 7-12 have been issued with an assessment book outlining when all their tasks will be held, the task itself and the weight of each task. Please help your child to organise themselves and to be prepared for each task. The booklet outlines Mitchell High School's assessment policy and the Board of Studies rules in regards to assessment. These booklets are available on the schools website at: <http://www.mitchell-h.schools.nsw.edu.au/>

Students who are not serious about their studies in the senior years may find themselves being declared as unsatisfactory or even asked to leave school.

Important Dates to Remember

Last day of Term 1	Friday 7th April
First Day of Term 2	Wednesday 26th April
Year 9 & 10 Half Yearly Exams	Monday 1st May - Monday 8th May
NAPLAN yrs 7 & 9	Tuesday 9th May - Thursday 11th May
Parent/Carer Teacher Interviews	Wednesday 17th May
P & C and Parent Forum	Wednesday 24th May @ 6.30pm
Year 7 & 8 Half Yearly Exams	Monday 29th May - Friday 9th June



What are the causes of test anxiety?

Cramming the night before the exam, poor study habits, poor time management, lack of organization of the text, notes, and homework are examples of being unprepared. Test anxiety can also be caused by worrying about past test performance, how others are doing on the test and the consequences if you don't do your best.

Symptoms

- Physical symptoms. Headache, nausea, diarrhoea, excessive sweating, shortness of breath, rapid heartbeat, light-headedness and feeling faint can all occur.
- Emotional symptoms. Feelings of anger, fear, helplessness and disappointment are common emotional responses to test anxiety.
- Behavioural/Cognitive symptoms.

Panic during the exam

1. You have just sat down in the exam hall and you feel your panic starting to develop.
2. Make yourself comfortable.
3. Most people feel tense at this point.
4. Take your time to read through all the questions and instructions carefully.
5. Pick out the questions that relate well to your revision.

How not to be stressed about exams?

Part 3 Beating Stress During the Test

1. Avoid rushing. Take your time going through the exam.
2. Ask your instructor if you're stuck.
3. Recognize test anxiety.
4. Remember to breathe.
5. Expand and contract your muscles.
6. Take a break if you need to.
7. Put the exam in perspective.

I would like to wish all staff and students a restful break, take the time to rejuvenate and relax. Term two will commence for all students on **Wednesday 26th April 2017**.

Study while others are sleeping; work while others are loafing; prepare while others are playing; and dream while others are wishing." ~ William A. Ward

William A. Ward (1921 – 1994) is one of America's most quoted writers of inspirational maxims. He is the author of Fountains of Faith.



Elena Marinis
Principal

Deputy Reports

It is difficult to believe that we are bringing to an end term 1. It has once again been a very busy term with plenty of fantastic programs that have been run at MHS. It has also been a very settled term and our PBL and discipline data illustrate that students have generally conducted themselves in an appropriate manner whilst displaying our REAL values. It has really impressed me that students are reporting and communicating concerns and issues to relevant staff which ensures that problems can be worked through in a productive manner. The maturity demonstrated by students both in the classroom and in the playground has been excellent.

Making Appropriate Decisions

When students leave at the end of the day, we continue to expect that students will make considered decisions and continue to interact with their peers in a way that is respectful. The online environment and social media provide challenges for young people. There are a range of social media applications (e.g. Facebook, Snap chat, Instagram) where students can upload content, comment on other people's posts, share content, connect with people whom they don't personally know and save content that other people post. I encourage all students to make sure that they use social media forums in an appropriate manner over the holiday period. The following excerpt was taken from the Cyber Smart website:

Know the basics of safe social networking:

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

- Think before you post, chat, upload or download

This is a fantastic site for parents and young people and can be found at <http://www.cybersmart.gov.au>

I would like to wish all students a safe and enjoyable holiday and hope that everyone gets a good rest before embarking on another busy term at MHS.



Mr Campbell
Deputy Principal
(Years 7, 9, 11)

School Times

The first bell of the school day goes at 8.50am every day. Students need to ensure that they are here at least 5 - 10 minutes prior to this to ensure they are ready for roll call. Any student who is late needs to have a note explaining this or parents will receive a text message about the lateness. Any student absence, lateness or early leavers needs to be accounted for legal purposes through the school.

Parents can inform the school of these reasons through the following mean:

- Ringing the school and speaking to Ms Guttek, the attendance officer.
- Reply to the text message
- Use the Skoolbag App and complete an eForm
- Write a letter for the student to submit the next day they return

Roll call is a very important part of our school day where students are marked present and they receive valuable school information through the notes. PBL lessons are also conducted on one day a fortnight and again are very important for students to be a part of this to ensure they are REAL students.

Uniform

With the cooler weather upon us it is important that families make sure that the students have warm uniform items. Only Mitchell HS jumpers and jackets are allowed to be worn at school. The uniform shop sells the variety of warmer items, including sweaters, woollen jumpers,

jackets and a fleecy lined jacket. Students are permitted to wear a white skivvy under their shirts if they are cold, black tights for girls are permitted and the School Locker will be selling a navy blue scarf with the school logo for students to wear.

Please note that all students need to be in proper school shoes which are the hard leather ones, not the soft leather that many are choosing to wear. This is a requirement of the Department of Education that is enforced by the staff of Mitchell HS.

Parent/Carer Teacher Interviews (Year 7, 11 & 12)

Parent – teacher night information will be sent to families of students in Years 7, 11 and 12 at the end of the holidays. The evening is set for 17th May 2017 and is very important for families to come and find out how their students are going. We have the same online booking system as previous years and all of the details are in the letter.

Science Camp

I had the pleasure of attending the Science Camp last week for Year 10 students. The students were absolutely wonderful and were great ambassadors for our school. They displayed respect at all times to the teachers, instructors and each other. They displayed great enthusiasm even in adverse weather conditions.

I hope you all have a great holiday. It's been a busy term and everyone is in need of a rest. We look forward to another busy term after the holidays. Students come back on Wednesday 27th April.



Mrs Pares
Deputy Principal
(Years 8, 10, 12)

Refugee Transition Project 2016 – ‘Life is an Adventure!’

Life is an adventure that requires courage, resilience and change.

Students had the opportunity to realise their true potential as strong and resilient young people. They walked high amongst the tree-tops, explored space and fashion at the Powerhouse Museum, and discovered new tastes at a harbour side lunch. Most importantly, the students supported each other and learnt how to work as a team.

The students worked extremely hard to write their own stories, which were collated and published into a book. On Wednesday 15th March, the students were presented with their books at a special morning tea.

These real life stories span many cultures and take us on a journey through various countries, including Egypt, Sudan, Uganda, Nepal, Bhutan, Sri Lanka and Iran. It was not always easy to reflect on and express some of these experiences, but we thank the students for their courage and honesty, and for sharing their rich heritage.

Mrs Best & Mrs Alana Dziadosz



Girls Night In

Friday 24th March a small group of Year 9 and 10 girls came into school to watch films and enjoy a night in the Teacher's Common Room all in aid of having a good night with their friends and raising funds for the Cancer Council.

With a tear-jerker film to start the night the girls decided charades, dancing and a spot of karaoke would lighten the mood and spirits.

Congratulations to the champion of charades, Giana, with a special mention to Ms Starink and Ms Cate for their efforts. A big thank-you to the students/families and staff that came and had a good night while donating to a great cause, the Cancer Council.



International Women's Day

On March 8th 2017 Mitchell High School celebrated International Women's Day and supported the #BeBoldForChange campaign. We asked school community to be bold and tell a female role model, leader, support or inspiration in their lives just how grateful they are to have them in their lives by writing a small card of appreciation. Students donated any coin to do this and again we raised a great sum that was donated to Amnesty International in order to support women around the world through their programs to build women's leadership skills, awareness and safety around domestic violence and other international programs.

During the week of International Women's Day we also asked students to #PledgeForParity and stop for a photo. Each person was able to select a way of how they will support women and girls while moving the gender equity cause forward. A great celebration of women in our community.

Year 7 Vaccinations

2017 has been my second year of helping to organise and supervise the Year 7 vaccinations at Mitchell High. This year saw an increase on vaccination uptake in Year 7 which both the nurses and I were pleased with. The day after the nurses visited the newspaper headlines read "Immunisation rates against HPV improve". Digging further into these headlines we learn immunisation rates for boys are still behind those of girls. This is echoed in our school with one third of the boys taking part in the immunisation program not taking up the offer of HPV immunisation.

With studies showing there are many cancers and STIs such as genital warts that this vaccine can protect against, the lower numbers of males being immunised was a concern to the nurses. To offer more information a link is provided below to the NSW Health site. The Nurses on the day also provided contact information for the immunisation nurse for further questions.

If your child was away, new enrolment or lost the form therefore unable to return it to school more notes are able to be collected from the Support Staff Room. If you have completed a form and you have since changed your mind and would like for your child to receive a vaccination you did not sign for, parents are able to contact the immunisation nurse to provide permissions and your child will receive the vaccination the following visit.

Immunisation Nurse: 9840 3603

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

One last reminder I cannot stress enough is the importance of your child having breakfast and bringing a bottle of water and food for the rest of the day with them. Even if your child is not a regular breakfast eater it is important they have something in their stomach for the vaccination.



Miss Barber

Welfare News

Aboriginal Education Sporting News

Congratulations to Daniel Dellow in Year 12 for receiving the Blacktown Sportsperson of January 2017 award for his efforts in cricket. He is now in the running for Sportsperson of the Year.



Boys Education Camp

Sixteen Year 8 and 9 boys took up the opportunity to attend the camp. The focus of the camp was a 'Rock and Water Program' which helps young people recognise and deal with their sense of self, their purpose and motivation in life as well as dealing with the actions of others. The students participated in the following activities:

- Fencing
- Gully Crossing
- High Ropes
- Commando Courses
- Teamwork challenges



A huge thank you to Mr Grozdan for sharing the experience with the boys!

Positive Behaviour for Learning (PBL) News

The most recent focus for PBL roll call has been a message about anti-bullying. No form of bullying, whether it be physical or verbal, is acceptable at Mitchell High School. Any form of bullying needs to be reported so the issue can be resolved. Our school is a White Ribbon School and we value respectful relationships and a safe and happy environment for our students to learn and reach their potential.



*Ms Cate
Relieving HT Welfare*

PE

This term, during PE we have focused on Athletics and Fitness. Of late, students have been utilising the outdoor gym to complete their fitness regimes. It is great to see the students developing their endurance and strength.



During Health, we have received some outstanding Year 9 assessment tasks. The students were to design a healthy food product to be added to the Australian Health Food Retail Market. We were amazed at the quality of work which was produced by some of our students. The attention to detail was outstanding and the students are to be commended on their level of commitment to learning.

Friday lunchtime sporting competition has been up and running, however, due to the rain we have missed quite a few weeks. In the games that have been played, the students' level of skill and ability has been outstanding. The teachers played the year 10 girls team and were pushed for the whole game coming away with a win. Next term, let's pray for good weather so we can get in a few more weeks of competition.

Reminder to all students participating in practical lessons

in stages 4 & 5 and those students electing SLR in stage 6 that full PE uniform is required. The uniform shop is stocked with PE shorts, shirts, tracksuit pants and MHS hats. Shoes with laces are required to ensure we minimise injury and students are able to participate fully. With the cooler months upon us, it is recommended students purchase the tracksuit pants to keep warm during class.

Just a reminder for parents and students to like our MHS PDHPE Facebook page to keep up-to date with what is happening within the faculty each week.

We would like to wish all our students and families a very happy Easter. Stay safe over the holidays and we will see you all next term.

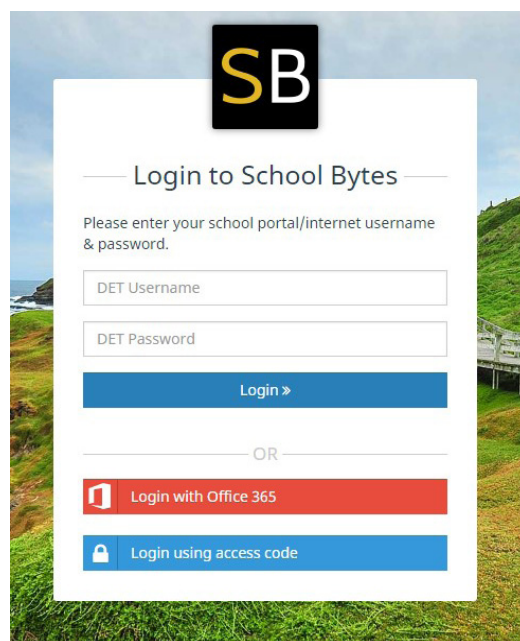


Mrs Spadina
Head Teacher PDHPE

Sport

Sport Selections Term 2

Sport Selection is now done online. If students haven't chosen their preferences already they are to visit <https://online.schoolbytes.education> and use their school account details to login. Alternatively students are to check their school email for the sport selection link.



Student sport allocations for Term 2 will be displayed on the Sport notice board on Thursday 6th April 2017. There will be no changes to sport choices once students have been allocated. There are limited spaces in each sport and we try our best to allocate students in one of their three preferences.

Students who select a paid sport or a sport that requires them to leave the school, such as walking or a club sport will be issued with a permission note; this must be returned before they can commence that sport. Permission notes can be downloaded at the sport selection website.

Sport Uniform

Students are to ensure that they are prepare with their full sport uniform for Tuesday Sport, this includes the correct footwear. If the uniform is misplaced, lost or in the wash they will still be allowed to participate if they bring a note and alternate sports gear. Students who do not bring their full PE uniform will be sent to Sport detention for the afternoon.

Tuesday Early Leavers and Sickness

Students who require an early leaver's pass on Tuesday are to bring their note to Mr Grozdan in the PDHPE staffroom before recess. Students will then pick up their leaver's pass from the print room at lunch. Students who are sick or injured will also bring their note to the PDHPE staffroom by the end of Recess. These students will then go to the Library during sport time.

School Carnivals

We have had a busy Term 1 hosting three successful carnivals as we saw a record number of student's in attendance and participation. We witnessed the greatness GAVIN BLOOMFIELD, a Mitchell High School Star, as he smashed record after record at the School Swimming Carnival. We observed the emergence of a new star, LAURYN KASOZI as she set a few records of her own at the School Athletics Carnival. Overall it was wonderful to see so many students getting involved in either competitive events or novelty races, representing their house wearing the colours proudly. A huge thank you to teachers and students who assisted on the day of the carnivals, days like this don't happen without your support.

House Winners

Swimming - Kareela
Athletics – Mirrabooka

Click [here](#) to view more photos of the Carnivals



Zone Athletics

Students who have been selected to represent Mitchell HS at the Blacktown Zone Athletics Championships on Thursday 1st and Friday 2nd June 2017 at Blacktown International Sports Park, will be issued a permission note in early term 2.

Zone Cross Country

Students who have been selected to represent Mitchell HS at the Blacktown Zone Cross Country Championships on Friday 5th May 2017 at Wyndham College Quakers Hill, have now been issued with a permission note. Note and payment due to Mr Grozdan Monday 1st May.

Sydney West Representative Teams

Congratulations to the following students who have been selected into a Sydney West team to compete at the NSW CHS Championships

SWIMMING

Ashlee Bloomfield
Gavin Bloomfield

GIRLS SOCCER

Olivia Schembri



Mr Grozdan
Sport Co-ordinator

P.R.I.D.E. (PERSONAL RESPONSIBILITY IN DAILY EFFORT) CARD

STUDENT APPLICATIONS FOR A P.R.I.D.E. CARD ARE NOW OPEN

The 'P.R.I.D.E. in Blacktown' card is awarded to students upon application only. For students to qualify for a P.R.I.D.E. Card, they must demonstrate a consistently high standard of school community spirit through good attendance patterns, personal presentation (uniform), participation in school and local community events, behaviour and effort. Student applications will be ranked and the cards awarded to those who best meet the criteria.

The P.R.I.D.E. Card application form is now available at the administration office counter. All application forms need to be completed fully and placed in the box at the administration office marked 'P.R.I.D.E. Card Applications Forms', by no later than Tuesday 27th June 2017. No application forms will be accepted after that date.

Successful recipients will be sent a confirmation letter via mail, addressed to the parent/carer(s). This letter will invite the parent/carer(s) to attend the P.R.I.D.E. Card ceremony which will be held on Thursday 3rd August at 9.00am in our school hall.



Term One is almost over and I am so proud of all the Year 7 students. They have made my job as the Year 7 Adviser very rewarding. Students have settled in well and are enjoying all the different classes. By teaching four Year 7 classes, I have been able to build strong relationships with students. I am able to learn about their strengths, build their confidence and make sure they feel safe to thrive in this new environment.

I always remind students that they are responsible for building other people's memories. At Mitchell High School we do not tolerate verbal, emotional, physical bullying or exclusion. Students have the power to make the right choices and to make a positive impact. It is lovely to see students putting in the extra effort to include others. They also understand that if something is not right, they tell a teacher straight away and don't fight back. By fighting back, they can make the situation worse, get hurt or be blamed for initiating the incident.

It makes me happy to know that Year 7 students are willing to tell me what they think. They like to share and ask for advice on school, friendships and with their general life experiences. I value their opinions and will always be by their side to assist them in this exciting high school journey. I would also like to take this opportunity to thank

the parents and carers for being so supportive and helpful with the transition into high school.

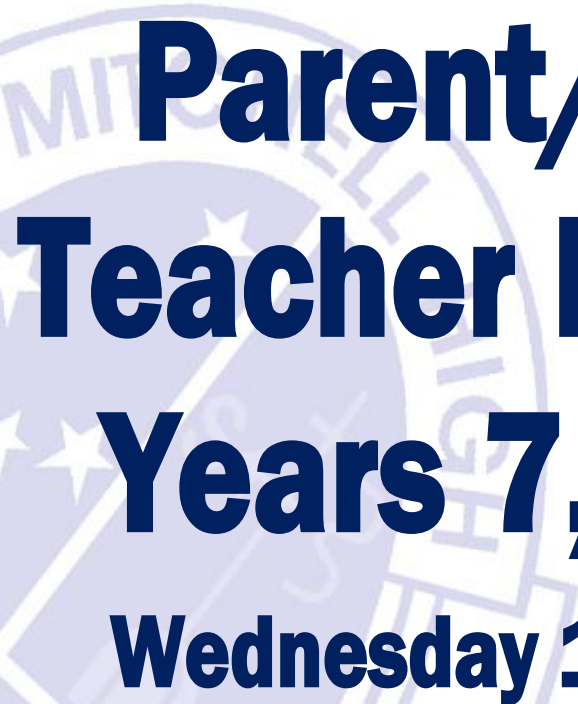


Miss Kwan
Year 7 Year Advisor



For more information contact the store
directly on 02 9679 8888 or email us at
blacktown@flipout.net.au

Mitchell High School would like to thank Flip Out for thier very generous donation of 2 passes to towards the VIVO Rewards Program.



Parent/Carer(s) Teacher Interviews Years 7, 11 & 12 Wednesday 17th May 2017

**Information will be posted to parent/carers in
Term 2, Week 1**



MITCHELL HIGH SCHOOL
Delivering excellence through innovative & unique learning opportunities for student success

Principal: Ms E. Marinis
Address: Keyworth Drive Blacktown 2148
Telephone: 9622 9944 / 9622 8926
Fax: 9831 2805
Email Address: mitchell-h.school@det.nsw.edu.au
Website: www.mitchell-h.schools.nsw.edu.au

P.R.I.D.E. (Personal Responsibility In Daily Effort) CARD ***Applications Close 27th June 2017***

Dear students of Mitchell High School

All students are encouraged to apply for a P.R.I.D.E. (Personal Responsibility In Daily Effort) Card. To qualify for a P.R.I.D.E. Card, the student must demonstrate a consistently high standard of school community spirit through good attendance patterns, personal presentation (uniform), participation in school and local community events, behaviour and effort. The following application lists the criteria that students need to have demonstrated over the past 6 months. Student applications will be ranked and the cards awarded to those who best meet the criteria.

The P.R.I.D.E. Card would contain the following information:

- *Student's full name*
- *Student's date of birth*
- *Student photograph*
- *Expiry date*
- *School emblem*
- *P.R.I.D.E. insignia*
- *Discounts offered (listed on back of card)*

The student whose photo appears on the P.R.I.D.E. Card is the only person who can receive these discounts. The P.R.I.D.E. Card lasts 12 months from date of issue.

A Bronze Award will be given on return of the P.R.I.D.E. Card in 12 months' time to the Deputy Principal, pending there are no major breaches of the school code of conduct.

The P.R.I.D.E. Card application form needs to be completed fully, with all signatures and placed in the box at the Administration Office marked 'P.R.I.D.E. Card Application Forms', by no later than Tuesday 27 June 2017. No application forms will be accepted after this date.

Successful recipients will be sent a confirmation letter via mail addressed to your parent/carer(s). This letter will invite your parent/carer(s) to attend the P.R.I.D.E. Card ceremony which will be held on Thursday 3rd August at 9.00am in our school hall.

Regards

*Ms E. Marinis
Principal
14th March 2017*



MITCHELL HIGH SCHOOL

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Principal: Ms E. Marinis
Address: Keyworth Drive Blacktown 2148
Telephone: 9622 9944 / 9622 8926
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Website: www.mitchell-h.schools.nsw.edu.au

STUDENT CONCESSION CARDS 2017 / 2018

Are you 16 years of age or over?

You need to collect your Student Concession Card

Students who are 16 years of age or over are now eligible to collect their **2017/2018 Student Concession Cards** from the Mitchell High School Administration Office. These cards can only be collected **during lunch**.

Any student, who misplaces their Student Concession Card during the year, will need to re-apply for a new one by collecting a form from the Administration Office. This form is lodged by the student at their nearest railway station, emailed or faxed, with a replacement cost of \$28.00.

Please contact the Administration Office on the above number if you have any queries. Thank you.

Ms Halls

School Administration Officer

MITCHELL HIGH SCHOOL

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A: Keyworth Drive Blacktown NSW 2148
T: 9622 9944 / 9622 8926
F: 9831 2805
E: mitchell-h.school@det.nsw.edu.au
W: www.mitchell-h.schools.nsw.edu.au



8 February 2017

Dear Parent/Carer(s)

DONATE YOUR FREE BLACKTOWN CITY COUNCIL PLANT ALLOCATION TO MITCHELL HIGH SCHOOL

If you pay Blacktown City Council rates and would like to donate your free allocation of 2 plants to our school, please fill in the below and return this form back to the Mitchell High School Administration Office as soon as possible. Alternatively, you can email your signed form to: mitchell-h.school@det.nsw.edu.au and attention it to Ms Lindsay. These donated plants will be used for planting on school grounds.

Your donation will appreciated by students and staff of Mitchell High School.

Regards

A handwritten signature in black ink, appearing to read 'E. Marinis'.

Ms E. Marinis
Principal

I/We _____
Parent/Carer(s) Full Name on Blacktown City Council Rate Notice

reside at _____
Home Number / Street Name on Blacktown City Council Rate Notice

Suburb Postcode

have **NOT** collected my 2 free plants from Blacktown City Council this financial year and would like to donate them to Mitchell High School for planting on school grounds.

Parent/Carer Signature

_____/_____
Date



HOMework CENTRE

ON EVERY WEDNESDAY,
THURSDAY AND FRIDAY
IN THE LIBRARY

- TEACHERS AND SENIOR PREFECTS
ASSIST WITH HOMEWORK AND
ASSIGNMENT ENQUIRIES
- USEFUL STUDY TIPS PROVIDED
- COMPUTERS AND BOOKS AVAILABLE

FROM 3:10 - 4:10 PM

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



No Parking

You have 2 minutes to drop-off or pick-up. You must stay within 3 metres of your vehicle. No waiting.



No Stopping

You are not allowed to stop on a length of road with a No Stopping sign.



Bus Zone

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.



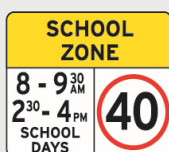
Mobile Phone Use

Extra fines apply for using mobile phones in a school zone. *May be subject to Double Demerits*



Speeding Offences

40km/h is the limit. Children are vulnerable, so slow down in school zones.



May be subject to Double Demerits

Pedestrian Crossings

1. In a queue of traffic, no part of your vehicle must stop on a pedestrian crossing.
2. Do not let your child in or out of a vehicle at a pedestrian crossing or in a No Stopping zone.



Driveways

Do not park on or across a driveway.



U turns

Illegal across double white lines.
Also illegal on or near a pedestrian crossing.



Double Parking

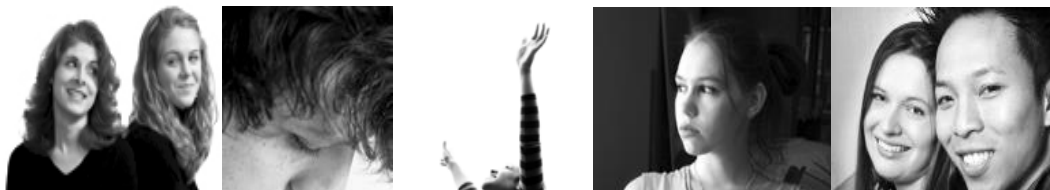
Double parking is illegal and is very dangerous in a school zone.



PENRITH
CITY COUNCIL

Blacktown City Council

*Fines current as of March 2017. Fines and demerit points are subject to change.



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for addressing teenage behaviour problems

A three-session program for parents and carers
at High Street Youth Health Service (HSYHS)

65 High Street Harris Park

on Thursday 4th, 11th and 18th of May 2017 at 10:30am – 12:30pm.

What you will learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration Fee - The course costs is free.

To register for this course please complete the referral form and send to Jo Pogorelsky at High Street on:

Fax: 9687 – 2731 or email on: jo-anne.pogorelsky@health.nsw.gov.au

Prior to the group each participant will need to agree to and sign a participant agreement.

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainers for this course are Nina and Jo who completed Parentshop's Engaging Adolescents training on 10th February 2016.

Nina and Jo work within Youth Health for Western Sydney Local Health District.

For more information please contact Jo Pogorelsky on:
(02) 9687-2544 at High Street Youth Health Service.



Health
Western Sydney
Local Health District

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au



A 5 week anger management course for young people.

RAGE Program Outline

W1	1/05/17	The many faces of Anger.
W2	8/05/17	The 4 T's of Anger.
W3	15/05/17	Healthy expression of Anger.
W4	22/05/17	Getting through the guilt of Anger.
W5	29/05/17	Relaxation, exercise & diet. Summary & Awards.

MONDAY 3:30pm – 5:30pm @ WAAT Youth Health Service

The RAGE program is a 5 week program that introduces the topics of: reflecting on anger, recognising anger symptoms & identifying the different faces of anger.

RAGE is a strengths-based anger management program. It is a solution focused program that is hands on, practical and also fun for participants.

RAGE is run by trained staff in a youth friendly setting at WAAT Youth Health Service.

RAGE is the intellectual property of RCI

Suitable for young people who:

Want help dealing with anger or violence

Have been suspended from school

Have been in trouble for anger or violence

Want to improve relationships with family & friends

This program is for 12 – 18 year old young people

For Registration Contact Nathan Kachwalla @

WAAT Youth Health Service

Buran Close, Mt Druitt NSW 2770

Phone: (02)9881-1230 Fax: (02)9625-9110

Youth Health



Health
Western Sydney
Local Health District