

NEWSLETTER ISSUE 8

Friday 26th August 2022

Tuesday 6th September	O'Donoghue and Flynn Learning Team Day
Wednesday 7th September	General Achievement Test (GAT) 9:30am—3pm
Thursday 8th September	International Literacy Day & Market Day
Monday 12th to Friday 16th September	Year 10 Game of Life Week (Work Experience)
Thursday 15th September	Teacher Professional Practice Day—Student Free Day Parent Teacher Conferences 4:30-8pm
Friday 16th September	Parent Teacher Conferences 9:00am –2:00pm (Student Free Day) Final Day Term 3
Monday 17th —Friday 30th September	VCE Holiday Sessions—Revision and Exam Preparation
Monday 19th September	Environmental Tour Departure to Cairns
Monday 26th September	Dance Academy Departure to Brisbane—Nationals Competition
Term 4	
Monday 3rd October	First day Term 4
Monday 3rd October to Friday 7th October	Year 12 students commence trial exams
Thursday 13th October	Monash Learning Team Day
Wednesday 19th October & Thursday 20th October	Dance Academy Production 7:30pm
Monday 31st October	Teacher Professional Practice Day—Student Free Day

OFFICE HOURS - Telephone: 8768 1000

FINANCE OFFICE: Monday to Friday: 9:00am – 4:00pm

ADMINISTRATION OFFICE:

Monday to Friday: 8:15am – 4:00pm

Address: 65-69 Manuka Road, Berwick 3806

Email: berwick.sc@education.vic.gov.au

Web: www.berwickcollege.vic.edu.au



BERWICK COLLEGE NEWSLETTER

Berwick College notifies parents by email when newsletters are published. Newsletters are published three times per term. Newsletters can be accessed on the Berwick College website. Please keep up-to-date with all College news by reading the newsletter, following us on Facebook and contacting the appropriate Home Group Teacher if you have any concerns.

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Principal's Report

I am very proud of what is being accomplished in the life of our College and the way our staff and students support each other ...

Term 3 continues with opportunities for students, with their parents and carers, to consider their educational journey and the diverse career pathways they could enjoy in the future as part of our Rich and Varied Pathways focus. We are thankful for the Careers' staff who diligently follow up year 10 students to ensure they all have the opportunity to complete Work Experience at the end of this term.

Over the past four weeks, students have experienced a wide range of extra-curricular activities such as interschool and School Sport Victoria National competitions; the Basketball Academy achieving outstanding results in the Champions Cup; Outdoor Education students attending a snow camp at Mt Buller and enjoying Cross Country Skiing; a VET Dance excursion to see the performance 'Hairspray', and Victorian State School Spectacular rehearsals. Book Week was full of activities such as Book-In-A-Day, Manga Master Class with guest artist, Trivia, Karaoke and English staff dressed up bringing a book character to life and a smile to the school community.



Our **Hollows** students participated in a weeklong fundraising event called 'The Everest Climb' for the charity The Fred Hollows Foundation. Quotes and positive messages on the stairs from C Block to D Block help to promote positivity and College values.

Recently, I attended the Southern Melbourne Area Principal Forum where the focus was on the implementation of the Senior Secondary Pathway Reform, with the view to leading learning and a focus on wellbeing.

Our Senior School Team has been working very hard behind the scenes to prepare for 2023, and our school leadership have been focussing on implementing strategies that support the improvement of student learning and wellbeing. Analysing and evaluating the data we receive from student, parent and staff surveys assists us in prioritising actions and setting goals. Every four weeks the leaders review and monitor our progress to ensure there is evidence of growth and improvement of student outcomes.

As a school community, we have been promoting School Wide Positive Behaviour through our ICARE values and Green Chronicles. Positive relationships with teachers matter and together with parent and carer support, we consistently focus on preventative strategies and building resilience in every student. Our Wellbeing Team will be promoting several opportunities for parents to attend forums that will assist in strengthening the health and wellbeing of students.

The last three weeks of this term will pass very quickly, and we strongly encourage parents and students to book promptly for Parent Student Teacher Conferences, Thursday 15th September (Student Free Day to enable a Professional Practice Day for teachers) from 4:30 to 8:00pm and Friday 16th September, (Student Free Day), from 9:00am to 2:00pm. These conferences are an opportunity to provide feedback on your child's progress and goals for this year. Compass opens on Monday 5th September to make on-line bookings for interviews, and mid semester progress reports will be available on Friday 2nd September.

In the term break, year 12 VCE students have access to the September Holiday Exam Preparation Program and I encourage them all to attend.

Our Year 7 Dance Academy students have been rehearsing for the 2022 Victorian State Schools Spectacular. This event will be held on Saturday 10th September at 1.00pm and 6.30pm at Melbourne's John Cain Arena. Tickets are on sale at: <https://premier.ticketek.com.au/shows/show.aspx?sh=STATESCH22> and this event will be broadcast on television at a later date. The event celebrates a diverse range of student abilities from singing and dancing to playing in the orchestra or gaining invaluable, on-the-job experience behind the scenes helping to run a professional show. We congratulate year 10 student **Regan Gay**, a VET Dance student, who has been practising all year and has the honour of being a principal dancer, year 11 students **Stefan Jarosz-Setiawan** who is part of the Vision Crew and **Hunter Van Der Ent** who is a member of the orchestra.

I am very proud of what is being accomplished in the life of our College and the way our staff and students support each other and we look forward to concluding a very successful Term Three. **Ms Kerri Bolch - Principal**

Berwick College Council Report

From our College Council President

The most recent meeting of the Berwick College Council was in the Wominjeka Centre at the College on Tuesday, 16th August 2022.

At the meeting College Council President Mr Phil Wightman welcomed **Shaya** – year 10, **Allegra** – year 7 and **Charlee** – year 9 who provided feedback on the Central Australia Tour. The students eloquently reported on the activities, learning of indigenous history and culture. The students were inspired to continue their learning on how to care for the environment and felt privileged to hear some of the generational stories that were shared by members of the Lilla community. The students noted that attending this tour changed their lives and fully expressed the school's ICARE values, and on behalf of the other students who attended, thanked council members for approving this annual tour.



The meeting agenda continued, following the standard format and contents. This included a report from the principal about the key activities and achievements since the last meeting, reports from the council's sub committees (Policy and Planning, Facilities, OH&S and Chaplaincy) and from student members. Highlights of the meeting include:

- In accordance with school policy, approving support for a student to assist in travel expenses when representing Australia in the Under 19 Women's Floorball Team in Poland.
- Acknowledging and congratulating the student members on council, Emma and Ebony, who on behalf of the Student Leadership, have worked proactively to raise funds for the College. The Bunnings Fundraiser for a pride flag and year 12 legacy garden was an outstanding success.
- Approving the 2023 Student Free Days to facilitate staff professional practice.

The next meeting of the College Council is 18th October 2022. The next report from Council will be in Issue 10 of the College Newsletter. If you have any questions about the above or are interested in the work of council, please contact the College Council President at phil.wightman@education.vic.gov.au.



Student Leadership

On Saturday 30th of July the Student Leadership Team ran the Bunnings Fountain Gate Sausage Sizzle, raising over \$2500 for the Berwick College school community.

The day could not have run as smoothly as it did without the concerted effort of Ebony Walters, who not only received donations in the local area but dedicated her entire Saturday to expertly cooking sausages.

I would like to thank **Emma Guthrie, Mitchell Bourke, Daniel Mazur, Matthew Shambrook, Lithira Weerasooriya, Katelyn Cai, Maisie Lindsay, Marle Van Der Merwe, Taylor Dietrich, Shae Robertson, Shaya Hennessy, Hunter Van Der Ent, Harry Sala, Elijah Roewer, Luke Sankey, Lilly Adamson, Hayley Brown and Ally Mitchell** for their efforts in running the event and for providing expert customer care throughout the day with a continuously positive attitude.

I would also like to thank the Berwick College staff for assisting with the event, including **Kevin McCall, Michelle Lewis, Andrew Barker, Stephen Wynton, Isabella Sawatzky, Amy Pyke, Melissa Zuccolo, Daniel Bowen, Rebecca Hann and Stephanie Loiacono.**

The funds raised will be used to foster inclusivity at the school with a focus on creating a Pride rainbow garden and flag and a year 12 legacy area. This is a student-driven initiative and I am incredibly grateful and proud of the students for their maturity, dedication and spirit in the planning and running of the event. The profit made is a huge testament to the student's teamwork, customer service and dedication.

Furthermore, a big thank you to Beaconsfield Woolworths for sponsoring the event, we are very grateful for the support and kindness.

Lastly, thank you to Berwick families, students and wider community members who supported the event by showing up and purchasing a sausage from the students.

We could not have done it without such rich community support.

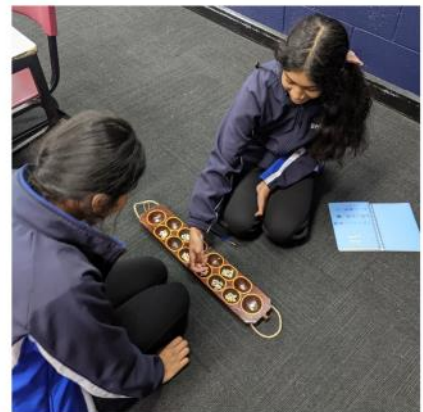
Ms Marnie Platt—Student Leadership Coordinator



A Focus on Indonesian

Students have been enjoying constructing sentences about their friends and others playing Congklak, a traditional Indonesian board game. Pictured below are students celebrating The Independence Day of Indonesia.

Ms Sasha Lanyon - Indonesian Domain Leader and **Ms Simone King**—LOTE Teacher



Hollows Hawks Learning Team



On the 9th of August, we had the Hollows Learning Team Day and we sold and cooked food to raise money for the Fred Hollows Foundation. The student volunteers who helped on the day were a credit to themselves and through their hard work and dedication, the day was hugely successful.

This year was the first time in a few years Hollows was able to hold its traditional Everest Climb Challenge. Hollows students volunteered and gave up their class time to participate and climb the Hollows Steps for a 45min session.

They, along with others, also raised money through sponsorship from family and friends. We climbed the stairs a total of 1,658 times. We are still calculating the distance but we know we have at least climbed Everest once, which is 8,849m.

Special mention to **Cody Fernandez, Lucas Clements and Shawn Lee** who each climbed the stairs over 50 times and were rewarded with some sponsored gifts from Derrimut Gym Parkenham.

Through these two main events, Hollows has been able to raise \$1467 for the Fred Hollows Foundation. With it only taking \$25 dollars to give life-changing eye surgery to people in need, these funds will help 59 people have the chance to see.

Mr Kevin McCall & Mr Jeff Connolly—Hollows Leaders



Kenny Kangas Learning Team



Winter is nearly done and so is term 3! Soon we can shake off the chills and enjoy sunnier weather.

Congratulations to all our Kenny students on pushing through a very cold, dreary and busy term.

It was so nice to finally have face to face interviews during the course counselling sessions for our year 9 students choosing year 10 subjects for 2023 and year 10 students soon to begin their VCE or VCE VM journey. Thinking about the future can be daunting however that is why we are here to help you. Thank you to all the students, parents and carers for taking the time to work through the subject selections and attend the interviews.

Our Home Group green chronicle competition is hotting up. At the end of Term 2, Kenny 6 was leading on 191 positive chronicles followed closely by Kenny 5 with 171. Well, there has been a flood of green chronicles this term and with it a change to the leader board. One Home Group has amassed 125 positive chronicles so far this term to jump into the lead. However, the other HGs are snapping at their heels. The real winners here are our amazing students. How wonderful that they are being recognised for their fantastic attitudes and efforts at school.

Well done!

Also coming up this term is Market Day. Our commerce students have to create small business stalls and run them throughout the day. So don't forget to bring along your \$\$ and support our students in their small business endeavours. A close source has told me that the fried chicken wraps are particularly delicious.



Lastly, we would like to acknowledge some outstanding sporting achievements from two of our Kenny 5 students.

Olive Henry and **Audrey Van Dam** (*pictured L to R*) have both been selected for the State Netball Squad.

Congratulations to both girls.

Olive also won the division cross country.

What superstars!

We love to highlight the achievements of all our Kenny students so if you have achieved something or know of someone who has, please let us know.

Ms Zuccolo and Mrs Bates - Kenny Learning Team

ANNUAL PRIVACY REMINDER FOR OUR COLLEGE COMMUNITY

Our College collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to remind yourself of our College's collection notice, found on our website: [Berwick College Policies](#)

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#). This information is also available in ten community languages:

Amharic, Arabic, Dari, Gujarati, Mandarin, Somali, Sudanese, Turkish, Urdu, Vietnamese.

Flynn Phoenix Learning Team



Term 3 feels like it has only just begun, however the reality is that we have already passed the midway point of the term! Students are still very committed to their studies, even though feeling the fatigue that this point in the year brings. It truly is the academic equivalent of the 'premiership quarter' where good habits, effective communication and positive relationships play pivotal roles in students' collective successes. We encourage all students (and families) to stay the course and commit to high expectations of themselves and others. We thank parents and carers for the ongoing support for the College, our learning team and students.

In Flynn, our homegroup teachers do a power of work behind the scenes. Often it is overlooked, expected or taken for granted. Each morning our homegroup teachers have a planned learning experience for students which focuses on connection, relational learning and promoting positivity and connection to school.

Recently, each homegroup has been provided with a collective 'attendance target'. This target was calculated through adding the total number of absences, and dividing by the number of students in that homegroup. All students have been encouraged to be mindful of their own attendance and try to keep the class average down below the targeted number. Parents and guardians can help too! If your child is away, please enter this on Compass, or call the school to inform. This helps us to understand the reasons for absences and provide support to students who have missed a great deal of school. Your child's homegroup teacher may also reach out via a phone call or email to ask for some explanations around 'unexplained absences' so we may keep accurate records.

Course Counselling was recently held for students in year 9 and 10. There were a great deal of positive conversations, future goals set and pathways discussed. It is always nice for teachers, students and parents/carers to have such engaging interactions and continue to build the positive relationship between the school and our wider community.

Flynn / O'Donoghue Day is coming up early in September. Students will have a variety of activities to compete in across the day to earn learning team points, or possibly even test their skill in a golf putting challenge or paper plane competition for Westfield Shopping Centre vouchers! As usual, food stalls will also be a highlight of the day! We look forward to the Flynn students getting involved on the day. Please see the following poster for additional information.

Mr Vaughan Chaplin and Ms Kristen Healey—Flynn Learning Leaders



O'Donoghue Otellas Learning Team



Thank you to all the families who came along to our recent course counselling evenings. It was great to see so many of you there. We appreciate the support you show your children by coming along and taking a part in their education.

We are busy preparing for our joint Flynn and O'Donoghue Day (Tuesday, 6th of September) where we will be holding our annual 'Walk for Watarrka'. All year 7 and 8 O'Donoghue students will spend the morning walking the Athletics track, raising awareness and funds for the small Indigenous community of Lilla in the outback.

We encourage other year levels to participate by raising a small amount of funds and donating directly at the C1s office or participating in activities held throughout the day. For a small donation, all students will have the opportunity to participate in a golf putting competition and/or a paper aeroplane competition where they could win a Westfield gift card. The funds raised during these activities will go towards the Royal Flying Doctors and the Watarrka Foundation.

If you would like to learn more about the Watarrka Foundation, please visit their website at the link below:
<http://www.watarrkafoundation.org.au/>

As the term approaches its end, students will receive their semester 2 progress reports for the subjects they are currently participating in. After progress reports are released, families will have the opportunity to book Parent Teacher Conferences on Thursday 15th September and Friday 16th September (student free days).

Mr Jesse Nugent and Mr Joshua Weber—O'Donoghue Student Learning Leader and Assistant

Year 11 Outdoor Education—Cross Country Ski

On Monday 5th August our Year 11 Outdoor Education students had a great day out trying their hand at Cross Country Skiing! The students headed up to Lake Mountain, strapped on some skis and learnt the varying skills and techniques to perform the activity. After a shaky start the students never gave up and after lunch we set off for the trails. We made our way to the top of the mountain applying the skills that we learnt across the undulating terrain. Before heading back to the village, we made time for an epic snowball fight which was a joy to many!

It was a great day out and I'm sure everyone had a great time!

Mr Jack Soroczynski - Outdoor Education teacher



Library News—Book Week Celebration



Book Week is here! Staff and students have been celebrating all week with some fun minute-to-win-it activities, badge making, manga drawing with manga artist, Kenny Chan, and our annual Write-a-Book-in-a-Day activity. Many of our students have made a wish and added it to our wishing tree and we saw some fabulous book characters roaming the corridors and class rooms! It has been a wonderful way to celebrate how much we love books!

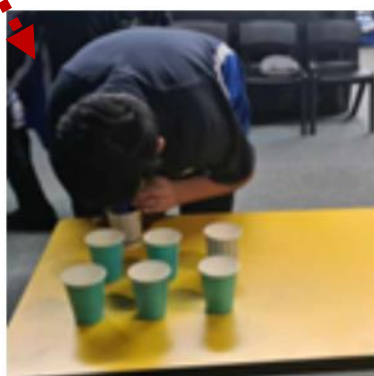
WIN! WIN! WIN! \$5 Canteen voucher!

Our first two winners of our ePlatform raffle were **Cooper Nason** and **Zethe Gascoigne**. Both students won a \$5 canteen voucher. Remember - for the rest of the year we will have a prize for one lucky reader every week! Just borrow a book from Wheelers ePlatform for your chance to win!

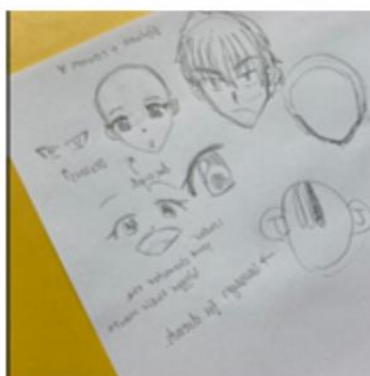


Pictured below is **Kenny Chan**, our visiting Manga artist and some of the great work completed by students during the class.

One of our Minute-to-Win-it competitors.
How many cups can you pick up using only a balloon?



Some of the badges students have made.



Mrs Karen Crawley – 8768 1058 (Careers/VET Leader) and VASS queries.



Ph: 9914 3391

City of Casey

Teenage School Holiday Program

Spring 2022

Week One

Bookings close Thursday 15 September 2022

MONDAY 19 SEPTEMBER
 Casey Cavaliers Basketball Camp
 Venue: Casey Stadium, Cranbourne
 Time: 9:15 am - 2:30 pm
 Cost: \$10
 Transport (see back of flyer)
 BYO lunch/money & bottle of water

TUESDAY 20 SEPTEMBER
 Go Karts & Laser Tag
 Venue: Le Mans, Dandenong
 Time: 9:15 am - 1:00 pm
 Cost: \$35
 Transport (see back of flyer)
 BYO lunch/money & bottle of water

WEDNESDAY 21 SEPTEMBER
 Melbourne City FC workshop
 Venue: Casey Stadium, Cranbourne
 Time: 10:30 am - 2:30 pm
 Cost: \$10
 Transport (see back of flyer)
 BYO lunch/money & bottle of water

THURSDAY 22 SEPTEMBER
 Art Attack - online workshop
 Time: 11:00 am - 12:30 pm
 Cost: \$5

FRIDAY 23 SEPTEMBER
 No activity due to public holiday

Week Two

Bookings close Thursday 22 September 2022

MONDAY 26 SEPTEMBER
 St Kilda FC workshop
 Venue: 32 - 40 Union St, Moorabbin
 Time: 11:30 am - 3:00 pm
 Cost: \$25
 Transport (see back of flyer)
 BYO lunch & bottle of water

TUESDAY 27 SEPTEMBER
 Tuesday Film
 Venue: Cameo Cinemas, Belgrave
 Time: 10:15 am - 1:15 pm
 Cost: \$10 (movie snacks included)
 Transport included (see back of flyer)
 BYO lunch/money & bottle of water

WEDNESDAY 28 SEPTEMBER
 Sensory Activity Day
 Venue: Wilson Botanic Gardens, Berwick
 Time: 10:00 am - 1:30 pm
 Cost: \$5
 Transport (see back of flyer)
 BYO bottle of water (lunch provided)

THURSDAY 29 SEPTEMBER
 Inflatables World
 Venue: 4 Railway Ave, Oakleigh
 Time: 10:00 am - 1:00 pm
 Cost: \$20
 Transport included (see back of flyer)
 BYO lunch/money, bottle of water & socks

FRIDAY 30 SEPTEMBER
 Festival of the World
 Venue: Arthur Wren Hall, Hallam
 Time: 4:00 pm - 6:00 pm
 Cost: FREE
 Transport not included
 BYO bottle of water

Bookings are essential and can be completed at casey.vic.gov.au/holidays

Contact the City of Casey: casey.vic.gov.au
 Web: casey.vic.gov.au
 Email: caseycc@casey.vic.gov.au
 Phone: 03 9705 5200

Customer Service Centres:
 Name Warren: Bunjil Place, Patrick Northeast Drive
 Cranbourne: Cranbourne Park Shopping Centre

Youth Information Centres:
 Cranbourne: Cranbourne Park Shopping Centre
 Hampton Park: 22-26 Stuart Ave, Hampton Park
 Name Warren: 52 Webb Street, Name Warren

City of Casey is following the Victorian Government's advice on managing and responding to COVID-19. Please see program Terms and Conditions for further information.

City of Casey

Teenage School Holiday Program

Bus Timetable

Spring 2022

Week One

Transport

Monday 19 September
 Casey Cavs Bball Camp

	PICK UP	DROP OFF
Name Warren	8:10 am	3:40 pm
Endeavour Hills	8:30 am	3:20 pm
Doveton	8:35 am	3:15 pm
Hampton Park	8:50 am	3:00 pm
Cranbourne	9:10 am	2:40 pm

Tuesday 20 September
 Go Karts & Laser Tag

	PICK UP	DROP OFF
Name Warren	8:05 am	2:20 pm
Cranbourne	8:25 am	2:00 pm
Hampton Park	8:40 am	1:40 pm
Doveton	8:55 am	1:20 pm
Endeavour Hills	9:00 am	1:15 pm

Wednesday 21 September
 Melbourne City FC Workshop

	PICK UP	DROP OFF
Name Warren	9:20 am	3:40 pm
Endeavour Hills	9:40 am	3:20 pm
Doveton	9:45 am	3:15 pm
Hampton Park	10:00 am	3:00 pm
Cranbourne	10:20 am	2:40 pm

Week Two

Transport

Monday 26 September
 St Kilda FC Workshop

	PICK UP	DROP OFF
Name Warren	9:45 am	4:40 pm
Cranbourne	10:05 am	4:20 pm
Hampton Park	10:30 am	4:05 pm
Doveton	10:40 am	3:50 pm
Endeavour Hills	10:50 am	3:40 pm

Tuesday 27 September
 Tuesday Film

	PICK UP	DROP OFF
Name Warren	8:35 am	2:50 pm
Cranbourne	8:55 am	2:30 pm
Hampton Park	9:15 am	2:10 pm
Doveton	9:35 am	1:55 pm
Endeavour Hills	9:45 am	1:45 pm

Wednesday 28 September
 Sensory Activity Day

	PICK UP	DROP OFF
Name Warren	8:45 am	2:45 pm
Cranbourne	9:05 am	2:25 pm
Hampton Park	9:25 am	2:05 pm
Doveton	9:40 am	1:50 pm
Endeavour Hills	9:45 am	1:45 pm

Thursday 29 September
 Inflatables World

	PICK UP	DROP OFF
Name Warren	8:45 am	2:25 pm
Cranbourne	9:05 am	2:05 pm
Hampton Park	9:15 am	1:45 pm
Doveton	9:30 am	1:25 pm
Endeavour Hills	9:40 am	1:30 pm

Pick up and drop off points

Name Warren Youth Information Centre
 Cranbourne
 Doveton
 Endeavour Hills
 Hampton Park

52 Webb Street, Name Warren
 Lyall Street Bus Stop, Cranbourne
 Autumn Place Shopping Centre, Paperbark Street, Doveton
 Endeavour Hills Shopping Centre Bus Stop, Endeavour Hills
 Stuart Avenue Bus Stop, Hampton Park

Contact the City of Casey:
 Web: casey.vic.gov.au/youth
 Phone: 9705 5200
 NRS: 133 677 (National Relay Service)
 TIS: 131 450 (Translating and Interpreter Services)

caseyyouth caseyyouthservices @caseyyouthservices City of Casey Youth Services

City of Casey is following the Victorian Government's advice on managing and responding to COVID-19. Please see program Terms and Conditions for further information.

eSmart

alannah & madeline foundation

TIPS FOR PARENTS OF YOUNGER SECONDARY STUDENTS

Three steps to help teens feel confident navigating their digital world.

Learn about your teens' social media platforms.

- Why do your teens enjoy these platforms?
- How do the platforms work?
- Which age groups are they aimed at?
- How can your teens choose strong privacy settings?
- How can your teens block and report bullying and other problems?

For more info, see the [eSafety Guide](#).

Be brave and have those 'awkward talks'.

Decide what you want to say to your teens about sensitive topics like 'nudes', porn, grooming and cyber bullying, and what you want to ask them.

For example, you might ask what they know about these subjects, discuss the risks, and talk about the importance of treating other people with respect and asking for help if something doesn't feel right.

Please refer to the Office of the eSafety Commissioner [parents page](#) for assistance with these topics.

Encourage teens to switch off notifications.

With alerts and messages going off all day, teens can feel distracted and stressed. Go to the settings on your teens' devices together and agree which notifications to turn off and when to hit 'do not disturb' - e.g. overnight and during meals and homework.

Remind them that we all need time to ourselves; we don't have to be available 24/7.

Concerned about a child's wellbeing?

Speak to your school wellbeing team, your GP, local headspace centre, or Parentline in your state or territory. In an emergency, always call triple zero.

esmart.org.au

eSmart

alannah & madeline foundation

TIPS FOR PARENTS OF OLDER SECONDARY STUDENTS

Three steps to help your teens navigate their digital world.

Support teens to study without tech distractions.

Together with your teens, agree on family rules and routines to help everyone manage their time. Keep these rules yourself!

For example, you might agree to hit 'do not disturb' or put devices out of sight during study time, and enjoy games and videos only after homework and chores are done.

Help teens build a positive online profile for work, study and training.

Encourage your teens to search for their own names online (including under 'images') and via social media.

If anything comes up that would look bad to a future employer, your teens can tighten their social media privacy settings, delete the item, or ask the person who posted it to delete it.

Your teens can report bullying to the site where it happened or the [eSafety Commissioner](#).

Be brave and have those 'awkward talks'.

Decide what you want to say to your teens about sensitive stuff like 'nudes', porn and online gambling, and what you want to ask them.

For example, you might ask what they know about these subjects, discuss the risks, and talk about the importance of treating other people with respect and asking for help if something's wrong.

Please refer to the Office of the eSafety Commissioner [parents page](#) for assistance with these topics.

Concerned about a child's wellbeing?

Speak to your school wellbeing team, your GP, or Parentline in your state or territory. In an emergency, always call triple zero.

esmart.org.au