



## Our Lady of the Sacred Heart College Kensington

### Parents and Friends Association

#### MINUTES OF 9th MAY 2018

**PRAYER:** Led by Jenny Fowler

General forum held with NSW Police attending to meet parents.

Senior Constable Mark Thomas from the Police Liaison Unit (Botany Local Area Command) attended the meeting to discuss contemporary parenting issues. He covers 40 schools in the Botany Bay, Eastern Beaches and Surry Hills areas and has been in the position for 3 months. He has been to OLSH once, and has heard positive things about the school.

Major issues affecting teenagers in his experience are cyber bullying (especially yrs 8 and 9); partying (yr 10), drugs, and driving. He visits schools and gives a 30 minute presentation on cyber bullying, which is currently widely done through the use of Instagram and Snapchat (not Facebook). His main message to teenagers is to treat others as you would like to be treated. His advice around nude photos is to delete them immediately to avoid criminal or pornography charges (ie do not keep them or send them on). Additionally, he urges teenagers to think before clicking or posting anything.

Regarding girls going out at night, he advises them not to congregate in public areas such as shopping centres, train stations or parks where they may become known to the police and possibly searched.

Several parents were interested in safe parties. His advice was that large fines can be given to parents who supply alcohol to underage drinkers other than their own children. Parents must supervise their own children if they are drinking alcohol under the age of 18. Parents can ring their local police station to advise them that they are holding a party to register the party and the police will drive past. If the police break up a large party, they will in the first instance tell the party goers to move away from the party area. Reinforcements will be brought in if it gets violent. Parents can also ring the police if this occurs. Information is available in the form of a party pack to provide parents with advice on holding safe parties. Considerations include having a security guard on site, names of invitees marked off and locking gates.

Another issue mentioned was fake ID's with some teenagers (and parents on behalf of their children supporting this) being easily purchased online.

There have been several teenage suicide attempts in the local area in recent times. Parents agreed on the importance of keeping lines of communication open with frequent discussions between parents and children/teenagers, and acting to assist individuals at risk or threatening self harm. Parents/friends can report such concerns to the police for referral to other services (ph 131444), or to Crime Stoppers (ph 1800333000). The book/t.v. program 13 Reasons was mentioned with parents differing in their view about how positive this was.

Use of illegal drugs is also a major issue, particularly pills bought from friends and readily accessible. Mental health issues are occurring as a result of the consumption of these drugs, which frequently contain added drugs/chemicals unbeknown to the user.

**P&F Meeting commenced:**

**Present at the meeting: Neisha Licitra, Cathy Anderson, Jenny Muscat, Helen Murphy, Lauren Duff, Fionnela T , Phillipa Stanley, Cate Jones, Claire Pirola, Emma Trassari; School - Jenny Fowler, JAnet Caincross.**

**Apologies:** Sheila Motais, Katrina Pitchell

**Minutes of Term 1, 2018:** Confirmed without amendment. Accepted by Fionella. Seconded by Helen M.

**Actions Arising from Minutes:**

1. **The fact sheet for parents on weight of school bag was finalised. School will circulate it for information.** Was noted that this issue continues to be a community point of discussion - there was a recent article in the SMH regarding weight of the school bag being irrelevant, Sydney University is challenging this.
2. Ms Janet Cairncross has organised some OLSH Ed talks for later this year. The first of these is to be held on Wednesday 20 June 2018, with Dr Toulia Tsovolos, a child and adolescent psychiatrist, presenting on Strategies to Maximise Your HSC. Years 11 and 12 and their parents are invited to this as it is particularly relevant for their needs right now. Dr Tsovolos will explain the development of the brain from a clinical viewpoint in relation to studying, memory, sleep, procrastination and coping with associated anxiety. She is expected to cover strategies such as turning off phones/social media, summarising, and breaking work into chunks. These strategies aim to help equip students with the skills they need for managing the HSC. An invitation will appear in the next school newsletter and girls will be allowed to wear casual clothing to the event as a technique to relax them and initiate their openness to the issues covered. Dr Tsovolos also presents on the post Trials/pre HSC period, myths surrounding the HSC, and issues relating to younger students such as a high school survival talk. She may be invited to return to OLSH for these later in the year but the

immediate need is for years 11 and 12. Dr Tsovolos will not take referrals at the presentation. Janet is negotiating with Headspace to organise a presentation for term 3, focussing on strategies for maximising good mental health and recognising and coping when anxiety is extreme. This should assist parents of Year 12 students at home. The girls have had information regarding neuroplasticity and growth mindset, with the connection to Heart Matters presented at assemblies. They will be encouraged to attend and bring their parents and friends and it is an opportunity for parents to connect with the school. These talks will have an RSVP mechanism through the newsletter.

3. Followed up the suggestion of the suggestion box on the Year 7 Welcome Night - Some parents now thought this may be a little early for suggestions by year 7 parents. Jenny Fowler suggested looking at this in 2019 with class groups.

4. Fionnela and Jenny both had prepared something regarding raising awareness of the P&F and what parents found valuable at P&F meetings and events for school newsletter but it did not appear. They will amend and resend to Jenny Fowler or school office.

5. Contact parents for year groups social occasions to be discussed at the Term 3 P&F meeting. Discussion on how this may be sustainable, and would be helpful to clarify role of these class parents, for example a point of contact for social activities amongst parents, not for all information pertaining to the school. Claire to resend the information around this for Term 3 meeting discussion

6. There was a query from Philippa about the School Bag App and what it can be used for. Six parents at the meeting have the App. Jenny Fowler stated that different modes of communication are used depending on what the information being conveyed is. A survey for parents regarding which mode they use most may be developed.

7. **Principal's Report:** (see copy on website). In particular Jenny reported on the work which had been done recently at OLSH. Airconditioning and two large fans have been added to classrooms in the Hartzler Hall (where exams for all years including the HSC are held) and the dance room plus window tinting to A Block rooms; all classrooms now have carpet; there has been ongoing garden maintenance including the terraced area on Kensington Road at the front of the school; projectors have been added (3 interactive data screens, 3 flatscreen Sony televisions, 10 data projectors including one in the library); there has been high pressure washing of the stairways; a P.A./alarm system in the Fyfe wing offices, and a seminar room will be used for practising/recording oral tests. Eight Year

11's will be going to Bathurst Island soon. This Friday there is a Mothers' Day Mass in the chapel followed by breakfast in the Hartzler Hall.

8. The Staff Development Day held on 30 April at the start of term 2 was about Differentiation and Newman Readiness. From 2019 there will be a Year 7 selective stream. Teachers will undertake the GO1 Gifted Education for Teachers Course online in preparation for this. They also discussed the ongoing Links Projects through holding debating and primary STEM workshops at OLSH, dance/choreography day, and OLSH girls coaching sport. These all support links and connections between OLSH and the feeder schools. The upcoming OLSH Ed talks were discussed.
9. All leaders have completed a Mental Health First Aid course which was excellent, and which covered practical strategies for helping young people in stressful situations. It was a two day workshop and participants received a certificate after completion. These experiences all contribute to building the capacity of staff in different areas.
10. Madeline Ages has been nominated for an award through the NSW Teachers Guild, a wonderful achievement.
11. The revitalisation of the Fyfe Wing canteen area is currently on hold due to more engineering investigation being required from a sustainability viewpoint due to the structure of the two buildings there that are joined.
12. **Treasurer's Report:** Balance \$5449.36 see attached
13. **President's Report: (see website for copy).** In particular, Emma thanked parents for attending and for assisting with the Year 7 Welcome Night and the BBQ. Helpers will be needed for the term 3 BBQ on 7 September.

**Other Business:**

Fionnela gave her thanks for the new format of the school swimming carnival.

Jenny Muscat has been approached by Sarah Muscat on behalf of the Year 12 leaders regarding Mission Night on 22 June asking for P&F support in selling tea, coffee and cakes on the night for a gold coin donation. There will be a Trivia

Night held this year including raffles, silent auctions and a lucky door prize. Money raised is for the Missions. It is a community night and parents/girls will make up tables of 8-10 and supply their own snacks and drinks. The Senior SRC will help run it. This proposal was put forward by Jenny and accepted by Helen.

**Next Meeting:** Wednesday 8 August 2018 at 7pm.

**Term 4 meeting:** Wednesday 24 October at 7pm in the library (The Hartzler Hall will be set up for the HSC).

**14. Meeting Closed: 8.20pm**