## ST JOSEPH'S CATHOLIC HIGH SCHOOL



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Date: 1st December, 2016 Term 4 Week 8A

Dear Parents, Staff and Friends of St Joseph's Community,

#### Second Sunday of Advent (4 December)

The voice cries in the desert; prepare a way for the Lord, make his paths straight.

Matt 3:3

The Judean Desert has traditionally been a place for Bedouins and a hiding place for refugees, eg: David escaping Saul. Lying to the East of Jerusalem and Bethlehem, it is an array of arid hills and canyons falling from the mountain heights to the Dead Sea. The desert is a dangerous environment lacking in water and life - a land of barrenness and deprivation where one loses all sense of direction. It is also a land of profound silence that has haunted many seekers of a deeper spiritual life. John the Baptist emerges from the desert crying out for us to change our ways.

Many seekers of God have experienced an interior desert. No comfort of God's presence; no certainty of where we are going; a silence that begets the question, "Where is God?" Preparation for Christmas can be a desert time for us as we cope with the demands of a consumerist society in the midst of a world of inequality, poverty and violence. We lose our way as we chase the next sale item. We forget which leads to life. The voices of refugees coming from the Middle Eastern deserts today challenge us to change our priorities.

Then the Lord will truly come and be God with us, our Emmanuel.

Give me the Grace O Loving God, to hear the voices calling to me from the deserts of our world. Show me how to change my ways and make you present in our world through compassion and generosity to those I need. Then this Christmas will truly be a celebration of Emmanuel, God is with us. Amen.

Source: Emmanuel - Daily Advent & Christmas Reflections 2016, P19 Sr Eileen Brown SGS



#### **Annual School Report - Parent Survey**

Parents are invited to participate in the preparation of the 2016 Annual School Report by completing a short online survey that will take only 2 or 3 minutes. Please <u>click here</u> to access the link.

Mr John Barrington, Principal

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#### **End of Year Parent Teacher Interviews**

End of Year Parent Teacher Interviews for students from Years 7-10, will be held on Friday 16th December, 2016. Interviews will commence at 8:00am and conclude at 11:30am in the school Hall. Where possible, students are asked to attend the

interviews with their parents/carers, wearing full school uniform.

#### Bookings open on Thursday 1st December @ 9am. Bookings will close on Thursday 15th December @3pm.

Bookings for Parent Teacher Interviews can be made through the Parent Portal. Please access the Portal via the school website> scroll to the bottom of the page to Quick Links> Parent/Carer Links> Parent Portal Logon or <a href="click-here">click here</a>!

Reports for students in Years 7-10 will be published in the Parent Portal. Students will not be issued with a hard copy. It is hoped that all reports will be published in the Portal by close of business on Tuesday 13th December, prior to Presentation Day. If you have not yet registered for the Parent Portal, please email corradinipo1@dow.catholic.edu.au to receive your registration information.

#### **End of Year Awards 7-10**

Parents of students in Years 7-10 will this year be notified by email if your child is receiving an Academic Award. This notification will be communicated as soon as recipients have been finalised which will take place over the next week.

#### END OF YEAR PRESENTATIONS

END OF YEAR PRESENTATIONS FOR STUDENTS IN YEARS 7-11 WILL BE HELD IN THE SCHOOL HALL ON THE FOLLOWING DATES:

#### WEDNESDAY 14TH DECEMBER

YEAR 9 - @ 9:30AM

YEAR 10 - @ 11:45AM

YEAR 11 - @ 1:45PM

#### THURSDAY 15TH DECEMBER

YEAR 8 - @ 9:30AM YEAR 7 @ 11:45AM

STUDENTS WILL BE PERMITTED TO LEAVE WITH THEIR PARENTS AT THE CONCLUSION OF THE PRESENTATION.

#### **Important Dates for your Diary**

5/12 - Year 10 First Aid Course 9/12 - Giving Mass

14/12 - Presentation Day and Final Day for

Years 9, 10 and 11

15/12 - Presentation Day and Final Day for

Years 7 and 8

16/12 - Parent Teacher Interviews

**Years 7-10** 

19/12 - Staff Development Day

20/12 - Staff Development Day

**End of Term 4** 

# Canteen Roster 2016 5th Dec Nicole Norris, Patricia Zanatta 6th Dec Elizabeth Oiteirin, Vanessa Orlandi 7th Dec Nicole Oswald, Wayne Thomas 8th Dec Cathy Sperring, Sandy O'Connor, Joanne Barker 9th Dec Amanda Walker, Nicki Collingburn



#### **Vinnies Christmas Appeal**

Monday 5th December is the final day to bring in items to be donated to the Christmas Appeal. We have seen some great gifts including brightly coloured unicorns, baby dolls with strollers, skateboards, totem tennis, colouring books and toiletries. Remember that instead of baskets this year, Vinnies is requesting items to be donated in reusable bags. The donations will be presented at the Giving Mass next Friday which is one of the highlights of our school year. A huge thank you to all those families who have generously donated items to help restore hope to local families in need this Christmas.

Miss Senita Hurley, Mission Coordinator

# From the Finance Office! School Fees

Please arrange payment of outstanding fees as soon as possible or contact the Finance Office on 4230 8518 should you need to discuss your account. All fees are to be paid by Friday 2nd, December.

The Finance Office will close on Friday 9th December, 2016.

No payments will be received after this date.



Uniform Shop Trading
The shop will re-open on Friday 27th
January from 9:30am-3pm and
Monday 30th January from 12-4pm.
Normal trading from Thursday 2nd
February, 2017.

Return to School Dates 2017
Year 7, 2017 commence Tuesday 31st January, 2017
Years 8-12 commence Wednesday 1st February, 2017



# Year 12 Morning Tea Invitation

When: Friday the 16th December
Time: 11am to 12 noon

Where: Outside the Trade Training Centre
We would love you all to come for this last
time together.

Please RSVP to Ms Stutchbury by 13th Dec

| Homeroom | Family Details                  |
|----------|---------------------------------|
| 7.1      | Male, Boy 7, Girl 10            |
| 7.2      | Female, Boy 7, Girl 10, Girl 4  |
| 7,3      | Older Female, Boy 10 (disabled) |
| 7.4      | Male, Boy 12, Girl 2            |
| 7.5      | Female, Boy 9, Boy 6            |
| 7.6      | Female, Girl 3, Girl 1          |
| 7.7      | Male, Boy 12, Boy 9             |
| 7.8      | Couple, Boy 8, Girl 5           |
| 8.1      | Female, Boy 10, Girl 7          |
| 8.2      | Grandmother, Boy 14, Boy 11     |
| 8.3      | Couple, Boy 4, Boy 6            |
| 8.4      | Male, Boy 4, Girl 8, Girl 2     |
| 8.5      | Female, Boy 6, Girl 1           |
| 8.6      | Female, Boy 4, Boy 3            |
| 8.7      | Couple, Boy 3, Boy 2            |
| 9.1      | Female, Girl 2, Boy 4           |
| 9.2      | Boy 6, Girl 8                   |
| 9.3      | Girl 5, Girl 3                  |
| 9.4      | Female, Girl 8                  |
| 9.5      | Male, Boy 13, Girl 12           |
| 9.6      | Female, Boy 5, Girl 16, Girl 3  |
| 10.1     | Male, Boy 5, Girl 10            |
| 10.2     | Female, Boy 12                  |
| 10.3     | Female, Girl 10                 |
| 10.4     | Couple                          |
| 10.5     | 2 Females (sisters), Girl 7     |
| 10.6     | Female, Girl 15, Girl 7         |
| 11.1     | Male, Girl 13, Girl 9           |
| 11.2     | Female, Girl 10                 |
| 11.3     | Couple, Girl 6, Girl 4, Girl 2  |
| 11.4     | Male, Boy 5                     |
| 11.5     | Male, Girl 3                    |
| 11.6     | Male, Boy 5, Girl 6             |



# Only 25 days till Christmas!!!!!

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#### **Hour of Code**

We live in a world surrounded by technology. And we know that whatever field our technologies students chose to go into as adults, their ability to succeed will increasingly depend on understanding how technology works. But only a tiny fraction of us are learning how

technology works. That's why our entire school is invited to join in on the largest learning event in history -The Hour of Code during Computer Science Education Week (December 5-11). More than 100 million students world wide have already tried an Hour of Code. Our Hour of Code is making a statement that St Joseph's Catholic High School is ready to teach these foundational 21st century skills. To continue bringing programming activities to your students, we want to make our Hour of Code a huge event! Click here for details and help spread the word!

#### 2017 1:1 Information Night

Thank you to those parents who attended Monday's 1:1 iPad Information Night. This was an opportunity for parents to learn about how this program is implemented at St Joseph's. Those parents who were unable to attend can request the notes from fraserco3@dow.catholic.edu.au.

#### 2017 Parent Bootcamp

In 2017 we will hold an iPad Training Session for parents. Stay tuned for more details.

Mrs Christina Fraser, ICT Coordinator



#### Catholic Schools as Centres for the NEW Evangelisation

Here at St Joseph's we are doing some exciting things! As well as providing a quality education for our students, we also provide numerous opportunities for our Religious Education students outside of the classroom as well. Joeys students have opportunities to be involved with lots and lots of extra-curricular activities including a wide variety of sporting teams, numerous opportunities in music and the creative arts; our annual school Musical is always a major hit! We have lunch time clubs such as card making,

social justice activities, fundraising opportunities and much more. One of the most exciting things to have developed this year is our growing number of students who are becoming involved in all sorts of Youth Ministry initiatives here at school and across the Diocese. We have had Joeys students attend iStand Youth Camps, Diocesan Social Justice days, Eucharistic Minister Training days and of course our home grown SPARK Twilight Retreats that are growing in popularity. All of this action is led and carried out by the enthusiastic staff who are working hard to provide these many and varied extra-curricular activities. We take inspiration from the words of the late Saint John Paul II who states: "I sense that the moment has come to commit all the Church's energies to a new Evangelisation." It is a fair question to ask 'What is this new Evangelisation?' In short, the message is always the same; that we are loved by God and called into a personal relationship with Jesus, however, the methods and strategies that this very message is delivered need to be new, modern, contemporary, relevant and engaging for our young people - and this is exactly what we are working towards here. In this letter to all of us, the Pope explained that the definitive aim of Evangelisation "is to put people not only in touch, but in communion, in intimacy, with Jesus Christ. Only He can lead us to the love of the Father in the Spirit and make us share in the life of the Holy Trinity."

Evangelisation means proclaiming the Good News of salvation in Jesus Christ. It's goal is bringing people to faith through a personal encounter with Him. It is to be distinguished from Catechesis, which involves deepening and instructing that faith already received. So, in short, we are offering BOTH Evangelisation opportunities (experiences) and Catechesis opportunities (teaching and formation). When Christians live the life of Christ with deeper faith, their hope grows stronger and their charity more radiant. The 'sense of adventure' inspired by the new Evangelisation is all the more urgent in the context of growing numbers of non-practicing Catholics, under-catechised Catholics and other-than-Catholic students in our schools. All Christians receive the gift of faith at Baptism, and many others carry "the seeds of faith" within their hearts. But many of them need the Gospel to be proclaimed to them anew. This is not a matter of proselytising or "forcing beliefs" - quite the contrary. Genuine faith cannot be imposed: it is freely received or rejected. It's exciting to see these 'new Evangelisation' activities increasing through the support of the Catholic Education Office and the Office of the Bishop. This Friday for example, we have 16 Joey's students attending the all-day Diocesan Youth Festival at the Xavier Centre in Wollongong. This Diocesan wide youth event is an exciting initiative as our students will be meeting with and engaged with secondary students from every school across the Diocese of Wollongong. This in itself is exciting for our young people! This event will showcase brilliant musicians, engaging speakers, a festival atmosphere with big tent, live music and lots of youth-friendly activities throughout the day, leading into the Youth Rally this Friday night. For more information about Youth Ministry opportunities here at Joeys, please email me pannellmo1@dow.catholic.edu.au or phone 42308504.

Mr Marty Pannell, Religious Education Coordinator

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#### Thank you!

As the 2016 school year comes to a close, I would like to take this opportunity to thank all of the students, staff, parents, friends and community organisations who have been involved with sport this year. We have a fantastic sports program at St Joseph's which has provided students with the opportunity to participate in a wide range of sports. I would like to particularly acknowledge the following sports instructors and organisations:

**Warrigal Charters Oak Flats Rollerskating Rink Shellharbour Ten Pin Bowling Eightfoxavenue Indoor Sports Centre Savvy Fitness** Michelle & Brett Edwards Tennis Coaching **Illawarra Tennis Academy Oak Flats Pool Jessica Miller (Aqua Aerobics Instructor) UOW Sport and Recreation and Sports Hub Pines Surfing Academy NSW Cricket AFL NSW/ACT** Kazzajazz **Calderwood Valley Golf Course** Flip Out Warrawong **Jamberoo Valley Golf Course** 

St Joseph's has many dedicated staff members who give up their time to organise and coach our various representative teams. To begin with the school support staff in the front office and IT Department who put permission notes together, collect money, update the school website and assist in the organisation of sporting activities. Thank you to the teachers who have given up their time before school, during recess and lunch, after school and sometimes over night to train and take teams away as well as the teachers who take extra classes when another teacher is absent at a sporting event. Thank you to the many parents who have assisted with coaching, managing, providing transportation, funding and cheering on sporting teams this year.

Congratulations to the following students who have been recognised by their coaches for their contribution to Term 4 representative sport. These students will receive certificates at their annual year presentations in Week 10:

Samantha McGlashan, Thomas Blunden, Tamieka Garcia, Mayha Podolski, Mason Shimwell, Callum Barton, Lily Mundt, Kobe Ross, Zac Hollingsworth, Zane Mitchell, Matthew Roach, Blake Roach and Blake Nikitaras.

**Congratulations** to *Mathew Robinson* in Year 9 who has been recognised for his achievements in the sport of Motocross. He was awarded the 2016 MX Junior 85CC 14 to 16 Champion at the Nowra MCC Presentation Day last weekend. This is a remarkable achievement considering that this is only his second year competing in the sport.







**Good Luck** to *Izak Parkes* who is travelling to New Zealand today to play for the Indigenous Australia Team in Oztag!

It has been a great year!! Let's aim for even greater participation and sporting success in 2017.

Mrs Michelle Garbutt, Sports Coordinator



#### **Berg Shield Round 3**

Last Wednesday the Junior Boys Cricket Team travelled to Goulburn to take on Hennessey Catholic College (Young) in the 3rd Round of the Berg Shield. Winning the toss the opposition were invited to bat first under the threat of stormy skies. This decision paid immediate dividends with Josh Coombes taking a wicket in the first over. Ben Lavender again bowled his left arm spinners and almost nabbed another wicket but a tough catch went down. This would prove to be costly with this particular batter going on to score 103 in the next 25 overs. Josh Coombes bagged another wicket while Zane Mitchell and Callum Barton took one wicket each as Hennessey scored 174 off their 30 overs.

The run chase got off to a rocky start with Jackson Burns run out in the first over. A solid partnership from Ben (30) and Callum (28) followed with the side ahead on run rate after the first 10 overs. A couple of cheap wickets fell leaving Blake Smith (16) and Angus Murphy (27) with the task of rebuilding the innings which they set about doing with a minimum of fuss to again place the side ahead on run rate as the rain started to circle the ground. Unfortunately for the side the rain stayed away and more wickets fell. Despite the efforts of Macpherson McIlvain -Burns (6), Matthew Roach (10), Scott Murphy (6) and Kobe Ross (7) the side ran out of momentum and wickets to be dismissed for 144 in the final over - 30 runs short of their target.

The side has had a good run this term and deserve to be congratulated not only on their efforts but the good spirit they played the game in. Well done to the boys in Year 9 who move into the Open Team next year. The future looks promising with most of the team still in Year 7 and 8 and available next year. Thanks to Mr Lewis and Mr Preshaw who came along and assisted with umpiring and scoring on the day. Also the many parents, family and friends who attended all the games the side played this term, the boys appreciated your support. Finally a big thank you to the St Joseph's P&F who provided the mini bus for the team to travel to Goulburn in. The team and their family were very appreciative of the support you provided.

Congratulations to Grace Thomas of Year 10 who, along with her Team - Team Draco, from "Academy of Cheer" won the National Cheerleading Competition at the Gold Coast in Senior Level 1, last weekend!! Cheerleading is a growing sport with some 10,000 competitors at this tournament in numerous cheer, dance and Pom Pom Competitions. Well done Grace!

#### **Youth of the Year Competition Success!**

On Thursday 24th November, Year 12 student Bailey Ryan participated in the Kiama Lions Club 'Youth of the Year' Competition. Bailey, being a dedicated 16 year old, had to present an application promoting his merits and skills. After a long process, he was able to obtain an interview with youth competition judges. The following night, Bailey presented his speech to a panel of judges on 'Innovation in Australia' and the need to pursue it further.



Bailey was awarded 1st place for his innovation speech, 2nd place for his interview and was highly praised by the judges, specifically for his

answers to the impromptu questions which were regarded as some of the best they had ever seen.

His passion for Public Speaking started at the age of 13 when Bailey attended the South Coast Public Speaking Competition. He stated that this was the point when he 'began to love it'. His determination and positive energy assists him in preparing and presenting to the best of his ability. Starting early, Bailey practices 20 plus times and faces his problems with calmness, optimism and a clear positive attitude.

Bailey's Advice: If you are facing challenges, you have to accept the fact that you will fail, but what you do after you fail is what makes you. You need to stick to it. Public Speaking is an extremely important skill, so get started and get speaking!



#### Year 7 Mates Day!! (Mathematical Activities to Enrich Students)

This week, our Mathematics Faculty held their Annual MATES Day. The day is aimed to focus on both the concepts of Mathematics and how fun it can actually be when used in different ways. Mrs Stewardson and Mr Dobson ensured that a great experience was provided to Year 7 students and they were ably assisted by our Prac Teacher Tim! By all accounts it was a hugely successful day and planning is underway for next year's event. Well done!

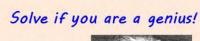








**Great Day!!** 



8 = 56 7 = 42 6 = 30

6 = 305 = 20

3 = ?



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#### **Position Vacant**

Tongarra Chicken Shop has a vacancy if you are interested email me for details ASAP.

DEVIKA Learning- today Yr 9 students will be presented with course information for next year that will provide technological and employability skills. Ask your child about this workshop. More details will be provided soon for all parents.

The following is an extract from MHSCAREERS NEWS if you wish to see more please email sue.kennedy@dow.catholic.edu.au

#### **TAFE Illawarra Choices Day**

3<sup>rd</sup> December 2016, 9am to 1pm

Choices Day will be held at Nowra, Wollongong and Yallah campuses. The day will allow prospective students to find out about the courses TAFE offers across a range of disciplines. For further information, contact Roslyn Simmons at roslyn.simmons@tafensw.edu.au http://www.tafeillawarra.edu.au/

#### **ADFA Education Award**

For current year 11 students: Award presented to year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during year 11. Award comprises of laptop and certificate along with plaque of recognition for your school. For eligibility and application:

http://www.defencejobs.gov.au/education/adfa/howToApply/educationAward.aspx

#### **Pre-apprenticeships Course Finder**

The Pre-apprenticeships Course Finder is one of the most popular pages on the Australian Apprenticeships & Traineeships Information Service website, with an average of around 4,300 direct hits a month. There are over 140 pre-apprenticeships currently active. www.aapathways.com.au/pcf

#### **TAFE Pre-Apprenticeship Course**

For students who are interested in undertaking a trade, TAFE offers pre-apprenticeship courses which can help students get started with a trade career.

https://wsi.tafensw.edu.au/courses-and-careers/planning-your-career/apprenticeships-and-traineeships/pre-apprenticeship-training/

#### Big Day In: University of Newcastle

16<sup>th</sup> May 2017

The Big Day In is designed by students for students and is open for students in years 9 to 12 to attend if they are interested in a career in technology.

http://acsfoundation.cart.net.au/BiG-Day-In-University-of-Newcastle-Tuesday-16-May-2017

#### **University of Sydney Equity Scholarships**

The University of Sydney offers Equity Scholarships for students commencing in 2017. These are applied for via UAC's website. Scholarships include University of Sydney Bridging Course Scholarships, Burton Educational Trust Scholarship, Rural Sustainability Scholarships, Environmental Sustainability Scholarships, The William John and Lizzie May Sinclair Scholarship, Roy Frederick Turner AM Scholarship, Graham Daniels Scholarship in Engineering and Information Technologies, Peter Giles Memorial Scholarship in Pharmacy, Commonwealth Indigenous Scholarships, and University of Sydney Accommodation Scholarship. http://sydney.edu.au/scholarships/prospective/equity.shtml

#### **Quality Indicators for Learning and Teaching (QILT)**

This website helps prospective uni students make informed choices about their future. QILT provides students with a broad range of information about Australian universities including graduate job prospects and student satisfaction and retention rates. https://www.gilt.edu.au/

#### **Tractor Free Online Course**

Tractor Design School is offering a free online short course in typography so that you can get a taste of what they offer.

https://www.tractor.edu.au/lp/free-course/typography

#### **NIDA Young Actors Studio**

Sundays 11am-5pm for all of 2017 @ NIDA Sydney Auditions: 4<sup>th</sup> December, 10am. Book online asap. https://www.open.nida.edu.au/course/OSYASAU

#### The Importance of Maths

Visit the Australian Mathematical Sciences Institute's website to view a range of career profiles from apprentice chefs to Electricians to Nurses where mathematics is a necessary part of their everyday jobs.

http://www.mathscareers.org.au/

#### Air Force Jobs with just 1 or 2 Year's Commitment

Pick one of these exciting roles and you'll have the freedom to join the Air Force for just one or two years.

No strings attached.

Read more at http://www.defencejobs.gov.au/airforce/one-and-two-year-roles/

#### **Skill Gaps in the Australian Job Market**

This article summarises some of the gaps in the Australian job market as of October 2016. https://australiancareersservice.com.au/2016/10/19/study-summary-skill-gaps-australian-job-market/

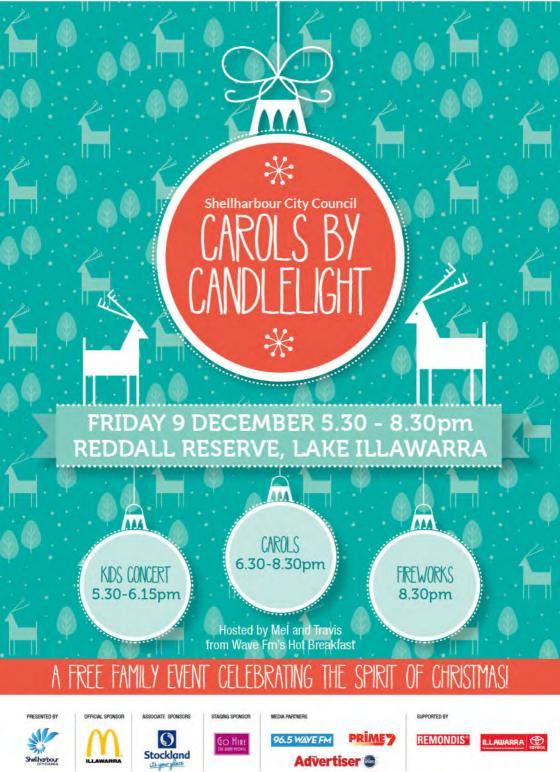
#### **Woodwork Competition**

For Australian secondary school students enrolled in Years 11 and 12 in 2016.

Students are invited to submit images and details of work of one or two pieces made as part of course work for Years 11 and 12 in 2016.

Closing Date Dec 15 2016.

http://www.woodreview.com.au/student-awards



# How headspace can help





#### headspace is here to help

headspace centres across Australia provide face-to-face information, support and services to young people, aged 12 to 25 years, and their families and friends.

headspace can help you with:



# Mental health and wellbeing

headspace can help if you're experiencing significant changes in thoughts, feelings and/or behaviour, if you're being bullied, hurt or harassed or just not feeling yourself.



#### **General health**

headspace has youth friendly general practitioners (GPs) and health nurses who can help with any physical health issues. A GP can also help you with issues related to contraception, sexual health, drug or alcohol use, relationship problems or feeling down or upset.

Online and telephone support is also available through eheadspace.



# Alcohol and other drug services

If drugs and alcohol are starting to affect things that matter to you, like your mental health, wellbeing or friendships, headspace can help.



# Work, school and study

headspace work and study specialists can help you if you're struggling at school, unsure what course you want to do, need a hand writing a resume, or if you are searching for a job.

# Aged between

12-25 years?

headspace can help if you:

Are feeling down, stressed or can't stop worrying

Don't feel like yourself anymore

Can't deal with school/uni/ work or are finding it difficult to concentrate

Are feeling sick or worried about your health

Have questions about, or want to cut down on alcohol or other drug use

Want to talk about sexuality, gender identity or relationships

Are having difficulties with your family or friends

Have sexual health issues or want information about contraception

Are being bullied, hurt or harassed

Are worried about work or study or if you're having money trouble

Need someone to talk to.

Getting support can help you to keep you on track at school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.

(There is more information about **eheadspace** over the page.)

# headspace centres

headspace centres help you to access the type of health worker you need. This could be a GP, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker or youth worker. A number of centres also have Aboriginal and Torres Strait Islander health

You can visit a **headspace** centre no matter how big or small your problem may seem.

workers, welfare workers and

family therapists.

# Making an appointment

#### at headspace

It's as simple as phoning or emailing your nearest **headspace** centre to find a time that suits you. You can also ask a friend, teacher, parent, other family member, health worker or community agency to contact **headspace** for you.

Your local **headspace** centre might also have a 'drop in' service where you can visit anytime in their visiting hours. Call your nearest **headspace** centre or check out **headspace.org.au** to find out more about what services are available.





# How headspace can help



### Your first appointment at headspace

Appointments at a **headspace** centre can vary in length but are usually 50 minutes to an hour.

It's okay to feel nervous about getting help for the first time. It can be helpful to bring along a family member, carer or friend to help support you.

You'll probably be asked a lot of questions on your first visit. This is to make sure that

all the important issues are covered, and to help develop the best solution for you. As you get to know and trust your headspace worker you will probably find that talking about what is going on gets easier.

The appointment is your time.
Feel free to ask questions about anything that's on your mind so the **headspace** worker can help you find the best

solution, or find the information that you need. It also helps the **headspace** worker to understand what is worrying you.





Services at a headspace centre are either free, or have a low cost. You can ask if there is a cost when you make your appointment.

Some services require you to have a referral from a doctor. But don't worry; headspace can help you with this as well.

All eheadspace services are free but if you call from your mobile your usual call charges apply.

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#### eheadspace

If you don't have a **headspace** centre nearby or you don't feel ready to visit a centre, **eheadspace** provides confidential online and telephone support 7 days a week.

To access **eheadspace** for the first time all you need to do is register at **eheadspace.org.au** or phone **1800 650 890**. You will need to provide some information like your email address, postcode and age. **eheadspace** sessions are generally for 30-60 minutes.



If you are receiving support from a **headspace** centre or another service, **headspace** may ask your permission to speak with your worker to ensure **eheadspace** is providing the best possible support.

### Confidentiality

When you talk to a headspace worker what you say is kept confidential. This means nothing you say can be passed on to anyone else without your permission however there are a few exceptions.

If headspace is seriously worried about your safety or the safety of someone else they must – by law – try to keep everyone safe.

This means they might have to share their concerns with someone else. Talk to your **headspace** worker about confidentiality to ensure you understand how it works.



If you need immediate medical attention, call 000 or call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800.



#### Getting the help that's right for you

When you talk with a **headspace** worker it's important that you feel safe and comfortable – **headspace** will do its best to make sure this happens.

If you do not think your headspace visits are working out it is important to ask yourself why. There could be a few reasons: it might be because it is hard to talk

about what's on your mind, or it might be that you and your worker are not the right fit. Either way, don't give up. Talk to your worker about how you are feeling and together you can find a way forward.



For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au