

The Smith Street Unit  
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The Smith Street Unit is a service of the NSW Department of Education, providing specialised support in a unique environment. Students are provided with individualised learning programs to meet their educational needs.

The Unit has served the students of the Illawarra for over a quarter of a century with the key mission of providing a nurturing environment where students can grow into mature young men and women. Its always exciting to see a graduate come back to share their success stories.

What is your child achieving?

At the end of last year we mailed home a package of information about our new reward program. We’re excited by the flexibility it offers. We can tailor rewards to suit your child. Have you had a conversation with your child to see how they are going? How many points have they earned?

The classroom teachers are available, by appointment, to discuss your child’s program. Call to book in for a chat and update on their progress.



Dates at a glance  
February 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3Staff Training– Conversations of Substance	4	5 Assembly	6	7	8
9	10 Annual Review	11	12	13	14	15
16	17	18	19Assembly	20	21	22
23	24	25	26	27	28	

The Scoop  
The news that matters from  
Smith Street Unit  
  
Volume 2, Issue 1      February 2015



From the desk of Dale-Myree

Welcome to 2015, the Chinese Year of the Wooden Sheep. This may be the next inspiration for our Art Space– watch out for the flock of sheep to replace our colony of penguins.

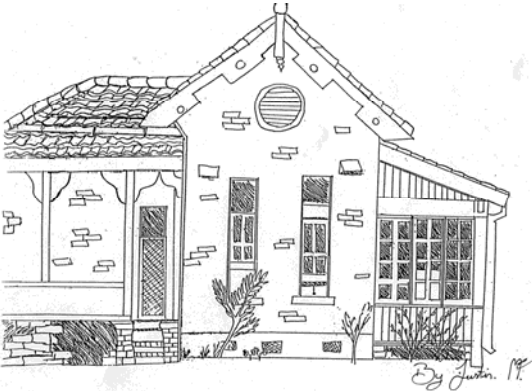
Student review meetings are to be held on 10th February. This will be a great opportunity for parents and carers to see the positive changes that have been unfolding at Smith Street, and embrace the new year with energy and enthusiasm.

Congratulations to Ziik Savu who is back with us this year. Also, Chahla Maksour as she builds on her positive association with the students, undertaking the role of co-ordinating TAFE placements for our Stage 5

students. This year will see four of our students attend TAFE as part of their academic program.

The Smith Street Unit embraces the Positive Behaviour for Success (PBS) principles of RESPECT, SAFETY & LEARNING. These are the foundation for our reward, discipline and teaching structures. All stakeholders in our school community are encouraged to embrace this philosophy as we work together to improve each student’s learning outcomes.

Dale-Myree



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Stars of Smith Street

2015 will see four of our Stage 5 students commence TAFE TVET courses as part of their individual learning programs.

We’re not sure when Sam will be servicing our cars (Automotive Mechanical-Light and heavy Vehicle) or how long we’ll wait for Dryden to bring bread for the canteen (Baking). We’re looking forward to seeing Dylan or Sam coming in with ideas to improve our signs (Signage). We will have to wait for Jack to sort out our computers (Information and Digital Technology).

What we do know is that we’re excited to offer tis opportunity. Chahla will liaise with TAFE to make sure the boys have the best chance of success.



Special points of interest:

- Student legends-TAFE and SSU
- Stewart House Highlights
- Changes to the Sport program
- Check out the Art Space when you call in–“Sugar Skulls” are starting to crowd the walls near the Staff Room.
- Assembly Award excitement



## Assembly Highlights

Our first assembly of the year saw Joshua Thompson and Dryden Jack receive class awards for returning to school with a positive attitude. Jack Mitchell is our Student of the Fortnight. Cyndy Starr is the Staff Member of the Fortnight, for consistent quiet achievement.

Distance Education awards from Karabar were presented. Zeb Cullen and Ebony Taylor were delighted to receive them. Unfortunately, Jackson Brightling and Matthew Thomas were absent. We'll make sure they receive their awards as soon as possible.

Staff were happy to be able to welcome, Doug Hearne, the Principal of Wollongong High along with delighted family members, Channele Taylor and Erlinda Cullen. *Danna*

### HOW TO PRACTISE GOOD SLEEP HYGIENE

'Sleep hygiene' refers to habits that help you have a good night's sleep. Encourage your teenager to:

- go to bed and get up at the same time each day (even on weekends)
- wind down with relaxing activities before bedtime
- be mindful of their caffeine intake late in the day
- get out of bed and do something in another room if they can't sleep. They should go back to bed when they're feeling drowsy.
- keep their bed-

room quiet and at a comfortable temperature

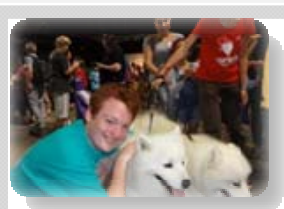
- not read or watch TV in bed
- not nap during the day no matter how tired they feel.

Source: Morgan, A. J., & Jorm, A. F. (2009). Self-help strategies that are helpful for sub-threshold depression: A Delphi consensus study. *Journal of Affective Disorders*, 115(1), 196-200.



## Dryden, Jack, James, & Zeb

The last week of term 4, 2014 was certainly busy for the staff and students who were guests of Stewart House. We stayed across the road from the beach and woke to the sound of waves each morning. We swam, went to the cinema, loved the Home and Away Tour, delighted in animal antics at Taronga Zoo, and had a blast at the Variety Children's Christmas Party.



## Chahla's Kitchen & Recipe of the Month

This year will see a greater focus on skills development. Students will be working on both technical and living skills. To start the year, the boys will have to find appropriate recipes, then evaluate them for nutritional profile and costing. It's all part of our desire to promote healthy lifestyles and teach the boys skills they'll take with them throughout their lives.



Atayef -

### Sweet Pancakes

A traditional Middle Eastern dessert, made to celebrate Easter. These were a great hit last year and I'm planning to make them with the boys. The result is worth the time; none are difficult and the result is worth the time. You'll find complete instructions on the insert. *Chahla*



## Parenting tips from Schools A-Z

### Eight ways to get your kids organised

Are you ready for morning madness, late assignments, yesterday's half-eaten lunch sweating in the schoolbag? Just like adults, children cope much better if they can manage their time and their environment wisely.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/eight-great-ways-to-get-your-kids-organised-for-school>



### Benefits of team sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Benefits include learning how to be more resilient, and being less likely to feel isolated.



## We're excited

Here at Smith Street we want to give you useful resources to parent. We understand that there are many issues that simply weren't around when we were kids. We have subscribed to Parenting Ideas magazine to offer you a free, accessible resource.

The current issue has a fabulous mix of current research, timely tips and

advice. All written by parenting experts.

We're excited to be able to offer you this resource

Check out:

[www.parentingideas.com.au/Parent\\_Magazine.html](http://www.parentingideas.com.au/Parent_Magazine.html)

Why not bookmark the link? Every couple of weeks new and relevant articles are published.



Ever wondered if yoga is for you?

Check out the free classes at Headspace Wollongong for 16-25 year olds.

Call or email Clem ASAP

P: 4220 7660

E: [headspace@gph.org.au](mailto:headspace@gph.org.au)

## Good to know :)

Issuing new bus passes takes some time, so students can travel without their pass up to 20th February. They must be in school uniform or carry confirmation that they're enrolled.

