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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?

Before long the teachers of the Smith Street Unit will be beginning to prepare your child's report. We hope you'll find good news to encourage your son. Here at the Smith Street Unit, we value positivity and expect you'll see that reflected in the reports we send home.

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



Dale-Myree, and the staff of the Smith Street Unit, would like to welcome you back to a term full of new opportunities and learning. We hope that your Easter break was fabulous.



Staff and students coped remarkably well when the storm hit . We were still able to offer learning in the days immediately after, though we were all pleased to be back to our home base and routines.

## Parenting Ideas- School A to Z & Parenting Ideas Magazine

### Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children>

### Financial literacy

Does your child need help with business and economics? Here's info on credit cards, how to be responsible spenders and savers, and make consumer choices.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/business-and-economics/credit-cards>

## Smith Street Unit Sport Snippets

Second term sport at the Smith Street Unit started with toppling pins....10 pin bowling pins! Dryden topped the table this time, narrowly defeating Jack. The big question: Will Dryden retain his crown, or will there be others who rise to the challenge?

We'll be heading back to Wollongong High's gym to complete circuits with the assistance of Yr 11 Sports Science students. We're also going to jump the mini tramp and ,maybe, into the foam pit at PCYC again.

Danna



# The Scoop

The news that matters from  
Smith Street Unit

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## From the desk of Dale-Myree

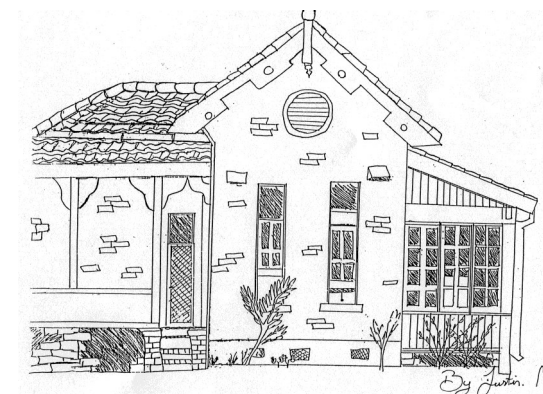
Looking back over the last six months at The Smith Street Unit, I am filled with a sense of pride at the quality of teaching and learning that the staff and students have been engaged in.

As a team, we have placed emphasis on encouraging a school community where students engage in safe, respectful and responsible learning.

I acknowledge all students who have taken these values seriously and demonstrate them daily. I have had many comments from people who have visited, remarking on the fabulous presentation of both the building and the student body.

I'd like to take this opportunity to thank you for rising to the challenges we set, both educational and personal.

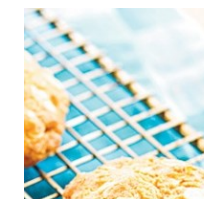
*Dale-Myree*



## Chahla's Cooking Corner

Despite the best efforts of the wind and rain, a group of students acknowledged ANZAC Day, by learning some of the history of Anzac Biscuits and baking them to share with their classmates. Crunchy or chewy, they were all devoured by appreciative boys. Thanks to Loretta for taking charge of the baking.

*Chahla*



## A message from Sue, our counsellor

Learn new ways to reduce and manage stress

**Stress is common** in daily life, but exposure to prolonged stress can start to affect your mental and physical health. Whatever the cause, here are some simple steps that can help you to reduce and manage stress:

- Making major changes in your life can be stressful at any time. If you're feeling stressed or anxious, it's probably a good idea to try to avoid major changes or decisions until you're feeling better.
- Ongoing stress in personal relationships often contributes to depression and anxiety. Learn how to let people know about your feelings so that you can resolve personal conflicts as they come up.
- Learn to relax. To do this, you need to allocate time to do the things you enjoy, such as exercising, meditating, reading, or listening to music.
- Take control of your work by avoiding long hours and additional responsibilities. This can be difficult, but small changes can make a difference.
- Learn to say 'no'. Create a balance between work and the things you enjoy doing. Don't allow yourself to be overwhelmed by new commitments.
- Include short-term coping strategies in your day, such as breathing and relaxation exercises. Listen to a guided progressive muscle relaxation exercise.

