

# THE SMITH STREET UNIT

Annexe of Wollongong High School of the Performing Arts

Term 3 Newsletter

RESPECT - SAFETY- LEARNING

## From Dale-Myree's Desk

This has shaped up to be a big year here at the Smith Street Unit, and as we move into Term 4 I would like to thank everyone for working together through the major renovations that have been unfolding around us. The Unit is now able to offer a fantastic meeting space that welcomes visitors and outside agencies into our learning space plus an extra classroom, a more welcoming décor and improved external appearance.



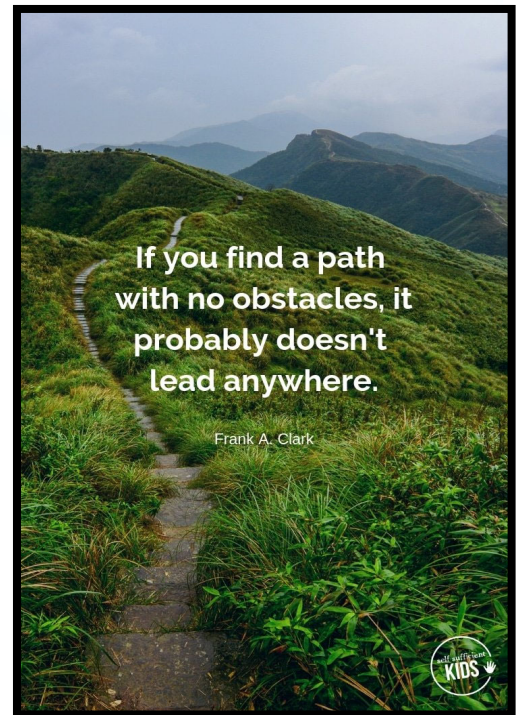
The Unit continues to grow and change, but some things remain constant like the dedicated staff, amazing students and our resident Bowerbird.

Bowerbirds are best known for the amazing bowers they construct. Our bower here at the unit has amassed an amazing collection of blue coloured oddments such as bottle tops, coins, pieces of glass and blue pen lids. He can be quite theatrical in his displays of affection. These include him chirping, whistling and buzzing while performing, 'rooster' or 'penguin' walks.



Here is a link to information about the Bowerbird

<http://www.youtube.com/bbcearth>



## IMPORTANT DATES FOR TERM 4:

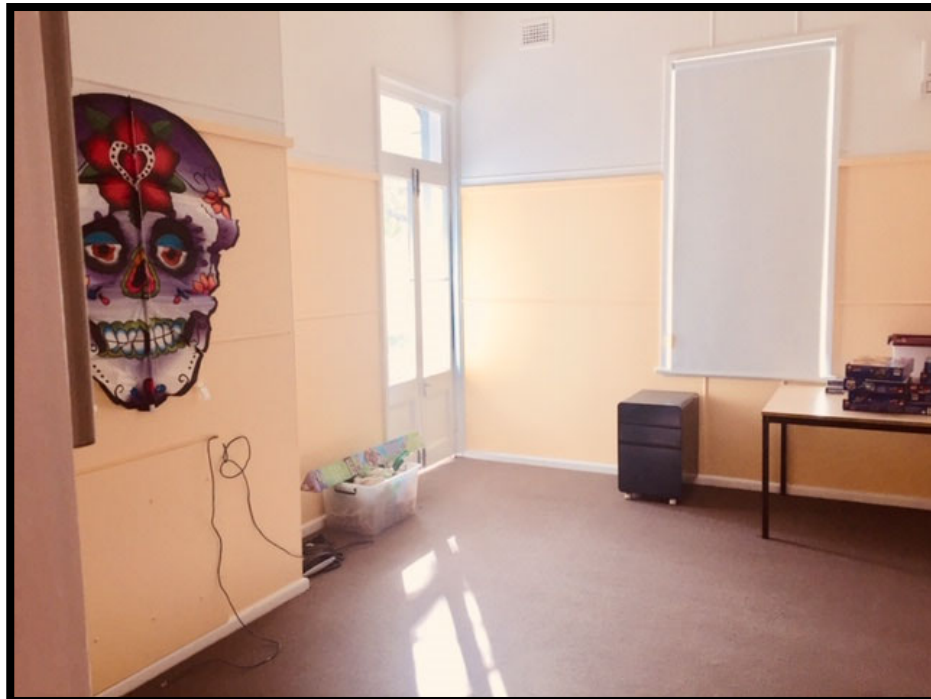
- ♦ Term 3 ends 27/09/2019
- ♦ Term 4 begins 14/10/19
- ♦ NSW Mental Health Month  
October 2019
- ♦ Remembrance Day  
11/11/2019
- ♦ White Ribbon Day  
22/11/2019

## The Smith Street Unit gets a makeover ...

The much needed renovation of the cottage at the Smith Street Unit is continuing. The blue house is now painted a lovely grey and white. A new verandah and railing have added much needed street appeal.

Inside, all of the rooms have been painted and new floor covering has been installed. The old house is looking good both on the inside and out. The upgrade signifies the value we place on both you and your learning environment.





## More Changes to come ...

In the next term there will be more changes to come at the Smith Street Unit. The kitchen floor will be repaired and a new kitchen installed a concrete front path will make our front entry much safer.

Staff and students are enjoying teaching and learning in a much brighter , more updated school environment.

## Smith Street Sport Report - Term 3, 2019

During Term 3 of 2019 Students and Staff have enjoyed a continued sport and recreation program each Friday afternoon. This term's sports shout-outs go to:

- **Bailey “Happy Gilmore” Murray:** for unbelievable improvement at the Illawarra Golf Complex driving range.
- **“Dunkin’ Daemon Stuttard”:** for overall attendance and a great attitude towards basketball at The Snake Pit.
- **Michael “Lucky Strike” Stewart-Ryan:** for dominating the lanes at Northern Bowl.
- **Nathan “The Net Bandit” Hooker:** for doing his best Jonh McEnroe impression at Beaton Park Tennis Club.

It was also fantastic to see Nicholas Scott and Tiara Bowtell at sport this term! Well done to all Smith Street Athletes!



### Students— Have You Thought About Joining a Summer Sport?

The weather in the Illawarra is warming up, the local footy season is winding down and that means we are getting closer to summer! The summer sports season runs from September, 2019 - March, 2020 and registrations to join a club and participate are now opening across the Illawarra. Many sports are available and include:

- Cricket
- Touch Football
- OzTag
- Futsal (small sided soccer)
- Basketball
- Surf Life-Saving
- Many More!



Sport helps build friendships, improves health and wellbeing, strengthens communities and makes for a better quality of life.

Please contact James at The Smith Street Unit if you would like assistance in being connected with a potential summer sports club for your student in 2019.

James McClelland

# Supporting Teenage Independence

*Achieving independence is an essential part of a child's journey to adulthood. To make this journey successfully, children need freedom to try new things. But they still need your guidance and support too. Here are some ideas to help them find the right balance.*

## **Independence: what does it mean for teenagers?**

To become a capable adult, a young person must learn to:

- depend on you less and take on more responsibility
- make decisions and solve problems
- work out life values
- form their own identity.

But it's common for parents or carers and teenagers to disagree about independence - how much freedom a young person should have and when. It's natural to worry that if you give a young person too much independence too early, that they might get involved in risky behaviour and it's normal to want to keep them safe.

To learn, young people need to make some mistakes, to explore and have new experiences. This will help them learn life's lessons and continue to shape their brain's development.

So how do you strike a balance between a teenager's needs and your own concerns? A positive relationship with a young person is a great start. It also helps to have open and positive communication in your relationship.

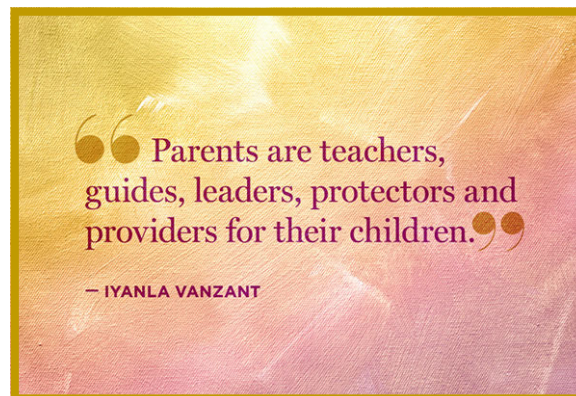
***Teenagers are still working themselves out. They don't always know who they are. You and the young person are both learning how to balance growing independence with adult guidance. It's OK if things aren't perfect all the time.***

## ***Show the young person lots of love and support***

Love and support are essential for a child's self-esteem. Young people who feel good about themselves often have more confidence to discover who they are and what they want to do with their lives.

A teenager might not always want physical affection from you but you can show your love and support by:

- taking a genuine interest in their interests, hobbies and friends
- making time to listen when they need to talk and giving them space and privacy when they need it.



Taking a young person's opinions and ideas seriously provides an important boost to their self-esteem. Their opinions might be different from yours, and be more like those of their peers. This might be hard to handle, but exploring opinions and ideas is one of the ways they work out where they fit in the world. If you have a difference of opinion, it's a good chance for you to talk about how people often have different perspectives and that's OK. Talking about your own opinions and feelings calmly can help to keep the lines of communication open, and model positive ways of relating to others.

It's likely that the amount of independence they want - and the amount of independence you want to give - will change as they go through their teenage years. Be prepared to adjust and keep negotiating as you move together along the learning curve. Respect their feelings and opinions but remember you are the responsible adult and in the end your job is to make some tough and unpopular decisions if it is in the young person's best interests.

## ESTABLISH CLEAR AND FAIR RULES

Clear rules about behaviour, communication and socializing will help the young person understand where the limits are and what you expect.

Rules will also help you be consistent in how friends might have different rules, or a different number of rules. If you set the limits too strictly, they might not have enough room to grow and try new experiences. This period is a learning curve for both of you. Be prepared for some trial and error.

Treat the young person in a way that's appropriate for their stage. Younger teenagers might think they're ready to make their own decisions, but they often haven't developed the decision-making skills they need to handle significant responsibility without your help.

It can be a good idea to explain to younger children why younger and older children are given different amounts and types of responsibilities.

Your rules are likely to change as the child develops. As children get more mature, they can make a bigger contribution to discussions about setting their rules and deciding on the consequences for breaking them.

Involving teenagers in developing rules helps them to understand the principles behind restrictions on their choices and behaviour. You can talk about this and explain that your rules are designed to keep them safe until you are confident that they can regularly make the right choices for themselves.

## Some Bottom Line Rules

Even if your teenager is older and has developed some degree of independence there are a few basic rules you should always expect them to follow. These are:

- Always making responsible choices which keep themselves, family members and others safe
- Letting you know where they will be and if they will be late, especially when they have told you they will be home at a certain time.
- Respecting you and your property

Try to tune into the young person's thoughts and feelings. It might help to remember that they could be confused and upset by the physical, social and emotional changes of adolescence but that it is important **not to use these as an excuse for rule-breaking, unsafe behaviour and disrespect.**

Source: <https://raisingchildren.net.au/pre-teens/development/social-emotional-development/independence-in-teens>



## Year 8 Poetry

Year 8 students have been studying poetic forms as part of their English course. Here are some of their creative writing responses.

### *A Hopi Prayer*

*A poem based on a native American poetic form*

*Hold on to yourself instead of relying on others*

*Even if you fail, you can try again*

*Hold on to your career*

*Even if it is really hard*

*Hold on to your friends and family*

*Even if you have arguments with them*

*Hold on to your money and don't spend it all*

*Even when you want a thing very badly*

*Hold on to your belongings*

*Even when other people judge you*

*By Tiara*



### *My Life Lessons*

*I am learning to cook*

*I am learning to find the best recipe*

*And I am learning to enjoy it*

*Not to worry when I get messy*

*I am learning not to eat all the cakes*

*And I am learning not to make a mistake*

*And I am learning not to use too much sugar*

*Though it's really hard*

*Not to eat all of the things I make*

*And I am learning to stay awake*

*Whenever I bake a cake*

*And I am learning that it's much, much easier to*

*Than I thought to bake*

*By Cooper*



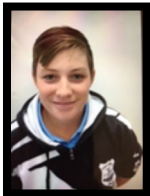
## Year 8 Poetry

### ***A Poem about Me***

*Cherryanne*

*Is mischievous, kind, funny  
Loves sport, motorbikes and money  
Is good at day dreaming, climbing, running  
Feels angry  
Fears snakes, spiders, pigs  
Likes to eat tacos, chocolate, figs  
Watches TV, footy, handball  
Dreams about success and not taking a fall  
Hold on to your belongings  
Even when other people judge you*

***By Cherryanne***



Riley Gage-Simpson in year 9 has been very creative and clever completing these wonderful decorative jigsaw pieces for display in our Unit

