

# CLEVE AREA SCHOOL NEWSLETTER



WEEK 7 TERM 3 - WEDNESDAY 7TH  
SEPTEMBER



## Principal News

Reading, reading and reading! If there is one important thing which can do to help our own children and their learning, then it has to most definitely be, reading. The love of reading is such a critical thing to promote. The more students see this role modelled and have you sharing your enjoyment of reading, reading together, talking excitedly about something you read, and understanding how important it is to be able to read to learn, the more they will see the relevance to read regularly. All of these positive experiences help to support the work which teachers are undertaking at school within the classroom every day. The building of the students vocabulary and abilities to read for enjoyment, understanding and to gain knowledge cannot be understated. Thanks to all the families who are investing time into their children and ensuring that their child reads or are read too. I know that it can sometimes feel like a chore, but please consider how important those 10-15 minutes on a regular basis can be and how they can have such a big impact on your child's future.

## School Events

Thursday 8th September  
R U OK Day  
Friday 9th September  
Footy Colours Day  
Monday 12th September  
Student Free Day  
Friday 16th September  
JP Sports Day  
Friday 23rd September  
Popcorn and Milkshake Day  
Friday 30th September  
Last Day of Term 3  
Monday 17th October  
First Day of Term 4  
Tuesday 18th October  
SAPSASA Tennis Trials

Phone: 8628 2104  
Fax: 8628 2511  
Email: [dl.0753.info@schools.sa.edu.au](mailto:dl.0753.info@schools.sa.edu.au)  
Address: Second Street, Cleve 5640  
Community Notices deadline  
11am Tuesday to  
[Jody.bray267@schools.sa.edu.au](mailto:Jody.bray267@schools.sa.edu.au)  
BSB: 633-000 ACC: 176748457





We are very proud of the education opportunities which we offer at Cleve and are very fortunate that we have such a dedicated staff and community who support the school. We have so many success stories of past students who have completed all of their schooling at Cleve, achieved highly and gone into their intended employment or further study. We do however understand that at times some of our students complete their senior years of education at another school, for a myriad of reasons. If you are intending or considering other schooling options for your child, please let Jordan or myself know as soon as possible, as this has an impact on our staffing for 2023. We are deep into our planning of how to balance class sizes across the whole school, ensure that we have enough intervention and stretch time to support our students and their learning needs.

Don't forget that we have a Student Free Day on Monday 12th September (Week 8). The staff will be undertaking some professional Learning in teaching literacy. We are very fortunate to have Kate Marschall from the Literacy Guarantee Unit (LGU) here presenting the information. Kate currently supports our R-2 teachers and our literacy intervention programs. We also have Clint Beard with us who will support our teachers to deepen their understanding of the Australian Curriculum through the Units of Works.

If you have any queries throughout the year please Dojo, email or phone your class teacher, Jordan Hooper or myself. We would prefer to know about something which is concerning you rather than not. This way we can do something about it and make the situation better for all involved.

Catch up soon,

Trev



## Deputy News

It is grand final week! A fun week to be a part of in a small community where many staff and students are facing off this weekend. A great opportunity to celebrate one another, exercise healthy amounts of competitiveness and model and encourage winning or losing in style. Good luck to everyone this weekend, the nerves are definitely starting to increase today.

Families in Years R-6 should be notified of their child's new writing target this week, our staff spent time working with Sarah Rowntree, from the Brightpath writing team, last week to assess their students writing and create writing targets. Each student will be able to start self-assessing their writing against their classes Bump it Up Wall and we look forward to reading the student's bumped up writing in the future. There are some photos in this newsletter of some wonderful Bump it Up Walls.

Lately we have been working through some concerning behaviours throughout our school from vaping, cyber bullying, sexting and bullying. We work really hard with all our staff and students to be proactive on these issues through education, follow up with all involved and restorative justice processes. It can be shocking to hear how casually students discuss these things and how prevalent it is. If you have any concerns, please get in touch as to how we can best support your child.

We have also attached a four page guide for talking with your child about online risks as regular conversations with your child about online safety will support a safer and better online experience. The JP students are starting their Sports Day practise this week, it is very cute to watch. Teachers will post on Clasdojo a reminder to what house your child is in and the program for the day is attached to this newsletter.



Have a great week and please remember to get in contact with us with any good news stories and any concerns.

Thanks,  
Jordan

### **Interschool Sports Day**

A reminder the rescheduled Interschool Sports Day is Monday (26th September) at the Tumby Bay Town and School Ovals.

The team is listed in the newsletter. Please let me know immediately of unavailability or any other concerns or issues.

Parents of students participating will receive a letter/consent form outlining arrangements for the day in week 8.

Students who are unable to arrange their own transport, will need to meet at the front of the school at 7.40 a.m., as we need to meet at the Tumby Bay Town Oval at 9.10 a.m.

The opening ceremony will be at 9.30 a.m. with competition starting at 9.45 a.m. If the day goes to plan, presentations will take place at 3.20 p.m.

Competitors will need to ensure that they have our official school sports tops, and sports gear, along with suitable warm clothing (e.g. school windcheater). Shoes are compulsory in ALL events at Interschool Sports Day so it's important all competitors have appropriate footwear. Lunch, drinks and snacks are available at the venue and so spending money is needed. (\*EFTPOS facilities will be limited at the venue so cash is required. This is especially so at the gate!)

Admission for adults is \$4.00. Programmes will be available for \$2.00 at the gate.

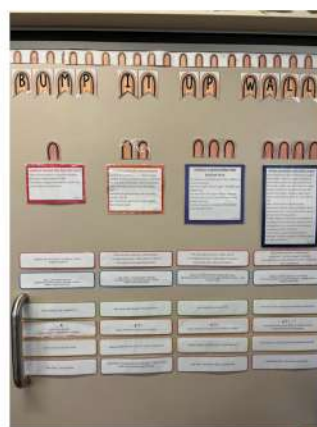
All adult spectators are welcome to view the events, but must keep the track and central arena clear. If weather conditions are unsuitable, the carnival will be postponed to the next suitable day in that week.

I hope that many parents, friends and community members will travel to Tumby Bay to support our competitors. We are responsible for officiating at the Triple Jump this year. If you are willing to help out with measuring and/or raking the pit for part of the day, please contact me.

Graeme Byrnes, Physical Education Teacher

### **R-6 Bump It Up Walls**

R-6 teachers have been creating and implementing Bump It Up Walls for Writing in their classrooms. A Bump It Up Wall is a visual display which provides clear examples and explicit instructions for students and teachers to refer to and track learning. They encourage students to take responsibility of their own learning and help them know how to improve or 'bump up' to the next level of achievement. Here we have photos of Bump It Up Walls in Miss Roach's 4/5 class and Mrs Millard and Mrs Elson's 2/3 class.





## Eastern Eyre Peninsula Area Schools Sports Association



### Girls nomination form



**Tumby Bay Town Oval, Monday September 26, 2022**

EVENT	Sub Junior	Junior	Intermediate	Senior
50m (A)	<b>Brigit Taheny</b>			
50m (B)	<b>Ruby Llewelyn Nevaeh Bates (res)</b>			
100m (A)	<b>Brigit Taheny</b>	<b>Mary Turner</b>	<b>Alana Hannemann</b>	<b>Nicole Simes</b>
100m (B)	<b>Magesta Tom-Cross Ruby Llewelyn (res)</b>	<b>Jaliah Johnson Ruby Schubert (res)</b>	<b>Ava Jenner Gabrielle Taheny (res)</b>	<b>Shanee Roberts Keira Berryman (res)</b>
200m (A)	<b>Brigit Taheny</b>	<b>Mary Turner</b>	<b>Alana Hannemann</b>	<b>Shanee Roberts</b>
200m (B)	<b>Magesta Tom-Cross Nevaeh Bates (res)</b>	<b>Jaliah Johnson Anabelle Ramsey (res)</b>	<b>Gabrielle Taheny Ava Jenner (res)</b>	<b>Nicole Simes Keira Berryman (res)</b>
400m (A)	<b>Brigit Taheny</b>	<b>Mary Turner</b>	<b>Gabrielle Taheny</b>	<b>Keira Berryman</b>
400m (B)	<b>Nevaeh Bates Magesta Tomney-Crossman (res)</b>	<b>Layne Hampel Jaliah Johnson (res)</b>	<b>Alana Hannemann Macy Hartwig (res)</b>	<b>Nicole Simes Zoe Kassebaum (res)</b>
800m 1			<b>Jessica Kaden</b>	<b>Keira Berryman</b>
800m 2			<b>Hayley Schmaal</b>	<b>Nicole Simes Zoe Kassebaum (res)</b>
1500m 1				<b>Keira Berryman</b>
1500m 2				<b>Kate Haines Tessa Dunn (res)</b>
Long Jump	<b>Brigit Taheny Magesta Tomney-Crossman (res)</b>	<b>Mary Turner Ruby Beinke (res)</b>	<b>Ava Jenner Gabrielle Taheny (res)</b>	<b>Nicole Simes Clair Weiss (res)</b>
Triple Jump	<b>Brigit Taheny Ruby Llewelyn (res)</b>	<b>Ruby Schubert Layne Hampel (res)</b>	<b>Ava Jenner Gabrielle Taheny (res)</b>	<b>Nicole Simes Kate Haines (res)</b>
High Jump	<b>Brigit Taheny Ruby Llewelyn (res)</b>	<b>Ruby Schubert Mary Turner (res)</b>	<b>Ava Jenner Stella Quinn (res)</b>	<b>Shanee Roberts Lauren Millard (res)</b>
Javelin	<b>Lahni Peters</b>	<b>Billie Richardson Rossieanna Edwards (res)</b>	<b>Macy Hartwig Leni Richardson (res)</b>	<b>Claire Weiss Kate Haines (res)</b>
Discus	<b>Brigit Taheny Rivah Nield (res)</b>	<b>Rossieanna Edwards Billy Richardson (res)</b>	<b>Ava Jenner Lily Hutchins (res)</b>	<b>Zoe Kassebaum Kate Haines (res)</b>
Shot put	<b>Ruby Llewelyn Rivah Nield (res)</b>	<b>Rossieanna Edwards Ruby Schubert (res)</b>	<b>Leni Richardson Ava Jenner (res)</b>	<b>Kate Haines Nicole Simes (res)</b>
4 x 100m Relay	<b>1. Brigit Taheny 2. Ruby Llewelyn 3. Nevaeh Bates 4. Magesta Tomney-Crossman Res:</b>	<b>1. Mary Turner 2. Jaliah Johnson 3. Ruby Schubert 4. Ruby Beinke Res:</b>	<b>1. Alana Hannemann 2. Ava Jenner 3. Gab Taheny 4. Hayley Schmaal Res:</b>	<b>1. Nicole Simes 2. Amelle Millard 3. Shanee Roberts 4. Keira Berryman Res:</b>

## Eastern Eyre Peninsula Area Schools Sports Association



### \*Boys nomination form\*



**Tumby Bay Oval, Monday, September 26, 2022**

EVENT	Sub Junior	Junior	Intermediate	Senior
50m (A)	<b>Henry Roberts</b>			
50m (B)	<b>Rafferty Harris Tyler Kirk (res)</b>			
100m (A)	<b>Henry Roberts</b>	<b>Cooper Allen</b>	<b>Samuel Dingwall</b>	<b>Declan Smith</b>
100m (B)	<b>Rafferty Harris Tyler Kitson (res)</b>	<b>Tyler Hitch Kobi Jenner (res)</b>	<b>Cody Crosby Cory Ottens (res)</b>	<b>Jason Thompson</b>
200m (A)	<b>Henry Roberts</b>	<b>Cooper Allen</b>	<b>Samuel Dingwall</b>	<b>Declan Smith</b>
200m (B)	<b>Rafferty Harris Chace Wardle (res)</b>	<b>Tyler Hitch Charlie Peters (res)</b>	<b>Cody Crosby Tait Hetzel (res)</b>	<b>Josh Yeates</b>
400m (A)	<b>Rafferty Harris</b>	<b>Cooper Allen</b>	<b>Samuel Dingwall</b>	<b>Josh Yeates</b>
400m (B)	<b>Jack Heath Rocco Nield (res)</b>	<b>Tyler Hitch Kobi Jenner (res)</b>	<b>Oscar Byrne Charlie Stringer (res)</b>	<b>???????? (res)</b>
800m 1			<b>Samuel Dingwall</b>	<b>Hamish Turner</b>
800m 2			<b>Riley Schubert Louis Schubert (res)</b>	<b>Josh Yeates</b>
1500m 1				<b>Kyle Ottens</b>
1500m 2				<b>Hamish Turner</b>
Long Jump	<b>Henry Roberts Tyler Kitson (res)</b>	<b>Cooper Allen Mitchell Peters (res)</b>	<b>Cory Ottens Cody Crosby (res)</b>	<b>Declan Smith Kyle Ottens (res)</b>
Triple Jump	<b>Tyler Kitson Tom Schubert (res)</b>	<b>Cooper Allen Tyler Hitch (res)</b>	<b>Cody Crosby Tait Hetzel (res)</b>	<b>Declan Smith Kyle Ottens (res)</b>
High Jump	<b>Henry Roberts Rafferty Harris (res)</b>	<b>Cooper Allen Harry Heath (res)</b>	<b>Jonah Siemick Cory Ottens (res)</b>	<b>Zack Bigg Kyle Ottens (res)</b>
Javelin	<b>Liam Robst Tyler Kitson (res)</b>	<b>Mitchell Peters Charlie Peters (res)</b>	<b>Tait Hetzel Jonah Siemick (res)</b>	<b>Zach Coombes Zane Cretenden (res)</b>
Discus	<b>Tom Schubert Lian Robst (res)</b>	<b>Tyler Hitch Callan Masters (res)</b>	<b>Cody Crosby Kyle Lawrie (res)</b>	<b>Jason Thompson Declan Smith (res)</b>
Shot put	<b>Tyler Kitson Rafferty Harris (res)</b>	<b>Jarvis Richardson Mitchell Peters (res)</b>	<b>Cody Crosby Charlie Stringer (res)</b>	<b>Josh Crosby Zach Campin (res)</b>
4 x 100m Relay	<b>1. Tyler Kitson 2. Henry Roberts 3. Jack Heath 4. Rafferty Harris Res:</b>	<b>1. Kobi Jenner 2. Tyler Hitch 3. Cooper Allen 4. Charlie Peters Res: Harry Heath</b>	<b>1. Cory Ottens 2. Cody Crosby 3. Tait Hetzel 4. Samuel Dingwall Res:</b>	<b>1. Josh Yeates 2. Declan Smith 3. Jason Thompson 4. Zack Bigg Res:</b>



# CLEVE AREA SCHOOL

Boarding Facility

## 2023 Vacancies

We have vacancies for two female students in 2023 in the Boarding House.

Please contact Cleve Area School Front Office for more information.

08 86282 104

dl.0753.info@schools.sa.edu.au

## School Interviews

Dear parents,

Course Counselling will be held in Weeks 6-8 (Monday August 29<sup>th</sup> – Friday September 16<sup>th</sup>).

To make a booking, follow the instructions below:

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code **dzh7f**



Enter your details.



Select Callum Agnew or Jo Turner as the teacher.



Select the appointment times that suit your family best.

- When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling.
- DO NOT DELETE the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.
- Please finalise your bookings by Friday the 2<sup>nd</sup> of September. If you miss this deadline you will still be able to make a booking online but must contact the school on 8628 2104 to confirm, as the teacher(s) cannot guarantee availability after this date.

If you need to view, cancel, change or print your bookings:

- Click on the link in the confirmation email you received after you made your bookings
- OR return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code and the email address you used when making your bookings.

## AFSS is Seeking Foster Carers across the Lower Eyre Peninsula

- Are you passionate about the future of Aboriginal children and young people?
- Are you supportive and understanding?
- Can you help keep young people safe and connected to their culture and community?



AFSS is looking for people just like you, who want to play their part in caring for Aboriginal children and young people.

Please Contact AFSS:

Mandy Drummond [mandy.drummond.com.au](mailto:mandy.drummond.com.au) 8683 1909



Aboriginal Family Support Services  
Together with the community.

Follow us on Facebook

www.afss.com.au

## School Interviews

Dear parents,

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To make a booking, follow the instructions below:

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Enter your details.



Select Callum Agnew or Jo Turner as the teacher.



Select the appointment times that suit your family best.

- When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling.
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Bring a gold coin donation

WE'RE WEARING OUR FOOTY COLOURS

on: Friday 9th September

FootyColoursDay.com.au #FootyColoursDay Proudly supported by FOXTEL



Friday the 23rd of September is...

## Popcorn and Milkshake Day!!

The SRC are once again running a popcorn and milkshake day on Week 9 Friday, please complete the order form before Monday Week 9 to secure your spot!

Scan the QR code to complete your order.

If completing more than one order, each child will need to be done separately. Pay on the day.



PRICES:

Popcorn = \$3.00

Milkshake = \$4.00

Combo = \$6.00





The goats getting pampered in preparation of their trip to the Royal Adelaide Show.



Congratulations to Luke Ramsey who represented SA at the Cross Country Championships held in Adelaide over the weekend. Luke raced hard on a tough course & came 10th

He also got to meet Commonwealth Games Marathon Gold Medalist Jess Stenson. Well done Luke!



The Secondary SRC, spent time after school tonight, finishing off the stobie pole project! Take a look at the kindness quotes that are now in the community!



Congratulations to our Junior Primary Sports Day Captains for 2022.  
 Cooranga (red) - Lachlan Turnbull & Tyla Helling  
 Kahibah (green) - Henley Shannon & Jagger Harris  
 Killara (blue) - Isla Elson & Brynn Wardle  
 Nurrugy (gold) - Tayt Bates & Arly Wake





# YEAR 5 CAMP





ONE90 TAPPERS PRESENTS...

# DANCING AROUND THE WORLD

SUNDAY SEPTEMBER 18 | 3.30PM & 6PM

Cleve Institute  
Adults \$5, Children free

Boarding tickets available on the  
One90 Tappers FB Page



# EEPASSA

INTERSCHOOL ATHLETICS

TUMBY BAY AREA SCHOOL  
CLEVE AREA SCHOOL  
COWELL AREA SCHOOL  
CUMMINS AREA SCHOOL  
KIMBA AREA SCHOOL  
LOCK AREA SCHOOL  
WUDINNA AREA SCHOOL

MONDAY 26  
SEPTEMBER 2022

HOST  
Tumby Bay Area School  
Town Oval



*Year 9  
Work  
Studies*

The Year 9 Work Studies Class recently visited Quinn Transport to learn more about jobs in the Transport and Logistics Sector. They were given a fabulous tour of the Cleve Depot, an explanation as to how the depot operates and offered insights into careers paths in transport and all the mechanical trades. Sincere thanks to Rick Granger and Scott Quinn for giving the students this opportunity and for being so generous with their time and resources.



# LIBRARY

**HOT NEWS**

## OPENING HOURS

OPEN LIBRARY

Monday - Closed

Tuesday 9am-1pm 2pm-5pm

Wednesday 9am-1pm 2pm-6pm

Thursday 9am-1pm 2pm-5pm

Friday 9am-1pm 2pm-5pm

Please note we are closed from 1.00pm-2.00pm daily and public holidays



Follow us on Instagram

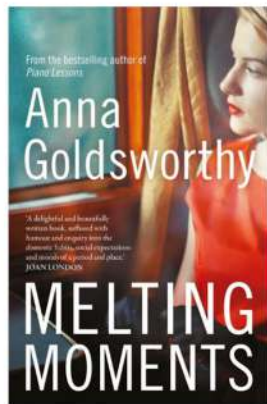
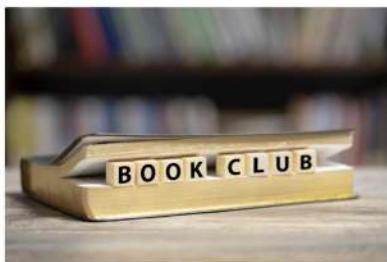


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E-Mail

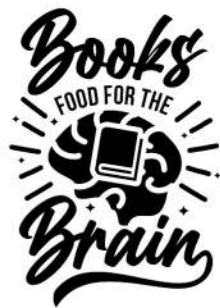
Cleve.library@libraries.sa.gov.au



Get the new Libraries SA app

Your favourite library services wherever you are

On Wednesday 5th October at 2pm in the library and at 5pm at the Cleve Hotel, Book Club will be chatting about this month's book: Melting Moments by Anna Goldsworthy.



Listen now.

Your local library in your pocket.



Thousands of eAudiobooks available to borrow from your local library. Join today.



Government of South Australia  
Department for Education



www.cleveas.sa.edu.au



## Administration News

Rowan Ramsey (Federal MP for Grey) has advised Governing Council that he is once again offering his Rowan Ramsey School Community Award. Nominations are open to staff, parents or community members who have 'gone above and beyond' dedicating and volunteering their time and skills for the school. These nominations are to be received by Friday 16th September and forwarded to Jody Bray in the Front Office. A nomination form is included below in this newsletter.



**RU OK?™  
Day**

The SRC are selling Cupcakes @ Recess Time

Cupcakes: \$2 each

**Thursday 8th September, Week 7**



1. Ask    2. Listen    3. Encourage action    4. Check in

# ROWAN RAMSEY MP SCHOOL COMMUNITY AWARD NOMINATION 2022



Name of Award Recipient.....

Awarded in recognition of

.....  
.....

Is the recipient (please circle) **Parent**    **Community Member**    **Staff Member**

Please return to Cleve Area School by Friday 16th September

Fax 86 282511 or email [jody.bray267@schools.sa.edu.au](mailto:jody.bray267@schools.sa.edu.au)

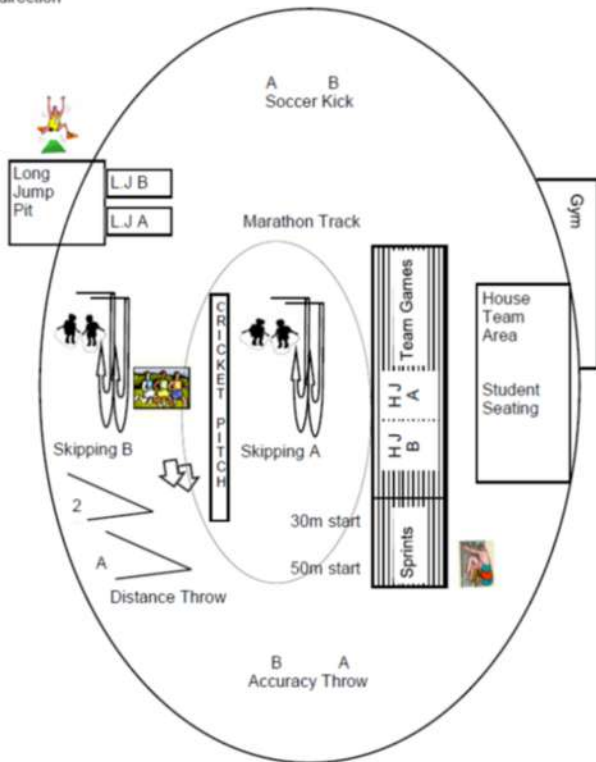
## Rowan Ramsey School Community Award

The award is to recognise individuals who make a worthy contribution to the school community in the area of Grey. The recipient may be a staff member, parent or community member.





Tabloid Groups move in anti-clockwise direction



# Cleve Area School Junior Primary

## SPORTS DAY

**2022** Reception to Year 3

### Junior Primary Sports Day Friday September 16th, 2022

9:00am Official Opening  
9:15am Individual Tabloid

**Order of Tabloid Rotations**

Time	High Jump 1	High Jump 2	Soccer Kick 1	Soccer Kick 2	Long Jump 1	Long Jump 2	Skipping 1	Skipping 2	Distance Throw 1	Distance Throw 2	Accuracy Throw 1	Accuracy Throw 2
9:15	RA	RB			1A	1B	2A	2B	3A	3B		
9:30			RA	RB			1A	1B	2A	2B	3A	3B
9:45	3A	3B			RA	RB			1A	1B	2A	2B
10:00	2A	2B	3A	3B			RA	RB			1A	1B
10:15	1A	1B	2A	2B	3A	3B			RA	RB		
10:30			1A	1B	2A	2B	3A	3B			RA	RB

**Recess Break 10:45—11:00**

**11:00 Marathons**

Event Number	Competitors	Distance
01	Year 3 Girls	1 Lap
02	Year 3 Boys	1 Lap
03	Year 2 Girls	1 Lap
04	Year 2 Boys	1 Lap
05	Year 1 Girls	1 Lap
06	Year 1 Boys	1 Lap
07	Reception Girls	1 Lap
08	Reception Boys	1 Lap
09	Year 3	Three-Legged Race
10	Year 2	Over & Under
11	Year 1	Bean-bag Race
12	Reception	Egg and Spoon Race

Event Number	Year Level	Distances	Heats
13	Year 3	Girls 50m	Heat A
14	Year 3	Girls 50m	Heat B
15	Year 3	Boys 50m	Heat A
16	Year 3	Boys 50m	Heat B
17	Year 2	Girls 50m	Heat A
18	Year 2	Girls 50m	Heat B
19	Year 2	Boys 50m	Heat A
20	Year 2	Boys 50m	Heat B
21	Year 1	Girls 30m	Heat A
22	Year 1	Girls 30m	Heat B
23	Year 1	Boys 30m	Heat A
24	Year 1	Boys 30m	Heat B
25	Reception	Girls 30m	Heat A
26	Reception	Boys 30m	Heat A
27	Reception	Boys 30m	Heat B

**Relays**

28	Year 3	30m
29	Year 2	30m
30	Year 1	30m
31	Reception	30m

1:00pm Shield Presentation with lunch to follow for students remaining at school.







EMPOWERED COUNSELLING  
 COMPASSIONATE,  
 CONFIDENTIAL AND PROFESSIONAL  
 COUNSELLING

- ANXIETY
- STRESS
- LOW SELF ESTEEM
- FEELING LOST
- MENTAL HEALTH
- PERSONAL CONCERNS
- TRAUMA
- LONELINESS
- GRIEF
- ADDICTION
- LIFE EVENTS
- DOMESTIC & FAMILY VIOLENCE
- BULLYING
- WORRY
- DEPRESSION
- LOW CONFIDENCE
- OVERWHELM
- PREVENTION AND SUPPORT
- RELATIONSHIP ISSUES
- SEXUAL HEALTH
- SEXUAL ABUSE
- SEXUALITY

BASED ON THE EYRE  
 PENINSULA  
 FACE TO FACE  
 APPOINTMENTS IN  
 • PORT NEILL  
 • CLEVE  
 • TUMBY BAY  
 • PORT LINCOLN

TELEPHONE  
 & ZOOM  
 APPOINTMENTS  
 AVAILABLE

Empowered Counselling aims to provide clients with a Safe, professional and non-judgmental space that allows clients to feel supported in sharing their concerns and struggles.

Empowered Counselling is here to listen and support you, while empowering you to be the best version of yourself.



Phoebe Prettejohn  
 Qualified & Registered Counsellor

Empowered Counselling  
 ABN: 9615742040

To Book an Appointment contact me directly on  
 Phone: 0409 044 023  
 Email: phoebe.empoweredcounselling@hotmail.com  
 Website: www.empoweredcounselling.org

We currently have our Early Bird enrolments open and parents can enrol their children by visiting our website -  
<https://www.vacswimsa.com.au/enrol>



RAMSEY BROS  
**Cleve Harvest** MUSIC FEST  
 SAT OCT 8 2022

**ROGUE TRADERS** **THE FILTHY ANIMALS**

**RACHAEL BECK**  
 BASKET CASE/GREEN DAY TRIBUTE  
 OWEN CAMPBELL | BEINKE BROS | JODI MARTIN

11:30 - 7:30PM AT EP FIELD DAYS SITE.  
 FREE ON-SITE CAMPING. ALL AGES.  
 FOOD TRUCKS & LICENSED BAR. NO BYO.

TICKETS: REVIVETHEREGIONSWITHMUSIC.COM  
 PROUDLY SUPPORTING DOLLY'S DREAM

PRESENTED BY DISTRICT COUNCIL OF CLEVE AND REVIVE THE REGIONS WITH MUSIC

**ARNO BAY DIRT CIRCUIT CLUB**

**REHN'S RACEWAY - ARNO BAY**

**SCRUTINEERING 4pm • PRACTICE 5pm • RACING 6pm**

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# ONLINE SAFETY TALKING WITH YOUR CHILD ABOUT ONLINE RISKS

## PARENTS AND CARERS GUIDE

This information is for parents and carers to help them talk with their child about online risks.

Digital technology provides valuable opportunities for children and young people. Being able to safely use digital technology is an important skill they will need as they grow, learn and engage with others.

### Regular conversations with your child about online safety will help them to:

- identify and avoid online risks
- learn how to manage some online risks
- know how to get help if things go wrong
- be safer and have a better online experience.

Talking with your child about online risks will depend on their age and stage of development. As your child develops they will need more information.

Even with good skills and knowledge, things can still go wrong online. It is important for parents and carers to stay involved and interested in the online and offline lives of their child.

### Types of online risks your child might face

#### Cyberbullying

Cyberbullying is bullying that happens online. Cyberbullying involves:

- a misuse of power in a relationship
- behaviour that is repeated or can be repeated
- behaviour that causes harm.

Cyberbullying often occurs along with face-to-face bullying.

If your child is involved in cyberbullying with their school peers, you should talk with the school. Schools may be able to help with cyberbullying even if it happens off school grounds and outside of school hours.

#### Online abuse (also called cyber-abuse)

Online behaviour that threatens, intimidates, harasses or humiliates someone. It can occur between people:

- of equal power
- who don't know each other.

#### Unwanted contact

Any type of online communication that makes a child or young person feel uncomfortable or unsafe.

Unwanted contact should be taken seriously. In some circumstances it can lead to online grooming, child abuse and other harmful behaviour.

#### Breaches of personal data and information

Children and young people may provide others their personal information unintentionally. Children may also share information where they do not understand the risks involved.

Examples include:

- Providing their personal details and photographs for online competitions and activities.
- Hidden data attached to photographs.
- Social media apps disclosing the location of the person using the app.

#### Financial risks

Children and young people may become financially active online before they have developed an understanding of money, budgeting and credit. This may expose them and their family to financial and security risks.

Children and young people may access restricted gambling and online gaming sites. Sites may encourage, prompt or trick children and young people to engage in financial transactions.

#### Nudes and sexting

Some young people exchange nude, nearly nude or sexual pictures or videos. They may also exchange sexual messages. This usually occurs in a relationship with a friend or peer. One or both young people may consider this to be a private exchange. Some young people may place their nude, nearly nude or sexual pictures or videos on social media or other sites.

Privately shared pictures, videos and messages may be forwarded on to other people, without permission or knowledge. Content that is on the internet can be viewed by a wide audience and may remain online for ever.

The law says that children and young people must not create, send or receive nude, nearly nude or sexual videos or pictures.

The South Australia Police are available for you to talk to about this type of online behaviour.

#### Online grooming and child sexual abuse

Grooming behaviour plays a key role in the sexual abuse of children and young people. It involves a person forming a relationship with a child or young person so sexual abuse can occur.

Grooming and sexual abuse of children can occur offline and online. It can involve a child or young person being forced, enticed, manipulated, blackmailed, deceived or coerced to take part in sexual activity.

Online grooming may involve someone:

- forming a relationship with your child online
- having sexual conversations with your child online
- requesting nude, nearly nude or sexual pictures or videos
- requesting to meet in person.

A child or young person may not know they are being groomed. They may not understand the intentions of the individual or identify the dangers.

Some children and young people understand the behaviour is wrong, but may not be able to tell a trusted adult or friend. They may:

- be scared, confused or embarrassed
- have been threatened not to tell
- mistakenly feel responsible for the situation.

Online grooming and online child sexual abuse may be done by someone:

- known to the child / young person and their family, in person or online
- only known by the child / young person online.

Always act immediately to protect and support your child. If you suspect child sexual abuse or grooming may be occurring, contact the South Australia Police. Call 131 444 for non-urgent police assistance. In an emergency call 000.

#### Inappropriate and harmful content

This may include words or pictures that involves:

- physical or sexual violence against people and animals
- criminal activities (for example, terrorist acts, drug use)
- advice on harmful behaviour (for example, promotes problematic eating habits or self-harm)



### Responding

Plan your response. Stay calm when talking with your child.

Check in with your child to make sure they are feeling safe and OK. Children and young people may have different reactions when they see something worrying or harmful online. Even if they say they are OK, be interested and begin a conversation. Monitor the situation and check in regularly.

Be curious and seek to understand your child's behaviour. This will help you better understand the situation and provide the right types of support.

Talk with your child about how they came across the content. Ask:

- Were you looking for particular information or curious about something?
- Did someone send you the content?
- Is anyone else involved?
- Do you see this type of content often?

Ask how they feel about the content they saw. This may help your child talk more freely, without feeling blamed, humiliated or shamed. Use these incidents to teach about responsible and safe use. Support them to find the right type of information in safe ways.

You may need to have serious conversations with your child about the online content they have seen. Talk about why you are worried. You may need to put in place stronger supportive and protective measures.

Set clear expectations about online behaviours with your child. This can be done through a family digital technology agreement.

Download a family agreement from eSafety. Importantly, warm and supportive relationships increase the likelihood of children and young people speaking up when things go wrong.

### Supporting resilience

Experiencing some small online problems may be OK for some children and young people. This can help them develop resilience and healthy coping strategies. Children and young people can only develop resilience and healthy coping strategies when they are supported by parents / carers and other trusted adults and friends.

- hate-based and degrading messages or pictures directed at people:
  - who are from different cultures or countries
  - because of their appearance (for example, colour of skin, type of clothing, gender, sexual orientation, religious beliefs, ability/disability, language spoken or accent).

Some online behaviours may be illegal. If you believe the behaviour is illegal, contact the South Australia Police.

### Pornography

Online pornography may be viewed unintentionally or intentionally. The impact on a child or young person will depend on their age and stage of development, the type of content seen, circumstances in which content is viewed and, personal characteristics of the child or young person.

For some children and young people viewing pornography can be confusing, upsetting and in some circumstances can even cause harm. For young people, viewing pornography may lead to misunderstandings about sexual practices, gender stereotypes, body images and intimate relationships. For more information about children, young people and pornography, visit eSafety [www.esafety.gov.au](http://www.esafety.gov.au)

### When inappropriate and harmful content has been accessed

Sometimes inappropriate and harmful content is accessed unintentionally. Your child may have been sent or shown inappropriate and harmful content which they did not want to see.

Other times children and young people may seek-out inappropriate or harmful content. They may do this because they are:

- curious
- want to take risks
- be experiencing peer pressure
- looking for information. This could be information about topics they feel embarrassed or confused about. They may not feel OK talking with adults about the topic
- not yet fully aware of the dangers.

### Conversation starters about online safety

Conversations with your child about online safety are an important way of keeping them safe. Start early, before there is a problem. Do this in ways which are appropriate for your child's age and stage of development.

Use these starters to help get the conversation going.

#### Early years – 7 years

- How do you get help if something goes wrong?
- Why is it important to be kind online?
- What makes you feel sad, worried, uncomfortable or frightened online?
- Do you know what your personal information is (for example, name, address, birthday, age, location). Who can have this information and why?

#### 7 – 11 years

- What information should you keep private and why?
- Can you use technology to help keep your information private?
- Is there a difference in knowing someone online and someone in-person?
- How do you know what you see and read on the internet is real or true?

#### 11-14 years

- How do you help someone who is having a difficult time online?
- Have you ever heard the term 'nudes'? Tell me about this.
- Tell me about cyberbullying. Has this ever happened to you or someone you know?
- How might your online reputation affect your future?

#### 14 years and over

- Can you spot 'fake news' and online advertising?
- What do you do when someone is being abusive online?
- What do you do if you come across online content that is harmful or illegal?
- Tell me about what you can't do online (for example, nudes, sexting, trolling, harassment, stalking?)

### Resources

#### Bullying. No Way!

Online advice for families about preventing and responding to bullying. [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

#### eSafety Commissioner

Online advice for families about online safety. [www.esafety.gov.au](http://www.esafety.gov.au)

#### Kids Helpline

Phone and online counselling service for people aged 5 - 25. 1800 55 1800 Anytime. Any reason. [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Online information for families.

#### Headspace

Phone and online support and counselling service for people aged 12 - 25. 1800 650 890 mental health and wellbeing support. [www.headspace.org.au](http://www.headspace.org.au)

Online and phone information for families.

### Other parent and carer guides

Online safety: supporting safe and responsible use.

Online safety: what to do when your child has an online problem.

[www.education.sa.gov.au](http://www.education.sa.gov.au)







# Vaping and Young People For Parents and Carers

While it's true that tobacco smoking has fallen out of favour amongst Australia's youth in recent years, they're taking up an increasingly popular and dangerous alternative: 'vaping'.

This resource was created to fill the knowledge gap around vaping and e-cigarettes, empowering parents and carers with the latest research and information to engage in meaningful conversations with their dependents about the potential harms.

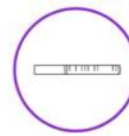
As Australia's most trusted lung health charity, Lung Foundation Australia remains deeply concerned about the potentially large and avoidable burden of disease resulting from vaping and e-cigarette use amongst young people, and encourages parents and carers to help dissuade this harmful activity.

The resource offers evidence-based information on vaping, its health, safety and legal issues in Australia, and the ways in which it presents a serious health risk to the body and lungs.

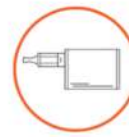
## What is vaping?

Vaping is the act of smoking e-cigarettes, or 'vapes', which are lithium battery-powered devices that look like metallic pens, USBs and other hand-held systems. Vapes use cartridges filled with liquids, or 'juice', which typically contain nicotine, artificial flavourings, and various chemicals. The liquid is heated into an aerosol, or vapour, and inhaled into the user's lungs.

Vapes generally come in three main types: minis, closed pods, and refillables. The range of choices within these categories has evolved rapidly in recent years, with countless new models and liquid flavours available.



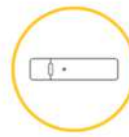
**Minis** - also known as 'cigalikes', Cuvides, BIDI Sticks or Stif. These are made to look like a normal cigarette and are disposable.



**Refillable systems** - also known as Mods, Tanks or APVs. These are newer models with more settings and longer battery life. The vape juice is re-filled into the device's tank.



**Closed pod e-cigs** - these look like minis, but aren't disposable. The liquid 'pod' is replaced with another when it runs out.



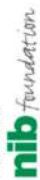
**Other brands** - there are also some closed pod brands such as JUUL, which can be charged in a USB slot.



Vaping and young people For parents and carers



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## Additional resources and support services

Organisation	Resource
Alcohol and Drug Foundation	<a href="#">Vaping amongst young people</a>
Australian Government Department of Health	<a href="#">About e-cigarettes</a>
healthdirect	<a href="#">E-cigarettes - Vaping</a>
Department of Education and Training Policy and Advisory Library	<a href="#">Smoking and Vaping Ban</a>
Cancer Council NSW	<a href="#">E-Cigarettes - What you need to know as parents</a>
The Royal Children's Hospital Melbourne	<a href="#">E-cigarettes and teens</a>
NSW Health	<a href="#">E-cigarettes and young people</a>
Truth Initiative	<a href="#">Vaping Lingo Dictionary</a>



This fact sheet has been developed as part of a suite of vaping resources. Additional fact sheets for educators, teens, and young adults are also available. To find out more and to access information and support, contact Lung Foundation Australia.

Free call 1800 654 301  
Visit [lungfoundation.com.au/unveil](http://lungfoundation.com.au/unveil)  
Email [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

## References

- <https://www.abc.net.au/news/2019-09-26/selling-vaping-to-teenagers-at-epidemic-levels/11650036>
- <https://www.tobaccoaustralia.org.au/vaping-18-harm-reduction/index.html#e-cigarettes-18b-3-extent>
- <https://theconversation.com/making-it-harder-to-import-e-cigarettes-is-good-news-for-our-health-especially-young-people-149166>
- <https://www.smh.com.au/lifestyle/health-and-wellness/principals-sound-alarm-as-students-take-up-vaping-become-black-market-dealers-20200703-p558vvt.html>
- <https://www.smh.com.au/political/federal/vaping-a-harmless-alternative-or-a-dangerous-gateway-to-smoking-20200702-p558w7.html>

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Vaping and young people For parents and carers



## Talking with your dependent about vaping

### Just the facts

The first step before bringing anything up is to know the facts. Arm yourself with accurate, verifiable and current information and go from there.

### Self-reflection

As a parent or caregiver, the best possible thing you can do is set a positive example. Consider your own smoking and related behaviours before discussing theirs, and bring maximum honesty and candour to your conversations.

### Assumption and judgement

Never assume, and never judge – this almost always leads to a lack of trust and openness, and will probably have a counterproductive effect or possibly make matters worse.

### Timing

Choose your timing wisely, perhaps during a relaxed moment at home, when driving somewhere together, or when no other stress or distractions are present.

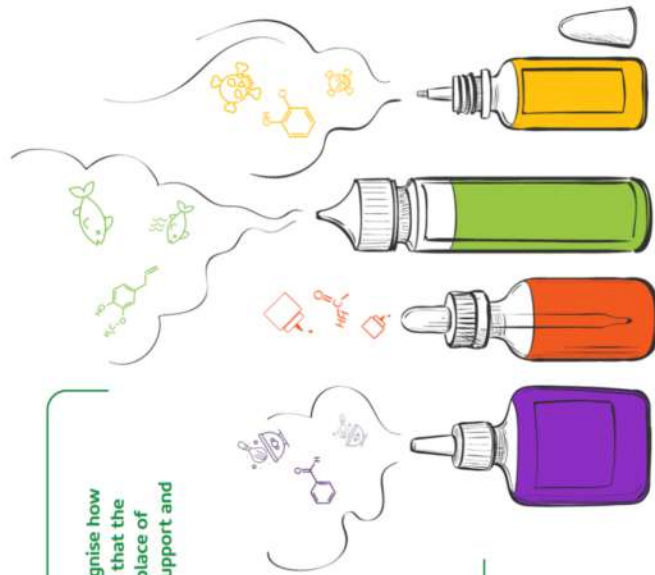
### Be ready to listen

With patience, open up to your young person with calmness, ready to listen to what they have to say, without jumping in too fast to correct or sway them.

Above all, make sure they recognise how much you care about them and that the conversation is coming from a place of complete unconditional love, support and concern for their wellbeing.

Discuss the issues at play, particularly the health risks, and have a few options for them to get more information or assistance if they need it.

Keep the conversation going, keep building trust, and support them in any way they need.



Non-nicotine systems can be just as harmful due to the toxins they use. Though safe to ingest, these toxins may be very unsafe to inhale. Additionally, these products lack proper testing, and often still contain nicotine even if they claim to be free of it.



## Attraction for young people

Young people are drawn to vaping for a number of different reasons. The devices themselves are a novelty:

- Bright in colour
- Look like a toy
- Small and easy to hide.

If a parent, close family member or a friend vapes, this often creates an in-road, as does an incorrect perception that vaping is relatively harmless, particularly when compared to regular cigarettes. All of this makes vaping attractive to young people who have grown up in an age where the damage caused by tobacco products is known.

There are many different flavours of vape liquid on the market today including mango, peppermint and vanilla. These smell and taste a lot more appealing than combustible tobacco.

Accessibility and affordability remain key factors too.

Though the purchase of vapes are restricted in Australia, vape equipment can easily be obtained online, and makes for a cheaper option than cigarettes.

The tobacco industry also uses sophisticated marketing to glamourise the image of these products and their use through social media and other online channels, without properly communicating the health risks.



## Health risks and harms



Vaping is unsafe for young people. The long-term health effects are still relatively unknown but what we do know is that vaping is associated with side-effects such as nausea, vomiting, mouth and airway irritation, chest pain and palpitations.



One common vaping misconception is that they contain harmless water vapour – in fact, vapes emit an aerosol made up of tiny toxic particles. While this aerosol might contain less chemical additives than combustible tobacco products, it still contains a lot of harmful compounds. An Australian study into flavoured vape juice unveiled that the toxic particles within these liquids can include:

- Formaldehyde and acrolein, which can cause irreversible lung damage
- Propylene glycol and vegetable glycerin, which are toxic to human cells
- Nicotine, which is highly addictive and can harm the still developing adolescent brain, particularly in areas that control attention, learning, mood, and behavioural control.



Vaping is associated with the future uptake of cigarette smoking, and can be considered a 'gateway' to further risk and health complications.