



ST HILDA'S SCHOOL  
GOLD COAST

27 February 2018

## SchoolTV Launch

Dear Parents

**Date Claimer: May 23 Cyber safety expert Susan McLean will holding sessions for student staff and parents. Further information on times and venue will be sent closer to the date.**

It's never been more challenging for parents to raise happy, healthy and resilient children. Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance.

In order to help navigate these challenges, we have subscribed to SchoolTV, and we are making this available to all St Hilda's parents.

SchoolTV is a new and ongoing resource. Each edition will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

### Depression, Anxiety, Cyberbullying, Drugs, Alcohol... Some of the challenges faced by today's parents.



SchoolTV is a new resource designed to inform and support parents on major issues with contributions from Australia's leading experts.

This year SchoolTV will be releasing 'Special Reports' on relevant issues concerning the community in addition to the monthly editions. In this first letter we have three editions; on Cybersafety. Surviving Year 12 and School transitions. All of which are very relevant at the start of a new school year. You will be advised when a new edition becomes available.

As always, if you have any concerns about your child, please contact your daughter's Head of Year.

You can access the St Hilda's SchoolTV site here: <http://sthildas.qld.schooltv.me/category-latest-newsletter>

### Cybersafety

The recent media publicity surrounding cyberbullying has highlighted the tragic number of teen suicides as a result of this, including that of Amy 'Dolly' Everett. Dolly, as she was affectionately known, has since become the face of a campaign to raise awareness of bullying, anxiety, depression and youth suicide.

Cyberbullying is bullying that is done through the use of technology: using the internet, mobile phone or a camera, to hurt or embarrass someone. It can be very difficult for a young person as it can be shared widely with a lot of people quickly, it can be hard to take down and can affect them at home.

In this edition of SchoolTV, parents will discover practical advice for students and parents to help understand the nature of cyberbullying and strategies to keep their child safe while using social media.

Here is the link to this edition <http://sthildas.qld.schooltv.me/newsletter/cyber-bullying>

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## Surviving Year 12

The final year of secondary school is a year of hard work and a huge commitment for students. With so much going on it can be hard to find the balance between study and life. It is a time when personalities start to emerge, there are more complex interpersonal relationships and there is the pressure to perform academically. With all of this going on, it's not surprising that some students have an emotional response and it is therefore extremely important for parents to know how to support their children during this time.

Some kids will need more support than others. Keeping the communication lines open with your child, their teachers, mentors and other parents will be crucial. Being aware of your child's mental and physical wellbeing can play a vital role in their success.

In this edition of SchoolTV, parents will discover practical advice for students and parents to help get through the final year of secondary school.

Here is the link to this edition <http://sthildas.qld.schooltv.me/newsletter/surviving-year-12>

## School Transitions

Whether it is starting school for the first time, moving up to a higher grade or embarking on a journey through secondary school, there is no doubt that any school transition is a very exciting time for children and parents. It means your children are growing up!

However, transitioning is an ongoing process. It can continue long after students have entered their new environment and may encounter difficulties at a number of different stages. These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can become problematic making the transitioning process even more difficult for children and parents.

In this edition of SchoolTV, parents will learn practical strategies to assist your child during the transition process and reduce stress and anxiety levels.

Here is the link to this edition <http://sthildas.qld.schooltv.me/newsletter/school-transitions>

We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

Kind regards



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Head of Senior School



Geoff Powell  
Head of St Hilda's Learning Institute