



# Community Update

**Boddington**  
DISTRICT HIGH SCHOOL

August 2024

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School Star

## What's Happening

15 August 2024



Assembly: B5 - 2.10pm  
Week

16 August 2024



Student Development Day

20 August 2024



Book Week Parade  
22 August 2024



One Big Voice

Correct at time of printing

## BDHS POSITIVE BEHAVIOUR EXPECTATIONS



**Strive**

Do your best.

**Considerate**

Be caring and mindful of others.

**Responsible**

Do what is expected and own your actions.

### ► From the Principal

As a parent and a principal, I am always on the look out for good sources of information to help support children and young people. Recently I was looking at a great resource on Parenting and Mental Health, which is through Beyond Blue, and thought I would share this information in our newsletter. This resource is all about giving information, knowledge and confidence to support the young people in your life – whether you're a parent, guardian, grandparent, uncle or auntie. The information on the site is divided into different age categories including;

- Pregnancy, Babies and Toddlers
- Pre-school (3-5yrs) and School-age (6-8yrs)
- Preteens (9-11yrs) and Teens (12-18yrs)



If you are looking for more ways to support your child with social skills, resiliency, friendships or mental health concerns, this website is a great source of information. You can access it through this link [Parenting and mental health - Beyond Blue - Beyond Blue](https://www.beyondblue.org.au/parenting-and-mental-health).

Another great resource I was directed to by a psychologist who works with children and teens in the area of anxiety was 'Hey Sigmund' [Hey Sigmund | Anxiety in Teens | Helping a Child with Anxiety](https://www.hey-sigmund.com.au/). This website has information about what anxiety is, how it presents in children and young people and strategies to support people experiencing anxiety. There are also videos that children and teenagers can watch that speaks directly to them about anxiety. One article in particular that I was reading last week had some great ways to help teenagers deal with anxiety and I have included the link to this article below. [Anxiety in Teens - How to Help a Teenager Deal With Anxiety - Hey Sigmund](https://www.hey-sigmund.com.au/teens-how-to-help-a-teenager-deal-with-anxiety)

## NATIONAL STUDENT VOLUNTEER WEEK

Last week was National Student Volunteer Week which aims to empower young people to rise up and participate in their local communities. As part of this, you may have seen our secondary students volunteering within the community across the week. Volunteering activities included assisting with:

- Running activities for children at Playgroup
- Cleaning and organising of equipment at the Youth Centre and Playgroup
- Playing board games with residents at the Independent Living Centre
- Picking up rubbish around the river foreshore
- Tidying the grounds at the Rodeo Ground

The connection gained from volunteering provides students with a sense of belonging and ownership, whilst developing leadership and empathy skills. Thank you to the community groups, Ms Stephanie Whild and Mrs Melissa Hughes for co-ordinating this initiative.

*Danielle Roache*

Principal

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5 August - 9 August



NATIONAL STUDENT VOLUNTEER WEEK 4ANON

