



## Community Update

# Boddington

DISTRICT HIGH SCHOOL

August 2023

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School Star



### 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 came across a great resource, called 'Healthy Families', which is a Beyond Blue initiative and thought I would share this information in this newsletter. Healthy Families 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 four categories;

- Pregnancy and new parents
- Pre-schoolers: one to five years
- Children: six to 12 years
- Teenagers: 13+

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 [Home \(beyondblue.org.au\)](http://Home(beyondblue.org.au)) or by searching 'Healthy Families Beyond Blue.'

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](#). 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](#).

### Danielle Roache

Principal

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## What's Happening

18 August 2023



School Development

23 August 2023



Book Week Parade

24 August 2023



Assembly - B5

6 September 2023



Jumps & Throws

8 September 2023



Sports Carnival

14 September 2023



Assembly - B3

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.



## GOLF LESSONS

For four weeks of this term our Year 3-6 students will be over at the Boddington Golf Course, with their teacher Ms Lock, for their Physical Education lessons. They will be participating in Golf Lessons with Megan Henry, an accredited coach. Megan is also then providing community golf lessons organised by the Boddington Golf Club. This is a great opportunity for our students, and we hope it encourages skills development and an interest in playing golf outside of school for our students. Thank you to Kimberlee O'Brien, Megan Henry and Cristie Lock for organising this experience for our students!



# CLEANER WANTED



Boddington District High School  
is seeking dedicated and enthusiastic  
Cleaners to join their friendly team.

You are encouraged to contact Kate Forbes, Manager  
Corporate Services for further information about this  
employment opportunity, by telephoning  
(08) 9884 2900 or emailing  
[Kate.Forbes@education.wa.edu.au](mailto:Kate.Forbes@education.wa.edu.au)

Head to [jobs.wa.gov.au](http://jobs.wa.gov.au) to apply for this position

