



MACKILLOP NEWS

TERM 3 WEEK 4 12TH AUGUST 2020

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"Never see a need without trying
to do something about it"
St. Mary MacKillop

MacKillop Catholic College Presents

WICKED

THE UNTOLD STORY OF THE WITCHES OF OZ

Showing
2-5 December
2020

Music and Lyrics by Stephen Schwartz Book by Winnie Holzman

Bookings now open! mackillopnt.catholic.edu.au

Based on the novel by Gregory Maguire Directed by David Graham

Orchestrations by William David Brohn Music Arrangements by Alex Lacamoire & Stephen Oremus

Licensed exclusively by Music Theatre International (Australasia) All performance materials supplied by Hal Leonard Australia.

MACKILLOP CATHOLIC COLLEGE
MACKILLOP DANCE COMPANY
MACKILLOP CATHOLIC COLLEGE MUSIC
MacKillop Catholic College Drama
ROSA MOFFITS

NATIONAL SCIENCE WEEK

As part of the National Science Week celebrations, students and staff of MacKillop Catholic College are invited to participate in General Science Quizzes on Monday, Tuesday and Wednesday, next week (17th -19th, August 2020). There are attractive prizes to be won by participants.

Monday, 17th August, 2020 from 12.50 pm -1.15 pm Year 7 and Year 8 students in the library

Tuesday, 18th August, 2020 from 12.50 pm -1.15 pm Year 9 and Year 10 students in the library

Tuesday, 18th August, 2020 from 3.20 pm -3.30 pm Staff in the A Block Main staff room

Wednesday, 19th August, 2020 from 12.50 pm -1.15 pm Year 11 and Year 12 students in the library

Please register your interest with Mrs. Lorna Parker Lorna.Parker@nt.catholic.edu.au; Mr. Dale Bryan-Brown: dale.Bryan-Brown@nt.catholic.edu.au

EMERGENCY SERVICES CADETS

Congratulations to Year 12 students Coryn D'Antoine, Jackson Chisholm and Ken Wirawan, who have successfully completed the NT Police, Fire & Emergency Services Cadet Program (Squad 6).

NTPFES Cadets are now open to applications from Year 10 students interested in taking part in Year 11 and 12 - find out more at pfes.nt.gov.au/cadets



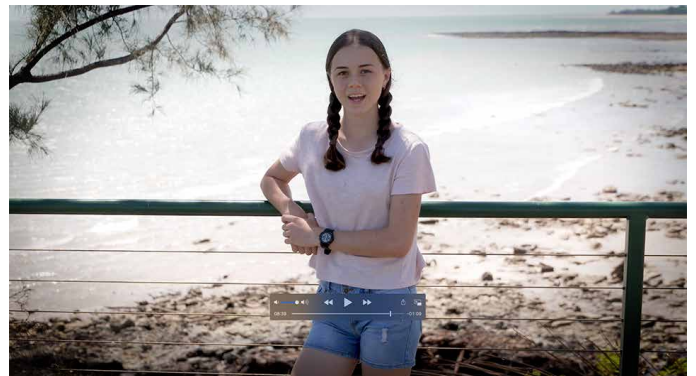
MACKILLOP FEAST DAY

MacKillop Feast Day was run a bit differently this year. Being unable to do most of our regular whole College events, we celebrated with the Senior Years attending our Feast Day Mass with Bishop Charles and Middle Years taking part in a variety of fun activities within their homeforms, including such things as moving smarties with straws, keeping balloons in the air, potato races, oreo balancing, and other games. We hope to run more of our traditional events later in the year. Thank you to all the special guests who took the time to join us today!



VP DAY 75TH ANNIVERSARY

This Saturday is VP Day, and in 2020 we commemorate 75 years since Victory in the Pacific on the 15th August 1945, the final end of WWII. MacKillop students Ella Day and Zoe Grant star in a short informative documentary produced by the NT Government, which can be found on our facebook page. Well done girls!



GALLIPOLI SCHOLARSHIP

Applications open in January for the Gallipoli scholarship. This scholarship is available to students with necessitous circumstances who are entering their first year of tertiary study, are Australian citizens, and are direct descendants of an Australian or NZ soldier who has served in any conflict or peace keeping mission from WWI to the present day. More information can be found here: www.gallipolischolarship.com.au

SCHOLARSHIPS AVAILABLE

You must be -

- In your first year of study at an approved university or TAFE
- A direct descendant of an Australian or New Zealand serviceman or woman who has served in a conflict or peacekeeping operation from World War I to the present day
- An Australian citizen, under 25 years of age

Applications open 1st January and close 1st March.

For full details and application forms visit www.gallipolischolarship.com.au or email, applications@gallipolischolarship.com.au

Photograph Credit: © 10303464 © Xina Opencherry | Dreamstime.com

VET NEWS

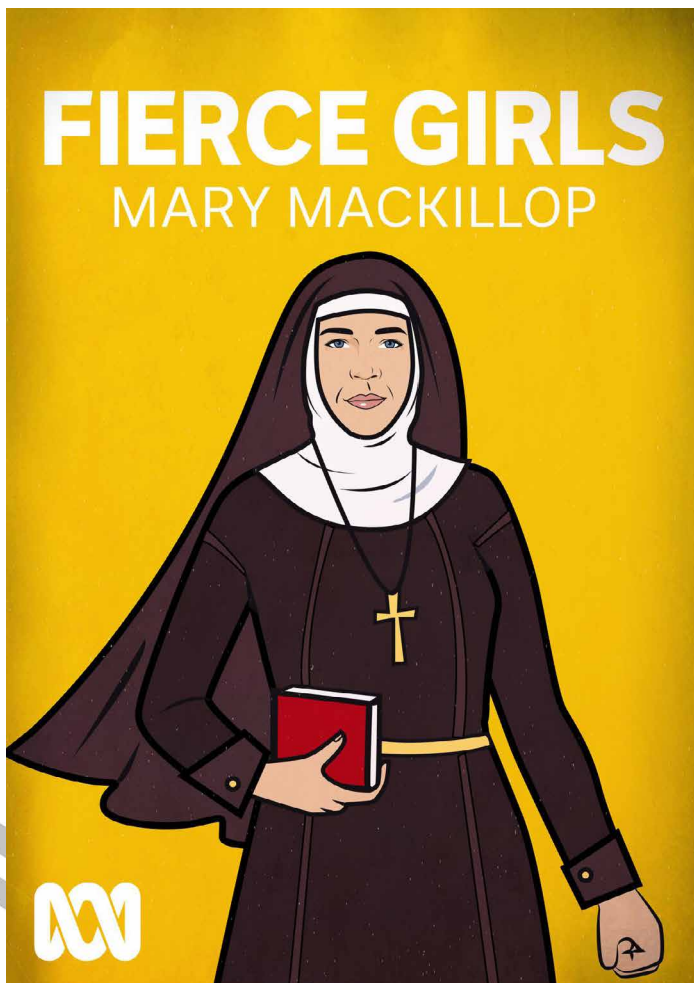
NT Training Awards

Congratulations Declan Spethman on being selected as a finalist in the 2020 NT Training Awards for the VET in Schools Student of the Year Award. In 2019, Declan completed three certificate qualifications, in Aquaculture, Agrifoods and Conservation and Land Management. He has secured ongoing work as a specialist in the nursery of Bunnings Warehouse, where he can both apply and further develop his skills and knowledge. Declan has shown great potential and commitment in his chosen career field, and will be attending a number of prestigious events over coming months in recognition of this significant achievement.



MARY MACKILLOP PODCAST

ABC Radio has done a podcast on Saint Mary MacKillop as part of the series "Fierce Girls", celebrating the achievements of inspirational Australian women. It can be found on our facebook page.



FOOD TECH NEWS

Joel Munnich Cooking Savoury Muffins



Mackillop



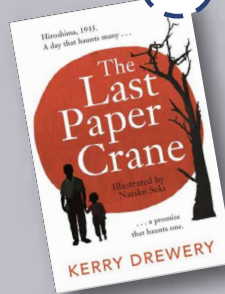
Dylan and her adored French mother dream of one day sailing across the ocean to France. Paris, Dylan imagines, is a place where her black skin

won't make her stand out, a place where she might feel she belongs.

But when she loses her mother in a freak accident, Dylan finds herself on a very different journey - a road trip across outback Australia in the care of her mother's grieving boyfriend, Pat. As they travel through remote towns further and further from the water that Dylan longs for, she and Pat form an unlikely bond. One that will be broken when he leaves her with the family she has never known.

What's New In the Library

A Japanese teenager, Mizuki, is worried about her grandfather who says that he has never got over something that happened in his past and gently Mizuki persuades him to tell her what it is. It is 1945, Hiroshima, and Mizuki's grandfather as a teenage boy is chatting at home with his friend Hiro. Moments later the horrific nuclear bomb is dropped on Hiroshima. What follows is a searing account of the blinding flash, the harrowing search for family and the devastation both human and physical. The two boys with great bravery search for and find Keiko, Hiro's five-year-old sister. But then Keiko is lost when Mizuki's grandfather has no option but to leave her in a safe place while he goes for help... a desperate search in the aftermath of the bomb, where he leaves origami folded paper cranes for Keiko with his address on everywhere a survivor could be, he still cannot find her.



A runaway, a baby and a whole lot of questions...

Lissa is home on her own after school one afternoon when a stranger turns up on the doorstep carrying a baby. Reed is on the run - surely people are looking for him? He's trying to find out who he really is and thinks Lissa's mum might have some answers. But how could he be connected to Lissa's family - and why has he been left in charge of a baby?

A baby who is sick, and getting sicker... Reed's appearance stirs up untold histories in Lissa's family, and suddenly she is having to make sense of her past in a way she would never have imagined. Meanwhile, her brother is dealing with a devastating secret of his own.



Father Gerry Remie Centre

Library

UPCOMING COLLEGE TOUR



GET SET FOR YEAR 7!

COME ALONG TO OUR NEXT COLLEGE TOUR
5PM WED 2ND SEPTEMBER 2020

FOR PROSPECTIVE STUDENTS, PARENTS AND FAMILIES FOR 2021 AND BEYOND.
SOCIAL DISTANCING MEASURES WILL BE IN PLACE - RSVP AS BELOW

EXPLORE OUR CAMPUS, MEET OUR STAFF AND LEADERSHIP, CHECK OUT OUR FACILITIES,
LEARN ABOUT EVERYTHING WE OFFER, AND HAVE ALL YOUR QUESTIONS ANSWERED.



RSVP OLIVIA LYNCH - (08) 8930 5708 OLIVIA.LYNCH@NT.CATHOLIC.EDU.AU
mackillopnt.catholic.edu.au

PARISH NEWS

Confirmation Group

Preparation for Confirmation in the Parish is beginning. Classes are every Sunday at 5pm in the meeting room. This Sunday the 9th August at the 6pm Mass there will be the rite of enrolment. Parents and sponsors are also invited. Fr Tom 0424971017

TEXTILES NEWS

Creating Vintage Fashion

Year 9 Textiles has started Term 3 with so much enthusiasm and excitement. Students are designing and creating vintage nightwear. To begin with, they learnt terms like Toile, Tulle, and what R.S. means on printed pattern paper. Inspired by Vogue patterns of the 1940s, they are commencing the programme with the construction and adornment of fingerless gloves.



AIEW NEWS

The Aboriginal and Islander Education Worker (AIEW) Team are pleased to announce two delightful events. Firstly, Pavlina Mellios who has worked in the team for 2 years now welcomed her 3rd edition to her family, a beautiful baby girl. While on maternity leave we have been lucky to have Nadine Ives join us. I asked Nadine to introduce herself to our community:

My name is Nadine Ives and I have lived in Darwin with my fiancée and 2 daughters since 2015. I was born in Mackay, North Queensland and spent a majority of my life in Townsville, North Queensland. I have been working with Mackillop Catholic College since April 2019 with the Inclusion Support Department and now the AIEW team. Prior to working with Mackillop I was a Health and Wellbeing Director at YMCA where I was employed since 2015. My passion is health and fitness and to assist our students on their educational pathway. I very much look forward to working with everyone.

We welcome Nadine to our team and look forward to what 2020 brings us.



SPORTS NEWS

2020 Track and Field Championships

With the impact that COVID-19 virus has had on all areas of everyday life in the NT and Australia as a whole, the NT Athletics Championships will also not look the same in 2020. With the restrictions that have been imposed in the early part of the athletics season and the ruling by School Sport Australia to not hold regional, State and National competition, it was assessed that it is not practical to hold the normal full-scale sized championships.

To that end, there is a "silver-lining" to this! We would like to invite individual schools and sporting organisations to our '2020 TEAM CHALLENGE' that will be run in-leu of the normal championships. I have attached an information flyer for the event. This competition will be held 18-20 September and offers students/athletes that would normally compete for their region, an opportunity to still participate but for their school. There will be no minimum/maximum numbers, so if only 1 person wanted to come, they could! Sessions will be Friday night, 2 sessions Saturday and 2 sessions Sunday. Finishing approx. 4pm on the Sunday to allow for travel home. The sessions will be shorter than normal as all track events are timed finals (no heats).

Athletes will need to register online. Costs have not changed with a \$25 admin + \$7.50 per event. 5max events still in place.

Registration link: https://www.onlineentry.com.au/NTAChamps_2020.aspx

Your assistance in getting students to this event is appreciated. And of course we will welcome volunteers too!!

Let me know if you have any questions

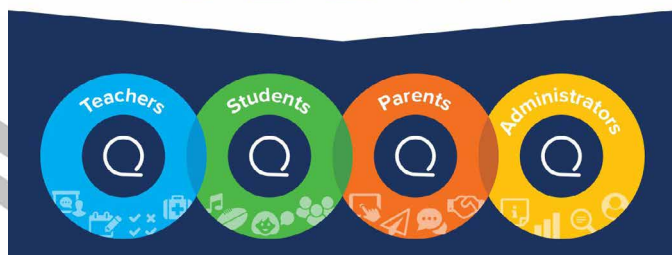
Kind Regards

Leanne Chin
Executive Officer

SEQTA NEWS

Good news on the SEQTA front! The final stage of the rollout of the SEQTA Learning Management System will take place in weeks 1 and 2 of Term 3, with SEQTA Engage being made available to parents of Middle Years students. These parents will receive an email in coming weeks explaining how to log in and use the system. SEQTA provides a centralised online point through which students can access their learning materials and assessments, staff can mark rolls and track results, parents can keep up with their kids' progress and attendance, and everyone can find daily notices and useful documents, among many other functions. Any questions, get in touch with our IT Director Mrs Arakkal.

SEQTA



COMING SOON TO ARAFURA STADIUM 18-20 SEPTEMBER 2020.

The Athletics NT 'TEAMS CHALLENGE'

This will not be the traditional 'NT CHAMPS' event! Open to athletes 9-99 from any school, sporting group, community organisation, workplace or Interstate (following COVID-19 guidelines and restrictions)

Events on offer will be:

Track - 100, 200, 400, 800, 1500, 3000, 5000.

Field - High Jump, Long Jump, Triple Jump

Shot Put, Discus, Javelin, Hammer

- Events will vary for different age groups.

We are proud to announce SportAnalytik-nt have partnered with us and will be our MEDAL SPONSOR. SportAnalytik-nt, 'Find the right sport for your child'.

In the 'New Normal' it won't matter if you usually play a football code, netball, hockey or tennis. Do martial arts, sail, ride BMX or horses. Challenge your mates, bring a crew and Run, Jump, Throw with our affiliated clubs!

@ruralathleticscentre, @darwinathleticsclub, @katherineathleticscentre, @alicespringsathleticsclub, @darwinrunnersandwalkers, @alicespringsrunningandwalking, Mature Athletes of Darwin (MAD Frogs), Australian Defence Athletics Club,



Cross Country Results

Age	Place	Name	House	Time
12 and Under Males	1 st	Deacon Summerville	Hurley	12.20
	2 nd	Joel Munnich	Hurley	12.22
	3 rd	Xander Burnett and Tait Gleeson	McG and Confal	13.32
12 & Under Females	1 st	Riley Stanley	Hurley	16.09
	2 nd	Annabell Kay	Hurley	16.11
	3 rd	Timica Miller	McCormack	17.57
13 Males	1 st	Flynn Osbourne	Confalonieri	11.16
	2 nd	Kueth Jethjok	McCormack	12.22
	3 rd	Jack Elliot	Hurley	14.09
13 Females	1 st	Lily Hollister	Hurley	13.05 – new record
	2 nd	Taelah Smith	Hurley	13.10
	3 rd	Ava Willoughby	McGrath	15.43
14 Males	1 st	Damien Potter	McGrath	14.17
	2 nd	Dallas Mackay	McGrath	14.30
	3 rd	Xavier Chandler	Hurley	16.20
14 Females	1 st	Hannah Torsney	McCormack	14.58
	2 nd	Danyela Potter	McGrath	16.49
	3 rd	Sierra McQueen	Hurley	17.38
15 Males	1 st	Benjamin Rowe	McCormack	11.03 – new record
	2 nd	Jeremy Flemming	McGrath	12.47
	3 rd	Aaron Rafferty	Hurley	12.53
15 Females	1 st	Sabina Dalzell	McCormack	16.56
	2 nd	Rachelle Marshall	Hurley	18.04
	3 rd	Jasmin Burrell	Confalonieri	18.12
16 Males	1 st	Jackson Hudson	McCormack	10.53
	2 nd	Kayden Heikkinen	Hurley	13.53
	3 rd	Isaiah Baldock	Confalonieri	14.03
16 Females	1 st	Ella Day	Confalonieri	16.37
	2 nd	Emily Burrell	Confalonieri	18.55
	3 rd	Adelynn Hamilton	McCormack	24.40
17 Males	1 st	Keelan Edwards	Confalonieri	11.29 – new record
	2 nd	Riley Stone	McCormack	11.42
	3 rd	Daniel Neuman	McCormack	12.07
17 Females	1 st	Jessica Grame	Hurley	18.14
	2 nd	Kelsie Pietsch	McGrath	21.09
	3 rd	Lorien Aikas	Confalonieri	23.57
Open Males	1 st	Stepheno George	Confalonieri	12.56 – new record
	2 nd	Mitchell Moriarty	Confalonieri	-
	3 rd	Logan Bent	Hurley	-
Open Females	1 st	Elisha Habets	McGrath	-
	2 nd	Jessie Ell	Confalonieri	-
	3 rd	NA	-	-

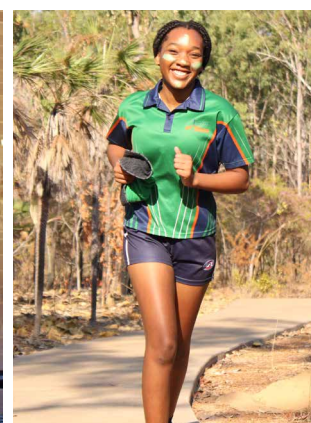
2020 - Cross Country Age Champions

Age	Student	House	Time
12 & Under Male	Deacon Summerville	Hurley	12.20
12 & Under Female	Riley Stanley	Hurley	16.09
13 Males	Flynn Osbourne	Confalonieri	11.16
13 Females	Lily Hollister	Hurley	13.05 – new record
14 Males	Damien Potter	McGrath	14.17
14 Females	Hannah Torsney	McCormack	14.58
15 Males	Benjamin Rowe	McCormack	11.03 – new record
15 Females	Sabina Dalzell	McCormack	16.56
16 Males	Jackson Hudson	McCormack	10.53
16 Females	Ella Day	Confalonieri	16.37
17 Males	Keelan Edwards	Confalonieri	11.29 – new record
17 Females	Jessica Grame	Hurley	18.14
Open Males	Stepheno George	Confalonieri	12.56 – new record
Open Females	Elisha Habets	McGrath	-

Overall Males	Jackson Hudson	McCormack	10.53
Overall Females	Lily Hollister	Hurley	13.05 – new record

House Results

Place:	House:	Points:
1 st place	Hurley	350
2 nd place	McGrath	334
3 rd place	McCormack	310
4 th place	Confalonieri	306



Swimming Carnival

This year the Swimming Carnival is going to look a little different than previous years. In order to meet COVID-19 policies and processes, only students participating in events and selected MacKillop Catholic College staff will be attending the carnival. Unfortunately this year the swimming carnival is a closed event and no spectators are able to attend. The carnival will be held on Wednesday the 26th of August 2020, Week 6, Term 3 at the Palmerston Swimming and Fitness Centre (31 Tilston Ave, Moulden, NT 0830) from 12 – 4:30 pm. The form to attend, as well as further information, can be found on the sports page of our website: <https://www.mackillopnt.catholic.edu.au/sport/>

SAINTS NEWS

Saints Go Down in a Back & Forth 2020 Palmerston Cup

The MacKillop Saints went down 38-30 in hot conditions at MacKillop Field today before a big home crowd after leading 20-14 at the halftime break.

Palmerston College were the beneficiaries of a sleepy MacKillop start and found themselves up by 14 points early on in the first half. With the early head start, it looked like it could be a long day at the office for the Saints until a Harry Hall break away 80m try marked the beginning of 20 unanswered points from the Saints and a 6 point lead at the break.

The second half was marked by a string of lead changes with no side leading by more than 4 points up until the final 7 minutes of the game where a string of MacKillop errors allowed the opposition to seal the game with two late tries.

Jake Crawley was a standout performer for the Saints scoring two tries – one a 50m effort from a short kick off – and put on many bone shaking tackles in defence.

Zane McConnell tried hard all day in both attack and defence and was MacKillop's best go forward man.

The Hausler brothers, Dan & Mitch both put in spirited performances on a tough outing.

Jade Harland showed the crowd why he is the most improved player in the College with a big first run that sent the defence flying.

Stepheno George kept his run of tries going with a couple in the match along with his trademark breakaway runs.

Jackson Chisholm was elusive down the left flank and made plenty of meters in this afternoon's affair.

Dan Neuman made a great tackle driving a Palmerston winger back into his in-goal for a dropout with the game on the line.

Captain Jayden Hunter left a trail of destruction with every hit up.

All names mentioned above form our graduating class of Saints in 2020. Although they weren't able to get the job done today, each player has left their own mark on the club and we all look back fondly on their achievements which included a 2019 Palmerston & Knights Cup as well as a trip to the Eels Cup final in 2018.

For some of the Year 12 players, today marked what was most likely their last ever game of rugby league. Others may go on to have lengthy and successful careers in the local leagues, or further beyond. Forever they will be MacKillop Saints. Congratulations on some wonderful schoolboy careers.

Kent Brockman – Investigative Sports Journalist



Girls Rugby 7s



UPCOMING EVENTS

- Thu 13 Aug** **Immunisations**
- Fri 14 Aug** **Sacha King Presentation**
- Ultimate Frisbee Competition**
Hurley vs McCormack
- Sat 15 Aug** **Girls Rugby Grand Final 6pm**
- Mon 17 Aug** **Board Meeting 6pm**
- Tue 18 Aug** **Year 10 into 11 Information Night**
- Mon 24 Aug** **Year 1 into 12 Information Night**
- Wed 26 Aug** **Nongkrong after school**
- Fri 28 Aug** **Fathers' Day Breakfast on the Go**
- Wed 2 Sep** **College Tour 5pm**
- Mon 7 Sep** **P&F Meeting**
- Wed 9 Sep** **Nongkrong After School**
- Fri 11 Sep** **Student Free Day**



CROCS U15 Girls 2020

To all interested players, The AFL season is approaching fairly quickly. We plan on starting training for Under 15's on **Wednesday 12th August** at 4.00 pm on the Cricket Oval.

Initially we will start with one training night a week and as the season gets closer we will go to two nights.

Please encourage any friends to **come and try** (no need to be registered).

Sign on day will be held sometime in September.

We have a Facebook group for sharing info, please join:

Facebook; [CROCS u/15 girls 2020/21](#)

Each participating player in Under 15 Girls Grade must be:

1; Turning 12, 13 or 14 years of age in the year that the competition commences – i.e. 2020.

2; Less than 15 years of age on 31st December in the year the competition commences – i.e. 2020.

3; Female.

Coaches will be;

Simmo ph; 0405 310 653 email; schristo192@gmail.com

Earle ph; 0476 578 902 email; earle.richardson1@gmail.com

WE INVITE YOU TO JOIN US FOR AN EVENING WITH SPECIAL GUEST

SACHA KING

SOCIAL WORK AND MENTAL HEALTH PROFESSIONAL

14TH AUGUST 2020 6PM - 8PM

OLIVE GROVE CAFE, MACKILLOP CATHOLIC COLLEGE (SUPPER PROVIDED)



Sacha King (B.chSW, B.Sc (Psych)) is a social worker and mental health professional located in the Northern Territory. Sacha has degrees in Psychology and Social Work and specialises in Mental Health. Sacha has specific experience in working with diverse cultures and in adolescent engagement. Sacha thrives on making sure each training and experience is unique to the client group and skills practical to take directly back to their work, home, community and clients. Sacha is currently working as a counsellor and running her own training and consulting business TWO TWO ONE Training. Sacha has worked in a range of communities, including rural, remote and internationally. Sacha has kindly offered to join us at MacKillop to speak with families regarding youth mental health. Please join together in listening and understanding youth mental health and strategies we can use to support our young people at home and school.

DOORS WILL BE OPEN TO ALLOW 1 - 5 COVID 19 REGULATIONS

For more information check MacKillop Catholic College Facebook page. Please notify the college and/or Mrs Wallis if attending.

Mrs Wallis - Email: stella.wallis.nt.catholic.edu.au
Work: 0439336197
College: 89305757

Corrugated Iron YOUTH ARTS

CIRCUS AND DRAMA WORKSHOPS

IT'S NOT TOO LATE TO SIGN UP

BUILD CONFIDENCE, MAKE FRIENDS AND LEARN SOME AWESOME NEW SKILLS

NIGHTCLIFF AND PALMERSTON OPEN TO ALL AGED 4-99

FOR MORE INFO VISIT
WWW.CORRUGATEDIRON.ORG.AU

NORTHERN TERRITORY GOVERNMENT CITY OF DARWIN Australian Government Australia Council for the Arts



Bussy's Corner

Buslink
driving your way



Issue 5 – July 2020

Hello Students and Families

School bus drivers have a very important role in transporting students safely, to and from school. While travelling on the bus, students should not distract the driver with unnecessary noise.

Can parents/guardians please ensure that students understand their responsibilities as outlined in the *Code of Conduct for School Bus Travel*. Click on this link for the Code:

https://nt.gov.au/_data/assets/pdf_file/0010/547624/code-of-conduct-school-bus-travel.pdf

Read on for some helpful hints to keep you safe on the bus.....



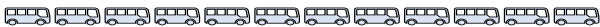
Hint #5:

While travelling on the bus.... Remember to speak quietly and turn the volume down on electronic devices.

Yelling and shouting is not allowed.



Stay tuned for the next issue of Bussy's Corner.....



TRAINEESHIP AND ABORIGINAL TRAINEESHIP PROGRAM

CAREERS IN GOVERNMENT

WANT TO TRY SOMETHING NEW? STEP OUT OF YOUR COMFORT ZONE!

FIELDS

- ✓ Financial Services
- ✓ Business Services
- ✓ Information, Digital, Media and Technology
- ✓ Conservation and Land Management
- ✓ Health Services
- ✓ Community Services
- ✓ Education
- ✓ And many more

Employment and a nationally recognised qualification will kick-start your career.

Anyone 15 years or older can be a trainee and certificates range from II, III, IV and Diplomas; options for full or part time employment are available.

School based traineeship arrangements are also possible for current senior students.

UPLOAD

- ✓ A resume with two referees we can contact
- ✓ Your most recent school results (if under 21)
- ✓ Any previous qualifications you have completed

FOR MORE INFORMATION

employmentprograms.nt.gov.au

08 8999 4164

employmentprograms@nt.gov.au

Bussy's Corner

Issue 3, Jul 2020

BUCKLE UP, IT'S THE LAW

In the event of a crash seatbelts:

- prevent ejection from vehicle
- decrease the time it takes for an occupant to come to a stop
- spread the impact force over a greater area of the body
- minimise contact with the interior of the vehicle

While seatbelt wearing rates in Australia are among the highest in the world, over the past ten years approximately 40% of fatalities and 10% of serious injuries in the Territory involved people who were not wearing a seatbelt.

Students travelling on school buses which are equipped with seatbelts are required by law to buckle up. Students observed not wearing or refusing to wear seatbelts, may be banned from all school bus travel for a period of time.

Please ensure a good understanding of student responsibilities as outlined in the *Code of Conduct for School Bus Travel*. Click on this link for the Code:

https://nt.gov.au/_data/assets/pdf_file/0010/547624/code-of-conduct-school-bus-travel.pdf

Buslink Berrimah Depot Tel 8944 2444 Buslink Humpty Doo Depot Tel 8988 2762 BUSLINK.COM.AU

Peer Information Sheet: ADHD

All young people are unique. We all have strengths, and we all have areas where we are still learning. We are all born with our own unique combination of hair, eyes, personality, and our own very unique fingerprints.

*Some kids are born with Attention Deficit Hyperactivity Disorder (ADHD). Just like hair or eyes or fingerprints, this is a **part** of them, but not **who they are**. When you take the time to get to know them, you'll find there are lots of things you have in common.*

What is ADHD?

Lots of teens find paying attention, listening, thinking before acting and sitting still challenging some of the time. Teens with ADHD find these things difficult a lot of the time. This can make it hard to study and be organized and can also sometimes impact friendships.

Being a teenager is often a time when our friendships become really important to us. We often want to spend more time with people our age who share similar interests. We might worry more about what other people think, because we want to fit in.

Feeling part of a group and feeling like you belong, is important for all young people. This includes teenagers with ADHD.

Paying attention

Some teenagers with ADHD might be easily distracted. It can be really hard for them to pay attention. We all have times when we find it hard to pay attention – it's just that teens with ADHD might find it hard lots of the time.

This might mean they sometimes tune out when you're talking to them and miss what you say, or they might miss important instructions in class. If they do, you can help by repeating the most important bits of what you said, one bit at a time, or talking with fewer words. They might rush their work and make mistakes because they weren't focusing. If they're distracted during class, you can help by reminding them of instructions so they know what to do.

Lots of energy

Teens with ADHD often have lots of energy. During primary school they might be really active and fidget constantly during class, whereas by secondary they've often learned to control this a little more. They still might tap things and move around a fair bit, because it helps them to manage their need to move. This can be a great thing in some situations like playing sport!

Teens with ADHD might also sometimes act without thinking. They might yell out an answer, or interrupt you or others when you're talking, or interrupt the class to share whatever they are thinking about... even if it isn't the right time or place. They might take risks or break rules without stopping to think about the potential consequences.

Stop Bullying!

Bullying and exclusion can have a devastating impact on a young person's life. This can be particularly difficult for a young person with a disability if they are excluded, picked on, laughed at and bullied because of their disability. If you see a young person with a disability being excluded or bullied, you can make a big difference in that moment. In fact, your help and support may make a difference or be remembered long after YOU have forgotten all about it!

If you see a young person being bullied at school, and it is safe for you to speak out, speak up and tell those who are bullying to stop. Tell them that it isn't okay and it isn't cool. Standing up for someone else stops bullying more than half of the time! If you are still worried about exclusion or bullying, ask a teacher or another adult for help, or help the young person seek help and support. Speaking up and reaching out can help keep them safe, and can have a lasting impact on their life.



Just like you

Teenagers with ADHD have lots of ways in which they're just like you. They have their own interests, preferences and hopes and dreams, just like you do. They want to feel like their ideas, views and input is valued, just like you do. And they want to feel connected – like they belong – through having friends, going to parties, hanging out, and being included... just like you do.

So remember, you probably have more things in common than you have differences!