



HEAD OF YEAR 12

Newsletter

Michael Clarke

Dear Parents and Carers,

The end is in sight and nearly upon us. I want to say how proud of I am of all the senior students for their efforts over the last two weeks as we head into the final phase of External Exams. I do however want to look forward to the period of celebrations right after Graduation – Schoolies. This is an emotional time, a celebration of their last 13 years of schooling. It's also important for them to know how to keep themselves and their mates safe while still having the time of their lives. [DrinkWise](#) and [Party Safe Hub](#) have some great resources how young people and parents can have conversations around engaging in activities in a healthy way.

In association with DrinkWise, Dr Andrew Rochford have a video that gives advice to parents on how to approach schoolies. Click on the following link to view [DrinkWise - Schoolies Advice for Parents](#).

With the goal of helping your teen stay safe at schoolies, he discusses the following topics;

Talk Openly About Alcohol

- Acknowledge that alcohol may be around.
- Discuss **moderation strategies**:
 - Drink water between alcoholic drinks.
 - Eat before or while drinking.
 - Avoid rounds and drinking games.
 - Pace themselves — one drink takes about an hour to process.
- Explain why moderation matters — to prevent memory loss, injury, poor judgment, and regretful online posts

Watch Out for Drink Spiking



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- Always buy and watch their own drink being poured.
- Never accept drinks from strangers or leave drinks unattended.
- Keep drinks covered.
- **Know the symptoms:** confusion, dizziness, memory loss, slurred speech, loss of balance, nausea, or fainting.
- If in doubt — **get help immediate**

Be Aware of Methanol Poisoning (Overseas Risk)

- Methanol is a toxic substance that can contaminate alcohol in some countries.
- Avoid:
 - Cheap, unlabelled, or free drinks.
 - “Bucket” drinks and mystery shots.
- Stick to sealed, brand-name bottles and cans from reputable venues.
- **Warning signs:** severe hangover symptoms, dizziness, blurred vision, nausea, worsening after 12–24 hours.
- Don’t “sleep it off” — **seek urgent medical help.**

If Travelling Overseas

- Alcohol or drug use may void travel insurance or create expensive medical bills.
- Save emergency contacts in their phone:
 - **112** (Indonesia), **000** (Australia).
 - Parents’ numbers and **Australian Consulate** details.
- Register travel plans and get alerts at <https://www.smartraveller.gov.au/>



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Look Out for Each Other

- Set group safety rules:
 - No one goes off alone or gets left behind.
 - Check in with friends — especially if someone seems unwell or upset.
 - Share contact numbers and plan a meeting spot if separated.
- Encourage them to **say “no”** to unsafe situations — real friends respect boundaries.

DrinkWise.

DRINKING? DRINK MINDFULLY

THOSE WHO FOLLOW
THESE HELPFUL TIPS
HAVE FUN AND SAFE
SCHOOLIES TRIPS



TIP

Always have your phone on you – make sure it is charged!



TIP

Register as a school leaver with the Schoolies organisation in the area you're visiting.

TIP

If you are drinking, make sure to have something to eat before and during a drinking occasion.

TIP

Pace any alcohol intake and hydrate with non-alcoholic drinks – water is your friend!

TIP

Try swapping a full-strength alcoholic drink for a zero or lower-strength drink.

TIP

Be extra cautious with drinks that have a high alcohol content.

TIP

Skip rounds and drinking games – stick to your own pace and limits.



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TIP

It's always okay to say no - to another drink or to a plan that doesn't feel safe.



TIP

Beware of drink spiking - watch your drink being made and keep it in your sight at all times.

TIP

Say no to drinks from strangers.

TIP

If you suspect drink or needle spiking, tell a friend and get help straight away.

TIP

Stay with friends and keep an eye out for one another.

TIP

Plan your ride home before you head out and save your accommodation name and address in your phone.

TIP

Don't drink drive or get into a car being driven by someone who's been drinking.

TIP

If you ride e-scooters or e-bikes, wear a helmet, follow local rules and never ride after drinking.

TIP

Avoid risky situations, such as swimming after drinking or getting into arguments and fights.





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A final reminder about Graduation. Held on Thursday November 20th at the Sports Hall, the event will start between the Sports Hall and within the JI Block. Our P&C is hosting a Soiree between 5:30pm and 6:30pm where complimentary canapes will be available, and drinks (both alcoholic and non-alcoholic) will be available for purchase. Please note as this as a school event, students will not be permitted to purchase or consume alcohol. Drink and food service will stop at 6:30pm where we will start to encourage families to take their seats in the Sports Hall. The Graduation Ceremony will begin at 7:00pm.

I look forward to sharing the night with you and the wonderful achievements of your young people.

Warm Regards

Michael