



# HEAD OF YEAR 7

*Newsletter*

JARROD HENRY

Dear Parents and Carers,

Welcome to Term 2. I hope your family enjoyed a restful break and that students have returned feeling refreshed and ready for another productive term of learning and growth. As always, thank you for your continued partnership and support.

## **Year 7 Camp – Camp Somerset Wrap Up**

Over the final two weeks of Term 1, our Year 7 students attended camp at Camp Somerset and what an incredible experience it was!

Students embraced every opportunity to step outside their comfort zones, challenge themselves and support one another. Across the various activities, we saw outstanding examples of teamwork, encouragement and resilience. Whether it was high ropes, raft building, problem-solving challenges or simply navigating time away from home, our cohort demonstrated maturity and a willingness to give things a go.

Importantly, camp allowed friendships to strengthen and new connections to form. These shared experiences often become defining memories of Year 7, and it was wonderful to see students building confidence and independence in such a positive environment.

We are extremely proud of the way our students represented themselves and our school throughout the camp program.

## **E-Safety & Supporting Young People Online**

Navigating phones, social media, gaming and technology continues to be one of the most complex challenges facing young people and parents today. As students grow in independence, the digital world becomes an increasingly significant part of their social lives.

It can feel overwhelming at times to keep up with platforms, group chats, gaming environments and online trends. The good news is that there are excellent, practical resources available to support families.

The eSafety Commissioner website provides a comprehensive parent hub with guidance on:



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- Managing screen time and setting healthy boundaries
- Understanding popular apps, games and social media platforms
- Establishing parental controls
- Supporting young people with online conflict
- Responding to cyberbullying and unsafe situations

**You can access these resources here:**

<https://www.esafety.gov.au/parents>

Open, calm and regular conversations at home remain one of the most powerful protective factors. Asking simple questions such as:

- “What apps are most popular at the moment?”
- “What do you enjoy most about being online?”
- “What would you do if something made you uncomfortable?”

These conversations help build trust and encourage help-seeking when challenges arise.

## **Connect Program – Respectful Relationships**

Our Connect focus for Term 2 centres on Respectful Relationships.

Across the term, students will continue developing their understanding of:

- What respect looks like in friendships and peer groups
- Recognising healthy and unhealthy relationship behaviours
- Setting and respecting personal boundaries
- Effective communication skills
- Conflict resolution strategies
- The importance of empathy and perspective-taking



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Students will also explore how respectful relationships extend beyond face-to-face interactions into online spaces. Understanding digital behaviour, consent in sharing images or information, and responsible communication will form part of these discussions.

This learning is preventative and proactive. Our goal is to equip students with the language, awareness and confidence to build positive connections and seek support when needed.

Continuing these conversations at home — particularly around friendship dynamics and online interactions — can significantly reinforce the work being done at school.

## Brainstorm Productions – *Cyberia*

We are fortunate to welcome Brainstorm Productions to present their performance *Cyberia* to our Year 7 students this term.

Developed in consultation with a clinical psychologist, *Cyberia* is an interactive performance that draws on real student experiences, movement, soundscapes, humour and a compelling narrative to spark meaningful conversations around:

- Help-seeking
- Resilience
- Positive mental health
- Cyber safety

The performance complements both our Connect curriculum and our broader wellbeing priorities. It provides students with relatable scenarios and practical strategies for navigating online challenges and supporting their own mental health.

## Reminder of Key Year 7 Staff:

HEAD OF YEAR	DEPUTY PRINCIPAL	GUIDANCE OFFICER	PATHWAYS & PERFORMANCE	STUDENT SUPPORT SERVICES
 JARROD HENRY	 MELISSA ROBERTSON	 KELSEA THOMPSON	 MATT HEIDECKER	 SIMON DORMAN



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Term 2 is always a busy and important term as routines consolidate and friendships deepen. We are excited to continue working in partnership with you to support your child's growth — academically, socially and emotionally.

If you have any questions or concerns at any stage, please do not hesitate to reach out.

Kind regards,

Jarrod Henry

Head of Year 7

The Gap State High School

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