



ST PIUS X COLLEGE

CHATSWOOD

Dear Parents and Carers,

3rd August 2021

As we enter week 4 of the school term, I would like to thank all in the St Pius X Community for their very positive involvement in our online learning program. *The boys have made a strong and conscientious start to their studies with very few exceptions and teachers are working hard to make their lessons engaging and balanced.* Thank you to all parents and carers for your patience, positive attitudes and perseverance. There is a strong feeling of connectedness in our community as we navigate this time together.

As a school we believe it is important to help educate students on the appropriate use of technology. *To this end, we have collated some beneficial resources that you as a parent, or the students themselves might like to access.* These resources are tried and tested and are well used by many of our teachers already. We hope they may also be of assistance to you.

- **ReachOut Australia:** <https://about.au.reachout.com/> ReachOut is the most accessed online mental health service for young people and their parents in Australia. Everything they create is based on the latest evidence and is designed with experts, and young people or their parents. Accessed by more than 2 million people in Australia each year, ReachOut is a free service that's available anytime and pretty much anywhere.
- **BeYou:** <https://beyou.edu.au/> Be You aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools. Our vision is that every learning community is positive, inclusive and resilient – a place where every child, young person, educator and family can achieve their best possible mental health.
- **Office of the eSafety Commissioner:** <https://www.esafety.gov.au/> The world's first government agency committed to keeping its citizens safer online. eSafety has powers relating to cyberbullying, image-based abuse, and illegal and harmful online content. This website provides a wide range of online safety programs and resources and can even help Australians experiencing online bullying or abuse to take action or make a complaint.
- **Raising Children (The Australian Parenting Website)** <https://raisingchildren.net.au/teens/entertainment-technology>: A uniquely Australian parenting website sponsored by the Australian Government. The advice on offer is arranged according to each developmental stage for kids, including separate sections for pre-teens (9-11 years) and teens (12-18 years). When you get there, look for the section on "Entertainment and Technology".
- **The Unplugged** Psychologist <https://unpluggedpsychologist.com/>: Brad Marshall is a local Sydney psychologist who has developed a specialist interest in helping parents who are struggling to manage their kids' screen usage. Brad has written a book called *The Tech Diet for your Child & Teen: The 7-Step Plan to Unplug & Reclaim Your Kid's Childhood (And Your Family's Sanity)*, which you can order from any of the major online book sellers.
- **Dr Kirsty Goodwin** <https://drkristygoodwin.com/> Dr Kirsty Goodwin also has some really good resources, seminars and books for parents on this subject.

We are confident you will find something helpful among these resources. If you continue to have serious concerns for your son, please reach out to his Homeroom Teacher, Year Co-ordinator or the Counselling Team

Regards

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Acting Deputy Principal

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Acting Assistant Principal Pastoral Care

Rick Russo
College Counsellor