

WORKSHOP

Supporting Students Suffering from Anxiety

Keynote Speakers

Peter Krabman, Bruce Schubert, Peter Pilgrim

When: Saturday 14 MAY, 2011, 8.30am (Registration) - 4pm

**Where: PTC Conference Centre – CNR Marion & Norton Sts,
Leichardt**

SESSION ONE: Dr. Peter Krabman, Child Psychiatrist

Practical advice on ways to assist primary school age students suffering anxiety. Dr Krabman has extensive experience in developing interventions for students suffering emotional and behavioural difficulties. In addition to his private practice he works closely with the staff and students at Arndell Special School, providing programs to assist adults in their support of students experiencing emotional trauma.

SESSION TWO: Dr Bruce Schubert, Registered Psychologist

Practical advice on ways to assist teenagers suffering anxiety. Dr Schubert specialises in counselling children and adolescents suffering depression and anxiety.

SESSION THREE: Peter Pilgrim, Principal, The Crescent SSP,

Focusing on providing assistance for students within the autism spectrum (including Aspergers Syndrome) who suffer from anxiety. Years of successful experience in assisting staff, parents and students through the emotional minefield of anxiety complicated by the need for specialist intervention have contributed to Peter Pilgrim's knowledge and ability to generate successful intervention programs.

Workshop Rates	Members	Non Members
Earlybird (closes April 30)	\$95	\$130
Registration (from May 1)	\$100	\$150

NOTE: A school/organisation membership entitles all staff to be charged at member's rates

NSW INSTITUTE OF TEACHERS

Student Welfare and Personal Development Association (through the Professional Teachers Council, NSW)

NSW Institute of Teachers endorsed provider of professional development for the maintenance of accreditation at Professional Competence

Scope of endorsement - all Elements of the Professional Teaching Standards for student welfare and personal development



THE BIG ISSUE CLASSROOM

A group of Year 11s from Cheltenham Girls High School stepped out of their usual class schedule to attend The Big Issue Classroom in Sydney recently.

At The Big Issue Classroom, students took part in group activities, and listened to The Big Issue vendor Glenn talk about his experiences of homelessness, mental health problems and how becoming a vendor of The Big Issue helped his recovery.

'The Big Issue Classroom was a highly valuable experience for our senior students,' said the participating teacher. 'They were able to hear an honest first hand account of homelessness and were challenged to re-think some of the stereotypes regarding the issues through questions, discussions and interesting activities' Teacher Kieran from St Columbas College said, 'a Skilled Health teacher could only dream of having a similar impact to that of the guest a social enterprise which addresses stereotypes about people experiencing homelessness and

disadvantage in our society.

The Big Issue Classroom's workshops run for one hour and feature a specialist facilitator and a guest speaker who has personally experienced homelessness.

The program has relevance across the NSW curriculum, with particular utility for Society and Culture, Community and Family Studies, and Personal Development, Health and Physical Education, and Business and Economics studies. The Big Issue Classroom also offers age-appropriate workshops for primary school students.



As well as encouraging students to think about social disadvantage and practical ways of addressing the issue, The Big Issue Classroom is an opportunity for disadvantaged Australians to earn financial income, and gain personal development.

When asked what he gets out of being a guest speaker for The Big Issue Classroom, Glenn said, *'I gain confidence in myself and in my story. The more people who know and understand me, the more peace of mind I have. Who knows... this experience may well open up new opportunities later down the track.'*

The Big Issue Classroom is located in central Sydney. Workshops cost \$290 + GST, with a 10% discount for multiple bookings. For bookings and further information, contact Danya Sterling at dsterling@bigissue.org.au or (03) 9663 9136 or 0401 657 395.

Article supplied by Danya Sterling.

Sonia Regan

pictured with Verity Firth, NSW Minister for Education, School Learning Support Officer at Nowra Public School and Promotions Officer for the SWPDA, was recently awarded an **Outstanding Professional**



Service Award by the Professional Teachers' Council NSW for her outstanding service to education.

edYOUtopia

Children, with a low self-esteem and lack of communication and friendship skills can increase the probability of becoming a target of bullying. Using her 25 years local, international and university teaching experience, a PhD in education, certification in NLP (Neuro Linguistic Programming), telephone counselling and advanced skills in 'The Journey' work with children, Dr. Patty Rose has devised empowering fun-shop seminars for children 8 -12 years to build their self-confidence and resilience strategies.

As the principle facilitator of edYOUtopia Dr. Patty Rose uses a unique combination of problem-solving, visualisations, stories and fun to promote positive and lasting change. "Taking the Bull out of Bullying" is a 90 minute empowerment program, informed by current research from other leaders in the field of bullying - Dan Olweus, Ken Rigby and Evelyn Field that is now available in schools for grades 3-6 at a cost of \$4.00 per child.

This bullying fun-shop is supported by a 5 STAR PROGRAM consisting of 5 three hour fun-shops focussing on the foundations of self-esteem, communication, friendship, leadership and resilience skills as a means to help children to build happy, successful lives.

For dates and more information and to make bookings, contact Dr. Patty Rose: 0407 299 585 Email: patty@edyoutopia.com.au Article supplied by Dr. Patty Rose.

This is a great resource - check it out—from School Link Publication



Get Your ANGRIES Out

And Those Mads, Bads and Grumpies...

Anger Management Tips and Techniques to Decrease Anger

- Discover proven strategies for parents, teachers and counselors about discipline, parenting, bullying and divorce, lesson plans.
- Free information on anger, domestic violence, dating violence, narcissism, relationships, fair fighting and finding a therapist.

Do the mean awful angries
keep creeping up on your family?

Everyone gets the angries. But sometimes they make us say and do things that we don't really mean. We can learn how to release those mads in safe ways, so that no one gets hurt and we feel better. Ask yourself, "How would the quality of your life improve if you used your anger in safe, acceptable ways?"

Yes! You can learn positive things to do with your anger! If you are human, then you have angry feelings. What a novel idea! Instead of making your anger bad, stuffing it down or exploding with frustration, take The Anger Challenge.

The Anger Challenge is to learn ways to deal with your mads constructively! What a challenge! To learn about yourself and the person you are upset with rather than blowing up. To do many creative things with your anger rather than hurting others or yourself. Take up The Anger Challenge and feel better about yourself and be happier in your relationships. Make choices to let go of those ugly mads and angries.

Our Web Page, Angries Out is here to help you do just this! My name is Lynne Namka. The kids call me "the Lady That Knows About Mads!" My company, [Talk, Trust & Feel](#) and Angries Out Web page were developed to give people alternatives to conflict and violence when they are upset. Our mission is to help people learn to use their anger in ways that empower them.



Here is a quote from my book, [How To Let Go Of Your Mad Baggage](#).

"Life is full of multidimensional possibilities. Once you get a handle on your mads, your life becomes easier and easier. Remember, you don't have to keep on doing the same-o, same-o.

Choices. Life is about choices. You have choices about what to do when you get mad. One great thing about being a Human Being is that you do get choices. We can use our choices about our mads to become gentle, loving people.

What better option do you have to do with your lifetime? Choose wisely."

<http://www.angriesout.com>

If you would like to recommend a speaker or contribute to the newsletter please contact Kerrie on keyding@ozemail.com.au