



# Avenues College

**Resilience ❖ Courage**  
**Respect ❖ Creativity**



## *2020 Term Three Week 10 B-12 Update*

We are at the end of another school term, and for our Year 12 students there are just a few weeks left of their school career.

### **CLASS OF 2020**

Our year 12 students have almost completed their work toward their SACE. There will be some exams and the last couple of assignments then they will be on their way! I wish them all the very best for their results, and for 2021 as they head to university, TAFE, work and apprenticeships. We will celebrate their 13 years of schooling at our Presentation Evening on Tuesday November 24 and the Year 12 Formal on Thursday 26 November. Every term (and every year) seems to be full of all sorts of events, in addition to teaching and learning. We are fortunate at Avenues College to have students and staff members willing to commit time and energy to a range of extra-curricular opportunities. I thank you all sincerely for the impact you have on the life of our college.

### **COLLEGE EVENTS TERM 3**

A number of students participated in camping this term – Nine students and two teachers hiked for eight days through the Flinders Ranges on **Operation Flinders**. This was made possible with the support of that organisation and our local member for parliament, Ms Dana Wortley. We hope to become an annual participant in this program.

Four of our PE teaching staff members took sixty year 9 students camping to Mt Crawford – and they all returned!

Two of our senior students arranged for our school to participate in *Jeans for Genes* and *Walk a Mile* fundraising events as part of their HPE studies.

Arts students worked with an Artist in Residence to create a mural on our music suite building as part of the SALA exhibition.

We welcomed Ms Claire Blunt into a teacher-librarian role, supporting our children from preschool to year 12

### **WILTJA SECONDARY SCHOOL**

I am delighted that Mr Rick Persse, Chief Executive of the Department for Education, has approved the consolidation of the Wiltja Program into Avenues College from the beginning of 2021. This will mean that year 8-10 students from the APY Lands, who currently attend school at Woodville High School, will now become Avenues students. Mr Daniel Lasscock, currently principal of Wiltja, will become the Deputy Principal of Avenues College – responsible for Aboriginal Learning and Senior Secondary Learning. A number of staff members will move into teaching roles at Avenues, adding expertise in EALD and other areas.

### **STAFFING NEWS**

While there are no formal announcements to make yet, the last few weeks of term 3 have been busy with the beginning of staff selections for 2021. A number of our staff team will be looking to apply either here or elsewhere, and our team will inevitably change as new people come into our community. I will make those announcements as soon as we know who our team will be for 2021 and beyond!

### **BUILDING UPDATE**

The McKay Ave campus has been a building site for the 2019 and 2020 school years, as we work to complete some much-needed repairs to sewer, stormwater and buildings. While some disruption has been inevitable staff members have worked hard to ensure that learning continued (mostly) smoothly.

Development of the primary and early years' areas is still underway. We have re-instated the primary climbing equipment from Beatty Ave, and are waiting for suitable soft fall to be provided. **We expect the playground to be ready for use on Day One Term 4**, and are hoping to provide extra equipment in this area over the next couple of years.

Car Parking has been a safety issue since we moved to McKay Ave and we are continuing to work with Port Adelaide-Enfield Council and Education Department staff to improve options for our families and surrounding residents. Thanks for your cooperation as we work through this.

*Robyn McLean, Principal*



### **Avenues College B-12**

McKay Avenue, Windsor Gardens SA 5087 T: 8261 2733 F: 8261 0827

E: [dl.0906.info@schools.sa.edu.au](mailto:dl.0906.info@schools.sa.edu.au) [www.avenuescollege.sa.edu.au](http://www.avenuescollege.sa.edu.au)



Avenues College  
Avenues College Children's Centre  
Avenues College Sport

*Avenues College acknowledges and respects the traditional custodians whose ancestral lands we meet upon. We acknowledge the deep feelings of attachment and relationships of Aboriginal peoples to country. We recognise the many language groups that continue their connection to land, waters and culture across Australia and we pay our respects to their elders, past, present and emerging.*



Government of South Australia  
Department for Education

Department for Education trading as South Australian Government Schools  
CRICOS Provider No: 00018A

# Diary Dates

## **Last Day of Term Three**

Friday 25th September

2.00pm Dismissal

REPORTS SENT HOME

## **First Day of Term Four**

Monday 12th October

## **Governing Council Meetings**

Tuesday 27th October

Tuesday 1st December

## **Book Week Celebration**

Week 4

Dress Up Day - Wed 4th November

## **NAIDOC WEEK**

9th—13th November

## **P-12 Sports Day**

Thursday 12th November

## **School Closure Day**

Friday 13th November

## **Year 12 Presentation Night**

Tuesday 24th November

## **Welcome Day**

—Transition for Yr 7 to 8

Wednesday 25th November

## **Year 12 Formal**

Thursday 26th November

## **Preschool End of Year Celebration**

Friday 4th December

12.00pm—6.00pm

Parents invited from 4.00pm

## **Last Day of 2020**

Friday 11th December

2.00pm Dismissal

## **First Day 2021**

Wednesday 27th January



## **Breakfast at Avenues**

**Kickstart Breakfast club continues in Term 3 and is available to all students Rec-12. Join us in Café Parndendi Mon, Tues, Thurs and Fri 8:00am to 8:40am (Yr8 to 12) and 8:50 (Rec to Yr7).**

**Our NESCI breakfast volunteers are back Wednesday mornings cooking bacon and eggs outside of the library. Available for all students Rec-12 starting Week 1 Term 3.**



**We are very privileged to have a dedicated and talented team of educators at Avenues College.**

**On 5th October, join us in acknowledging our hardworking teachers and the amazing work they undertake to support, develop and prepare our children and young people to be global citizens.**





# School Attendance Matters!

flaglerschools



## 18 OR MORE DAYS

- Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn
- Missing just one day every two weeks can add up to 18 days in a year. Absences add up before you even know it.



## 10 TO 17 DAYS

- Students who are absent an average of 15 days a year miss a year's worth of school before their senior year.
- When students miss a day of school it actually puts them two days behind their classmates.



## 9 OR FEWER ABSENCES

- Students with good attendance generally achieve higher grades and enjoy school more.
- Children benefit and make the most of their educational opportunities if they attend school regularly and on time.

## Signing Out Early??



We acknowledge that there are times when there is a requirement for parents or caregivers to sign out their children from school during the normal school day to attend medical appointments or attend to family matters.

Should you need your child to sign out early, you need to call the College, attend in person to the Front Office or write a note in the students diary (Yr7 to Yr12) to give permission. Please give a brief reason and provide your permission as early as possible to support our record keeping and to minimise disruption to the student's learning arrangements.

Unfortunately we are unable to accept text messages or calls directly to the students mobile phone.

**Students signing out must do so at the Front Office (P-Yr7) or through Student Services (Yr8-12).**

**FOR SALE**



**Summer dress uniform**

**Size 10 – Like new**

Worn for 2 weeks and hasn't worn it since.

(Daughter prefers the polo and shorts/pants.)

RRP \$80 - Selling for \$50

Please call 0403 576 921





## No Jab, No Play

From August 2020, it will be mandatory for children to be up-to-date with their vaccinations when attending any of these services:

childcare centres • family day care • pre-schools  
kindergartens • early learning centres

Learn more:

[sahealth.sa.gov.au/immunisation](https://sahealth.sa.gov.au/immunisation)



## AVENUES COLLEGE PRESCHOOL



**ENROL FOR 2021 NOW !!**



Preschool at Avenues College is an ideal environment for your child to flourish and thrive as they explore play based learning

We encourage children to investigate and experiment with a wide variety of equipment and resources and we stimulate and support their thinking and learning as they grow.



We foster strong relationships and positive interactions between the preschool children, older Avenues College students, College staff,

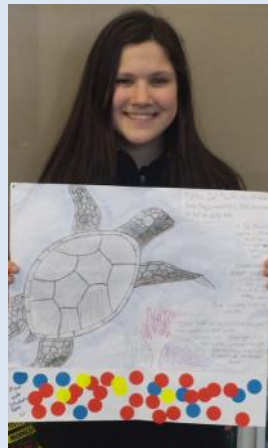
To secure your Preschool place for 2021, or to arrange a private tour (after 3pm weekdays) please contact our Preschool Director.

☎ 8261 2733

✉ [dl.1582.director@schools.sa.edu.au](mailto:dl.1582.director@schools.sa.edu.au)



# SCIENCE WEEK 2020–Ocean Waste



Did you know that on average, you eat 260g of plastic in your food every year?! This is because a lot of waste ends up in the ocean, and the marine life accidentally eat it, which goes up the food chain to us.

Science Week this year focused on Ocean Waste. The Environmental Group looked at the problem, and what we as young people can do about it.

Ensure you pick up your trash, put it in a bin or recycle where you can, and try to have reusable products instead of single use products. Things like a trusty drink bottle you can refill, or a keep cup for your morning coffee.

We had a poster competition for the entire school, winners are:

Primary: Ishaq Sarwar, second place Orchid Rosecky

Secondary: Hannah Appleton Reynolds, second place Charlotte Farrell

As well as a question competition, how much plastic does the average Australian eat in a year? Winners are Jaideep Brar, second place Brooklyn Gunn.

# BOOK WEEK 2020

Avenues College will celebrate *Book Week 2020* in Week 4 of Term 4 with our annual dress up day and activities on ....

*Wednesday 4th November.*

Staff & students are invited to recognise and celebrate their favourite stories or book characters by dressing up and participating in parades, games and competitions.

The theme for this year's event is .....

*Curious Creatures, Wild Minds.*

Each year, across Australia, the Children's Book Council of Australia (CBCA) brings children and books together celebrating CBCA Book Week. Throughout the year, the CBCA works in partnership with authors, illustrators, publishers, booksellers and other organisations in the children's book world to bring words, images and stories into the hearts and minds of children and adults.



Australian children's literature enriches our nation and reaches children across the world through international editions. During Schools and public libraries spend one glorious week of the year celebrating books and Australian children's authors and illustrators.

*So join in the fun for all ages on Wednesday 4th November and share the joys of books, reading and literacy!*



One of the many things that 2020 and all of its challenges has highlighted for us is the importance of holding the most up to date contact information for parents, caregivers and emergency contacts.

If you have recently changed your contact details (mailing address, phone numbers or email address) or would like to update your Emergency Contacts or your student's medical information, please contact our Front Office staff on 8261 2733 or [dl.0906.info@schools.sa.edu.au](mailto:dl.0906.info@schools.sa.edu.au).

Alternatively you can access a pre-printed form on our website via the following link :

[Update of Parent/Caregiver Details Form](#)

Please Note : We are only able to accept amendments from a parent or authorised caregiver.

**Instructions:**

1. Give your bookmark and Curious Creature some colour and details (Go wild! Add some spots, stripes or patterns)
2. Give your Curious Creature a name (Write it in the little banner)
3. Fold/crease your bookmarks along dotted lines 1 and 2 so that Fold 1 meets 3
4. Cut out around your bookmarks
5. To see your Curious Creature change, hold the top and bottom ends of your bookmark and pull in opposite directions

# MAKE YOUR OWN BOOKMARKS FOR CBCA BOOK WEEK

CBCA Book Week  
CURIOUS  
CREATURES,  
WILD MINDS



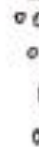
Fold 1

Fold 2

3



CBCA Book Week  
CURIOUS  
CREATURES,  
WILD MINDS







## Parenting and Family Support Program's

# My Child and Me

Connecting, Understanding, Guiding.... Everyday parenting

*My Child and Me* is a FREE workshop that helps you as parents and carers build an understanding of your child and their healthy development.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

### Topics to support your parenting include:

- Brain & child development
- Understanding behaviour
- Parenting styles
- Positive approaches to guiding children's behaviour

Our workshops are based on the latest parenting research and use information from **Parenting SA.**

*Light refreshments and crèche provided. (Bookings essential)*

**Where:** The Avenues College Children's Centre

McKay Avenue Windsor

**When:** Part 1: Monday 12<sup>th</sup> October

Part 2: Monday 19<sup>th</sup> October

Part 3: Monday 26<sup>th</sup> October

**Time:** 9.30am – 12.30pm

**To book:** Erica Knapp – Community Development Coordinator

Ph: 8261 2733

*Everyone is welcome, however bookings are essential*

*\* Please arrive 10 minutes early to register \**

*Delivered by the Department of Human Services*

*Parenting and Family Support Team*





YOU COULD  
PLAY WOOLWORTHS  
CRICKET BLAST  
**FOR FREE!**

**SPORTS  
VOUCHERS**  
sportsvouchers.sa.gov.au



**OUTDOORS  
NON-CONTACT**

# HAVE A BLAST!

**GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ALL-INCLUSIVE PROGRAM FOR KIDS WITH A DISABILITY – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!**

**FREE - Deaf & Hard of Hearing Cricket Blast with Players and Coaches From SA Deaf & Hard of Hearing Squad**  
Thursday 8th & Friday 9th of October 10am - 12:30pm  
Contact - Jordan Capel - [jcapel@saca.com.au](mailto:jcapel@saca.com.au) - 0434838116  
Victoria Park Sports Fields - Interpreter will be present

\*BASED ON PROGRAM RRP OF \$99. MORE INFO AT [SPORTSVOUCHERS.SA.GOV.AU](http://SPORTSVOUCHERS.SA.GOV.AU)



**JOIN A CREW NEAR YOU TODAY**



**OFFICIAL KIDS PROGRAM**







**STARTS OCTOBER 17 & 18**

**FREE COME & TRY  
CALL TO BOOK!**

# Grasshopper SOCCER

Soccer Fun For Girls & Boys Aged 2 to 12!

**TERM 4 PROGRAM - 8 WEEKS**



**5 LOCATIONS:** CITY | GRANGE | STONYFELL | MAWSON LAKES | WINDSOR GARDENS

**Programs run all year round within each school term**



### Mite-E Soccer (2-3yo)

- A great introduction to Soccer!
- Kids work with their parents
- Learn new soccer skills
- Develop their motor skills!
- Lots of fun games
- Non-competitive environment

🕒 35 MIN

💰 \$120



### Pint Size Soccer (4-5yo)

- First kicks in soccer!
- Introduction to shooting, passing, dribbling and goal keeping
- Play fun, skill based games
- Introduction to the Pint Size Ml Big Game!

🕒 50 MIN

💰 \$130



### Intro to Micro (5-6yo) Micro (6-8yo)

- Ultimate challenge for young soccer players!
- Learn the rules of grasshopper soccer big game
- Develop skills in shooting, passing, dribbling and goal keeping

🕒 60 MIN

INTRO TO MICRO 💰 \$140



### Micro Plus (8-12yo)

- Skills development and teamwork
- Ideal preparation for club soccer
- Fine tune their skills
- All the favourite fun based soccer based games
- Play the Grasshopper Soccer Big Game!

🕒 75 MIN

💰 \$150

**Mobile 0408 825 280 for a FREE trial or get in touch**

✉ [andrew@grasshoppersoccer.com.au](mailto:andrew@grasshoppersoccer.com.au)

📱 GrasshopperSoccerAdelaide | [www.grasshoppersoccer.com.au](http://www.grasshoppersoccer.com.au)





# JUNIOR GIRLS TRIALS 2021

Adelaide Comets Football Club invites new and existing players to our Junior Girls Trials.

## MINIROO GIRLS

Under 7 - Under 9 - Under 11  
(Registration Only)

## JUNIOR GIRLS

Under 13 - Under 15 - Under 17

Thursday 15th Oct. 2020 | 7pm-8pm

Friday 16th Oct. 2020 | 7pm-8pm

Saturday 17th Oct. 2020 | 10:30am-11:30am

All trials will be held at

Ellis Park - West Tce Adelaide  
(Next to Adelaide High School)

REGISTER YOUR INTEREST

womens@adelaidecomets.com.au

ARTHUR SKREMBOS  
Women's Coordinator  
0412 671 137

TONY MANSUETO  
Women's Head Coach  
0491 333 743

# NORTH HAVEN SLSC NIPPERS



## Nippers – Give it a go!

Season commences 10<sup>th</sup> October

Saturdays 1pm – 3pm

Free 'Come and Try'. Ages 5 – 13. All Welcome

\$60 Nipper Membership annually

\$150 Family Membership (One sports voucher per family)

North Haven Surf Life Saving Club  
44 Australia Drive 2, North Haven  
Email: [nippers@northhavenslsc.com.au](mailto:nippers@northhavenslsc.com.au)



## Join Our Team

- Like having fun in the water?
- Dream of representing Australia?
- Enjoy keeping fit and healthy?
- Like meeting new friends at the same time?

If you answered yes to any of these

## SWIMMING IS FOR YOU

Western Aquatic Swimming Club is a group of children and young adults who participate in swim squad training, compete at scheduled SwimmingSA carnivals, and socialise as a group. The club's aims are keeping fit, improving PB's and competing as a team. Qualified coaches are on hand at training to assist with training programs, technical stroke corrections, goal setting, and general advice as well as at club targeted swimming meets to oversee warm-ups and advise on individual race strategy.

Inquire about joining today  
[westernaquaticswimmingclub@outlook.com](mailto:westernaquaticswimmingclub@outlook.com)



# Looking for something fun to do in the school holidays?

## Metro United WFC School Holiday Soccer Clinic for Girls

EST. 2006



METRO  
UNITED  
WFC



Register now through [Jotform](#)

[www.metrounitedwfc.com/](http://www.metrounitedwfc.com/)



**FREE & for all abilities**  
**Girls aged 12 and under**  
**Tuesday 29th September, 9am to 12pm**

Metro United is a family friendly local girls and women's only soccer club based at Pooraka

## INCLUSIVE NIPPERS SESSIONS



PROMOTING BEACH AWARENESS,  
COMMUNITY SPIRIT AND FUN WITHIN AN  
INCLUSIVE SURF LIFESAVING ENVIRONMENT



The Semaphoresurf Seabirds is an inclusive Nippers program for children with additional needs.

- The program consists of 12 sessions that will run in 2 x 6 week blocks
- Seabirds will have extra volunteer support, including 1 on 1 support for water activities.
- Seabirds will be buddied up with an appropriately qualified Surf Lifesaver
- Seabirds group can be used as a pathway into a Nippers Age group if appropriate.
- Seabirds sessions will start on November 14th 2020

## NIPPER TRAINING SATURDAYS 12:45PM - 3PM

POINT MALCOM RESERVE, MILITARY ROAD, SEMAPHORE PARK, S.A. 5019

WHAT TO BRING: Long Sleeve Training Top, Broad Brimmed Hat,  
Sunscreen, Water Bottle, Bathers, Towel and Goggles.

**SEE OUR SEABIRDS PAGE ON OUR WEBSITE**  
FOR MORE INFORMATION, DOWNLOADABLE  
INFO SHEET, AND REGISTRATION INFO  
[HTTP://SEMAPHORESLS.COM.AU/SEABIRDS-INCLUSIVE-NIPPER-PROGRAM/](http://semaphoreslsc.com.au/seabirds-inclusive-nipper-program/)



**OR PRE-REGISTER ON 25TH SEPTEMBER 4PM TO 6PM**  
AND KEEP AN EYE ON THE WEBSITE FOR ADDITIONAL REGISTRATION DAYS

Alternatively e-mail [secretary@semaphoreslsc.com.au](mailto:secretary@semaphoreslsc.com.au)





## NETBALL ACADEMY

During Term 4, 2020 *Taught and Bowled* is offering aspiring netballers the chance to be involved in a Netball Academy program. The program is offered to netballers of all abilities from ages 9 to 15.

The program will focus on technical and tactical skill development and progression as well as core strength and fitness. Squad members will take part in netball specific testing and receive take home programs to improve their ball skills, footwork, balance/core strength and fitness. All participants will receive a training singlet, drink bottle and backpack.

We have added a nutrition/preparation/recovery session to the program this year that will be delivered by nutritionist and former AFLW player Georgia Bevan. Netball sessions will be delivered by accredited and experienced coaches who will work with the participants throughout the entire program.

### PROGRAM DETAILS

Date	Time	Venue	Session
Mon 12 Oct	6:00-7:45pm	SAUCNA Netball Courts (cnr Anzac Hwy and Greenhill Rd)	Introduction and testing
Mon 19 Oct	6:00-7:45pm	SAUCNA Netball Courts	General skills and nutrition etc. session
Sun 25 Oct	10:00am-1:30pm	Priceline Stadium (indoor)	Match play and vision review
Mon 26 Oct	6:00-7:45pm	SAUCNA Netball Courts	General skills
Mon 2 Nov	6:00-7:45pm	SAUCNA Netball Courts	General skills
Mon 9 Nov	6:00-7:45pm	SAUCNA Netball Courts	Court structure
Mon 16 Nov	6:00-7:45pm	SAUCNA Netball Courts	Court structure
Mon 23 Nov	6:00-7:45pm	SAUCNA Netball Courts	Area specific activities
Mon 30 Nov	6:00-7:45pm	SAUCNA Netball Courts	Area specific activities
Mon 7 Dec	6:00-7:45pm	SAUCNA Netball Courts	Game sense activities
Sun 13 Dec	9:00am-12:30pm	Priceline Stadium (indoor)	Match play and vision review
Mon 14 Dec	6:00-7:45pm	SAUCNA Netball Courts	Re-testing and conclusion

For more details please click [HERE](#) or contact Alice Johnswood at [alice@taughtandbowled.com.au](mailto:alice@taughtandbowled.com.au)



At CDW Studios during this holiday break, we are running a 2 hour drawing workshop for younger children so if you know a budding young artist this might be of interest to you.

**Illustrator Lauren Mullinder** will be teaching how to draw dragons!

It is perfect for 9 - 13 year olds and is a great place to start or somewhere to learn some additional skills.

Date: Tuesday October 6th  
Start: 1:45pm for a 2pm start  
End: 4pm

Where: CDW Studios, Lvl 4, Myer Centre, Rundle Mall (access to Level 4 is via the lifts closest to King William street)

Cost: \$10.00 - register [here](#)

Bring along your own art supplies: pens, pencils, markers and paper which are perfect for this workshop. Ipads are optional.

SPOTS ARE LIMITED so don't leave it to the last minute to [register](#) your young Artist! Jump on our website to [register](#)

CDW Studios is observing Covid safe procedures, so attendees will need to sign in on arrival, there will be hand sanitising stations and plenty of space in the classroom.

## MOUNTAIN BIKING PROGRAMS

**Head for the Hills has a range of Mountain Bike programs commencing soon, including the Holiday Geocache Adventure, Holidays Skills Clinics and After School Skills.**

**These programs focus on the key skills of mountain biking and will develop the students :**

- **Bike handling and balance**
- **Control and trail reading**
- **Technique (discipline independent)**

**Students will also learn about the non-practical aspects of mountain biking including :**

- **Trail etiquette for shared-use networks**
- **Risk assessment and management skills**
- **Knowledge of participation opportunities.**

**For more information visit [headforthehills.net.au](http://headforthehills.net.au)**

**Head for the Hills**  
*Off Road Cycling*

## Mountain Biking Skills & Activities



- Holiday Geocache Adventure
- Holiday Skills Clinics
- After School Skills
- Bike & Helmet Hire Available

 [headforthehills.net.au](http://headforthehills.net.au)





## **TANGO NETBALL CLUB**

presents

### **NETSETGO**

Tango Netball Club is running a NetSetGo Activity program in Term 4.

Tango is the Premier League Club of the Northern Netball Community. Providing a family friendly netball environment that supports wholesome competition and personal development opportunities for all members.

Our NetSetGo program is run by current Tango players and coaches and offers skill development in a fun format. Available to all children aged 5-7 years of age, it's a great starting point before moving into a school team or club environment.

<b>When:</b>	Monday 12 October (Week 1, Term 4) to Monday 23 November (Week 7, Term 4) 5:30pm to 6:30pm
<b>Where:</b>	King's Baptist Grammar School Friendship Court (Indoor Gym), Wynn Vale
<b>Cost:</b>	\$75 (sports voucher eligible)

For any questions and details on how to register contact:

Jo Scrima

Player Registrations, Tango Netball Club

[playerregistration@tango.netballclub.com.au](mailto:playerregistration@tango.netballclub.com.au)





TRUST THE SIGNS

ASK RUOK?

Trust the Signs,  
Trust your Gut & Ask R U OK?

It's time to ask R U OK? if you notice a change, no matter how small.

WHAT ARE THEY SAYING?

SAYING?

Do they seem:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

WHAT ARE THEY DOING?

DOING

Are they:

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviour
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

WHAT'S GOING ON IN THEIR LIFE

LIFE

Are they experiencing:

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about



RUOK?

## Starting a conversation



### 1. Ask R U OK?

- Pick the right time and place to start the conversation
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"



### 2. Listen

- Take what they say seriously and don't interrupt or rush the conversation
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you're listening by repeating back what you've heard (in your own words) and ask if you've understood them properly



### 3. Encourage action

- Help them think of next steps they could take to help them manage their situation
- If they've been down for more than two weeks, encourage them to see a health professional
- Be positive about the role of professionals in getting through tough times



### 4. Check in

- Schedule a reminder to call them in a couple of weeks, if they're really struggling, follow up with them sooner
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

## Can you spot the changes?



Find the 6 differences between these two illustrations.



## Useful contacts for someone who's not OK

Encourage them to connect with a trusted health professional like their GP, or these Australian crisis lines and professionals.

- Life line (24/7)**  
131114  
lifelife.org.au
- Beyond Blue (24/7)**  
1300 224435  
beyondblue.org.au
- SAANE Australia**  
1800 18 SAANE (7263)  
saane.org
- Suicide Call Back Services (24/7)**  
1800 659 467  
suicidecallback.org.au
- Kids Helpline (24/7)**  
1800 551 800  
kidshelp.com.au
- More contacts**  
ruok.org.au#ndhelp

**RUOK?**

A conversation could change a life.

ruok.org.au