

SDERA NEWS

Term 1
Number 77
February 2016



**FREE WORKSHOP ON
METHAMPHETAMINE
FOR SCHOOLS AND
PARENTS**

**CHAT SCHOOLS GOING
FOR GOLD**

**DIRECTIONS 2015-2017
AN ACTION PLAN
FOR ROAD SAFETY**

SDERA
EDUCATING FOR SMARTER CHOICES

EDITORIAL

Welcome to the first edition of *SDERA News* for 2016. I hope you had a relaxing and revitalising break and a great start to the school year. SDERA has some significant projects this year that will help schools in the delivery of effective drug, resilience and road safety education. Without going into detail about the initiatives, SDERA is pleased to soon be launching the latest edition of *Challenges and Choices* for Years 7-10 which, for the first time, will have accompanying student workbooks.

Secondly, our new easy to navigate website with a space specifically dedicated to methamphetamine will go live in February. Our *Talking Drugs* workshop will be offered across WA for school staff who wish to extend their knowledge about drugs and in particular methamphetamine. Add to the list are the celebration events that will recognise the achievement of the first CHAT schools reaching Gold Level. Certainly something to celebrate after years of hard work.

While there are new things to look forward to, SDERA will

continue to provide quality professional learning workshops throughout WA and high level consultancy support. As SDERA has been part of the WA landscape since 1997 (then as SDEP) many people would not realise what a unique organisation it is in the national and state arenas and how fortunate we are to have strong cross sectoral support and engagement. There truly is nothing else like it that is set up to support schools in the vital areas of drug and road safety education.

Nationally, SDERA has an enviable reputation for being leaders in the field and a large part of that reputation lies with the highly professional, experienced and motivated staff. It has been my absolute pleasure to lead the SDERA team for the last ten years and no manager could wish for a better group to work with. As the saying goes "all good things must come to an end" and my time as manager has come to an end. Thank you



for your support of SDERA during my stay. I wish you success in your future endeavours and I have every confidence that you will see the benefits of continuing your engagement with SDERA.

Happy reading,

Bruno Faletti
Manager SDERA

Staff changes at SDERA

There have been a few comings and goings at SDERA since the end of 2015.

Our Manager, Bruno Faletti is taking Long Service Leave through to the end of May, after which he will retire. Bruno has been the Manager since 2006 and in that time has lead the development of a range of new and exciting programs and resources for SDERA. On behalf

of the SDERA Management Committee and staff, WA schools and road safety and drug education stakeholders, I would like to thank Bruno for promoting the importance of school drug and road safety education, and contributing to the health and safety of young people in this state.

After taking SDERA through a rebranding process and website development, establishing our team of Ambassadors,

and coordinating media and promotional events around the state, Pepita Bulloch (Marketing and Communication Coordinator) has moved on to look for her next challenge. Thanks Pep.

Lisa Lanciano will be taking parental leave in February. We wish Lisa and Rocco all the best with the next addition to their family.

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Department of
Education



Free methamphetamine workshop for schools and parents in Semester 1

SDERA has been working closely with the Department of Education to make available to all schools a workshop called *Talking Drugs*. This is an excellent opportunity for WA schools to engage in a drug education initiative that is being driven at state and national levels to address methamphetamine and other drug use behaviour.

This workshop for those working with Kindergarten to Year 12 students, adds another layer of knowledge to those who conduct drug education using our teaching and learning resources; to those who seek to develop *School Drug Education Guidelines* (Drug Policy); and to school staff who work on any level to support students who may have issues around drug use.

The workshop has a focus on methamphetamine and other drugs and allows considerable opportunity for discussion.

At this workshop you will:

- Extend your knowledge and awareness of drug types, their impacts and possible consequences.
- Gain greater understanding of some of the complex issues that may drive drug use behaviour.
- Consider what may contribute to drug use in individuals who choose to use drugs and/or continue to use them.
- Understand the importance of empathy for working with young people with drug use issues.

School staff can register for a metropolitan workshop at www.sdera.wa.edu.au or a regional workshop by contacting the SDERA Consultant located in that region (please see our website for contact details).

The workshop and materials are free. A teacher relief contribution of \$350 is available from SDERA for each teacher attending the workshop.

Talking Drugs for school staff

Location	Date
Albany	9 June
Broome	17 May
Bunbury	24 May
Busselton	26 May
Esperance	17 March
Geraldton	1 June
Kalgoorlie	11 May
Karratha	6-7 April (3pm-6pm)
Narrogin	22 June
Northam	20 June
Rockingham	22 March
Perth	11 March
Perth	5 May
Perth	14 June



Talking Drugs Parent Information Session

Parents have an important role to play in preventing and reducing their children's risk of harm from drug use.

As part of the national and state strategy to address methamphetamine and other drug use behaviour, the Department of Education and SDERA will offer a *Talking Drugs* information session for parents.

These 1 ½ hour sessions will be run in 11 regional areas and the metropolitan area in the evening during Semester 1.

Schools are being encouraged to inform and invite their parents to attend as places are limited.

To register for this event, go to www.eventbrite.com.au to find a *Talking Drugs* session near you.

Location	Date
Albany	8 June
Broome	17 May
Bunbury	23 May
Busselton	25 May
Esperance	17 March
Geraldton	1 June
Kalgoorlie	11 May
Karratha	5 April
Narrogin	21 June
Northam	20 June
Mandurah	28 April
Perth	10 March
Perth	5 May
Perth	19 May



Accolades for regional CHAT School

Out of the many WA schools endeavouring to teach effective road safety education, East Narrogin Primary School has been acknowledged for its efforts at the Regional Achievement and Community Awards.

The Awards are designed to encourage, acknowledge and reward the valuable contributions that individuals, communities and businesses are making throughout regional and rural WA.

At a gala dinner held late last year, the school was announced as the winner of the Insurance Commission of WA Regional Safety Award.

East Narrogin PS is dedicated to ensuring road safety is a key component of its whole school approach to health. The school began their CHAT journey in

2010 with SDERA and has successfully achieved Bronze and Silver Levels with Gold targets set for early 2016. Prior to becoming a CHAT school, East Narrogin was a great supporter of SDERA and its *Challenges and Choices* and *Smart Steps* programs.

The school is strongly committed to the whole school approach that is widely acknowledged as best practice to promote and enhance student health, safety and wellbeing.

Deputy Principal, Jo Hayes was elated at the announcement, "The whole school approach in promoting a healthy school uses the components of Curriculum, Ethos and Environment and Parents and Community. Critical to the success of the whole school health education has been the on-going support



East Narrogin PS Staff accepting award.

from SDERA. The small CHAT Committee have demonstrated committed leadership in driving the work forward and guiding the process of change within the school. It is not just about what happens in the curriculum, it is about the entire school day and also through the students' daily experience of life in school and beyond. If consistent messages are evident across the school and wider community, the students' learning is validated and reinforced."

Congratulations to East Narrogin PS staff, students and the wider school community.

CHAT Schools going for Gold

Our CHAT initiative offers intensive in-school support to guide schools, step-by-step as they develop a best practice whole school approach to resilience, drug and road safety education. It also provides opportunity to examine the broader, holistic notion of student wellbeing. Research shows that healthy and resilient students are more likely to engage and succeed at school and in life. Students have proven that with the right skills they can make more positive lifestyle choices which in turn, help them achieve better results in the classroom.

At the heart of CHAT is a process which enables schools to identify needs, develop actions and implement changes ensuring they are relevant and grounded in the ethos of the school and needs of the local community. Educating students well about complex health issues requires support beyond the curriculum.

By using the comprehensive approach that SDERA provides through CHAT, schools can gain a wealth of assistance and support to structure and implement innovative, sustainable, whole school health initiatives that focus on building resilience through drug and road safety education.

CHAT is a developmental process with three levels (Bronze, Silver and Gold). All schools start at Bronze Level and work through each level in approximately 12 to 18 months. We are proud to acknowledge that a number of our CHAT schools will be the first in WA to achieve Gold Level this year. Watch this space!

If you would like to develop a comprehensive, whole school approach to promote health and wellbeing in your school there is still time to get involved in

CHAT - although places and funding are now limited. We are particularly interested in engaging more secondary schools in 2016.

For more information about CHAT or initiating a whole school approach to resilience, drug and road safety education, contact us on 9402 6415.



Brad Hogg inspires students at Yule Brook



Yule Brook College in Maddington is a vibrant middle-school, specialising in the education of students in Years 7 to 10. They have been a CHAT school since 2012 and received their Bronze Level Award in 2014. The school is currently working towards their Silver Level, with a focus on resilience education.

To help inspire the students, international cricket star and SDERA Ambassador Brad Hogg made a visit to the school at the end of last year. Brad

spoke to the students about the importance of building their resilience so they can meet the challenges of life. He shared some strategies he has used over the years to remain healthy, and told students that, "You don't have to be into sport to want to be healthy. It's about making good decisions about what you put into your body so you give yourself the best opportunity to succeed, be it at school, music, in friendships or just being happy."

Brad made sure the cricket

SDERA Ambassador Brad Hogg with Yule Brook College student.

fanatics were given a few tips as well, playing numerous games of cricket and signing autographs. He also reinforced the resilience messages that the students had been learning in the classroom, stating that, "I have been through many ups and downs, and sometimes you are tempted to give up, but you need to be able to look yourself in the eye and know you have done your best."

DRUG EDUCATION UPDATE

New Secondary Supply Laws WA

On 20 November 2015 new laws came into effect in WA regarding the secondary supply of alcohol.

Under this law it is an offence for anyone to supply under 18's with alcohol in a private setting without parental or guardian permission. This offence carries a maximum penalty of \$10,000. Prior to this legislation coming into place it was not an offence to supply alcohol to juveniles on unlicensed premises without parent/guardian consent. It is still an offence to sell or supply alcohol to a juvenile on licensed premises, with or without the consent of a parent/guardian.

Alcohol can increase the risk of injury, mental health problems, and cause permanent damage to a young person's developing brain. For these reasons the national health guidelines for children and young people under 18 years of age, state that "not drinking alcohol is the safest option."

Parents not wanting their children to drink alcohol are now able to stand firm in their decision to not provide young people with alcohol. Secondary supply laws mean adults are legally not able to give alcohol to another person's child, on a private premise, without



parental permission. The new laws help parents take control as to whether their children can or cannot consume alcohol. Parents/guardians can give permission for their child to consume alcohol to other adults in any format however written permission may be the best.

The new laws also require that if you are supplying alcohol to a juvenile you must observe responsible supervision practices at all times. This includes making sure juveniles don't get drunk (or you do not get drunk yourself) and that you are able to supervise the consumption of alcohol at all times.

For detailed information on secondary supply, visit www.alcoholthinkagain.com.au or visit the Department of Racing, Gaming and Liquor www.rgl.wa.gov.au

SDERA trains Constable Care performers

As members of the WA Road Safety Education Committee, SDERA and Constable Care often collaborate to gain better health and safety outcomes for young people.

Theatrical Response Group (TRG) is a theatre-in-education initiative of the Constable Care Child Safety Foundation, designed specifically around the needs of secondary school students. A key component of the program is to provide young people with the opportunity to develop and rehearse responses to social scenarios they may face outside the classroom such as bullying, peer pressure, alcohol and other drugs, and exposure to domestic violence.

To build their knowledge base, the TRG team of performers participated in SDERA's *Alcohol and Cannabis* professional learning workshop. Participants were presented with the latest alcohol and drug statistics from the Australian School Students Alcohol and Drug Survey along with a range of activities from our *Challenges and*

Jill Fitzpatrick, Tiff Brown
(WALGA RoadWise), Cliff
Spencer and Jim Hutcheson
(Pink Lake Golf Club).

Photo courtesy Esperance Express.



Esperance clubs are 'Good Sports'

Sport and alcohol are closely linked in Aussie culture with sporting clubs providing an environment where alcohol is readily available and can be consumed at risky drinking levels. Esperance is set to change long held drinking cultures as local sports clubs adopt the Good Sports Program.

Since the introduction of the Good Sports concept in June 2015, several Esperance clubs have registered to be involved, with five already achieving Level 1 of a three step accreditation process.

Good Sports, an Australia wide program run by the Australian Drug Foundation, is a first in providing a strategy to ensure community sporting clubs and associations provide healthy and safe environments for their members. The program has resources and training to help clubs tackle alcohol-related issues as well as mental health, smoking

and obesity with the aim for all Australians to be the healthiest they can be.

In a bid to reduce alcohol-related harm in young people, the Esperance Alcohol and Other Drug Management Plan identified Good Sports as a key strategy with proven results.

A four-year study by the University of Newcastle, Hunter New England Population Health and Deakin University has proven that Good Sports is the only community sports program that changes community sports club drinking culture and reduces harm from alcohol use.

In fact Good Sports:

- reduces the likelihood of risky drinking by 37 per cent; and
- reduces the risk of alcohol-related harm to club members by 42 per cent.

(Reference <http://goodsports.com.au/about/good-sports-works/#sthash.7IS3eiKQ.dpuf>)

As soon as the program was launched in Esperance, five clubs registered and very quickly were able to achieve Level 1 status through an audit process which predominantly checked service of alcohol compliance. Pink Lake Golf Club bar manager Jim Hutcheson said the club decided to get involved in Good Sports as it is a 'progressive, clean thinking club'. Mr Hutcheson suggests other clubs get involved, especially if they have younger members, as it sets a good example and promotes sensible use of alcohol by adults.

Jill Fitzpatrick, our consultant in Esperance, who has been instrumental in developing the Esperance AODMP said, "I am very optimistic about the uptake of Good Sports in Esperance. Having a tangible way of peeling back ingrained drinking patterns visible in some clubs is welcomed both as a health professional and as a member of the community."

Choices early adolescence resource.

The TRG team were able to gain the 'real' picture of drug use behaviour amongst young people. Knowing this, the TRG performers can now confidently say to young people in debriefing sessions that those who are choosing not to drink or use other drugs are part of a majority and should feel confident in their decision to abstain.

They can also encourage students to speak assertively, make responsible decisions and put plans in place to ensure they and their friends get home safely.

For information about the Constable Care theatre-in-education performances visit www.constablecare.org.au and for SDERA's *Challenges and Choices* resources visit www.sdera.wa.edu.au





Medicinal cannabis

Medicinal cannabis has become a hot discussion topic in Australia in recent times following the legalisation of cannabis for medicinal purposes in a number of American states.

Cannabis as a form of medicine has been around for a very long time. During the 1800's it was used in North America and Europe as a medicine for various illnesses and health issues. By the early 20th Century, doctors stopped using cannabis as a medicine because it was hard to control its dose and it often led to unwanted (or no) effects.

Medicinal cannabis is again in the spotlight so here is what we can tell you about it.

The term 'medicinal cannabis' can be quite confusing as many people are unsure of the difference between the drug you can buy from a dealer and the 'medical' version that has reported healing properties. It's also confusing because sometimes the media reports it as a joint that can be smoked and other times that it looks like a capsule or mouth spray.

When we hear about medicinal cannabis in Australia the media is referring to crude cannabis or cannabis oil. There can be a range of issues with crude cannabis and cannabis oil as a medicine. The main issue being that the dose and potency isn't regulated and tested, and further research is needed into the side effects it can have. This makes it a difficult drug for doctors to prescribe as they

aren't able to accurately weigh up the risks and benefits for their patients.

The other types of medicinal cannabis are the pharmaceutical preparations which come from the cannabis plant, but the active components of cannabis are altered to maximise the drug's therapeutic benefit and minimise side effects. So essentially it attempts to make the most of the good parts and remove the rest.

This form may be a better option than crude cannabis because the dose and strength of the preparation can be controlled, regulated and tested. It isn't administered through smoking so doesn't have the same associated risks as smoking does and the active components in cannabis have been adjusted to minimise risks to patients whilst still providing benefits. There are several studies into the medicinal effects of pharmaceutically prepared medicinal cannabis however more long-term research is needed.

Currently there hasn't been a great deal of quality research undertaken to confirm the medical uses of this drug, or to identify short and long-term side effects.

From studies that have been conducted, pharmaceutical

preparations have been used with some success to treat spasticity in Multiple Sclerosis patients, withdrawal symptoms in people addicted to cannabis, and some forms of pain. In some cases, side effects seem to outweigh benefits, so we know that more research is required to confirm how effective it is compared to existing medicines. Of particular note, despite claims, there has been no research to validate the claim that cannabis can cure cancer.

Tests have been carried out on cannabis oil that has been purchased online and it has been found that the reported contents of drugs and other substances purchased on the internet are not always reliable.

While some 'medicinal cannabis' suppliers may really want to help people out, others are clearly out to make money. Medicinal cannabis is currently not readily accessible in Australia, although several government authorities are in the process of reviewing its effectiveness and deciding whether to make it available as a treatment for some specific conditions in the future.

For more information visit www.ncpic.org.au

(Reference: NCPIC)

Where to get advice, help and support

24 HOUR ALCOHOL AND DRUG SUPPORT LINES

The Alcohol and Drug Support Service provides 24/7, state-wide telephone counselling, information, referral and support to anyone concerned about their own or another person's alcohol or drug use.

Contact with the support lines is one-to-one with a professional counsellor and is confidential.

The counsellor who answers your call can:

- listen to what is going on for you
- provide you with information about alcohol or drug use
- provide emotional support
- talk about treatment options
- refer you to local services that can provide ongoing support.

Promotional materials to increase awareness of these support lines are available free of charge by emailing the Alcohol and Drug Support Service alcoholdrugsupport@mhc.wa.gov.au

For more information call the Mental Health Commission on (08) 9442 5000, email alcoholdrugsupport@mhc.wa.gov.au or visit alcoholdrugsupport.mhc.wa.gov.au



ALCOHOL & DRUG SUPPORT LINE

Alcohol and Drug Support Line

For anyone concerned about their own or another person's alcohol or drug use.

Phone: (08) 9442 5000

Country callers: 1800 198 024

Email: alcoholdrugsupport@mhc.wa.gov.au

Parent and Family Drug Support Line

For anyone concerned about a loved one's alcohol or drug use.

In addition to professional counsellors, the Parent and Family Drug Support Line has a network of trained parent volunteers who have experienced their own child's alcohol or drug use.

Parent volunteers are available between 8:00am and 10:00pm each day and will listen to your concerns, share coping strategies and explore options to help manage your situation.

Phone: (08) 9442 5050

Country callers: 1800 653 203

Email: alcoholdrugsupport@mhc.wa.gov.au

Working Away Alcohol and Drug Support Line

Supporting the health and wellbeing of working away from home families and communities.

Phone: 1800 721 997

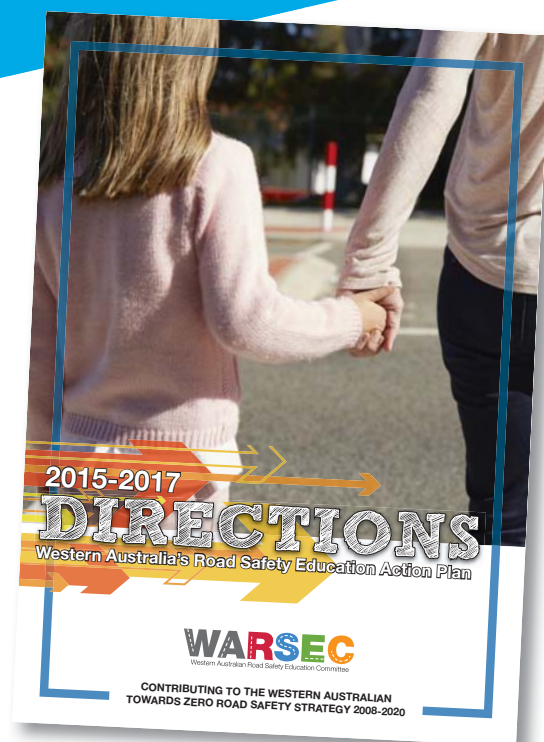
Email: workingaway@mhc.wa.gov.au



ROAD SAFETY EDUCATION UPDATE

Directions 2015-2017

An action plan
for road safety
education in WA



A car child-restraint fitting program, public transport safety initiative and pre-driver education program are among dozens of educational initiatives to be delivered to WA school students, toddlers and parents over the next two years, thanks to the combined efforts of the WA Road Safety Education Committee (WARSEC).

On Friday 20 November 2015, Road Safety Commissioner Mr Kim Papalia acknowledged WARSEC as an outstanding example of leadership and collaboration, as he launched *Directions 2015-2017*, the action plan informing the vital work of WARSEC's 21 member agencies.

WARSEC Chair and SDERA Consultant Deb Zines said that the majority of early childhood services and schools in WA had received road safety professional learning, resources and initiatives provided by the member agencies.

Coordinating of road safety education in early childhood, schools and community settings across the State is a key objective of the committee, lead and coordinated by SDERA.

"Road safety is the responsibility of everyone in the community and *Directions* is about acknowledging the dedication of organisations who for many years, have

contributed to WARSEC, the *Towards Zero Road Safety Strategy* and the safety of children and young people on our roads.

"We know that children and young people are at high risk of road-related injuries on WA roads - this is why a collaborative road safety education plan providing the critical skills attitudes and knowledge to help young people make safer choices is imperative."

For over 12 years WARSEC has worked to ensure road safety efforts in early childhood, schools and community settings have a focus on best practice and are coordinated across WA.



Back row L to R: Deb Zines (SDERA), Lyndsey Wetton (WACSSO), Melissa McKenzie (Transport DVS), Pat Walker (RAC), Samantha Howkins (Road Trauma Support), Kim Papalia (Road Safety Commissioner), Ian Dignon (Duncraig Senior High School), Wayne Houden (RAC), David Gribble (Constable Care), Louise Madden (Public Transport Authority), Supt Mick Emmanuel (WA Police), Little Legends Mascot from RAC, Sophie Richardson (Public Transport Authority and Rachael Meade (Injury Control Council of WA).

Front row L to R: Bruno Faletti (SDERA), Terri-Anne Pettet (WALGA RoadWise), Michaela Copeland (Royal Perth Hospital PARTY program), Symon Still (Paraplegic Benefit Fund), Anita Stepan (Kidsafe WA) and Natalie Williamson (St John Ambulance).



Easy mapping to WA Curriculum with new edition *Keys for Life* Resource

A new, smaller *Keys for Life* Teacher Resource (4th edition) will be available at the end of Term 1.

This new edition will be mapped to the WA Curriculum Health and Physical Education Year 10 Syllabus, other WA Curriculum learning area syllabuses and the General Capabilities.

Keys for Life continues to be endorsed by the School Curriculum and Standards Authority and linked to the WA Licensing System enabling students to receive licensing credits from the Department of Transport and unit equivalence or achievement on their Western Australian Certificate of Education (WACE).

Print copies of the new resource will be distributed at each *Keys for Life* professional learning workshop. Registered *Keys for Life* facilitators can request a digital copy of the resource on a DVD by emailing sdera.co@education.wa.edu.au or download a copy from our website.



Keys for Life activities online

Based on feedback from the 2015 *Keys for Life* evaluation, SDERA is continuing to offer several online resources.

Keys4Life Online

This resource was produced for SDERA in 2013 by Evolve Pty Ltd and the Australian Government. It includes a five module DVD, Facilitator Guide and *Behind the wheel* learner journal. Copies are available on request or can be downloaded from our website.

Keys for Life DVD

The *Keys for Life* DVD includes classroom PowerPoint presentations; a facility for printing multiple *Keys for Life* Certificates through a standard printer; school guidelines for student drivers and traffic management; the latest school road safety education research; film clips; the *Keys for Life* Teacher Resource; fact sheets for parents; and digital copies of *Drive Safe*, *Behind the wheel* and *Let's practise*. Copies available on request or can be downloaded from our website.

Behind the Wheel E-journal

Produced by SDERA in 2015, this web-based journal is the exact replica of the print journal. After creating a personal log in from www.sdera.wa.edu.au, students can use the E-journal at home or at school, on any device (phone, tablet, computer or laptop). Teachers can easily check the progress of their students as journal tasks are automatically saved to the SDERA website.

SDERA is strongly committed to producing and providing evidence-based support materials for teachers, students and parents/carers involved in the *Keys for Life* program and will endeavour to provide new online materials in different formats, over the next few years.

For information on these support materials, contact deb.zines@education.wa.edu.au



Tips for safer road use

Unfortunately each year we hear of incidents where a student has been seriously injured as they make their way to or from school. These incidents may be avoided through road safety education for parents, school staff and students.

Here are some key road safety messages for students and parents.



Crossing roads

Students should learn the correct road crossing procedure.

STOP – A safe distance from the edge of the road.

LOOK – In all directions for approaching traffic.

LISTEN – For approaching traffic.

THINK – Is it safe to cross the road?

**Children up to 10 years of age should be supervised by an adult when crossing the road.*

In the vehicle

Explain to students that restraints offer protection to vehicle occupants and that the law says:

- Children from birth to 7 years of age must be in an approved child car restraint. All other passengers must wear a seatbelt.
- Children under 7 must travel in the back seat unless the seats are already taken by younger children.

Helmet and safety on wheels

Remind students that they need to wear an approved and correctly fitted helmet whenever playing or riding on wheels, this includes scooters and skateboards.

On and off the bus

Students can be at risk in the minutes getting off the school bus. Reduce this risk by reminding students to:

- Wait until the bus has driven away before choosing the safest place to cross the road.
- Cross the road using the procedure of STOP, LOOK, LISTEN, and THINK.
- Cross the road at a pedestrian crossing or with a crosswalk attendant if provided.

Driveway safety

On average, one child is seriously injured by a motor vehicle each week in a family driveway in Australia. Talk to your students about moving to a 'safety spot' whenever cars are being reversed out of driveways.

Smart Steps is a road safety education program for parents and carers of young children up to 4 years of age. It aims to increase the level of understanding of road safety risk factors for young children and emphasise the role parents play in their child's road safety education.

To register for a *Smart Steps* professional learning workshop visit www.sdera.wa.edu.au





By engaging with young people on road safety topics we are creating educated road users, which will help us achieve the targets of the *Towards Zero Road Safety Strategy*.

**ROAD SAFETY COMMISSIONER
KIM PAPALIA**

Crossing the road

The Road Safety Commission has applauded the efforts of students at Northam Senior High School, for publishing a road safety booklet for their younger peers, called *Crossing the Road*.

With funding through the RSC Community Road Safety Grants, and support from SDERA, the students designed, created and published the book, which has now be distributed to all primary schools, child care centres and public libraries in the Wheatbelt.

Road Safety Commissioner Kim Papalia said the process had created multiple positive effects for the wider community.

"These students have historically had low literacy levels, poor attendance rates and poor academic engagement. However, during the course of preparing this educational book there was full attendance from all students," Mr Papalia said.

"Plus, as many locals are aware,

the Wheatbelt is definitely on the Road Safety Commission's radar, due to the higher level of injuries and deaths in this specific locality.

To create a meaningful book which once again reinforces positive road safety behaviours and tips for very young road users is a fantastic outcome for both the students and the recipients of the book.

Commissioner Papalia launched the book, along with a set of road safety banners at Northam Senior High School late last year.

"Road safety is everyone's responsibility," Mr Papalia said.

"By engaging with young people on these topics we are creating educated road users, which will help us achieve the targets of the *Towards Zero Road Safety Strategy*."

For information on the road safety book, contact SDERA Consultant Rose Power (08) 9622 3175.

Students tell drivers to 'keep their heads up'

Williams Primary School students had a surprise visit from police at the end of last year to tell them they had won the #HeadsUp campaign.

Four students created the winning road safety themed design which has now been fitted onto the back windows of traffic enforcement vehicles across the State.

Principal Noel Cowcher said it was an exciting morning for his students when the police entourage arrived at the school as they had no idea they had won the competition.

"We took part in the campaign because some of our staff work as volunteer ambulance officers and fire fighters and so they are acutely aware of the effect of road trauma," he said.

"Our students enjoyed creating their road safety designs and were thrilled to see the police cars and hear the sirens."

Police Commissioner Karl O'Callaghan said enlisting children to spread road safety messages was the best way to change people's attitudes to safe driving.

"The Christmas holiday season has always been a high risk time of the year for fatal and serious crashes and we hope motorists will listen to the road safety advice of their most precious cargo," he said.

The winning design depicts distractions, such as mobile phones, that can cause drivers to crash and was a timely reminder to WA drivers during the festive season.



Road Safety Commissioner Kim Papalia with Northam students.

Keeping kids on the Right Track

Rail safety ambassador and double amputee, Jonathan Beninca will be visiting Perth this year to speak to secondary school students about the dangers of risk taking and the consequences of split second decisions.

A popular speaker, Jonathan's honest and direct approach connects with people of all ages and reinforces the important messages of safety and respect. Sponsored by the Public Transport Authority's Right Track program, Jonathan will visit Perth between 14 - 24 March and 12 - 23 September 2016.

The Right Track program, delivered through a mix of community youth engagement activities as well as a formal school education package, is focused on encouraging young passengers to become more responsible for their own safety when travelling by public transport and to make positive choices.

Right Track helps young people understand why there is a code of behaviour for public transport by looking at the rights and responsibilities of all passengers.

The program's education package is endorsed by the School Curriculum and Standards Authority and can be used to complement Jonathon Beninca's school visit or as a stand-alone resource.

For more about the Right Track Program or to book a Jonathan Beninca school presentation, visit the Right Track website on www.righttrack.wa.gov.au or email therighttrack@pta.wa.gov.au

Hoverboards

Hoverboards, despite their name, are actually two-wheeled self-balancing electric scooters. As they are propelled by a motor, they are technically considered as 'motor vehicles' under various pieces of Western Australian legislation. Hoverboards, however, do not meet the requirements for registration and so are illegal to ride on the road.

Hoverboards are also illegal on shared paths and footpaths because they can travel over 25km/h, do not have adequate brakes, lights or other warning indicators and so cannot interact safely with other road users, such as pedestrians. This means that hoverboards can only be ridden on private property and only with the

consent of the landowner.

If you are going to ride a hoverboard on private property, remember to wear protective gear (ie helmets, knee and elbow pads, shoes, etc) as there is the potential for injury if you fall off at speed.

Also be aware that the Australian Competition and Consumer Commission (ACCC) has issued a warning about the risk of hoverboards catching fire while being ridden or while charging. If you decide to buy a hoverboard, the ACCC recommends you check that it is marked with the Australian regulatory compliance symbol which is a tick surrounded by a triangle.

(Reference: www.rsc.wa.gov.au)



Myth busters

There are many myths surrounding drugs and drug use. These myths can impact on decisions related to drug use so it is important to know the facts about drugs and their potential effects. Here are a few myths around drugs that might be useful for your school newsletter or to discuss with students.

The full activity can be found in our *Challenges and Choices: An early adolescence resource for resilience, drug and road safety education* page 31. Visit www.sdera.wa.edu.au to download the PDF.

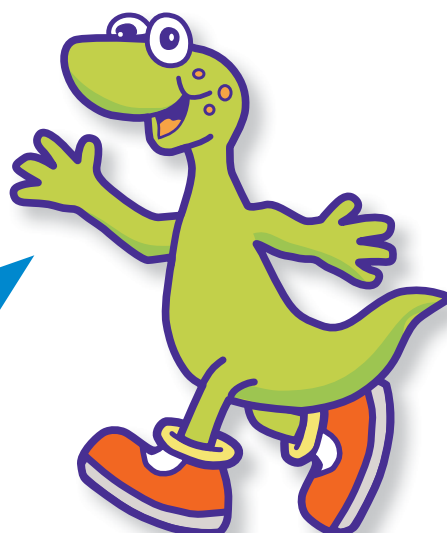
Myth: Analgesics or pain relievers are harmless drugs because everyone takes them.

Myth busted! While it is true that analgesics are the most commonly used drug in Australia, like any drug they can be harmful. For instance aspirin should not be taken by children under 12 years or by pregnant women. Over use or prolonged regular use of analgesics can cause liver and kidney damage.

Myth: Alcohol affects everyone in the same way.

Myth busted! How alcohol affects a person depends on many factors including weight, fitness, body fat, hormone levels and previous use of alcohol.

Females usually have higher Blood Alcohol Concentration (BAC) levels after drinking the same amount of alcohol as males. This is because most females are smaller and have more body fat than males. Alcohol is water soluble and as females have more fat but less water to absorb the alcohol, the same amount of alcohol results in higher BAC.



Student teachers at the Resilient Kids professional learning workshop.

Network Teach at Bunbury ECU

SDERA is continuing to work collaboratively with Network Teach to offer resilience, drug and road safety education professional learning to aspiring teachers.

Network Teach is Australia's leading and largest organisation supporting aspiring teachers. Students from Edith Cowan University Bunbury can now access the free professional learning offered by the organisation. The network opportunities are also available at the Joondalup and Mount Lawley campuses. Network Teach supports over 4000 trainee teachers. Students can access over 200 events and career enhancing opportunities.

Lisa Gartrell, consultant for the Bunbury region recently presented SDERA's *Resilient Kids* workshop to Network Teach members at the Bunbury campus. Participants were shown how to implement effective resilience lessons in a primary classroom. Feedback indicated that the Bachelor of Education students were keen to implement SDERA programs and resources demonstrated during the workshop.

"This workshop exceeded my expectations. I did not realise the resources were so great and easily available."

Kristy Roberts, Network Teach President South West Campus.

Hi everyone!

Welcome back to another school year. I hope you had a fun holiday. Remember to play safely, buckle up every trip and only cross the road with an adult to help you. Try some of my fun road safety games and activities on the SDERA website.

*Until next time,
Izzy*

PROFESSIONAL LEARNING

OUR FREE WORKSHOPS:

- Are evidence-based and reflect best practice
- Make links to the Western Australian Curriculum
- Have TRBWA and senior teacher accreditation.

METRO AREA

A workshop calendar is published on our website

Term One

18 February	<i>Keys for Life</i>	Mt Lawley Golf Club, Inglewood
23 February	<i>Resilient Kids</i>	Mt Lawley Golf Club, Inglewood
2 March	<i>Alcohol and Cannabis</i>	Burswood on Swan, Burswood
10 March	<i>Safer Kids K-Year 2</i>	Pagoda Resort and Spa, Como
11 March	<i>Talking Drugs</i>	Mt Lawley Golf Club, Inglewood
15 March	<i>Resilient Teens</i>	AQWA, Hillarys Boat Harbour
16 March	<i>Keys for Life</i>	AQWA, Hillarys Boat Harbour
22 March	<i>Talking Drugs</i>	The Cruising Yacht Club, Rockingham
31 March	<i>Drug Policy for Schools</i>	Statewide Services, Padbury
5 April	<i>Smart Steps</i>	Burswood on Swan, Burswood

Term Two

4 May	<i>Keys for Life</i>	AQWA, Hillarys Boat Harbour
5 May	<i>Talking Drugs</i>	AQWA, Hillarys Boat Harbour
11 May	<i>Keys4Life Online</i>	Statewide Services, Padbury
17 May	<i>Safer Kids K-Year 2</i>	Mt Lawley Golf Club, Inglewood
25 May	<i>Safer Teens</i>	The Cruising Yacht Club, Rockingham
26 May	<i>Keys for Life</i>	The Cruising Yacht Club, Rockingham
3 June	<i>Safer Kids Years 3-6</i>	Pagoda Resort and Spa, Como
8 June	<i>Resilient Kids</i>	Mulberry on Swan, Caversham
15 June	<i>Keys for Life</i>	Burswood on Swan, Burswood
14 June	<i>Talking Drugs</i>	Burswood on Swan, Burswood
16 June	<i>Smart Steps</i>	Mt Lawley Golf Club, Inglewood
22 June	<i>Keys for Life Refresher</i>	Statewide Services, Padbury

SDERA professional learning is offered by our consultants based in 11 regions. Visit our website for the contact details of your nearest consultant.

For more information about 2016 professional learning workshops, contact SDERA on (08) 9402 6415 or visit www.sdera.wa.edu.au

SDERA contributes \$350 to teacher relief for each teacher attending workshops. Details are provided when registering and during workshops.

SDERA is on Facebook. Like us, share us, and keep up-to-date with all our activities, events, professional learning and resources.



DETAILS FOR SUBMITTING ARTICLES

SDERA is keen to receive articles submitted for this newsletter by school-based staff and other interested agencies. A free *Challenges and Choices* resource is on offer to teachers who have a submitted article published. The deadline for the Term 2 edition of this newsletter is **8 April**.

Email articles (of no more than 200 words) and any photographs (as a jpeg file) to sdera.co@education.wa.edu.au