

# SDERA NEWS

Term 2  
Number 82  
May 2017

**KEYS  
FOR LIFE  
WINS NATIONAL  
ROAD SAFETY  
AWARDS**



**SDERA**  
EDUCATING FOR SMARTER CHOICES

'I don't need a lift thanks Mum, Jack is picking me up – he's on Ps now. You should see his V8 ute – it's so cool! See ya.'

As a parent there were many times when my children would cause me distress and raise my anxiety levels – part of being a parent, I know. But I have to say that when they started learning to drive or were getting lifts from friends who had only just started driving solo, my stress levels skyrocketed. I did trust my children but it was everyone else on the road that I didn't trust. I would lay awake waiting to hear the key turn in the lock to know they had arrived home safely, oblivious to my level of concern.

The majority of young people do drive legally and make safe and responsible decisions. However we know that there will always be some young people and adults who, for whatever reasons, choose to drive illegally by travelling over the posted speed limit; being intoxicated or under the influence of other drugs; hooning; not wearing a seatbelt; texting and having more passengers in the car than seatbelts. The risk of crash involvement among young novice drivers is also due to factors that may include inexperience especially in complex driving situations, motivational factors, the effect of peers, and broader lifestyle factors across the young driver population.

Along with the Road Safety Commission, government and non-government organisations, the level of road trauma among drivers is a concern for community groups, schools and

the general public. A number of detailed evaluations have been undertaken on a range of injury prevention initiatives and there is now a reasonable body of evidence from what is called the 'prevention sciences' about what works and what doesn't work. A recent summary of research about effective school and community based road safety education was prepared for VicRoads and the Transport Accident Commission by Anne Harris. Some of the key findings on what **doesn't** work are outlined below.

- **Injury prevention programs that primarily focus on giving information to students about safety.** What is safe and what is dangerous or risky does not address the range of reasons why young people engage in risky behaviours. One reason why this is unsuccessful is that it appears many young people are already aware of the risks and yet still choose to engage in high-risk activities.
- **One-day or one-off events for large numbers of students that aim to increase awareness of the dangers of high risk driving with the hope that this will lead to less risky behaviours.** This approach is not effective for the reasons outlined above and also because these events are not integrated with a longer-term multifaceted approach. Also, the external experts, emergency services staff and road crash victims who provide information at these events may not always have a sound understanding of effective health promotion

approaches or have the specific training to be able to engage and interact with students. In a detailed review of effective measures to reduce injury among young people, Elkington et al concluded that lasting behavioural change leading to a reduction in injuries experienced by young people is beyond the scope of one-off educational programs.

- **Use of shock tactics to vividly show the negative health consequences of life endangering behaviours have seen some people accept the fear appeal message while others reject it.** Using this approach so young people will be motivated to adopt safer alternative behaviours does not work.
- **Evaluations of driving sessions on off-road tracks or circuits targeting learner, novice drivers or young offenders have all concluded that the programs had little or no positive effect on road safety behaviour.** Programs that predominately focus on driving skills were found to either have no positive effect or to have negative effects on those who completed them. This outcome may have been due to the fact that some of the young drivers who completed these programs felt that they were more skilled at driving than they had been previously. As a result, their confidence and level of risk taking as a driver increased, leading to a greater involvement in crashes. This outcome was more evident in young male than young female drivers.

### So what does work?

**Schools need to develop a whole-school approach to health behaviours and safety.**

In the road safety context this can include:

- Establishing a whole-school commitment to training and supporting staff to deliver road safety programs such as *Keys for Life*.
- Engaging with parents and encouraging them to communicate expectations of their learner or provisional driver and to walk the talk by being positive role models.
- Creating links with local community organisations that promote safe and healthy behaviours among young people.
- Having sound traffic management strategies around the school at drop off and pick up times.
- Having a school policy that considers safe transport options particularly where new drivers are accessing the school site.

### Keys for Life

Since 2004, the *Keys for Life* program has been implemented in many WA secondary schools as a strategy by the Road Safety Commission (and the previous Road Safety Council) with the support of the three education systems and sectors in WA.

*Keys for Life* is an ongoing classroom-based program where young people are engaged in discussions about the responsibilities of becoming a driver and role-play scenarios where others may challenge them to drive dangerously to normalise safe road use.

Students attend an information session with their parents to learn about the licensing system and the benefits of as achieving as many hours of practice in a range of conditions before driving solo on P plates.

Schools can also access the SDERA resource *Managing Student Drivers and their Passengers* which will assist them to clearly articulate the expectations on students and parents.



Road safety is a shared responsibility. If you are a parent of a young person or a school staff member who is motivated to help keep young people safer, I encourage you to engage with the *Keys for Life* pre-driver education program.

All teacher and student resources, professional development, consultancy support and parent education sessions are free and available to school communities across the state.

**Anne Miller**  
Manager, SDERA



### Benefits of PLIS:

- Staff based in metropolitan and regional WA will now be able to register for workshops online.
- After the initial registration you can use your personal login details to register for future workshops with ease, update your details, and check your SDERA training record.
- Your registration confirmation will be delivered directly to the inbox of your nominated email account – no more searching in junk/spam!

### What you need to know:

- **EVERYONE can register on the new system** - nothing has changed! Whether you are staff at an AISWA, DOE or CEWA school, a relief teacher, teacher assistant or an agency representative, you can register on PLIS.
- PLIS is the mandated professional development registration system for all Department of Education staff – which makes it simple to use with your single sign on.
- Change your bookmark from the old registration form to these web pages:

**Metro staff:** [www.sdera.wa.edu.au/registrations](http://www.sdera.wa.edu.au/registrations)

**Regional staff:** [www.sdera.wa.edu.au/regional-registrations](http://www.sdera.wa.edu.au/regional-registrations)

If you encounter issues with registrations please contact SDERA.

## New SDERA workshop registration system



SDERA is proudly funded by the Department of Education WA, Mental Health Commission, and the Road Safety Commission via the Road Trauma Trust Account

## Keys for Life wins national safety awards



SDERA's pre-driver education program, *Keys for Life*, has won two Australian Road Safety Awards.

The announcement was formally made at the Sixth Annual Australian Road Safety Awards on Wednesday 22nd March where the program was awarded the best Community Program in Australia.

*Keys for Life* also received the Founder's Award, an award that cannot be entered but is awarded by the panel to recognise outstanding achievement.

Anne Miller was proud to accept the awards on behalf of SDERA and used the opportunity to stress the

importance of road safety education for young people.

"Preparing young people for safer driving is an important part of the Western Australian road safety strategy as they are over-represented in road crash statistics each year," she said.

"*Keys for Life* is an all-encompassing program that provides school staff with professional development and resources that have been mapped to the WA Health and Physical Education Syllabus. SDERA are honoured to accept these awards and feel proud knowing that a large portion of young WA drivers have received the best pre-driver education available."

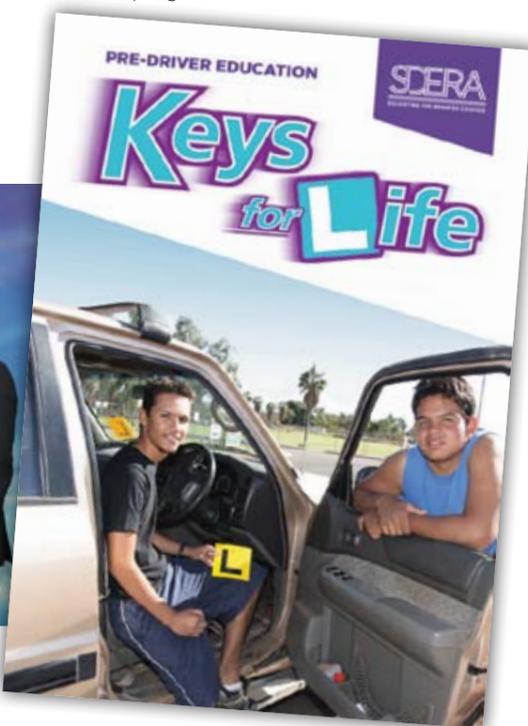
The highly successful program began in 2004 and is now run in 68% of secondary schools across WA.\*

*Keys for Life* is proudly funded by the Road Safety Commission via the Road Trauma Trust Account, and endorsed by the School Curriculum and Standards Authority, the Department of Education WA, Catholic Education WA and the Association of Independent Schools of WA.

\*2016 data based on the number of schools with capacity to implement the program.

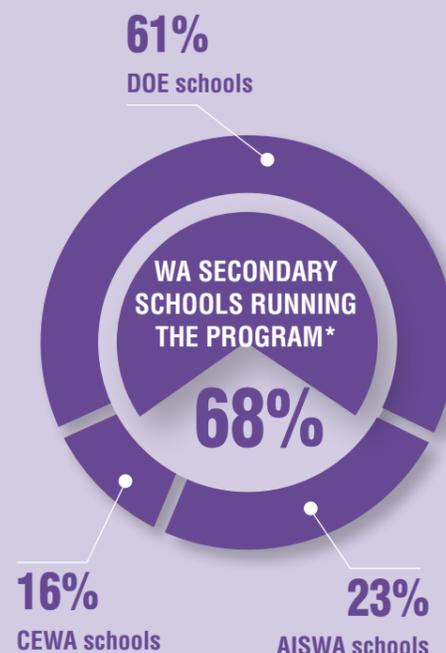


Anne Miller and Deb Zines accepting the Founder's Award for outstanding achievement



The popularity of the *Keys for Life* pre-driver education program continues to grow with 2016 being one of the most successful years for the program.

**L 12,482** students passed the learners theory test



\*Data based on the number of schools with capacity to implement the program.



**497**  
SCHOOL STAFF ATTENDED PROFESSIONAL DEVELOPMENT



**3,500**  
PARENTS ATTENDED A WORKSHOP

## Australasian Road Safety Conference coming to Perth



From 10 to 12 October, Perth will host the 2017 Australasian Road Safety Conference.

The two-day conference will explore the latest in road safety research and include a Road Safety Education Workshop on Wednesday 11th October from 9.00am to 12:30pm.

The workshop will be an interactive session organised by SDERA and the Road Safety Education Reference Group Australasia and will showcase a range of interactive road safety programs relevant to schools.

For more information and to register for the workshop visit the Australian Road Safety Conference website [australasianroadsafetyconference.com.au](http://australasianroadsafetyconference.com.au)



## Road Trauma Support WA

If you or someone you know has been impacted by road trauma in WA then Road Trauma Support WA (RTSWA) are available to help.

RTSWA is a free state-wide service assisting anyone affected by road trauma, regardless of when the incident occurred or what level of involvement (direct or indirect) the person had.

They provide:

- information
- education and training (costs may apply)
- support
- specialised grief and trauma counselling.

RTSWA is committed to being respectful of cultural and family values and provide their service in a safe, non-judgemental environment. No referrals are required and you can attend as many counselling sessions as you feel you need.

RTSWA is a not-for-profit agency delivered by the Injury Control Council of WA and funded by the Road Trauma Trust Account with contract management through the Road Safety Commission WA. To find out more visit [www.rtswa.org.au](http://www.rtswa.org.au) or call 9420 7262 or 1300 004 814 (toll free).

# ROAD SAFETY EDUCATION UPDATE

## Izzy visits regional schools for Bike Week

### Kalgoorlie

Izzy visited Kalgoorlie schools in April to support Bike Week. Activities included a team bike ride from the Kalgoorlie Arboretum, through town to the City Council.

Local police volunteers lead the ride and police units helped riders cross the major intersections.

Riders were greeted at the City Council by Izzy and treated to a healthy morning tea.

Young riders had the opportunity to receive a SDERA 'bike licence' after challenging their bike riding skills in an obstacle course set up by local police.

Children enjoyed the 'Pimp my bike' competition organised by Wanslea and Bega. Those with the best bikes received bike jerseys and *Smart Steps* hats.



Izzy with Kalgoorlie police

### Onslow

Onslow Primary School held a very successful 'Ride to School Day'.

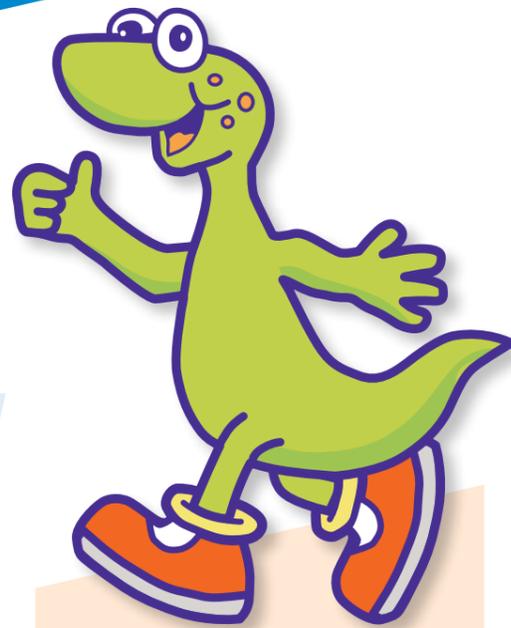
Students arrived by trike, scooter, skateboard and bicycle!

Local police spoke to students about road safety and held competitions for students to win skateboards and helmets.

A highlight of the day was a visit by Izzy who encouraged students to be safe on their way to and from school each day.



Onslow Primary School students having fun with Izzy.



## Scitech Toddlerfest

This July, Scitech will transform into an exclusive playground for toddlers aged 2 to 5 and their families.

Imagine, discover and explore together as you meet the farm animals, travel to outer space in a special planetarium show, see an interactive puppet show, and much more! Plus toddlers will meet Izzy the dinosaur and learn how to stay safe in and around traffic.

Normal admission prices apply, making it an affordable day out for the whole family.

**Date:** Saturday 22nd to Sunday 30th July

**Where:** Scitech, West Perth

**More information:** [www.scitech.org.au](http://www.scitech.org.au)

## Smart Steps for early learning

We were excited to unveil our new look *Smart Steps* program at a professional development workshop earlier this month.

Originally developed in 2005 with a parent engagement focus, the program was revised specifically for early childhood educators working with children up to 8 years of age, to enable road safety to be embedded in early learning centres and school practices.

The program aims to:

- Enhance educators' understanding of the developmental capabilities of children in the traffic environment.
- Focus on the key messages to teach children so that they can remain safer in the traffic environment.
- Provide a range of teaching and learning strategies educators can use with children to build their road safety knowledge and skills.
- Explore strategies to engage parents in their children's road safety education.

Anne Miller explained the need for road safety education from an early age.

"Through our *Smart Steps: Making safer choices - Taking smarter steps* program educators can embed road safety education into the early learning curriculum and guide children's learning so they become safe and independent road users of the future," she said.



### The program links to the:

- ▶ National Practices for Early Childhood Road Safety Education
- ▶ Early Years Learning Framework and in particular the 8 practices
- ▶ National Quality Standard
- ▶ WA Kindergarten Guidelines
- ▶ WA Health and Physical Education Syllabus

The program is free for educators working in early learning centres and with students in Kindergarten to Year 2. A half day professional development workshop unpacks the *Smart Steps* resources. Attendees will receive a free road safety play mat. SDERA also provide \$175 to contribute to the cost of staff relief.

■ **Dates for upcoming *Smart Steps* workshops can be found on the back page.**



**Children are not aware of the dangers that surround them in a traffic environment and it's our responsibility as educators and parents to embed safe road use behaviours from an early age.**

Anne Miller



**It was great to see so many students being safe and wearing their helmets when riding or scooting to school. This is a practice that we will continue to encourage and support.**

Onslow Primary School Principal, Jackie Barry

## Talking Drugs Parent Information Sessions

SDERA undertook its first metropolitan *Talking Drugs* parent information session for 2017 at St Stephen's School in Duncraig. The event was attended by over 80 parents who found the information to be interesting and highly valuable. Thank you to all the schools who participated in the promotion of this event.

Parents and carers of primary and secondary students have another opportunity to attend a FREE *Talking Drugs* parent information session where they will:

- Learn the 'real' picture of illicit drug use from the latest data.
- Discuss ways to open up a conversation around alcohol and other drugs with their children.

**Date:** Wednesday 31st May

**Time:** 6.15pm - 8.00pm

**Where:** Yule Brook College, 61 Dellar Road, Maddington

**Date:** Wednesday 7th June

**Time:** 6.45pm - 8.30pm

**Where:** Canning Vale College, 26 Dumbarton Road, Canning Vale

**Date:** Thursday 8th June

**Time:** 6.45pm - 8.30pm

**Where:** Methodist Ladies' College Hadley Hall, 356 Stirling Highway, Claremont

**Date:** Wednesday 14th June

**Time:** 6.30pm - 8.15pm

**Where:** Emmanuel Catholic College, Cnr Hammond Road and Beeliar Drive, Success

**Date:** Wednesday 28th June

**Time:** 6.45pm - 8.30pm

**Where:** Dianella Secondary College Lily Cafe, 180 Nollamara Avenue, Dianella

Bilingual workers will be on hand at this session to help parents who have English as a second

language, understand the crucial role they play in drug education for their children.

Regional information sessions will also take place in Bunbury, York, Collie, Margaret River, Denmark and Broome.

**Parents seeking more information should visit SDERA's website or contact Kelli Dawson on 9402 6267 or [kelli.dawson@education.wa.edu.au](mailto:kelli.dawson@education.wa.edu.au)**

**If your school is interested in promoting or hosting a *Talking Drugs* parent information session please contact SDERA.**



## Ayahuasca in the spotlight

Ayahuasca (pronounced 'eye-ah-WAH-ska') is a brew made from an Amazonian plant mixture that has a hallucinogenic effect on the body.

It has been used for centuries by Shaman for its healing and religious purposes. When drunk in a safe setting with the right intention, Ayahuasca may have some beneficial effects, helping with depression, anxiety and possibly alcohol and drug dependency.

However, as with any drug, there can be some serious and dangerous side effects.

Ayahuasca has two main ingredients, both of which are needed for the drug to have its psychoactive effects. One is a plant containing dimethyltryptamine (DMT), the same compound found in many plants. If you eat or drink DMT, an enzyme in your stomach called monoamine oxidase (MAO) quickly metabolises it into non-psychoactive chemicals, so if you took DMT alone it would have virtually no effect.

However, the second plant used in Ayahuasca contains chemicals known as reversible MAO inhibitors which stop the DMT from being metabolised safely. This triggers the same receptors in the brain activated by psychedelic drugs like LSD.

The Ayahuasca brew induces altered states of consciousness, usually lasting between 4 to 8 hours. These can range from mildly stimulating to extremely visionary and distressing.

Ayahuasca can also interact with many other drugs including those for depression and high blood pressure, along with illicit drugs. Side effects range from nausea and vomiting to seizures and even death. However, most deaths that are associated with Ayahuasca relate to other plants that have been added to the mix rather than drug interactions.

For the last few years the controversial brew has attracted tourists to Ecuador and Peru. Using Ayahuasca in Australia is illegal and Australia's Department of Foreign Affairs and Trade warns people against Ayahuasca tourism. While Ayahuasca is not illegal in these parts of the world, there is no way to thoroughly vet tour operators.

**For more information on this drug and others including new and emerging psychoactive synthetic drugs, and to learn the latest information on methamphetamine, you can attend a *Talking Drugs* professional development workshop. See the back page for workshop dates.**

Image courtesy of <http://adf.org.au/>

## Bilingual parent fact sheets coming soon



Australia is a culturally diverse nation. The 2011 Australian Census declares WA as one of the most diverse of all the states and territories in the country.

At this time 31% of Western Australians were born overseas while 52% had at least one parent born overseas. In addition to English, 15% of the population spoke a language other than English at home.

WA is home to people from more than 190 countries, speaking approximately 270 languages and dialects (including around 50 Aboriginal and Torres Strait Islander languages).

To help provide a wider range

of parents with up-to-date and accurate information, SDERA has been working to modify our most widely used drug information fact sheets. These will soon be translated into 16 different languages, including Aboriginal English, to make it easier for people who use English as an additional language or dialect. These fact sheets include:

- *Talking to your child about alcohol and other drugs*
- *Is my child using drugs?*
- *It's not just about the drug*
- *About ice/methamphetamine*

The fact sheets will be available on SDERA's website in the coming weeks.



## CHAT at Ocean Reef Senior High School

### Bronze, Silver and now GOLD!

Congratulations to Cape Naturaliste College, Dunsborough Primary School, Geographe Primary School, Margaret River Primary School and Margaret River Senior High School for being the first schools in the state to be awarded GOLD CHAT status!

A special acknowledgment goes to Cape Naturaliste College for being the very first school to achieve gold status after only four years!

SDERA also applaud the achievements of Cowaramup Primary School for achieving silver status and Bridgetown Primary School for achieving bronze status.

All schools were formally acknowledged for their achievements at an awards ceremony held in Busselton.

At the event schools shared the wonderful work they had done to develop, implement and embed a whole-school approach to drug and road safety using the CHAT model. Examples included new policies, storybooks about resilience, various artworks, information booklets on illicit drugs and a 'helping hands' tree.

Excellent presentations from school staff highlighted the impacts and influence a whole-school approach has had on their school.

Regional Executive Director for the South West, Neil Milligan, spoke at the ceremony to congratulate the schools on their dedication to enhancing the health and wellbeing of their students.

Along with Neil Milligan, the Honourable Barry House MLC and Member for Vasse, Libby Mettam, presented the awards to the schools and acknowledged them for their commitment to the education of their students.

SDERA Consultant, Libby Winchcombe, said working with these schools has been "both a privilege and a pleasure."

"All those I have worked alongside are professional, dedicated, enthusiastic, creative and passionate educators. The benefits of the CHAT initiative extend beyond the classroom. These school communities will benefit from the work these schools have done and the community should be very proud," she said.

**With the support of SDERA, the school has taken positive steps to invest in the wellbeing of our students and school community.**

Cape Naturaliste College Principal, Mark Gillett



Cape Naturaliste College accepting their gold award. L-R Barry House, Jacquie Bovell, Libby Mettam and Neil Milligan



Changing Health Acting Together (CHAT) supports schools to develop and implement sustainable, whole-school health initiatives that focus on building resilience through innovative approaches to alcohol and other drugs and road safety education.

CHAT is evidence-based and tailored to suit each school's unique context. Schools who undertake CHAT are required to work towards various targets and milestones represented by three levels - Bronze, Silver and Gold.

Ocean Reef Senior High School (ORSHS) in Perth's northern suburbs began implementing CHAT at the end of 2012. The school progressed to Bronze level in 2014, Silver level in 2015, and they are soon to be one of the first schools in the state to achieve Gold level.

This massive achievement means the school will have embedded resilience, road safety and alcohol and other drugs education, into the entire school community.

CHAT enabled ORSHS to develop a Whole-School Drug Education Plan (WSDEP), including procedures for incident management and intervention support. Having this clear direction has allowed the school to better assist students by providing appropriate support and, where required, referrals to community services.

ORSHS developed a CHAT committee which comprised of the school nurse, psychologist and Chaplin, along with teachers and members of student services and administration. The committee was responsible for developing classroom teaching and learning programs that covered resilience, road safety and alcohol and other drugs. Along with the WSDEP, these programs were shared with school staff and parents to support the health and wellbeing of the whole school community.

To further promote drug and road safety education, ORSHS

hold a biannual Health Expo. This gives students, parents and teachers the opportunity to interact with local agencies that specialise in mental health, physical health, relationships and sexual health and wellbeing.

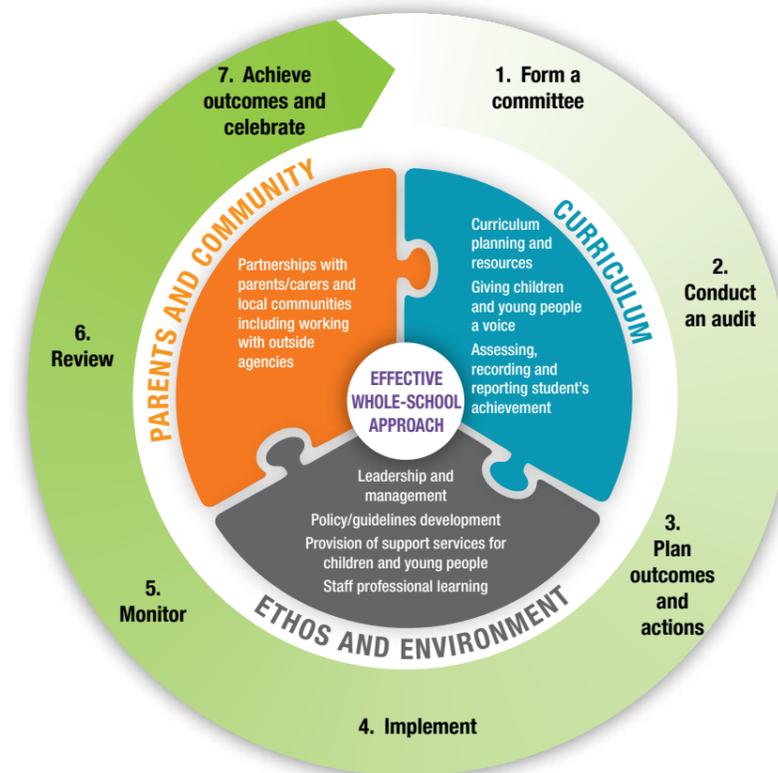
Students were invited to participate in interactive learning activities such as quizzes and games where they had the opportunity to win prizes. Students received a 'health passport' to encourage them to learn about the services provided by agencies.

CHAT has played an integral role in improving the health and wellbeing of students, school staff and parents in the ORSHS community.

**If you would like more information about CHAT or if your school would like to implement a whole-school approach to resilience, drug and road safety education, please contact SDERA.**

**CHAT has enabled us to identify priorities after running a whole-school review of current programs and processes with all stakeholders such as the school chaplain, class teachers, deputies and school psychologists. We now have a clearer way forward.**

ORSHS CHAT coordinator, Belinda Hall



## Health and Wellbeing Young Achievers Award update

SDERA is proud to be sponsoring the Health and Wellbeing Award for the Western Australia Young Achievers Awards for 2016/2017. This award acknowledges young people who have made a significant contribution towards creating a healthier and safer community, via education to make smarter, healthier choices.

SDERA would like to congratulate the four exemplary finalists Cory Payne, James Fazio, Jennifer Edwards and Pavitra Aran.

Good luck to all finalists. We look forward to presenting the award to the winner at the Gala Awards Presentation this month.



**Cory Payne**, 20 of New Norcia was in a very serious car accident when he was 17 and spent six months in hospital, learning to walk again. 2 weeks after being discharged he walked and finished the 4km "Run for a Reason" and raised \$19,364.82 for breast cancer research. To date, he has walked and run and raised over \$35,000 for various charities. Cory speaks at schools and clubs to raise safe driver awareness.



**Jennifer Edwards**, 27 of Geraldton led the Child and Parent Centre initiative in Rangeway establishing partnerships with schools and the community. She is a Rotary member and was instrumental in establishing the Geraldton Rotaract for 18-30 year olds. Jennifer manages the Geraldton Beach Volleyball competition, both social and league. She coordinated the annual "Volleyball Against Violence", raising money towards domestic violence prevention. A Type 1 Child Car Restraint Fitter, Jennifer provides her service free of charge.



**James Fazio**, 16 of Ballajura has taken an outstanding leadership role, in the promotion of mental health issues to the students of Ballajura Community College. James is an ambassador of the Zero2Hero programme, partnering with them on a number of mental health initiatives. In consultation with the Principal and College Deputy, James planned positive mental health days to be incorporated into the school calendar. James received the 2015 Long Tan Leadership Award and is the 2017 School Captain.



**Pavitra Aran**, 26 of South Perth is completing her Masters of Clinical Psychology. Pavitra volunteered for Zero2Hero, a youth suicide prevention group and delivered 30 school workshops. She was a delegate at the Western Australian Catalyst Youth Summit. Pavitra founded a social media project; Young Refugees of Western Australia, creating positive media about young migrants and refugees. She is an active speaker and panellist, and the recipient of a Highly Commended Outstanding Contribution to Multiculturalism Award.

## Call for HPE to be at the forefront of education



Australia's peak education and health, sport and physical education professional bodies are voicing collective concern about the recent new evidence showing that we are putting our kids at early higher risk of chronic disease and impeding their academic progress by failing to provide quality Health and Physical Education in all schools.

In a joint statement, the associations warn that now more than ever before, health education, physical education and sport need to be at the forefront of our children's education.

"Findings from the Australian Lifestyle of our Kids (LOOK) study led by Professor Dick Telford has demonstrated that children who were taught quality Health and Physical Education entered secondary school with a substantially increased progression in nationally assessed numeracy and literacy, in addition to a range of important health benefits", said

National Executive Director of the Australian Council for Health, Physical Education and Recreation (ACHPER), Ms Alison Turner.

"This recent new evidence of the health and academic benefits, as well as the extremely important social benefits, vindicate the premise that mind and body work together for optimal educative development of the child. We highlight a collective need for Principals and Government to start listening to what the LOOK findings prove, which is that quality Health and Physical Education improves academic performance in schools, especially numeracy," she said.

Executive Director of the Australian Secondary Principals Association, Mr Rob Nairn, said that the importance of specialised expertise and curriculum knowledge for the teaching of Health and Physical Education in secondary schools can no longer be ignored.

"Dick Telford's work gives us

further information to enable teachers to deliver quality Health and Physical Education and advocate for holistic student wellbeing and improved academic outcomes", he said.

President of the Australian Primary Principals Association, Dennis Yarrington, said that improving the support and access to a Physical Education specialist teacher for classroom teachers will ensure all students will have access to high quality Health and Physical Education lessons.

"We need to ensure our graduate primary teachers are entering the school with the confidence and competence to teach the Health and Physical Education learning area of the curriculum", he said.

"This challenge is not just for schools to solve. It requires a community, government and other organisations collaborative response. This can be best achieved through a National Physical Activity Strategy that will provide direction for the future. We need to see this as investing for a more active and healthier community and for the future health of our children".

## SDERA on social media

SDERA's Facebook and Twitter pages are full of great information including research, statistics, education resources, competitions, current news and events.

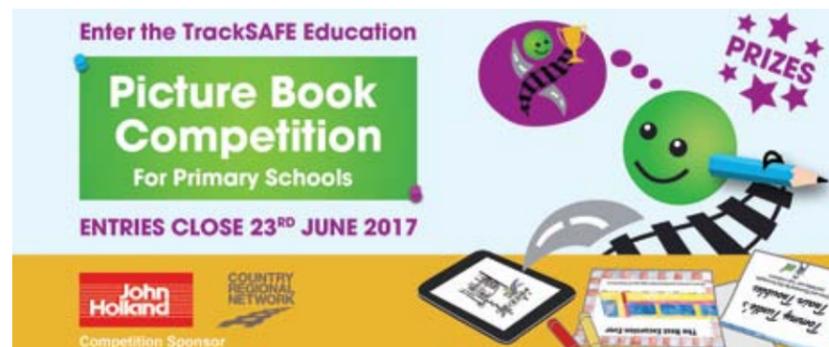
 **School Drug Education and Road Aware**

 **@SDERA\_**

**FOLLOW US TODAY!**



# TrackSAFE Education picture book competition



Working in teams of 2 to 4, primary school students can write and illustrate a picture book about a safe rail journey to enter the TrackSAFE competition.

This is a chance for students to get creative with their stories! The rail journey could take their story book characters on an adventure on a train, on a tram, across tracks or at a designated crossing (pedestrian level crossing, level crossing, footbridge, and/or underpass).

It could take place in the city, through the bush and beyond. The characters could safely use other modes of transport on their journey (walking, cycling, scooters, skateboards, cars, hovercraft) - the possibilities are endless!

The competition offers a meaningful learning experience for students

to engage with rail safety messages through storytelling while offering direct links to the Australian Curriculum.

The competition is open to Australian primary school students (up to age 12) in two categories:

- Year 2 & 3 (ages 6 to 8)
- Year 4, 5 & 6 (ages 9 to 12)

Entries close midnight Friday 23 June 2017 (AEST). Download a competition pack at [tracksafeeducation.com.au](http://tracksafeeducation.com.au)

*TrackSAFE Education is an initiative of the TrackSAFE Foundation. It is an Australian curriculum-based rail safety education initiative focussing on students' capabilities and making safe choices.*

## SDERA staff changes

SDERA has appointed a new Road Safety Education Consultant - Sharon Wilson. Sharon has been an educator for over 30 years and will no doubt bring a wealth of knowledge and experience to SDERA and our award winning *Keys for Life* pre-driver education program. Welcome Sharon!



## Nominations now open for Regional Safety Award

The Insurance Commission of Western Australia (ICWA) sponsors the Regional Safety Award at the annual Regional Achievement and Community Awards.

The Regional Safety Award highlights the achievements of Western Australia's regional communities. Nominations for the 2017 awards open on 10th May 2017.

In 2016, the Kimberley WALGA RoadWise Committee won the award for their 'Horns and Hooves on the Highway' campaign to raise awareness of the risks of animals straying on to roads and causing injury.

The Committee estimated there are over 200 cattle strikes on Kimberley roads each year, many of which cause injuries to motorists, damage to property and death to livestock.

The Regional Safety Award promotes safe road

practices in regional communities which encourages fewer and less serious injuries from motor vehicle crashes.

Commission Secretary Kane Blackman said that proportionally, regional motorists lodge more personal injury motor claims than metropolitan motorists.

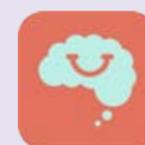
"The Regional Safety Award is one way we can acknowledge those who aim to keep our roads safe," he said.

"We encourage people living in regional areas to submit their nomination for the 2017 Regional Safety Award."

Nominations for the 2017 Regional Achievement and Community Awards close on 26th July 2017. To nominate for the Regional Safety Award, visit [www.awardsaustralia.com](http://www.awardsaustralia.com)



## Useful apps for resilience education



### Smiling Mind

Smiling Mind is a fantastic app to help students aged 7-18 gain an understanding of mindfulness and modern meditation which are becoming widely accepted tools for building

resilience and wellbeing. The app shows links to the Australian Curriculum for Health and Physical Education and Social and Emotional Competencies, and is also based on the Whole-School Approach to Health Education.

Price: Free



### Positive Penguins

Positive Penguins is an award-winning, simple, interactive, educational tool to help children understand why they experience a range of challenging emotions and how to regulate them. The

app also gives teachers a fun way to empower kids of all ages to stop and reflect on feelings during the day and challenge negativity.

Price: \$3.99



### Middle School Confidential 1, 2 and 3

Middle School Confidential is an award-winning series written by teen expert and anti-bullying activist Annie Fox. Each edition of the app is an interactive

comic book that deals with sensitive issues relevant to young people such as arguments within the family; bullying and problems with friends; and confidence issues.

Price: \$1.99

# WANT TO SHARE A GREAT STORY?

SDERA would love to share relevant news from school-based staff and other interested agencies. A free *Challenges and Choices* resource is available to those who submit an article that is published.

**FREE  
SDERA  
RESOURCE  
ON OFFER**

For the chance to have your story published in the Term 3 newsletter email it to [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au) by **Monday 19th June**. Please keep your article to a maximum of 200 words and provide photos (if possible) in jpg format.



### Sign up to receive our newsletter by email!

To find out about the latest research, statistics, teaching resources and other news, sign up to receive our newsletter by email. Email [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au) or call 9402 6415 to be added to our mailing list.

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*Please note: we no longer use fax*

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**Website:** [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)



**SDERA**  
EDUCATING FOR SMARTER CHOICES

# UPCOMING WORKSHOPS



SDERA offers professional development workshops on resilience, road safety, and alcohol and other drugs education for school staff working with K-12 students, early childhood services and community groups.

Register on **PLIS**  
Read more p3

Workshops are free to attend. SDERA also contributes up to \$350 towards staff relief for each person attending a whole day workshop.

## TERM 2 METRO

- Resilient Teens** Tuesday 30th May  
Statewide Services Centre, Padbury
- Keys for Life** Wednesday 31st May  
Mount Lawley Golf Club
- Resilient Teens** Wednesday 7th June  
Statewide Services Centre, Padbury
- Safer Teens** Wednesday 14th June  
Statewide Services Centre, Padbury

## TERM 3 METRO

- Keys for Life** Tuesday 25th July  
Statewide Service Centre, Padbury
- Talking Drugs** Thursday 27th July  
Statewide Service Centre, Padbury
- Smart Steps** Wednesday 2nd August  
Mount Lawley Golf Club
- Resilient Kids** Thursday 3rd August  
Mount Lawley Golf Club
- Safer Teens** Wednesday 9th August  
Statewide Service Centre, Padbury
- Safer Kids** Tuesday 15th August  
Statewide Service Centre, Padbury
- Keys4Life Online** Wednesday 23rd August  
Statewide Service Centre, Padbury
- Resilient Teens** Thursday 24th August  
Statewide Service Centre, Padbury
- Keys for Life** Thursday 31st August  
Statewide Service Centre, Padbury



**SPECIAL EVENT**  
Save the date

*Talking Drugs* with Paul Dillon, Founder of DARTA  
**21st September at Burswood on Swan**

## REGIONAL WORKSHOPS

- Talking Drugs** Thursday 25th May  
Albany Local Education Office
- Safer Kids** Monday 29th May  
Mclver House, Northam
- Safer Kids** Wednesday 31st May  
Esperance Senior High School
- Talking Drugs** Friday 9th June  
Mangrove Resort Hotel, Broome
- Talking Drugs** Sunday 11th June  
Kimberley Grande, Kununurra
- Smart Steps** Tuesday 13th June  
Esperance Senior High School
- Safer Teens** Thursday 15th June  
Halls Head College
- Smart Steps** Thursday 15th June  
Kimberley Regional Education Office, Broome

## PARENT SESSIONS

- Talking Drugs** Wednesday 24th May  
Denmark High School
- Talking Drugs** Wednesday 31st May  
Yule Brook College, Maddington
- Talking Drugs** Wednesday 7th June  
Canning Vale College
- Talking Drugs** Thursday 8th June  
Methodist Ladies' College, Claremont
- Talking Drugs** Thursday 8th June  
Mangrove Resort, Broome
- Talking Drugs** Wednesday 14th June  
Emmanuel Catholic College, Success
- Talking Drugs** Wednesday 28th June  
Dianella Secondary College

VISIT SDERA'S WEBSITE FOR THE MOST CURRENT WORKSHOP DATES

[www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)