

SDERA NEWS

Term 3
Number 83
September 2017

**NEW
NATIONAL
DRUG DATA
RELEASED**

**TIPS TO BUILD
RESILIENCE
ROAD SAFETY
EVENTS FOR
SCHOOLS**

SDERA
EDUCATING FOR SMARTER CHOICES



mental health and wellbeing of students and staff.

Keeping young people well and preventing or reducing alcohol and other drug-related problems is a focus for SDERA. We provide targeted support that begins early in a child's life and continues until they reach 18 years of age. For the same overall investment, this approach is far more effective than concentrating on a particular period of a young person's life. Our approach to drug education is also supported by evidence-based principles that underpin all the services we offer school communities in WA.

If your school would like to learn more about our classroom-ready resources that can be used to build students' resilience and contribute to their mental health and wellbeing, I encourage you to contact our metropolitan or regional offices.

Anne Miller
Acting Manager, SDERA

We often hear the term 'mental health' – but what does it really mean?

The World Health Organisation's definition is 'a state of wellbeing in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'.

This definition focuses on what is going well in a person's life but ultimately, mental health is about the way we think, feel and develop relationships, and being cognitively, emotionally and socially healthy - not merely the absence of a mental health condition.

Research clearly shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships. With improved physical health and life expectancy, it is imperative that schools become involved in mental health and resilience building programs to educate children from a young age.

After all, a child may be in an educational setting for up to seven hours each weekday, giving staff the perfect opportunity to invest in prevention and mental health promotion.

Changes to school culture and provision of early intervention programs will also support the



Tips to build resilience

Here at SDERA we actively encourage the explicit teaching of personal and social skills that foster resilience and wellbeing in our young people.

Research shows children and teens who are confident, resilient and emotionally intelligent perform better academically. These skills are also crucial in maintaining mental health, good relationships and responsible lifestyles.

Inevitably, life is going to throw some difficult circumstances our way and being able to deal with such situations in a positive and creative way is linked with a person's success and happiness in life.

Resilient people tend to maintain a more positive outlook and cope with stress more effectively. Research also shows that resilient people have lower levels of depression and are more likely to develop personally following adversity.

In order to teach personal and social skills in the classroom it is essential that we are able to provide a positive role model which means making your own self-care and nurturing your own resilience a priority. Here are our top tips for maintaining and improving your resilience.

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

MAINTAIN A HOPEFUL OUTLOOK

A hopeful outlook allows you to expect that good things will happen in your life. Try visualising what you want, rather than worrying about what you fear or don't have. Accept that change is a part of living. Let go of what you can't control and put your energies into what you can.

FOCUS ON GRATITUDE

Keep a gratitude journal or jot simple statements in your teacher planner or on your phone. It can take 'training' to see the glass as half full and you can begin that training right now. What is one thing are you grateful for today? Use mindfulness to keep you grounded in the moment.

LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY

Engage in new things and actively look for opportunities that put you out of your professional and personal 'comfort zone'. These experiences help people learn about themselves and may provide a feeling of growth and achievement.

TAKE CARE OF YOURSELF

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing even when you don't feel like it. Exercise regularly and make sure you are getting good quality sleep. Taking care of 'you' helps keep your mind and body primed to deal with situations that require resilience.

MAKE CONNECTIONS

Maintaining and building good relationships with close family members, friends and colleagues is very important. Being open to accepting help and support from those who care about you and will listen to you, strengthens resilience.

DEVELOP GOALS

Having a sense of where you are going in life is important, so set some realistic goals and regularly work towards them. Glitches and setbacks will happen but resilient people keep the destination in mind.

NURTURE A POSITIVE VIEW OF YOURSELF

Develop a positive self-image and practise positive self-talk. Everything starts in the mind – resilient people see themselves in a positive way. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Learn how to bring resilience education into your classroom at a *Resilience Kids or Resilient Teens* professional development workshop. Check dates for upcoming workshops on the back page.

DRUG EDUCATION

FREE
teacher resource
and student
workbooks!

NEW Alcohol and other drugs resources

Does your school have a set of our **NEW Year 7-9 Challenges and Choices Alcohol and Other Drugs** teaching resources? These will support and expand students' knowledge, understandings, skills and attitudes in relation to their health, safety and wellbeing. The content will help students develop important life skills, such as decision-making and help-seeking, to assist them in managing drug-related situations.

The resources:

- Are mapped to the WA Health and Physical Education Syllabus and the Personal and Social Capabilities.
- Include the latest drug use statistics and facts about drugs.
- Contain family information sheets on a range of drug-related topics.
- Use engaging, interactive and age appropriate activities and strategies for students.

For a limited time, student workbooks will be provided free of charge to schools who are beginning to implement alcohol and other drugs education programs in the classroom.

If you would like to know more about these resources or how we can assist your staff to become more familiar with them, please contact SDERA or attend a *Talking Drugs, Safer Teens* or *Resilient Teens* professional development workshop. Check dates for upcoming workshops on the back page.



Without doubt, one of the most comprehensive drug education resources I have ever seen. Amazing!

Paul Dillon
Founder, Drug and Alcohol Research and Training Australia (DARTA)

New data a good news story

Overall findings from the 2016 National Drug Strategy Household Survey indicate that Australians as a whole, and particularly young people, are smoking and drinking less and consuming less illicit drugs.

While the media continue to focus on methamphetamine and the harms that can arise from its use, little is mentioned about the overall declining levels of use.

Another important point missed by media is the increasing number of young people aged 12-17 who are abstaining from alcohol or those who are delaying first use of an illicit drug.

There will always be opportunities to use alcohol and other drugs so the role of prevention education in schools is vital to continue these positive trends.

Education through schools provides young people with accurate information in a context relevant to them and their experiences. It also allows this area of health to be explored in a safe and supportive environment where parents and families can get involved in the learning and discussion.

SDERA can guide your school through the best ways to provide alcohol and other drug education broadly or by using a whole-school approach.

Schools will receive free resources that are classroom ready and mapped to the WA Health and Physical Education Syllabus, the General Capabilities and the Personal and Social Capability.

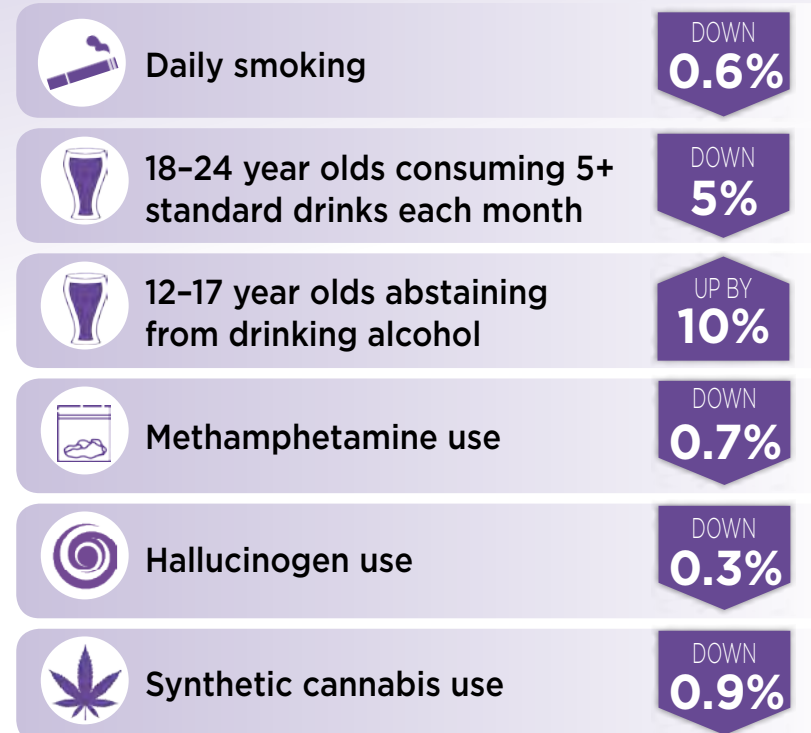
Our website is a great place to learn more about SDERA, our resources, and how we can work with your school to continue to reduce the harms from alcohol and other drug use in our communities.



2016 NDSHS findings

The National Drug Strategy Household Survey (NDSHS) collects information on alcohol and tobacco consumption, and illicit drug use among the general population in Australia every 2 to 3 years.

While most of the figures below apply to the general population, overall the findings for 2016 indicate that last year, young people were smoking, drinking and using illicit drugs less than they were previously.



Information courtesy of the Australian Institute of Health and Welfare

DAVE'S STORY

Meth can take control

This is a real story of how Meth can take control. The name has been changed to protect the identity of the story teller.

"I broke up with my boy's mum and used meth once at a party. I loved the way it felt and it stopped the empty feeling I had about my boy's mum. Over a short time I began to feel like I couldn't do anything without it. I felt helpless. I began struggling to wake up for work ...so I started using more so I had the energy to work.

When you take meth you feel unstoppable, indestructible. When

you come down it's not great. I used to get the shakes in my legs and I'd start to feel all the sores in my mouth from chewing all the time. Then I'd sleep sometimes for days. I would get infections on my chest from picking. I was severely malnourished. And my teeth would sporadically crumble in my mouth.

Meth affected my relationship with everyone I knew. My parents were on the brink of meltdown. At 25 they were still supporting me to live - I was incapable of supporting myself. My siblings hated the sight of me. My son wasn't getting looked after properly by me so my parents had to do that.

My drug dealer became my only friend. I couldn't hold a job and I started trafficking for money. A meth addict with unlimited supply is bad news for everyone involved. I got caught with \$24,000 when I was on my way to the city to buy meth to bring back to my town.

I had stopped myself (using) for six months then opened a shop and started using again. That's when I knew I needed help. I went to residential rehab and am happy to say I'm still clean. I'm 10 months clean.

Looking back, there is literally nothing good about using meth. The friendships you think you have are fake. You achieve nothing. It's just a downward spiral of destruction."

FREE EVENT

Talking Drugs with Paul Dillon



SDERA is pleased to have Paul Dillon deliver this special Talking Drugs information session for parents/carers and school staff.

Paul is the Founder of Drug and Alcohol Research and Training Australia (DARTA) and has been working in the area of drug education for the past 25 years.

Sleepovers, parties and other social gatherings provide young people with valuable opportunities to develop social skills that help them relate effectively with their peers. As children get older, alcohol is likely to be used at these events.

Using the latest research, this session will explore use of alcohol and other drugs including methamphetamine by young people.

The session will focus on the use of alcohol and other drugs at social events and equip parents, carers and educators with practical strategies and simple tips to help ensure young people are as safe as possible.

Parents and carers will also learn where they can go for help with a drug-related problem.

Date: Thursday 21st September

Time: 6.15pm to 8.00pm

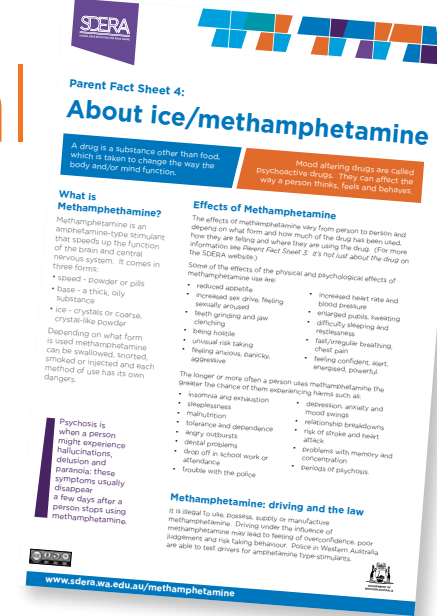
Place: Applecross Senior High School

To register or for more information, contact Kelli Dawson on 9402 6267 or kelli.dawson@education.wa.edu.au

Places are limited REGISTER TODAY

Arabic Burmese Chinese Dari
Dinka Farsi Hindi Indonesian
Karen Korean Somali Swahili
Tagalog Thai Tigrinya Vietnamese

Bilingual drug info for parents



Fact sheets

We have translated our most widely used information fact sheets to provide more parents with up-to-date and accurate information about alcohol and other drugs.

These are now available in 16 different languages to make it easier for people who use English as an additional language or dialect.

Download these fact sheets free of charge from SDERA's website.

Aboriginal English versions coming soon!

Information sessions

Over 20 parents and teachers attended a *Talking Drugs* information session at Dianella Secondary College last month.

To support those who use English as an additional language or dialect, four bi-cultural workers were available to translate the information for Somali, Arabic, Karen and Vietnamese attendees. There were many opportunities to ask questions and interact with the speakers, resulting in all participants giving positive feedback and feeling pleased they had attended.

The session covered ways SDERA supports schools to deliver effective drug education, what a drug is and the factors surrounding drug use. Student drug use according to current data,

ways to talk with young people about drugs, and agencies available for further help and information were also highlighted during the session.

SDERA sincerely thanks Dianella Secondary College and Mr Mark Thompson for hosting the session as well as Yahye, Alaa, Say and Wynne for their assistance translating the information.

Schools interested in hosting a Talking Drugs parent information session for English and/or Culturally and Linguistically Diverse audiences, or engaging with SDERA to ensure your School Drug Education Plan is in place, are encouraged to contact us.

NEW WEBSITE

Your Shout: Empowering action on alcohol

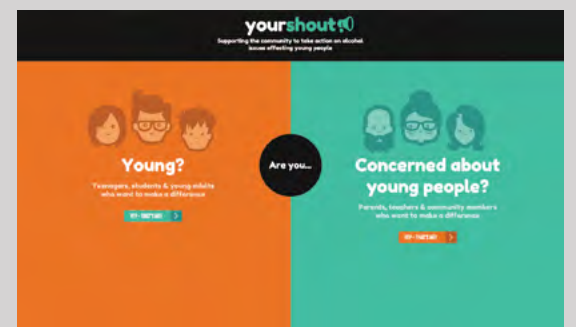
Teachers, parents and other community members can sometimes feel that they are a lone voice in their efforts to curb alcohol issues among young people, but this couldn't be further from the truth!

Alcohol use by young people is of great concern to many teachers, principals and other WA community members. Those concerned about young people can help address alcohol-related harm by staying informed, voicing your concerns and encouraging action on alcohol.

To equip community members with the tips and tools they need to direct their concern into action, the McCusker Centre for Action on Alcohol and Youth created Your Shout. Your Shout is an exciting new online toolkit that aims to support action on alcohol by providing the latest news, facts and stats, common myths, examples of what others have done to address alcohol issues, and a space to share your tips and experiences.

The website also includes tips on how you can prevent alcohol-related harm in your community - such as writing to your local MP or joining a Local Drug Action Group. There is something for everyone, depending on how involved you want to get.

Check out www.shareyourshout.com.au to start taking action on alcohol.



ROAD SAFETY EDUCATION



Smart Steps travels to Broome

THE SMART STEPS MODEL

The Smart Steps model explains how the program has been constructed and the links to national and state-based frameworks and curriculum that underpin the program resources.



“Unpacking these resources and the connections to the EYLF Practices was very helpful and easy to understand.”

Tammy from Mulberry Tree Childcare, Broome



INVITING ALL SCHOOLS!



Road safety events for schools

Mark your diary! From 10th to 12th October, Perth will host the 2017 Australasian Road Safety Conference to explore the latest in road safety research, policing and education.

On Wednesday 11th October, SDERA on behalf of the Road Safety Education Reference Group Australasia, will host the Road Safety Education Symposium from 9.00am to 12.30pm. The theme *Keep Left: Changing road safety culture* will provide attendees with the opportunity to explore interactive road safety programs and strategies relevant to early learning and school communities.

Following this from 12.30pm to 1.00pm, the Western Australian Road Safety Education Committee (WARSEC) will launch the 2017-2019 Directions action plan. This plan will demonstrate road safety initiatives employed by WARSEC member agencies as they contribute to the *Towards Zero WA Road Safety Strategy 2008-2020*.

SDERA encourages all schools to attend the workshop and launch. Registration along with the cost for teacher relief will be covered by SDERA. Places are limited.

To register for the workshop and/or the launch please contact SDERA. For more information about the conference visit www.australasianroadsafetyconference.com.au.

COMPETITION

Teach road safety and win!

Share how your primary school or childcare centre teaches road safety for the chance to win a \$100 voucher and set of traffic props valued at \$60! We're also giving away a set of traffic props to one lucky runner up.

To enter, post a photo on Facebook of road safety education in action and tag @SchoolDrugEducationandRoadAware. Don't forget to include your road safety message in the post.

Competition closes Tuesday 31st October 2017. Terms and conditions available on SDERA's website.



Recently a *Smart Steps* professional development workshop was held in Broome to showcase the new program and resources. The workshop provided participants with an opportunity to work with the new resources and focus on key messages to teach children so that they can become safe and independent road users.

Linking the resources to National and State-based frameworks and syllabus was well received by participants.

Childcare Educator, Tammy from Mulberry Tree Childcare, Broome said the professional development workshop was a “great length” and that the “coverage of topics was engaging with so many useful resources!”

Of particular interest to participants were the teaching and learning strategies in the resources that assist educators to embed road safety education into the practices of early learning centres or schools.

SDERA's road safety consultants and Izzy, the road safety mascot, visited students at Cable Beach Primary School where they had the opportunity to use the new *Smart Steps* resources including a large traffic play mat.

Children were videoed for a series of Illustrations of Practice that are currently in development. These short video clips will showcase the eight practices from the Early Years Learning Framework and include practitioners offering their suggestions on how to embed road safety into the curriculum in early learning centres and schools.

Liz Waldron, the inaugural Early Childhood Teacher of the Year in 2012 assisted SDERA with the videos. We thank Liz and the entire Cable Beach Primary School community for welcoming us into their school.

WATCH THIS SPACE! Smart Steps Illustrations of Practice coming soon!



Izzy with students at Cable Beach Primary School



Cable Beach Primary School students, Felicity and Caiden, playing on the Smart Steps traffic play mat with their teacher, Miss Mystique

Drive Safe – make it home

Attention all road users! 194 people died on WA roads last year and 235 were critically injured.

When the causes of the fatal crashes were examined, police suspected that one or more driver behaviours contributed to 121 of the deaths.

Speed and alcohol are still the leading behavioural factors contributing to road fatality rates despite legislative changes and public campaigns such as random breath testing, speed cameras and double demerit periods.

Driver fatigue and inattention were the next two most common suspected factors of road fatalities. It is heart-breaking to think a driver, who was paying more attention to their mobile phone, lost concentration and caused a crash resulting in their

own or another road user's death.

The emotional cost of these statistics is unmeasurable so when you get in your car today, tomorrow and for the rest of your life, please make a pledge:

- To not drive faster than the posted speed limit: it is not a target.
- Don't mix drinking alcohol or other drugs with driving.
- If you are tired, stop to refresh yourself or have a nap.
- Remove the temptation of using your mobile phone by turning it off whilst driving or put it in the glove box or boot – the person wanting to contact you would prefer to hear from you later than not at all.

Statistics from 2016 Preliminary Fatal and Critical Injuries on WA Roads – Summary by the WA Road Safety Commission

Constable Care Safety School a WA first

The Constable Care Safety School was officially opened by the Hon. Michelle Roberts MLA at a ceremony in Maylands this month. It is the first road and transport school in WA and will teach students aged 4 to 11 years vital road, bike and pedestrian safety skills.

"Few people realise that WA has the highest state road toll per capita. Tragically children make up a disproportionate number of these deaths," said Constable Care Child Safety Foundation CEO, David Gribble.

"The skills children learn at the Constable Care Safety School could one day save their lives."

Based on best-practice education principles the school includes a realistic



Hon. Michelle Roberts MLA, Assistant Commissioner Ward and David Gribble with students from Maylands Peninsula Primary School

road environment, complete with fully-functioning roads, traffic lights and rail crossings. Children will also engage with an exciting augmented reality experience to view risks and practice safe decisions.

"Our partner SDERA has generously contributed their time and expertise in developing the learning frameworks for the Safety School augmented reality activities," said Mr Gribble. "Their in-depth knowledge and assistance means we can be confident that our practical excursion tasks link directly to and reinforce in-class road safety theory learning, which is a huge plus for WA students and teachers."

Book an excursion for your school by visiting www.ccsafetyschool.org.au.

Change to the driver's licence process

The Department of Transport is improving the process to obtain a provisional driver's licence which will better prepare applicants - resulting in more experienced novice drivers. From 9th October applicants will complete the Hazard Perception Test (HPT) before the Practical Driving Assessment (PDA).

In addition, applicants must be 17 years of age or older and have completed 50 hours of supervised driving, including five hours of supervised night time driving, before being eligible to attempt the PDA.

Anyone currently holding a learner's permit and completes the PDA, Log Book and HPT before 9th October will not be required to meet the new process requirements.

Visit www.transport.wa.gov.au to learn more about these new changes.

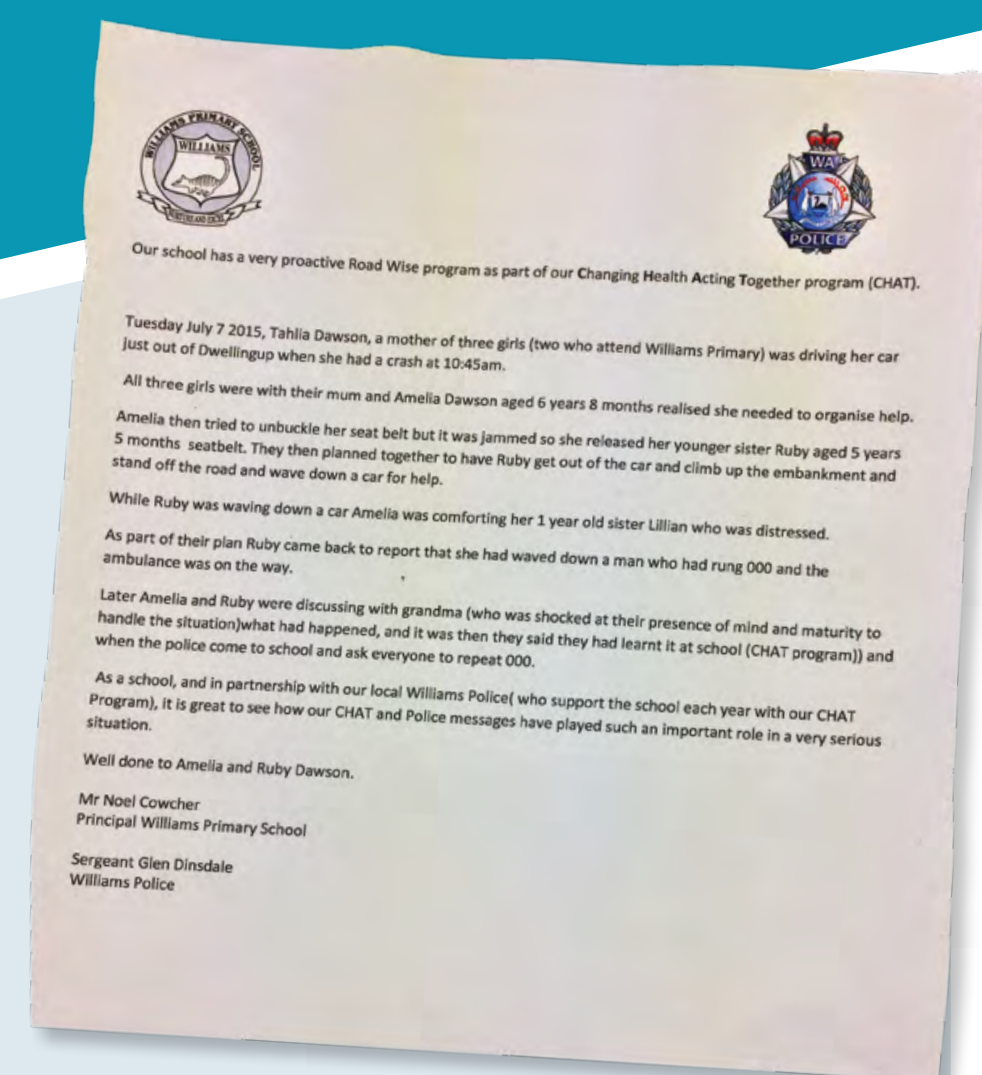
Williams Primary School goes for gold!

Williams Primary School started their CHAT journey in 2012 after a survey helped them to identify that their health program lacked impact in students' homes and the wider community.

By using the *Challenges and Choices* resources, school staff worked systematically and collaboratively to create a health program that was easy to follow. To promote the program to families and the wider community, the school hosted interactive sessions to allow students to demonstrate their knowledge and understanding.

One of these events was a road safety expo where students demonstrated their understanding of the road rules using a simulated road environment created in the quadrangle. Local police attended to assist with bicycle checks and parents had their child car restraints and booster seats checked for safety and suitability.

The school also hosted a drug education expo where police demonstrated a breathalyser and assisted people to identify



This letter from Williams Primary School and Williams Police explains how the CHAT initiative helped a family within the community

a standard drink. Attendees also learnt about alternative medicines and the impacts of caffeine and smoking on the body.

To help students develop resilience, the school created a powerful values program called R.R.I.S.E. (Respect, Responsibility, Initiative, Self-Control and Emotional Intelligence). This was to ensure that there was a common language and expectation of these values across the school, at home and within the community. Since it was first established in 2013, R.R.I.S.E. has been promoted through school newsletters, at assemblies and as a theme at special events including presentation night and graduation.

Having CHAT embedded in the school has encouraged involvement in community activities including the 2016 Heads Up Competition where student artwork is selected for display on police vehicles. Special

guests such as former AFL player, Heath Black, Constable Care and representatives from Drumbeat have also visited students at the school.

Changes in committee membership made it difficult to maintain momentum at times however the school's enthusiasm and belief in the program never waned. They are currently working towards their gold targets which will culminate with a health expo to educate students and celebrate the school's achievements with the community.

Well done Williams Primary School - SDERA are so pleased to have you on board for the ride!



Regional students get their Keys for Life

Fourteen young Noongar students participated in a two day *Keys for Life* workshop in Narrogin, giving them the opportunity to obtain their learner's permit.

At the workshop the students learnt road rules and the responsibilities of being a driver or rider including the impacts of drugs and alcohol on their hazard perception ability and reactions.

Various community organisations came together to support the students: Narrogin Senior High School provided a venue for the workshop, the Aboriginal Health team from the Southern Wheatbelt Primary Health Service offered transport for some of

the students and the YMCA provided funding for lunch.

YMCA's Swim for Life Coordinator, Ashleigh Frost, explained that some of the participants had low confidence and literacy skills and the one-on-one setting provided the extra support that was required.

The students had an outstanding attitude towards *Keys for Life* and demonstrated great determination with 11 students receiving their learner's permit. These students are now a step closer to obtaining their provisional driver's licence which, in turn, will increase their chances of employment.

We wish them all the best!



(L-R) Students, Casey Kernutt and Caleb Yarran with their Keys for Life certificates

You're invited to the CHAT Awards!

The *Changing Health Acting Together (CHAT)* initiative helps schools to develop and implement a whole-school approach to resilience, road safety and alcohol and other drugs education suited to their unique school context.

The *CHAT* Achievement Awards is an annual event to celebrate the achievements of our *CHAT* schools who have reached Bronze, Silver or Gold status.



and discuss the impact *CHAT* has made on health and wellbeing of the school community. Teacher relief payment will be available for those attending.

Date: Thursday 21st September
Time: 1.30pm to 3.45pm (*Guests are invited to lunch at 1.00pm*)
Place: Burswood on Swan
RSVP: Thursday 7th September

This year, over 30 metro and regional schools will be acknowledged for their incredible efforts. Some of these include:

BRONZE SCHOOLS

- Springhill Park Primary School
- Bletchley Park Primary School
- Bunbury Primary School

If you are interested in learning about *CHAT* or applying this funded approach to your school, we invite you to attend this special event. You will have the opportunity to network with *CHAT* schools, observe samples of their work and achievements,

GOLD SCHOOLS

- Ocean Reef Senior High School
- Canning Vale College
- East Narrogin Primary School
- Williams Primary School

SILVER SCHOOLS

- Yule Brook College
- Dardanup Primary School
- Clifton Park Primary School

Book now for next term or next year

Professional development at your school

Did you know SDERA consultants can deliver any of our professional development workshops at your school or early learning centre for FREE?

Our workshops will equip your staff with the tools they need to deliver road safety and/or alcohol and other drugs education using a resilience approach for Kindergarten to Year 12 students.

Workshops unpack teaching and learning resources that are mapped to the Early Years Learning Framework, WA Kindergarten Guidelines and the Health and Physical Education Syllabus. SDERA will also cover the cost for staff relief.

Find out which workshops are suitable for your school by visiting our website. Alternatively, if you'd like SDERA to present at your next staff development day or at a time that suits your school, contact us today.



OTHER NEWS

Pavitra Aran wins WA Young Achievers Awards



Pavitra Aran, winner of two WA Young Achievers Awards

SDERA was the proud sponsor of the 2016/2017 Health and Wellbeing WA Young Achievers Award. 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 attended the prestigious gala presentation dinner at the Pan Pacific on Friday 12th May. Anne Miller formally congratulated each of the finalists - Cory Payne, Jennifer Edwards, Pavitra Aran and James Fazio - before presenting Pavitra with the award.

Later in the evening, Pavitra was

also announced as the winner of the prestigious WA Young Achiever of the Year Award for 2017. Pavitra was chosen from the eight category winners. The Honourable Peter Tinley AM MLA, Minister for Housing; Veterans Issues and Youth, representing The Honourable Mark McGowan MLA, Premier of WA presented her with the award.

Pavitra, 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 WA Catalyst Youth Summit. Pavitra founded a social media project; Young

Refugees of WA, 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.

Pavitra received a \$2,000 Bartercard account, \$2,000 cash and two magnificent trophies.

Cory Payne, a SDERA Health and Wellbeing Award finalist was also selected as the winner for the Catholic Education WA People's Choice Award winner. Cory received an Apple Watch Series 2.

Congratulations Pavitra and Cory!

New workshop registration system

Benefits of PLIS

Staff based in metropolitan and regional WA will now be able to register for SDERA 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

Regional staff: www.sdera.wa.edu.au/regional-registrations

If you encounter issues with registrations please contact SDERA.

You are now able to register for all SDERA workshops using PLIS



Country football belts up for road safety

Hills Association umpires, Lindsay Hicks and Mark Tomsons, with best on ground, Dean James from Mount Helena Football Club

From 20th to 21st May, over 12,500 WA Country Football League (WACFL) players from 150 clubs played in the annual Belt Up Round around the state.

Belt Up, a road safety message promoted by the Insurance Commission of WA, aims to increase public awareness about the prevention of motor vehicle accidents, leading to fewer insurance claims and incurring lower costs.

All WA games held during that weekend observed 30 seconds silence to pay respect for those within their communities who were victims of road crashes.

This is the 19th year that the Insurance Commission has sponsored the WACFL through the Belt Up message, which encourages its players and supporters to be safe on regional roads by wearing a seatbelt.

"This campaign aims to reduce fatalities and the severity of injuries incurred in road crashes by educating the public about the importance of wearing a seatbelt," said Commission Secretary, Kane Blackman.

"Over 60% of those killed in road crashes in WA in 2016 were from regional areas. 21% of those fatalities were not wearing a seatbelt which shows that the Belt Up road safety message still remains an important and relevant one."

Each player named best on ground was awarded the Belt Up branded match ball from their game.

The Insurance Commission also partners with Rugby WA and Netball WA, who will hold their Belt Up Rounds across June and July 2017.

For more information about the Belt Up campaign visit www.belt-up.com.au.

Your Move website offers \$1,000 prize

TravelSmart to School is now called Your Move and has launched an excellent new website to help schools get active. To celebrate, there is a raffle prize draw of \$1,000!

Register your school at YourMove.org.au, run a travel survey and select one of the many activity resources to get kids walking and riding to school.



Technology to engage students in SEL

Technology is an ever growing part of modern society and immersing it in education is a difficult but necessary task.

Students are naturally engaged through the technology medium and this is utilised by DRUMBEAT Quest® the latest addition to Holyoake®'s programs addressing Social and Emotional Learning (SEL).

Mapped to the WA Health Curriculum it can also be used as a therapeutic tool, with flexible options for one-on-one counselling, small group and whole class delivery.

The program combines a rhythmic computer game, which engages students, and facilitated discussion drawing analogies from the game into real world SEL scenarios. Students are faced with choices, their decisions and strategies affecting their game play, allowing students to assess risks and test options in a safe environment.

Available for Windows and Mac computers and iPads, the desktop version is played using an eDrum which adds a level of cross motor coordination. Packages include everything you need to get started, with extensive facilitator/teacher resources to support implementation.

This award winning, evidence based program is already being used in over 40 schools. WA School Sponsorship is available for a limited time.

Visit www.drumbeatquest.com for more information.

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.



For the chance to have your story published in the Term 4 newsletter email it to sdera.co@education.wa.edu.au by **Tuesday 26th September**. Please keep your article to a maximum of 200 words and provide photos (if possible) in jpg format.



Opt in to email!

If you receive our quarterly newsletter by post and would prefer to receive it by email, or if you would like to be added to our electronic mailing list, call 9402 6415 or email sdera.co@education.wa.edu.au.

Editor: Claudia Burgess

Phone: 9402 6254

Email: claudia.burgess@education.wa.edu.au

Contact us:

Statewide Services Centre
33 Giles Avenue PADBURY WA 6025

Phone: 9402 6415

Please note: we no longer use fax

Email: sdera.co@education.wa.edu.au

Website: www.sdera.wa.edu.au



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!



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.

Workshops are free and SDERA covers the cost of staff relief for each person attending.

FREE WORKSHOPS

STAFF RELIEF

TERM 3 METRO WORKSHOPS

SPECIAL EVENT

Talking Drugs with Paul Dillon,
Founder of DARTA

Thursday 21st September
Burswood on Swan

TERM 4 METRO WORKSHOPS

Keys for Life Wednesday 18th October
Statewide Services Centre, Padbury

Safer Kids Thursday 19th October
Statewide Services Centre, Padbury

Talking Drugs Thursday 25th October
Statewide Services Centre, Padbury

Safer Teens Tuesday 31st October
Statewide Services Centre, Padbury

Resilient Kids Wednesday 1st November
Statewide Services Centre, Padbury

NEW **Smart Steps** Thursday 9th November
Statewide Services Centre, Padbury

PARENT SESSIONS - METRO

SPECIAL EVENT

Talking Drugs with Paul Dillon,
Founder of DARTA

Thursday 21st September
Applecross Senior High School

TERM 3 REGIONAL WORKSHOPS

Safer Teens Tuesday 12th September
The Goose Beach Bar and Kitchen, Busselton

TERM 4 REGIONAL WORKSHOPS

Resilient Kids Monday 9th October
Central Midlands Senior High School, Moora

Resilient Kids Monday 9th October
Koorda Primary School, Koorda

Safer Kids Wednesday 25th October
St Joseph's School, Moora

Talking Drugs Thursday 26th October
Norseman (Venue to be advised)

Talking Drugs Thursday 26th October
Hedland Senior High School, South Hedland

Safer Kids Tuesday 31st October
Koorda Primary School

Safer Kids Thursday 9th November
Northam Primary School

PARENT SESSIONS - REGIONAL

Talking Drugs Monday 18th September
Central Midlands Senior High School, Moora

Talking Drugs Tuesday 10th October
East Manjimup Primary School

To register for workshops or to view the most current workshop dates, visit

www.sdera.wa.edu.au