



August 2019

Welcome to SDERA eNews! The SDERA program is the Department of Education's key strategy to help young people make safer choices on the road and in situations involving alcohol and other drugs. We do this by equipping Western Australian educators and parents with the information and tools they need to develop resilience in young people with the aim of keeping them safer. You can find us at www.sdera.wa.edu.au.



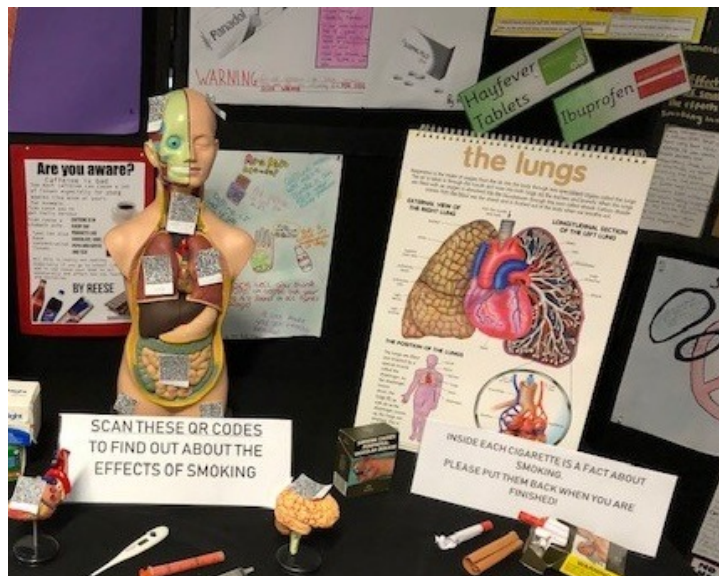
NAIDOC Week in the park

A free two hour event was held as part of Albany's NAIDOC Week 2019 celebrations. Children created their own road safety badge and completed activities from the [Smart Steps](#) resources. Parents heard how to keep children safe as users of our roads.



Smart Steps workshop

We're calling for last-minute interest in our half-day metropolitan workshop on August 8. Smart Steps [professional learning](#) supports those working in early childhood education and unpacks the resources that focus on passenger safety, pedestrian safety and safety on wheels. The next workshop is on November 14.



Key issues are the focus

Bunbury Primary School students focused on a number of important areas in Term 2 including alcohol and other drugs along with resiliency and learning

from their mistakes. Road safety education is coming up next term. Check out their [hard work](#).



Talking Drugs workshop

This free hands-on workshop is for those working with Year 7 to Year 12 students and provides the opportunity to unpack SDERA's Challenges and Choices teacher resources and assessment tasks. This one day metropolitan [workshop](#) will be held on August 16 and also November 7.



Safer Kids workshop

[Safer Kids](#) supports school staff working with Kindergarten to Year 6 students. It covers Challenges

and Choices teacher resources including resilience, drug and road safety content mapped to the WA Health and Physical Education syllabus. This metropolitan workshop will be held on August 28.



Critics Choice open now

The [2019 Critics' Choice](#) competition is now open! The program highlights a series of anti-smoking advertisements from around the world for students to watch in class and critique. Students vote on the anti-smoking ad they think is the most effective. WA schools go in draw to win a \$500 voucher. Visit [Smarter Than Smoking](#) for more information.



Have your say

The Road Safety Council is calling on all West Australians to have their say on the future of road safety. The Council is holding facilitated forums across WA to understand what you would support in the State's next road safety strategy. [RSVP for a forum.](#)

ACTIVE AUGUST 2019

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 Check out our Activity Finder for ways you can get Active this August!	2 At every chance, take the stairs instead of using the lift or escalator	3 Plan an active outing with mates, such as a bush walk, horse or bike ride, or paddle	4 Act green and head outdoors to do some gardening	5 Be mindful this Monday. Slow down and take the day moment by moment	6 Catch up with a friend for a walk	7 Try a recipe from a different culture – Moroccan, Indian, Vietnamese... check out Pinterest for inspiration!
8 At the end of the day, reflect on 3 things you are grateful for today	9 Turn up the music, sing and dance	10 Try something new or do something you have never done before!	11 Head to the park to kick the ball with your kids, loved ones or mates	12 Celebrate National Science Week in your workplace or school with activities, crafts, quizzes and baking	13 Take regular breaks today, even if it's for 10 minutes. You will feel so much more refreshed!	14 It's hump-day! Treat yourself (and your housemates if you have some) to a healthy home cooked meal
15 Get creative. Paint, draw, take photos or colour in	16 Arrange a pot luck lunch at work where everyone brings in a dish representing their culture	17 It's Book Week! What better way to start than to unplug and relax while reading a good book	18 Watch a documentary or a TED talk from around the world	19 Write someone an anonymous 'warm fuzzy' (aka a note of gratitude)	20 Share your knowledge and teach someone something	21 Hit up an exercise class with a friend
22 Unplug 2 hours before bedtime and get a good night's sleep	23 It's Fri-yay! Treat yo' self to your favourite meal, a movie, a massage, or hit the shops for some retail therapy	24 Reconnect with nature - spend time outdoors soaking up the fresh air... even if it's raining!	25 Spend time with someone over 60 or under 6 to get a different perspective	26 Smile. It's contagious! Acknowledge people you walk past with a friendly smile or hello.	27 Enrol in a course, register for a class, or join a club or a group	28 Offer to take your neighbour's dog for a walk for them
29 Nurture your spiritual side by meditating, praying, doing some yoga or Tai chi... whatever works for you	30 Who would you like to reconnect with? Make time to contact them for a chat or a meet up	31 Reflect on how you can keep active throughout the rest of the year!	Hashtags: #actbelongcommit #activeaugust Tag us at @actbelongcommit			



Get active this August

As winter truly sets in across WA, [Act-Belong-Commit](#) is encouraging individuals, organisations and communities across WA to get involved in 'Active August'. Check out this [31-day calendar](#) for ways to get active for mental health and wellbeing.



Department of Education



Association of Independent Schools of Western Australia



CATHOLIC EDUCATION
WESTERN AUSTRALIA



Government of **Western Australia**
Mental Health Commission



The School Drug Education and Road Aware program is delivered by the Department of Education WA.
Phone: 9402 6415

[Unsubscribe](#)