

LCS welcomes all students back to full-time classroom learning.



Central News

Lockhart Central School

Term 2

Week 5 onwards

School open.

All students expected to attend everyday.

Please contact the school if your child needs to stay home due to illness.

Week 10

3rd July – Last day of Term 2

Secondary Assessment Tasks - TERM 2

Year 12

Week 5: English Standard, English Advanced, SLR, Food Technology

Week 7: Business Studies, Modern History, Maths Standard 1

Week 9: Ancient History, English Studies, Agriculture

Week 10: English Advanced, English Standard, Biology, Maths Standard 2,

Secondary Assessment Tasks - TERM 2

Year 11

Week 5: SLR

Week 6: Agriculture, Photography

Week 8: Aboriginal Studies, Food Technology, Visual Arts, English Advanced

Week 9: Maths Advanced, Maths Standard, Modern History, Visual Design, English Studies

Week 10: Ancient History, PDHPE, Society & Culture, SDD, Eng Standard

Year 9 & 10

Week 5: Visual Art, PDHPE, PASS, English,

Week 6: History

Year 7 & 8

Week 5: PDHPE, History

Week 8: Music

Week 10: Science

LOCKHART CENTRAL SCHOOL

Phone: 02 69205209 Fax: 02 69205635 Email: lockhart-c.school@det.nsw.edu.au

Web: www.lockhart-c.schools.nsw.edu.au P.O. Box 70. Halliday Street, Lockhart, 2656



RESPECT SELF – RESPECT OTHERS – RESPECT PROPERTY

ENGAGE EDUCATE AND EMPOWER – 10 TIPS

RESOURCES FOR YOUNG PEOPLE

1. ACTIVELY LISTEN

Learn practical tools and support to help youth get through everyday tough issues.

reachout.com



6. MODEL HEALTHY BEHAVIOUR

A self-help toolkit for all things related to mental, social and emotional well-being.

<https://apps.apple.com/au/app/nigg-kids-helpline/id1440036153?#>



2. POSITIVE CHOICES

Online resources, sharing stories and health promotion of the effects of drugs

Positivechoices.org.au/



7. HELP A FRIEND

An App to help young people take the fear out of having a conversation with a friend struggling.

<https://www.youthbeyondblue.com/help-someone-you-know/thecheckin>



3. RESPOND CALMLY, EMOTIONS CAN OVERWHELM

Prevention, intervention, and treatment of anxiety in young people

<http://brave4you.psy.uq.edu.au>



8. PRACTICE RELAXATION EXERCISES TOGETHER

An App, teaching mindfulness, meditation to young people and adults

Smilingmind.com.au/



4. SHARE STORIES

See a range of animated videos exploring education, health, law and money.

www.italkstudios.com.au/



9. BELIEVE THEM

Online activities, and positive psychology aiming to promote resilience in young people 12-25 years.

bitaback.org.au



5. TEACHING TRUTHFULNESS

Learn cognitive behaviour therapy, skills to manage symptoms of depression and anxiety.

moodgym.com.au



10. TALK TO ME

Internet chat, email or phone support for young people (12-25years) with a range of issues.

Headspace.org.au - telephone 1800 650890



LOCKHART HEALTH ADVISORY COMMITTEE (LHAC)



RESPECT SELF – RESPECT OTHERS – RESPECT PROPERTY