

ISSUE HIGHLIGHTS:

- Arts Week - Art Exhibition Competition
- To Federation and Beyond Performance
- Year 12 Holiday Seminars
- Outdoor Education

(Pictured: VISTA Year 8/9 Mixed Hockey - see article on page 8)

DIARY DATES

6/6	Last Day of Term 2 (2.05pm dismissal) Student Reports available online via the parent portal (Daymap Connect) from 3pm
12/7-19/7	Malaysia Trip (Jit Sin High School)
20/7	ASSA Public Viewing Night (Observatory)
23/7	First Day of Term 3
24/7	Caffe Primo Excursion - Stage 1 Food & Hospitality
26/7-2/8	Osaki High School Student Visit
30/7	Performance 'Fact vs Fiction' - Year 9 English/Year 8 EALD Performance 'Words of War' - Year 11 English/Essential English
31/7	ICAS English Competition (Year 2-12)
1/8	SAPSASA Girls Football

See next page for **Upcoming Dates**

Click here to view our
online calendar

CONTACT

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www.theheights.sa.edu.au

f /heightsschool



Government
of South Australia
Department for Education

PRINCIPAL'S MESSAGE

STEM 500

The 500 STEM Educators in Primary Schools project (STEM 500) is part of the DECD STEM Strategy to increase young South Australians' engagement in STEM learning. The project aims to provide professional learning in STEM so that by 2020 all South Australian government schools with primary enrolment will have a teacher with STEM specialisation.

Bringing together the Learning Design, Assessment and Moderation (LDAM) strategy and the STEM 500 project has enabled the professional learning program to incorporate both the development of disciplinary depth in Science, Technology or Mathematics, and Learning Design in STEM.

The goals of the professional learning program are to:

- Develop and deepen teachers' pedagogical and content knowledge in the STEM disciplines of Science, Technology or Mathematics
- Build teachers' capacity to design intentional and responsive learning for STEM, and
- Improve dispositions and mindsets towards STEM teaching and learning.

The Heights School has Colleen Goerner and Anabel Pascoe involved with a Science focus in the program. This is great for our school and so far Colleen and Annabel have found the learning beneficial. This will help them work with our STEM leader, Sharon Robertson and our secondary Science teachers to provide great learning experiences for our primary students.

Pedal Prix

A Pedal Prix Victoria Park Race Course Event was held on Sunday 17th June. Vehicles Odyssey and Pulsar were in action along with students and old scholars. Well done to you all, our parent volunteers and support staff too.

Farewell

It is often at the end of term close to the semester change over when we farewell and wish people well whether they are taking up other positions, completing a contract or taking leave.

This time we acknowledge the work of Steph Bastian who will be completing her contract early and going on maternity leave. Steph's baby will be due towards the end of Term 3. Steph has been here for a couple of years now and we wish her well and look forward to her returning.

Claire Bugeja, one of our classroom support workers, has also just gone on maternity leave and we hope to see her back soon too.

We also farewelled Kym Baddams our ICT Systems Manager after 9 years at The Heights School. Kym has taken up a new position at Adelaide High School. Filling the position behind him is Stephen Ide.

Beth Sztekel has returned to our Art teaching area after maternity leave.

End of Term

I wish everyone a safe and enjoyable end of term two school break. Thank you to the students and staff for their effort and hard work throughout a very busy term.

Students return to school on Monday 23rd July.



Nigel Gill, Principal



Last Day of Term 2
Friday 6 July
2.05pm Dismissal

First Day of Term 3
Monday 23 July

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UPCOMING DATES TO REMEMBER

SCHOOL TOURS 2018

School tours are held on Wednesdays mornings from 9.00am-10.15am as listed below. Bookings are required via our website.

15 August	Term 3, Week 4
12 September	Term 3, Week 8
7 November	Term 4, Week 4

PUPIL FREE DAYS 2018

Friday 31 August	Term 3, Week 6
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SCHOOL CLOSURE DAY

Monday 3 September	Term 3, Week 7
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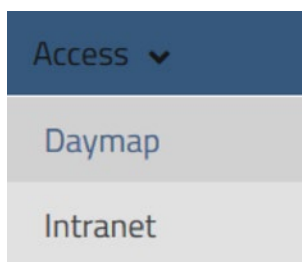
REPORTS

A reminder to all families: This term, Student Reports will be published online through our web-based parent portal, Daymap Connect. The Parent Portal is available by visiting The Heights School website: <http://www.theheights.sa.edu.au>

Then from the top menu select: Access > Daymap

A letter has been sent home providing the information needed to login to Daymap Connect.

- For parents/caregivers of students in Reception – Year 6, this was sent home earlier this term.
- For parents/caregivers of students in Years 7 – 12, this was sent home during Term 1.



If you have any questions or problems logging in, please contact the ICT Office.

Student Reports will be available on the parent portal from 3pm this Friday 6th July.

To obtain a printed copies of student reports, please notify the school by:

Years R-6: Primary Years Office via telephone or email: donna.beaty934@schools.sa.edu.au

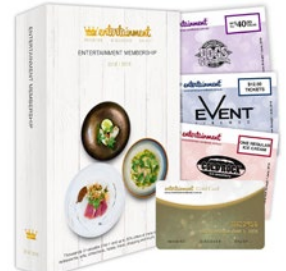
Years 7-12: Student Services via telephone or email: dl.1430.studentservices@schools.sa.edu.au

David Williams

ICT & Services Manager



ENTERTAINMENT BOOK - SUPPORT THE HEIGHTS SCHOOL AND YOU'LL BE REWARDED!



Help us raise funds for our School by buying a 2018 | 2019 Entertainment Membership and for a limited time, you'll receive **2x BONUS EVENT Cinemas Saver eTickets** in time for the school holidays! Hurry, stocks are sure to run out.

Enter promotional code **'EVENTGIFT'** at checkout and you will receive your eTickets via your email inbox within 48 business hours.

Redeem your EVENT Cinemas eTickets at participating EVENT Cinemas.

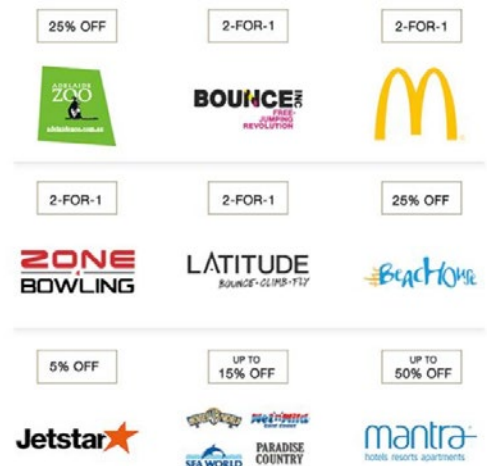
(Visit <https://www.entertainmentbook.com.au/renew-promotion-terms-and-conditions> to find out more.)

If you wish to order a hard copy of the Entertainment Book you can contact Sonja Hahn, Finance Officer on Sonia.hahn343@schools.sa.edu.au or call 8263 6244.

Purchases for hard copies can also be made on our website through BPOINT. If you would like a hard copy book, please order from the school, not the Entertainment Book website. If you wish to order a digital membership, please visit <http://www.entbook.com.au/1619k82>

"The Entertainment Book is great value for such a low price. There are a lot of savings I get back instantly. It more than outweighs the original price. There is something for everyone casual, fine dining, adventure and family. I couldn't live without it." – Susan L

Here are just a few of the many offers to enjoy with an Entertainment Membership:



PRE-SCHOOL - NOW ENROLLING FOR 2019



LET YOUR CHILD GROW WITH US

The Heights Pre-School is an integral part of The Heights P-12 School. It is committed to developing mutually respectful partnerships with families, professional colleagues and support agencies in providing a high quality Pre-School program that reflects the values and vision statement of The Heights School and The Early Years Learning Framework: 'Belonging, Being and Becoming'.

Guided by the Early Years Learning Framework, The Heights Pre-School aims to consistently provide a personal, welcoming, caring, safe, stimulating and appropriately challenging environment that upholds the rights and voice of the child and celebrates all young children as competent, creative individuals.

For all enquiries:

Email: Dani.Camillo890@schools.sa.edu.au

Website: <https://www.theheights.sa.edu.au/preschool.html>



Government of South Australia
Department for Education

ignite
a program for gifted and talented children

THE HEIGHTS
SCHOOL
Preschool - Year 12

ARTS WEEK 2018

Prizes worth a total of \$200-00!
The Heights Art Exhibition
Competition
Celebrating Ten Years!
20th to the 24th August 2018

The Visual Arts Department would like to invite entries for this prestigious Art Award, now in its 10th Year! The Exhibition will be held in the Middle School Multi Space and has been planned to coincide with both Arts Week and Book Week this year. This venue will be a focal point for other activities planned for the week so your work will gain maximum exposure. Awards and prizes will be announced in the morning on Tuesday 21st August at the official opening of the exhibition.

First Prize

A Gift Voucher to purchase Art Materials to the value of \$80 plus a certificate acknowledging your achievement.

People's Choice Award

A Gift Voucher to purchase Art Materials to the value of \$30 plus a certificate acknowledging your achievement.

Inggarni Wardli Prize Pronounced IN-GAA-NI WAD-LI, 'place of learning or enquiry' in Kaurna' (A new prize first offered in 2017 open to Aboriginal and Torres Strait Islander students only).

A Gift Voucher to purchase Art Materials to the value of \$30 plus a certificate acknowledging your achievement.

Book Week Prizes (Book week entries must be A4 size)

Senior School Prize \$20 gift voucher for Art Materials

Middle School Prize \$20 gift voucher for Art Materials

Junior School Prize Art Materials to the value of \$20

Diary Cover for 2019 - Your art work could be selected for the cover of next year's school diary.

Conditions of Entry

1. Art works can be of any medium
i.e. acrylic, oil, watercolour, ink, pencil, pastel, charcoal, photography, digital imaging, multi-media.
2. Art works can be 2D or 3D, except Book Week Entries (A4 only).
3. Art works must be no larger than 1.5m x 1.5m including frame, except Book Week Entries (A4 only).
4. If works are framed they must include a wire or hook to hang them from.
5. You can offer your art works for sale but any work sold must remain on display until the exhibition closes.
6. The judging panel consists of Nigel Gill - Principal, Vicki Cook - Business Manager and Catherine Bourn - Artist and Art Teacher.
7. The judges' decision will be final and no correspondence will be entered into.
8. The winning entry will be chosen according to the following criteria.
 - a. Creativity and originality
 - b. Sensitivity and skill in use of media
 - c. Presentation
9. Winners will be announced in the venue on Tuesday 21st August at 9.30am. Entry forms are available from the Art Department and the Library. Please use a separate entry form for each art work entered. Entries must be received by Monday 13th August and work must be delivered to the Art Department by Thursday 16th August.

No late entries will be accepted.

Background Image by Evan Johnson

ARTS WEEK 2018



TO FEDERATION AND BEYOND

On Friday of Week 9 the Primary years were entertained by Gerarde Café in a performance of *To Federation and Beyond*. Students were very engaged in this clever show as they learned about Australia's past. Here are some comments from Ms Arnold's and Ms Weniton's Year 5 students:

The story was interesting and there were a lot of good facts.

I really loved how Gerarde changed his voice when he was playing different characters.

It was fantastic how he involved people in the songs.

I really liked the magic rock because it had gold and a secret button that played the voice.

I liked how Gerarde asked people questions before he brought them up for participation, rather than randomly picking from the audience.

He was very skilled in the personality changes. The voices and emotion he put into it as very convincing.

I liked how Gerarde projected his voice.

I highly appreciated the way he was inclusive of the audience.

His voice was fluent and well projected.

I wish the Crocodile Hunter song was not so loud.

It would have been good if Gerarde had asked for questions at the end.



YEAR 12 HOLIDAY SEMINARS

Below is a copy of the holiday timetable, which includes room allocation.

Subject	Teacher	Date	Time	Place
EAL	J Bandjak	9/7 Monday (Week One)	9:00am-3:00pm	Senior Common
Metal Work	M Damm	9/7 Monday (Week One)	10:00 am -3:00 pm	Tech Wing
Specialist Mathematics	D Kapelle	9/7 Monday (Week One)	9:00 am-12:00 pm	Senior Common
Workplace Practices	I Benjafield	10/7 Tuesday (Week One)	10:00 am -2:00 pm	Senior Common
Food and Hospitality	S Rogers	10/7 Tuesday (Week One)	10:30 am -2:30 pm	Home Economics
Community Studies	L Charlesworth	11/7 Wednesday (Week One)	10:00 am -2:00 pm	Senior Common
General Maths	A Roubanis	12/7 Thursday (Week One)	11:00 am-1:00 pm	Senior Common
Chemistry	R Parsons	13/7 Friday (Week One)	10:00 am-2:00 pm	Senior Common
Research Project	Research Teachers	16/7 Monday (Week Two)	10:00 am -2:00pm	Senior Common
Math Methods/Physics	A Cadd	18/7 Wednesday (Week Two)	9:00 am-12:00 pm	Senior Common
Psychology	D Eglinton	19/7 Thursday (week Two)	10:00 am-1:00 pm	Senior Common
Creative Arts/Visual Art	C Bourn	19/7 Thursday (Week Two)	9:00am-12:00pm	Art Area
English General	B Roberts	20/7 Friday (Week Two)	10:00am -2:00pm	MG3

All students must enter and exit the senior building via the glass door by link stairs for security reasons.

All students must sign in and out in the visitor register located in front of Mrs Davis' office, any messages about last minute classroom changes will be left with the visitor register.

INTRODUCING... OUTDOOR EDUCATION

A new semester and a new Year 10 Health & PE unit; Sports Skills. This week our Year 10 students were introduced to cooking on a Trangia. A Trangia is a compact cooking system which packs down to a small enough size to be carried in a rucksack.

Students are required to plan a post-exercise meal inclusive of appropriate nutritional requirements and are only allowed to use the equipment that a Trangia kit contains. Cooking on a Trangia is different to using a stove or BBQ and often takes longer. Therefore, students are required to make a judgement of what is achievable within a 40 minute period. The unit integrates a nutrition focus with skills students will learn in Outdoor Education, a new subject offered for Year 11 students at The Heights School in 2019.

From the students...

'It reminded me of camping so it was fun. It was something new and it was enjoyable.'

'It was really different compared to what we've done at school before. It was good to get a small idea about what is involved in Outdoor Education.'

'It was a unique experience and good to work with others. Different to what we have done before.'

Eulaly Allen, Health and Physical Education Teacher



SAPSASA BOYS FOOTBALL

Ms Sulley-Beales and Mr Jones accompanied the Year 6 and 7 boys who participated in a SAPSASA Football Carnival at Tea Tree Gully Football Club on Wednesday 20th June.

Thank you to our umpires for the day – Josh and Cooper Green, Nathan Maunder, Jordan Starr, Ben Appleton and James Willis.

Well done to the following students who participated: Brady Toolan, Liam Smith, Tyler Stoddard, Brodie Smith, Jordan Chan, Elijah Morgan, Miguel Tolentino, Ivan Ling, Ethan McKay, Sam Parry, Jacob Hulmes, Hayden Mortlock, Joshua Muller, Yaksh Patel, Harrison Morrell, Max Jones, Deacan Franey, Bayad Hasan and Tanis Wilkin.

Below is a write up about the day by Miguel Tolentino and Ivan Ling (601).

Mrs Rothery

SAPSASA Coordinator

SAPSASA Football

Who: Year 6s and 7s students (who took an interest in football)

When: 20th of June 2018

Where: Tea Tree Gully Football Club

Why: To represent our school at the football carnival

Acknowledgements: Miss Sulley-Beales and Mr Jones

We went to the football carnival with the Year 6s and 7s and we lost every game, but we tried our best and most importantly, we had fun. We were low on players so the players from Paracombe School filled in for us. Our school was lucky to have our Year 8/9 students umpire the games.

Reflections

Miguel – I was only a forward once but no one passed to me as the ball was down our defensive side most of the time. Also, this very intimidating player stood on my ankle and it really hurt. I got some PowerAde to power me up, though it didn't work. I enjoyed this carnival and I hope I can go again.

Ivan – In the team my role was being everything and I got to have an amazing experience of being forward, mid and defence. I really enjoyed going to the carnival I hope to be there again next year.

VISTA DATES & PROCESSES FOR TERM 3 2018

Please note the following dates for VISTA District events for TERM 3, 2018

- Week 2 – Senior Boys 5 A-Side Soccer – Thursday 2nd August
- Week 3 – Senior Girls 5 A-Side Soccer – Wednesday 8th August
- Week 4 – Year 8/9 Boys 9 A-Side AFL – Monday 13th August
- Week 4 – Senior Boys 9 A-Side AFL – Thursday 16th August
- Week 5 – Senior Girls 9 A-Side AFL – Wednesday 22nd August
- Week 5 – Boys Netball – Friday 24th August
- Week 6 – Year 9/10 Boys Basketball – Friday 31st August
- Week 7 – Year 10 Boys 5 A-Side Soccer – Wednesday 5th September
- Week 7 – Year 9/10 Girls Basketball – Thursday 6th September
- Week 9 – Year 8/9 Girls and Boys Volleyball – Thursday 20th September

Term 3 & 4 VISTA Nominations

How do I nominate for a VISTA team?

Sign-up sheets will be placed on the Sports Notice Board outside the PE Office. Communication that nominations sheets are up is through the school bulletin on Daymap.

Where/when do I get a consent form?

Forms are available for collection from the PE Office 3 weeks prior to the Carnival.

Where/when do I return my consent form and payment?

Both consent forms and payment are made at the Finance Office. Both the consent form and payment must be made by the due date outlined on the consent form. This due date will be 1 week and 1 day prior to the carnival.

What do I need to do, to ensure I get to go to the VISTA Lightning Carnival?

Students selected to attend the carnival are chosen through a first forms and payment returned policy. For carnivals that attract a large amount of interest it will not be possible for all students to attend. To secure your spot, return your form and payment as soon as possible before the deadline. Forms returned and payments made after the deadline will not be accepted.

VISTA YEAR 8/9 GIRLS 9-A-SIDE AFL CARNIVAL

We had a tough start but improved as the day went on. We had a great time and had lots of fun. Our team had a great coach that was very encouraging all throughout the day and we won one of our games.

Jess

We had an awesome coach
She was very encouraging
We played well as a team
Won a game against Modbury

Danielle

We played well as a team
We won 1 game
Had a good time

Mia

We had so much fun together
We worked together so well
We won 1 game out of 5



VISTA YEAR 8/9 MIXED HOCKEY

Our Year 8/9 mixed hockey team had a very positive and competitive day on Friday 29th June, competing successfully against Roma Mitchell High School, Golden Grove and Pedare College in a seven team competition.

The Heights team were able to complete the day undefeated, scoring six goals and conceding none. Players took turns at the goalkeeper position, giving everyone the opportunity at this new role.

The games were played in good spirits, with everyone rotating through different positions. This was half field hockey, with six field players and a goal keeper for each side.

We played in the Grand Final, which finished with a nil all draw after normal time. The teams then had to compete in a penalty stroke shootout, with a thrilling goal scored by our captain, Gurnoor Sibia, to take the title and win the trophy.

This means that The Heights School is back to back champions and is a fitting reward for the efforts and skills of this team.

Mr Holland

(See more images on front page)



NEXT STEP PROGRAM

2018 Program

5-8 year olds | \$90

Tuesday 2 October, Alberton Oval
9am - 12pm OR 1pm - 4pm

Restricted to 120 registrations per session.

9-14 year olds | \$200

Wednesday 3 October & Thursday 4 October
Alberton Oval | 9am - 2pm each day.

Maximum 125 registrations.

Each participant will receive:

Personalised Guernsey, football,
SANFL Macca's League Grand Final Family Pass
& other awesome goodies.

Register before 1 August, for your chance to be
one of the 2018 Grand Final Medal Presenters



www.sanfl.com.au/nextstep

These clinics will sell out fast - DON'T MISS OUT
Registrations close Tuesday 28 August



BOYS NETBALL

For Boys Aged
5-11 & 12-16 Years

SOUTHERN DRAGONS SCHOOL HOLIDAY CLINIC

The Southern Dragons School Holiday Clinic will be held in the July school
break and registrations are now open!

This clinic aims to cover all aspects of the game such as: attacking,
defending, goal shooting, ball handling, footwork, as well as match play
practice whilst fostering a fun and inclusive environment **just for boys**.
Come along and learn from specialist boys netball coaches and your South
Australian State Men's players!

ONLINE REGISTRATIONS CLOSE SUNDAY 8 JULY

[HTTP://WWW.SAMMNA.COM.AU/EVENTS/21060/](http://www.sammna.com.au/events/21060/)

\$25 REGISTRATION FEE - BOYS AGED 5-11 & 12-16 YRS

JOIN US!

JULY 12, 9AM - 12PM
PRICELINE STADIUM

ALL SKILL LEVELS WELCOME!

E: ADMIN@SAMMNA.COM.AU

[FACEBOOK.COM/SOUTHERNDRAGONS](https://www.facebook.com/southerndragons)



SOUTHERN
DRAGONS



Yr 4-7 SCHOOL HOLIDAY CLINICS

THURS JULY 12 - MARS SPORTS COMPLEX (Marden)

WED JULY 18 - BRIGHTON SECONDARY SCHOOL

EXPERIENCED PLAYERS AND BEGINNERS WELCOME!

MORE INFO/NOMINATION FORMS AT LINK BELOW...

WWW.VOLLEYBALLSA.COM.AU/HOLIDAYCLINICS



8363 1265

junior@volleyballsa.com.au

What's the Buzz - for 7-12 year olds

What's the Buzz is an internationally recognised social skills program
developed by Mark Le Messurier and Madhavi Nawana Parker as a 16 lesson
highly structured, role play and play-based program designed to teach children
how to think socially and make friendship work.

Who is it for? What's the Buzz? Is designed for all children, but are especially valuable for
those who struggle to appreciate the free-flowing reciprocal nature of social interactions. It has
proven to be helpful for children with higher-functioning forms of Autism Spectrum Disorders,
those identified with language disorder, specific learning difficulties, Auditory Processing
Disorder, Non-verbal Learning Disorder, Pervasive Developmental Disorder - not otherwise
specified, ADHD, reactive behaviours, anxiety, shyness and social phobia

The program engages children into feeling friendship together, it encourages them to see it,
taste it, smell it and laugh with each other. It connects young people and offers them the skills
to belong.

Each unit/session runs for an hour, with resources, course material and information sheets
shared with students and parents/carers.

What's the Buzz for primary students is particularly aimed at children aged between 7- 12 years
of age, with a maximum group size of 8 students.

Cost per child is \$40 per session.

Please note: For those children already receiving NDIS funding who are self or plan managed it
may be possible to utilise funds to support payment of costs (this will need to be determined
through your NDIS case manager).

When: Tuesday afternoons weekly, Term 3 & 4 over 16 weeks
(Starting week 2 of each term)

Time: 4pm - 5pm

Location: Keithcot Farm Children's Centre, Community Room

Bookings are essential as places are limited

To book please contact Laura: Phone 8251 2700 or email laura.francis@sa.gov.au



Golden Way Partnership
Building Better Outcomes for Learners





Helping you help your teenager

ReachOut Parents Coaching

'I highly recommend coaching – it's helped strengthen our bond and our trust.' Kirsten, mum of 14 year old, New South Wales.

Struggling to know how to support your teenager with tricky issues like bullying, anxiety and relationships? Whatever the issue, you're not alone. Thousands of parents across Australia are wondering how to support their teenager through tough times.

The good news is our qualified coaches are on hand to help you plan your next steps. Our coaches will chat online and by phone about what could work for you. They'll provide you with professional online tools to help you build your own action plan to try out at your own pace.

And you won't even need to travel – take part from home or on your lunch break.

- ▶ Free
- ▶ Confidential
- ▶ Accessible – online and by phone
- ▶ Flexible – take part in one or up to four sessions
- ▶ Professional – qualified coaches from The Benevolent Society

It's easy to get started:

ReachOut.com/Parents/Coaching

ReachOut Parents is part of ReachOut Australia – a trusted online mental health and wellbeing service for young people and their parents. Free and accessible 24/7, ReachOut Parents provides practical tips, tools and strategies to help you support your teenager through everyday issues and tough times.



Coaches provided by The Benevolent Society.

Clovercrest Baptist Church

IN COLLABORATION WITH THE
King's Community
PRESENT

CARING FOR KIDS
IN AN
online
WORLD
PRESENTATION BY SUSAN MCLEAN
CYBERSAFETY SOLUTIONS

Thursday 5th July @ 7-9pm

Doors open at 6:30 for a 7pm start
Clovercrest Baptist Church
\$5 per family at the door
RSVP: Eventbrite (bookings from 1 June)

Parents/Carers only | Café open 6:30-9:30pm



Bully Stoppers
Make a friend, lend a hand.



Problematic Internet Use

Young people and the online world are synonymous, but when does it become excessive?

What is problematic internet use?

'The Internet appears to be capable of altering the mood, motivation, concentration, and producing a dissociating and disinhibiting experience for users. For some individuals, patterns of use can transform to abuse, taking on a compulsive quality ... Many of the daily spheres of behaviour, including work, appear to be effected by this powerful technology.'

Dr David Greenfield, Centre for Internet Behaviour, USA

Problematic internet use is addictive behaviour—excessive or poorly controlled preoccupations, urges, or behaviours regarding computer use and internet access that lead to impairment or distress. The problem is more common in adolescent males than females and is very often linked to playing online games. In severe cases, online activity takes over the person's life to the exclusion of all else.

Internet addiction has been documented and studied around the world. It is not however currently included in DSM IV (Diagnostic and Statistical Manual of Mental Disorders Edition IV). This means it cannot be diagnosed by a doctor, so access to medical treatment rebates is limited.

Online games

Computer games today may be very different to what parents remember. Games can now be played over the internet with players interacting with other gamers all around the world.

Online games can be very involved and immersive, mimicking real life achievements and interactions, demanding huge investments of time from large networks of players. A commonly cited example is World of Warcraft (WoW for short), an online multi-player virtual world game which has been recognised by researchers and players around the world as extremely addictive.

Online gaming can also be a concern when young children connect with people that they do not know. See the 'Online Grooming' fact sheet for further information on this.



Risk factors

Some young people have been identified as particularly 'at risk' of developing problems with excessive internet use. A young person could be at risk if they:

- Suffer from depression and/or anxiety
- Have been diagnosed with an ADHD-type illness
- Have been diagnosed with Asperger's Syndrome
- Lack social support and have few friends in the 'real' world
- Are bored or stressed (using games as an escape from problems)
- Have a physical disability or otherwise impaired mobility
- Face a breakdown in family or social bonds

- Withdrawal from daily activities, poor school attendance, withdrawing from sport teams
- Physical symptoms such as carpal tunnel syndrome, dry eyes or strained vision, back and neck aches, headaches, sleep disturbances, pronounced weight gain or loss

What can I do?

Establishing that your child has a problem around their use of the internet or online games can be difficult. Their behaviour may quickly move from manageable to appearing hopeless.

A way to be aware of the possible issues your child is facing is to make sure that from the first game your child plays online, you play too. You need to see the content of the game to ensure suitability and also to understand the way the game works. Make sure the content is age and developmentally suitable for your child. The fact that others your child's age play the game is not a good guide as to its suitability for your child. Check not only the rating of the game, view the content as well.

Set very clear rules about your child's online gaming and have strict time limits. If you see your child continually trying to push the boundaries, staying online for longer than allowed or logging on when you are out or asleep, then do not ignore these signs.

For further information please visit NIIRA.org.au, the website of the Network for Internet Investigation and Research Australia, an Australian organisation devoted to the issue of problematic internet use. You can download a self-assessment tool called 'im.p.r.o.v.e.' that will help you to identify the level of problem you may be experiencing within your family.

Signs of problematic internet use

There is no definitive list of signs that indicate problematic internet use but here are some things to look for:

- Losing track of time online
- Having trouble completing homework or household chores on time
- Isolation from family and friends—replacing real friends with exclusively online friends or other gamers
- Feeling guilty or defensive about the time they spend online—"I don't have a problem, you are the one with the problem"
- Only feeling happy when in the gaming environment