



# FREELING SCHOOL PRESCHOOL - YR 6

## 25<sup>th</sup> July 2024 TERM 3 WEEK 1 NEWSLETTER # 12

Coulls Street FREELING SA 5372 Email: [dl.0139.info@schools.sa.edu.au](mailto:dl.0139.info@schools.sa.edu.au)

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Website: <https://www.freelingps.sa.edu.au/> Facebook: <https://www.facebook.com/Freelingp7/>



**HAPPY HAVEN IS CURRENTLY STILL ABLE TO OFFER Out of School Hours Care**

OSHC Service hours (6:45am – 8:45am and 3:00pm – 6:15pm)

Outside of these hours the mobile number is available for you to leave a voice message or send a text message regarding bookings/absences.

**HAPPY HAVEN - FREELING SERVICE – DIRECT 0404 735 135**

**PLEASE REMEMBER STUDENTS ARE NOT TO BE ON SCHOOL GROUNDS BEFORE 8:30am**

### PARENT SURVEY

You're invited to complete the 2024 annual Public Education Parent Survey. The 2024 parent survey opens mid to late July and closes midnight Sunday 8 September. During the survey window you will receive an email or SMS from the Parent Survey Team with a unique link to participate in the survey.

If you have not received an email or SMS with your unique survey link by Friday 9 August 2024, please check your spam or junk folders. Otherwise, please contact [education.ParentSurvey@sa.gov.au](mailto:education.ParentSurvey@sa.gov.au) and include our school's name in your email. A new survey will be sent to you.

The survey takes less than 10 minutes and will help us understand:

- what we're doing well
- where we can improve
- what's important to you.

It has been coordinated centrally so that added administration workload isn't placed on the school. Your answers won't identify you or your child. Only collated feedback will be provided to our school. Information collected will inform school improvement planning and activities at the school. The survey closes midnight Sunday 8 September.

### **NCCD (NATIONALLY CONSISTENT COLLECTION) – School students with Disability**

#### ***Data will be submitted in Week 2 of Term 3 2024***

All schools in Australia must collect information about students with disability.

These students are counted in the NCCD if they receive ongoing adjustments at school due to disability.

The definition of a disability for the NCCD is based on the broad definition under the Disability Discrimination Act 1992.

Schools identify which students will be counted in the NCCD based on the following decisions

- Adjustments provided for a student (after consultation with the student and or their parent/guardian/carer) eg. One Plan (Learning Plan)
- The school teams observations and professional judgement
- Any medical or other professional diagnosis
- Other relevant information

For more information – click on the link below or *call in to the school and collect a copy of the fact sheet.*

[Fact sheet for parents, guardians and carers - Nationally Consistent Collection of Data \(nccd.edu.au\)](https://nccd.edu.au/)

### **QUICK and EASY COMMUNICATION USING the SEESAW APP**

In preparation to receive school information and make contact with your child's teacher, we ask that you download the SEESAW APP available free of charge from the APP Store or GOOGLE PLAY STORE. Information about joining your child's/children's class group has been shared by the class teachers.

At this stage, all school newsletters will be sent to class teachers who will send them out to families via the SEESAW APP.

### **DIARY DATES**

#### **TERM 3**

#### **JULY**

**Friday 26<sup>th</sup>**

SAPSASA

Knockout Basketball

#### **AUGUST**

**Mon 12<sup>th</sup> – Fri 16<sup>th</sup>**

National Science Week

**Mon 19<sup>th</sup> – Fri 23<sup>rd</sup>**

BOOKWEEK

**Tues 27<sup>th</sup>**

Father's Day Stall

KHS transition-half day

**Thurs 29<sup>th</sup>**

KHS transition-half day

#### **Assembly timetable**

Week 3: Host – Rm 4

Showcase – Rm 11

Week 6: Host – Rm 7

Showcase – Rm 9



Government of South Australia  
Department for Education

## Welcome back

We hope you all enjoyed a break from the school routine and were able to enjoy some family time over the break.

As always, there is a busy term ahead.

Please see the Term Calendar (on page 6) for specific dates.

We are looking forward to some of our most enjoyable events, including SAPSASA Basketball, Science Week, Book Week, Father's Day stall, Festival of Music and Sports Day.

We also welcome 9 new Reception students in the mid-year Intake and 17 new Pre-schoolers.



## New Teacher for Room 10

We are pleased to announce that a replacement teacher has been appointed for the remainder of the year while Mrs Taylor takes maternity leave. We welcome Ms Theresa McCall, who will be teaching Room 10 from the start of next week. She is looking forward to working with families and students. Mrs Taylor will work for another week or two, before taking leave, so she'll support Ms McCall in Room 10 to ensure a smooth transition. Ms McCall has been teaching in Room 8 last term while Mrs Meinhardt was on leave, so she has met many families and students already. We also welcome Mrs Sarah Allen who will be working on Thursdays & Fridays in a number of classes.

## Planning for 2025

It's hard to believe that we are halfway through the year already, which means that we start planning for next year! If your child is not returning to Freeling in 2025 (other than Year 6 going to high school); can you please contact the front office and let us know? Our staffing is allocated according to student enrolment numbers, so it's vitally important that we know how many students to expect from the start of 2025.

## NAPLAN 2024

Results from NAPLAN testing will be sent home next week on Friday with students. NAPLAN (the National Assessment Program – Literacy and Numeracy) is a national test undertaken by all Year 3, 5, 7 and 9 students in term 1, designed to provide information about student's literacy and numeracy achievements and areas for improvement. NAPLAN tests are one aspect of our school's assessment and reporting processes, they do not replace the extensive, ongoing assessments made by teachers about your child's achievement. Your child's teacher will have the best insight into your child's educational progress. NAPLAN results provide additional information, which can be used along with our other assessment and testing.

As a school we analyse NAPLAN data at a whole school, cohort (year level), and individual student level. This enables us to identify trends and to evaluate individual student's skills in key areas of literacy and numeracy, providing further information about their strengths and areas for improvement. Teachers then plan their teaching and learning programs accordingly to support each individual student's learning through quality teaching practice.

Last year there were changes to the NAPLAN reports to include new Proficiency Standards. Your child's NAPLAN report will show how your child is tracking against four achievement levels known as proficiency levels.

The proficiency levels are:

- **Exceeding:** the student's result exceeds expectations at the time of testing.
- **Strong:** the student's result meets challenging but reasonable expectations at the time of testing.
- **Developing:** the student's result indicates that they are working towards expectations at the time of testing.
- **Needs additional support:** the student's result indicates that they are not achieving the learning outcomes expected at the time of testing. They are likely to need additional support to progress satisfactorily.

If you have any further questions or concerns regarding your child's NAPLAN report, please do not hesitate to contact your child's teacher.

Our comparative 2023 to 2024 school data is **very pleasing** with Year 3: improved from "Developing" proficiency level to "Strong" in Reading and Numeracy; Writing remained the same "Strong"; Grammar & Punctuation and Spelling were also the same "Developing." Mean scores increased in 4 out of the 5 areas.

Year 5: Improved from "Developing" to "Strong" in Writing and Spelling. Results were the same "Strong" for Reading and Numeracy; the same "Developing" in Grammar & Punctuation; i.e we were "Strong" in 4 out of the 5 areas.



Thank you to the families that have already paid this year's Material and Service charge of \$287 less the \$100 Government Rebate for 2024, we thank you for this. The M&S Charge was due on 8<sup>th</sup> March so if you have not yet paid, please arrange to do so as soon as possible.

Payment arrangements can still be made so please contact the Finance Office on 85 252 045 or email [dl.0139.finance@schools.sa.edu.au](mailto:dl.0139.finance@schools.sa.edu.au)

The Bad Debt process has now commenced so if fees are still outstanding, please pay as soon as possible to avoid this process. A statement was posted to families during the holidays. Mid year starter fees are due on 16/8/24.

When making payments to Freeling PS bank account for M&S fees or other invoiced amounts please remember to use the reference stated on the invoice or student surname and fees, etc.

EFT Details: BSB No.: 105 109 Acc No.: 396 038 240 Name: Freeling Primary School

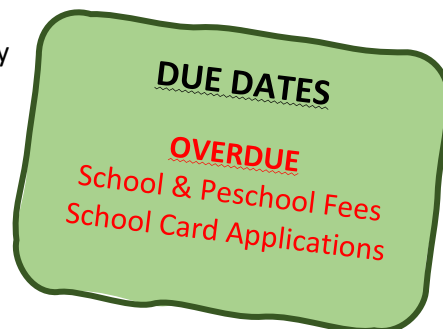
SCHOOL CARD ASSISTANCE - School Card covers \$287 (or \$143.50) for mid year Intake which is the total of the Materials & Services Charge. Families must apply for School Card annually. School Card can be applied for online [www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard).

Please apply for School Card as early as possible.

If you are unsure of your eligibility and require further assistance contact the Finance Office. If you are found to be ineligible for School Card then you are liable to pay the full amount of Materials & Services Charge.

#### Materials and Services Charge for 2025

As part of the 2024-25 State Budget, eligible families with school-aged children will receive a \$200 discount per child on their public school's materials and services charge for 2025. This is double the discount provided for 2022, 2023 and 2024. Please find included a letter from the Minister regarding 2025 M&S Fees. Thank you



42 DAYS TO GO



Have you changed your contact details?

Please update the following information with the school reception

- Email Address?
- Residential or Postal Address?
- Mobile Numbers?
- Emergency Contacts?
- Family Information?

85 252 045

# BOOKWEEK

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Book Week arrives this term in week 5. Staff are organising some exciting ways to celebrate books and encourage children to love reading. We are planning to have our annual **dress-up parade** with a walk around town on **Friday morning, August 23**. Dress-up parades are lots of fun and made even better when children can talk about the character from the book they are dressed from.

Remember, there are lots of great internet sites that have simple, DIY book character costumes that cost little or no money to create.

More Book Week information to come.



Parents & Friends

TERM 3

TUESDAY LUNCH ORDERS

Week 2

**TUESDAY 30<sup>th</sup> July**

Ham and Cheese or  
Cheese Croissant \$4.00

Choc chip cookies (2) \$2.00

Fruit box \$2.00

Chocolate or strawberry milk \$2.00

Helpers: Lucy O’Leary & Holly Broadhead

Week 3

**TUESDAY 6<sup>th</sup> August**

Chicken burger \$4.50  
*Lettuce, tomato, cheese, mayo (unless specified)*

Milk swing \$2.50

Fruit box \$2.00

Chocolate or strawberry milk \$2.00

Helpers: Ella Wunderlich & Rachel Lobrovic

Week 4

**TUESDAY 13<sup>th</sup> August**

Hot Dog \$3.50  
*Cheese & sauce (unless specified)*

Frozen yoghurt \$2.50

Fruit box \$2.00

Chocolate or strawberry milk \$2.00

Helpers: Lucy O’Leary & Kendall Muster



**SHOWDOWN**

**DONUT DAY**

**Friday 16<sup>th</sup>  
August**

Student Voice are organising a showdown donut day on Friday 16<sup>th</sup> August to coincide with the Showdown on Saturday 17<sup>th</sup> August.

Pre-order forms will be coming home on Friday 26<sup>th</sup> July and are to be returned by Friday 2<sup>nd</sup> August.



**FREELING PS  
GOVERNING COUNCIL  
MEETING**

**TUESDAY 6<sup>th</sup> August 2024  
7pm in the Staffroom**


# Term 3 2024

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	JULY 22	23 Port Adel FC visit 11.30 - 12.15	24  <b>NEWSLETTER</b>	25	26 Playgroup 9-10.30 SAPSASA Knockout Basketball Olympics 26/7-11 Aug
2	29	30	31	AUGUST 1	2 Playgroup 9-10.30
3	5	6 Gov Council 7pm	7	8 Assembly 2.30pm Host: Rm 4 Showcase: Rm 11	9 Playgroup 9-10.30
4	12 National Science Week	13	14  <b>NEWSLETTER</b>	15	16 Playgroup 9-10.30  National Day of action against Bullying & Violence
5	19 BOOKWEEK  <b>Magic Millions Choir</b>	20	21	22	23 Playgroup 9-10.30
	<b>BOOKWEEK – READING IS MAGIC!</b>				
6	26	27 <b>Father's Day Stall</b> KHS Transition – half day Yr 6	28	29 KHS Transition – half day Ye 6 Assembly 2.30pm Host: Rm 7 Showcase: Rm 9	30 Playgroup 9-10.30 Adel show 31 Aug-8 Sep Father's Day Sun 1 <sup>st</sup> Sept →
7	<b>SEPTEMBER 2</b>  <b>PUPIL FREE DAY</b>	3	4  <b>NEWSLETTER</b>	5	6 Playgroup 9-10.30 Premier's Reading Challenge finishes
8	9	10 Gov Council 7pm	11	12	13 Playgroup 9-10.30
	<b>Festival of Music 9<sup>th</sup> - 20<sup>th</sup> September at Festival Theatre – Wk 8 - 9</b>				
9	16 <b>State Country Champs Athletics</b>	17	18	19 Assembly 2.30pm Host: Rm 3 Showcase: Rm	20 Playgroup 9-10.30
10	23	24	25  <b>NEWSLETTER</b>	26 <b>SPORTS DAY</b>	27 Playgroup 9-10.30 Sports Day backup  <b>Last Day Dismissal 2.15pm</b>

# COMMUNITY NOTICES


## BAROSSA & LIGHT 2024 PLAYGROUPS & PROGRAMS for Families with Children Under 5 Years

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Play Time – Nuriootpa Library</b> 43-51 Tanunda Rd 9:30am For 18months – 3yrs Open ended activities, sensory play, stories.</p> <p><b>Rattle &amp; Rhyme – Nuriootpa Library</b> 11:00 am for children 0-18months Songs, actions, play and a story. Ph: 8563 8440</p> <p><b>Nuriootpa Primary School Playgroup</b> Buna Terrace- Community Room 9:00am – 10:30am For ages birth – 5 years</p> <p><b>Nuriootpa School's Express O' Parents Coffee Club</b> Primary School, Buna Terrace- Staff Room 9:00am – 10:00am For all parents, grandparents, and caregivers of NPS. Run by volunteers. Ph: 8562 1040</p> <p><b>Williamstown Playgroup</b> Primary School, Margaret St – Room 15 10:00 am – 11:00am Safe and enjoyable space. Ph: 8524 6289</p> <p><b>Sandy Creek Playgroup</b> Primary School, Davies Road – OSHC House 9:15 am – 11:15am Gold coin donation for coffee/tea Ph: 8524 4164</p> <p><b>Roseworthy Playgroup</b> Primary School – Gartrell St 9:00am – 10:45am Play, craft, story time. Ph: 8524 8032</p> <p><b>Storytime – Kapunda Library</b> 53 Main St 10:00 am for children 0-5yrs Introduction to books and reading. Ph: 8525 3200</p>	<p><b>Greenock Playgroup</b> Primary School, Bevan St 9:00am – 11:00am For parents/carers &amp; children 0-5yrs. Craft, outdoor fun, and music time. Please bring a healthy snack. \$3 per child or \$4 per family per session. Ph Danielle: 0414 203 871</p> <p><b>Barossa Spielgruppe</b> Langmeil Centre 5-7 Maria Street, Tanunda 4:00pm – 5:30pm For children 0 – 5yrs \$5 per family Playgroup while learning German.</p> <p><b>Kinder Klub</b> 4:00pm – 5:30pm For primary school aged children \$10 per family Steffi 0408 621 384</p> <p><b>Williamstown Playgym</b> Primary School, Margaret St 9:30am – 10:15am Then coffee and chat. For children 0-5yrs. Climb, swing, hang, jump, and explore. Ph: 8524 6289</p> <p><b>Mummy and me yoga class</b> Cm Tyne &amp; Newcastle St, Angaston 9:30am Contact for dates and costs. Ph: 0412 614 717</p> <p><b>Wiggle &amp; Giggle – Freeling Library</b> 7 Hanson St 9:30 am for children 0-5yrs Songs, stories, and play. Ph: 8525 3200</p>	<p><b>Mainly Music Playgroup</b> Impact Church, Corner of Siegersdorf &amp; Barossa Valley Way, Nuriootpa 9:30 am – 11:15am Children 0-5 years with their parents/carers. Songs, dance, props. Ph Cheryl: 0402 686 578</p> <p><b>Kinder Play – Tanunda Rex</b> Aquatic Fitness Centre, 75 Magnolia Rd 9:30am – 10:30am For children under 5yrs. Movement based program. \$7.50 per child Ph: 8563 2766</p> <p><b>Wiggle and Wonder – Mount Pleasant Library</b> 43-51 Tanunda Rd 10:00 am for children 0-5yrs Songs, stories, movement, and play. Ph: 8563 8440</p> <p><b>Cambrai Playgroup</b> Primary School, Main Rd – Preschool Room 10:00 am – 12:00pm For children 0-5yrs - \$2 per session</p> <p><b>Occasional Care</b> 12:00 – 3:0pm 2-5years old \$5 per child or \$1.50 concession Ph: 8564 5028</p> <p><b>Springton Playgroup</b> Primary School, 25 Miller St 9:30am – 11:30am For children 0-5yrs Ph Lynn: 8568 2254</p> <p><b>Kindergym – St John's Lutheran School Eudunda, 8 Ward St</b> 9:30am – 10:30am for children 0-5yrs *Select Wednesdays* Ph: 8581 1282 Facebook: St John's Lutheran School Eudunda</p>	<p><b>Hoot Playgroup</b> St Petri Church Hall, 21 Second St 9:30 am – 11:00am Fortnightly: 9<sup>th</sup>, 23<sup>rd</sup> May &amp; 6<sup>th</sup>, 20<sup>th</sup> June For children 0-5yrs. BYO snack &amp; drink. \$2 per session Ph: 8562 1011 Facebook: Hoot Playgroup Nuriootpa</p> <p><b>Barossa Bushgardens Playgroup</b> Research Rd, Nuriootpa 10:00am – 12:00pm Fortnightly: 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> May &amp; 13<sup>th</sup>, 27<sup>th</sup> June Wear appropriate clothing, closed shoe and long pants. Be prepared to get dirty. BYO nut free snack and drink. Facebook: Barossa Bush Playgroup</p> <p><b>The Mulberry Room Playgroup</b> Faith Lutheran College, Early Learning Centre, Maria St, Tanunda 9:30am – 10:30am For children 0-5yrs Gold coin donation. Ph: 8563 3849</p> <p><b>Wiggle &amp; Giggle – Kapunda Library</b> 53 Main St 9:30 am for children 0-5yrs Songs, stories, and play. Ph: 8525 3200</p> <p><b>Storytime – Freeling Library</b> 7 Hanson St 11:00 am for children 0-5yrs Introduction to books and reading. Ph: 8525 3200</p>	<p><b>Storytime – Nuriootpa Library</b> 43-51 Tanunda Rd 11:00 am for children 3-5yrs Ph: 8563 8440</p> <p><b>Light Pass Playgroup</b> Primary School, 395 Light Pass Rd 9:00 am – 11:00am For children aged 0-5yrs. Ph: 8562 1024</p> <p><b>Redeemer Lutheran School Playgroup</b> Vine St, Nuriootpa 9:15 am – 10:30am For families with children 0-5 years. Gold coin donation. Ph: 8562 1655</p> <p><b>Baby Connect</b> Impact Church Barossa, 7 Siegersdorf Rd, Nuriootpa, Studio 3 9:30am Connection and talk all things baby.</p> <p><b>Sensory Sessions</b> 3:30pm Safe space for you and your children with additional needs. Fun, crafty, sensory, safe. All the family welcome. Ph Cheryl: 0402 686 578</p> <p><b>Little Lambs Playgroup</b> Good Shepherd Lutheran School, 7 Nelder Ave, Angaston 9:30 am – 11:30am For families with children 0-5 years. Ph Sarah: 0448 354 583</p> <p><b>Lyndoch Playgroup</b> 8 William Street Fortnightly: 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup> May &amp; 14<sup>th</sup>, 28<sup>th</sup> June 10:00 – 12:00pm BYO snacks &amp; drink \$2 per session Facebook: Lyndoch Playgroup</p>




# We're in town

See you soon, The Barossa Valley  
27 August to 5 September



**The Barossa Valley**  
The Barossa Valley Pop-up Donor Centre  
Soldier's Memorial Hall, 46 Murray Street  
Nuriootpa SA 5355

Book your donation now



13 14 95  
give blood

# Gawler, Barossa, Light & Adelaide Plains

WORKSHOPS SUPPORTING HEALTHY CHILD DEVELOPMENT AND WELLBEING

Simple, practical strategies

AUGUST - SEPTEMBER 2024



**Coping Skills - Resilience**  
**Parenting children between 2- 12 years of age**  
Monday 5th & 12th August 9:30-12:00pm  
**Lyndoch Preschool**



**Cyber Safety - The big issues**  
**Parenting all ages**  
Thursday 8th August 9:00-11:30am  
**Good Shepherd Lutheran School Angaston**



**Growing & Learning in the Family - Play**  
**Parenting children under 8 years of age**  
Wednesday 28th August & 4th September  
6:00-8:30pm  
**Kapunda Library**



**Families Singing Together - Babies**  
Tuesdays 3rd, 10th, 17th & 24th September  
At Tummy Time 10:00am - 12:00pm  
**Gawler & District Children's Centre**



**My Child & Me - Brain and child development**  
**Parenting children under 12 years of age**  
Thursday 5th & 12th September  
6:00-8:30pm  
**Tanunda Kindergarten**

**My Child & Me - Brain and child development**  
**Parenting children under 12 years of age**  
Friday 6th, 13th & 20th September  
12:00pm - 1:30pm  
**Kapunda Kindergarten**



**Coping Skills - Resilience**  
**Parenting children between 2-12 years of age**  
Thursday 19th & 26th September  
6:00-8:30pm  
**Two Wells TBC**



Register now or contact Kate for more details 0437 937 172  
<https://forms.office.com/r/Y2aMYrWL7T>





# My Child and Me

## Kapunda Kindergarten

Beck St, Kapunda

Friday 6th, 13th & 20th September

12:00pm - 1:30pm

### Topics:

✦✦ **Brain and child development**

✦✦ **Understanding behaviour**

✦✦ **Parenting styles**

✦✦ **Positive approaches to guiding children's behaviour**

*Supporting parents and caregivers with a choice of simple, practical strategies.*

✦✦ No cost

✦✦ Food provided

✦✦ Come with your child, playspace and additional supervision

BOOK NOW:

<https://forms.office.com/r/bAP8xWq8xY>



or call/text Kate:

0437 937 172



An initiative of  
Government of  
South Australia

human  
services



**Families  
Growing Together**

# Families Growing Together Workshops

## **Families Singing Together**

- Moments of connection
- Support their child curiosity, growing capability and independence
- Engage and build social skills
- Learn some co regulation techniques and activities to do at home

## **Growing & Learning in The Family**

- How children learn through play
- Improving your relationship
- Developmental stages of play
- Understanding milestones – leading to realistic expectations of your child

## **My Child and Me:**

- Brain & child development
- Understanding behaviour
- Parenting styles
- Positive approaches to guiding children's behaviour

## **Cyber Safety**

- The “big issues” such as grooming, cyberbullying, social networking, sharing images, games and apps
- Where to get up to date, reputable information and support
- Positive approaches to guiding children's behaviour in a digital world

## **Coping Skills**

- What is resilience?
- Understanding stress for children and young people
- The benefits of ‘considered risks’
- How parents can help to build resilience

# Growing and Learning in the Family

## Connecting with your child through play

Families  
Growing  
Together

Growing and Learning in the Family is a **FREE** workshop designed to help families and caregivers gain an understanding of how children learn through play and form meaningful connections.

Our workshops are full of helpful information with a choice of simple, practical strategies that each family can adapt for their own parenting situations.

Topics to support your parenting include:

- 👉 How children learn through play
- 👉 Improving your relationship
- 👉 Developmental stages of play
- 👉 Understanding milestones – leading to realistic expectations of your child

Our workshops are based on the latest parenting research and use information from **Parenting SA**.

Light refreshments provided.  
(Bookings essential)



**Where:** Kapunda Library  
51 Main Street, Kapunda

**When:** Part 1 – Wednesday 28 August  
Part 2 – Wednesday 4 September

**Time:** 6:00pm – 8:30pm

**Book now!**  
Contact Pepper: 8525 3200

Everyone is welcome.

Please arrive 10 minutes early to register.

bookings.



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# understanding anxiety

## What is anxiety?

### It's more than feeling stressed or worried.

Anxiety is something that we all experience from time to time. It's our body's way of preparing us to face challenging situations.

Sometimes anxiety can help us perform better by helping us feel alert and motivated.

Anxiety can come and go – but for some people, it can stick around for a long time, or occur in situations where you wouldn't normally expect to feel anxious. This can end up having a big impact on their daily lives.

When this happens, it might be time to do something about it.

## Signs and symptoms

### Everyone experiences anxiety differently, but there are some common signs and symptoms.

#### Physical signs can include:

- racing heart
- faster breathing
- feeling tense or having aches (especially neck, shoulders and back)
- sweating or feeling dizzy
- shaking
- 'butterflies' or feeling sick in the stomach.

#### Thoughts can include:

- worrying about things a lot of the time
- feeling like your worries are out of control
- having trouble concentrating and paying attention
- worries that seem out of proportion.

#### Other signs can include:

- being unable to relax
- avoiding people or places like school, uni or TAFE or parties and socialising
- withdrawing from family and friends
- feeling annoyed, irritated or restless
- difficulty getting to sleep at night or waking up a lot during the night.

## Common types of anxiety disorders

Anxiety disorders involve more than temporary worries or fears. People can experience different types of anxiety disorders, but it's important to know that they can all be treated.

### Generalised anxiety disorder

Some people may worry, and feel their worries are out of control about many areas of life (i.e., work, studies, health). They might feel tense and nervous most of the time, have trouble sleeping or find it hard to concentrate.

### Social anxiety disorder

Some people may experience intense anxiety in social situations because of fear of embarrassment or judgement. This may lead to avoiding situations where there are other people.

### Separation anxiety disorder

Some people experience intense fear about being away from loved ones or worry about them being hurt.

### Agoraphobia

Some people feel intense anxiety about being in particular environments outside the home. This can include public spaces, public transport, enclosed spaces or crowds.

### Specific phobias

Some people may experience a fear of a particular situation or object – like spiders or animals – that leads to a person avoiding that situation or object.

### Panic disorder

Some people experience repeated panic attacks and ongoing fears about having more panic attacks.



# Anxiety and depression

Many young people experiencing an anxiety disorder may also experience symptoms of depression. This can make things much more confusing. If you think this is happening for you, it's important to reach out for support.

## What can I do to manage anxiety?

There are things you can try to help manage your anxiety so that it doesn't get in the way of your daily life.

### Care for yourself

Managing anxiety starts with good self-care. Try to eat well, get enough sleep and stay active to help your overall mental health and wellbeing.

### Talk about it

It's a good idea to talk about how you're feeling – whether it's with a trusted family member, friends, a teacher, coach, your mob or Elders. They can support you, help you understand what's going on, help you stick to your self-care goals and get extra help if needed.

### Notice your thinking patterns

Being aware of how your thoughts can influence your anxiety is an important step towards managing it. It can help you understand what contributes to your anxiety and what your triggers are. This can help you to handle them differently and learn new ways to respond.

### Be aware of avoidance

It's normal to want to avoid situations that make you feel anxious. It might work in the short-term, but over time it can make your anxiety feel worse. This is because you don't get the opportunity to learn that the thing you fear may not happen or be as bad as you think.

Learn some skills to cope with anxiety, like helpful self-talk and relaxation, then gradually face the things you fear and put your skills into action. As you realise you can manage anxious situations, you'll become more confident and motivated to keep going.

### Try new breathing strategies

Lots of anxiety symptoms involve a cycle of physical sensations – pounding heart, shortness of breath, trembling and butterflies in the stomach. Working on slowing your breathing is a good way to try to interrupt that cycle. There are many apps that can help with this.

### Limit your use of alcohol and other drugs

While alcohol and other drugs might help you to feel good in the short term, they can make you feel much worse in the longer term.

## What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone will experience them. They are sudden rushes of intense anxiety or fear, together with frightening thoughts (e.g., 'I'm going to die', 'I can't breathe') and feelings (e.g., pounding heart, difficulty breathing).

Panic attacks can feel overwhelming, and usually last about 10 minutes. It's important to know these feelings pass.

## Getting support

There are plenty of ways to manage your anxiety so that it doesn't get in the way of your daily life.

Check out the [headspace website](https://www.headspace.org.au) for tips on how to look after your mental health and to learn more about anxiety.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service.



If you or someone you know is going through a tough time you can get help and support from [headspace](https://www.headspace.org.au), your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest [headspace centre](https://www.headspace.org.au), or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide call Back Service on 1300 659 467.

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The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 01 December 2022

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