

orara high school

showcase



issue nine

term three

week ten

twenty twenty one

content

showcasing words
support unit faculty

showcasing images
support unit faculty

showcasing... 02

Safe on Social 08

upcoming events 11

showcasing support unit

Specialist support classes cater for students with moderate to high learning and support needs including students with intellectual disability, mental health issues, autism, physical disability, sensory impairment, and behaviour disorders.

Support students multi sport day

Multi-Sport days provide students with an opportunity to experience a variety of sports, modified to meet their social, mental and physical needs by way of participating in various modified sporting activities.



State and national sporting associations support these events, delivering fun, inclusive and engaging activities to build students' confidence and capacity in sport.

Our support unit students participate in a variety of sports related drills, activities and modified games that encourage participation and light-hearted competition during the day.

Furthermore, there is also an opportunity for teachers to learn new skills that explore differentiation strategies for developing recreational and sport activities for support students.





The Orara High School Support Unit students participate twice a year in these events where there is an opportunity for meeting participants from other High Schools in Coffs Harbour.

Participating in Multi-Sport Days plays an important part of students' overall wellbeing.

It encourages students to learn new skills, build friendships and further

improve their opportunities for developing their confidence and therefore increasing their levels of independence in their communities.

The students and staff have a great time together and are looking forward to the next Multi Sport Day in term 4.

Life at OHS - a support unit documentary



The Support Unit students are making a video celebrating the richness of life at Orara High School.

It will showcase the diversity of cultural and educational experiences on offer.

The students are learning many new skills, including:

- photography,
- video editing,
- audio recording,
- communication,
- script-writing,



- interview techniques.

The documentary will highlight the variety of backgrounds that students bring to the school.

It will show how the students and staff have cultivated an environment of harmony and mutual respect.

The tone of the video will be lighthearted and fun, led by a bunch of friendly interviewers from the Support Unit.

One strategy to promote humour is the use of a range of recording devices.

Apart from microphones they will be asking questions using toy fish, maracas, carrots and zucchinis.

One of the leading reporters, Allan Hunt, has a memorable conversation with a chicken from the Ag Farm.

At the end of the interview Allan thanks the chicken for her insightful comments and says, 'I hope you don't end up at KFC.'

The documentary is an ongoing project that will continue through most of 2021.

It aims to capture the



excitement of special events within the school, such as sport, science experiments, STEM displays, dance, music and theatrical performances.

The video project is a valuable opportunity for the mainstream to get to know the Support Unit students on a personal level and to appreciate the meaningful contribution that they make to the school.

Lego at Orara

A new addition to our conversation corner is Lego!

Thanks to a generous donation, the students' at Orara are able to create, share, explore, show off and discuss their own creations.

Many students' have lego at home and this is a great conversation starter and pass time on a Wednesday at lunch.

This is a great example of being inclusive, safe and respectful at Orara!



Allan Hunt shortlisted for the Whitlam Institute's *What Matters* writing competition

Earlier in the year some of our students submitted short stories to the Whitlam Institute's *What Matters* writing competition.

Thousands of young Australians from all over the country have written a combined total of 2,741,807 words to tell us what really matters to them!

One of our students, Allan Hunt, has been include in the shortlist entries.

A fantastic achievement for Allen and Orara High School.

Please take the time to read Allan's fantastic story.

***In a Time of Conspiracy Theories* by Allan Hunt**

Shortlisted: Year 7-8
4 August 2021

In a time where information can travel around the world at the speed of light, it is now more important than ever to monitor and censor conspiracy theories. Certain ridiculous theories have the

potential to cause physical and mental harm to humans. The Flat Earth Theory, The 5G Conspiracy Theory and the Covid-19 Doesn't Exist Theory are just three examples of nonsense conspiracy theories. Governments worldwide need to enforce stricter laws to prevent these confusing theories from negatively influencing and injuring people worldwide.

The majority of modern humans have well and truly moved on from the ancient way of thinking that the earth is flat. However, recently some people are spreading the nonsense theory that the world is flat through social media platforms and the internet. This way of thinking causes people to argue with each other. It also causes people to doubt themselves resulting in anxiety and depression. Governments need to protect their citizens by preventing these theories from entering their citizens' consciences. Recently a Flat Earth group spent \$20,000 to conduct a laser experiment designed to test if the earth is rotating (Behind the Curve. 2018). The result was not what the Flat Earthers expected although this did not dissuade them from continuing to spruكة their nonsensical ideas.

There is a conspiracy theory that suggests that the 5g network causes cancer and covid-19. According to these theorists' electromagnetic waves released from the 5g tower causes cancer in humans. Scientific experts have already thoroughly tested the 5g network tower to see if it emits high amounts of cancer-causing radiation. They decided it was completely safe before they released it in the community. So, who would you believe an expert or a conspiracy theorist? Similarly, others believe that 5g causes covid-19 or makes you vulnerable to its effects. This is extremely misleading and can cause people to not follow health experts' sound advice. The impact this has is that it can lead to more cases and ultimately more deaths.

Probably the most disturbing of all conspiracy theories is the one that spreads the illusion that covid-19 was intentionally created. These people think that the virus was created as a means for governments to control their subjects and to reduce the population. When people believe this ridiculous idea, it can lead to civil unrest due to individuals defiance to a perceived threat from

their governments. We have already witnessed such incidents where people have been arrested, charged and in some cases jailed. This is a massive waste of everyone's time and resources.

In conclusion, governments should implement new measures to reduce or eradicate such non helpful conspiracy theories. These measures could include stricter rules on social media platforms to remove this harmful content, introduce new laws which forbid unproven conspiracy theories and educate and inform the public to recognise false and misleading theories. Sometimes these theories can get out of control rapidly and cause commotion, chaos and harm within communities. Therefore, it is crucial that governments control these for the benefit of nations worldwide.

What NDIS programs does Key Employment run for youth?

Key Employment has been focused on helping youth with disability for the past decade.

In 2016 we purchased the

old Catholic club building on West High Street and have created a welcoming space for young people with a purpose designed youth hub, basketball, tennis and soccer fields, kitchen and free Wi-Fi all located only 500 meters from the town center and directly outside a bus stop.

We have the best spot in town for youth and currently run two NDIS programs KIKSTART and STRIKE which have been specifically designed for people aged 15 to 21.

Tell us about KIKSTART

KIKSTART is a work readiness program for school leavers in their last 6 months of school, who have an NDIS package, that specialises in building employability skills while engaging in a fun, social environment. The

KIKSTART program includes social excursions, community engagement, transport training, personal development, and work experience.

The KIKSTART program has been running for the past 18 months and has seen incredible success transitioning young people

on the NDIS into permanent employment positions.

And what is STRIKE?

STRIKE is a new and exciting employment transition program for young people with an NDIS package that are still attending high school in years 10 – 12. STRIKE focuses on life skills and preparing for the workforce including work experience and practical activities and will run in conjunction with their school program.

STRIKE is a precursor to the KIKSTART program. It is for younger students who are keen to develop employment and social skills whilst still attending school.

This program is an excellent way to give young people with disability the early start they need into the labour market and is run in collaboration with Orara High School.

Why register for one of these programs?

Both programs are tailored to the individual and include one on one support as well as fun group activities and can be delivered both at Key Employment, in the school environment and out in the community.

They are flexible, fun and run by a company that has specialised in employment, disability, and youth for the past 30 years.

Who is eligible?

Young people aged 15-21 with an NDIS package that includes funding in social and community, finding and keeping or SLES.

How do we register?

This is the easy part, simply speak to Karen Elsley, acting head teacher support unit, at Orara High School and she can help you get in touch with us.

You can also drop by our facility at 61 West High Street Coffs Harbour any time between 9am – 5pm Monday to Friday for a tour of our facility or send us an email NDIS@keyemployment.com.au



Each fortnight, we will bring you current online safety news from [Safe on Social](#), an organisation that works tirelessly to provide in-depth online safety education.

We hope that you'll find this information helpful in supporting your child or children to use online platforms, like Snapchat and Instagram, appropriately, effectively and ethically.

TikTok's Family Pairing Has Expanded into Australia

TikTok made broader steps into expanding the parental control and safety features the app possessed in April 2020.

There is very little doubt that TikTok has problems with content moderation, inappropriate contact from older users, and the content access younger users have within the app.

It is also a poorly kept secret

that many users of TikTok are well below the 13+ age recommendation and that they possess these accounts with the full permission of many parents.

TikTok needed to develop further safeguards.

Parents need to familiarise themselves with the app to understand the real risks to Privacy and unregulated content that are part and parcel of the behemoth that is TikTok.

Family pairing was the app's offering to endeavour to do both.

This early version of Family Pairing allowed a parent to link accounts with their teens TikTok, and control three facets of their child's account.

- The amount of time spent on the app daily
- Switching on restricted mode to ensure only age-appropriate content was available to view

- Turning the direct messaging feature off. (note that this feature is automatically unavailable for 13-16 years old users, but it is very easy to lie about birthdates on TikTok at the point of signing up.

Now, the beleaguered yet wildly popular app has expanded this service, but it will require some congenial negotiation with your teen.

The improved Family pairing offers extended control for a parent over their teen's TikTok account and is mainly aimed at the younger TikTok users.

What can be done and how to do it with the improved Family Pairing?

There will need to be a sensible discussion between parents and teens about what limitations may be placed on an account. The control a parent will have with this could be viewed as extensive, so a family negotiation will need to occur.

How?

Both parents and teens will require a TikTok account.

When on the home screen,

select the Me icon in the bottom right, which will lead to your Profile.

Once on your profile page, select the ellipse tab in the top right.

From here, the main menu appears. This is the location you will later use to restrict various settings on your teen's phone.

Selecting the Family Pairing option will bring you to a brief explanation about the service.

Continuing, this will lead to the Family pairing sections.

From your account, select the Parent option.

Once you have selected Parent, these instructions will appear with a Q-Code.

Your teen will need to be near you with their device and their Tiktok account open. They, too, need to select the Family Pairing option on their phone, then the above Teen choice.

Once they have done this on their account, the following instruction to link accounts follows.

Then this confirmation option appears to link both

accounts.

Then a final, additional confirmation that leads to access to your teen's account and control over a variety of options.

You are now linked to your teen's account controls.

What could you consider doing now?

This will depend mainly on your teen, age, familiarity with the online world, and how much you feel you need to intrude into their social media space.

Some of the possible steps cited below are part of a discussion you and your child could have regarding protecting them online but not overly restrictive.

Private account

Make your teens account private

Head to their Profile, and the ellipse button.

Go to Privacy and select the Private account option.

Stop Allow others to find me

Also found in Privacy is the Suggest Your Account to Others tab.

Disable this feature to prevent your teen from being suggested to algorithmically matched strangers on the app and are hidden from all except friends.

Note that it is still possible for teens to add existing or new contacts through smart device contacts lists, other social media, and scanning other Q codes.

Change who may see what you like

Restricting who may view what your teen has selected is a privacy measure.

Change the Who may View My Liked videos to Only Me to prevent others from seeing your favourite trends.

Limit Viewable Content

This is facilitated within the Restricted Mode within your teen's Profile, located in the menu the ellipse button offers again.

Access Digital Wellbeing, then Restricted Mode.

Turn this on.

There is also the option to create a passcode in this space to remove altogether the ability of your teen to

toggle this on or off. For younger teens, this may be appropriate. For older ones could be a step too far. Family conversation is essential to establish trust, resilience, and self-responsibility.

Limit comments and Direct Messages

In the Privacy Menu are Who can Comment on Your Video, And Who can Comments on your videos

Switch both of these to the Friends over the Everyone option.

You may turn these completely Off, but this may be a step too far. Restricting them to Friends,

as a start may be sufficient

Limit screen time

Located under the Digital Wellbeing section of the menu is Screen Time Management

This allows a parent to set a limit to the time their child spends on the app. Forty-five minutes may be a reasonable starting point.

Turn this option on, and follow the instructions. Consider, instead of turning

off comments, applying the Comment Filter.

This automatically blocks spam and offensive comments.

You can also filter keywords you select yourself to stop from appearing in your child's comments.

Yes, your teen can turn off Family pairing.

But.

TikTok will tell on them.

And you will be given notice of this within 24 hours.

You can choose to discuss why with your teen and turn the Pairing back on should this be necessary.

Summary

This is a welcome step for younger TikTok users and pre-teen TikTok users. It may be challenging to negotiate this level of control with teens closer to 16yrs, but the option is there now to start a discussion on the safest way to use this popular but controversial app.

Taking steps to secure your child's privacy and improve their safety on this application would be a

wise step and allow several parents unfamiliar with the app to gain a level of familiarity with the controls.

This knowledge may guide their teens into establishing safe accounts that do not require parental supervision in the future.

Upcoming events

Term 3, week 10	Term 4, week 1
Sept 13 <ul style="list-style-type: none"> • Return to school after lockdown 	Oct 4 <ul style="list-style-type: none"> • Labor day public holiday
Sept 14 <ul style="list-style-type: none"> • Key Employment • Balmuun Jindas health and wellbeing • Community Access - Support Unit • Marine Studies Bize • Refugee Outreach program 	Oct 5 <ul style="list-style-type: none"> • First day of term 4 for Years 7 - 11 students • Refugee Outreach program • Community Access - Support Unit
Sept 15 <ul style="list-style-type: none"> • Balmuun Jindas health and wellbeing 	Oct 6 <ul style="list-style-type: none"> • Cappaiera
Sept 16 <ul style="list-style-type: none"> • Run Beyond program • Balmuun Jindas health and wellbeing 	Oct 7
Jun 25 <ul style="list-style-type: none"> • Final day of term 3 	Oct 8