PRIMARY AND HIGH SCHOOL

Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don't be afraid, ask your child how they are feeling and keep communicating with them.


When kids are bullied

We send our kids off to school each day to learn. In between lessons they go outside to play – but the learning doesn't stop. The playground can help prepare them for some of the social challenges they will face throughout their lifetime. Find out more:


PRIMARY SCHOOL

Homework planner

Kids and families run more smoothly when there's a plan - so print out our 2013 homework and study calendar, which includes key dates and school holidays.


School calendar

What’s on when? Stay on top of school holiday, term and state examination dates across NSW. Find out more:

http://www.schools.nsw.edu.au/calendar/?do=setViewPeriod&categoryid=2&viewType=yearView
Technology-savvy girls

We know our girls are just as techno-savvy as boys - so why do you think they're not pursuing careers in technology? Read how Silicon Valley is opening the gate for girls and making them consider technology studies.

http://dealbook.nytimes.com/2013/04/02/opening-a-gateway-for-girls-to-enter-the-computer-field/?hp

Does multi-tasking reduce focus?

Can your kids really study while updating their Facebook page, listening to their music players and messaging their friends? Research shows dedicated study time without distractions produces better learning and a greater ability to retrieve information. Find out more: