PRIMARY AND HIGH SCHOOL

Reduce, reuse, recycle
Australians throw away 3.3 million tonnes of food every year – up to a quarter of the country's food supplies - mainly because we purchase too much. Consider planning your meals and only buy what you need. Reduce packaging in your child's lunchbox and use re-usable containers rather than plastic wrap where possible. It also leaves our school grounds much cleaner!

PRIMARY SCHOOL

Mobile Maths Games
Channel your child's interest in playing mobile apps into a chance to improve their maths skills and recall. The free School A to Z app has a Maths Monkey game to help test times tables and the follow-up app, Maths Monkey's Quest ($1.99), challenges kids from Yr 2 to Yr 8 with addition, subtraction, ratios and percentages. Both apps are created by the NSW Department of Education and are available for Apple iPhones and iPads, and Android phones and tablets. You'll find links to both here: [http://bit.ly/oSREYV](http://bit.ly/oSREYV)

Selective schools
Are you already thinking about your child’s Year 7 placement in a selective school in 2016? Selective high schools are government high schools that cater for highly-achieving, academically talented students by offering an educationally enriched environment. Application for entry to a selective high school in Year 7 in 2016 will be online only, from 14 October, 2014. You’ll find more information about selective schools and dates for examinations here: [http://bit.ly/selectiveHS](http://bit.ly/selectiveHS)
How you can help your child study.
Support your teen through the high school years with School A to Z. This online resource for parents contains study tips and homework help, information on dealing with exam stress, practical advice on health, wellbeing and cybersafety, plus lots more. Watch videos, read articles and listen to podcasts: www.schoolatoz.com.au

Does your teenager work?
Many teenagers start a weekend or after school job in high school. A helpful guide to how much they should be getting paid and the minimum conditions can be found at: www.fairwork.gov.au. If you have any queries there is a helpline at 13 13 94. You can also lodge an online workplace complaint if you feel your child has been unfairly treated.