

Shell Cove Public School

Care for yourself, others and our school

Term 4 Week 3 2019 Newsletter

Ph: 4297 2247



2019 Swimming and Water Safety Scheme

Over the last two weeks 60 of our students from Years 2, 3 and 4 have been attending the 2019 Swim Scheme.

All the students have been having a great time learning essential water safety skills.



Important Dates

Term 4

| | |
|--|--|
| Monday 11, 18 and 25 November | Kindergarten 2020 Orientation |
| Wednesday 6 November – Friday 8 November | Year 6 Camp - Wedderburn |
| Thursday 7 November – Friday 8 November | Year 5 Leadership Days - Killalea |
| Monday 2 December | Swimming Carnival |
| Monday 9 December | Year 6 Farewell Dinner |
| Tuesday 10 December | Year 6 Jamberoo Action Park |
| Friday 13 December | Presentation Day |
| Wednesday 18 December | Last day of school for students – Year 6 students farewell approx. 2:15 pm |

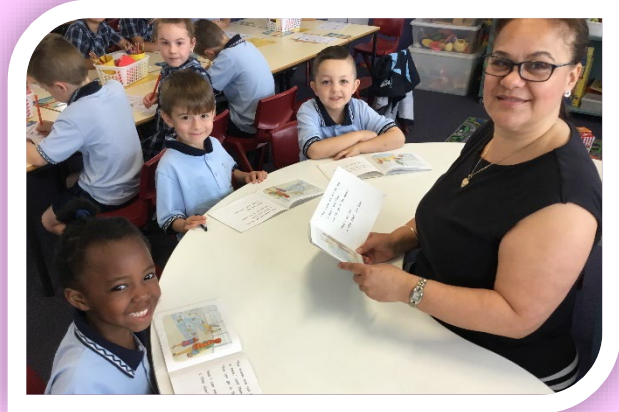
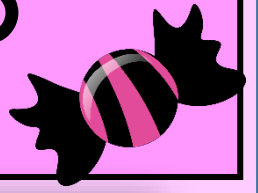


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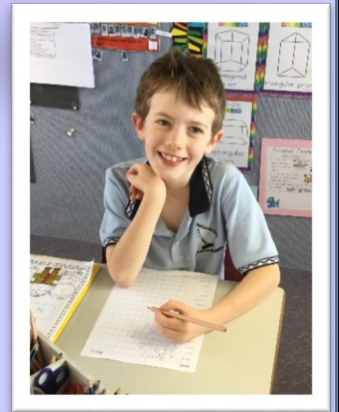
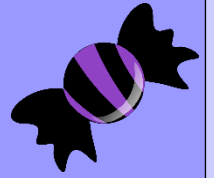


Class of the Week - KD





Class of the Week - 1P





Class of the Week - 4C





Message from the Principal

Happy Halloween to all those families who choose to celebrate this day. If you are electing to go trick or treating, please be safe and remember to brush your teeth before you go to bed!!

Thank you to Ms Carroll who relieved as Principal while I was on leave. She did a great job.

Congratulations to the soccer teams who have achieved outstanding results in their recent State soccer games. Mr Janssens has written a report and supplied photos of the team for you to read.

New Parent Portal

Effective communication is something the school is looking to improve and using technology is making this task easier every day. Currently the school uses: Facebook, e-news, school website, see-saw, letters, notes and phone calls. Sometimes there can be discrepancies with information on so many sources. As a result, the school is working on streamlining information through the use of one central app called: Sentral (Parent Portal).

This app will allow parents to make payments, read/view and sign notes, receive information about student behaviour, attendance messages, and calendar information, and communicate with teachers all in one location. We are very excited about the possibility of this app and will be sharing more information shortly on how to access and use the app. With anything new, there are always teething issues, so I appreciate your patience while we iron out any problems. In the meantime, please continue to keep up to date with the school through your preferred method.

New Kindy Parents

This week I had the pleasure of speaking to the parents of our Kindy class for 2020. While there were some familiar faces, there were also many new families to the school. I would like to officially say welcome and thank you for choosing Shell Cove Public School as the school for your child. We hope you have many positive experiences at the school.

Year 6 Camp and Year 5 Leadership Days

At the other end of the spectrum, our Stage 3 classes are coming towards the end of the primary school experience. Our Year 6 students are preparing for their camp to Wedderburn which may leave them with positive memories that will last a lifetime. I hope they have fun and enjoy this experience.

At the same time, our Year 5 students will participate in Leadership Days at Killalea. During these days, we will identify potential leaders for the school for 2020. I hope they also enjoy this experience and I look forward to meeting the new cohort of leaders for the school.

Simon Webb
Principal

P & C News

Last Friday Australia celebrated World Teachers' Day.

The P & C would like to take this opportunity to thank all of our wonderful teachers for everything they do in educating our children both inside and outside the classroom.

Our teachers give up their time to attend P & C meetings, attend school events and organise co-curricular activities so children can benefit from a variety of activities and experiences.

On behalf of our parent body we say thank you.

Yvette Torr
President



Families with Defence Service Personnel or Veterans



The school would like to invite any defence service personnel or veterans to our Remembrance Day service. If you have any defence service personnel or veterans in your family please let the office staff know as soon as possible.

Mrs Zoe Smith

Soccer State Finals

On Monday, 21 October, the Shell Cove Public School soccer teams participated in the PSSA State finals at Valentine Park in Sydney.

The girls won their semi-final 4-0 against Marton Public School and they lost the final narrowly 2-1 against Harbord Public School.

The boys lost their semi-final 6-1 against the formidable King Park Public School and they won the third place play-off 7-0 against Tacking Point Public School.

On the road to the finals, the Shell Cove Public School teams defeated 18 teams and they both were crowned South Coast champions. They scored 119 goals this year and finished second and third in the State. It is a first in this competition that one school sent two teams to the finals. An outstanding result. Soccer never sleeps at our school and we are already busy preparing next year's tournament. Go the beautiful game and go Shell Cove!



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



P and C Cookbook

Our cookbook team worked to a very tight timeframe over the holidays to review and edit all the recipes submitted by our wonderful school community. We had 127 recipes submitted, thank you to all the families who sent one (or more) in to us. Our cookbook has now been submitted to the publisher, with a draft expected in the next couple of weeks. Our aim is to have these printed and available for collection and purchase in Week 8. Our scooter prize will be drawn in Week 2.

I would like to thank our parent volunteers who have worked on this project as part of the cookbook team: Liz Thornton, Emma Grima, Saroja Pretty Rodriguez, Yvette Underwood Torr, Rebecca Goodman and Ashlee Jacobs.

The assistance from the school, Mrs Sonia Noakes and the team in the front office is very much appreciated.

Our cookbook is filled with beautiful photos from our local area. Thank you to Christine Bernasconi Photography and Chilby Photography for allowing us access to their images.

We have also been greatly supported by our advertisers. I would like to thank Shellharbour Marina Real Estate, Shell Cove Dental, Grima Accounting, Mancave, Designer Lawns, Peak Sports and Learning, Growing Stars Montessori, Extend Coaching, Aussie Pooch Mobile and Illawarra Cake Print for coming on board.

Our cookbook will be available for purchase for \$30 via flexischools (we will advise when this is online), and we will have a cash option available once they are in stock.

Belinda Margetts
P&C Fundraising

School Travel – Term 4 2019

2020 School Travel Applications Now Open

Applications for student travel in 2020 opened on Friday, 11 October 2019.

Students progressing to Year 3 and Year 7 no longer need to re-apply if they:

- are continuing at the same school
- are residing at the same address
- have *not* been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If students need to update their information or re-apply, they should go online to

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2019 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2019, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2020.



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



School Awards

Congratulations to the following students who have received a new award. The school is so proud of their efforts!

Please note that during Term 4 only **The Farm** awards will be presented at assemblies. All other awards will be presented in class or at stage assemblies.

| | |
|--|--|
| Infants Assembly 8 November 2019 | The following students will be presented with their Farm Award at our next Infants Assembly. |
| Kindergarten | |
| Stage 1 (Year 1 & Year 2) | Serina Hansen, Everly Jeffcott, Zoe Stafford, Annika Vo |
| Primary Assembly 22 November 2019 | The following students will be presented with their Farm Award at our next Primary Assembly. |
| Stage 2 (Year 3 & Year 4) | Arabella de Leeuw, Felix Chiddington, Ella Church, Brady Mitrovski, Lachlan Farquhar, Samuel Vrtkovski, Kirra Wakefield, Kya Mitchell, Jack Martin |
| Stage 3 (Year 5 & Year 6) | Macy Park, Kate Ristovski |

We would like to congratulate the following students who will be receiving a Mystics or Red Sands Award in class or at their stage assembly.

Mystics – Mason Regner, Mikayla Gee, Chase Talbot, Asher James, Cooper Walsh, Leila Maturana, Keeley McGillivray, Brodie Pestana, Evangeline Lim, Ryan Horne, Isaac Ward, Ashley Temelkovski, Paris Cox, Zarli Waters, Elijah Walker, Georgia Taylor, Alexander Rodriguez, Rhys O'Connell, Julius Milosevski, Emma McGowan, Nathan Lloyd, Cohen Lewis, Charli Hyman, Isabelle Hungerford, Alex Lee, Archie Guernier, Jaxon Bridger, Jasper Biswas, Zoey Souris



Term 4, 2019 Calendar



| | | | | | |
|-----------|---|---|---|---|--|
| 1 | 14/10 * Staff and students return | 15/10 * Touch footy training – 8am | 16/10 * Soccer training – 8am | 17/10 * Playground Committee Meeting with Mrs MacDonald and Miss Carroll – 10:50am * Newsletter sent out * Class placement policy | 18/10 * No Assembly * Sport * Soccer training – 8am |
| 2 | 21/10 * Swim Scheme * PSSA Soccer State Finals | 22/10 * Swim Scheme * Touch footy training – 8am | 23/10 * Swim Scheme * Touch Football vs Milton/Gerrington * Boys Cricket | 24/10 * Swim Scheme | 25/10 * Swim Scheme * Soccer Training – 8am * Sport * Primary Assembly – 9:15am |
| 3 | 28/10 * Swim Scheme * Early Stage 1 Music Workshop * Kindergarten 2020 Parent Information Evening – 6pm | 29/10 * Swim Scheme * Preschool Teddy Bear's Picnic – Marina Cottage | 30/10 * Swim Scheme * Soccer training – 8am * Preschool Teddy Bear's Picnic – Mission Australia | 31/10 * Swim Scheme * Preschool Teddy Bear's Picnic – Blue Cove * Newsletter sent out | 1/11 * Swim Scheme * Friday Fun Morning * Sport |
| 4 | 4/11 * Early Stage 1 Music Workshop | 5/11 * Early Stage 1 Excursion – Shoalhaven Zoo | 6/11 * Year 6 Camp * Soccer training – 8am * NSW PSSA Athletics | 7/11 * Year 6 Camp * Year 5 Leadership Day * NSW PSSA Athletics * Stage 1 Cricket | 8/11 * Year 6 Camp * Year 5 Leadership Day * Sport * Stage Spelling Bee Finals * Soccer training – 8am * Infants Assembly – 9:15am |
| 5 | 11/11 * 2020 Kindergarten Orientation Day 1 9am – 11am * Year 5 students: Last day to hand in intention to apply for Year 7 entry to a selective high school forms. * Remembrance Day Service 10:30-11:10am | 12/11 | 13/11 * Soccer training – 8am | 14/11 * Stage 1 Cricket * Newsletter sent out | 15/11 * Sport * Soccer training – 8am * Whole school assembly – 2K, 5B, 5J and 6P presenting * South Coast touch trials * Last day to send information to principal regarding 2020 class placements. No late submissions will be considered * Warilla High School Orientation Day |
| 6 | 18/11 * 2020 Kindergarten Orientation Day 2 9am – 11am * Captain speeches and voting in the Hal | 19/11 * P and C Meeting – 7pm (Last meeting for year) | 20/11 * Soccer training – 8am | 21/11 * Stage 1 Cricket | 22/11 * Sport * Soccer training – 8am * Primary Assembly – 9:15am |
| 7 | 25/11 * 2020 Kindergarten Orientation Day 3 9am – 11am | 26/11 | 27/11 * Soccer training – 8am | 28/11 * Stage 1 Cricket * Newsletter sent out | 29/11 * Sport * Soccer training – 8am * Fun Friday Morning |
| 8 | 2/12 * Swimming Carnival | 3/12 | 4/12 * Soccer training – 8am * Stage 1 Excursion: Science Space Wollongong | 5/12 | 6/12 * Sport * Infants Assembly – 9:15am |
| 9 | 9/12 * Year 6 Farewell | 10/12 * Year 6 – Jamberoo Action Park * P and C Dinner | 11/12 * Final Day for Scripture * Volunteer Afternoon Tea – 1:30pm | 12/12 * Rewards Day * Newsletter sent out | 13/12 * Presentation Day (School uniform: Not sports uniform) * Soccer training – 8am |
| 10 | 16/12 | 17/12 * Reports home | 18/12 * Year 6 School Farewell – 2:15pm * Last Day of 2019 | 19/12 | 20/12 |

* We aim to update this calendar as dates become available. Please regularly refer to this calendar, along with Enews and our Facebook page, to keep up-to-date with what is happening at Shell Cove Public School.



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



Kindergarten 2020

Shell Cove Public School



Shell Cove Public School enrolls children within the local school boundary and of school starting age. We endeavor to help you and your child make a happy and successful start to school through our comprehensive transition program. Our transition activities offer opportunities for your child to become familiar with our school environment and to enjoy a sample of 'big school' with our Kindergarten teachers and their future peers. As parents you will also have access to valuable information to answer your questions about preparing your child for school.



Parent Information Night : Monday 28th October 6pm

Meet in our hall to access valuable information regarding our school, the transition program and events, starting dates, Best Start appointments, school uniforms, after school care and more.



Mini Kindy Days : Monday 11th, 18th & 25th November 9-11am

Let your child meet their future peers and teachers and experience school life while you take a tour of the school, take part in a reading workshop and enjoy sharing morning tea with other new kindergarten parents.

Mini Kindy Day 1: Visit kindergarten classrooms with your child

Mini Kindy Day 2: School tour & reading workshop

Mini Kindy Day 3: Morning tea



Teddy Bears' Picnic: Various

Your child also has the opportunity to visit our school with their preschool group. Please ask your child's preschool for more information or contact us if your child does not currently attend one of the local preschools.



KEEP IN TOUCH: Transition to school events and information will be sent via 'School eNews'. Download the free 'School eNews' app and search for 'Shell Cove Public School' and subscribe.



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



FLEXISCHOOLS

Did you know that our Little Eats Healthy School canteen as well as the P & C uses Flexischools for online ordering and payment? Once you open an account you have access to the current canteen menu choices as well as ordering for most P & C events. You can order for the Father's Day stall coming up soon and pre orders for the Shell Cove Cookbook are available at a special price of \$25 (usually \$30). No need to find change or be unsure as to the correct amount needed-it's all online for you. Check out the flyer and contact the P & C on pncshellcove@gmail.com if you have any questions.

SET UP YOUR ACCOUNT

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.



2 Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

3 Login/Register

Click the '**Order now**' button located in the bottom right-hand corner of the app, this will open a login screen.

- **Already a Flexischools user** - Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** - Click '**Register**', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

ORDER

1 Place your Order

Click the '**Order now**' button located in the bottom right-hand corner of the app and select your student.

2 Make your Selection

Select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.

Alternatively you can sign-up on flexischools.com.au

PERSONAL SOCCER TRAINING

Improve your soccer! Personal soccer coaching in Kiama - 1 on 1 and small group.

Alex has 2 years' experience playing in the UK. He trained with overseas clubs West Ham, Hibs & Olympiakos FC. WWCC, first aid, FA Level 1 Coaching & Cert 4 Fitness. Call Alex 0491 726933



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UNIVERSITY
OF WOLLONGONG
AUSTRALIA

Learning Labs

JANUARY 2020

AN ACADEMIC ENRICHMENT PROGRAM FOR STUDENTS FROM YEAR 1 TO YEAR 6

More information about the workshops on offer and the application process
can be found online at uow.info/learninglabs

APPLICATIONS CLOSE TUESDAY, 12 NOVEMBER 2019



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



**LITTLE LEARNING LABS
(FOR YEARS 1 & 2 DURING 2019)**

WHEN: 6 and 7 January, 2020
WHERE: University of Wollongong
TIME: 9:00am - 2:00pm
FEE: \$160

**LITTLE MINI-LABS
(FOR YEARS 1 & 2 DURING 2019)**

WHEN: 8 January, 2020
TIME: 9:00am - 3:00pm
FEE: \$85
Location and times are the same as above

**EARLY LEARNING LABS
(FOR YEARS 3 TO 6 DURING 2019)**

WHEN: 14 and 15 January, 2020
WHERE: University of Wollongong
TIME: 9:00am - 3:30pm
FEE: \$170

**EARLY MINI-LABS
(FOR YEARS 3 TO 6 DURING 2019)**

WHEN: 16 January, 2020
FEE: \$90
Location and times are the same as above



PROGRAM INFORMATION

Little and Early Learning Labs is an enrichment program designed for students who are excelling in their area of interest within their year group, and are seeking a challenging and fun experience during the school holidays. For January programs we look at the year your child is in for 2019. There are some exceptions to move up a stage at the discretion of the coordinator.

All workshops are held over one (mini-labs) or two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants- please see more details on how to apply for these places on the website.

WORKSHOPS ON OFFER- FULL LIST & WORKSHOP DESCRIPTIONS ONLINE

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of self-motivated and curious learners. Here are **some examples of what's coming up** in January:



InPiring Mathematics

In this exciting hands-on workshop, you will discover extraordinary mathematics and put your problem-solving skills to the test. It will promote your deeper understanding of mathematics, test your abstract thinking and reasoning skills, make you question the world around you, and give you a new appreciation for this universal language.



EV3 Robotics

Bring the fascinating world of robotics alive with Lego Mindstorms EV2. We'll go through the process of assembling sturdy robots that you can modify or customise and then work with your partner to problem solve your way through a number of challenges before we prepare our robots for the grand finale – a Sumo battle!



The Joys of Writing

Writing gives you a chance to find your point of view and to explore ways of composing the stories that you want to share. You will experiment with different ways of writing to discover what suits your storytelling as you will have the opportunity to create interesting characters facing challenges and tensions in worlds that you imagine. Be prepared to challenge yourself to find ways to express your ideas and to construct engaging stories.



Clay Cafe

Come join us at Clay Cafe where you get to develop your clay sculpting skills whilst creating any food (made completely out of air-dry clay!) your tastebuds desire. Warning: You may leave this workshop with an increased appetite!

A full list of the available workshops to choose from will be posted on the website in October 2019 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to:
uow.info/learninglabs

For all other enquiries, please contact the Learning Labs team via:
E: learning-labs@uow.edu.au **P:** (02) 4221 5557

Facebook: www.facebook.com/UOWOandP

APPLICATIONS CLOSE TUESDAY, 12 NOVEMBER 2019



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>





Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



Improving Access to Treatment for Children with Anxiety Disorders

INFORMATION SHEET

| | |
|--------------------------|---|
| Chief Investigator: | Prof Allison Waters |
| Associate Investigators: | Prof Melanie Zimmer-Gembeck; Prof Michelle Craske; Prof Daniel Pine; A/Prof Lara Farrell; A/Prof Caroline Donovan; Emer Prof Sue Spence; A/Prof Martin Downes; Katherine Ryan |
| School: | School of Applied Psychology, Griffith University |
| Main contact: | Prof Allison Waters |
| Contact Phone Number: | (07) 37353434 |
| Contact Email: | cadrp@griffith.edu.au |
| GU Ref No: | 2019/146 |

Why is the research being conducted?

You are invited to participate in a nationwide study funded by the National Health and Medical Research Council that will determine how well a computer-delivered treatment designed to help children control their attention improves and reduces children's anxiety compared to another computer-delivered treatment based on cognitive-behavioural therapy. Anxiety is defined as feelings of nervousness, worry and fear that is usually brought on by seeing or experiencing certain triggers or events, and/or by the expectation that this is too frightening or difficult to cope with. Anxiety can be helpful when dealing with new challenges and novel situations. However, if it occurs too often or too strongly, it can lead to children not coping in many situations. For many children and their parents, anxiety can be highly disruptive and prevent children from doing things that other children their age can do. This project will examine two treatment conditions and determine if they are as effective as each other in alleviating children's anxiety disorders.

One of the treatments is called Positive Search Training (PST), a treatment that is based on scientific findings about how children direct their attention to different stimuli that trigger anxiety. This treatment is delivered on a computer at home and takes about 30 minutes to complete each session. Children will complete 12 sessions over 3 weeks. The treatment has been shown to "work" because it helps children learn to control the focus of their attention on positive and calm stimuli in the environment which in turn helps to reduce anxiety.



The other treatment is called Cognitive Behavioural Therapy (CBT), a treatment that is based on scientific findings about how children think and behave in response to different triggers of anxiety. The treatment is delivered on a computer at home and takes 20 – 60 minutes to complete each session. Children will complete 10 sessions over 10 weeks, and parents will complete 6 sessions during the 10 weeks. The treatment has been shown to “work” as it helps children to think differently and approach stimuli in the environment which in turn helps to reduce anxiety.

The research is approved by the Griffith University Human Research Ethics Committee (GU Ref No: 2019/146). All members of the research team are international experts who hold PhD's in relevant fields, (clinical, developmental, neuroscience and health economics). Mrs Ryan is the project co-ordinator and holds an undergraduate degree in psychology with honours. The team have been conducting large-scale clinical treatment research for anxious youth for more than 20 years.

What you will be asked to do

If you agree to participate in the study, we will contact you via phone and interview you and your child, using well-established diagnostic assessments of anxiety in youth. The diagnostic interview is a type of clinical interview and will tell us what type and how severe your child's anxiety is at each assessment. The interview will take approximately 40-60 minutes and the questionnaires take approximately 30 minutes to complete. In addition to the diagnostic interview and questionnaires, your child will complete a computer task on your home computer in which they will see angry, happy and neutral facial expressions and press a key on the keyboard for the location of an asterisk probe. This task helps us assess children's responses to various types of emotional stimuli.

To accomplish the scientific goals of this project, your child will be randomly assigned into one of two treatment conditions that are delivered via computer at home. One treatment condition is called positive search training (PST), this will take 30 minutes to complete, 4 times a week over 3 weeks in your home on a computer, laptop or tablet. It involves your child viewing a wide variety of pictures (such as growling dogs, angry faces and thunderstorms), and learning to focus their attention on the good and calm pictures among them (such as happy children, playful animals and healthy food). PST also includes games, verbalisations and animations so it is interactive for children. The pictures used in PST are no more fear provoking than pictures or images the children see and hear about on the television or part of their everyday life.

The other treatment condition is called cognitive behavioural training (CBT). Children complete 10 sessions (one per week) and parents complete 6 sessions over 10 weeks. The sessions are 20 - 60 mins in duration, and include a variety of interactive games, quizzes and animations. In addition to the content in the computer program, children completing this treatment will be asked to face their fears as homework tasks by approaching stimuli that they fear e.g., a dog; heights; a birthday party. These stimuli and events are no more fear provoking than those children see and engage in as part of



everyday life. Parent sessions include psychoeducation about anxiety in children and how they can assist their child in overcoming anxiety.

Both treatment conditions are accompanied with instructions and phone calls to assist with set up and children's progress will be monitored by therapists or project staff who will email and consult with you throughout the treatment phase.

At the end of three weeks, we will call to complete another diagnostic interview and questionnaires, and your child will again complete the computer task. This will occur again at 6 months and 12 months after the treatment. This is to help us assess the long-term outcomes for the treatments. All phone calls will be audio-taped to document that our interviewers and researchers carefully follow the research protocol and will then be erased after they have been checked. In sum, the information collected from questionnaires, computer tasks, and interviews will help us determine how much progress your child makes as a result of treatment. Any child who continues to meet criteria for an anxiety disorder after participation in this study will be given referral options for further care.

The basis by which participants will be selected or screened

To assess your child's eligibility for the treatment the following determines eligibility to participate: a) child is 7- 12 years of age, b) meets criteria for an anxiety disorder, c) willingness to cease concurrent psychotherapy (if applicable), d) willingness to stabilise medication (if applicable) at the same dose for 12 weeks prior to diagnostic assessment. If your child is receiving other treatment, you will need to discuss this with your clinician before agreeing to cease treatment and participate in this study. If your child does cease other treatment to participate in this study, it is recommended that parents obtain a letter from the treating clinician/s to confirm that they have discussed the specific requirements of the study with the treating clinician/s, before ceasing their current psychotherapy and/or stabilising any medication (if applicable).

Your child will not be eligible to participate if: a) non-anxiety diagnosis is their main problem, b) your child has a pervasive developmental disorder or intellectual disorder, c) your child has impairments that prevent computer use e.g. vision impairment, and d) your child has had prior CBT or PST treatment. If your child has a depressive or disruptive behaviour disorder that is not as severe as the anxiety disorder, they will be able to participate. We will discuss these matters with you during an initial telephone call to assess eligibility and provide referral options in cases where children are not eligible.

The expected benefits of the research

Results of this study may help us determine whether these treatments are effective for children with anxiety disorders. Such a development would allow us to share this information with other mental health professionals and to assist them in working with other





Queensland, Australia

NHMRC

HREC: 2019/146

families. Although no guarantee of treatment outcome can be provided to you, these treatments may benefit your child. Feedback will be provided after each assessment time-point and families will be contacted at the end of the study and offered the opportunity to receive a summary of the study findings in simple, easy to follow terms.

Risks to you or your child

Participation in this study does not pose any foreseeable risks to children or adults. Participants will view a number of emotional faces (i.e., angry, happy) and other picture scenes (e.g., growling dogs, sharks, plane crash; smiling puppies, happy children, household objects, rain clouds, thunderstorms) which they will see on the computer if they complete the PST treatment. However, these pictures are no more fear provoking than pictures and images children see and hear about on television or as part of their daily lives and learning to control attention is important for overcoming anxiety. In the CBT treatment, participants will be asked to approach stimuli e.g. a dog, heights, birthday party and other situations that may have made them anxious in the past, however approaching these and other stimuli and situations are important for overcoming anxiety. Children will also answer some questions about anxiety or other feelings that could make them feel uncomfortable. However, many children complete these questionnaires and anxiety and distress is rare. Moreover, children do not have to answer any questions or discuss any topics that make them feel uneasy nor will they ever be asked to do anything they are not prepared to do. Children may feel fatigued during the interview and treatment session however they are advised that they are free to take breaks at any time, this is discussed with parents before commencement of interview and treatment.

Confidentiality

All data from this study will be kept confidential. Numerical codes only will be used for identifying data and no personal identifying details will be stored with the responses collected from children. The data collected from this research will be reported in general terms only and will not involve identifying information about children who participated. Computer records will be password protected and hard copy data will be stored in a locked filing cabinet in the School of Applied Psychology, Griffith University for a period of 5 years and will then be destroyed. The results of this research may be presented at conferences or published in academic journals, but only in a format that is aggregated across individuals. You or your child will not be identified in any results that are presented or published.

Consent to share data

It is important for advancing knowledge and improving our ability to provide effective treatment to children with anxiety to share or reuse participant de-identified data in future research. Your consent for the future use of your child's data is voluntary, and your decision to consent to the use of your child's data does not affect your child's ability to participate in this study.



Email: shellcove-p.school@det.nsw.edu.au
Website: <https://shellcove-p.schools.nsw.gov.au/>



Participation is voluntary

Your child's and your own participation in this study is voluntary and neither you nor your child is under any obligation to consent to participate in this study. Non-participation will not involve any penalty and will not affect you or your child's standing at Griffith University. If you choose to allow your child to participate, he or she may discontinue participation at any time without penalty or without providing an explanation.

Questions / further information

For additional information you can contact Prof Allison Waters as per the details provided on the beginning of this information sheet or Kathy Ryan, Project Coordinator on k.ryan@griffith.edu.au or phone 07 3735 3351

If you should experience distress as a result of participation in this study, please contact the project coordinator on the above number to direct you to recommended services. Otherwise, please call *Lifeline* on 13 11 14 or *Beyond Blue* on 1300 224 636.

The ethical conduct of this research

Griffith University conducts research in accordance with the *National Statement on Ethical Conduct in Human Research* (2007). If potential participants have any concerns or complaints about the ethical conduct of the research project they should contact the Manager, Research Ethics on 3735 4375 or research-ethics@griffith.edu.au.

Feedback

Feedback to you will be provided after each assessment time-point, that is; three weeks after treatment begins, 6 months follow up and 12 months follow up.

Privacy Statement

The conduct of this research involves the collection, access and/or use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes. However, your anonymity will at all times be safeguarded. For further information consult the University's Privacy Plan at <http://www.griffith.edu.au/about-griffith/plans-publications/griffith-university-privacy-plan> or telephone (07) 3735 4375.

