



Orange High School

Assessment Task Notification

Subject	Personal Development, Health and Physical Education
Year and topic	Year 8 - Where's Your Headspace?
Class teacher	Vaious
Head teacher	T. Dray
Date given	Week 5 (day of theory lesson)
Date due	Week 9 (at the end of the 4 th theory lesson) - Friday, 21 st September
Weighting	20%

Assessment outline - Where's Your Headspace? Portfolio

- Over 4 lessons, answer the 12 portfolio questions, in the 'Term 3 - Answers' page.
- Refer to the marking criteria so you know how much detail is needed for each question.
- At the end of each lesson, make sure you sync, so you know your work has been saved.
- The following are needed to complete the task: OneNote, OneNote class notes, and other additional information and resources (see below).

Outcomes assessed

4.6: A student describes the nature of health and analyses how health issues may impact on young people.

4.8: A student describes how to access and assess health information, products and services.

Non-completion of task

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or head teacher on your return to school. Documentation will be required in both cases.

Plagiarism

Plagiarism, the using of the work of others without acknowledgement will incur serious penalties and may result in zero award. Any cheating will also incur penalties.

Failure to follow the above procedures may result in a zero award.

The policies and procedures outlined in the ROSA booklet will be followed regarding the non-completion of assessment tasks.

Bloom's Taxonomy	Portfolio questions and marking criteria for Outcome 4.6.	Mark
Remember	1. Name 4 lifestyle diseases common in Australia (½ mark each).	/ 2
Understand	2. Identify 4 signs/symptoms of asthma (2 marks) and 4 risk factors (2 marks).	/ 4
Apply	3. Provide a brief definition of the terms lifestyle disease and communicable disease (1 mark for each definition).	/ 2
Analyse	4. Describe the similarities and differences between clinical depression and bipolar disorder (2 marks for 2 similarities, 2 marks for 2 differences).	/ 4
Evaluate	5. Consider the scenario: A person who has been diagnosed with a mental disorder (such as depression, bipolar or schizophrenia) is called socially inappropriate names related to the disorder as a 'joke'. Discuss the potential impact of this name calling on the mental health of the person who has the disorder (1 mark for each potential impact).	/ 4
Create	6. Create an information brochure for cardiovascular disease which includes the: <ul style="list-style-type: none"> • web address and phone number for the Heart Foundation (1 mark). • signs/symptoms (3 marks for 6 signs/symptoms). • healthy lifestyle behaviours young people should adopt to prevent cardiovascular disease later in life (2 marks for 4 healthy lifestyle behaviours). 	/ 6
Bloom's Taxonomy	Portfolio questions and marking criteria for Outcome 4.8.	Mark
Remember	7. List the names of the school counsellor(s), year 8 year advisor, year 8 deputy principal and head teacher Wellbeing at Orange High School (½ mark each).	/ 2
Understand	8. State 4 reasons why a general practitioner (that is, a doctor) would be considered valuable for a young person to access in times of need (1 mark for each reason).	/ 4
Apply	9. Provide a brief explanation of what the following services provide to help young people in times of need: Kids Helpline, beyondblue, Community Services Helpline and the Kite Street Community Health Centre (1 mark for what each service provides).	/ 4
Analyse	10. Explain why the internet site www.diabetesnsw.com.au would be considered an accurate and reliable source of information for someone diagnosed with type 2 diabetes (2 marks). Use this site to identify 4 changes a person should make to their lifestyle after being diagnosed with type 2 diabetes (4 marks, 1 mark for each change).	/ 6
Evaluate	11. Assess the value of the Orange Aboriginal Medical Service in terms of the: <ul style="list-style-type: none"> • services it provides to the community (1 mark for 2 services). 	/ 4

	<ul style="list-style-type: none"> • services it provides to young people (1 mark for 2 services). • availability of the service to young people in Orange (1 mark related to its location and 1 mark related to its hours of business). 	
Create	12. Create a directory of web addresses, phone numbers and addresses for the health services listed in the table (1 mark for each web address/phone number/address).	/ 8
Total =		/ 50

Additional information and resources

The Australian Institute of Health and Welfare is a government organisation who reports on the health of Australia. In its biennial report 'Australia's health 2014: in brief', it has identified:

- cardiovascular disease, diabetes, cancer and mental health issues as the major lifestyle diseases affecting Australians.
- asthma and hay fever as two of the most common long term conditions affecting children aged 5-14 years.
- 16-24 years of age as a time when mental disorders may arise, particularly anxiety and depression.
- that about 26% of children (aged 5-14 years), 33% of young people (aged 16-24 years) and 63% of adults (70% of men and 56% of women) are overweight or obese and this high rate is cause for concern.
- risk factors which we can largely do something about (e.g. smoking, physical inactivity, poor nutrition, harmful use of alcohol) are major contributing factors to overweight and obesity, which in turn lead to the major lifestyle diseases.

- Various internet sites including www.healthdirect.gov.au.

Emergency & Important Numbers - Yellow/White Pages 2017/18 (scanned PDF below).
<<Yellow.White Pages 2017.18.pdf>>

Advice & Assistance

24-hour Services

Organisations offering 24-hour services (answered by a person, 24 hours a day, every day of the year) are identified with **24hr** and an orange box.

Emergency Numbers 24hr

Ambulance, Fire & Police In a life threatening or time critical emergency.....	000
Digital Mobile Phone Emergency Service In a life threatening or time critical emergency, always dial 000. You should only dial 112 as an alternative to 000 if you have a GSM digital mobile phone and you are outside your own provider's GSM network coverage area. You may not be able to access 112 if you are outside all network coverage areas.....	112
Poisons Information Centre 24hr advice on all exposures to poisons, medicines, plants, bites/stings.....	13 1126
State Emergency Service (SES) Flood & storm emergencies.....	13 2500

Call Charges

1800 numbers are free
1300/13 numbers are charged at local call rates.
Mobile charges may apply

Abuse & Assault Services

1800 RESPECT: National Sexual Assault, Family & Domestic Violence Counselling Service Counselling for victims/people at risk of family/domestic violence &/or sexual assault.....	1800 737 732 www.1800respect.org.au	24hr
Adults Surviving Child Abuse (ASCA)	1300 657 380 www.asca.org.au	
Community Services Helpline Report child abuse & neglect from anywhere in NSW.....	13 2111	24hr
Domestic Violence Line Family & Community Services.....	1800 656 463	24hr

Prevention of Child Abuse
Support, prevention & education to alleviate child abuse in all its forms.....
 9716 8000 www.childabuseprevention.com.au |

Rape & Domestic Violence Services
Australia.....
 1800 424 017 www.rape-dviceservices.org.au | **24hr** |

Aged Services

Aged Care Australia
Information.....
 1800 200 422 www.agedcareaustralia.gov.au |

Carers NSW
Information, support & counselling for carers Carers' line.....
 1800 242 636 www.carersnsw.asn.au |

The Aged-Care Rights Service Inc. (TARS).....
 1800 424 079 www.tars.com.au |

Animals & Plants

Emergency Animal Disease Watch Hotline
Report unusual signs/behaviour & unexplained deaths in livestock.....
 1800 675 888 www.farmbiosecurity.com.au |

WIRES
NSW Wildlife Information, Rescue & Education Service Central West.....
 1300 094 737 www.wires.org.au |

Community Advice & Services

Credit & Debt Hotline	1800 007 007 www.cdcnsw.org.au	
Domestic Violence Advocacy Service Women's legal services NSW.....	1800 810 784	
LawAccess NSW Legal information, referral & advice.....	1300 885 529 www.lawaccess.nsw.gov.au	
Link-Up NSW Aboriginal Corporation	1800 624 332	
National Security Hotline Report suspicious activity that may relate to terrorism.....	1800 123 400 www.nationalsecurity.gov.au	24hr
Translating & Interpreting Service (TIS National)	13 1450 www.immi.gov.au	24hr

Counselling & Personal Emergency

1800 RESPECT: National Sexual Assault, Family & Domestic Violence Counselling Service
Counselling for victims/people at risk of family/domestic violence &/or sexual assault.....
 1800 737 732 www.1800respect.org.au | **24hr** |

Abortion Grief Helpline
Does not refer for abortions.....
 1300 363 550 www.abortiongrief.org.au | **24hr** |

After Abortion Counselling
Free, professional & non-directive counselling for recent/past abortion or anyone considering abortion.....
 1800 777 690 www.pcl.org.au | **24hr** |

Crisis Pregnancy Counselling
Abortion alternatives
Pregnancy Counselling Australia.....
 1300 737 732 www.pregnancycounselling.com.au | **24hr** |

Gam-Anon
Gambling help for family members
9.00am-5.00pm, Mon to Fri.....
 9728 4893 of.....1300 308 975 gam-anon@live.com.au |

Gambling HELP NSW
Counselling, crisis intervention & referral for problem gamblers, family & friends.....
 1800 858 858 www.gamblinghelp.nsw.gov.au | **24hr** |

Interrelate Family Centres
Family & relationship counselling Orange.....
 6363 3650 www.interrelate.org.au |

Kids Helpline.....
 1800 551 800 www.kidshelp.com.au | **24hr** |

Lifeline.....
 13 1114 www.lifeline.org.au | **24hr** |

Pregnancy Counselling Link
Free, professional & non-directive counselling for unplanned pregnancy, infertility, pregnancy loss or other concerns.....
 1800 777 690 www.pcl.org.au | **24hr** |

Salvo Care Line.....
 13 7258 | **24hr** |

Samaritans Crisis Line
Here to listen.....
 13 5247 www.samaritancrisisline.org.au | **24hr** |

IN A LIFE THREATENING OR TIME CRITICAL EMERGENCY, PLEASE CALL 000