

**achper**  
PDHPE NEW SOUTH WALES  
**EARLY CAREER TEACHER**  
**CONFERENCE**

**CONFERENCE**  
**PROGRAM**

31 May 2024

Australian Catholic University, Strathfield campus

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## WELCOME

Welcome to the Early Career Teachers Conference for 2024!  
We sincerely appreciate you taking the time to join us.

This annual conference is themed 'Surviving to Thriving' – we recognise starting out can be overwhelming and that teachers face unique challenges in their early years of teaching.

To better understand the issues and meet your needs, we've established an Early Career Teachers sub-committee, comprising students, early career teachers, experienced educators and academics. This collaboration has allowed us to further tailor and expand our early career program.

The conference presenters boast extensive experience and have crafted high-quality, engaging sessions. Take advantage of this opportunity to connect with them, along with the ACHPER NSW team, to enhance your support network.

It is an exciting time in your teaching career. Starting out is full of growth, development and possibilities. As the leading PDHPE teachers association in NSW and ACT, ACHPER NSW is here to support you through your teaching journey.

A big thank you to all the presenters who have given up their time to share their knowledge and wealth of experience.

Finally, a huge thank you to our sponsors and exhibitors for supporting this year's conference.

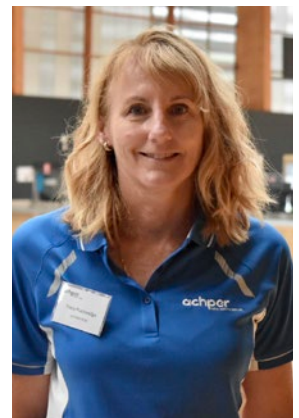
Enjoy an engaging and collaborative day.

Warmest regards

***Kristy O'Mahony and Tracy Puckeridge***



**KRISTY O'MAHONY**  
President, ACHPER NSW



**TRACY PUCKERIDGE**  
CEO, ACHPER NSW  
[tracy@achper.com.au](mailto:tracy@achper.com.au)

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1. *Times Higher Education World University Rankings 2024*. Percentage calculated as ACU's world rank as a proportion of the total number of universities in the world. *International Handbook of Universities 2019*, Palgrave MacMillan
2. *Good Universities Guide 2023/2024*, postgraduate students employed full-time four months after completing their course
3. Shanghai Ranking, Global Ranking of Academic Subjects 2023

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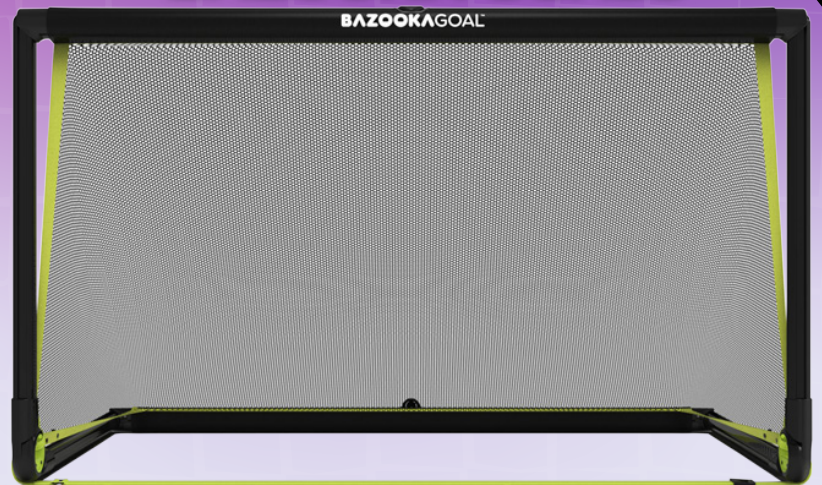
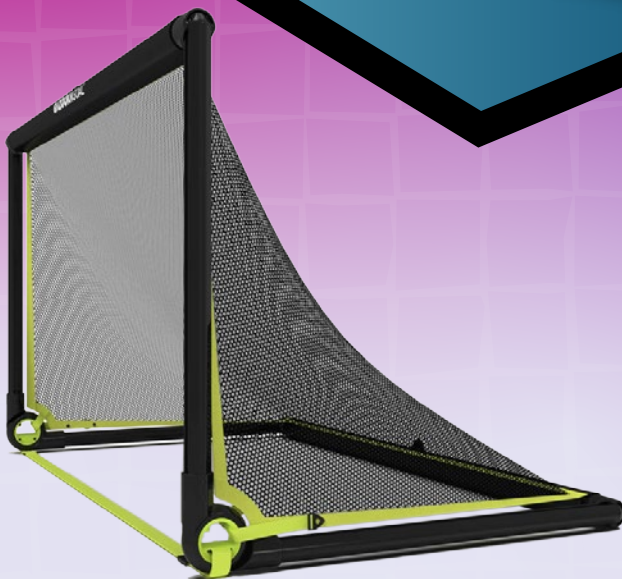





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Get in Touch

Patrick Landy – NSW Schools  
Development Manager

E: [PLandy@tennis.com.au](mailto:PLandy@tennis.com.au)

M: 0478 664 450



## CONFERENCE PROGRAM

Time	Room	Session name	Presenter
8.20am	Building 612	Registration	
8.50-9.30am	Auditorium	Conference opening and keynote panel	Tracy Puckeridge, Dr Kelly Ann Parry, Emily Carr, Bethany Baynie, Ross Montague, Rhiannon Lambert, Carly McPherson
9.35-10.35am <b>WORKSHOP SESSION 1</b>	612.1.02	Navigating sexuality and sexual health education	Victoria Oettel and Rhiannon Watson
	Field	Hybrid games to boost engagement and movement competency	Ross Montague
	612.1.04	Designing lessons for students of all abilities	Sean Douglas
10.35-11.00am	<b>MORNING TEA</b>		
11.05-12.05pm <b>WORKSHOP SESSION 2</b>	612.1.02	Vaping and e-cigarettes	Emily Jenkinson and Shiho Rose
	612.1.04	PE lessons that engage all students, not just the sporty kids	Rhiannon Lambert
	612.1.03	Portfolios as an assessment tool	Carly McPherson
12.10-1.10pm <b>WORKSHOP SESSION 3</b>	612.1.02	Trauma-informed practices in PDHPE	Samantha Vaz
	612.1.04	Developing thinking players	Dr Kelly Ann Parry
	612.1.03	Health literacy in PDHPE	Louisa Peralta
1.15-2.00pm	<b>LUNCH</b>		
2.05-3.05pm <b>WORKSHOP SESSION 4</b>	612.1.02	Teaching about mental health and normalising the conversations	Kim Harper
	612.1.04	Observation and feedback in PE lessons	Rhiannon Lambert
	612.1.03	Effective use of collaborative learning	Dominique Sidaros
3.10-3.20pm	Auditorium	Conference wrap up and prize draw	

# VENUE MAP



AUSTRALIAN CATHOLIC UNIVERSITY

Strathfield Campus (Mount St Mary)  
25a Barker Road, Strathfield, NSW, 2135



## KEY

- |                         |  |
|-------------------------|--|
| Food                    | Public phone                           |
| Cafe                    | Bike racks                             |
| Male toilet             | ACU Sports Gym                         |
| Female toilet           | Shuttle bus (to station)               |
| Accessible toilets      | Bus station                            |
| Accessible parking      | Parking                                |
| Designated smoking area | Staff parking                          |
| Assembly point          | Lift                                   |
| First aid               | Automatic External Defibrillator (AED) |

The University respectfully acknowledges the Dharug/ Dharruk people as the traditional custodians of the land on which this campus is situated.

600	Mount Royal	611	Mullen Building
601	Lecture Hall (Quiet Room)	612	Building
602	Brother D. M. Stewart Library	613	St Edmund Building
603	McGlade Art Gallery	614	Building
604	Visual Art Hut	616	Biomechanics Lab
605	Pottery and Ceramics	617	Underground carpark
606	Library Serials/ Mac Lab	640	Edward Clancy Building
607	Art and Music Rooms	641	Mary Aikenhead Clinic
610	Barron Memorial Chapel		



## EXHIBITOR DIRECTORY

### SPONSORS

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An ACU education builds on the Catholic understanding of faith and reason working together in pursuit of knowledge and promotion of human dignity and the common good. An ACU education seeks to transform lives and communities. Students are challenged to look beyond the classroom, solve real-world problems, develop their own search for meaning and cultivate strong professional ethics. They are invited to stand up for people in need and causes that matter.

**www.acu.edu.au**

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**Schools contact:** Lizzie Robertson

**Role:** Territory Manager – North

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**Phone:** 0419 352 544

**Schools contact:** Robyn Graham

**Role:** Territory Manager – South

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**Phone:** 0412 058 357

#### TENNIS NSW



Tennis offers your students the chance to learn valuable life skills in a fun and encouraging environment. With participation options for schools of all sizes, we've made it even easier to get your students out of the classroom and onto the tennis court. We offer both Tennis for Primary Schools programs and Tennis for Secondary Schools initiatives in a modified environments to promote and encourage lifelong physical activity and health.

**www.tennis.com.au/nsw/players/school-tennis**

**Schools contact:** Pat Landy

**Role:** Schools Development Manager

**Email:** PLandy@Tennis.com.au

**Phone:** 0478 664 450

## EXHIBITOR DIRECTORY CONTINUED

### EXHIBITORS

#### AFL NSW/ACT



The AFL aims to provide Australian educators with a suite of curriculum resources that are high-quality and curriculum aligned, complemented by robust professional learning sessions. Our vision is to empower teachers to deliver quality content - both on the field and in the classroom. Excitingly they have added a brand new suite of secondary resources that are FREE to access.

**www.play.afl/schools/**

**Schools contact:** Adam Bunce

**Role:** Schools Engagement Lead

**Email:** adam.bunce@afl.com.au

**Phone:** 0499 111 422

#### ANZUK EDUCATION

**anzuk.education**

anzuk Education are Australia's market leaders in education recruitment, working to support Catholic, independent and government schools with their staffing across relief, contract, permanent & executive appointments. With a national network of over 60 consultants, anzuk works to support over 1500 schools nationally in their staffing with the Right Educator, Right Place, Right Time.

**www.anzuk.education/au/**

**Schools contact:** Damien Smith

**Role:** Team Leader

**Email:** damien.s@anzuk.education

**Phone:** (02) 8029 6962

**School contact:** James Riley

**Role:** Senior Consultant & PDHPE Specialist

**Email:** james.ri@anzuk.education

**Phone:** (02) 8024 7093

#### CONSENT LABS



Consent Labs is changing the culture around sexual education, consent and how we teach young people about healthy relationships. By focusing on evidence-based programs aligned to NSW PDHPE curriculum, Consent Labs works with schools to help navigate one of the most important & challenging areas of learning. The aim: Empower young people with the tools, language and knowledge to help reduce the prevalence of sexual violence experienced in Australia.

**www.consentlabs.org.au**

**Schools contact:** Annika Clayton

**Role:** Growth Manager

**Email:** programs@consentlabs.org.au

**Phone:** 0475 589 765

## EXHIBITOR DIRECTORY CONTINUED

### FAMILY PLANNING AUSTRALIA



Family Planning Australia is an independent, not-for-profit organisation that provides reproductive and sexual health services within the community. We specialise in delivering high-quality professional learning on sexuality, sexual health, and relationships education for teachers, youth workers and disability support workers. We take an evidence-based, sex-positive, inclusive and youth-friendly approach to education, and also provide a range of appropriate resources suitable for classroom use.

**www.fpnsw.org.au**

**Classroom website:**  
[www.bodytalk.org.au](http://www.bodytalk.org.au)

**Email:** [education@fpnsw.org.au](mailto:education@fpnsw.org.au)

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### GOODBuddy SPORTS



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**Schools contact:** Mel Anderson

**Role:** Sales Representative

**Email:** [warehouse@goodbuddy.com.au](mailto:warehouse@goodbuddy.com.au)

**Phone:** 02 9525 1895

### HART SPORT



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**Schools contact:** Mikalae Elkins

**Role:** Business Development Manager  
– NSW/ACT

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**Phone:** 0407 155 382

## PROGRAM

8.20am – Registration

8.50-9.30am – Conference opening and keynote

### KEYNOTE PANEL – The importance of relationships

This Q&A with our panel of expert teachers will explore the importance of creating relationships and who the key people are to connect with in your school to help you thrive in the classroom and in your school context.

#### FACILITATORS:

**DR KELLY ANN PARRY**, ACHPER NSW Board and Lecturer, Australian College of Physical Education

*Kelly is a passionate educator with a philosophy grounded in student-centric and innovative pedagogies. She has lead PDHPE faculties in Australia and the UK. Kelly believes in supporting students to be physically literate and providing authentic learning experiences so that students can value movement.*

WITH:

- **BETHANY BAYNIE**, PDHPE Teacher, Loreto Normanhurst
- **EMILY CARR**, PDHPE and Dance Teacher, The Jannali High School

*Both early career teachers and ACHPER NSW Early Career Teacher sub-committee members.*

#### PANELLISTS:

**ROSS MONTAGUE**, Highly Accomplished Teacher, PDHPE, Danebank

*An experience PDHPE teacher of 17 years, Ross has worked as an educator, sports coach and executive in Australia, UK and USA and is nationally accredited as a Highly Accomplished Teacher. As the recipient of the NSW Premier's Teacher Scholarship (Health Education and Wellbeing), he visited 32 schools throughout Australia to conduct his research. Ross was the 2022 ACHPER NSW Secondary PDHPE Teacher of the Year.*

**RHIANNON LAMBERT**, Highly Accomplished Teacher, PDHPE Teacher, R/HT Teaching and Learning, Warrawong High School

*Rhiannon is passionate about lifelong learning, she dedicates herself to inspiring colleagues and fostering a receptive classroom climate in personal development, health, and physical education settings, contributing to enhanced student outcomes. Rhiannon is also an experienced ACHPER workshop presenter and writer.*

**CARLY MCPHERSON**, Assistant Head of PDHPE, International Grammar School

*Carly has been a passionate PDHPE teacher for 10 years and has held leadership roles in Wellbeing and PDHPE. She holds both a Master of Education with a specialisation in Mathematics and PDHPE qualifications. As Assistant Head of the PDHPE Department Carly focuses on curriculum. She is dedicated to the creation and implementation of curriculum that is designed to enable students to thrive both within and beyond the school context.*

**PROGRAM CONTINUED**

**9.35-10.35am – Workshop session 1**

**Navigating sexuality and sexual health education**

Boost your confidence in developing and teaching sexuality and sexual health education lessons to your students. Join us for an interactive workshop where we'll explore best practice teaching strategies and resources to enhance your skill set and improve student outcomes.

**VICTORIA OETTEL**, Senior Education Officer, Family Planning Australia

*Victoria is passionate about supporting teachers with approaches that enhance young people's engagement in learning. She works with Family Planning Australia supporting educators in teaching sexuality, sexual health and relationships education. She has worked in diverse areas of education in Australia and overseas, and has presented at conferences and forums across Australia.*

**RHIANNON WATSON**, Education Officer, Family Planning Australia

*Rhiannon is dedicated to empowering young people through comprehensive sexuality education, aiming to boost their safety and well-being. Specialising in training design and facilitation, she empowers educators and professionals to effectively teach sexuality education.*

**Hybrid games to boost engagement and movement competency**

Are you struggling with disengaged students in your movement lessons? Discover ways to boost engagement and movement competency in PE through dynamic hybrid games. Explore creative strategies that use new and re-invented games to foster a more active and enjoyable learning environment that supports movement competency for ALL students.

**ROSS MONTAGUE**, Highly Accomplished Teacher, PDHPE, Danebank

*An experience PDHPE teacher of 17 years, Ross has worked as an educator, sports coach and executive in Australia, UK and USA and is nationally accredited as a Highly Accomplished Teacher. As the recipient of the NSW Premier's Teacher Scholarship (Health Education and Wellbeing), he visited 32 schools throughout Australia to conduct his research. Ross was the 2022 ACHPER NSW Secondary PDHPE Teacher of the Year.*

**Designing lessons for students of all abilities**

All classrooms include a range of diverse students making programming a challenge. This workshop takes a special education lens and applies these principles and strategies to all class types, enabling teachers to learn how to maximise inclusion and increase participation for all students.

**SEAN DOUGLAS**, National Schools and Youth Manager, Special Olympics Australia

*Sean has taught in Australia and the UK and is a passionate advocate for an inclusive, games-based approach to students' physical literacy. Sean has worked extensively in teacher training and resource development and now heads Special Olympics Australia's Schools and Youth programs, focusing on the expansion of Unified Champion Schools, empowering all students to be champions of inclusion.*

**10.35-11.00am – Morning tea**

**PROGRAM CONTINUED**

**11.05-12.05pm – Workshop session 2**

**Vaping and e-cigarettes**

Vaping among young people in Australia is concerning. Explore what the Generation Vape Research project's latest findings say including awareness, perceptions, attitudes, knowledge, and behaviours of e-cigarette use among young people, teachers, and parents. Discover helpful resources, support options, and what the Federal Reforms mean in NSW.

**EMILY JENKINSON, Project Lead, Tobacco Control Unit, Cancer Council NSW**

*Emily is the project manager for Generation Vape, a national research project exploring vaping among young people in Australia and leads on e-cigarette policy and advocacy initiatives at both a state and federal level for CCNSW. Emily has been involved in numerous state and federal policy submissions to improve tobacco and e-cigarette legislation.*

**SHIHO ROSE, Post-doctoral Research Fellow, Daffodil Centre**

*Shiho is a Post-doctoral Research Fellow with experience in behavioural research. She recently completed her PhD exploring the experiences of stigma in people diagnosed with lung cancer. Shiho is currently involved in the Generation Vape project.*

**PE lessons that engage all students, not just the sporty kids**

Re-focus on the educative purpose of PE and explore new and practical ways to engage those "switched-off" students. Plan lessons that provide choices at different levels of challenge for all students. Learn how to change it up with different combinations of equipment, rules, skills and strategies.

**RHIANNON LAMBERT, Highly Accomplished Teacher, PDHPE Teacher, R/HT Teaching and Learning, Warrawong High School**

*Rhiannon is passionate about lifelong learning, she dedicates herself to inspiring colleagues and fostering a receptive classroom climate in personal development, health, and physical education settings, contributing to enhanced student outcomes. Rhiannon is also an experienced ACHPER workshop presenter and writer.*

**Portfolios as an assessment tool**

Developing skills such as feedback, metacognition and self-regulation is a challenge when juggling timetable limits and curriculum requirements. Portfolio Based Assessment is a formative assessment approach that focuses on developing self-reflective learners, aware of their learning progress, strengths and areas for improvement.

**CARLY MCPHERSON, Assistant Head of PDHPE, International Grammar School**

*Carly has been a passionate PDHPE teacher for 10 years and has held leadership roles in Wellbeing and PDHPE. She holds both a Master of Education with a specialisation in Mathematics and PDHPE qualifications. As Assistant Head of the PDHPE Department Carly focuses on curriculum. She is dedicated to the creation and implementation of curriculum that is designed to enable students to thrive both within and beyond the school context.*

**PROGRAM CONTINUED**

**12.10-1.10pm – Workshop session 3**

**Trauma-informed practices in PDHPE**

Understanding and recognising the potential impact of trauma on student learning is important. Learn how to plan lessons that are trauma-informed and psychologically safe for all, along with ways to support students who have experienced trauma.

**SAMANTHA VAZ, Head Teacher, Student Wellbeing Initiatives, Department of Education**

*Samantha is a passionate educator who believes in the power of connection in driving positive change. In her current role since 2020, she facilitates evidence-based wellbeing programs including Youth Aware of Mental Health (YAM) across schools in NSW. Samantha is an accredited facilitator of Supporting our Students Mental Health and Trauma-informed Practice for Improved Learning and Wellbeing professional learning programs.*

**Developing thinking players**

Explicit questioning in games-based lessons can dramatically enhance learning. Learn how to use skinny and fat questions, question starters and questioning protocols. See how techniques such as the 5Ws and the debate of ideas can help to develop thinking players and game understanding.

**DR KELLY ANN PARRY, ACHPER NSW Board and Lecturer, Australian College of Physical Education**

*Kelly is a passionate educator with a philosophy grounded in student-centric and innovative pedagogies. She has lead PDHPE faculties in Australia and the UK. Kelly believes in supporting students to be physically literate and providing authentic learning experiences so that students can value movement.*

**Health literacy in PDHPE**

Health literacy underpins the PDHPE syllabus but teaching it can be a challenge. Explore the framework that guides the health literacy content. Learn practical ways to plan and teach to enhance students' skills and address health misinformation and disinformation. Bring along one of your health education units for hands-on guidance.

**LOUISA PERALTA, Associate Professor, Sydney University**

*Louisa teaches in the areas of primary and secondary health and physical education and professional practice studies at the undergraduate and graduate levels. Her teaching, research and publications focus on: a) school-based programs for improving students' physical activity levels; b) improving student health literacy through whole school approaches; and c) designing and delivering professional learning experiences for preservice and in-service teachers.*

**1.15-2.00pm – Lunch**

**PROGRAM CONTINUED**

**2.05-3.05pm – Workshop session 4**

**Teaching about mental health and normalising the conversations**

It's vital to provide opportunities for students to talk openly about emotions, normalise the topic of mental health and practise skills and strategies to seek help for themselves and others. The language we use when teaching about mental health and the way that we teach are crucial in engaging students in relevant and meaningful discussions. Kim will model teaching and learning activities that can be incorporated into classroom programs and provide tips for helping students initiate conversations that matter.

**KIM HARPER**, Deputy Principal Student Wellbeing Initiatives, Department of Education

*Kim currently leads a team responsible for the state-wide implementation of a mental health and suicide prevention program in NSW government high schools. An experienced PDHPE teacher and Head teacher, Kim has taught at several schools, and worked as a drug education consultant and relieving PDHPE Curriculum Advisor. Kim is passionate about PDHPE and its impact on the lives of students.*

**Observation and feedback in PE lessons**

Explore how to use observation and feedback techniques to enhance student learning in PE lessons. Strengthen your understanding of what to look for in students' performances and how to effectively use students in peer feedback loops.

**RHIANNON LAMBERT**, Highly Accomplished Teacher, PDHPE Teacher, R/HT Teaching and Learning, Warrawong High School

*Rhiannon is passionate about lifelong learning, she dedicates herself to inspiring colleagues and fostering a receptive classroom climate in personal development, health, and physical education settings, contributing to enhanced student outcomes. Rhiannon is also an experienced ACHPER workshop presenter and writer.*

**Effective use of collaborative learning**

Enhance your teaching with proven classroom organisation techniques that foster collaborative learning. Learn how to prioritise the development of strong teacher-student relationships and inclusive environments, fostering an atmosphere where every student can thrive and contribute.

**DOMINIQUE SIDAROS**, Head of PDHPE & Instructional Coach, William Clarke College

*Dominique is an experienced PDHPE educator and has held leadership and executive positions in a range of Independent and Catholic schools for over 20 years. Dominique advocated and led PDHPE curriculum initiatives as Senior Curriculum Officer, PDHPE at NESAs. She has contributed to a wide variety of state-wide curriculum projects, professional learning opportunities and education panels.*

**3.10-3.20pm – Conference wrap up and prize draw**