



# PARENT BULLETIN

JUNE 2019

## Upcoming Events

|                |                                                 |
|----------------|-------------------------------------------------|
| June 11        | P&C Meeting                                     |
| June 11        | Dance Transition Rehearsal                      |
| June 11        | K/O Open Boys Soccer – Central Venue            |
| June 11        | Shakespeare Regional Festival                   |
| June 13        | SSW Cross Country                               |
| June 14        | State Semi Final – Plain English Speaking Award |
| June 17-28     | Dance Festival                                  |
| June 18        | Pathways to Dreaming Mentor Visit               |
| June 19        | Umpiring Primary Schools Netball Cup            |
| June 19        | Skills and Thrills Parent Forum                 |
| June 21        | Biggest Morning Tea                             |
| June 21        | Open K/O Boys Hockey – Central Venue            |
| June 24-July 5 | HSC Trial Exams                                 |
| June 25        | Year 11/12 Pathways to Dreaming Workshop        |
| June 27        | Cheap Thrills Presentation – Year 10            |
| June 28        | Year 11 Legal Studies Excursion                 |
| July 1         | Year 10 into 11 Subject Selection Evening       |
| July 2         | Zone Athletics Carnival                         |
| July 2         | Year 7 – 10 Reports Issued                      |
| July 2         | Dance Transition Rehearsal                      |
| July 3         | Zone Athletics Carnival                         |
| July 5         | Year 9/10 Pathways to Dreaming Workshop         |
| July 23        | Pathways to Dreaming Mentor Visit               |
| July 25        | Year 10 Vaccinations                            |
| July 26        | CHS Cross Country                               |
| July 29        | Parent Teacher Night                            |
| July 30        | SSW Athletics                                   |
| July 30        | HSC CAPA Evening                                |
| July 31        | SSW Athletics                                   |
| July 31        | CAPA Photo Day                                  |
| Aug 2          | Year 11/12 Pathways to Dreaming Workshop        |

See back page for more details

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## PRINCIPAL'S REPORT

### Staffing News

We have recently welcomed Ms Michelle James to the HSIE faculty. Ms James comes to us from Davidson High School and is a permanent appointment to the staff. Additionally, we have been fortunate to acquire the services of Ms Sally Russell who will be filling the non-teaching role of Student Welfare Officer. Ms Russell will be located in the Learning Support Staffroom and will fill the role previously held by Ms Alicia Neil. We are delighted to welcome both these new staff to our school.

### Student Success

On May 15, Mrs Amos and I were lucky enough to attend the Public Education Foundation Awards at Sydney Town Hall. At this ceremony, public school students who achieved a first place in the state result in the 2018 HSC were acknowledged including our very own Lachlan Willingham and Hannah Jenkins (Mathematics General and Textiles & Design respectively). It was a great evening which also featured a keynote address from Craig Foster, former Socceroos player and current SBS football commentator. I have included a photograph of the students receiving their awards in this edition of Parent Bulletin.



### Grease is the Word

A huge congratulations to all the students and staff who participated in the School Musical this year. I thoroughly enjoyed watching our wonderful Creative and Performing Arts students get their fifties on in this year's production of Grease. Our students have been working so hard under the watchful eye of the teachers including our dancers, singers, actors, orchestra, not to mention our superb Event Management Team. Special mention must go to Ms Dennis for her tireless work as director along with Ms Rysko, Ms Prigg, Mr Webb, Ms Gulley, Ms Grimston-Eason and Ms Bailey. Finally, we would like to thank the multitude of

parents who helped out, especially Mr Mottram who built the most amazing timber car as a part of the set. Thank you so much!

### **Uniform**

Just a reminder that Elderslie High School is indeed a fully uniformed school. Our P&C Association has endorsed our uniform as part of the consultation process. All students are expected to wear the correct leather school shoes each day and all PE practical lessons include time for students to change out of their ordinary uniform into their sport uniform. In this way, there is no school endorsed permission for students to wear sports uniform all day long unless it is Wednesday (sport day). Non-uniform jumpers also creep into circulation around now so we ask for parental support in ensuring children have at least one EHS jumper or jacket in their possession. Hoodies are not permitted and create an opportunity for students to put earphones under their clothing and so should not be worn.

### **Parent & Citizens Association**

Our next P&C Meeting will be held on Tuesday, June 11 at 7pm in the library. All parents are welcome and we encourage you to come to find out about school related issues that may impact your child.

### **Year 7 2020 Enrolment**

Thank you to the great many parents who have applied for their Year 6 children to attend Elderslie High School in 2020. As parents would know, our local area enrolments are guaranteed a place in next year's Year 7 cohort before we can offer any places to students beyond the local drawing area. As per the school's policy on out of area student enrolment, we have now convened our annual panel to consider all other applications and determined our offers along with our waiting list. Families will be advised of the outcome in the next few weeks. Those students being offered a place will then be sent enrolment forms which need to be returned to the school promptly.

### **School Communication**

Just a reminder that the school uses a wide range of communication platforms to keep parents up to date. Of course, our newsletter and the school website are examples of key ways through which we keep in touch but for quick updates, we also use the Skoolbag App and email through our SchoolBites platform. If you have not already downloaded the Elderslie High School Skoolbag App, we strongly encourage you to do so. It's a great way of keeping abreast of last-minute updates such as a bus arriving back at school at a slightly later time or in the case of school emergencies such as last week's lockdown.

### **National Minimum Standard Testing**

As many parents will remember, the NSW government has introduced a National Minimum Standard which students must reach before their HSC credential is released. The HSC Minimum Standard is part of an effort to improve the literacy and numeracy outcomes for students. From 2020, students in NSW will need to demonstrate a minimum standard of

literacy and numeracy to receive their HSC. The HSC Minimum Standard is a way of supporting and ensuring students have a functional level of literacy and numeracy. In coming weeks, our Year 10 and 11 students will participate in an information session about the National Minimum Standard with their Deputy Principals. I have included a fact sheet about the National Minimum Standard for your information in this bulletin.

Kind regards,

**Mrs Jenny Lawrence**

## **FROM THE DEPUTY PRINCIPALS**

### **Natalie Martin (DP Years 8, 10 & 12)**

#### **Skills and Thrills Showcase**

The purpose of the showcase is to **help parents to assist their children in making informed decisions surrounding post school pathways**. The Skills and Thrills careers showcase is an engaging, informative and entertaining showcase, created to highlight vocational education and training (VET) and the success stories that emanate from VET pathways. The Careers Showcase will help parents better understand vocational pathways, including apprenticeships, traineeships and school-based apprenticeships and training and give parents the knowledge they need, to help their children make informed career choices post high school.

Through the showcase, parents and students will learn about the following:

- Apprenticeships and Traineeships
- TAFE/ Private Training Providers
- Funding options available (Smart and Skilled)
- In school options (SBAT's)
- Where to find information
- Who can assist/resources available
- Opportunity to speak with parents and students who have chosen/who's child has chosen a VET pathway (Q&A)

The Skills and Thrills showcase will be held on Wednesday 19 June at 5.30 – 7.30pm at Elderslie High School.

Attendees **must** register via the online registration link- <https://eldersliehigh.eventbrite.com.au>

We encourage you to attend with your high school aged children. Parents can access the link to book tickets through the Elderslie High School Skoolbag App.

### **Year 12**

Year 12 students will be participating in their Trial HSC examinations from 24 June until 5 July. Students should be preparing for these examinations and using their private study periods to revise over their notes for each subject. The school runs an Elevate program for students in Year 11 and 12 every Thursday lunch time in the school library. The program covers many topics including revising and preparing study notes to managing stress during assessment periods. All senior students are encouraged to attend this program.

If a child is unwell and unable to attend one of their examinations, it is important to contact the school and follow the school illness and misadventure procedures. A medical certificate will be required to support any application for illness or misadventure.

### **Year 10 into 11 Subject Selection Evening**

The Year 10 Subject Selection evening will be held on Monday 1 July from 6.30pm. It is mandatory for all students to attend with a parent. Crucial information about the Preliminary HSC will be presented in addition to the distribution of an information package including the subject selection form and how to select electives online.

All faculties set up displays and staff are available to answer any questions about senior subjects that are offered at Elderslie High School. An information note will be distributed to Year 10 students in the coming weeks.

### **Year 8**

Year 8 students will be required to complete subject selections for Year 9 later this term. Students will be given a booklet with information on courses offered including instructions on how to select courses online. All students in Year 8 will be required to choose three electives for Year 9 2020.

## **Whooping Cough - Alert by the NSW Department of Education**

### **Keep Coughing Kids Home and See Your GP.**

Whooping cough (also called pertussis) began increasing across NSW towards the end of 2018, especially in children between the ages of 5 and 14 years. NSW Health anticipates that this increase will continue into 2019.

School-aged children who are infected with whooping cough usually experience a troubling cough that can persist for months, but they rarely get severe illness. However they can spread the infection to younger siblings and other more vulnerable people, who are at higher risk of severe disease. Whooping cough can be a life threatening infection in babies.

What can you do to prevent whooping cough?

1. Make sure vaccinations are up to date for all family members
2. Be alert for symptoms of whooping cough
3. Keep coughing kids home, to prevent them spreading the infection to others, and see your GP to get them tested for whooping cough

### **What are the symptoms?**

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.

- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

### **How is it spread?**

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

### **Who is at risk?**

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

### **Immunisation for babies and older children**

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School – based Vaccination Program, in which Elderslie High School is a participant.

### **If you are a close contact of someone with whooping cough:**

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

### **How is it treated?**

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.



For more information on Whooping Cough and vaccination visit the [NSW Health Website](https://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx) (<https://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>)

You can also find out about other important infectious disease alerts by visiting the [alerts page](https://www.health.nsw.gov.au/Infectious/alerts/Pages/default.aspx) (<https://www.health.nsw.gov.au/Infectious/alerts/Pages/default.aspx>)

## Debating Update

The Year 12 Debating Team B, consisting of Nancy Haggerty, Serena Chowna, Georgia Cunliffe and Matthew Guthrie won both their Round 2 and 3 Debates. They are about to complete a Zone Final in coming days! Congratulations to Ashleigh Abboud and Laiba Faraz from Year 12 on their amazing effort in this year's competition. The girls came to debating in Year 12 and have really developed their skills in the past few months. Thank you to the Year 11 Debating Team for supporting the girls in this competition.

The Year 9, 10 and 11 Debating Teams will be starting their 2019 campaign in the next few weeks. So stay tuned for updates on our progress!

*Ms Dennis*

## Public Speaking Update

**The Plain English Speaking Award** is an annual event held by The Arts Unit. The competition was held on Friday 17 May, 2019 at Elderslie High School. This year Lachlan Taylor and Cassandra McMurdo from Year 11 represented Elderslie High School in the competition. Thank you to Zayne Lewis, Claire Stanley and Breanna Craig who chaired the event. Lachlan won his way through to the Regional Final, also winning that event. He will now compete in the State Semi Final on Friday 14 June, 2019. Best of luck, Lachlan!



*Ms Dennis*



Congratulations to all of the students who participated in the presentation of **GREASE** to the school community on 30 May – 1 June, 2019 in the School Hall. The Cast, EHS Orchestra, EHS Event Management Team, VET Entertainment students, Visual Arts Team and the CAPA Faculty worked tirelessly to present one of the most entertaining musicals to date. Over 600 people viewed the three evening performances and students from Elderslie Public School and Mawarra Public School viewed the Dress Rehearsal. Lots of people who attended commented on the enthusiasm and talent of all involved and were thrilled to see so many talented performers. Many thanks to the staff and parents who either attended one of the performances or assisted with the organisation for the event. Your support was greatly appreciated by both the students and CAPA Faculty.

We would also like to thank our kind sponsors: Show OZ, Macarthur Trophies and Engraving, R. Newman and Sons, Macarthur Events and Thurlow Carpentry. Thank you to all who supported our School Musical in 2019. We are not sure how we top this one, but we will be back in 2020!!





### Creative and Performing Arts Faculty

#### CAPA Update

**Dance Transition Program** is back for 2019. Three of our partner primary schools, Mawarra Public School, Elderslie Public School and Cobbitty Public School are very excited about participating. The third rehearsal for this program will be on Tuesday 11 June, 2019 from 3.25 pm – 5.00 pm in the School Hall.

Many thanks to Ashleigh Abboud, Rocco Laria and Callum Gowing from Year 12 and Kayla Jancovich, Montana Freeman and Naomi Wyatt from Year 11 for performing at the **VETSteddFOOD** on Friday 31 May, 2019 at the Camden Civic Centre. You all did an amazing job!!

On Tuesday 30 July, 2019 the **Year 12 CAPA** students will present their HSC performances and projects to an audience of parents and friends. Tickets will be on sale from the Student Office early in Term 3 and are \$7.00 for all. Doors open at 5.45 pm. See you there!

Dance Company will be participating in the **In The Spotlight Dance Festival, 2019** at the Seymour Theatre Centre on Thursday 20 June, 2019. Permission notes and payment for transport are due to the Student Office ASAP. Students need to finalise their Danceathon sponsorship and Costume Hire to participate in this event.

Congratulations to Hanan Maraboui and Claire Stanley from Year 8 on their excellent audition for the **In The Spotlight Dance Festival**. Claire was selected as a host for the **In The Spotlight Dance Festival** at the Seymour Theatre Centre. Well done to both girls!

Girls in the **Vocal Ensemble** need to finalise their skirt orders by the end of the term. See Ms Prigg for the Order Form. We are looking forward to seeing the ensembles all dressed up and ready to perform.

Students from the Macarthur Schools Year 11 Drama class have worked hard in a series of after school workshops to playbuild a piece to audition for the **In The Spotlight Drama Festival**. We wish them well with their audition.

Students from the Macarthur Schools Year 11 Drama class participated in the **Theatresports Challenge** at PLC Croydon on Wednesday 15 May, 2019. They had an amazing time and learnt so much about improvisation. Well done to all!



#### CAPA Faculty

#### Sport Report

There have been outstanding results from the students of Elderslie High School. Congratulations to all students.

#### CHS SwimYming Results 2019

The following students represented EHS at the CHS Swimming Championships:

| Student         |                  |
|-----------------|------------------|
| Mia Balmer      | Shae Elguindy    |
| Lachlan Butler  | Luke Thorpe      |
| Bryannon Coker  | Stephanie Weeden |
| Jackson Daley   | Erin Bloor       |
| Maddison Leahy  | Kiara Bloor      |
| Hannah Stootman | Aleksandria Ilic |
| Kyan Arif       | Vanya Kamenjas   |
| Bryce Bachner   |                  |

These students achieved the following results:

| Event          | Name             | Time    | Result     |
|----------------|------------------|---------|------------|
| 17+ 100m BF    | Vanya Kamenjas   | 57.34   | GOLD MEDAL |
| 7+ 100 Free    | Vanya Kamenjas   | 54.32   | 4          |
| 12 G 100 Br    | Hannah Austin    | 1:51.67 | 27         |
| 13 G 100 Bk    | Maddison Leahy   | 1:29.37 | 29         |
| 17+ G 50 Free  | Aleksandria Ilic | 27.97   | 7          |
| 12 B 200m Free | Jackson Daley    | 2:41.85 | 13         |
| 12 B 100 Br    | Jackson Daley    | 1:39.63 | 13         |
| 16 B 200 Free  | Luke Thorpe      | 2:31.36 | 26         |

#### EHS Relay Team Results:

| Event             | Name                                                                                 | Time    | Result |
|-------------------|--------------------------------------------------------------------------------------|---------|--------|
| 12 G 4x50         | Hannah Stootman, Bryannon Coker, Mia Balmer, Hannah Austin                           | 2:35.17 | 13     |
| 16 G 4x50         | Stephanie Weeden, Shae Elguindy, Erin Bloor, Kiara Bloor                             | 2:06.78 | 13     |
| Boys All Age 6x50 | Jackson Daley, Lachlan Butler, Kyan Arif, Bryce Bachner, Luke Thorpe, Vanya Kamenjas | 3:13.37 | 20     |

Congratulations to all students who represented EHS at the Championships.

#### NSW All School Swimming Carnival

Vanya Kamenjas competed at NSW All School Swimming Carnival and came the following places:  
17-18 years boys - 1<sup>st</sup> place 50 Butterfly & 1<sup>st</sup> place 100m Butterfly.

Excellent results Vanya, congratulations!

#### Open Girls Knockout Softball Team

Congratulations to the Open Girls Knockout Softball Team who participated in the Sydney South West Central Venue Knockout Competition on Monday 20 May in Ingleburn. The Girls demonstrated superior sportsmanship and skill throughout the day and have progressed undefeated to the NSWCHS Knockout Finals Championships to be played June 25-26 in Newcastle. An Outstanding effort from:

| Year 7           | Year 9            | Year 11          |
|------------------|-------------------|------------------|
| Ellie Hart       | Jade Van Der Saag | Shantelle Hidson |
| Isabella Trevena | Year 10           | Patricia Leung   |
| Year 8           | Hayley Gough      | Chelsea Polsen   |
| Teina Leung      | Abbey Hart        | Barbara Tavana   |
| Breeanna Luc     | Hannah Trevena    |                  |



#### NSWCHS Open Netball team

Superstar Netball GA on the rise. Keep an eye out for Kiara Bloor in Year 10. Currently 15yrs old, Kiara has been selected in the NSWCHS Open Netball team!! What an effort!!! Well done Kiara!

Congratulations to Erin Bloor and Kiara Bloor for representing SSW at the NSWCHS Secondary Netball Championships. Their team was exceptional across the three days and were Champions after being undefeated across the tournament. Well done girls!!



#### Open Boys Soccer

Central Venue here we come! After a close game on Thursday 9 May vs. Mount Annan High School, the boys came away with a win and have now moved on to the next stage of the competition. Mt Annan scored the first goal of the game and this was closely followed by a goal for Elderslie scored by Jarrod Green. David Warda scored the second goal putting us in front. Just before half-time Mt Annan scored again and we started the 2<sup>nd</sup> half in a 2 all draw. The rally continued with Jacob Tregoning putting us in the lead again, yet Mt Annan fought back and we were back in a draw with minutes to go. It was down to the wire and Marko Papak came through with a scissor kick goal for the win with seconds to spare!! The boys played amazingly on the day and I wish them luck at Central Venue. The team consists of Year 10; Sebastian Axisa, Nicholas Bono, Campbell Durbidge, Braydan Morgan, Domenico Pollicina, Nathan Lockwood and Baedyn Silbery. From Year 11; Chad Landouw, Marko Papak, Sebastiano Pollicina, Nicholas Pumer and David Warda. Lastly from Year 12; Jarrod Green, Joseph Patten, Luke Patten, Mitchell Sarcia, Jacob Tregoning and Zarko Zoric all played on the day.

#### Miss Roberts





## Open Boys Touch Football

On Monday 27 May the Open Boys Touch Football team played their first round game at Elderslie High School. Although it was cold and windy conditions the boys put together a solid performance taking out the win 10 – 4 against a determined Hoxton Park team. Alivereti was a star performer scoring a hat trick of tries down the right edge. Tino was creative in the middle, along with Bailey Smith who crossed for a long range try. The boys will now progress to the central venue day on 14 June.

## Student Wellbeing Initiative

### Graffiti Education Presentation – Year 7

Year 7 participated in a Graffiti Education Presentation on 7 and 10 May, which aimed to increase students' awareness of graffiti and help them to consolidate their understanding of the differences between graffiti and street art. The presentation was entertaining and enjoyable, while delivering an important message about the impacts of graffiti. It encouraged students to think more deeply about the flow on effects of graffiti in the broader community and the detrimental effects this may cause.

The workshop also informed students about the legal, social and personal consequences of graffiti and encouraged them to be part of the solution by developing a sense of civic pride.

In particular the presentation explored the following elements of graffiti:

- Victims of graffiti (business, residential, transit and schools)
- Differences between graffiti and legitimate art (street/urban art)
- Incidences of graffiti, where graffiti occurs, who writes graffiti and why
- The criminal charges for graffiti and the cost of graffiti

We would like to thank Camden Council for kindly funding this Graffiti Education Presentation for our Year 7 students.

**Mrs K. White**  
**Year 7 Adviser**



### Sticks and Stones Anti-bullying Production Year 7

On 7 June, Year 7 were privileged to participate in an anti-bullying theatre production at school. A note was sent home about this last term. Two high energy performers explored different forms of bullying and provided strategies for conflict resolution, anger management and assertiveness.

The production covered several schoolyard scenarios to encourage students to have empathy and understanding. The show shone a spotlight on negative patterns of behaviour that can develop through inappropriate modelling from peers, family members, TV and computer games.

The hard-hitting narrative was blended with circus skills to demonstrate cooperation and strategies for improving self-control.

This show is the winner of an Australian Violence Prevention Award and has been seen and enjoyed by over 1.75 million students.

Elderslie High has funded this presentation so no payment was required.

**Mrs K White**  
**Year 7 Adviser**

## Careers

Hello parents, carers and guardians. There is a lot happening at the moment in Careers. Year 12 is getting close now to completing their school education. During Monday lunch we have different universities and colleges coming to speak to Year 12 about their courses and entry requirements. These will stop shortly in preparation for the Trial HSC examination period but will start up again next term.

100 places were allocated for Year 10 to attend the MACE Careers Expo on 6 June at Menangle Park Raceway. Exhibitors were there from Universities, Colleges, TAFE, TRADE and a range of industries to give students as much information as they need ahead of the Higher School

Certificate subject selection which will be taking place at the end of this term.

On 19 June Elderslie HS is hosting the Skills and Thrills showcase. The Skills and Thrills Careers Showcase is an engaging, informative and entertaining showcase, created to highlight vocational education and training (VET) and the success stories that emanate from VET pathways. The Careers Showcase will help students and parents better understand vocational pathways, including apprenticeships, traineeships and school-based apprenticeships and training and will give you the knowledge you need to help make informed career choices post high school.

We have many more exciting career opportunities for students in the near future. If you have any questions or queries, please call me on the school's number.

**Mrs Caruana**  
*Relieving Careers Adviser*

## **Support Unit Report**

### **Checking Diaries**

A reminder to all parents to check your child's diary daily as there may be important information about upcoming school events or permission notes that need to be signed. Students need to check their timetable each night so that they are prepared and bring the correct equipment for the following day.

### **Rock, Paper, Scissors**

This term, students in the Support Unit will be learning about properties of materials and identifying solids, liquids and gases through a number of different scientific experiments.

### **Winter uniform**

Winter is coming fast and students are reminded to wear Elderslie High School winter uniforms. Uniforms can be purchased on the Elderslie High School website [www.daylightsportswear.com/elderslie](http://www.daylightsportswear.com/elderslie)

### **Assisted Transport**

Please be reminded it is the carers responsibility to notify the driver with as much notice as possible if your child will be absent from school.

### **Congratulations!**

Congratulations to Nicholas Coffey for his successful participation and dedication in his Work Experience at United Cinemas Narellan. Also Noah Amos for getting involved with the Elderslie High School musical and successfully making the Zone Cross Country team. Well done!

**S.Mitchell**

## **Administration**

Schoolbytes is a new system the school is using to distribute information to Parents and Caregivers, via their family email address. To ensure that we have the most current information for our families we request that any changes to family information is relayed to the school as soon as possible which helps us keep the most current information. Students can request a "Change of Details form" at the Administration office.

## **School Procedures**

Students that arrive late or depart early from school are required to provide a note from their parents.

If parents are requesting that a student be collected by a nominated person, the school should be provided with written permission or contacted in the case of an emergency, and the person collecting should produce identification.

Students coming to sickbay need to allow the school to call and advise parents and not call beforehand. This allows the school to contact their parent and allows us to monitor the student in sickbay.

The Student Diary has a wealth of information on Policy and Procedures for our parents and students.

### **Feedback from our Parents**

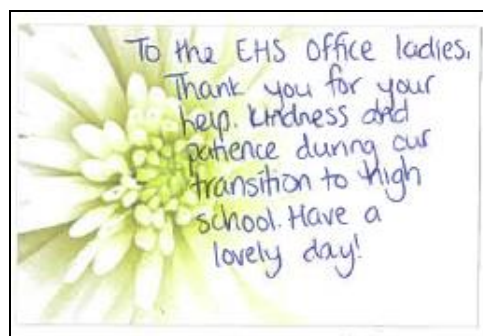
Our school strives to meet the expectations of our community, so it is extremely pleasing when we receive such positive feedback.

Our School Administration officers have recently received a beautiful bouquet of flowers from a parent.

Emails received recently:

"We have spoken to a lovely lady from the reception and she advised she will email me a copy of the statement"

"Thank you for your help and quick response, not many people like you. You deserve more money lol 😊"







## DEPARTMENT OF EDUCATION

**HSC minimum standard**

## Information for parents and carers

**What is the HSC minimum standard?**

The HSC minimum standard was created to help ensure that students have the key literacy and numeracy skills for life after school. Students in New South Wales will need to demonstrate a minimum standard of literacy and numeracy to receive the HSC credential from 2020.

The HSC minimum standard is set at level 3 of the Australian Core Skills Framework (ACSF). These skills are essential for everyday tasks and learning after school such as writing a letter for a job application or understanding a mobile phone plan.

The standard is assessed through online tests across three areas: reading, writing and numeracy.

The minimum standard online tests are 45 minutes long and include a multiple choice reading test, a multiple choice numeracy test and a short writing test based on a choice between a visual or written prompt.

Examples of the tests are available on the **NSW Education Standards Authority (NESA) website**.

Practice tests are available for students to sit at school to help them become familiar with the online test structure and for schools to help determine student readiness to meet the minimum standard.

**Who needs to complete minimum standard online tests?**

Students who are completing the HSC in 2019 do not need to sit the NESA HSC minimum standard online tests.

**Students who complete the HSC in 2020:**

- Students who are completing the HSC in 2020 and achieved a Band 8 or above in Reading, Writing and Numeracy in their 2017 Year 9 NAPLAN results, do not need to sit the NESA HSC minimum standard online test.
- Students who did not achieve a Band 8 in any one of the 3 areas of their 2017 Year 9 NAPLAN, but who have subsequently sat and passed the HSC minimum standard online tests in 2018 or 2019, have met the standard.
- Students who did not achieve a Band 8 in any one of the 3 dimensions of their 2017 Year 9 NAPLAN, and have not yet sat the HSC minimum standard online tests must sit the tests in 2019, 2020 or during the first few years after school.

**Students who will complete the HSC in 2021 and beyond:**

All students must sit the NESA HSC minimum standard online tests in reading, writing and numeracy.

**When can students take the HSC minimum standard online tests and who will administer them?**

Students will have two opportunities per year to sit the minimum standard online tests in each area of Reading, Numeracy and Writing, in Year 10, 11 and 12. Students will also have up to 5 years from the time they start the HSC courses to sit the minimum standard online tests.

The tests must be administered by schools via a lockdown browser.

**Disability provisions and exemptions:**

Students with additional learning needs may be eligible for extra provisions for the minimum standard online tests or be exempt from meeting the HSC minimum standard in order to receive their HSC. Parents should contact the school to find out more information.

Life Skills courses are designed to provide an equitable pathway to the HSC. Students taking four or more Life Skills courses can be exempt from meeting the HSC minimum standard. Please contact your school for more information.

**Further Information NSW Education Standards Authority(NESA)**

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard>



# how to balance screen time (for a healthy headspace)

The Internet has changed the way we work, socialise and relax, with a lot of these activities now happening online. It has added a lot of value to our lives.

Gaming can be a positive and enjoyable pastime. It can help us connect with others, feel socially included and improve our self-esteem. Healthy gaming can bring structure and routine into our lives and give us some beneficial downtime, relaxation and fun.

The research is unclear how much screen time is too much. What is clear however, is that it is important to keep a healthy balance of online and offline activities in our lives.

Not all screen time is the same. Screens and devices have become essential for us to do our work, and can be excellent learning devices. We can use them to connect with others, get support, master new skills, relax and have fun. Some online activities help us learn and be productive, whilst others provide downtime and enjoyment. However, there are other online activities that are less productive or maybe unhealthy, for example distressing violent games or if the content you are watching is not making you feel good. So not all screen time is equally valuable.









## signs that your screen time is becoming unhealthy

It is important to think about the impact that your screen time is having on your life in each of these areas below.


- **Exercise:** Research has linked screen time with an increased amount of sedentary behaviour in children and teens, and we know that being active is good for our physical and mental health. Are you still making time to move? Play sport or be more active?
- **Sleep:** is VERY important. If you are gaming when you would normally be sleeping you might need to turn off a little earlier or move your device out of your bedroom. Most young people need between 8 and 10 hours of sleep per night to be at their best, both physically and mentally.
- **Social time:** Being connected to others helps us feel good. We can connect with others online but it is important to see people we care about too. Are you making time to regularly meet up with friends and family?
- **Variety of activities:** are you keeping up with your school tasks and work? Are you doing a variety of other activities that you enjoy like reading, music or other hobbies? Do you make time to stop and eat well? Don't let other activities slip off the radar, they are important for you too.
- **Conflict, irritability and stress:** If you are getting into conflict with others about your gaming or are feeling irritable, sad or tense when you game or can't game, it might be time to think about the balance of screen time in your day.
- **Money:** are you spending more money than you can afford on new games or in-game purchases? This can become a problem for some people too.

### supporting yourself and getting help

The amount of time you spend on your screen can sneak up without you realising it. What can you do if your screen time has gotten out of balance?

-  Get other activities done first before you relax online. For example do some exercise, get your homework and chores done, walk the dog and spend time with your family before turning on your device. Treat it as a reward.
-  Decide in advance how much time you want to spend online, then set a timer to help you stay within that time limit.
-  Schedule in some 'no screen times' during your day. Set up times to 'unplug'.
-  Make mealtimes screen free.
-  Make sure you have offline hobbies and interests that you enjoy regularly, like seeing friends or playing sport.
-  Exercise while you game, by getting up and moving regularly. Doing some simple stretches can really help.
-  Work out how much sleep you are getting? Sleep should be a priority, as it is important for our physical and mental health.
-  Charge your devices outside of your room or perhaps don't have them in your bedroom at all. It will reduce the temptation to be online instead of sleeping.

If you find that your relationships, mood, school performance or work are being impacted by your continued or increased gaming use, then it might be useful to talk with someone you trust like a parent, teacher, school counsellor, family member or friend. A general practitioner (GP) is another good place to start when seeking help and information. You can also contact eheadspace, your local headspace centre, or Kids Help Line. If you wanted to talk to somebody about your Internet and gaming use.

 With the right support, most people are able to get back to enjoying the benefits that gaming and internet use can contribute to their lives.

### Where can I get help

If you or someone you know is going through a tough time you can get help and support from [headspace.org.au](http://headspace.org.au), your school or university wellbeing service or your local health provider.



**If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)**



**If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.**

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever to the use of or reliance upon this information. 15 April 2019

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health





# PARENTS SHOWCASE

HELP SUPPORT YOUR CHILD  
MAKE INFORMED CAREER CHOICES!



**SKILLS AND  
THRILLS**

## THE SHOW COVERS A RANGE OF HELPFUL TOPICS

- Industry Trends
- Jobs of the Future
- In-School Options: School-delivered VET, SBATs and EVET
- Apprenticeships / Traineeships
- TAFE / Private Training Providers
- Funding Options Available (Smart and Skilled)
- Useful Resources
- Opportunities to speak to parents whose child has chosen a VET Pathway

## A SHOW NOT TO BE MISSED!

**WHEN:** Wednesday 19th June, 5:30-7:00pm

**BOOKINGS REQUIRED:**

<https://eldersliehigh.eventbrite.com.au>

**COST:** Free

**LOCATION:** Elderslie High School

(School Hall), 40-48 Hilder St, Narellan NSW



**skillsone**

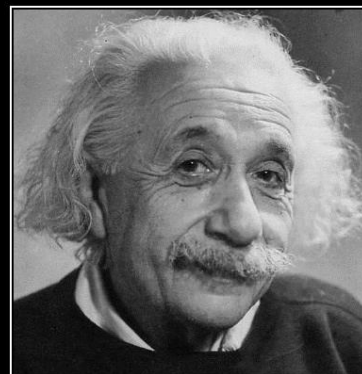
## EARN & LEARN STICKERS



Elderslie High is participating in the Woolworths Earn and Learn scheme to purchase resources for the school. Please help by shopping and collecting stickers from Woolworths – Narellan Town Centre, Springfarm, Camden and Mt Annan shops until the 25<sup>th</sup> June.

Students have been provided with a sticker sheet. Please bring completed sheets or streams to the boxes located in the student or Science offices.

Thank you for supporting this initiative.



**NOT EVERYONE CAN BE EINSTEIN  
BUT YOU CAN BE A GENIUS BY HANDING  
IN YOUR 'EARN AND LEARN' STICKERS!**

Elderslie High School  
40-48 Hilder Street  
Narellan NSW 2567

Phone: (02) 4658 1110

Fax: (02) 4658 0219

[elderslie-h.school@det.nsw.edu.au](mailto:elderslie-h.school@det.nsw.edu.au)

[www.elderslie-h.schools.nsw.edu.au](http://www.elderslie-h.schools.nsw.edu.au)

Excellence. Honour. Service.



## P & C MEETINGS 2018

**ALL** parents of students and interested members of the Elderslie community are invited to attend these meetings.

Our Meeting for 2019 will be:

**Tuesday 11 June 2019 at 7pm**

**PROPOSED CALENDAR – More detailed Calendar events can be found on our school website**

| Wk  | MONDAY                                                                                                           | TUESDAY                                                                                                                                       | WEDNESDAY                                                                                              | THURSDAY                                                                     | FRIDAY                                                                         |
|-----|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 7B  | <b>June 10</b>                                                                                                   | <b>June 11</b><br>P&C Meeting<br>Dance Transition<br>Rehearsal<br>K/O Open Boys Soccer -<br>Central Venue<br>Shakespeare Regional<br>Festival | <b>June 12</b>                                                                                         | <b>June 13</b><br>SSW Cross Country                                          | <b>June 14</b><br>State Semi Final Plain<br>English Speaking Award             |
| 8A  | <b>June 17</b><br>Dance Festival 17/6-<br>28/6 Dates TBC                                                         | <b>June 18</b><br>Pathways to Dreaming<br>Mentor Visits                                                                                       | <b>June 19</b><br>Umpiring Primary<br>Schools Netball Cup<br>5:30pm Skills and Thrills<br>Parent Forum | <b>June 20</b>                                                               | <b>June 21</b><br>Biggest Morning Tea<br>Open K/O Boys Hockey<br>Central Venue |
| 9B  | <b>June 24</b><br>Hurting Game<br>Presentation - Year 9<br>Skills and Thrills Parent<br>Forum<br>HSC Trial Exams | <b>June 25</b><br>Year 11/12 Pathways to<br>Dreaming Workshop<br>HSC Trial Exams                                                              | <b>June 26</b><br>HSC Trial Exams                                                                      | <b>June 27</b><br>Cheap Thrills<br>Presentation - Year 10<br>HSC Trial Exams | <b>June 28</b><br>HSC Trial Exams<br>Yr 11 Legal Studies<br>Excursion          |
| 10A | <b>July 1</b><br>Year 10 into 11 Subject<br>Selection Evening<br>HSC Trial Exams                                 | <b>July 2</b><br>Zone Athletics Carnival<br>Year 7-10 Reports<br>Issued<br>Dance Transition<br>Rehearsal<br>HSC Trial Exams                   | <b>July 3</b><br>Zone Athletics Carnival<br>HSC Trial Exams                                            | <b>July 4</b><br>HSC Trial Exams                                             | <b>July 5</b><br>Year 9/10 Pathways to<br>Dreaming Workshop<br>HSC Trial Exams |
| 1B  | <b>July 22</b>                                                                                                   | <b>July 23</b><br>Pathways to Dreaming<br>Mentor Visits                                                                                       | <b>July 24</b>                                                                                         | <b>July 25</b><br>Year 10 Vaccinations                                       | <b>July 26</b><br>CHS Cross Country                                            |
| 2A  | <b>July 29</b><br>Parent Teacher Night                                                                           | <b>July 30</b><br>SSW Athletics<br>HSC CAPA Evening                                                                                           | <b>July 31</b><br>SSW Athletics<br>CAPA Photo Day                                                      | <b>August 1</b>                                                              | <b>August 2</b><br>Year 11/12 Pathways to<br>Dreaming Workshop                 |



