



# PARENT BULLETIN

## SEPTEMBER 2020

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## PRINCIPAL'S REPORT

### COVID Update

In the last week, most of our families would have seen my update notifications around the Department's new COVID Guidelines. If you haven't seen these updates, they contain crucial information about what is presently allowable in school as well as a range of activities that are on hold. We endeavour to provide information in as many formats as we can but our preferred communication platform for lengthier news items is via email or Skoolbag App. If you don't have access to Skoolbag App, I do encourage you to download it from the App Store. If you believe that we do not have your current email address, please contact the office to have this changed. This will ensure that all parents are always up to date with what is going on.

Some of the most notable changes have related to the new requirement that all students and staff remain at home if they are exhibiting flu-like symptoms. In this situation, both students and staff are now required to obtain a COVID test and to show evidence of a negative test result to the school. This can simply be sent in as a screenshot to the school's email address at [elderslie-h.school@det.nsw.edu.au](mailto:elderslie-h.school@det.nsw.edu.au). Many parents may wonder about the symptoms they should look for in their children. These would include:

- Fever
- Cough
- Sore throat
- Shortness of breath
- Loss of taste
- Loss of smell

If your child is in the position of needing undertake a COVID test, it is worth noting that for Year 12 students, that the Department of Education has an understanding with NSW Health to fast-track all HSC students test results to allow them to get back to school as soon as possible. Please mention to the clinician that your child is in Year 12 in order to activate this fast-track process.



Most people would be aware that it is not long now until our Year 12 students graduate from school. Usually the final day for Year 12 is at the end of the term but this year, due to the interruptions created by COVID, Year 12 students will be able to access their teachers for additional revision lessons up to the very day before the HSC exams commence. This means that the official final day of lessons is Monday, October 19.

At Elderslie High School, we have long established traditions of festivities and celebrations in the run up to the last day of lessons for students. Some of these events sadly are not able to take place due to the restrictions currently in place. We are pleased that we will be able to have a modified Graduation Ceremony and this will be held on Friday, September 25 in the morning although it will not be able to be attended by parents. We do understand how much this will upset our families and for this reason, we will be providing a recording to all parents and students on a USB so that you can watch it at home.

In addition to the Graduation Ceremony, we have been given permission to hold a modified picnic day afternoon for our Year 12 students. This will also be held on Friday, September 25 and will take place at school. I would personally like to thank Mr Scott Atterton, our Year 12 Year Adviser for all his work around these events. He has worked incredibly hard to ensure that Year 12 can exit with the best memories we can leave them with at the end of their high school careers. Thanks also to Ms Natalie Martin, our Year 12 Deputy Principal and the Creative & Performing Arts faculty who are so very skilled at managing the tricky technical aspects of recording the Graduation Ceremony.

Finally, with regard to Year 10 and 12 formals, we are not in a position to definitely rule these events out just yet, but it is looking increasingly unlikely that the current ban on formals will be lifted. I am therefore strongly cautioning all parents against buying expensive outfits at this point in time for these occasions.

#### **Student Assistance Requests**

A reminder to all families that should you wish to apply for financial assistance through the school at any time, that you will need to put your request to me in writing. Your letter or email should state the items that you may need help with. Financial resources are certainly finite but we will do our best to support all families as much as we can.

#### **Student Successes**

You may have seen the exciting news on our social media feeds announcing that our very own Breanna Craig of Year 12 made the NSW finals last month of the Plain English Competition in public speaking. Elderslie High School has a long history of amazing results in public speaking and we were delighted to see Breanna achieve this fantastic level of success. Breanna was not named the winner, but it is extraordinary to think that she finished in the top 6 students in the state. The Plain English competition is also

cross-sectoral competition, meaning that entrants can be drawn from public, catholic or independent schools. I was so privileged to watch Breanna compete in this year's competition via Zoom and was extremely proud of her skills and knowledge as she presented her prepared and impromptu speeches.

Breanna and another Year 12 student, Jody Stevenson also achieved great results in the recent Zonta Club of Macarthur Awards. Jody received a certificate of participation in the category of Achievement Award for a Young Indigenous Woman whilst Breanna was named runner up in the Young Women in Public Affairs. I have included a photograph of both our girls with their awards and we certainly congratulate them both for their exemplary efforts.



#### **Director of Activities Program**

Earlier this term, we launched our new Director of Activities program of lunchtime games and activities. Mr Rowston and Ms Smith are co-ordinating this project for our school and to date, they have staged sports matches set to music such as volleyball and more recently, a paper plane challenge was planned. We have many more ideas up our sleeve and we can't wait to expand this program further. Student feedback so far has been very positive and they are loving the vibe that is created in our school each time these activities are staged. At present, we have been forced to scale back a little in line with new COVID regulations but we will keep thinking creatively to give our students a positive experience in the playground.

#### **Oak Grove Playground Renovation**

Many members of our school community would know that for a long time, we have wanted to renovate the Oak Grove section of our playground which is the section directly behind the library. The area is certainly looking far from its best and we have dreamed for quite a while of what it could look like and how it could be effectively used to the benefit of all our students. Some progress on design has now been achieved with the first draft drawing released to me this week following extensive consultation with environment engineers and staff from the Department's Assets Management Unit. The area is very

complex with compacted earth and significant drainage issues along with the fact that it features a number of She-Oak trees in very poor condition, all of which require removal. The proposal will see us retain the existing solar shelters for our students so that we can still access shaded areas when the She-Oaks are removed. The current gum trees will all be retained and we plan to put in even more trees to create shade in the years ahead. I am consulting with student leaders from Year 7-10 this week on the first design proposal and will also be showcasing this design in our upcoming P&C meeting for parents to see.

**Parents & Citizens Association – Tuesday, September 1, 2020**

Once again, our upcoming P&C Meeting on Tuesday, September 1 at 7pm will be held via Zoom. All regular attendees have been sent a personalised email with the link included but if there are other parents who would like to join us, please contact the school office so that the link can be sent to you.

*Kind regards,  
Mrs Jenny Lawrence  
Principal*

**FROM THE DEPUTY PRINCIPALS**

**Natalie Martin (DP Years 9 & 12)**

**Year 12**

Year 12 have now completed their final Assessment Task and are now in full preparation for the HSC Examinations. Students will receive their final report in the last week of this term. We will be including their mark for their final assessment and their rank for the whole course per subject on each report. It is also essential for families to contact the school when a child is too sick or unable to complete an HSC examination. Students who are unable to complete an HSC examination must collect an HSC Illness/Misadventure form from Ms Martin and take Part C of the forms to a GP who will fill in this section to support the illness or misadventure. Similarly, the Police can fill in the relevant section if there has been a misadventure.

Students are expected to remain at school for full days up until the end of this term. This includes when students have private study during period 4. We expect students to remain at school so they can use the time effectively to prepare for their upcoming HSC examinations. The school has provided EDROLO which is an online tutorial program that also includes HSC preparation tests. This program is available free of charge to all Year 12 students for 10 different subjects. All students in Year 12 are encouraged to access this program during all private study lessons.

I would also like to reinforce that I maintain high expectations of behaviour for students in Year 12 up until the HSC and during the HSC. Any student who fails to follow the school expectations, respect property of the school and others may be suspended and or not permitted to attend the Picnic Day on the last day of the term. I

would like to remind parents that during the HSC examinations, all Year 12 students are expected to wear full school uniform.

Finally, this has been a really tough year for our Year 12 students and as a school we would like to provide some positive and happy memories in their last few weeks of school this term. We have reviewed the COVID guidelines for Term 3 and students can look forward to a mufti day, Graduation and picnic afternoon in their final week this term.

**Robotics**

For the last three weeks I have been coordinating a robotics club every Tuesday in the library. Our school has entered a Lego League competition that will run in November this year. Interested students are welcome to come to the library and join in with building Lego and programming the Spike Prime Lego robotics to do challenges. The theme this year is RePLAY which aims to encourage students to think creatively about promoting physical activity. The team will build a robot using LEGO® elements and technology. They program it to autonomously complete a series of missions in a 2.5-minute Robot Game to score points. The robot starts in the launch area, tries missions in the order chosen by the team, and then returns anywhere into home. The team can modify the robot when it is in home before launching it again. The team can have up to ten team members. Interested students can register their interest with Ms Martin.

*Mrs Natalie Martin  
Deputy Principal  
Years 9 & 12*

**Dale White (DP Years 8 & 11)**

In Term 3, the students of Years 8 and 11 are continually working hard to consolidate their learning. For Year 8 we have held our first virtual recognition ceremony in Week 5. It was very pleasing to see many students be recognised for their efforts in the first half of this very different year. I am impressed by the number of merits awards the students are collecting and submitting also. This demonstrates the effort and attention to detail that the students of Year 8 are undertaking. Recently all students in Year 8 have completed their elective subject selections for the next 2 years. We are currently compiling those choices and if required, will speak with your child soon about the steps to complete if their chosen subject is full. I was impressed with how the vast majority of students completed their selections on time and I encourage both student and parents to review the elective website again to ensure they are fully aware of the expectations and requirements for each subject.

Year 11 are currently finalising their learning as we approach the end of their preliminary course. Year 11



students should start their preparations for their Yearly exams (Weeks 9 and 10) now so they can maximise their results in these final assessment tasks. All students need to attend their exams as they are the final assessment task for the Year 11 course and if any student misses an exam they should complete an Illness and Misadventure form ensuring they also have the required documentation to support their absence, (i.e. Doctor's Certificate). There are currently some student who have missed classwork or assessments from previously in the year. It is imperative that all students complete all work during these senior years to consolidate their learning. Students can not 'opt out' of learning at Elderslie High School and successful completion of outstanding tasks will be imperative prior to beginning the HSC year. Please initiate the conversation with your child to determine if they have completed their outstanding N Warning tasks as a matter of urgency.

Recently, all staff have undertaken training to transform the learning that occurs in the classroom. Staff are enhancing their explicit teaching practices to ensure that your child understands the actual learning that is taking place in the lesson. To support staff in this endeavour, please ask your child 'what they learnt at school today'. Many students are comfortable in telling us what they did at school but we are trying to explicitly assist them with their understanding by adjusting the conversations to what they learnt. If your child can comfortably tell you what they did, please ask again to delve into what they learnt as a result of the tasks they did. Your support in this research and evidenced based endeavour will reinforce the learning your child undertakes at school and support them in their reflection on all facets of their lives.

**Mr Dale White**  
**Deputy Principal**  
**Years 8 & 11**

## **Joanne Amos (DP Years 7 & 10)**

### **Year 10 - Semester 2 Update**

Last week Year 10 were informed that if the current guidelines for Covid-19 continue, it will be most likely that the End of Year Function will be cancelled. Students were advised not to purchase attire at this stage and as soon as the Term 4 Covid-19 guidelines are released, we will be able to notify students and families if it is possible to hold the event this year.

Students were also addressed by myself and Mrs Lawrence about the importance of tolerance and accepting of difference following a few recent incidents that have occurred. We reminded Year 10 that school needs to be a safe place for all students and that while it is good to develop their own opinions and views, they need to be ensure that when they use social media or interact at school they must not be discriminating against another person based on their disability, gender, race, sexuality or

any other characteristic. We also reminded the students that in NSW many types of discrimination are against the law. We would appreciate it if parents could discuss this importance of this issue with your child and remind them that the school discipline policy will be implemented when students breach the Code of Conduct.

### **Year 7 – Police Cyber Safety Talk**

On Thursday 27 August, all Year 7 students attended a cyber safety talk by Sergeant Gornall and Senior Constable Sumerta. They spoke about the responsibility students have when using their mobile phones safely and how having inappropriate images or videos on their phones can lead to significant consequences at both a school level and with the police. They advised all students to remove any inappropriate images from their phones and to think carefully about what they do share on social media, as well as, if you are not friends with the person in real life, then do not have them as a follower. One piece of advice they gave, was that if they would not be happy for a grandparent to know about it, then they should not do it. The students were very engaged throughout the talk and we hope that it is a timely reminder for many of them who are learning to carefully navigate to world of social media and friendships.

### **Office Duty**

Our school has a long-standing program where students in Year 7 and 8 do Office Duty. It is task that involves student being on duty for 2 periods, once in Year 7 and again in Year 8. It is an excellent way for students to contribute to the school community and uphold the school's values of Excellence, Honour and Service. Office duty students are given simple administrative tasks, and it is a great way for them to interact with our administration staff and assist when a student is requested by a staff member. If any parent would prefer for their child not to participate in this program, please provide a written request to the school.

**Mrs Joanne Amos**  
**Deputy Principal**  
**Years 7 & 10**

## **Careers**

We ran two successful White Card courses earlier in the term where 40 of our students were successful in completing and obtaining this qualification. Congratulations to those students. Unfortunately, due to the latest restrictions, I am unable to organise another course this term.

Please note the changes to the process for Work Experience. I cannot give you the necessary paperwork until I have seen the Covid- 19 Safety Plan for the business

you are doing Work Experience with. Work Experience will not and cannot go ahead without this Safety Plan.

Once the Safety Plan has been sighted, students must fill in the Work Experience Preparation booklet and return it to me at least ONE WEEK prior to their Work Experience. This booklet should be returned with the other Work Experience paperwork. Thank you for your understanding of and cooperation with this.

Year 12's are reminded to complete their UAC application form before September 30<sup>th</sup> to avoid the late fee. Western Sydney University are still accepting applications directly through their portal. Students should hear in the next few weeks if their Early Entry applications to the University of Wollongong have been successful.

Please see below for UAC Key Dates for 2020/2021:

*Dates are correct as at 15 May 2020 but may be revised in response to COVID-19. Times indicated are based on Sydney time.*

#### Application dates:

Wednesday 30 September 2020 Early bird applications close\*\*

Friday 5 February 2021 Applications close for semester 1, 2021

Some courses have early closing dates set by the institutions. Check the course descriptions on UAC's website at [uac.edu.au/search](http://uac.edu.au/search).

**\*\* To avoid a higher processing charge, early bird applications must be completed, paid for and submitted by midnight on Wednesday 30 September 2020.**

#### Processing charges:

Early bird Standard: Wednesday 1 April – midnight Monday 30 September 2020 \$70 Tuesday 1 October 2020 – Friday 5 February 2021 \$200

All fees and charges are in Australian dollars, not refundable under any circumstances (except as required by law) and subject to change after 30 June 2020.

Applications must be completed, paid for and submitted by midnight on the relevant closing date.

#### Year 12 Results and ATAR dates

All dates determined by external organisations are subject to change.

2020 NSW HSC students 2020 ACT Year 12 students: Friday 18 December 2020 (originally 15 December 2020) Tuesday 15 December 2020 (TBC)

2020 NSW HSC results released by NESA from 6am

ATARs released by UAC on UAC's website from 9am

#### R Whitfield, Careers

## SRC REPORT

### Thinking Of You – A Beyond Blue Fundraiser

As a follow up to EHS initiative 'Thinking Of You' – a new initiative encouraging students to promote positive wellbeing and remind others that you care, (ran by Charlotte, Adam, Will (Year 10) and Jeremiah (Year 9), the SRC students are proud to announce that this was discussed by our local parliamentary member Peter Sidgreaves in Parliament on the 12<sup>th</sup> of August. Along with the recorded video shared on social media, and a summary of the event itself, the students were recognised with an embossed certificate acknowledging their efforts in bringing the community together during this terrible time. The \$300 contribution to Beyond Blue, and this mention at a state level reinforces the importance of caring for one's mental health and checking in with others.

### Red Apple Day – Bowel Cancer Australia

On Friday the 31st of July, SRC, with the help of our Year 12 Hospitality Pastry Chefs (in the making!), ran an apple themed stall to raise much needed funds for Bowel Cancer Australia. The day, aligned with the national day of recognition, awareness and giving, usually held on the 17th of June, was a success, selling out of 200 Apple Turnovers, Toffee Apples and Poppers, raising just under \$300. We are proud to support the 15,000 victims, families and friends who will be affected by this disease annually. As the second biggest cancer killer in Australia, we hope that our contribution will assist in bringing awareness and acknowledgement to this life-threatening disease. Well done SRC & Year 12 Hospitality Class.



Chelsea Luc & Lydia Oreskin – Year 12 Hospitality Class



Amanda Condon & Kiara Woodhouse –  
Year 9 SRC Members



Cassandra Kiggins & Kayla Fisher serving Mr Buckley

### Upcoming Mufti Day – Genes for Jeans Day

The next Mufti Day for students will be held on **Friday Week 7**, to support Jeans for Genes Day. Supported nationally, the Children's Medical Research Institute seek support our community to support research that can assist in the diagnosis and support for children who suffer from genetic diseases. Today, the statistics are alarming, with 12 Aussie kids born with a birth defect or genetic disease every minute. So far, the initiative, usually held on August 7, has raised over \$400,000 to develop a gene therapy cure for Propionic Acidemia, inherited blindness, and more. We are proud to support this cause annually at EHS.

We are reminding students that despite being in Mufti, they are to wear appropriate clothing for practical subjects and lessons.

### The Biggest Morning Tea – Cancer Council Australia

Due to revised Covid-19 guidelines by the Department of Education, SRC revised their plan for "The Biggest Morning Tea" – an event held annually with Year 12 Students and Staff – to allow social distancing to occur. As a result, Year 12 students have been provided with their invitation to join in, for the "Biggest Pizza Luncheon" to be held on Friday of Week 8.

Elderslie High School annually contribute to this national fundraiser, to support the Cancer Council and their contribution to the lives of thousands of Australians suffering from all forms of cancer. We ask, to assist in achieving our target, that you donate, large or small, to raise much-needed funds for life-saving cancer research, support services and prevention programs. By joining EHS, or supporting our school in this goal, we can fund world-class research to unlock more answers and get us closer to a cancer free future.

To donate to the school page, see this link:  
<https://www.biggestmorningtea.com.au/fundraisers/EHSCancerCouncil/ehs--s-biggest-bbq-luncheon>



### Aboriginal Education

#### Junior AECG Meeting

On the 12th of August a couple of students from Elderslie High School had the pleasure OF hosting the Junior AECG meeting. This is where Elderslie High School and surrounding primary school Aboriginal students all met together to learn about their culture and get more involved with it. The first meeting was hosted at Elderslie High School. We made lemon myrtle chocolate crackles and then had our meeting where we met each other and discussed what we will be doing for the next meetings. We also received our Junior AECG badges. Lemon myrtle is a traditional ingredient from Australia and was used by Aboriginal people for flavouring fish dishes, and to treat headaches by crushing and inhaling the leaves. All the

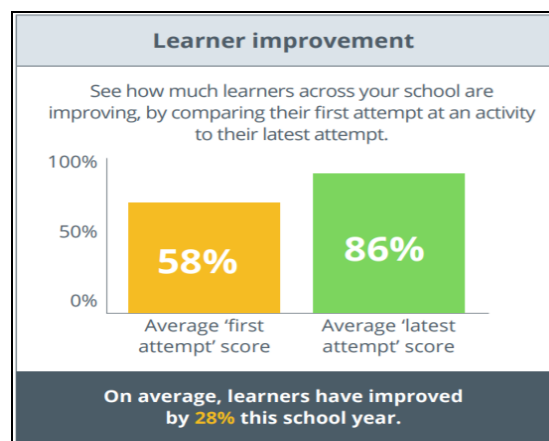


primary school students had so much fun and loved the crackles. Thank you to everyone that made the day so fun and special for all the students that attended.

**Maddison Saul, Year 9**

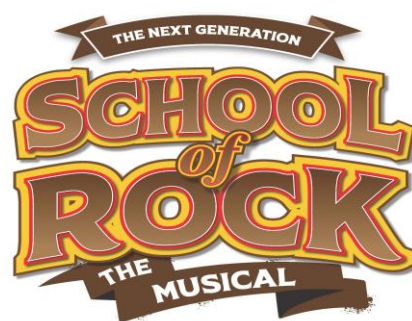


## Mathletics Homework



Students Years 7-10 have Mathletics homework every week, due Week 2 of each term. Follow your child's progress by logging in to <http://core-api.3plearning.com/ParentCentreService/ParentRegistration.aspx>. Contact the Mathematics Faculty if you need your child's log in details.

**The Mathematics Faculty – Making Homework Count**



## School of Rock 2020

Unfortunately, due to the latest COVID restrictions we have made the sad decision to cancel *School of Rock*, for **this year**. Prior to the latest COVID 19 restrictions we were progressing steadily towards opening night, so the CAPA Staff, Cast, Crew, VA Club and Orchestra were all hoping to bring you an amazing Musical performance in Term 4. Rehearsals during sport time had resumed and it was hoped that Extended Musical Rehearsals would have resumed last week. But due to the latest updates related to singing and musical instrument use we were forced to make the sad decision. At this stage the Musical group are still working on their drama and dance skills during sport rehearsals and we will continue working towards Musical 2021.

**Creative and Performing Arts Faculty**

## Public Speaking & Debating Update

Congratulations to Breanna Craig from Year 12 on competing so strongly in the **State Final of the Plain English Speaking Award** on Friday 7<sup>th</sup> August 2020. What an amazing achievement in such a challenging year.



Year 7 – 11 Debating teams have commenced training for the **Online Debating Program**. Stay tuned for more information. Best of luck to all of our teams in the coming weeks!!

**Ms Dennis**



## CAPA Update

Unfortunately, due to the challenges of 2020 many of our events, performance opportunities and ensemble rehearsals have been cancelled. We had just resumed rehearsals with our ensemble groups and the latest updates to the COVID restrictions were released. Due to the fact that many of our groups are across year groups and stages we have had to cancel these rehearsals until at least the beginning of Term 4. Dance Company, Dance Ensemble, Ballroom Dance Ensemble, Dance Show Team, Dance Transition Ensemble and Orchestra after school are all cancelled until further notice.

Due to the latest changes around singing and musical instrument use the Vocal Ensemble and Orchestra rehearsals, during Rollcall, have undergone some changes. Our Vocal Ensemble are doing some aural analysis and some of our talented instrumentalists are learning the basics on a new instrument. The CAPA Faculty are very proud of the resilience our students have shown in a very difficult year.

Visual Arts Club on Wednesday afternoons from 2.30 – 3.30 pm will continue. Junior Drama Ensemble rehearsals on Wednesday mornings from 8.00 – 8.55 am can also continue. Regular updates and reminders will be provided through Google Classrooms and Daily Notices about any changes to this structure.

Congratulations to Zayne Lewis, Kathleen Van Niekerk, Mia Benson, Jessica Furnari, Lizzie Josiah-Angelou and Mr Webb for organising an amazing **Zoom performance for the residents of Carrington Nursing Home** on Wednesday 12<sup>th</sup> August. Thank you also to Mrs Bachner for coordinating the event. The students loved performing and the residents really enjoyed having some contact with the youth of today. Not as good as when we can go and perform at Carrington, but the next best thing!!!

Congratulations to Ellena Andronicus, Rihanna Asgill, Rohan Jenner and Lana Lawson of Year 8 on the selection of their artworks for **Operation Art**. We look forward to seeing your artwork framed and on display at Homebush or Online later in the year.

Congratulations to Allan Barker from Year 9 on the selection of his artwork for **Aboriginal Student**

**Achievement Artwork Competition.** We look forward to hearing the outcome of this competition in the future.

Congratulations to the **HSC Dance students on surviving their Practical Examinations** on the 10<sup>th</sup> August 2020. Well done to all of the students involved.



Congratulations to the **HSC Drama students on surviving their Practical Examinations** on the 24<sup>th</sup> August 2020. Well done to all of the students involved.

The **HSC Visual Arts students** will submit their Major Works on the Monday, 14<sup>th</sup> September 2020. Good luck to all of the students involved.

The **HSC Music Practical Examinations** are approaching. Music Practical Examinations will be on Thursday, 17<sup>th</sup> September 2020. Good luck to all of the students involved.

Stay safe and be creative everyone!!

## CAPA Faculty

## Faces of EHS

### What is your proudest moment?

I compete in gymnastics and I am in level 6. I train four days a week. My favourite apparatus is beam. I like gymnastics because I get to meet lots of different people and it's fun.

My proudest moment would have to be when I had worked so hard over the competition season and went to the State Challenge. I got three seconds and 1 first ribbon. I also won a gold medal in the overall point score.

**Emma Brooker, Year 9**





### What do you love about EHS?

I have been at EHS for over 5 and a half years now. Over the time I have been here, both as an English teacher, a HSIE teacher, and as a casual teacher, it is hard to pick one specific aspect that I love most about the school. I am extremely blessed to work with (the best) Faculty (HSIE & Social Science), in who, our past Head Teacher, Mr Raeburn and current, Ms Cavaleri, have put trust in me, as an Early Career Teacher to mould my pedagogy and skills. I am thankful for the wonderful students, who inspire me to be the best teacher I can, in whom I try and create fun and engaging lessons for. The students, I love seeing that 'light bulb' moment, and willingness to get involved, whether it is a debate on social issues, or to push their own positive initiatives to encourage and support others. I love hearing stories of past students who have become active citizens in their own field, and often, going into careers inspired by their learning in my class. Those are the moments you inspire to have as a teacher, and I am so fortunate to have experienced those in my few years teaching.

#### Ms Mulligan, HISE Teacher



middle of winter and then waiting for the Sun to be at the perfect angle or that perfect wave. When you see the final photo, you see that it was all worth it. It's also given me an opportunity to see a lot of things that I would never had otherwise had the chance to see and I won't lie, it's been pretty cool to meet some famous people along the way.

#### Ashley Mills, Year 8



### Tell me about your modelling

I started modelling when I was 8. My Mum saw an ad that needed some extras for a photo shoot and she rang up and they asked me to come down. After the photoshoot the photographer asked Mum if I was interested in doing any more shoots and referred us to a Modelling Agency. Since then, I've had regular photoshoots for magazines, brochures and fashion designers. My highlights so far, have been travelling overseas to have a photoshoot in Munich, Germany last October and getting a few covers for some magazines as well as a Rebel Catalogue.

I enjoy modelling because you get to meet so many different people from so many different walks of life. There is also a lot of satisfaction after sitting through hours of makeup and wardrobe. Standing in the ocean in the

## Vaping/e-Cigarettes - Important Information for Parents/Caregivers

The use of electronic cigarettes is becoming more popular, particularly among high school students in Australia. Given that these devices are designed to look like everyday items such as highlighters or USB memory sticks, we felt it was important to provide our parents with current information that they can use when talking with their child.

Unlike smoking cigarettes, where the smell of smoke lingers on the clothes and breath, it is extremely difficult to know if your child is using e-cigarettes, as e-cigarettes leave little odour, making them particularly easy to conceal and use discreetly.

### What are e-cigarettes?

Electronic cigarettes are battery-operated devices that heat a liquid to produce a vapour that is inhaled. The fluid usually contains propylene glycol, glycerol, nicotine and added flavouring(s). The devices are designed to deliver the aerosol directly to the lungs. Often the vape is flavoured, such as watermelon, pineapple or apple, adding to the appeal for younger users.

### What do they look like?

While some resemble conventional cigarettes, the ones most popular with teenagers look like brightly coloured highlighters or USB memory sticks. This adds to the appeal for you people and it also means it is much harder to notice if someone is in possession of one. Below are some images.



### What are the health risks?

Hazardous substances have been found in e-cigarette liquids and in the aerosol produced by e-cigarettes, including formaldehyde, acetaldehyde and acrolein, which are known to cause cancer. Some chemicals in e-cigarette aerosols can also cause DNA damage.

Whilst e-cigarettes do not produce the tar produced by conventional cigarettes which is the main cause of lung cancer, many scientists are concerned that using e-cigarettes could increase the risk of lung disease, asthma, heart disease and cancer. There is growing evidence regarding the link between vaping and severe lung disease. Fatalities have occurred with a direct link to vaping in the U.S., and whilst rare, serious injury to the face has occurred as a result of a malfunctioning e-cigarette.

While the damaging impact of smoking tobacco is well known, the short and long-term health effects of e-cigarettes are still being researched.

The pre-charged, disposable products contain 50 milligrams of nicotine which is the equivalent of two and a half packets of cigarettes.

### What is the law regarding the use of e-cigarettes?

In Australia, it is illegal to use, sell or buy nicotine for use in e-cigarettes. It is illegal to sell e-cigarettes and accessories to a person under 18 years of age. Anyone who sells cigarettes or e-cigarettes to someone under the age of 18 can be heavily fined.

### What is the school's position on the possession or use of vapes?

Any student who is found to use, be in the possession of or is involved in the distribution of e-cigarettes/vapes at school is in breach of the School's Behaviour Code for Students and will be dealt with according to the School's Discipline Policy. It may also become a police matter if the behaviour is illegal.

We encourage you to have a conversation with your child in addressing these issues. If you have any questions or concerns, or would like further confidential support/advice please contact the school via your son/daughter's Deputy Principal or Year Advisor.

If you would like more information, additional resources can be accessed using the links below.

Alcohol and Drug Foundation – Fact Sheet

<https://adf.org.au/drug-facts/e-cigarettes/>

**30<sup>th</sup> July 2020 Disposable e-cigarettes infiltrating Aussie schools | A Current Affair**

<https://www.youtube.com/watch?v=521e784hUP0>

## **P & C MEETINGS 2020**

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

Our Meeting for 2020 will be:

Tuesday, 1<sup>st</sup> September 2020  
(via Zoom)



