



# PARENT BULLETIN

## OCTOBER 2020

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## PRINCIPAL'S REPORT

### School & Student Successes

In late Term 3, the highly prestigious annual Public Education Foundation Awards were announced. I am delighted to share with you the news that Elderslie High School has once again been acknowledged in a wide range of categories, showing that our students and staff are working at an exceptional level. Firstly, our two school captains, Cassandra McMurdo and Lachlan Taylor were both recognised as recipients of the Minister's Award for Excellence in Student Achievement. There are only 35 of these awards allocated to the whole of NSW and for our students to receive two of them is nothing short of remarkable. Lachlan and Cassie have been incredibly focused and diligent students right throughout their high school lives, capably juggling both their academic loads with their leadership roles. They are strong examples of the very best that public education stands for. In addition, Mrs Rebecca Ferris, our substantive Head Teacher Science was acknowledged as the recipient of the Minister's Award for Excellence in Teaching. This award recognises staff who deliver the highest quality education to their students whilst contributing to their professional communities. Finally, Elderslie High School's Business Manager, Mrs Denise Russell was awarded a Secretary's Award for Excellent Service. This is once again, a highly sought-after award for non-teaching staff within schools who have shown an outstanding effort in improving the quality of school environments within the NSW education sector.

In other exceptional news, we were thrilled to learn that one of our outstanding Year 12 students, Elijah Armstrong has been shortlisted for "Encore", which many of our families would know is the annual NESA showcase of the very best performance pieces from HSC Music students. Elijah is an amazing guitarist who has entertained us all for years at Recognition Assemblies and other Creative & Performing Arts events at Elderslie High School. We wait with bated breath to learn whether Elijah has made it to the final showcase but we are delighted at this level of success, all the same. Elijah and his teacher, Ms Prigg are congratulated on this exceptional achievement.

Finally, Elderslie High School has also be advised that four of our Aboriginal students have been successful in receiving an award as part of the 2020 Aboriginal Student Achievement Awards. These students are:

Briannan Eggert (Year 11) - KARI Foundation All Rounder Initiative

Henry Rouland (Year 9) - Leadership, Citizenship and Community Service

Ben Kitchen (Year 8) – Numeracy

Allan Barker (Year 9) – Creative Arts

These awards were judged by the Aboriginal Student Achievement Awards Committee at regional level and I am told that the standard across our whole region of students being nominated was very high this year so we are extremely pleased to find that four students were recognised. Unfortunately, due to COVID, the annual regional ceremony will not be held this year so we will present our students with their medals and certificates at school level when they arrive in the school. I have included a photograph of the four students below:



### Captaincy Team 2021

Another momentous announcement that took place late in Term 3 was the unveiling of the Captaincy Team for 2021. The Captaincy Team is made up of eight exceptional student leaders who have all excelled as Prefects during 2020. Our School Captains for 2021 are Alice Haggerty and Josh O'Flynn and our Vice Captains are Erin Bloor, Katelynn Van Niekerk, Stephanie Weeden, Hatib Noman, Emily Szalajko and Briannan Eggert. Please refer to Ms Farrar's article in this edition of Parent Bulletin about the process we used this year. I am confident it will most definitely be of interest to our families and in particular, to Year 10 students who have all this ahead of them!



### Staffing update

This term, we have relative stability in the staffing operations of the school. The only changes are that Mrs Shanie Nath continues as Relieving Head Teacher Science whilst Mrs Rebecca Ferris is on maternity leave. We welcome Ms Lauren Maher to the school as a regular casual teacher and Ms

Megan Dunn as a member of the Science Staff. Ms Dunn will relieve whilst Mrs Ferris is on maternity leave.

### Farewell Year 12

What a wrap up for our Year 12 students of 2020! As everyone knows, this year's HSC students have had the most challenging of years and for quite a while, we were not sure we were going to be able to give them very much at all in the way of special events as they exited the school in Week 10 of Term 3. With some serious negotiation however, we were able to hold a graduation ceremony at school on the final day and though we were saddened not to be able to have parents in attendance, we still had a special ceremony. We look forward to the recording of the event being completed so that we can give a copy to every family as a gift. When they are ready, I am so hopeful that they will become a treasured memento for each student and that families will be able to gather grandparents and other loved ones together and arrange a screening at home so that you can try to capture a bit of the feeling of the day. I would like to extend a very special thank you to Mr Scott Atterton, our Year 12 Year Adviser who did an outstanding job with this year group and also to the Creative and Performing Arts staff who assisted so much in the organisation of the event. We will really miss our Year 12 students and wish them every success in the future. Please refer to Ms Martin's update for further Year 12 news.

### COVID and the HSC Examinations

The Department of Education is supporting all high schools to protect the health and safety of all our Year 12 students as they prepare for the HSC examinations. Elderslie High School has undertaken extensive planning to minimise the risk of disruption to each examination and to prepare contingency plans in the most unlikely event that a positive case of COVID is diagnosed in the school community in the middle of the month on HSC examinations. Whilst I have no desire to alarm our students and their families, I have every confidence that we have prepared for all possibilities and this should provide a great deal of comfort and reassurance to our students.

Should there be a positive case during the HSC resulting in Elderslie High School being closed for deep cleaning, the school has negotiated alternative venues at our partner primary schools of Spring Farm, Mawarra and Elderslie Public Schools. We are very fortunate to have the unequivocal support of each of the principals from these schools and whilst their school auditoriums are not as large as our own, we have mapped extensive planning that will only be called on if we need it. Parents and students should check our Skoolbag App and Facebook page for updates if we have reason to enact our COVID contingency plan.

Parents should be aware that should a Year 12 student be unwell on the day of an HSC examination, they should not attend. It is crucial that students in this situation visit their GP and obtain medical documentation as well as a COVID test which will support their misadventure application. Should students arrive at the examination with flu-like symptoms, they may be asked to leave. For this reason, students with

known illnesses or a clinical history that may look like COVID symptoms such as hayfever should provide written assurance from their GP that the symptoms they are displaying are normal for the students. All students have already been provided with this advice, so this notice is merely a reminder. If there are any questions from students or families about sickness during the HSC, we urge you to contact us via telephone on the morning of the examination so that we can support you. Ms Martin, our Year 12 Deputy Principal is the person to ask for in this instance. Please note, it is not possible to reschedule an HSC examination under any circumstances, so it is therefore crucial that students let us know of any illnesses they are experiencing.

#### **General COVID update**

The Department has released its guidance requirements for school to implement in Term 4 related to continued management of the COVID pandemic. Some important updates for parents include:

- For the large part, we encourage parents who need to consult with school staff to do so via the telephone to reduce the number of adults on the site. There are some exceptions to this such as for enrolment interviews, welfare and discipline based issues etc. All parents who do come onto the site are required to sign the Department's external visitor's declaration form regardless of the frequency and duration of the visit.
- Parents are able to enter the site for the Uniform Shop however we still encourage online ordering where possible. If parents need to bring Year 6 children onto the site to be fitted, this is acceptable but they must go directly to and from the shop only. Again, the external visitors form must be completed.
- Visitors to the site need to be aware of the physical distancing, health and hygiene measures required by the school.
- Students must not come to school if they are unwell and have flu-like symptoms, even if these are mild. Flu-like symptoms include fever, sore throat, shortness of breath, loss of taste or smell. Students who do come to school with such symptoms will be sent to sick bay and parents will be called to collect students. All students in these circumstances must have a COVID test and must show evidence of the negative result to the school before their resumption. A screenshot emailed to the school is considered satisfactory evidence.
- Year 12 students preparing for the HSC are reminded that when seeking a COVID test that they may state that they are HSC students which will expedite the processing of their test results. There is an understanding with NSW Health that allows this to occur.
- The school continues to limit activities where it involves the intermingling of students in different stage groups or year groups and we continue to restrict our assemblies to 15 minutes or less.

- Orientation Day for Year 6 students transitioning to Year 7 will be able to go ahead. This is scheduled for Tuesday, December 1.
- We remain uncertain at this stage about whether Presentation Evening will be able to go ahead in the final week of the school year

#### **Gates at Elderslie High School**

Many of our families will know that only two years ago, we had an automatic gate installed in our front carpark as part of the Schools Renewal project and major renovation we had in 2018. At the present time, we are having a similar gate installed in the back car park, closest to the Agriculture plot and school farm. This second gate is a welcome addition to the school's security arrangements. We ask all our families to note that entrance into the staff carparks is not permissible for parents and students and there is no parking available on the campus for these group. Despite this always having been the case though, we have recently had a number of parents trying to drive into the back car park which is incredibly unsafe for our students, especially our Support Unit students, whose classrooms are in that part of the school. We ask all our families to follow the signage and to collect children from Hilder or Harrington Streets if they need to pick them up directly.

#### **Customer Service Survey**

From time to time, we seek the input of our families and community members in the ongoing process of school improvement. In the first few weeks of Term 4, we are participating in a 360° Reflection Survey in order to look at communication and customer service. Each family should have received an email from the Department of Education inviting them to participate in this survey. If you have not received one, please let our office know as it might mean we do not have the most up to date email address for you.

*Kind regards,  
Mrs J. Lawrence  
Principal*

#### **FROM THE DEPUTY PRINCIPALS**

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

###### **Year 12**

At the end of Term 3 Year 12 completed their final week of school. Due to COVID-19 we were not able to have our traditional events. We were required to improvise and students were able to participate in a mufti day where they dressed as their favourite, decade, an in school graduation ceremony and a picnic day on the oval which was moved to the COLA due to the weather.

To make the occasion special, Miss Wilson and Mr Atterton organised graduation stoles and graduation cookies respectively, which was a great surprise to our students. Mr Atterton also organised a graduation balloon arch so that students could have their photos taken to remember the

occasion. Thank you to our P&C who donated drinks and sweets which were provided to all students in Year 12.

The school arranged to video the ceremony and every student will be given a copy of this on a USB so that families can celebrate and watch it with their child at home. After the ceremony students sat together in their friendship groups and went through their year book. It was really nice to see students chatting, laughing and looking at the photographs as a reminder of many significant events from the last six years.

I am very proud of this Year 12 group and how they have conducted themselves throughout the entire year. They have dealt with many COVID related challenges and have managed to graduate their HSC year with smiles and positivity. I would like to thank Miss Wilson for her unwavering support of all students in Year 12 and I would also like to thank Mr Atterton who has been their Year Adviser for the last six years. He has done an exceptional job in this role, looking after the welfare, administrative and organisational needs of his students.



### HSC Examinations

Students will commence their HSC examinations on Tuesday, 20<sup>th</sup> October. In the lead up to the HSC, I worked with Mrs Lawrence and our Director to develop a plan in the event of a positive COVID-19 case at EHS during the HSC. If this occurs students may be required to sit an exam at one of the alternative venues, which are Elderslie, Mawarra, and Spring Farm Public Schools. All relevant information regarding this alternate plan has been emailed to Year 12. If we are required to use an alternative venue, we will be communicating this information to parents via email, Skoolbag App and the school Facebook page. Students will be informed via the Year 12 Facebook group and they have been asked to check the school Facebook page daily during the HSC.

Students must turn up to examinations no more than 20 minutes prior to the commencement time and they must sign on for every examination. If students have COVID symptoms, they must stay at home and arrange to have a COVID test. The school must be provided with the results before they can return to sit any further examinations. If this occurs students can submit an Illness/Misadventure form which will be supported by the school. I will be asking and checking students to make sure they are well and I may be required to ask students to leave the school if they have cold or flu like symptoms. If students are unable to attend an examination, they must arrange to contact the school and collect Illness/Misadventure forms from myself or from the HSC Presiding Officer.

### Formal

The Year 12 Formal is going ahead on 12<sup>th</sup> November and is being held at Panorama House. Students will be required to complete their clearances and return all of their text books before they will be issued with their formal ticket. I look forward to seeing all Year 12 students at this event where they can celebrate and enjoy the completion of their HSC Year.

**Mrs Natalie Martin**

**Deputy Principal**

**Years 9 & 12**

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

Welcome back to Term 4 to the students and families of Years 8 and 11. In what has been a strange and disjointed year, I have been pleased with the behaviour and attitude of the majority of students as they remain resilient through these changing times. As COVID-19 still is present in the community I would just like to remind our students to stay safe and healthy as we prepare for the final assessments for Year 8 and first assessments for Year 11 in their HSC year. Those students with flu-like symptoms are reminded to get a test completed immediately and stay home when symptoms are present.

Year 11 students are currently starting their HSC courses in their subjects. Some students may choose to change their pattern of study this term in preparation for next year and the students have been briefed on this process recently. Those students who are adding an extension subject to their pattern of study will be the first students to undergo our HSC and Career Support interview. All students wishing to adjust their pattern of study will need to undergo our reflection and planning process to ensure we have fully provided the support and guidance they require. The students will be required to explore their answers to questions similar to the following-

- What are your goals for after school?
- What are your career options?
- If you would like to go to University or TAFE, where is the course you are considering held?
- What is the ATAR or entry requirements for your chosen course?
- Why do you think you need to change your pattern of study and what are you going to do with your additional study time available?

We have found that sometimes the students are choosing to drop or remove subjects from their pattern of study that may not be their best choice or ones that will impact on their future career pathway, TAFE or University entry. Sometimes students change their opinion about a particular subject in the HSC year as there is different content being explored. This change of subject process for students in year 11 is quite comprehensive and rigorous and will mean the majority of students will not be able to change out of these subjects this year. Students will be informed by myself when they can begin their private study time. The private study time will occur in our Senior Study Area which is supervised by our Senior Student Mentor, Ms Wilson. Students must actively make

appropriate use of their time during the study sessions in the Library and must remain in the Senior Study Space until the completion of the school day. Students are also receiving the required information from NESAs for successful completion of the HSC during year meetings and assemblies. Unfortunately, in 2020 we are unable to hold a parent information evening to inform you of the requirements so I encourage you to discuss these with your child to reinforce their understanding.

For Year 8 this term the emphasis should be on finalising their learning for the year. The students will have examinations and assessments that will wrap up their understanding in each of their subjects. I urge all students to complete all their tasks to the best of their abilities and ensure they always demonstrate their best efforts. Student reports will be issued at the end of the year. Students and parents are also reminded that attendance at school, on time, every time and the wearing of full school or sports uniform is required each school day.

If you have any questions or queries please give me a call at school on 46581110.

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

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

#### **Study Techniques**

The junior school is currently embarking on their yearly examinations. I'd like to provide some quick tips and hints on how to maximise your preparation. How should you study?

- If you have been given a Revision Sheet by your teacher, complete it and seek help from your teacher if needed.
- If your studying involves mathematical problems – sorry but there is no easy way around it. You will have to do many, many, many questions. Practise makes perfect!
- Create study notes, utilising the topic outcome sheets and class notes, to reinforce the content covered in lessons. Use a separate study book to your class book and write each of the points followed by summary notes, drawings and definitions.
- Read over your summary, many, many times - particularly before bedtime, when you are nice and relaxed.
- If you get time make a 'super summary' of your summary on note cards (like debating cards) and take these with you to read if you get time (waiting for your mum shopping, waiting for your brother to finish soccer practice etc, you'd be amazed how much time you can find to study).
- Try to write definitions without looking at your notes ("look, cover, write, check" – method).
- Ask your friends to quiz you. Make a game of it and quiz each other.
- Seek clarification from your teacher if necessary – spend a recess or lunch break 'picking their brain' and clearing up any misunderstandings you might have.

### **Year 10**

Term 4 is a busy and exciting time for Year 10 students when they conclude their Year 10 studies and embark on the Transition Program ready for Year 11.

#### **Year 10 End of Year Examinations**

End of Year Examinations are being held during Week 4 and all students have been issued a copy of the examination timetable. Students are reminded that if they are absent from any assessment they need to provide documentation to explain their absence and complete an Illness/Misadventure Form. If students are aware they will miss an examination in advance, they must inform the relevant Head Teacher so that an alternative can be organised.

#### **Resolving N Warning Letters**

Staff have been working with Year 10 students to have any items of outstanding work submitted in order to satisfy their RoSA requirements. Students who have not submitted all tasks and worked with diligence and sustained effort, unfortunately may not meet requirements and gain their RoSA. In Week 1 of this term, some Year 10 students were given a letter to remind them of the subjects that still require work to be submitted. Mrs Lawrence and myself will be conducting N Determination interviews with students and their parents in the near future.

#### **Transition Program**

In Week 7 of this term, Year 10 students will transition into their Year 11 classes where they will undergo skill based lessons in preparation for the commencement of Year 11 content in 2021. This period is provided to students so they can have an experience of senior schooling and familiarise themselves with their subject choices. As such, students will not be able to change their course selection until the beginning of 2021.

From Week 7 onwards, Year 10 students continuing on to Year 11 will be permitted to wear the senior uniform or they may continue to wear their full junior uniform until the end of the year if they wish. There will also be changes to school hours as students adopt a senior timetable and the amphitheatre is opened up for use during the breaks as a designated senior area. Full details of these changes will be provided to students in an upcoming year meeting. Students will continue with sport on a Wednesday afternoon for the remainder of the year to ensure the mandatory number of sport hours are achieved.

#### **End of Year Function**

At this stage with the Term 4 Covid-19 update, schools are permitted to hold end of year functions provided the school and the venue adhere to a number of safety conditions. The event is planned for Thursday, 3 December and we are currently finalising the details and will communicate them shortly. Students and parents are reminded that invitations to the event are based upon the students having met good standards of attendance, behaviour and application to school work during the year. A panel will review student eligibility

and I will inform students by the end of Week 3 if they are not going to receive an invitation.

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

## SRC REPORT

*The Biggest Morning Tea – Cancer Council Australia – “The Biggest Pizza Luncheon”*

Australia’s Biggest Morning Tea is an event to raise funds that will make a big difference to those impacted by cancer, especially as COVID-19 continues. 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. This year, the SRC adapted to the restrictions of social distancing to organise a **The Biggest Pizza Luncheon** for staff and Year 12 students. With the assistance of local Dominos at Spring Farm, and the support of local businesses such as Narellan Town Centre, and A.Tola Succulents, who kindly donated beautiful arrangements of succulent plants for the annual raffle, the lunch event was highly successful and a great afternoon. The SRC team worked tirelessly over many weeks to assist in the design, planning and execution of the event, supporting Year 12 and offering a positive event to conclude their final weeks of their schooling, despite the hardships of this year. A combination of raffle tickets, a lolly guessing competition, extra drinks and the lunch itself, helped surpass the goal of \$500, with **\$660** sent off to Cancer Council Australia. Well done SRC and big thanks to teachers who supported the cause!

To access the school donation page, see this link:

<https://www.biggestmorningtea.com.au/fundraisers/EHSCancerCouncil/ehs--s-biggest-bbq-luncheon>



### **Upcoming Mufti Day – Rural Fire Services NSW**

The next Mufti Day for students will be held on **Friday Week 3**, to support NSW Rural Fire Service: NSW RFS. The upcoming Mufti Day, on the 30<sup>th</sup> of October, Friday Week 3, will be in support of the Rural Fire Service (RFS). Your child is encouraged to donate generously to assist in supporting the resources needed to prepare for, and plan for recovery and safety of communities still recovering from last year’s fires. We are reminding students that despite being in Mufti, they are to wear appropriate clothing for practical subjects and lessons.

**SRC & Mrs Mulligan**



## Senior Student Leadership News

### Thank you to the 2020 Senior Student Leadership Team

What a strange year we have all had! I would like to formally thank all of the students involved in the 2020 Senior Student Leadership Team for their hard work, determination and resilience this year. Covid-19 definitely threw us some curveballs that we had to adapt to. As a reminder, the 2020 Senior Student Leadership Team comprised of our Captaincy Team (Captains: Cassandra McMurdo and Lachlan Taylor, Vice Captains: Hannah Bachner, Breanna Craig, Taylor Sheridan, Ryan Mills, David Truong and Trent Martin) and our Year 11 Prefects (Alice Haggerty, Erin Bloor, Briannan Eggert, Kathleen Van Niekerk, Emily Szalajko, Emily Condon, Estelle Hollinshead, Stephanie Weeden, Isabella Amos, Kara Small, Chloe Sharpe, Joshua O'Flynn, Hatib Noman, Luke Spratt, Aaron Stanley, Justin Ngo, Jackson Pan, Lachlan Lane, Marshall Kickert and Zayne Lewis).

Upon our full time return to school in Term 2, the team were collectively motivated to raise awareness and funds for a charitable cause linked to those who were suffering from the bushfires and Covid-19. This culminated in the team selling Jolly Soles fundraising socks, and hosting a crazy sock day on Friday Week 8 of Term 3. Their efforts resulted in a donation of over \$450 to the Red Cross. Thank you to the school community for rallying behind this worthwhile cause.

The team were also successful in gaining funding from the P&C to introduce sturdy paper recycling bins to all classrooms and staffrooms. These bins were distributed to classrooms during late Term 3, and will help us make a more positive impact on the environment and reduce the waste we are sending to landfill. Special mention should be given to 2020 School Captain Lachlan Taylor for his persistent pursuit of this initiative.

As the graduation of the Year 12 cohort rapidly approached in Term 3, it became necessary for us to undergo the procedures of electing a new Captaincy Team for 2021. I will detail these procedures below, and also reinforce Ms Lawrence's announcement of the incoming 2021 Captaincy Team.



## Captaincy Team Election Procedures

This year we had the opportunity to fine-tune the election processes for electing the incoming Captaincy Team. We believe our processes now truly reflect an equal opportunity approach.

Firstly, the 2020 Prefects were asked if they intended to apply for the 2021 Captaincy Team, as a student must have served as a prefect before they will be considered for a position on the Captaincy Team. The Captaincy Team is always made up of two school captains and six vice-captains. Those prefects who were interested, were asked to create a short blurb about themselves and their leadership experiences and aspirations. This blurb was inserted along with their school photo into an electronic voting system. The electronic voting system was distributed to teaching staff, Year 11 students and the existing 2020 Captaincy Team. These members of our school community were asked to vote for the 8 most worthy candidates for a position on the 2021 Captaincy Team. This allowed us to narrow down the 15 individuals who applied to the 8 members of the 2021 Captaincy Team. These top 8 individuals were then notified that they had been successful in gaining a position on the 2021 Captaincy Team. From here, the top 8 underwent a panel interview process where they were asked to respond to a number of pre-prepared and spontaneous interview questions. The panel consisted of School Principal Jenny Lawrence, Deputy Principal Dale White, Year Advisor Linda Le and myself (Emily Farrar Senior Student Leadership Coordinator). This interview process, along with the voting results allowed us to narrow down which two individuals were considered to be most worthy for the two positions of School Captain in 2021.

I am very proud to announce that the successful applicants for the roles of 2021 School Captain are Joshua O'Flynn and Alice Haggerty!

I am also very honoured to announce that the successful applicants for the six Vice-Captain roles in 2021 are: Erin Bloor, Briannan Eggert, Stephanie Weeden, Kathleen Van Niekerk, Emily Szalajko and Hatib Noman.

Congratulations to these individuals. I am confident that these students will represent the student body with enthusiasm, commitment and maturity.

The election of the incoming 2021 Prefects will occur this term. The election process will be similar to the process outlined above. Stay tuned for the announcement of the successful applicants.

***Ms Farrar (Senior Student Leadership Coordinator)***

## Lunchtime Activities

During Term 3 a range of exciting, fun and engaging lunchtime activities and clubs were held during lunchtimes. Providing students with the opportunity to spectate and/or participate in sports, activities and clubs. These activities are designed to create the exciting and appealing atmosphere that students want to engage in, which allows them to foster strong relationships with our staff and each other. Some of these activities included; pop up volleyball, giant bull rush, giant Kahoot, paper plane throw, basketball shooting and many more.

During Term 4, students will again have a range of activities to participate in including; outdoor ten pin bowling, footy throw, handball, egg and spoon races and more.

## Prizes

Students who participate in activities and clubs will receive a 'participation ticket', which can be placed in the barrel in the student office. This will place students in the draw for a chance to win a \$50 Narellan Town Centre gift card. Other prizes available have been kindly donated by local businesses including; McDonalds Macarthur, Subway Camden and Domino's Spring Farm.



## Public Speaking & Debating Update

Congratulations to Claire Stanley from Year 9 on submitting her Round 1 entry to the **Legacy Junior Public Speaking Award** at the end of Term 3. We will keep you posted on her progress in the competition.

### The Online Premier's Debating Challenge for Years 7 – 11 certainly posed many interesting moments during Term 3.

Unfortunately, the Year 11 and 10 Debating teams were defeated in their Round 1 and repechage debates. The Year 9 Debating Team were defeated in their Round 1 debate, won their repechage debate and then were defeated in their Round 2 Debate. Our Year 7 & 8 Debaters won their Round 2 Debates against Sarah Redfern High School and our Team A defeated our Team B in Round 1. We are now completing our Round 3 Debates. So stay tuned for the progress of our Year 7 & 8 Debating Teams during Term 4.

Congratulations to all of the students listed below for their dedication to Debating in such a challenging year.

Year 11 Debating Team – Estelle Hollinshead, Kathleen Van Niekerk, Briannan Eggert, Zayne Lewis, Alice Haggerty  
Year 10 – Chloe Pasterfield, Stephanie Taylor, Eva Kramer, Chloe Carter

Year 9 – Anna Choudhary, Mickayla Safar, Claire Stanley and Feini Zhang

Year 8 – Abbey Reid, Ashley Mills, Noah Douglas, Cruz Lewis, Jasper Browne, Symphony Choy - Plotz

Year 7 – Callumb Jenner and Ellie Fisher

**Ms Dennis**



provided through Google Classrooms and Daily Notices about any changes to this structure.

Congratulations to the **HSC Visual Arts students on submitting their Practical Body of Work** on the 14<sup>th</sup> September 2020. Well done to all of the students involved.

Congratulations to the **HSC Music students on surviving their Practical Examinations** on the 17<sup>th</sup> September 2020. Well done to all of the students involved.



Congratulations to Elijah Armstrong from Year 12 on his **nomination for ENCORE 2021**. **ENCORE** is the best of the HSC Music performances from the HSC Examinations from 2020. We are all very proud of this amazing achievement.

The **CAPA Calendar for 2021** will be available for purchase from the Student Office in the next couple of weeks. Due to the limitations of 2020 our Calendar is an A3 poster for 2021. The calendar would make a great Christmas present and is an excellent memory of this crazy year.

Stay safe and be creative everyone!!

**CAPA Faculty**



## CAPA Update

Unfortunately, due to the challenges of 2020 many of our events, performance opportunities and ensemble rehearsals have been cancelled. The **Term 4 update to the COVID restrictions** still require students to work in their Year or Stage groups. Due to the fact that many of our ensembles are across year groups and stages we have had to cancel these rehearsals the remainder of the year. Dance Company, Dance Ensemble, Ballroom Dance Ensemble, Dance Show Team, Dance Transition Ensemble and Orchestra after school are all cancelled for 2020.

**The restrictions on singing and musical instrument** use are much the same as last term so 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 still learning the basics on a new instrument. The CAPA Faculty continue to be 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 in Term 4. **Junior Drama Ensemble** rehearsals on Wednesday mornings from 8.00 – 8.55 am can also continue. Regular updates and reminders will be

## Faces of EHS

### Why do you think Education is important?

Education is important as it creates pathways for you to gain further education or pursue a career. Education also gives you the discipline to develop social skills that can be used in life beyond school.

**Matthew Greene, Year 11**



## What sports do you play? What do you enjoy about it?

I have done competitive cheerleading since I was eight years old. Not many people recognise cheerleading as a 'sport' simply because they have little knowledge and understanding of the extremities of it. Competitive cheerleading is not involved in the sidelines of football games as many believe. It encompasses many characteristics of gymnastics, dance and acrobats, but in a much more entertaining way. Unfortunately, I chose not to cheer this year so I can primarily focus on year 12. However, I used to live and breathe it. I was in senior level 5 coed, meaning we had a few boys within our team. Training occurred three times a week having done over 11 hours of practice. All these hours spent in the gym certainly paid off when it came to our competitions. Typically, we compete in over 10 competitions throughout the year, with the biggest one being Nationals. In the majority of the competitions, my team would place first, which is a result of our hard working, dedicated and talented athletes. We have even received multiple bids to compete in competitions held in America. However, my biggest achievement would be winning grand champion for level 5, as it was such a hard division.

What I enjoy most about cheer is the amazing sportsmanship that not only your team members display but other clubs that are competing against you. It is such a supportive community, which has enabled me to make friends from all around the world. Other elements which I love about cheer include getting to dress up and wear our stunning uniforms, 'hitting zero' on the competition floor (performing the perfect routine with no falls) and continually striving to achieve new goals in tumbling.

*Ellie Baer-Tomlinson, Year 12*



## CATCHING UP WITH OUR ALUMNI - Hannah Trethewy – Class of 2017

### Highlights at school:

- School Captain- 2017

- Received a Ministers Award for Excellence in Public Education- 2017
- Major Textiles Project was chosen for SHAPE and Textstyle- 2017
- Recipient of the Caltex Best All Rounder Award- 2017
- Gaining a contract with the NSW Breakers for the 2017/18 season
- Gaining a contract with the Sydney Thunder WBBL side for the 2017/18 season

### Highlights since leaving school:

- Accepted into The University Technology Sydney to study a Bachelor of Sport and Exercise Management
- Gained my Level 2 Representative Cricket Coach Accreditation- 2018
- Gained a contract with the NSW Breakers in the 2018/19 season and played 2 games for NSW
- Premiership winning captain for the Campbelltown-Camden Ghosts Women's Club First Grade team- 2018/19
- Selected as a cricket coach to work with the FairBreak XI- a team of female cricketers from USA, Pakistan, England, Ireland, Hong Kong, Vanuatu, Singapore and the Netherlands
- Selected as a female cricket coach to present at Representative Coaching Courses and coach in the Cricket NSW pathway program
- Selected to attend a female cricket coach workshop in Melbourne on the day of the ICC T/20 Women's World Cup Grand Final 2020



## Elderslie High School - Cattle Crush for Sale by Tender

Our Agriculture faculty have a cattle crush for sale by tender, this piece of equipment has been superseded by a newer model and is no longer required. Details as follows:

- Manufactured by Arrow, economy model, approx. 20 years old
- Galvanised construction with small areas of surface rust
- Split gates on both sides, sliding rear gate
- Slam catches
- Open base (no floor) – bolts onto concrete pad

In good working order, sold with any faults, at the buyer's risk. Ready for immediate pick up on acceptance of offer. Purchaser to arrange transport.

\$500 or nearest offer

General enquiries should be referred to Ms M Atkinson by telephone 4658 1110, during school hours.

Tenders must be submitted in a sealed envelope marked **"Confidential Cattle Crush Tender"** and sent/delivered to:

The Principal  
Elderslie High School  
40-48 Hilder Street  
NARELLAN NSW 2567

**Tenders close at 3pm on Friday, 30<sup>th</sup> October 2020.**



## 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, 27<sup>th</sup> October 2020  
(via Zoom)

## CAREERS REPORT

### UAC Key Dates 2020-21

#### Year 12 results and ATARs:

**Friday 18 December:**

NSW HSC results released by NESA (6am)

**Friday 18 December:**

ATARs released by UAC (9am)

**Tuesday 15 December:**

Statement (including ATAR) issued by ACT BSSS

**Friday 18 December:**

ATARs released by UAC (9am)

### KEY OFFER DATES

All dates are subject to change. For the latest information, check [uac.edu.au/key-dates](http://uac.edu.au/key-dates).

#### Undergraduate

To ensure your application is assessed in time for a particular offer round, apply and provide your additional documentation as early as possible.

Offer round	Apply and pay by midnight on	Provide hardcopy documents by 4.30pm / upload PDF documents by midnight on	Change preferences by midnight on <sup>^</sup>	Offers released at 7.30am on
November Round 1	Thu 22 Oct 2020	Thu 29 Oct 2020	Sun 8 Nov 2020	Thu 12 Nov 2020
November Round 2	Thu 5 Nov 2020	Mon 9 Nov 2020	Sun 22 Nov 2020	Thu 26 Nov 2020
December Round 1	Mon 9 Nov 2020	Fri 13 Nov 2020	Sun 6 Dec 2020	Thu 10 Dec 2020
December Round 2	Mon 16 Nov 2020	Fri 20 Nov 2020	Sat 19 Dec 2020 (originally 17 Dec)	Wed 23 Dec 2020 (originally 21 Dec)
January Round 1	Fri 27 Nov 2020	Wed 30 Dec 2020	Sun 3 Jan 2021	Fri 8 Jan 2021
January Round 2	Fri 8 Jan 2021	Wed 13 Jan 2021	Sun 17 Jan 2021	Thu 21 Jan 2021
February Round 1	Fri 22 Jan 2021	Thu 28 Jan 2021	Sun 31 Jan 2021	Thu 4 Feb 2021
February Round 2	Fri 5 Feb 2021*	Fri 5 Feb 2021	Sun 7 Feb 2021	Thu 11 Feb 2021
March Round 1	Fri 5 Feb 2021*	Fri 26 Feb 2021	Sun 28 Feb 2021	Thu 4 Mar 2021

\* This is the final closing date to apply for courses starting semester 1, 2021. If you apply close to or on this date, you may not have seven days to provide any documents that you need to include with your application.

<sup>^</sup> There are short periods before each offer round when you are unable to change your preferences in your application.

## Have you Considered Applying for a Scholarship?

### Scholarships, Grants, and Bursaries - now is the time to start researching.

Furthering your education can be expensive. Often, the investment of money required to pursue your university or college education will be more than justified by the

increased earning potential you'll have on graduation.

However, this doesn't take away from the fact that there are lots of initial expenses associated with continuing in education: tuition fees, accommodation fees, books, food etc. can all add up and for some people, these costs can put them off further study.

Luckily, there are many scholarships, grants, and bursaries that are available to students who find it difficult to meet the costs of continuing in education.



**Where to find them – [www.eldersliehighcareers.com](http://www.eldersliehighcareers.com)**

1. There are links and information on your School Careers Website under the “For Students” menu > Scholarships and the “Post School Options” menu > University > Information About Institutions and Courses > under each institution is a direct link to their Scholarships page.
2. There is an Activity in your Student Account (the Student Secure Area is also via the “For Students” menu) called “Scholarships - How to Find Them and Write Applications” that will help and guide you further and in more detail.

**Application Tips**

Applying for a scholarship, a bursary, or a grant, can be quite a daunting experience. Often there’s quite a bit of paperwork involved and each application will require your focused attention to give you the best chances of being successful. Here is some helpful advice on completing your applications, to help you ensure you have given yourself the best chance of securing that all important funding.

**Ensure You’re Eligible** - Before you apply, make sure you meet all the necessary criteria for applying. Don’t waste time applying for something you aren’t even eligible for.

**Read Instructions Carefully** - This might sound obvious, but it’s worth restating. Pay very close attention to the application instructions to make sure you don’t unwittingly disqualify yourself through carelessness.

**Assess What They’re Looking For** - Look beyond the eligibility criteria to uncover exactly what it is the funding administrators are looking for. This will require you to do research. Find out what the aims, objectives, mission of those assessing your application. Can you find out about the background, qualifications, experience of previous recipients of the award, for example?

**Show How You Meet the Requirements** - Once you’ve uncovered what the administrators are looking for, you’ll need to show to them how you meet these requirements. Do this by giving concrete examples of how you meet each of their criteria.

**Don’t Miss the Deadline** - Again another one that may seem obvious, but you don’t want to eliminate yourself from the running through failing to get your application in on time.

**Avoid Telling a Sob Story** - Don’t go for the sympathy vote in your application, there will be lots of people in similar or even worse situations. Simply lay things out factually and show how you are doing your best to overcome the challenges facing you. Demonstrate how this funding will make a difference to your life and how it will help you achieve your goals.

**How to handle fear about the future: A guide for Year 12 students**

Life as a year 12 student was probably already stressful enough, and then along came the coronavirus (COVID-19) to add even more uncertainty. You might be experiencing fear of the future in the short term (next week, next term) as well as in the distant future (end of the year, 2021, and beyond).

While these emotions are understandable, they are also very distracting and can have negative impacts on our health and mood. Worrying about the future gets in the way of enjoying and making the most of the present. Luckily, there are some strategies for managing our worries about the future so that we are able to re-focus on and enjoy the present as much as possible.

**Ways to cope****Improve the moment**

If you find yourself getting bogged down in worries and negativity, try to improve the moment by doing something nice for yourself. Watch a funny video or a [favourite movie/tv show](#), play a game you enjoy, or spend time on an interesting hobby or craft.

**Take control in your own world**

Have a few things in your life that you are in control of. Examples include keeping your room or desk tidy, organising/cleaning out a space in the house, or making a plan that you stick to, such as messaging three friends each day, taking the dog for a walk, or completing a level on your game.

**Have a Plan A and B**

For those of us who cope by having a plan, it might be helpful to sit down and write yourself two plans: Plan A (what you would want to do if things were 'normal') and Plan B (your best choice of what to do if things aren't 'normal'). Consider your Plan B to be a productive or fun way to spend the next period of time if you aren't able to adopt Plan A for whatever reason. For example, your Plan A might be to travel overseas, move out of home and into a college, or move to a new city for work/study; while your Plan B might be to complete some online training/study, gain new skills and work on creative projects with the intention of switching to Plan A six to 12 months later. Try to see your Plan B as an opportunity to upskill yourself and to work on some personal projects and goals while you wait to revert to Plan A at a slightly later date. The aim isn't to give up on Plan A, but rather to put it on pause for a little while. If you are unsure of a good Plan B, talk to a teacher or careers counsellor about it.

**Be balanced in your thinking**

It's important to be kind to yourself and realistic in your thinking. When you notice that you are worrying, say to yourself: 'It's understandable that I'm feeling stressed, as this is a very unusual situation to be in. What's the best thing I can do right now to take care of myself and to help me feel better?'

Try to be as kind and supportive when speaking to yourself as you would be if you were talking with your best friend.

**Focus on your surroundings**

Right now, it's pretty overwhelming to be thinking about what might happen in the future. It can be helpful to focus your attention on what's immediately around you and disconnect from the outside world for a bit. 'Zoom in' to your room or your home and think only about the task at hand (whether that's your school work, caring for your pets or plants, or working on a creative project).

**Slow down to be in the 'now'**

Spending a lot of time on screens can lead to a feeling of frenzy and stress. Slow down by practising some [breathing exercises, or doing stretching, yoga or a mindfulness meditation](#). These activities will reduce physical tension and the bodily symptoms of stress and help to clear your mind.

**Practise gratitude**

It's really easy right now to think that everything is pretty bad, but it's usually possible to find things, big and small, to be grateful for. Starting a [gratitude](#) journal (it can just be a note on your phone) will help you to refocus on the good things in life. Start by listing three things each day that you are grateful for.

**Engage in random acts of kindness**

Engaging in daily or weekly random acts of kindness will enable you to bring something good or positive into the world, and give you some sense of control. Ideas include making a gift for someone, sending a kind/encouraging message, contributing to community support projects, or helping out a family member or friend with something they are working on.

**Stay connected**

Your friends are probably experiencing similar worries and it can really help to talk about it together and support each other. If you don't feel comfortable talking with friends about your concerns, you can get some support online via the [ReachOut Forums](#). Check out more [ways to stay socially connected, with FlexMami](#).

**Get support**

You don't have to work everything out by yourself! Talk to someone 'in the know', such as a teacher, your year adviser or wellbeing teacher, the school careers counsellor, or someone who works at the uni/TAFE admissions office, and ask for their advice and suggestions. If you are feeling really overwhelmed, it could help to speak with a mental health professional who can help support you through this tricky time.

You could also talk to a mental health professional online via sites such as [eheadspace](#), [beyondblue](#) and [Lifeline](#).

**It's important to remember:**

- We are all in this together.
- It's completely understandable if you are having a hard time coping with all of the uncertainty right now.
- It's okay to be unsure about what you are going to do next year.
- Education departments are working hard to ensure that exams and assessments are fair and clear for all.

It may be difficult to stay calm and focused when the world around you is in chaos, and it's challenging to accept that we can't predict the future right now. However, it can help to remember that you are still in control of your own path, and that there are lots of different pathways to study and to work.

Although things will look a little different from how you imagined they would be, or how you had planned, we can usually find our own way to get to where we want to go, even if it takes a little longer than we had first hoped. For now, focus on the things that you can control and trust that, no matter what happens, you'll be able to cope.

*This article was written by Dr Amy Burton, Clinical Psychologist. (<https://au.reachout.com/articles/how-to-handle-fear-about-the-future-a-guide-for-year-12-students>)*

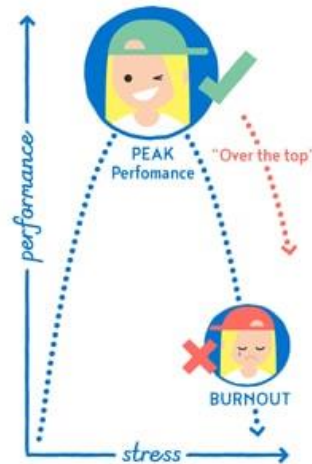
More information about student wellbeing for both parents and students can be found at <https://au.reachout.com/>

# 5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

## 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



## 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



## 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

## 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH  
OUT.COM

## 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.

