



# PARENT BULLETIN

## OCTOBER 2021

### Inside This Issue

Principal's Report	1-3
Head Teacher Welfare,	
Learning & Support	3-4
Senior Student Leadership News	4-5
Careers News	5
Aboriginal Education	5-6
Sport Update	6
Student Volunteering	6
Textiles Technology	7
CAPA Update	7
Public Speaking & Debating Update	8
Faces of EHS	8
Catching Up with Our Alumni	9-10
School Day Restructure – FAQ	11-12
Supporting your Wellbeing	13-16
Online Workshop	17
Headspace	18
Year 12 School Leavers information	19-21
Transition Back to School	22-24
Helpful tips for returning to High School	24-26

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.



## PRINCIPAL'S REPORT

Dear Parents and Carers,

### Further COVID updates

We are very much looking forward to the return of face-to-face learning for our students. A reminder that the NSW Government intends this to be a staged approach which will take place as follows, pending confirmation of appropriate community conditions.

Year 12 – Monday, October 18 (Week 3)

Year 7-11 – Monday, October 25 (Week 4)

As you would know, I make a point of passing on all school related updates from the NSW Government and the Department as soon as I receive them, and I do hope all parents are accessing these. We send our updates through the email system as well as using Skoolbag App and also the school's social media channels. Please let our office know if you are not receiving this crucial information.

As we get closer and closer to the return of our students, a reminder that all students over the age of 12 years are required to wear a mask when they are at school. Our staff will be doing the same. The Department also requires school staff to be fully vaccinated unless they have a medical contraindication certificate. We have also launched our COVID safe model for returning our students to school. This was published in my parent update on 13 October so please refer to your emailed version if you have not yet read this.

### Key Events

After such a long time in lockdown, the school has still not given up hoping that we will still be able to hold some of our key events later this term. Most notable are our Year 12 celebratory events such as our Graduation Ceremony and Year 12 Formal. We have communicated multiple times that we do have every intention of finding another time for these events and of course, we acknowledge how pivotal they are for the Class of 2021. Our students have had the most challenging of years and at the end of 13 years of schooling, we will indeed find a way to mark the key milestone of finishing school. At this stage, our students agree that waiting until the HSC examinations conclude is the best decision as we hope that we might be a little closer to normality by then. At present, Camden LGA is subject to Level 3+ restrictions and we will have to reach Level 1 before we can have a Graduation Ceremony with parents present. Should this not be possible, we will hope to at least be at Level 2 so that we can do something similar to the event that was staged for the

Class of 2020. The school will most certainly update our community with more information as it comes to hand.

### **Staffing Changes**

I am delighted to announce that Mr Warwick Goodsell has been permanently appointed to our school in the HSIE faculty. Mr Goodsell has been with us all year in a temporary capacity and to have him permanently is wonderful news.

We also look forward to the commencement in mid Term 4 of Mrs Tricia Saunders who will be joining us as a Relieving Head Teacher Technological & Applied Studies. Mrs Saunders is an experienced Head Teacher and will also be a great asset to our school.

Finally, in a temporary capacity I am pleased to welcome the following new staff:

Ms Alexandra Wilkes (HSIE)

Mr Richard Bryce (English)

Ms Jennifer Frith (English)

Mr Shane Cartwright (Mathematics)

### **School Successes**

It is always my very great pleasure to present some of the achievements of our students and staff in this regular section of my report. This month, there are quite a lot of highlights to share.

Elderslie High School has a very proud tradition of success at the Public Education Foundation's annual Minister's & Secretary's Awards for Excellence. In 2021, this tradition continues with the news that Erin Bloor won a Minister's Award for Excellence in Student Achievement. This is an extremely competitive category and only 36 were awarded for NSW students this year so this is a wonderful accomplishment indeed. Another of our students, Emily Szalajko was also acknowledged with a Highly Commended certificate. Additionally, Ms Megan Atkinson was recognised with the Minister's Award for Excellence in Teaching. Again, these awards are extremely rare and Ms Atkinson's award acknowledges the many decades of contributions that she has made to public education and in particular, Agriculture and agricultural programs at Elderslie High School.

Since the last edition of Parent Bulletin, we were also delighted to learn that two of our students, Briannan Eggert and Tiarne Phillips, both of Year 12 were acknowledged as recipients of awards from the Zonta Club of Macarthur. Briannan was named the winner of the Young Women in Public Affairs Award while Tiarne was the recipient of an Achievement Award for Young Indigenous Women.

Finally, Jaiden Gardner of Year 12 was acknowledged with a Certificate of Commendation from the Order of Australia Association. Jaiden received this honour due to his sustained commitment in community volunteering, especially at the Bargo Dingo Sanctuary where he has given a great many hours of his time.

### **Student Leaders**

An absolute highlight of Term 3 is always the selection of our incoming Captaincy Team for the next school year and this year has been no exception. Whilst the selection processes were certainly made more challenging during remote learning, we still conducted our election and panel interviews for the incoming team using digital means. I would like to thank Ms Emily Farrar, our Senior Leadership Co-ordinator for her work in leading these processes. I am absolutely delighted to welcome 8 wonderful Year 11 students who will make up our Captaincy Team of 2022 and I look forward to working with them extensively as they seek to make their own mark on the school. Ms Farrar has written extensively about these leaders and our processes in her report, so I encourage our families to read about this a little later in this edition of Parent Bulletin.

It would be remiss of me not to thank the outgoing Captaincy Team of 2021. This team has worked hard on a wide range of worthy initiatives and has been a pleasure to guide them alongside Ms Farrar. Joshua O'Flynn and Alice Haggerty have been excellent School Captains and our Vice Captains including Erin Bloor, Briannan Eggert, Emily Szalajko, Katelynn Van Niekirk, Stephanie Weeden and Hatib Noman have also done an excellent job. Congratulations to these remarkable young people.

### **School Day Changes for 2022**

A big thank you to all the parents who joined us via Zoom on Wednesday, September 15 for our Parent Forum. At this virtual gathering, we were able to unpack in more detail the school's planned changes to the school day including the movement to a 5-period day structure with different start and finish times for the school day. I also wrote to all parents about this in Week 9 last term and we have now provided an overview on the planned changes to Years 7-11 in their virtual assemblies over the last couple of weeks. For any of our parents who were not able to join us at the Parent Forum, we have put together a series of Frequently Asked Questions and their answers which we hope will be of assistance. These FAQ's are included in this edition of Parent Bulletin.

### **Parent & Citizens Meetings**

Our next P&C meeting will be held virtually via Zoom on Tuesday, October 19 at 7pm. I extend a warm welcome to any parents who would like to attend. A link will be sent to all parents a few days in advance of this meeting.

### **Parent representatives on Merit Selection Panels**

From time to time when the school is recruiting new staff, we seek a parent to participate on merit selection panels. Most parents who have done so in the past say that these panels are a great experience and really give parents a voice in helping choose the staff that will be in front of their children. Members of the Elderslie High School P&C are generally called in the first instance, but we would love to look for more parents to participate. If you are interested, there is a

short training course required so please contact me at school if this would appeal to you.

*Kind regards,*  
**Mrs Jenny Lawrence**  
*Principal*

## **Head Teacher Wellbeing, Learning and Support Report**

I hope you all had a relaxing holiday break and are feeling refreshed for the term ahead.

Last term we had a number of very generous community organisations who supported the Wellbeing of a number of students and their families. We had over 200 meals, over 100 toiletry items, over 100 self-care products and over 150 other essential need items delivered to students and their families. This would not have been possible without the wonderful support from our community. We would like to thank Turning Point, C3 Church, Lomandra School, Lomandra Community Project, Hamper Culture, Back Gallery and Upfront Fitness. I would also like to thank Ebony Griffin our School Chaplain and Alicia Neil our Student Support Officer for their wonderful work in this area.

I would like to thank the ongoing work of the Wellbeing, Learning and Support teams who have been working hard to support students on the Wellbeing and the Learning front during the pandemic. We do encourage students to continue to access our School Wellbeing Website (see link below) and also the Student Wellbeing, Learning and Support Self-Referral link (see below) if students require Wellbeing, Learning and Support.

### **School Wellbeing Website:**

<https://sites.google.com/education.nsw.gov.au/ehs-sc/home>

### **Student Wellbeing, Learning and Support self-referral:**

<https://docs.google.com/forms/d/e/1FAIpQLSf67UtuRJ6luDrWoWj6D1Qc4jYjrlQOXDIhb1zVgBQ84Hxh6A/viewform>

Year Advisers each have a Google classroom setup. Through this platform, students have the opportunity to be involved in lunchtime activities for example online Kahoots and activities through South Cares in order to help maintain social connections during online learning, this also assists with helping students to take brain breaks throughout the course of the day. During last term, communication for year assemblies was also published through this channel, it was great to see lots of smiling faces during these forums. Students are encouraged to continue to check their Year Adviser Google classroom for any updates and also for any scheduled activities. Learning and Support staff also have a Google classroom setup, to assist students who require tailored support across any of their subjects. The Google classroom code for this classroom has been promoted on the Year Adviser Google classrooms.

During Week 7 last Term, Wellness Week was run for all students. During this time, students were provided with a

toolkit of resources which they can use to improve their wellbeing now and in the future. The SRC team led by Claire Mulligan put a lot of time and effort into this week and showcased a range of activities for students to be involved in. The week also tied in with Wear It Purple Day and R U Ok? Day.

Headspace and the Australia Psychological Society (APS) have released a number of workshops and information available to parent and carers to support students during the transition back to school. Please refer to the Headspace and APS flyer provided in this newsletter for more information.

The Department of Education is running a Wellbeing week from the 11<sup>th</sup> to the 15<sup>th</sup> of October. As a school we will also be advertising this information to students via the Year Adviser Google Classrooms. During this time, there are a number of free events that both students, parents and carers can be involved in. The events run support students in returning to school and can be accessed via the following link <https://education.nsw.gov.au/student-wellbeing/wellbeing-week-11-15-october-2021> Please also refer to the attached document 'Helpful Tips for Returning to High School' which also outlines some handy tips.

The Department of Education has also listed a number of helpful Wellbeing support services, these can be accessed via the following link <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/advice-to-parents-and-carers/supporting-wellbeing> Please also refer to the attached document 'Supporting Your Wellbeing' which can be printed for easy access to an array of wonderful wellbeing supports.

### **Just a few reminders...**

Students who have a new diagnosis and/or medication changes are encouraged to keep the school updated with this information to ensure that we are best supporting your son/daughter/ ward with their wellbeing and learning. If you need to make changes to your son/daughter/ ward's details, please advise the school of this at your earliest convenience so that these updates can be reflected in their enrolment records. This also includes details regarding living arrangements and updated parent/ guardian contact details so that we can reach you when required and also in an emergency situation.

Students in Year 11 wishing to apply for Disability Provisions for their HSC year can submit an application from as early as Term 4 this year. Students have up until the end of Term 1, 2022 to gather the necessary paperwork for their application. Applications exempt from this due date are emergency provisions and students whom the impact of their disability in exam situations is variable and unstable, i.e., newly diagnosed psychiatric/neurological disorders. The paperwork provided by the student and the school is submitted to NSW Education Standards Authority (NESA) who examine the complexity of the case, type of disability and evidence provided. They also determine who reviews the file. NESA have a panel of specialists that includes medical practitioners,



educational psychologists, and consultants for the visually or hearing impaired who make the decision and then advise the school of the outcome. In order to read more about the process and Disability Provisions available please refer to the following link and/or call the school and request to speak to a Learning and Support Teacher (LaST) for more information <https://educationstandards.nsw.edu.au/wps/wcm/connect/87c42de7-1d3f-4af4-8757-abda3a8e7142/HSC+disability+provisions+guide+for+teacher+s+and+parents.pdf?MOD=AJPERES&CVID=>

NSW Health has advised that Year 7 & Year 10 Vaccinations and catchup Vaccinations that were previously scheduled for this school year are currently on hold until further notice. If we receive any updates regarding this, we will communicate the information via our Social Media platforms.

Our Wellbeing, Learning and Support teams are always happy to help and provide support. If you have any questions, and/or if there is anything, we can do assist your child's wellbeing or learning, I encourage you to reach out to us.

**Take Care and Warmest Regards**

**Mrs Jaclyn Thompson**

**Head Teacher Wellbeing, Learning and Support**

## Senior Student Leadership News

### Thank you to the 2021 Senior Student Leadership Team

I feel like I am experiencing déjà vu writing this. Yet again, we have experienced such a strange year. What started out as a relatively normal school year, morphed into the longest learning from home period ever experienced. I am so incredibly proud of the 2021 Senior Student Leadership team for their ability to adapt and still prioritise their leadership roles in such unprecedented times. I would like to formally thank all of the students involved in the 2021 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 2021 Senior Student Leadership Team comprised of our Captains Team (Captains: Alice Haggerty and Joshua O'Flynn, Vice Captains: Emily Szalajko, Briannan Eggert, Kathleen Van Niekerk, Erin Bloor, Stephanie Weeden and Hatib Noman) and our Year 11 Prefects (Adam Cox, Ally Block, Ameira Soubra, Baileeh Fietkau, Bailey Morris, Bhonnie Chinnathumby, Chelsea Jenner, Chloe Bressington, Chloe Pasterfield, Emelia Dell, Eva Kramer, Jacob Evans, Jade White, Jaiden Gardner, Lana Sabir, Mary Taumaletila, Mikayla Craig, Natalia Morgan, Rhianne Quiambao, Samuel Powell, Stephanie Taylor, Theon Moulatsiotis and Will Cullen).

This year the team has worked hard to raise awareness for domestic violence and improve the communication processes between key stakeholders in the school. Behind the scenes, the team has also helped to lay the foundations for exciting changes in the canteen, senior study space and house teams/groups.

Their hard work, dedication and effort has been invaluable.



## Captaincy Team Election Procedures

This year was the second year in which we were able to conduct our equal opportunity approach to electing the 2022 Captaincy Team, albeit with some minor learning from home modifications.

Firstly, the 2021 Prefects were asked if they intended to apply for the 2022 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 2021 Captaincy Team. These members of our school community were asked to vote for the 8 most worthy candidates for a position on the 2022 Captaincy Team. This allowed us to narrow down the individuals who applied to the 8 members of the 2022 Captaincy Team. These top 8 individuals were then notified that they had been successful in gaining a position on the 2022 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 via Zoom. The panel consisted of School Principal Jenny Lawrence, Deputy Principal Joanne Amos, Year Advisor Margaret Buist 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 2022.

I am very proud to announce that the successful applicants for the roles of 2022 School Captain are Emelia Dell and Mary Taumaletila!

I am also very honoured to announce that the successful applicants for the six Vice-Captain roles in 2022 are: Adam Cox, Jacob Evans, Bailey Morris, Ameira Soubra, Jade White and Mikayla Craig.

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



### 2022 Prefect Election Procedures

The election of the incoming 2022 Prefects will occur this term. During Term 3, interested Year 10 students were asked to complete an electronic application process. Pleasingly we have had numerous worthy applicants apply.

I would like to clarify our processes for electing our Year 11 Prefects. As of 2021, a decision was made that we would not subject applicants to a voting system. Instead, we require Year 10 students to complete a detailed application in which they are expected to communicate their desire to be part of the leadership team at Elderslie High School. This application is fairly rigorous. Alongside the application, each student must have an EHS staff member willing to endorse their application to become a prefect. Once this information is received, each application is carefully reviewed, and each student's past performance is assessed to determine if the student is a suitable candidate for prefect. We believe this

system is equitable, as it means that all worthy applicants are granted a position on the prefect team, regardless of popularity etc. This means the number of prefects that Elderslie High School has each year can fluctuate.

Stay tuned for the announcement of the successful applicants for 2022.

*Kind regards,*

*Ms Farrar (Senior Student Leadership Coordinator)*

## CAREERS

### Preparing today's learners for uncertainty – a webinar for parents

'Uncertainty tolerance' (UT), or how we process and respond to unknown or complex situations, is increasingly recognised as an essential workplace skill. Uncertainties in the workplace are ever-present and we've seen shared, global experiences of this with the uncertainties surrounding work during the COVID-19 pandemic.

On Tuesday 9 November Associate Professor Michelle Lazarus will discuss the impacts of UT on students and outline some strategies to help parents to support their children to improve their UT to prepare them for their futures in further education and work. Register via this link: <https://attendee.gotowebinar.com/register/1213662242126413580>

*R. Whitfield*  
*Careers Adviser*

## Aboriginal Education

### Yarning Circle Google Classroom

Mr Blackshaw has developed a Google classroom called the Yarning Circle for the students. All students have been invited to this classroom, along with parents. Important information will be posted to the classroom on a regular basis so students and parents have access to all the opportunities we provide. We will also use this to check in with students and students can ask questions if they need help with anything.

### GO Foundation Scholarships

The 2022 GO Foundation Scholarships are open for applications. These scholarships are a fantastic opportunity! Year 10 students receive \$1000 a year for two years and Year 11 students receive \$1500 a year for two years in financial support for educational needs. We have two students who were successful this year and were awarded the scholarships. The scholarship also offers cultural and aspirational mentoring with some great opportunities. Students that are currently in Year 8 and Year 10 can apply for the 2022 scholarships. The application requires a reference from a teacher at school and I can write this for each applicant. Information has been emailed to all eligible students and parents. The information can also be found on the Yarning Circle Google Classroom.

If you have any questions about the scholarship, please email the school. Further information can also be found on the following site:

<https://www.gofoundation.org.au/scholarships/highschool/>

Applications close on the 15<sup>th</sup> October 2021.

**Ms Crossingham**

**Head Teacher PDHPE**

**Aboriginal Education Coordinator**

## Sport Update

Reminder due to the NSW lockdown, the following events scheduled in term 4 have been cancelled:

\*NSW All Schools Cross Country Championship (primary and secondary) on Monday 18 October at Eastern Creek.

\*NSWCHSSA Secondary Athletics Championship on Monday 29 November to Wednesday 1 December at Sydney Olympic Park.

Please be advised that all scheduled NSWPSA knockout and NSWCHSSA state-wide competitions and finals days have now been cancelled. We thank you for your understanding and support.

## Super Star Elderslie High School Alumni

**Gabrielle Plain**

Gabbi Plain, class of 2016, goes to the Tokyo Olympic Games. In 2021, Gabrielle represented Australia as a pitcher in the Tokyo Olympics games and played against some of the best players and teams worldwide. With a crushing result from Japan for the first game, 7-1, the Aussie Spirit team made a strong comeback, winning against Italy but unfortunately lost all their other games. One of the most notable scores was against USA. This was an incredibly close match with a final score of 2-1, the Australia team losing by only 1 batting round. Gabrielle demonstrated her powerful pitching skills during the games and Elderslie High school is immensely proud of her results and accomplishing her dreams of making it to the Olympics.

**Thomas Grice**

Thomas Grice graduated from Elderslie in 2010 and recently represented Australia in the 2021 Tokyo Olympic games for trap shooting. He finished overall 6<sup>th</sup> in the trap mixed team event and 25<sup>th</sup> in the trap men's event. His dedication and hard work within trap shooting is evident throughout his sporting career, having won the High Gun Beretta Cup in Italy and winning the 2020 Australian National mixed pairs event. There is no doubt that he and his teammate Penny Smith will continue their athletic journeys in this sport.

## PDHPE Trick Shot Challenge

Overall, the PDHPE teachers at Elderslie are very proud of the dedication and effort we are seeing students make towards improving or maintaining their physical fitness in this virtual

learning space. We are seeing students go for bush walks, run, bike ride, kick and pass a footy, play soccer, shoot a basketball and so much more! We encourage students to keep up the good work and have devised a fun trick shot challenge. The challenge is for students to send a short video of them completing any trick shot. It's open to any student wanting to demonstrate their awesome skills and is part of the recent class work for PASS students. The best trick shot clips will be featured on Elderslie High School social media channels so we encourage students to get involved. To enter, share your video with Ms Crossingham on google drive or add it to your Week 10 work on Google classroom, or Week 4 work. The best way to do this is to film your trick shot, upload to your drive then share with [zoe.crossingham@det.nsw.edu.au](mailto:zoe.crossingham@det.nsw.edu.au).

**K. Lardner**

**Sports Co-Ordinator**

## Student Volunteering 2021

Are you a volunteer?

That means doing something for others without getting paid. This could be from any part of the year, before or during lockdown. This does not include your usual chores.

In school: SRC, Animal Nursery, Assembly Chairperson, being a referee for a Gala Day are a few examples

Out of school: tutoring your siblings in Lockdown, Youth group leader, Sporting coach or referee reading for Seniors' in a Home or mowing for elderly neighbours could be examples.

All students within the school have the opportunity to sign up for the Student Volunteering Awards 2021 which close later in the year.

Student nominations are invited for the following three student categories:

- students up to Year 9 who have completed a minimum of 13 hours of volunteering over more than 3 months
- students in Year 10 who have completed a minimum of 26 hours of volunteering over more than 6 months
- students in Years 11 and 12 who have completed a minimum of 52 hours volunteering in 12 months.

All that is required is to join our Volunteering recognition awards. Notify your Year Advisor or Mrs Rouen with the information.

**Mrs Rouen**

**Student Volunteer Coordinator**



## Textiles Technology Stage 5

I would like to commend all of the students in the Stage 5 Textiles Technology classes for continuing to show their unique and creative skills. The students have not let the online learning form stop them for engaging in the practical aspect of the course. With a few care packages sent home and the developing design skills the stage 5 classes managed to produce some of the most outstanding design solutions. Students engaged in a variety of tasks away from the normal theory lessons including, knitting, embroidery, 3D fashion illustrations using anything they could find around the house, Fashion photography, making felt cultural doll and key rings.

The best part of my week was looking through all of the amazing work created by these very talented students. Well done Year 9 and 10 textiles, I am a very proud teacher.

### Ms Golden



## CAPA Update

Unfortunately, due to the challenges of 2021 many of our events, performance opportunities and ensemble rehearsals have been cancelled. As we slowly emerge from lockdown and COVID restrictions, we are hoping 2022 will see the return of many of our events and performances.

Congratulations to Grace McGuire, Caleb Whitehead, Alisa Nguyen and Charley Buckley from Year 8 on the selection of their artworks for the Operation Art outdoor gallery at Sydney Olympic Park. The ethos of the Operation Art Program is 'art for healing and well-being', as Sydney Olympic Park is currently one of the largest vaccination hubs in Sydney, the artworks will brighten the park for many people queuing for their vaccinations. The exhibition will also be delivered virtually on The Arts Unit website, and we will share the link to view this later. Well done to our wonderful artists!

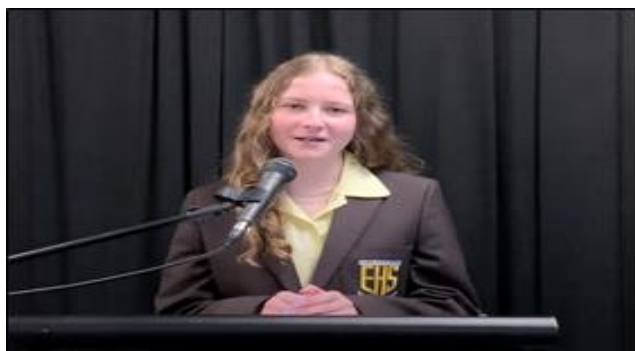
Congratulations to the HSC Dance, Drama, Music and Visual Arts students on submitting their projects, performances and body of work at the end of Term 3. The CAPA Faculty commend you on your perseverance under very difficult circumstances. Well done to all of the students involved.

Stay safe and be creative everyone!!

**CAPA Faculty**

## Public Speaking & Debating Update

Congratulations to Claire Stanley from Year 10 for competing in the **Legacy Junior Public Speaking Award** District Final. Claire presented a passionate prepared speech about animal cruelty, which she filmed at home during the Learning from home phase.



**The Year 12 Debating Team**, consisting of Zayne Lewis, Estelle Hollinshead, Briannan Eggert and Alice Haggerty won their way through to the State Quarter Finals prior to the Learning from home phase. They completed their State Quarter Final against Smith's Hill High School from home via Zoom. This posed a lot of challenges for the teams, but the Elderslie High School team rose to the challenge. Unfortunately, we were defeated in a split decision. Two adjudicators awarded the debate to Smith's Hill High School and one adjudicator to Elderslie High School. Hopefully, Zayne, Estelle, Alice and Briannan will accept the invitation to train as adjudicators in 2022.

Unfortunately, the Year 7 – 10 teams will not be able to debate in 2021. Hopefully we will see a return to Debating Competitions for all year groups in 2022.

Unfortunately, the Year 7 – 10 teams will not be able to debate in 2021. Hopefully we will see a return to Debating Competitions for all year groups in 2022.

**Ms. Dennis**



## FACES OF EHS

### "Tell me about a hobby you participate in"

I like to play sports because they help me to express myself and to have fun with my teammates. I have played soccer now since I was the age of seven, working on my individual and team play game. I play for Bankstown United and have for two seasons now. The competitiveness of the opposition and teammates keep you busy at all times.



**Joel Heyward, Year 10**

## P & C MEETINGS 2021

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

Our next meeting for 2021 will be  
Tuesday, 19<sup>th</sup> October 2021  
Via Zoom.



## **Catching Up with Our Alumni – Breanna Craig - Class of 2020 Achievements at school**

- 2020 Plain English-Speaking Award State Finalist
- 2020 Vice-Captain

### **Debating Team Accomplishments**

I was lucky enough to have debated from Year 7 all the way up until Year 11 – COVID cancelled our Year 12 debating unfortunately! Our team did well in the Premier's Debating Challenge, notably as State Semi Finalists in 2018 & State Quarter Finalists in 2019

### **Involvement in CAPA**

Throughout school, I was involved in almost every CAPA activity you could imagine – vocal ensemble, ballroom dance ensemble, school musicals & elective music classes.

### **Alpaca Show Team Captain**

I spent a lot of time during school up at the Ag Plot training the alpacas & was awarded including 5th Place in Alpaca Stockmanship at the Sydney Royal Easter Show. The most enjoyable part of alpaca training was getting to help other students as they undertook the tasks of training their own alpacas!

### **Secretary for a Day Program**

In 2019, I participated in the Department of Education's Secretary for a Day Program, where I was able to visit the Department Head Office & exercise my student voice to suggest ways to action change within schools!

### **Awards**

- Runner Up of the ZONTA Young Women in Public Affairs Award
- Finalist of the QUOTA Student of the Year Competition

I really enjoyed my time in high school – the extra-curricular activities were always so much fun & I have some fantastic memories!

## **Achievements post school**

I'm currently completing a Bachelor of Communication, double majoring in media arts and production and journalism at the University of Technology Sydney

### **Debating Achievements**

- As a part of the UTS Debating Contingent, I have participated in numerous tournaments at different universities, both in-person & online
- I have been selected to compete at the Australian & New Zealand Pro-Am Debating Championships, & Australasian Women's Debating Championships which are happening throughout November

### **Public Speaking and Debating Coach**

This year, I've been working as a Public Speaking and Debating Coach with Speaking Schools Australasia, where I teach 6–14-year-olds all about how to speak with confidence & debate with purpose! This is my dream job, just because it allows me to share my love of public speaking & debating with others!

### **Public Speaking and Debating Adjudicator**

I've also done a lot of adjudicating work, notably for the Department of Education's Premier's Debating Challenge & Multicultural Perspectives Speaking Competition, as well as competitions with the Independent School's Debating Association.

### **Web show Host & Co-Producer**

Earlier this year, I worked as a host & co-producer of a web show called 'On the Ground' created for both prospective & current Arts and Social Sciences students, which you can find on YouTube!

### **Quidditch Team Member**

- I am also part of the Eastern Sydney Universities Quidditch Team, which is comprised of UTS & UNSW students, where I play as a chaser and seeker!
- As a student, I wasn't really the sportiest, however combining sport & Harry Potter is a great way to get people interested!

### **UTS Talent Quest Winner**

- In 2021, I won the UTS Talent Quest!

### **Twelfth Night Stage Manager**

- As a part of UTS's Twelfth Night Production – Shakespeare set in 80's style! - I was set to work as stage manager, working with the directors & producer, as well as leading a team of light & sound technicians & stage crew to put the show on stage
- Unfortunately, the show was postponed during tech week due to COVID and is scheduled to run early next year.

### Graphic Design & Social Media Marketing

This year, I've also been able to work with UTS Debating Society, UTS Quidditch Society and Quidditch Australia to create social media marketing materials, as well as a whole suite of merchandise for the upcoming 2021 National Quidditch Championship, including a logo & jerseys

### Documentary Director

- This semester, a documentary proposal I created was selected to go into production!
- I've been acting as a director & DOP, utilising professional industry-standard equipment including cameras, lights & audio recorders to create a hybrid-documentary

I've had such a great year at university this year! Good luck to all the current Year 12 students – good things really do lie ahead!



## Elderslie High School

### School Day Restructure 2022 – Frequently Asked Questions

#### What are the main changes that will be taking place?

Present Structure	Revised Structure
<ul style="list-style-type: none"> <li>The day commences at 8.40am for Years 11 &amp; 12 and 8.55am for Years 7-10.</li> <li>The day ends at 3.25pm.</li> <li>We have 4 periods per day, each of which runs for approximately 75 minutes.</li> <li>There are presently 3 breaks in the school day, totalling 70 minutes.</li> <li>Sport runs on Wednesday afternoon for Years 7-10.</li> <li>The school day ends early on Wednesday at 2.30pm for Years 7-10.</li> </ul>	<ul style="list-style-type: none"> <li>The day would commence at 8.50am for all year groups.</li> <li>The day would end at 3pm, with variations for Year 11 and 12.</li> <li>There would be 5 periods per day, each of which would run for 60 minutes.</li> <li>There would be 2 breaks per day, totalling 60 minutes.</li> <li>Sport would still take place on Wednesdays.</li> <li>Instead of the school day concluding early on Wednesday, the early finish day would be on Thursday when the school day would end at 2pm.</li> </ul>

#### How would the day be different for Year 11 and 12?

At present, Year 11 and 12 finish at 12.15pm on both Tuesdays and Wednesdays. Under the revised structure, Year 11 will now finish at 12.30pm on Tuesdays and then proceed until the end of the school day at 3pm on Wednesdays. Year 12 students will finish early on Wednesdays at 12.30pm but will remain at school on Tuesdays until 3pm. Like Years 7-10, all senior students will finish early on Thursdays at 2pm.

The varied finish time on Tuesday and Wednesday for Year 11 and 12 still allows students undertaking courses in the Macarthur Trade Training Centre to still participate in these courses, some of which are at other schools.

#### Will senior students still have early morning classes or “Period 0” lessons?

For the majority of students, the answer to this question is no. All students will commence lessons at 8.50am. In Year 11 and 12, Extension courses will be offered in timeslots that are either before or after the normal school day. There may be occasions when a senior class may be offered before or after normal school hours however this would be rare.

#### Why has there been a change in the length of lessons?

At present, lessons at Elderslie High School run for 75 minutes each. In recent years, we have found that this is too long for students and engagement can waver towards the end of class when students may find it hard to concentrate, resulting in a reduced capacity to focus on lesson content. This is the primary reason for the change.

Another disadvantage of the current structure is that there are fewer lessons per fortnight for each course because each lesson goes for a long time. When lessons are shortened, it means that each subject teacher will have more lessons each fortnight. The impact of this is that course content can be more regularly revisited, which may mean that students retain concepts more easily. It also means that when students are absent, they will not miss so much work on any one course.

#### What is changing for Sport?

Sport will continue to be run on Wednesdays however we will be shifting the time that each year group undertakes it. Year 7 and 8 will do sport in the morning whereas Years 9-10 will have sport on Wednesday afternoons. This change allows us to hire one group of buses for the day. It also means that we can access a broader range of off-site facilities in the community than we can at present as fewer students will need them at the same time. This will make Sport more interesting and varied for students.



**What will be the impact of shorter lessons on practical subjects?**

Practical subjects such as those within the faculties of Technological & Applied Studies and Creative & Performing Arts will restructure their lessons to accommodate the change. 60-minute lessons are quite common in many high schools and the advantage will be that teachers will see their students more often which will allow more sustained completion of practical projects. Project completion will also be enhanced in that students will not miss out on as much if they are absent. In courses like Food Technology and Hospitality, the recipes that are prepared may need some adjustment so that they can be completed in a shorter period. The school is currently looking at other organisational adjustments we could make to allow for longer practical lessons where needed.

**Will there be double periods?**

There is currently no plan to run double periods.

**Will the bus companies be adjusting their school pick up times?**

The school has most certainly consulted with the main bus companies who service our school, Busabout and Interline. There will be very little impact on morning drop off time as the school day is only starting 5 minutes earlier at 8.50am instead of 8.55am. The afternoon has proven more challenging with some difficulties being encountered by the schedulers within some of the bus companies. We continue to make a case for adjustments to school pick up times.

It is interesting to note that when students were surveyed about the method via which they make their way home, almost three-quarters of our student body either walks or is picked up, meaning that a minority of students wait for buses. The school will most certainly provide supervision from the time the school day concludes until the final bus departs.

**Has there been a change in the amount of time allocated to individual subject areas?**

No. The school has conducted a deep analysis of the required mandatory hours for each course over all years of study. The allocation of periods to each course does indeed meet the requirements of both NSW Education Standards Authority (NESA) and the Department.

**What are the school's "wellbeing lessons" about?**

There will be a 30-minute lesson run once per week focusing on key aspects of wellbeing including a social-emotional learning and concepts like resilience and grit. We have found that during COVID and the lockdown, students need wellbeing support more than ever and this will be a way to address these matters. Early piloting of such courses that we have done has been very positive.

**Will the school still be promoting "Positive Behaviour for Learning (PBL)" now that there will be an assigned wellbeing lesson?**

Yes. These will also be integrated into the Wellbeing periods.

**Will there be any change to the school's assembly structure?**

Assemblies will be moved to Mondays to allow the school to make announcements for the week ahead. Assemblies will continue to be varied so that some are whole school assemblies whilst others are for whole year groups.

**How is roll call being changed?**

Currently Roll Call runs for 30 minutes. Under the new structure, this would be shortened to 10 minutes each day. Roll call groups will also be organised in year groups instead of mixing students from multiple year groups in each roll call. This will mean that wellbeing staff such as the Year Adviser will be able to efficiently visit all roll call classes when required.

# Supporting Your Wellbeing

## Are you in danger?

*If you or someone you are with is in immediate danger please*

**Phone:** 000

Or

**Go** to your nearest hospital emergency department

## Looking for online support and counselling for your wellbeing and mental health?

**You may find the following resources helpful:**

### *Kids Help Line*



**Phone:** 1800 55 1800    **Age Group:** 5 to 25 years

**About:** A private and confidential 24/7 phone and online counselling service for young people their family and friends.

**Link:** [kidshelpline WebChat Counselling](#)

**Chat Online:** 24/7

### Youth Beyond Blue



**Phone:** 1300 22 4636    **Age Group:** All ages

**About:** 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

**Link:** [Welcome to Youth BeyondBlue](#)

**Chat Online:** 3PM - Midnight

## 1800RESPECT



**Phone:** 1800 737 732    **Age Group:** All ages

**Interpreter:** 13 14 50

**About:** A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

**Link:** [1800RESPECT Online Chat](#)

**Chat Online:** 24/7

## headspace



**Phone:** N/A    **Age Group:** 12 to 25 years

**About:** A 24/7 online and telephone support and counselling service for young people, their families and friends.

**Link:** [Welcome to eheadspace](#)

**Chat Online:** Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.

## Suicide Call Back Service



**Phone:** 1300 659 467    **Age Group:** All ages

**About:** A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

**Link:** [Suicide Call Back Service Online Counselling](#)

**Chat Online & Video:** 24/7



## Mental Health Line

**Phone:** 1800 011 511    **Age Group:** All ages

**About:** A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

**Link:** [NSW Health Mental Health Line](#)

**Phone:** 24/7



## Looking for more information?

### *Black Dog Institute*



**About:** Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing. Link: [Black Dog Institute home page](#)

### *Reach Out*



**About:** Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

Link: [Reachout.com home page](#)

## Looking for an app?

### *Calm Harm*



**About:** Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

**Cost:** Free      **Available:** App Store & Google Play

### *Clear Fear*



**About:** The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

**Cost:** Free      **Available:** App Store & Google Play

### *ReachOut Worry Time*



**About:** ReachOut Worry Time interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

**Cost:** Free      **Available:** App Store & Google Play

### *ReachOut Breathe*



**About:** ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

**Cost:** Free      **Available:** App Store

### *Smiling Mind*



**About:** Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

**Cost:** Free      **Available:** App Store & Google Play.



**FREE**  
*Online Workshop*



**Building  
Confidence  
and  
Mastering the  
Interview**



Wednesday 20th  
October

5:00 - 6:30 pm

Online Via  
Zoom

For Young People  
in the Camden LGA

**REGISTER NOW**





# upcoming sessions

Parents, Carers, and Community Members in South Western Sydney are invited to attend a free mental health education session in Term 4.



## The sessions aim to:

- Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
- Increase awareness of the impacts of COVID-19 on wellbeing.
- Strengthen your understanding and skills in how to have a conversation with your young person.
- Build awareness of local services and the various supports available.
- Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.



## Supporting young people and those impacted by suicide

Date: 19 October 2021

Time: 12 – 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3EISuc5>



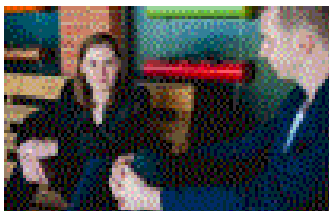
## Communicating with young people

Date: 16 November 2021

Time: 12 – 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3CeFodW>



## Supporting young people impacted by COVID-19

Date: 7 December 2021

Time: 6 – 7:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3Au8Q7z>



## For more information

Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)



Education

# Year 12 school leavers



## 5. Year 12 school leavers

### Go to work – How can I get a job?

Here are some starting ideas:

- seek help from your personal networks of friends, family and acquaintances
- talk to your school careers adviser
- search advertised job vacancies
- contact employers in industries where you would like to work. Some employers prefer face to face contact, so call them and set up an interview.

### Combine work and study

Combining work and study means you are planning to do one or both, part-time or enter a program which includes learning in the workplace. The combination is likely to increase your current and future success as a student and also as a worker.

[education.nsw.gov.au](https://education.nsw.gov.au)



## Apprenticeships, cadetships, traineeships and scholarships

Australian Apprenticeships offer opportunities for you to train, study and earn an income at a variety of qualification levels in most occupations as well as in traditional trades.

Smart and Skilled is a NSW Government initiative helping people in NSW get the skills they need to find a job and advance their careers.

Training Services NSW in the NSW Department of Industry is responsible for government-funded vocational education and training (VET) in NSW.

Australian Government departments and agencies also offer cadetships, scholarships, and work experience opportunities.

## Career information and jobs

The following websites and services are a starting point for everything work-related including making career decisions, finding jobs, writing applications and resumes, preparing for interviews and knowing your rights at work.

- National Careers Institute (NCI) was established to ensure people have access to authoritative and accurate careers information and support irrespective of their age or career stage. Visit the Your Career website to be connected to further education, training or work options to support your current career needs or goals.
- Your Career - School Leavers Support
- Australian Government's Department of Education, Skills and Employment
- myfuture
- Skillsroad Online career profile & resources
- Services Australia
- jobactive (Australian Government)
- The Good Universities Guide
- Australian Jobs Report
- Labour Market Information Portal
- Educational Pathways Pilot Program



## Take a gap year

Many Year 12 school leavers take a gap year. The idea of a gap year is to take a break from study to explore life, the world, paid and volunteer work and your personal goals. In September of the following year you may need to make some decisions, re-apply or confirm a deferred university place or apply for courses at a registered training organisation.

## Youth exchange programs

There are numerous exchange programs available. Organisations such as Rotary run programs for international understanding. Remember to research any youth exchange program carefully to ensure your safety and welfare and the cost is aligned with the benefits.

Name of organisation	Website
AFX Student Exchange Australia Ltd	<a href="https://afxstudentexchange.com/">https://afxstudentexchange.com/</a>
Education First (EF)	<a href="https://www.ef-australia.com.au/ed/high-school-study-abroad/">https://www.ef-australia.com.au/ed/high-school-study-abroad/</a>
Rotary Youth Exchange Australia	<a href="https://ryea.org.au/">https://ryea.org.au/</a>
Scholarships for Australian-German Student Exchange (SAGSE)	<a href="https://www.sagse.org.au/">https://www.sagse.org.au/</a>
Scouts Australia	<a href="http://www.scouts.com.au">www.scouts.com.au</a>
Southern Cross Cultural Exchange	<a href="https://www.thisisscce.com/">https://www.thisisscce.com/</a>
Student Exchange Australia New Zealand Ltd	<a href="http://www.studentexchange.org.au">www.studentexchange.org.au</a>
Students of the World Ltd	<a href="https://studentsoftheworld.com.au/">https://studentsoftheworld.com.au/</a>
World Education Program Australia Ltd	<a href="http://www.wep.org.au">www.wep.org.au</a>
Youth For Understanding Student Exchange (YFU)	<a href="https://www.yfu.com.au/">https://www.yfu.com.au/</a>

**Pathways and Transitions**  
 NSW Department of Education  
[seniorpathways@det.nsw.edu.au](mailto:seniorpathways@det.nsw.edu.au)



## Helping children transition back to school in the COVID-19 era

ADVICE FOR PARENTS AND CARERS

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

### Reassure your child that it is safe to go to school

Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that:

- the decision to return to school is based on medical advice
- children do not usually get sick from COVID-19
- everyone at school is working hard to make sure that children are safe
- anyone who is unwell will stay at home
- the government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made
- reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger
- discuss what they are looking forward to and what they are worrying about
- reinforce good hygiene practices.

After school, it will be important to:

- talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow
- schedule extra family time as your child is likely to have missed being at home with you
- your child may feel more fatigued and will benefit from quiet activities to recharge.

### Prepare your child for changes to usual school processes

Your school may have made changes to their normal processes. Your school will communicate these changes with you – these may vary across schools. To help prepare your child:

- talk to your child about upcoming changes - the more they understand the changes, the more comfortable they are likely to feel about them
- write social stories with your child about changes to routine
- ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school
- see if there are any strategies that home learning enabled that you might be able to take to the classroom
- ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help.

### Re-establish normal routines in the lead up to school

- **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.

Some schools may not allow parents to walk children to their classroom. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classrooms
- ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'.

### Returning to school before siblings

Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family. You can help your child by:

- reassuring them that it is ok to feel disappointed
- explaining that all children will be returning to school soon
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to
- avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

### Tips for children with cognitive and behavioural challenges

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school

- Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue – you may consider shorter days or rest days.
- Speak to the school about incorporating more rest breaks throughout the day for your child.
- Speak to your school about reducing or eliminating homework until your child has settled back into a routine.



- Ensure that your child is linked in with the learning support and wellbeing team.
- Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder – For example, ABI is often the 'invisible' injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.
- As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour – remember, this is likely to be part of the readjustment phase and should improve with time.
- Your child may need your help to regulate. You may find it helpful to create a calm corner with a 'tool box' of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

### Finding extra support

If you need extra support or clarity in regards to your child's needs and learning challenges, referral to an appropriate psychologist for a detailed assessment and advice may be warranted. For example, a paediatric neuropsychologist can provide a differential diagnosis and strategies, and direct you to an appropriate special education tutor or any other healthcare specialist that may be required.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to [findapsychologist.org.au](http://findapsychologist.org.au) or call 1800 333 487
- ask your GP or another health professional to refer you.

### Acknowledgments

This resource was prepared by the:



A clinical neuropsychologist is a psychologist who is trained to understand brain-behaviour relationships (across the lifespan).

- a) To assess thinking/brain abilities and difficulties to clarify diagnosis and identify the client's care needs and priorities.
- b) To provide targeted intervention or rehabilitation for people with thinking/brain-related difficulties or disorders.
- c) To adapt or modify treatments to take into account the effects of thinking/brain difficulties.

The Australian Psychological Society Limited  
PO Box 38, Hindlers Lane, VIC, 3009

Telephone: (03) 8662 3300 or 1800 333 487  
Fax: (03) 9463 6177  
Email: [membership@psychology.org.au](mailto:membership@psychology.org.au)  
Web: [psychology.org.au](http://psychology.org.au)

Find us on social media   

ABN 23 000 543 788 © 2020

The APS has other information sheets in this series to support children and teens with learning difficulties and disabilities. To access visit [psychology.org.au](http://psychology.org.au) for more.

[psychology.org.au](http://psychology.org.au)



# HELPFUL TIPS FOR RETURNING TO HIGH SCHOOL

COVID19 has required everyone to make changes: how we live, how we socialise, how we learn.

Everyone has a story about learning from home and while there are similarities, your story is unique.

Whatever your experience, it's normal to feel a wide range of emotions that may change from week to week. In returning to school, it's important to think about what will help you prepare for your return, manage any worries you might have and re-focus your thinking.

Your feelings are important. If you need to, there are lots of people you can talk to.



## BE KIND TO YOURSELF

- Go easy on yourself – give yourself the same supportive advice that you'd give to a good friend.
- Life has been different and it may take time to adjust. Be realistic in your thinking about how long it might take.
- Talk with your teachers about your work and call out your current strengths and any challenges. They are there to help you.
- Contact a friend before the first day back and arrange a time and place to meet.
- Try and focus on the things you can control like trying your best with your school work and see change as an opportunity to learn and grow. Some things are out of our control and worrying can be tiring.
- Talk with your family and friends to help prepare yourself for returning to school.



## GETTING READY

- Get organised before the day. You may have had a growth spurt while away – so check your uniform and shoes still fit.
- Check your timetable to know what lessons you'll be having – if in doubt, ask your teacher or class mate.
- Pack your bag the day before with everything you need.
- Be sure to have a mask and hand sanitiser. Your school will also have some supplies if needed.



## SAFETY

- Know the rules around wearing masks at school and while travelling. If you need more information, look at your school's website and Facebook page, or contact a teacher or year adviser.
- Remember COVID's safe practices are for the safety of everyone in the school community so follow all instructions on physical distancing and hand washing.
- If you feel unsafe, or are worried about safety, talk to a trusted adult in the school.



NSW Department of Education

