



PARENT BULLETIN

MARCH 2021

Upcoming Events

March 8	SSW Regional Swimming Carnival Jamberoo STEM Excursion
March 9	Scholarship Presentation Ceremony P & C Meeting
March 12	Talent Quest World's Greatest Shave
March 17	EHS Public Speaking Competition
March 18	School Athletics Carnival
March 22	Biology Excursion
March 23	Year 7 Vaccinations Dance Transition Program
March 25	Drama Transition Program
March 29	Year 11 CAPA performance
March 31	EHS Cross Country Carnival
April 1	Last day of Term 1
April 20	First day back – Term 2

See back page for more details



Inside This Issue

Principal's Report	1-2
Deputy Principals' Report	2-4
SRC Report	4-5
Sport Report	5
Careers Report	6
Library Report	6
Aboriginal Education	7
Agricultural News	8
CAPA Update	8-9
Faces of EHS	9-10
Catching Up with Our Alumni	10
Proposed Calendar	11
Vaping – Fact Sheet	12-13

PRINCIPAL'S REPORT

It is hard to believe that half the term is already over and that despite our continued implementation of COVID restrictions, we have achieved so much. Some of the highlights have included welcoming and settling our new Year 7 students to our school, holding our swimming carnival, staging our annual Valentine's Day festivities as well as continuing to consult at length with the student body as we refine our new school plan for the next four years. Academically, all year groups have had explicit presentations about the assessment processes they will be abiding by and all assessment booklets are now loaded up onto the website.

We are all so excited about the Oak Grove component of our playground and can't wait to "move in" to the area. Unfortunately, there has been a hold up on the manufacture of the new picnic tables that feature in this area and as such, the area remains incomplete. We are not able to have a hand over of the space until the finishing touches have been applied. This has indeed presented several challenges as the students are a little crowded in the playground in the breaks. I am told it will not be too long though until the space is ours once again. I would like to thank all the members of the Parents and Citizen's Association who provided very positive feedback when they took a sneak peek at the last meeting.

Year 6 into Year 7 Information Evening

It was with great sadness that we were required to shelve our plans for our annual Year 6 into Year 7 Information Evening. A number of parents have indicated their disappointment that this decision was necessary and I would like to assure the school community that we will be seeking another date if the circumstances change. Our decision was based on the Department's COVID guidelines and we did indeed consult with our Director, Education Leadership when we considered the logistics of the guidelines for our school campus. In the interim, I would ask all families to log onto the Elderslie High School website where our virtual tour will be a good starting point for you and your children to get to know our campus. We are at the tail end now of producing our video featuring key staff for the Year 7 cohort of 2022 and we look forward to sharing this with the school community.

Student Successes

I was thrilled to hear that two of our students were nominated this year for the Macarthur Workplace Learning Program Workplacement Student of the Year. The first of these was Thomas Liardo who was in the Year 12 class of 2020 and

studied Business Services. Additionally, Erin Harris of this year's Year 12 was nominated for Hospitality. Both students impressed their work placement hosts so much that they were nominated. I look forward to attending the ceremony in coming weeks to support both Thomas and Erin and congratulate them on their efforts. I will include a photo in the next edition of Parent Bulletin.

Parent & Citizens Meetings

I would like to extend heartfelt thanks to the outgoing P&C office bearers of 2020. We have been blessed to work with a wonderful group of very committed parents who have provided support to us in many teacher recruitment panels and in so many other ways. Special thanks goes to Mr Nick Maglis who has been our President for the past two years. Nick has been the powerhouse behind community grants and has addressed our parent body at school information evenings. We would also like to thank Mrs Lynne Gardner who has capably run our fundraising committee; Mr David Latimer (our Vice-President); Mrs Lisa Hamilton (Treasurer) and Mrs Kristie Carter-Smith (Secretary). Following on from our last P&C Meeting, our new P&C Executive are:

Mrs Lisa Hamilton (President)

Mrs Tracey Petruszenko (Vice-President)

Ms Christine Lidbury (Treasurer)

Mrs Kristie Carter-Smith (Secretary)

I would also like to extend a warm welcome to any parents who would like to attend our next P&C meeting on Tuesday, March 9 at 7pm. The meeting will be held in the Library.

Kind regards,

Mrs Jenny Lawrence

Principal

FROM THE DEPUTY PRINCIPALS

Natalie Martin (DP Years 9 & 12)

Year 7

On 3rd, 4th and 5th of March Year 7 participated in a school camp held at the Nepean Adventure Centre at Douglas Park. This was a fantastic opportunity for students to get to know each other and meet new friends whilst engaging in a variety of super fun activities. I would like to thank Mrs Castillo and Mr Dean for organising this great opportunity for students at Elderslie High School. I would also like to thank all of the teachers who attended the camp and gave up personal time with their families to supervise students overnight.

I have been very impressed with the behaviour of Year 7 at school so far, especially during the Best Start Numeracy and Literacy testing during Week 5 of this term. Every class completed two tests over two days and all students demonstrated exemplary behaviour. I would like to thank Mrs Dokmanovic and Mr Sambuco for coordinating the testing. The results of this test are not accessible to parents but will be used to identify gaps in learning for students in each class to

inform teaching practice and improve student literacy and numeracy outcomes.

Finally, some students have been engaging in communication in groups over 'Snap Chat'. I urge parents to monitor your child's social media use as sometimes students get caught up in a cycle of bullying which impacts on the wellbeing of other students at school.

Year 10

Year 10 students participated in an Assessment Guidelines assembly where I explained the Elderslie High School Assessment Policies to them. They were issued with a booklet that has been published on the school website for parents to access.

I know that currently Year 10 are in the process of completing their Individual Research Project for Science. All students are required to complete this assignment and it has a weighting of 25% which will impact on their final grades should they not hand it in. Students who don't complete course work and assignments in Year 10 may be at risk of being N-Determined at the end of the year, which means they become ineligible for their Record of School Achievement (RoSA) and may be required to repeat Year 10. Another consequence is that students without a RoSA may find it difficult to get an apprenticeship or acceptance into TAFE Courses.

Children thinking about leaving school at the end of Year 10 can make an appointment with our Careers Adviser Mrs Whitfield to organise work experience. They can also see her to enrol in White Card Courses, which are scheduled once a term. A White Card is a requirement to legally work on construction sites and is a nationally recognised qualification.

E-Cigarettes

We are very concerned that some students are curious about and or have engaged in vaping at school. A vape is a small E-Cigarette that contains nicotine and often has a fruity flavour. They are hard to detect as they smell like perfume or even lip gloss and issue a plume of vapour which dissipates quickly. Please be aware of the following facts:

"It is illegal to sell vape pens to people under 18" (True)

"It is against the school rules to have a vape at school" (True)

"Most fruit flavoured, cheap, disposable vape pens contain nicotine" (True)

"It is illegal to sell nicotine based vape pens in Australia to anyone, no matter what their age is" (True)

There are a number of negative side effects, students caught vaping at school will have the vape confiscated and they will be issued with school based consequences including contacting parents. I have included a fact sheet in this Bulletin for parents to read and discuss with their child or children.

Ms Natalie Martin

Deputy Principal

Years 7 & 10

Mr Dale White (DP Years 9 & 12)

Dear Parents of Year 9,

I thought I would share some of my observations and experiences with working with Year 9 students over many, many years combined with a recent article I have read. It's tough!! This appears to be the year students really tend to push the boundaries and it's incredibly important to prepare yourself for the upcoming 12 months when it comes to sleepovers, parties, mobile phones and social media. Getting things right now can prevent lots of problems in the year (and years) ahead.

Parents often find themselves blindsided by this almost 'seismic shift' in social activity and are completely unprepared for the pressure that is applied by their child to allow them to attend events on a weekend and especially the Saturday evening. There are many concerning and risk taking behaviours that happen at these events which can cause your child unnecessary stress and harm which then tends to remain with your child for their days at school and lives ahead. You may not think it will happen to your child but it is important to take a little bit of time to clearly outline your expectations, as well as establish some rules and boundaries, when it comes to parties and risk taking behaviour. We are seeing and hearing this impact on their schooling more and more which in turn is causing concerns with learning in the classroom and at school.

This is a great time to remind any parents going through this stage in their child's development about some of the key issues they are about to face. This is the year they usually turn 14 and enter the time of their life often referred to as 'middle adolescence' - the time when the search for identity becomes a central concern. They start to pull away from their parents and their peer group becomes far more important. This causes problems at school, when they go out and especially online. They're maturing and growing up, many are physically changing and are beginning to look much older or want to appear much older than they are and parents find themselves in a really difficult place. On the one hand they want to give their child the opportunity to create their own identity and establish where they fit in the world and start to make more decisions for themselves, but on the other, they want to keep them as safe as possible during this potentially very dangerous time and that involves maintaining rules and boundaries.

Here are some tips which, in today's world, are increasingly important-

- **Don't be bullied into making decisions.** Gather the information you need to make an informed decision and if they tell you they need to know now - the answer is 'no'. Take your time and get it right. If both parents are on the scene, make it clear that both of you make decisions around sleepovers and parties. Teens are extremely clever at setting up one parent against the other and it is vital that you display a 'united front' here. Make it clear by telling them – "Don't come to me, don't go to them – come to us!"
- **Know where your child is and who they're with.** No parent likes to hear this (and many refuse to believe it) but at

this age they're likely to start lying about where they're planning on going. If you want to let it slide, that's up to you, but you'll never forgive yourself if something terrible happens. When they're this age you should always take them to where they're going and pick them up. Don't leave it up to someone else to do if you can possibly help it

- **Create rules and consequences and stick to them.** If you haven't done this already, the beginning of Year 9 is a great time to have a family discussion about the rules you have around parties, alcohol, mobile phones, behaviour and school. The consequences of breaking those rules should also be clearly laid out and agreed to by your child. They can't say they're unfair later if they've agreed to them. Most importantly, if you don't follow-through should a rule be broken, you may as well throw in the towel now. The first time you buckle and let something slip, you will lose your credibility and your rules will become totally ineffective
- **If they don't like the rules, they're most probably perfect.** But remember, reward good behaviour and modify the rules as they get older.
- **If things start to get out of control, get help.** Too often parents leave it too long to seek help should things be going wrong in this area. If your teen is going out late at night without permission, that is not normal behaviour. You can always start with the school counsellor, or even your GP, but make sure you talk to someone and get professional advice if things start to get too difficult.
- **Seriously re-consider the need for a mobile phone.** There is no greater influence in a child's life these days than a mobile phone. It's their link to social media, friends and a world where students do not behave appropriately. The internet provides us with access to amazing learning and knowledge, however, this is NOT what teenagers use their device for. **A mobile phone in the hands of a teenager at school could possibly be the biggest detriment to their learning and especially behaviour.** A large number of behaviours at school stem from social media misuse and inappropriate behaviour online. I have a resource available to any parent to support them placing the necessary restrictions on your child's Apple phone during school hours. I strongly encourage this practice for their overall mental health, stress and experience through the challenging teenage years and yours as a parent.

We strongly believe guiding your child through these challenging teenage years is a partnership between home and school. We will always try to support parents as best we can here at Elderslie High School and if you need to contact me please call the school.

Mr Dale White
Deputy Principal
Years 9 & 12

Mrs Joanne Amos (DP Years 8 & 11)

Harmony Day and Day of Action Against Bullying

Both Harmony Day and The National Day of Action against Bullying and Violence, are an opportunity for Australian schools to highlight their everyday work to counter bullying and violence. Elderslie High School will be holding activities around the 19th March to recognise the significance of these days. Throughout this term we have been working with our Student Leadership teams to plan a series of presentations, activities and events for the day. The focus of the events will be the message that everyone belongs and how as an individual, each student can make a difference.

Travelling to and from School

The start of a new year is a good opportunity to remind our students about road safety when making their way to and from school. Most students have become very familiar with using the correct pedestrian gates to enter and leave each day, but we would appreciate parent support to remind them of the following points.

Students enter in the morning via the Hilder St bus bay, the pedestrian gate or the side oval gate and in the afternoon only students catching buses leave via the bus bay gate. In the afternoon, students wait for buses within the school grounds and supervising staff use the microphone system to notify them as the buses arrive. Students riding to school need to wear a helmet at all times and when within the school grounds need to be walking their bikes to the bike racks. For students being driven, need to cross the road using the pedestrian crossing and of afternoon, wait inside the main pedestrian gate until their parent pulls up. We would also ask that any parent parking around the school area while they wait for the school day to end, be mindful of our neighbours and not park across driveways. We appreciate your support in reinforcing these messages with your child.

Year 11 – Preparing for Assessments

Year 11 have their first formal assessment period approaching soon, with some subjects already having assignments in progress. The formal assessment period means that key assessment tasks are due for each senior subject throughout the 3 weeks (Weeks 8-10). Students are urged to show the drafts of their work to their teachers to seek guidance. This will allow them ample time to make adjustments before the final due date.

Year 11 - Subject Changes Closed

During the first 4 weeks of this term, there have been quite a lot of Year 11 students approach me to make adjustments to their pattern of study. As in most schools, any period of changes must be restricted as the early work completed in classrooms during the term is vital for the first assessment task and if students were to change at too late a stage, they would not be able to attempt the first task. Thank you to a great many students who consulted carefully and made the appropriate changes within the required timeframe. Any further changes are now no longer possible.

SRC Update - From the students

Despite only being together for a short period of time, the SRC have already implemented a new team structure, providing more opportunity for students to be more directly involved, with each committee driven by student voice.

The teams encompass 6 students, with two Year 10 students mentoring the Junior Students. The teams include:

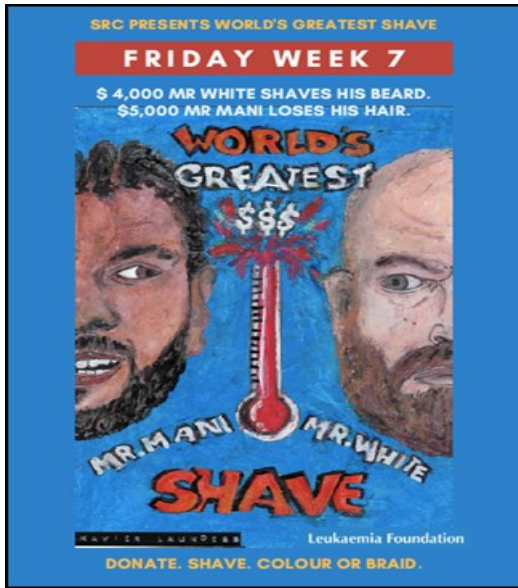
- An environment/sustainability team - focus on ways to implement and revisit the promotion of our recycling initiative, to educate the student body on the effects of waste, and to work closely with our school canteen to reduce single waste plastic items.
- A school infrastructure/media team - focus on redesigning old spaces to create a sense of community across year groups, assist in promoting events and organising activities via our school media platforms.
- A fundraiser committee - plan, organise and connect with local or national initiatives that we can support throughout the year. That team will determine, plan and organise key resources needed for our major events throughout the year.
- And lastly, a social/cultural/wellbeing team that draws upon the success of The Multicultural Day in 2020, and supports ideas to give students the opportunity to feel a sense of belonging to the school and to their peers. Such ideas include planning for Harmony Day, RUOK and supporting students and our team, by pushing ways to support positive mental health.

The students have already designed a student questionnaire, and used this data in their forward planning of events. Aligned with data from teachers, this will assist us in creating events, and using funds aligned with the demands and interests of the EHS student body.

Arianna & Bethanie

World's Greatest Shave Update

2020 was a difficult year for so many. Particularly those individuals suffering from life changing diseases. This year, SRC are pushing the World's Greatest Shave to be BIGGER and BETTER. This year, we are planning to surpass a new goal of **\$5,000**. With the help of the many wonderful student volunteers who have already registered, we hope to rally together to get Mr White and Mr Mani to shave! If \$4,000 is achieved, Mr White will have to shave the beard, and if we, as a school community, can exceed the \$5,000 mark, Mr Mani will have to shave off his luscious locks that he has been growing for over 2 years! Be sure to get involved by donating online, donating cash at school collection in DEAR, pre-order cupcakes and get involved on the day. The event will be held Friday 12th of March in the Main Quad. Students will be able to have their hair braided, or coloured (hair chalk) for a gold coin donation. If you child is interested in getting involved, please see Mrs Mulligan in the History Staffroom.



SPORT REPORT

School Swimming Carnival and Age Champions

The school swimming carnival was a huge success and went swimmingly. Big congratulations to all the students that participated and competed during the day! Thank you also to the teachers, particularly Mr Marshall for his meticulous organisation of the day. The following are the age champions for 2021:

George Prodromou and Tahlia Balmer – age 12

Elijah Conway and Arianna King – age 13

Jackson Daley and Alexis Weeden – age 14

Noah Amos and Claire Stanley – age 15

Reece Napier and Kaitlin Furchtman – age 16

Dylan Ross and Stephanie Weeden – age +17



State Hockey

MASSIVE congratulations to Brayden Sutherland, at only 13 years of age, he was selected to compete with the 15s NSW state hockey team, going to nationals in April.

Reminder School Athletics Carnival Week 8 and School Cross-Country Week 10

The school athletics carnival is coming up on the 18th of March (week 8) at Campbelltown Athletics Centre and school Cross Country is the 31st of March (week 10). Both carnival permission notes will be sent out soon and will require online payments for buses and entry.

CAREERS REPORT

We have a number of school visits and guest speakers planned. The most immediate ones include:

- * White Card course on Thursday 4th March
- * Sydney University School visit on Thursday 11th March
- * Australian Defence Forces on Friday 12th March
- * Western Sydney University on Friday 12th March
- * Notre Dame University on Friday 19th March

Students should register with me in order to attend these sessions.

Year 12 students are encouraged to come and see me to book in a time to discuss their post school plans.

Year 10 students need to come and see me to discuss the process of Work Readiness and Work Experience. Students are reminded that all paperwork must be completed and returned to me one week before placement. No paperwork equals no work experience – no exceptions.

A reminder to look at our Careers website at www.eldersliehighcareers.com. You might find the information and links under the Post School Options tab particularly useful.

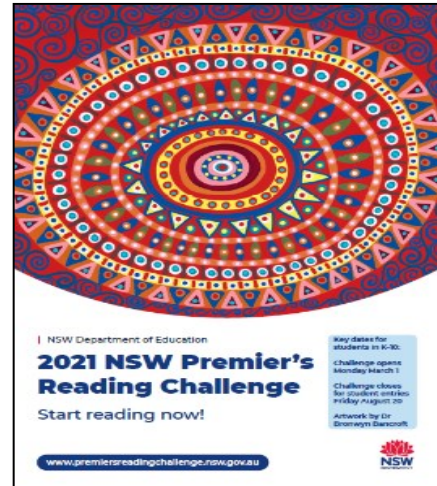
I am looking forward to seeing your child in the Careers office soon.

R Whitfield
Careers Adviser

Library Update

As Term 1 gets underway, the library has become the place to be! We have a variety of displays, initiatives and events coming up to suit your needs. Please ensure that you're checking the opening hours for your year on the poster on the door.

The **Premier's Reading Challenge** is back for 2021! This year, students in years 7-10 can participate by reading 20 books from the PRC list and logging their details online. Students will be rewarded with a white merit for every 5 books that they finish, and at the end of the challenge they will get a lovely certificate which will look wonderful in their résumés and University Early Entry applications. If students have completed the challenge every year since Year 3, they are also eligible for a special medal. We have hundreds of books on our shelves and our ePlatform to help you hit your target! The challenge begins on March 1, so put your name down at the library front desk and get reading! For more information and a full list of approved books, visit <https://online.det.nsw.edu.au/prc/home.html>



Reading for 20 minutes a day has massive benefits! At Elderslie High School we have the Drop Everything And Read – or **DEAR** – initiative to help our students build their vocabulary, empathy and literacy skills. If you're looking for a book to read during DEAR, we can help. We always have a variety of displays with books for you to borrow, as well as magazines that might suit your interests. In the coming weeks you will see displays for a range of interesting events, such as Women's History Month, Harmony Week and the National Day of Action Against Bullying. Feel free to borrow these excellent resources!

We also subscribe to the **Wheelers ePlatform**, which gives us access to a massive range of **eBooks**. Download the free app, search for the Elderslie High School library, sign in using your school account and start reading. We have new books added every month, so you'll always be able to find something to read!

Assessment periods are now upon us. We can help you print your tasks in the library. Please be organised with your work saved to your Google Drive or a USB. Remember, the library gets extremely busy during these times so the earlier you are ready to print, the better off you'll be.

This year we are also running a variety of new initiatives through the library, such as the emerging **Student Media Team** which aims to give our students a chance to develop their journalistic talents. We also have an exciting selection of social events coming up, such as our regular lunchtime **Dungeons and Dragons club**. Pay attention to the noticeboard outside the library as well as the Daily Notices for more upcoming events.

Miss D Lysaught

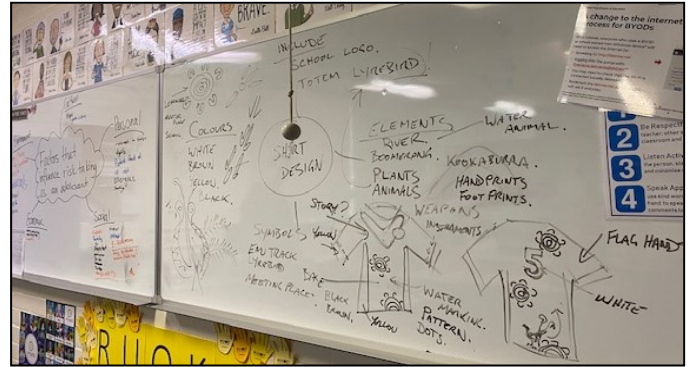
Aboriginal Education Year 7 Welcome Breakfast

Our new Year 7 Aboriginal students were welcomed to EHS by the Aboriginal Cultural Roll Call Group. They enjoyed hash browns and juice and chatting with members of the group. Well done to Tamika who spoke to the new students about the roll call group and what they do. Any Aboriginal students, Years 7-10, wishing to join the cultural roll call group need to see Ms Cross in the PE Staffroom for a note.



Art Design Workshop

Students nominated to attend an art design workshop which was delivered by Michael Fardon, local Aboriginal artist. The purpose of the workshop was to design a digital artwork to be utilised by the school for a number of projects such as Rugby League Jerseys. The students enjoyed the workshop and are looking forward to seeing the final design.



GO Foundation Scholarship

Congratulations to Poppy and Ben who received the Public Education Foundation Go Scholarship for Aboriginal students. The Scholarship includes access to GO Foundation cultural mentoring and aspiration days, access to opportunities including internships and work experience. GO Scholarships also include financial assistance for educational tools and resources. Ashlie from the Go Foundation visited the school today to talk to the two students about what the scholarship has to offer. It is an amazing scholarship which is going to provide the students with lots of opportunities. Well done!!!



Ms Crossingham
Head Teacher PDHPE/ Aboriginal Education Coordinator

Agriculture News

Once again it has been a busy start to the year on the school farm with all of our livestock returning from their “holidays” and students getting back into the routine of caring for them. Our vegetable gardens are in the process of being upgraded and we have had many of our dedicated students turning up early in the morning to help fill them with soil – it is thanks to these hardworking students that we have such a thriving Ag Plot.

We were disappointed to hear that Camden Show has been cancelled as it is always a highlight with our Display and numerous competitions for the students to prepare livestock for. However, **Sydney Royal Easter Show** is still planning to go ahead and we have a large group of students preparing to enter the Alpaca Showmanship and Paraders Competition, Poultry Showmanship and the Young Judges competitions for both Poultry and Alpacas. We also have 25 poultry entered in various classes, so keep an eye out for them if you are going to the show. Our giant pumpkin is progressing well and the Support Unit are making preparations for their decorated pumpkin.

Our first Animal Nursery for the year will be at Cobbitty Markets on Saturday, 6th March and we have had a lot of interest from our new Year 7 students who are keen to come along and assist which is great to see. This is a regular event on the first Saturday of each month and is always well supported by our students.

Year 7 students are busy looking after their young chicks and many are coming up to the farm to give them extra attention at lunch times. Some of these will be available for sale at the end of the term, students should talk to their Agriculture Teacher if they are interested in purchasing theirs.

All Agriculture Classes have received their Google Classroom code. All assessment tasks will be posted here once they have been issued in class as well as other relevant information and photos.

Good luck to all of our students competing at Sydney Royal, lots of photos next issue!

M Atkinson



CAPA Update

Already it is the middle of Term One and CAPA students are working tirelessly to improve their skills, plan performance items and participate in as many experiences as they can during 2021.

Thank you to all of the parents who joined the **CAPA Information Meeting** via ZOOM on Monday, 8th February 2021, we hope you gained some valuable information.

The **Dance-a-thon, 2021** was a great success, with the Elderslie High School students dancing the afternoon away under the direction of our Alumni of Dance and Year 12 Dance class. It was a little quieter without the students from our Partner Primary Schools, but we are hoping to welcome them back later in the year. Sponsorship money is now due to the Student Office.



The **Vocal Ensemble** has begun during DEAR time. All students who would like to audition for the Vocal Ensemble please see Ms Prigg. Hurry! The Vocal Ensemble fills up quickly.

Musicians are needed for the **Orchestra** for all students who enjoy playing ANY instrument. Please see Mr Webb if you are interested.

The **Visual Arts Club** is back for 2021! The Club meets on Wednesdays from 2.30 – 3.25 pm in Art Room 1 and 2. The students will be experimenting with some fun art making skills and students will have individual help to work on their artworks. The club is open to all year groups. See Ms Gulley or Miss Reece for a permission note.

Ms Dennis and Ms Grimston-Eason are proud to announce the 2021 members of **Dance Ensemble and Ballroom Dance Ensemble**. After a week of auditions and decisions the following students have been selected:

Dance Ensemble: Taylah Cardona, Ella Malcolm, Madi Morris, Payton Simonelli, Kaliska Nenadic, Alisa Nguyen, Elle Tooala-Murray, Qiana Touma-Luke and Emma Young. These students rehearse on Tuesday afternoons from 3.30 – 4.30 pm with Ms Grimston-Eason. Congratulations to the students selected and to all who auditioned.

Ballroom Dance Ensemble: Madi Morris, Callumb Jenner, Kaliska Nenadic, Qiana Touma-Luke, Emma Young, James Biondi, Jasper Browne, Noah Gibson, Caitlin Kubisch, Savannah Nenadic and Jessica Biondi. These students rehearse on Thursday mornings from 8.00 am – 8.55 am with Ms Dennis. Congratulations to the students selected and to all who auditioned.

Transition Dance Ensemble: This ensemble will return later in 2021 as a virtual event with our Partner Primary Schools.

Congratulations to Savannah Nenadic from Year 10 and Kaliska Nenadic from Year 8 on their selection to the **State Dance Ensemble and Company**.

Year 11 CAPA Evening is coming up at the end of Term 1 on Monday, 29th March 2021. Stay tuned for how this COVID safe event will be organised in 2021.

Once again, Elderslie High School is offering the students in Year 7 & 8 the opportunity to participate in the **Junior Drama Ensemble**. This group meets on Wednesday mornings from 8.00 am to 8.55 am. Classes have already started, so you need to hurry if you would still like to be involved. You just need to see Ms Dennis in the Studio for a permission note.

The **Event Management Team** has reformed for 2021. The operation of the school's events is a very challenging task and 25 students with talent in this area have signed up to be part of this team. Their roles will include lighting set-up and operation, sound operation, front of house, stage managing and much more. If there are any students who have not signed up for this team there is still time. You

just need to see Ms Dennis or Ms Gulley in the CAPA Staffroom ASAP.

Talent Quest, 2021

The **Elderslie High School Talent Quest** is back for 2021! The Heats are now complete, and our finalists have been decided. The Final of the Talent Quest is on Friday, 12th March 2021 in the School Hall from 4.00 pm. Unfortunately, due to DoE COVID guidelines parents are not permitted at this event in 2021, we hope to welcome you back to our CAPA events later in the year. However, a small audience of students from our school are permitted to attend and tickets are on sale through the Student Office. No tickets will be sold at the door on the afternoon. The afternoon will also be featuring performances from some of our performing arts alumni. It will be every exciting to see our students back performing after such a challenging 2020.

Elderslie High School Public Speaking Competition, 2021

The **Elderslie High School Public Speaking Competition** is back for 2021! The Final of the competition is on Wednesday, 17th March 2021 in the Studio. Details about the organisation for the event will be available soon. Who will be awarded the title of the overall school winner?

CAPA Faculty

Faces of EHS

What do you want to be when you leave school and why?

I would like to be a criminal or forensic psychologist working in health or justice systems. I would like to do this because the human mind and its operations have always interested me. I constantly ask the question of why people do the things they do and can find potential answers.

Erika Ward, Year 12



What hobby do you participate in?

I am an army cadet and I love performing arts. Even though these things have nothing in common I still find myself enjoying them as much as one another. I joined the army cadets in Year 8 and I have loved every second of it. I've learnt things such as navigation and first aid. At the end of my first year as a cadet I was awarded 'cadet of the year' and shortly after that I was promoted to Lance Corporal. Being a Lance Corporal was a lot of fun, it was a little responsibility but not too much. I then was nominated for a Corporal course which is a week long course in the holidays, where I learnt how to be a leader and how to teach lessons to cadets. I was promoted to Corporal in 2019 giving me more responsibilities. This made me really switch on and think of the people around me more than myself. Being a Corporal gave me a responsibility for a section of cadets which I really enjoyed because I got to know them all better and make sure they were having fun. I recently attended the Sergeants course in September which was online via Zoom due to COVID-19 but I still learnt a lot from it and passed the course with no problems. I was actually recently promoted to Sergeant only a few weeks after. I can't wait to learn more and grow as a person from my upcoming experiences as a sergeant.

Chloe Pasterfield, Year 10



- Ancient History with Mr Raeburn in Year 11 & 12. He was an amazing teacher
- Achieving an ATAR that allowed me to enter my teaching course at university

Highlights since leaving school

- Successfully completing a Bachelor of Arts/Master of Teaching course at Western Sydney University
- Becoming a Primary school teacher
- Getting married
- Buying a home and an investment property
- Travelling to the United States, China, Hawaii and New Caledonia
- Continuing my interest in sport by playing for Macarthur Rams in the NSW Women's Premier League (yes, I'm still playing)



Catching Up With Our Alumni

Lauren Ralston Class of 2008

Highlights of time at school

- Attending Year 10 surf camp. I learnt how to surf and it was by far the most enjoyable camp I have been on
- Playing football (soccer) and Futsal every year (7-12) with Mr Douglas as my coach. We won multiple competitions (including State Titles) and I received a 'Blue Award'
- Representing Elderslie High School at CHS competitions in Futsal, soccer, athletics and cross country



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

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7A	March 8 SSW Regional Swimming Carnival Jamberoo STEM Excursion	March 9 Scholarship Presentation Ceremony 6pm P & C Meeting 7pm	March 10	March 11	March 12 Talent Quest World's Greatest Shave
8B	March 15	March 16	March 17 EHS Public Speaking Competition	March 18 School Athletics Carnival	March 19
9A	March 22 Biology Excursion	March 23 Year 7 Vaccinations Dance Transition Program	March 24	March 25 Drama Transition Program	March 26
10B	March 29 Year 11 CAPA Performance	March 30	March 31 EHS Cross Country Carnival	April 1 Last day of Term 1	April 2
1A	April 19 School Development Day	April 20 First Day Back – Term 2	April 21	April 22	April 23

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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, 9th March 2021 at 7pm.




Drug and Alcohol Information
Get informed, stay smart, stay safe

Drugs a-to-z 

Electronic Cigarettes and Vaping: Factsheet



Evidence ratings: 

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7-8, Year 9-10, Year 11-12

Targeted Drugs: Drugs (General), Tobacco

Tags: Vaping, E-cigarette, Smoking

Origin: Australian

Cost:

Free

Other names

E-cigarette, e-cigs, vaping, vape, vape pens, pods, Juul, electronic nicotine delivery systems (ENDS), puff bars, and e-hookah.

What are e-cigarettes?

E-cigarettes are battery-operated devices that hold and heat e-liquids that emit vapours that users inhale. Using an e-cigarette is called vaping. E-cigarettes can look like traditional cigarettes, cigars or everyday items such as USBs or pens.

E-liquid can contain nicotine which is the same drug present in regular cigarettes and other tobacco products. This means that vaping can also become addictive. E-cigarette products bought in Australia are not legally allowed to contain nicotine. But if purchased somewhere else (e.g. online or overseas) they may contain nicotine because labelling may not be regulated like in Australia. Additionally, even when labelled as 'flavoured', e-liquids can still contain nicotine because labelling is not always correct on e-cigarette products. E-liquids often contain chemicals like propylene glycol, glycerol, and ethylene glycol, some of which are known to cause cancer.

Although it is illegal in Australia, e-cigarettes are sometimes used to vape/inhale cannabis and other illicit drugs. Cannabis e-liquids can contain ingredients which are not listed on the labels, including nicotine and/or other drugs. This can increase the risk of addiction to vaping.

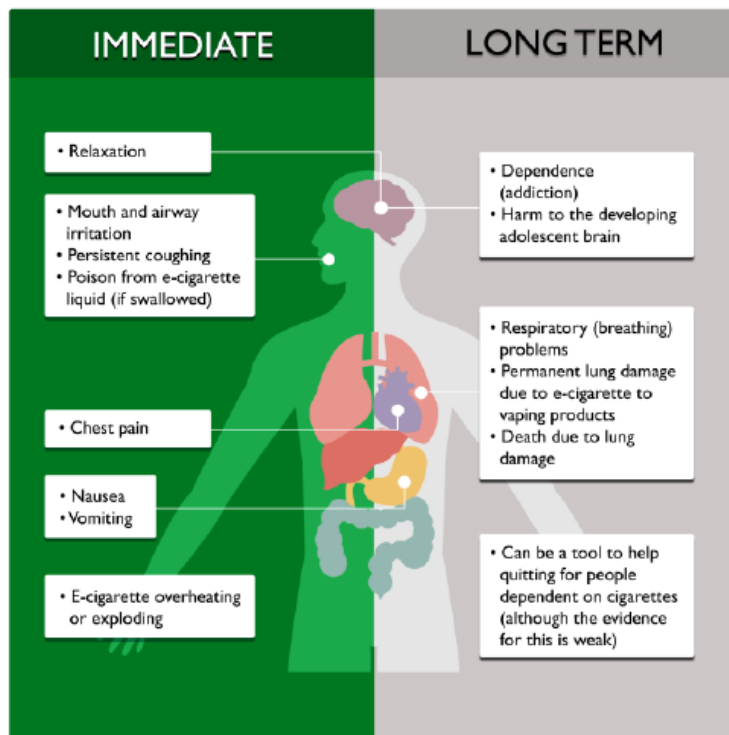
How many young people are using e-cigarettes?

According to the 2017 Australian Secondary School's Student Survey, 1 in 8 students (13%) had used an e-cigarette at least once in their lifetime. Among students who had tried vaping, almost half (48%) had never smoked a regular cigarette.

What are the effects of e-cigarettes?

The possible immediate and long-term effects of e-cigarettes are listed in the table below.

Immediate	Long-term
Mouth and airway irritation	Dependence (addiction)
Relaxation	Respiratory (breathing) problems
Persistent coughing	Harm to the developing adolescent brain
Nausea	Can be a tool to help quitting for people dependent on cigarettes (although the evidence for this is weak)
Vomiting	Permanent lung damage due to e-cigarette or vaping products
Chest pain	Death due to lung damage
Poison from e-cigarette liquid (if swallowed)	
E-cigarette overheating or exploding	



Common e-cigarette myths

MYTH: E-cigarettes and vaping are harmless.

E-cigarettes do not generate smoke in the same way regular cigarettes do so they might seem safer. However, many of the chemicals in the 'flavoured' e-liquids have the potential to negatively impact the health of users and others inhaling the vapour. Additionally, many people order e-cigarettes online from overseas, in which case product labelling is not regulated. This means that products sold as 'nicotine-free' may actually contain nicotine.

MYTH: There is no link between e-cigarettes use and starting smoking regular cigarettes.

Evidence shows it is common for young people who use e-cigarettes to later on begin smoking cigarettes. E-cigarette use familiarises users to traditional smoking behaviours such as inhalation, exhalation, and even holding a cigarette. This means that even if young people use e-cigarettes without the nicotine, the smoking-related behaviours they pick up make it more likely they will transition to cigarette smoking.

E-cigarettes and the law

While people over 18-years can legally purchase e-cigarettes and e-cigarette products, it is illegal in Australia to buy or sell **nicotine** for use in e-cigarettes. However, laws for the use and marketing of e-cigarettes vary across Australia.