

PARENT BULLETIN

JULY 2021

Inside This Issue

| Principal's Report | 1-3 |
|---------------------------|-------|
| Deputy Principals' Report | 3-4 |
| Head Teacher Welfare, | |
| Learning & Support | 4-5 |
| SRC Update | 5-8 |
| Aboriginal Education | 8-9 |
| Library | 10 |
| Student Media Team | 10-11 |
| Senior Studies – Elevate | 11-12 |
| Sport Update | 12-15 |
| CAPA Update | 15-17 |
| Faces of EHS | 17 |
| Wellbeing Resources | 18-21 |
| Digital Students Showcase | 22 |
| Job Notice – ISS | 23 |
| <u> </u> | |



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PRINCIPAL'S REPORT

Welcome back to Term 3! It certainly wasn't the sort of school holiday our students would have liked to have had and clearly, it hasn't been the ideal start to the term either. I would like to thank all our families for the messages of support many of you have sent. The announcement towards the end of the school holidays that schools would be moving to "Learning from Home" once again meant that our staff worked in overdrive mode to make everything ready for our students so that we could ensure continuity of learning. I am very proud of the staff and their efforts. Their commitment and dedication in the face of these uncertain times is inspiring to me and I am very confident that as a school, we are able to support all our students.

Parents will have already read our updates and I hope you have felt informed about the plans we made and are continuing to make for our students. During the school holidays, our communication was hampered because of the cyberattack that you would have read about in the media that impacted the whole of the Department of Education and played enormous havoc with our email system. This cyberattack occurred just as the "Learning from Home" requirements were announced and the first update that we prepared you was difficult to release. Of course, at a time like that, I am thankful that we are not reliant on only one method of communication and in fact we have many different methods, including those listed below. We were pleased that we were able to use a number of these during the cyberattack crisis to reach our families.

- Elderslie High School Website
- Facebook
- Instagram
- Twitter
- Skoolbag App
- Email system

I would remind all our families that accurate information is best obtained directly from us and whilst many parents do turn to each other to share their understanding of what is going on at school, this also creates a source of miscommunication if the understanding of some is inaccurate. For this reason, I implore you to check your emails for updates from us as well as subscribe to our Skoolbag App and follow us on social media. If parents have questions, please ask us — we are only ever a phone call or email away.



Staffing Changes

At the start of the term, there are generally several staffing changes to announce and this term is no exception. I am very pleased to be able to welcome the following staff to the Elderslie High School family:

Mrs Elizabeth Siope -Head Teacher Administration (permanent)

Mrs Margaret Draper - English Faculty (permanent)

Ms Shannon Trudgett – Science/Agriculture Faculty (permanent)

Ms Mary-Louise Limbrey - HSIE Faculty

Ms Amanda Harding- HSIE Faculty

Mr Shane Cartwright - Mathematics Faculty

Ms Jessica Davis – COVID Intensive Learning Support Program (Literacy)

Mr Zak Blackshaw - Student Learning Support Officer

Ms Natalija Gicevska – Student Wellbeing Officer

In addition, I am delighted to announce the appointment to the role of School Administrative Manager of Mrs Susan Solah. Mrs Solah has been relieving in this role for several years and it is wonderful to have her permanently appointed in this role.

Ms Alicia Neil who has also worked with us as a Student Wellbeing Officer on a part time basis will now be with us five days per week as part of the Department's roll out of full time Student Support Officers to secondary schools. Alicia will support students with a range of social and emotional needs across our school and we know she will add tremendous value to our student body.

In the School Counsellor's office, Mr Paul O'Reilly left us for a role closer to home at the end of the term, meaning that our services are currently short staffed in that area. We are waiting for the Department to fill this role and unsure how long this will take. In the interim, we continue to have Mrs Carmen Thorne here with us on Mondays and Tuesdays.

Finally, parents would remember that I announced the departure of Mrs Julie Johnson, our Head Teacher TAS (Technological & Applied Studies) at the end of last term. We have not been able to secure a temporary replacement for Mrs Johnson at this stage and are currently advertising for this role. In the interim, Ms Megan King, our Head Teacher Teaching & Learning is supporting the TAS faculty.

Education Week

Education Week occurs annually in all NSW public schools in Term 3, Week 3. Every year, we celebrate the achievements of our students in our Recognition Assemblies that we were all ready to have before COVID struck us down! Unfortunately, we are not able to have these in a face-to-face sense at present, but I am pleased to say that our wonderful Year Advisers are all planning virtual assemblies which students will be invited to attend. At this stage, the virtual

assemblies may not be in Week 3 but we will let parents know as soon as the dates have been confirmed. I would love parents to encourage their children to participate as this will really support our students to stay in touch with their peers, especially those outside their immediate circle of friends as well as with their Year Adviser and other key staff.

This year's theme for Education Week is "Lifelong Learners".

External Validation Success

Once every four years, each public school in NSW is externally validated by the Department. This process involves the school producing evidence of our achievements and where we believe we are currently sitting against the Department's School Excellence Framework. The External Validation Process was completed in Week 2 of this term, and we were very pleased with the feedback we received. I would like to thank all members of the executive, particularly the Deputy Principals for their hard work over the past term related to this major exercise for our school. The process has left us with a great deal of clarity around the plans we have ready to put into place over the next four years as a part of our school plan (2021-2024).

Student Successes

On my favourite aspects of my role is the opportunity I have to watch our students do amazing things. I will value these opportunities all the more in the current climate when it is very difficult for our students to get out and about in the community.

One of the highlights since the last edition of Parent Bulletin was the "In The Spotlight" Dance Festival which was held at the Seymour Centre in Sydney in June. Mrs Amos and I attended to support our Dance Ensemble and Ballroom Dance Ensemble students and to view their items, choreographed by Mrs Grimston-Eason and Ms Dennis, respectively. The students shone and Mrs Amos and I were both extremely proud of them. I would like to extend a special thank you to Mrs Grimston-Eason and Ms Dennis who went above and beyond to give our students this opportunity. In addition to this, our very own Noah Douglas of Year 9 was selected from a vast group of applicants to compere the evening which is no easy feat. Noah donned the school blazer and did public education and Elderslie High School proud as he eloquently introduced each group of performers with warmth and charisma. Congratulations to Noah on this excellent public speaking.

While I wasn't able to watch, I was just so excited to hear of the success of our Year 12 Debating students who defeated the team from Sydney Boys High School to advance to the State Quarter Finals. As most parents would know, Sydney Boys is one of the most elite selective schools in NSW so that makes the achievements of Zayne Lewis, Alice Haggerty, Briannan Eggert and Estelle Hollinshead even more impressive. Elderslie High has a long-standing tradition of success in the arena of debating and I wish our team well at the next level.



Under Mr Goodsell's guidance, a large number of students from our school participated in this year's Australian Geography competition. I am very proud of all our entrants who took on a voluntary challenge but in particular, I would like to single out the achievements of Gemma Stiff of Year 12 who finished with a High Distinction, placing her in the top 4% of the 70 000 Australian entrants. What a fantastic effort! I was also very pleased to hear that Thomas Liardo of the class of 2020 was nominated for the Young Champions Award for his work in his local community. This follows on from Thomas' success at the MWLP Workplacment Awards that I attended in Term 2.

Finally, I am very pleased to share that two members of our Alumni, Gabrielle Plain (Class of 2016) and Thomas Grice (Class of 2010) have been selected to represent Australia at the Tokyo Olympics. Gabrielle will play in the Australian Women's Softball team while Thomas will compete in the Men's Shooting team within the trap and the mixed pairs event. Gabrielle features in our Alumni Sporting Stars mural in the school auditorium. Both Thomas and Gabrielle are great role models to all our current students and show what can be achieved with hard work and perseverance.

Engagement in Stage 4 School Sport

For families who have a number of children attend Elderslie High School, you may remember the way we previously ran school sport in which all Year 7 and 8 students remained at school and rotated through a range of activities. Over the past few years, students have found it hard to differentiate sport from their practical PDHPE lessons and we sought to make changes to our planned sport program so that we could make it more engaging more students. Another issue we faced was the decreasing access to the redeveloped former netball complex that previously existed across the road from the school.

In 2021, we launched a revised sport structure in which students were able to participate in a range of off-site opportunities including some activities run at the Narellan Sporting Hub as well as swimming at Mount Annan Leisure Centre. Our new plan has resulted in a far more engaging range of options and also allows us to incorporate new requirements of the curriculum only introduced in recent years.

I have become aware that some of our families have wondered about why we made these changes so I hope the above will provide a little more clarity. Of course, travelling in the community for sport means that there are some levies and charges we are faced with including the cost of buses and entry fees. We do try our best to keep costs to a minimum, but should parents wish to seek financial assistance, please write to me at the school and we will do our best to support you from the finite resources we have for this purpose. Year 7 and 8 Sport involves several rotations each year however parents can make their payments by the term if it is easier for them to do so. In 2022, the school will seek to develop a payment system for sport that is a little clearer for parents as

we acknowledge that paying for each sport rotation in the year might confuse parents when the rotations don't align to each term.

Fees for Sport and COVID Learning from Home Impact

Many families may be wondering about sports fees that may already be paid for and what happens to these funds given that students are not currently attending school sport. Unused fees can be held in advance on future sport payments. Should you wish to apply for a refund, please contact our office.

Parent & Citizens Meetings

Our next P&C meeting will be held virtually via Zoom on Tuesday, July 27 at 7pm. I extend a warm welcome to any parents who would like to attend. If you are a regular attendee, you will automatically receive an email with the Zoom link but if others wish to do so, please contact our office for the link.

Kind regards, Mrs Jenny Lawrence Principal

FROM THE DEPUTY PRINCIPALS

Natalie Martin (DP Years 7 & 10) Joanne Amos (DP Years 8 & 11) Dale White (DP Years 9 & 12)

Learning from Home

Welcome back to Term 3. Once again we are learning online from home due to the increasing numbers of COVID cases in the community. We have been working with teachers to provide engaging online learning activities as well as wellbeing support through the Google classrooms for each year group. We have been able to apply our lessons learned from 2020 to improve the delivery of learning to all of our students. If parents have any concerns about online learning, please contact the school so that we can provide support and manage issues promptly and efficiently.

The Department of Education recommends that students in Stage 4 (Year 7 and 8) and students in Stage 5 (Year 9 and 10) complete 3.5 hours of learning online each day. Further to this the recommendation is that students complete 30-45 minutes of English, 30-45 minutes of Mathematics and 90-120 minutes of other Key learning Areas such as HSIE, Science, Creative Arts, Languages, PDHPE and TAS. Students could then engage in wellbeing, sport and physical activity at other times throughout the day.

For students in Stage 6 (Year 11 and 12) it is recommended that students follow their usual pattern of study. NESA will provide updates about major works and assessment tasks for specific subjects which will be communicated to parents and students once we have this information.

All of our teachers will post an outline of the work that students need to complete for the week on the Google Classrooms for each subject. For example, if your child has



one lesson per week of the subject then there will be one activity to complete, two lessons per week then there will be two activities and so on. Students can work at their own pace at home so long as they complete all of the assigned work by Friday afternoon each week.

Parents can access further information and resources about learning from home through the following Department of Education website.

https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home

Assessment Tasks

Teachers will be issuing Assessment Notifications for Semester Two very soon. If learning from home continues, we will be looking into modifying assessment schedules and assessment tasks so that students can successfully demonstrate learning outcomes from home. Changes will be communicated through Google Classrooms and we will notify parents via email. We want to make sure that students are not disadvantaged by learning from home so contact the school if your child is struggling to learn or finding the isolation at home challenging. Our Year Advisers and Learning and Support Staff are available to provide learning and wellbeing support as needed.

Parent Teacher Night

Unfortunately, we were unable to hold our Parent Teacher Evening on Monday 19th July. We know that many parents would like the opportunity to speak to their child's teacher, so we are planning to set up meetings with parents over Zoom or by phone later this term. The school will provide more information about this in the coming weeks.

Head Teacher Wellbeing, Learning & Support

Welcome back to Term 3! I hope that you all had a restful holiday break and are ready for the term ahead.

In light of the current Covid-19 regulations, we have put together an online student referral form. The referral form has been designed to further support students who require additional Wellbeing, Learning and Support assistance during online learning. The referral form has been published on all Years 7-12 Year Adviser Google classrooms. Students are encouraged to access this referral link if they would like a staff member to reach out to them, check in and provide further support.

The Learning and Support team have also put together a Learning and Support Google classroom which students may access additional and tailored support, this is available to but, is not limited to Life Skills students, students receiving Integration Funding Support, students who identify as being in Out of Home Care (OoHC) and students who identify as an English as an Additional Language or Dialect (EAL/D) student. The link to this Google classroom has also been published on the Years 7-12 Year Adviser Google classrooms to ensure that it is accessible to all who require the support. There are also

a number of wonderful online resources available to support Wellbeing both for parents/carers and students. Please refer to the Wellbeing Resource guide to gain an understanding of the support available.

I would like to introduce to you Natalija Gicevska from MTC Australia. Natalija will be working closely with students to improve their Wellbeing and Engagement outcomes, we are delighted to have Natalija join our team this term. Natalija will be working with us on a Monday and Friday. Students can make a self-referral to see Natalija by visiting the Wellbeing, Learning and Support staffroom.

We have also been incredibly lucky to have Fawad Payenda from TAFE NSW completing his Youth Work placement with us. Fawad has been working closely with a number of students in order to provide Wellbeing and Learning Support within the classroom environment. We thank Fawad for committing his time to us at Elderslie High School and wish him all the very best with his certificate.

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 child with their wellbeing and learning. If you need to make changes to your child's details, please advise the school of this at your earliest convenience so that these updates can be reflected in their enrolment records.

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/8 7c42de7-1d3f-4af4-8757-

<u>abda3a8e7142/HSC+disability+provisions+guide+for+teacher</u> <u>s+and+parents.pdf?MOD=AJPERES&CVID=</u>

In Week 7 this term, we will be running a Wellbeing Week. Our activities will be largely governed by Covid-19 regulations in place at the time. The week will dovetail with R U Ok? Day, if you would like to read about R U Ok? Day, please head to the following website https://www.ruok.org.au/ which has a number of wonderful resources. The purpose of or Wellbeing week is to provide students with a toolkit of resources which



they can use to improve their wellbeing now and in the future.

Pending Covid-19 regulations starting in Week 4 this Term, we will be running a Fit for Life program in coordination with the Police and Community Youth Club (PCYC). This program will be running every Friday from 7:30am-8:10am. Following the training session students are encouraged to access the Babble, Books and Breakfast program in the library. Students who wish to attend this program will be required to hand in a permission note. Notes can be collected from the Wellbeing, Learning and Support staffroom on the top floor of the library when we return to school.

We have had a number of students accessing Babble, Books and Breakfast in the library last term, which was amazing to see. When we return to school and pending Covid-19 regulations students are encouraged to come along, have a free breakfast, borrow and book and babble with staff members and meet other students. The event runs every Friday morning from 8:15am-8:45am in the library. There is no cost to the Babble, Books and Breakfast/ Fit for Life program, all students are invited to attend.

If you have any questions, please do not hesitate to reach out.

Warmest Regards Mrs Jaclyn Thompson Head Teacher Wellbeing, Learning and Support

CAREERS REPORT

Please be advised that all Work Experience and Work Placement is postponed for the time being.

No White Card courses will be running at this time either.

Year 12 are reminded to check their emails re UAC information and Early Entry dates. UOW will open their Early Admission online on Monday July 19th.

Students can use our Careers website - http://www.eldersliehighcareers.com to book a time to speak with me. Just go to the Book an Appointment tab and I will call them at their chosen time.

Kind Regards,

R Whitfield

Careers Adviser

SRC Update

Since our last update, SRC have worked tirelessly across the last half of the term to plan and reaffirm our ideas for the remainder of the year. We hope to keep you updated via our social media pages, including the new Instagram! Search @eldersliehighschool to see what we have been up to!

Social, Cultural and Wellbeing Committee Food & Blanket Drive

Our Social, Cultural and Wellbeing team have led the 'Food & Blanket Drive'. Inspired by our empathy towards those less fortunate, and our willingness to help, we have been encouraging staff, students and community members alike to donate to this great cause.

Our Social, Cultural and Wellbeing team led the first ever Food & Blanket Drive. What an amazing response! SRC Students were encouraged by our school community to think of others during the cold months and run an initiative to help support vulnerable people in our community in Macarthur.

On the 8th of June, Ella, Arianna, Josh, Haley and Mrs Mulligan had the absolute pleasure of delivering the donations to <u>We Are Community</u> in Airds. The organisation helps support vulnerable families, young people and the elderly by delivering food packs, and providing a space where all people are welcome for a hot meal. The local community centre provides a range of support for locals, including financially, socially and psychologically. You can check out their amazing work via Facebook and Instagram!

THANK YOU to all those students, staff and members of our community who joined in to help and went out of their way to donate a range of canned items, long-life food, blankets and warm items, such as blankets, beanies, socks and scarves.









Our HARMONY mural was finalised and permanently placed in the Library in Week 9. SRC have been working hard to finalise this over the term and wanted to create a mural that reflected the different cultures and heritage of all students at our school. We are super proud of the artists and students who helped in this process. This includes Xavier, Jeremiah, Adri, Kaliska, Arianna and Alisa, as well as Alan, Tennia, Zeldon, Juliette and Maddi from the Cultural Roll Call. You can check out the video on the school social media pages and meet the faces behind this beautiful artwork!

"Harmony Day celebrates unity not only in our local community, but globally. This year, the SRC have designed a mural to show the significance of the motto - Everyone Belongs. The mural, depicting a large eucalyptus tree, symbolising Australia as a whole, and its roots form the letters EHS. The Sun behind the tree represents our unity, as we all share the same sun. The traditional dot painting was completed by students of the Cultural Roll Call and represents the Dhawaral Land in which our school stands. The mural is now hung in the library as a permanent feature, with flags of our students representing that despite our difference, we are united as one in our school".

Jeremiah (Year 10)





Environmental Committee

Our Environment Team this term has continued to push our Recycling Initiative that was originally implemented late 2019. Our fortnightly emptying of the orange bins at school has tallied to over \$150 this year. Wet weather over Term 1, has, unfortunately, impacted the amount of funds and recycling so far. We continue to empty the orange bins on a fortnightly basis. We have recently reaffirmed the message of using the bins properly through the spray paint. Thanks to Mr Piscioneri for making the template for us! Great effort to Connor and Savannah who organised this!



We have also started a Pen Collection Drive for each classroom and Faculty staffroom. Each room will have a box, to collect old pens and white board markers, where our collection will be picked up by Officeworks Gledswood Hills for the proper recycling of these items.





We are proud to announce that our most recent meeting with Lisa, the manager of the school canteen, was immensely positive. As a student body, we have decided that our **SCHOOL CANTEEN WILL GO GREEN AS OF 2022**! This means our canteen will significantly reduce the amount of single use plastic and use certified food management and practices to ensure safely handling of all items. The idea of going GREEN has been hugely successful at various schools, and we hope to reduce the amount of rubbish at our school, and up the recycling at our school.

As part of this to reduce the amount of rubbish at our school, it is our hope that we can implement a trial of a new "bin" system near the Canteen. This would include a bin with three different lids - recycling, biodegradable and plastics. A funding application is currently underway.

Media Committee

Our Media and Infrastructure team have worked closely with the newly formed Student Media Council with Ms Lysaught in the Library, to start the process of developing a school podcast. The purpose of this is to share student voices, and stories by teachers. This platform will be recorded once a week and will be led by a variety of students across various year groups. Currently, due to Covid restrictions, the development and recording of our first episode will take place once back at school. We hope to get our recordings available to you via our school social media platforms and website shortly.

Fundraising Committee

Well done to the Prefect Committee and the successful fundraiser for *Mother Hubbard's Cupboard* through their Domestic Violence Walkathon. We were so excited to support this initiative and got involved in walking the oval! SRC students also supported Prefect students at the gate and offered the following cards to students as they entered through the gates. Check out the amazing turn out via our Instagram Reel, shot by Haley (Year 9)!

SPEAK OUT AGAINST

Domestic Violence

Domestic Violence can happen between all units of the family. Whether in the form of physical, psychological, financial, harassment, or stalking, we encourage you to SPEAK OUT and use the services to protect yourself.

EMERGENCIES: CALL 000 | NARELLAN POLICE: 4632 4499 | KIDS HELPLINE: 1800 55 1800 | LIFELINE: 13 11 14 |





In Week 8, as part of the 'Books, Babble & Breakfast' Wellbeing initiative every Friday morning in the library, we organised for Year 12 to collect some Hot Chocolate as a way of boosting wellbeing prior to the start of their Trial HSC. Thanks to all those students who turned up! We hope to do this again sometime soon!

Feeling 'cold' and stressed?



 \dots come along for some HOT CHOCOLATE

to boost your levels ready for Trial HSC!

Friday Week 8, Library. 7:45am - 8:30am Breakfast available from 8:15am

BYO KEEP CUP







Our fundraising committee have a few ideas up their sleeve going into Term 3 and 4. We hope to have our team t-shirts all organised and finalised shortly, to be worn at our events. Mikayla, Xavier and Alisa have been working to finalise this, and work to create a logo that symbolises our various aspects that the teamwork.

We are also working with Ms Thompson, Head Teacher Welfare to develop a week-long event aligned with RUOK? Day. We will title it 'Wellbeing Week', and have planned to acknowledge the significance of one's wellbeing; including our physical, emotional and psychological self. We will plan a range of activities, in Roll Call and Lunch time. We also plan to tailor our activities to suit the needs of our students, including Year 11 and Year 12. We hope to give you more information soon!

Here are the examples of the designs by Xavier Laundess (Year 9).







Aboriginal Education

National Sorry Day and Reconciliation Week

National Sorry Day was held on the 26th May to remember and recognise all those who were affected by the Stolen Generations, as well as the impact of Australian government policies, practices and attitudes towards Indigenous Australians throughout history. Juliette Kinny, Zelden Bell, Miah-Bella D'Amato, Jullanya Dargin and Shay-Lee Evans addressed the whole school assembly about the day and the impact on First Nations People. The students did a great job and were such positive role models for other students.

Following National Sorry Day, Reconciliation Week started on the 27th May. This year's theme was "More than Words", highlighting that reconciliation requires more than just words, it requires action. A variety of activities were celebrated during the week including art and cultural games. Students also participated in an educational workshop and pledged their commitment to walk the talk and take action to support reconciliation.



Junior AECG

On Wednesday, 9th June, our Junior AECG members went to Spring Farm Public School to participate in a cultural activity with our feeder primary schools. The students designed their own boomerang. One side represented their connection to family and mob and the other side of the boomerang representing their connection to country. The students than shared their designs and enjoyed afternoon tea. A big thank you to Spring Farm Public School for organising the afternoon.











UWS Pathways to Dreaming

Students that are participating in the UWS Pathways to Dreaming Program have been attending various university campuses during this term. During these days they have been participating in cultural workshops and experiencing what university life is like. A big thank you to Ms Trinh who has been attending the excursions with the students.

Acknowledgement of Country Filming

On Tuesday 22nd June, Allan Barker, Miah-Bella D'Amato, Jullanya Dargin, Shay-Lee Evans and Juliette Kinny participated in a filming of Acknowledgement of Country. The morning started with a cultural activity where students were educated about the purpose of Acknowledgement of Country. Students were then filmed and had photos taken with students from other local high schools. Each school will receive a copy of the production to utilise at events and assemblies. The students were wonderful representatives of EHS. Thank you to Elizabeth Macarthur High School for organising the day.







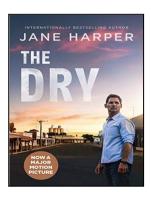




Library Matters

What a whirlwind the last few weeks have been! Even though lockdown and online learning have been extended, there are some silver linings - more time to read! For the next month we have a huge selection of audiobooks available for you to borrow in addition to our existing collection featuring thousands of ebooks. You can read or listen for free on any device using your browser or the Wheelers **Books** ePlatform app. Visit https://eldersliehs.eplatform.co/ and log in using your school details to start browsing. Why don't you give it a go by listening to the wonderful Stephen Fry reading the opening to Harry Potter and the Philosopher's *Stone*: http://bit.ly/harrypottersample

If you search through the ePlatform's Most Popular titles you'll notice that most of these books have been made into a movie or TV show, which means that they are perfect reading choices for July's **Book Club** theme! This exciting new club is open to staff, students, and parents, so there's no need to be bored when you have so much to entertain you at your fingertips! This month for our Book Club I have read *The Dry* by Jane Harper and *Dear Evan Hansen* by Val Emmich. Both were absolutely gripping reads in totally different ways, and I highly recommend them. *Dear Evan Hansen* also fits our August Book Club theme perfectly, since next month we'll be asking you to read a book with a blue cover.





However, both novels do deal with some darker themes so younger readers might prefer to go with my third pick, Wings of Fire: The Dragonet Prophecy by Tui T. Sutherland. This action-packed novel is the start of an addictive series that is currently being adapted into a TV show by Netflix.



Our ePlatform collection also has a wide variety of novels listed as part of the **Premier's Reading Challenge**. This year the challenge is due to finish up on Friday 20th August, so make sure you're logging all the wonderful books you're reading by following the instructions here: https://online.det.nsw.edu.au/prc/studentExperience.html

Miss Danielle Lysaught Librarian

The Student Media Team

The Elderslie High School Student Media Team has been hard at work producing content which showcases our wonderful school community. Unfortunately, the lockdown and need to complete our learning remotely has put a pin in our launch plans for now. But here's a taste of what we've been working on so far!

Musical Revue by Elizabeth Linton

The year of 2020 was a rough road for the CAPA department and our annual Musicals. 2021 has likewise been quite hard with COVID-19 restrictions, which limited us to not performing a full musical but instead putting on The EHS Musical Revue. The Musical Revue included many different musical numbers from the musical sport group, Senior Drama, supporting primary schools, orchestra, choir and even bringing back graduated pupils to end the night with a BANG!

The day of the performance consisted of constant working and running around as well as all-day rehearsals. The hall was packed and was SOLD OUT! The performance started with Orchestra (Mr. Webb's team) and the Vocal Ensemble (Miss. Prigg's team). It then was followed by the local primary schools (Elderslie Public School and Mawarra Primary School). The rest of the night included singular performances (Jake Rouland, Alana Maunsell and Noah Gibson) and duo performance (Samuel Powell and Chloe Pasterfeild, Lizzie Josiah-Angelou and Jessica Furnari) and performances by the Sport Musical Group consisting of students from Years 7-10. The performance then ended with graduated seniors from past years performing High School Musical.

All crowd members, teachers, staff and students seemed to enjoy this year's masterpiece. It has been hard this year to complete something so technical in such a short time and to do it exactly how we all wanted, which made the night very magical indeed.

National Reconciliation Week by Emily Keenan

Reconciliation Week is a time for everybody to learn about the history and culture of Aboriginal and Torres Strait Islanders, as well as the racism, violence, and land dispossession that has taken place in Australia's history. Reconciliation Week takes place on the same dates every



year: 27th of May to the 3rd of June. The dates signify the 1967 Referendum and the High Court Mabo decision.

Reconciliation Week started in 1993 as a week of Prayer for Reconciliation. In 1996 National Reconciliation Week was launched by the Council for Aboriginal Reconciliation. In the year 2000, over 300,000 people walked across the Sydney Harbour Bridge to show their support for reconciliation. Reconciliation Week is now celebrated across workplaces and schools around the country.

The theme for this year's National Reconciliation week was *More Than a Word*. This theme urges for more impact on reconciliation. The theme encourages more people to have knowledge and awareness of Aboriginal and Torres Strait Islander history and culture. Reconciliation will be effective if more truth is told, if we address the issue of racism, and gain knowledge about Aboriginal culture and history.

Domestic Violence Walkathon and Talk by P.C. (Year 8)

Domestic abuse can happen to everyone, regardless of sex, race, age, or country. There are multiple different types of domestic abuse. It can be physical, verbal, sexual, and/or psychological abuse. According to research by the University of NSW, 42% of women and 12% of men experience domestic abuse, but only 15% of them report it to the police. There are many red flags for domestic abuse such as:

- Putting you down
- Scaring/intimidating you
- Controlling who and what you see and where you go
- Stopping you from seeing family and friends
- Taking your money/stopping you from spending money

On May 24th, 2021, two police officers from the local station came to our school and taught everyone about domestic abuse and how to identify the signs. They talked about how much domestic violence and abuse they deal with in our community. In the same week, on May 28th, the school held a walkathon to bring awareness to domestic abuse, and on June 4th there was a mufti day where we donated a gold coin to support local Family and Domestic Violence charities.

Book Reviews

The Phantom of The Opera by Gaston Leroux Review by Emily Keenan

The Phantom of The Opera is a uniquely written book, with a thrilling plot and multiple themes. The novel was written in 1909 in the Paris newspaper L'Echo de Paris by French journalist Gaston Leroux. A year later it was published as a novel, and then translated into English. Gaston Leroux used the rumours of an opera ghost and the crash of the chandelier at the Paris Opera House for his inspiration for the novel, though he swore to his death the story was true.

The story's main plot revolves around a young Swedish soprano Christine Daae, whose father promised her that when he died, he would send her an Angel of Music to give her singing lessons. At the Paris Opera, she believes she is getting singing lessons from her Angel of Music, but instead she has become the obsession of a masked menace who lives in the shadows of the Opera House. Fearing for her life, Christine and her childhood friend Raoul unravel the secrets of the Opera Ghost.

The plot of the book is a masterpiece, and the novel has a unique writing style. The multiple genres of the book – including mystery, gothic horror, and romance – make it more enjoyable. The novel is written from a detective's point of view to enhance the mystery. I have read this book multiple times and have loved every part of it. I would recommend this book to anyone who loves mystery or classic books. I rate this book five out of five stars.

The Song of Achilles by Madeline Miller Review by Layla El-Jamal

The Song of Achilles is a fantastical award-winning retelling of the story of Patroclus and Achilles, two figures in Ancient Greek history and myths. It is a beautiful depiction of the love and relationship between them. The description of the scenery and characters from Patroclus point of view is truly breathtaking. The novel shows a relatively accurate vision of ancient Greece and how things would have played out during the Trojan War.

Miller follows Achilles and Patroclus' story from their adolescence all the way until they both meet their tragic and heartbreaking deaths in their adulthood. There are many mythical characters that will be introduced along the way, examples being: Chiron the centaur mentor; Thetis, Achilles' sea-nymph mother; and many kings and the small appearance of Apollo the god of music, the sun and medicine as well as plague.

Towards the end the death of Patroclus occurs, and you truly see how much Achilles loved him. It will have you crying and full of emotion. It is a truly beautiful book full of love and romance, war, blood and tears.

Elevate Q&A with Elderslie High School Alumni, Mahnoor Imran

It was an absolute privilege to have 2020 graduate, Mahnoor Imran, host a lunchtime Elevate session for our Year 12 students during May. Mahnoor achieved an outstanding ATAR in what could only be described as a cool, calm and collected way. Make no mistakes, Mahnoor is an extremely hard and smart worker. On the 20th of May, she was able to provide some pearls of wisdom that account for her all-round success.

During Elevate Mahnoor, who has an English as Second-Language background, admitted that while in Year 11 she anticipated an ATAR of no more than 85, by Year 12 she



knew she had made the necessary changes to attain an ATAR well into her 90s.

She attributes her success to having a clear career goal, but also by being deterred from that she did not wish to be. Many of our Elevate attendees related to knowing what they don't want and are going to use it as motivation towards achieving their best.

Mahnoor also put the HSC year in perspective. As a single year of life, it makes perfect sense to use it to leverage the future. Mahnoor also noted that the HSC year compared to university life is far less challenging and in retrospect sees how being diligent in Year 12 improves student capacity to thrive at university. Instead of stressing, Mahnoor recommends focusing and being willing to make sacrifices that don't need to feel like suffering when you keep your goal in mind.

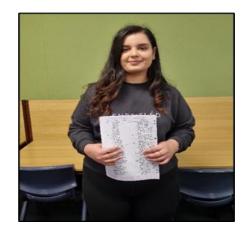
As Mahnoor answered student questions, she provided some of her best strategies, like working on weaknesses, utilising graphic organisers, especially tables, and making numerous essay plans around all syllabus points. She does not recommend group study sessions unless you're with a very motivated peer and encourages students to not concern themselves with 'pretty' handwriting; instead, become fast!

Mahnoor stayed a little longer to offer personalised guidance to students in the Senior Learning Hub and answered questions, including about her success in achieving her ambitious financial goals and becoming an investor. In a small-group conversation she spoke of her deeper motivations, like giving back to her parents, and offered the simple and profound wisdom- 'You have to learn to love the challenge'.

Regular Elevate attendee, Amy Thomas, said that 'it was comforting to hear from someone who once where we currently are' and that 'to see Mahnoor thriving was inspiring'. Mahnoor's past teachers share the same sentiment- she is a true inspiration.

Mahnoor is currently studying a Bachelor of Business/ Information Systems at the University of Technology Sydney. She works for the university while studying, teaching English to students from disadvantaged backgrounds in Years 7 to 10. Elevate sessions are open to all senior students and occur on select Thursdays during Lunch 1 in the Senior Learning Hub.

R. Shortt Relieving HT Secondary Studies





Sport Update

Macarthur Zone Athletics Carnival

On the 22nd and 23rd of June, Term 2 Week 10, Elderslie High School participated in The Macarthur Zone Athletics Carnival and were the champion school overall! A big thank you to the 106 competitors across the two days, you are the reason Elderslie High School has secured the Cluther Cup for the 23rd year in a row for the most wins at zone carnivals. It was amazing to see so many students face their fears and participate with Elderslie High School pride. Congratulations to the following incredible, individual age champions:

Izabel Williams – 14 years Ashley Vasquez – 16 years Erin Bloor – 17-19 years

The following students placed 1st or 2nd in various events:

| Name | Age | Event and place |
|------------------|----------|---------------------------|
| | Group | |
| Rheece Wallace | 12 boys | 1st 80m hurdles |
| Dennis Pereira | 12 boys | 2nd 100m, 1st high jump |
| Kingsley Ugiagbe | 12 boys | 1st 100m, 2nd high jump, |
| | | 1 st long jump |
| Joshua Ratu | 12 boys | 1st 200m, 1st 800m |
| Ella Johnson | 13 girls | 2nd 1500m, 1st 800m |



| Lauren Kubisch | 13 girls | 1st high jump |
|-------------------------------|----------------------|---|
| Zoe Williams | 13 girls | 2nd discus, 2nd high |
| Zoc Williams | 13 81113 | jump, 1st javelin, 1st |
| | | shotput |
| Hannah Austin | 14 girls | 2nd high jump |
| Arianna King | 14 girls | 1st 3000m, 1st 1500m, |
| | | 2nd 800m |
| Izabel Williams | 14 girls | 1st place 90m hurdles, |
| | | 1st 200m, 2nd 800m, 1st |
| | | javelin, 1st high jump, 2 nd |
| | | shotput |
| Jackson Daley | 14 boys | 1st in 100m hurdles |
| Amanda Condon | 15 girls | 1st 3000m, 1st 800m |
| Danelle Van Der | 15 girls | 1st 90m hurdles, 2 nd high |
| Merwe | | jump |
| Bree Barlow | 15 girls | 2nd place 90m hurdles, |
| | 45 | 1st place triple jump |
| Mackayla Crick | 15 girls | 1st javelin |
| Connor Bell | 15boys | 1st long jump, 1st javelin, |
| | | 1st shotput, 1st triple |
| Canhia Latimar | 16 girls | jump |
| Sophie Latimer Isabella Barna | 16 girls | 2nd 200m, 2nd 100m 1st 1500m, 1st 800m |
| Jade Van Der | 16 girls 16 girls | 1st 400m, 2nd shotput, |
| Saag | 10 81113 | 2nd long jump |
| Kobi Elguindy | 16 boys | 1st 400m, 2nd 1500m, |
| Robi Liganiay | 10 00 3 | 2nd 100m, 1st 100m |
| | | pentathlon, 1st 12-19 |
| | | years 1500m pentathlon |
| Ethan Brown | 16 boys | 1st shotput |
| Kye Sutherland | 16 boys | 1st 1500m |
| Simon Pereira | 16 boys | 2nd 12-19 Long Jump |
| | | Pentathlon, 1st 12-19 |
| | | shotput pentathlon, 2nd |
| | | 12-19 javelin pentathlon, |
| | | 2nd triple jump |
| Ashley Vasquez | 16 girls | 2nd triple jump, 2nd high |
| 16 years girls | | jump, 2nd 12-19 |
| | | pentathlon, 2nd shotput |
| | | pentathlon, 1 st high jump |
| | | pentathlon, 800m pentathlon, 2nd discus, |
| | | 1st javelin |
| Mackenzie Court | 17-19 | 2nd 400m, 2nd 1500m, |
| Mackenzie Court | girls | 2 nd 800m |
| Bianca Chauvin | 17-19 | 1st 1500m, 1st 800m |
| | girls | |
| Erin Bloor | 17-19 | 2nd 100m, 1st girls 200m |
| | girls | pentathlon, 2nd long |
| | _ | lump pentathlon, 2nd |
| | | triple jump, 2nd long |
| | | jump, 2nd 200m, 1st |
| | | 400m, 2nd 100m, 2nd |
| | | long jump pentathlon |
| Bailey Morris | 17-19 | 1st long jump, 1st triple |
| | boys | jump |

100m Relay

| Names | Age Group | Place |
|--------------------|-------------|-----------|
| Izabel Williams | 14 years | 2nd place |
| Hannah Austin | girls | |
| Diana Mizyed | | |
| Emma Young | | |
| Sophie Latimer | 16 years | 1st place |
| Jade Van Der Saag, | girls | |
| Ashley Vasquez | | |
| Erin Bloor, | 17-19 years | 1st place |
| Mackenzie Court | girls | |
| Bianca Chauvin | | |
| Kiara Bloor | | |
| Kingley Ugiagbe | 12 years | 1st place |
| Dennis Pereira | boys | |
| Joshua Ratu | | |
| Rheece Wallace | | |
| Zac Balaglow, | 14 years | 2nd place |
| Jackson Daley | boys | |
| Jayden Tasker | | |
| Khaiyan Lee | | |
| Connor Bell, | 15 years | 2nd place |
| Dylan Trynchy | boys | |
| Adam Malak | | |
| Noah Amos | | |

















Cross Country

Congratulations to the 30 students who attended the Sydney South West Championships on the 9th of June. All competitors gave their best attempt across all age groups. The following 10 students have progressed to the NSW all schools Cross Country Championships:

Arianna King Ella Johnson Emma Young Amanda Condon Isabella Barna Ashley Vasquez Mackenzie Court Bianca Chauvin Kye Sutherland Ethan Vasquez

UPDATE: Due to COVID, the Cross Country Championship on Friday 16 July 2021 at Sydney Motorsport Park has been postponed. The NSW School Sport Unit will investigate dates and venues with a view to running the Finals and Championship later in the year and will provide regular updates for students, families, staff and schools.

Softball Knock Out Team

The Girls KO Softball Team travelled to Newcastle to participate in the Final 16 Schools in NSW. The girls played extremely well and always showed great sportsmanship. We came away with 2 wins and 2 narrow losses by 1 run. Elderslie High School finished in 7th position which is a great achievement. The girls should be very proud of themselves. Looking forward to next year girls!!

Mrs Castelli

South West Sydney Gymnastics

Bryannon Coker recently competed at Level 5 / Division D WAG (Womens Artistic Gymnastics) at the SSW Secondary High School Trial Competition.

She competed in various components, including floor, vault, beam and bar, with some incredible results!

Floor - 1st

Vault - 1st

Beam - 1st

Bars - 2nd

OVERALL, FIRST in Level 5!

Bryannon has made it through to the Sydney South West Championships and will compete in Newcastle in August, where she will perform at this level in the same apparatus.

This is the second year that Bryannon has outshined her competitors at this level!



Under 13's & 15's Knock Out Football

U13's Grand Final Champions

A great squad of young men who toiled hard against quality opposition. The boys came though the pool stages with mixed results. However, with the quality coaching of Mr Goodsell and Xavier, the boys came out with fire in their bellies and played their best games in the semi-finals and then the Grandfinal against a very tough opponent in Camden High. What a great privilege it was to see these young men showing great teamwork and passion in achieving this remarkable result.

Final SCORE: FT - Elderslie 8 - Camden 0

Super Coach - Mr Goodsell

U15's Grand Final Heartbreak

These young men played their hearts out, leaving all their pride and passion for the school and jersey on the field. Playing through some tough pool games including a tight 10-8 loss to Picton, the boys had a chance to redeem themselves in the Grandfinal. From the onset, Picton started with the first try, however, that's when the boys started playing with greater intensity. They came home with a wet sail and scored not too long after. Although, having toiled hard searching right to the end for a final try, Picton managed to hold onto a draw. Due to them scoring the first try, they were given the winners crown for the day.

FT - Picton 4 - Elderslie 4

All boys can hold their heads high after a quality day of Rugby League.

Super Coach - Mr Mani

South West Sydney Orienteering

CONGRATULATIONS to James Steel Year 10!

On the 16th of June, Year 10 student James Steel represented Elderslie High School at the Sydney South West Orienteering Championships. Nominated by Ms George, James competed at Lake Alexandra, Mittagong. Determined to beat the 30 other students from various schools and regions across Sydney, James put his Geographical Skills to the test, ultimately winning by over two minutes!

Well done James! Super effort!

Open Girls Netball

Congratulations to the girls in the Elderslie High School Opens Netball competition. They blitzed the competition in all five games and finished the day undefeated by a long shot! All girls demonstrated fantastic sportsmanship, particularly the junior girls which graciously filled in, allowing the senior girls completing trials to participate day 2, well done to all!

Super Coach - Ms Golden

SSW Opens Boys Touch Championships

Congratulations to Mitchell Fitzgibbon who represented SSW Region at the NSWCHS Opens Boys Touch Championships held at Inverell from 22nd-24th June.

The Convener said that each student displayed exceptional behaviour on and off the field, having played with great sportsmanship, displaying excellent effort throughout the entire tournament. The entire team gelled well, and this was reflected in the results finishing 7th at the championships (4 draws, 1 win, 4 losses).

Ms Kirsten Lardner Sports Co-Ordinator

CAPA UPDATE

Debating Update

The Year 12 Debating Team, consisting of Zayne Lewis, Estelle Hollinshead, Briannan Eggert and Alice Haggerty won their Round 3 Debate against our Year 11 Debating Team, consisting of Stephanie Taylor, Eva Kramer, Natalia Morgan and Samuel Powell making the Year 12 Debating Team the Zone winners. The Year 12 Team then went on to defeat Toormina High School and Sydney Boys High School to reach the State Quarter Finals. They are in the top eight teams in the State. With the current COVID restrictions all debating events are on hold until further notice.



Year 7 - 10 Debating was supposed to start this term but is currently postponed due to the COVID restrictions. So, stay tuned for further updates.

Ms Dennis



Public Speaking Update

Congratulations to Claire Stanley from Year 10 on her selection to host the *In The Spotlight Virtual Drama Festival 2021*. The show will air during Week 3 of this term.



Congratulations to Noah Douglas from Year 9 on his successful hosting of the In The Spotlight Dance Festival on Tuesday 8th June at the Seymour Theatre Centre.



CAPA Update

Congratulations to the Dance Ensemble and Ballroom Dance Ensemble on their fabulous performances at the *In The Spotlight Dance Festival, 2021* at the Seymour Theatre Centre on Tuesday 8th June 2021.





Congratulations to selected Year 9 & 10 Drama students on the selection of their piece titled "The Big Test" for the *In The Spotlight Virtual Drama Festival 2021.* The show will air during Week 3 of this term. Mia Benson, Jessica Furnari, Noah Gibson, Lizzie Josiah – Angelou, Tyler Lloyd from Year 9 and Winnie Hsu, Emily Jancovich, Lilly Kramer, Caitlin Kubisch, Libby Linton, Claire Stanley from Year 10.



The CAPA Faculty have presented a **Visual Arts, Music and Drama Transition Program** for our Partner Primary Schools during Term 2. We are very thankful to the following students who assisted us with this program:

Visual Arts Transition Program

Kadjatu Balde, Carla Charon, Georgina Cini, Hannah Kemp, Tristan Smith, Thomas Weaver, Laura Gardiner, Winnie Hsu, Jorja Maltby, Livia Pumer and Leticia Toribio.

Music Transition Program

Maddison Simpson, Jessica Furnari, Cameron Mackaway, Leah Mizyed and Lachlan Szydlak

Drama Transition Program

Ellena Andronicus, Mia Benson, Olivia Berrios, Jessica Furnari, Anelise Jamieson, Lizzie Angelou-Josiah, Lana Lawson, Tyler Lloyd, Holly McDonald, Winnie Hsu, Emily Jancovich, Lilly Kramer, Caitlin Kubisch, Libby Linton and Claire Stanley.







It is with great regret that we will have to cancel the **Year 12 CAPA Evening** scheduled for Wednesday, 28th July 2021.

CAPA Faculty

Faces of EHS

What sport do you enjoy and why?

I play soccer because it is fun and competitive. I play for Southern District in the 17's and reserve grade. I am the youngest in these teams at 15. I used to play hockey and represented at a state level. I love sport because it is competitive and the team environment.

Jayla Silbery, Year 10



What is "Laps for Life?"

Laps for Life raises money for youth mental health and suicide prevention. The money raised goes to Reach Out Australia who use the money to provide counsellors for people under 25 years of age.

I was driving to school one day and heard the ad on the radio. I decided to participate and told Mum to sign me up.

I managed to raise \$2360 and swam a total of 103kms. For every \$102 raised, 26 people will get the help that they need. This means I should be helping around 600 people who are suffering from mental health issues.

I enjoyed the challenge and look forward to doing it again next year!

Mia Balmer, Year 9



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, 27th July 2021 via Zoom.





If you need to talk to someone...

| Name | About | Phone | Online |
|---------------------------------|--|--|---|
| Kids Help Line | For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. | 1800 55 1800 24/7 | Webchat 24/7 https://kidshelpline.com.a u/get-help/webchat- counselling |
| Lifeline | For all ages - 24-hour crisis support telephone service. | CALL: 13 11 14 24/7 | Crisis Support Chat 7:00PM - Midnight |
| @ Lifeline ::: | Lifeline provides 24/7 crisis support and suicide prevention services. | TEXT: 0477 131114 6:00PM - Midnight | https://www.lifeline.org.au /get-help/online- services/crisis-chat |
| Suicide Call Back Service | A nationwide service that provides 24/7 telephone and | 1300 659 467 24/7 | Online Chat 24/7 |
| Suicide Call Back Service | online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide | | Video Chat 24/7 https://www.suicidecallbackservice.org.au/ |
| Youth Beyond Blue | Beyond Blue provides information and support to help everyone in Australia achieve their best possible | 1300 22 4636 | Chat Online 3:00PM - Midnight |
| Beyond Blue | mental health, whatever their age and wherever they five. | 24// | https://www.youthbeyond blue.com/ |



| NSW | Child Protection Helpline | 13.21 11 | https://reporter.childstory. nsw.gov.au/s/mrg |
|---|--|---|--|
| Mental Health Line Mental Health Line | 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 | 1800 011 511 24/7 | https://www.health.nsw.go v.au/mentalhealth/Pages/ Mental-Health-Line aspx |
| Carers NSW Carers NSW Australia | Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members | 1800 242 636 9AM – 5PM Monday - Friday | http://www.carersnsw.org. au/how-we- help/support/carer-line/ |
| 1800RESPECT | Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse | 1800 737 732 24/7 Interpreter: 13 14 50 | Online Chat 24/7 https://chat.1800respect.org.au/#/we/come |
| QLife | QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships | 1800 184 527 3PM - Midnight | Webchat 3PM – Midnight https://www.gife.org.au/re sources/chat |
| Headspace headspace | eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. | N/A | Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/ |
| SANE | SANE Australia supports people living with complex mental health issues and the people that care about them | 1800 187 263 10:00AM – 10:00PM | Webchat 10:00 AM – 10:00 PM https://www.sane.org/abo ut-sane |



If you are looking for an app ...

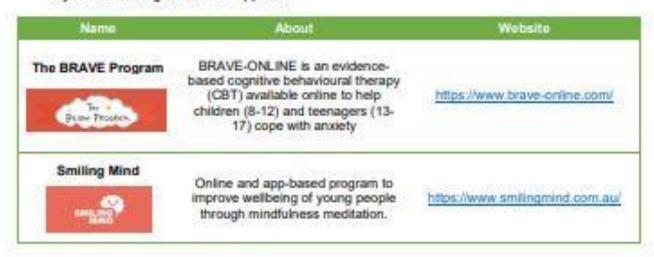
| Name | About | Website |
|---------------------|---|----------------------------------|
| Calm Harm | Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected. | Free App Store Google Play |
| Clear Fear | 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. | Free App Store Google Play |
| ReachOut Worry Time | ReachOut WorryTime 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 | Free App Store |
| ReachOut Breathe | ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone | Free App Store |
| Smiling Mind | Smiling Mind is a meditation app. 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. | Free App Store Google Play |
| WellMind | WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. | Free App Store Google Play |



If you are seeking additional information...



If you are looking for online support...





DIGITAL STUDENTS SHOWCASE



- Industry trends across NSW and Australia (for 5-15 years)
- Impact on industry trends post Covid-19
- Apprenticeships
- Traineeships
- School Based Apprenticeships and Traineeships (SBATs)
- Opportunities in the vocational education and training sector (VET)
- How to connect your passion to a career
- Pathways from vocational training to university education

A SHOW NOT TO BE MISSED!

WHEN: Available online from July 12th to September 17th, 2021 only WHERE: www.skillsone.com.au/category/digital-students-showcase/





APPLY NOW! ISS are looking for School Cleaners



ISS is a leading global workplace experience and facility management company. In partnership with customers, ISS drives the engagement and well-being of people, minimises the impact on the environment, and protects and maintains property.

We are seeking value-orientated people to join our local team of 17,000 service professionals, who can help us realise our Purpose of "Connecting People and Places to Make the World Work Better".

Our team is growing and we currently seeking cleaners to join ISS. You will provide high cleaning services to Public Schools, TAFES and Government Buildings. You will be employed on a casual basis with opportunity to ongoing permanent work. Various of rosters are available; Monday to Friday early morning (5-9am) and/or afternoon (2-6pm) and Temporary Disinfecting shifts (11am-3pm).

We are seeking cleaners around:

- North Coast: Coffs Harbour, Taree, Port Macquarie, Ballina, Tweed Heads and Lismore (Driver license and a car is essential)
- South West Sydney: Bankstown, Liverpool, Campbelltown, Fairfield, Ingleburn, Auburn, Merrylands and Strathfield areas (Driver license and a car is
 essential)
- Sydney: Ashfield area, St George area, Sutherland Shire area, Sylvania/Cronulla area, Marrickville area, Eastern Suburbs and CBD (Public transport is acceptable)

Role responsibilities:

- · Cleaning all facilities including classrooms, bathrooms, kitchens and grounds
- Disinfecting high touch points areas
- Working autonomously with little supervision & commitment to safe work practices
- Ability to obtain a Working with Children number & ability to pass a Police Check
- Must be physically fit and able to meet the demands of the job

If you are interested and meet the above criteria, please complete your online application via Scanning our QR code!

If you have any questions or need more information please e-mail sandra.moussa@au.issworld.com

PEOPLE MAKE PLACES "Aboriginal and/or Torres Strait Islander people are encouraged to apply"



