



PARENT BULLETIN

JULY 2022

Upcoming Events

August 1 st	Education Week
August 2 nd	SSW Athletics P & C Meeting 7pm
August 3 rd	SSW Athletics
August 4 th	Year 7 & 8 Recognition Assemblies
August 5 th	Year 9 & 10 Recognition Assemblies
August 8 th	CAPA Dance Photos In The Spotlight Drama Festival
August 12 th	Year 7 Gala Day
August 15 th	EHS NAIDOC Week

See back page for more details



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PRINCIPAL'S REPORT

Welcome back to the start of Term 3!

Floods in Camden

I would like to extend my sympathy to those in our school community who have experienced hardship related to the severe weather events of the past few weeks. We are aware of a number of local families and business owners who have been affected by the most recent floods and we feel for all who have had to undertake yet another clean up. It is with relief that I can report that on this occasion, we experienced no further water damage in classrooms or other school buildings.

Staff Changes

I would like to welcome to our team Ms Kim Witheridge who has joined the team of School Administrative Officers. Ms Manu Vake has also commenced work as a temporary teacher in Science and generalist classes.

Vale Mr Mervyn Gray

Late last term, I was informed of the passing of Mr Mervyn Gray. Mr Gray was the foundation principal of Elderslie High School. A long-time resident of the area, Mr Gray was able to attend an EHS School Musical only a few years ago and he took great joy in visiting the school he had spent so many productive years at. The EHS community expresses our condolences to his family.

Expressing Concerns

As our families all know, Elderslie High School has a wide range of communication channels through which parents can engage with the school and keep abreast of school events. These channels include our website, our social media applications such as Facebook and Instagram and also our Skoolbag App. We are aware of other avenues available including non-official Facebook pages for the local community. Sometimes fantastic information is shared on these non-official pages and parents are able to support each other which can be a great help to busy working parents. It does concern me however when derogatory comments are made about the school in such places, especially when the authors of these comments may not have contacted the school to ask a question or raise a concern. I would therefore ask that if parents do have a query that they contact us by telephone or email. We are always happy to address any matter that comes to our attention. Please leave a message with the office and the right staff member will call you back just as soon as we can. As a school community, I am very

confident that parents and staff are all united in wanting the best for EHS so let's work together to achieve this. I thank all our current parents who build amazing relationships with the staff. Your support is appreciated.

Support Unit Entrance & Back Carpark

Work has recently commenced on the renovation of the school's back carpark and entrance to the Support Unit. This area of the school has been in a poor state of repair for years and recent rain has created significant damage. We anticipate that the works will be complete by the end of Term 3, weather permitting. The project will make the site safer and more accessible to the students within the Support Unit as well as to students studying Agriculture which is nearby. In the interim, no staff or Assisted Transport access will take place via Gate B. Assisted Transport taxis will need to arrive via Gate A or via the "Kiss and Ride" drop off zone.

Parent & Citizens Meetings

Our P&C Association is a small but committed group of parents who support the school in making key decisions on a range of key issues. The P&C assist with recruitment of new staff, meaning that parents can help to have a say about staff to be employed at the school. Recently the size of our P&C has shrunk somewhat, and we would love to see it increase to include more parents. Our next P&C meeting for the year will be on Tuesday, August 2 at 7pm in the library. This meeting will feature a presentation from our Head Teacher PDHPE, Ms Zoe Crossingham.

Kind regards,

Mrs Jenny Lawrence
Principal

FROM THE DEPUTY PRINCIPALS

Dale White (DP Years 7 & 10)

Welcome back to Term 3.

I hope all parents and students received their students' reports at the end of Term 2. This year we included a Student Self Reflection on their learning, effort and behaviour at school for students in Years 7 and 10. We hope parents found this information useful when discussing their child's progress at school with them and comparing their information with those of their teachers. We hope students can aim to improve on their self-allocated grades in each of their subjects throughout the year.

At the start of this term, Year 7 have attended their rescheduled camp to the YMCA Yarramundi, Richmond. This exciting experience took place in Week 1 of Term 3, and it was very pleasing to witness and hear from the students about the wonderful time they all had. The students had the opportunity to challenge themselves in Archery, Giant Swing, Flying Fox, High Ropes and Orienteering while developing their problem solving and team working skills in Alpine Rescue and Cave Maze. It was pleasing to witness the high spirits the students adopted in the wet conditions and their willingness to still try their best at all activities. A special thanks to Mr Goodsell, Ms Borland, Mr Tan, Mr Dean, Ms

Robinson, Ms Lardner, Ms Sproule and Ms Stoker for attending and support the Year 7 students for the 3 days and surviving the late nights, early mornings, long days and doing it all with a smile in the wet conditions.

Year 10 have been finalising their subject selections for their Year 11 and 12 studies this month. We recently held the subject selection evening which was very well attended by our students and parents. We hope students were able to discuss their choices with the staff who attended and have made the best selections that will lead them towards the futures they want. Over the remainder of the term, we will be discussing with students any issues with their choices and then informing students of the final subjects for 2023/2024. Parents should ensure that their child has returned their choices sheet which has been signed by them to the front office.

Mr Dale White
Deputy Principal
Years 7 & 10

Natalie Martin (DP Years 8 & 11)

Year 8

Year 8 will have their Recognition Assembly during Education Week. At this assembly, students are recognised for their academic achievement, attendance and merit. I would like to acknowledge my appreciation for all the students who are recipients of an award.

Cyber Safety is very important as most students have access to social media platforms and I would like to remind parents to encourage their children not to share their passwords or use other students phones to access their accounts. Passwords also need to be changed frequently so that other students are not able to access an account that is not theirs. Any students who are experiencing online bullying should report this to the Year Adviser or to myself for follow up. Students also have the option to report bullying on STYMIE.com.au which is an anonymous platform that our school subscribes to. All reports made on STYMIE are followed up the next day.

Year 11

On the 2nd of August, Year 11 will attend Bstreetsmart as part of the mandatory Life Ready Course that all students in Year 11 are required to complete. Bstreetsmart is the inspiring initiative of the Trauma Service at Westmead Hospital. Westmead's Trauma Service is constantly reminded through their hands on work that young people aged between 15–30 are disproportionately represented in road trauma. As a result, they have a strong commitment to Road Safety Education.

The purpose of Bstreetsmart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. Attendance at the Bstreetsmart provides students with an experience and learning about the impact of dangerous/distracted driving

and the consequences for those directly and indirectly involved in a crash.

Bstreetsmart provides students with first hand experiences and:

- An understanding of their responsibilities as a driver and as a responsible passenger
- Information and strategies to avoid serious injuries and death
- Information on how to reduce risk taking behaviour through greater awareness of the consequences of distracted driving, inattention, speeding, drink and drug driving and driver fatigue.

Additionally, Senior Constable Mel Sumerta led a presentation to all of Year 11 at the end of last term on Drug and Alcohol use and the issue of consent. She reinforced a strong message that young people under the influence of alcohol and drugs are not able to effectively give consent thereby focusing on student self-protection and safety.

Year 11 have their yearly examinations in Weeks 9 and 10 of this term. Students requiring disability provisions need to fill in the appropriate paperwork which can be obtained from our learning support staff. In the event of missing an examination, students will need to fill in a misadventure form and provide a medical certificate as a way of explanation. Students will then be given the opportunity to complete the examination at an alternative time. In the lead up to the examinations, students need to complete a study routine, set achievement goals and put in their best effort towards every examination.

Ms Natalie Martin
Deputy Principal
Years 8 & 11

Joanne Amos (DP Years 9 & 12)

After several unexpected health issues, I am very happy to be back at school and looking forward to catching up with my year groups. If you have any questions or concerns, please feel free to contact me so that together we can support your child.

Parent Information

I regularly speak with parents and caregivers about the many issues that impact teenagers, and it is during these conversations that I recommend informational fact sheets from reputable organisations including Headspace, Cancer Council etc. I have included two of the fact sheets in this bulletin. The first is on sleep and there is much research that shows good sleep habits improve mood, concentration and performance at school. The second fact sheet addresses vaping. This is becoming a significant issue across all schools and is frequently discussed in the media. It is important to have as much accurate information, so that as adults, we can best support our teenagers.

Year 12

Trial HSC Results - Year 12 students should have received their Trial HSC results from their teacher. It is especially important that all students take on board the feedback provided by their teachers in order to achieve the results they are capable of achieving in the HSC. Miss Wilson is our Relieving HT Secondary Studies and Senior Studies Mentor who is available in private study periods to assist students with academic and emotional support. Students can also access support from their Year Adviser or myself for any academic, social or emotional concern.

Term 3 Events

This term will fly for Year 12 as they work to finish off their courses, complete the last of their assessments and participate in the many events we coordinate to ensure that their end of school celebrations are memorable. Our aim is to coordinate a series of events, to ensure that your child's final weeks of school are celebrated appropriately and safely. To help track these events parents will be emailed the specific details closer to the dates, so please keep an eye out for these emails. It is important for Year 12 students to remain focused on learning over this remaining term with HSC major projects to be submitted soon.

Private Study Periods

Many Year 12 students have private study periods and, this term more than ever, they need to be using this time wisely. The time should be used for individual work which could include writing summary notes, practise HSC style questions or preparing essay responses. If students are unsure of specific study techniques, they can seek help from their class teachers and Miss Wilson. Students have been provided with a study planner scaffold to help them track their activities during private study.

Mrs Joanne Amos
Deputy Principal
Years 9 & 12

Administration Hints & Tips:-

Please refer to your child's Student Diary for the correct procedure for the following. Our school diaries are a great resource for our students with important information, bell times, staff directory etc. By following these procedures, it ensures the smooth running of our school.

If Student is late for School- A note is to be provided by the parent explaining reason. Student to report to Student Office with note to obtain a late slip before class.

If Student is leaving Early- A note to be provided by parent/carer explaining the reason why and time student is to be collected. Student will need to have their note approved by the Deputy Principal or the Sports Co-ordinator on a Wednesday. This needs to be done **BEFORE** Roll Call in the morning. This alleviates the need for parents having to come into school to sign out and collect students. Permission over the phone for your child to leave early will not be accepted. Written permission via email including your child's

name and why they are leaving is required. Should you be sending a person other than yourself to collect your child, please note that he/she must be a registered emergency contact.

Sick Bay- If a student is sick, they should advise their teacher and come to the Student Office who will contact their parents should they need to go home.

Payments- Payments can be made online, access from the school website. Please utilise any fees in advance when making payments. Fees in advance can be utilised for any family member attending Elderslie High School.

Student Absences- Advise the school, provide a note and/or medical certificate on return. If student is absent due to Covid 19, please email the school with how long student will be absent.

Thank you for your co-operation.

Mrs Susan Solah
School Administration Manager

Senior Student Leadership News

Term 1 Lip Sync Battle Update

In Term 1 on the 7th of April 2022, Elderslie High School hosted an epic Lip Sync Battle! We reported on this in a previous bulletin, but we wanted to update the parent community on the successes we had in terms of fundraising on the day.

The Lip Sync Battle was held as a fundraiser to lend a helping hand by raising money for flood-affected locals and the wider community. Students were given the chance to wear mufti, purchase a sausage sandwich at lunch and watch their favourite teachers and senior EHS students perform a humorous dance number whilst lip-syncing to iconic songs. But there could only be one winner... Mx Lee and Mr Sambuco along with senior students Bianca C, Brianna G, Eliza G, Emelia D, Imogen N, Jade V, Joe L and Karly B who did in fact Lip Sync for their lives and take the EHS Lip Sync Battle Trophy of 2022. EHS was able to raise approximately \$1900 for those affected by floods as a result of this lively day. This was able to be accomplished with the help of various people and businesses, so we would like to thank the amazing performers, teacher organisers (Mrs Mulligan & Ms Farrar) and generous donations from local businesses such as Bakers Delight Narellan, Pryde Meats Narellan, Coles Narellan and Woolworths Camden. These individuals and businesses collectively made this a successful and enjoyable day for the student body.

Mary T (School Captain) & Ameira S (Vice Captain)



Secondary Schools Student Leadership Program

On the 8th of June, myself (Jacob E) and Bailey M ventured into the city to attend the Secondary Schools Leadership Program at State Parliament House and Governor's House. The day brought schools from all over the state together to listen to guest speakers talk about leadership and their journeys to get to the point that they are. The day started at Parliament House where all the schools were welcomed by members of the Parliament House staff. After we were welcomed, 5 members of parliament came into the hall and sat down to answer questions from student leaders. One of the members who attended was Stuart Ayres, who spoke very well and took the time to answer every question thoroughly that was asked of him.

Once all questions were asked, we all had lunch which was provided. We then walked through the Royal Botanic Garden to Governor's House, where we were met by staff of the Governor. We had a tour through the house in small groups by members of the staff. We looked through the portrait gallery, the dining room and sitting room, then went to sit in the ballroom where we would be addressed by Lieutenant-Governor of New South Wales, His Excellency the Honourable Tom Bathurst. His entrance was very formal, as was his title when addressing him. He answered some questions on his leadership and position on the Supreme Court. The day ended with some beverages out in the garden where we had the opportunity to talk with fellow leaders from around the state and their different methods of changing their schools for the better.

Overall, it was a very insightful day with lots of good learning opportunities to further our leadership knowledge, and possibly integrate new methods of leadership into the school leadership groups.

Jacob E (Vice Captain)

Carrington Care Donation Drive Initiative

Carrington Care Initiative

Over the past few years, Covid-19 has heavily impacted the well-being of aged care residents. Due to enforced in-room isolation the resources available to entertain residents have gradually diminished. In Term 2, a donation drive, as well as a wellbeing lesson, was implemented to provide the Elderslie High community with a chance to be kind and support the residents of our local aged care facility Carrington Care.

In the well-being lesson of Week 6, the students and staff of Elderslie High expressed their well wishes to the residents in Covid isolation through letters which will be provided to Carrington Care in Term 3. This initiative allowed us to express our gratitude and appreciation to the residents who have been an important part of our community and provide them with the opportunity to reconnect with the community.

A donation drive was also implemented from Week 5 to the end of Week 8 which allowed the students and staff to donate games, puzzles, stationery etc. which will provide the residents of Carrington Care with diverse resources to carry

out meaningful and engaging activities during their Covid-19 isolation.

Anna C (Prefect)

Visit to Carrington Care Aged Care Facility

On the 28th of June, four of our student prefects accompanied Ms Farrar to Carrington Care Aged Care Facility in Camden to deliver the donations collected throughout Term 2. Anna, Noah, Mickayla and Claire spent time talking to the workers and residents at Carrington and learnt about the negative impact isolation can have on the residents. The donations from the student body will help make time in isolation nicer and will have a positive impact on the wellbeing of the Carrington Care residents.

Claire S (Prefect)



First Nations Education

Opportunity Hub Career Expo

Year 9-12 First Nations Students were invited to attend the Opportunity Hub Indigenous Career Expo. Students had a great time and made connections with employers and training providers. The students gained lots of valuable knowledge and also lots of info bags!! A big thanks to the crew at Opportunity Hub!!

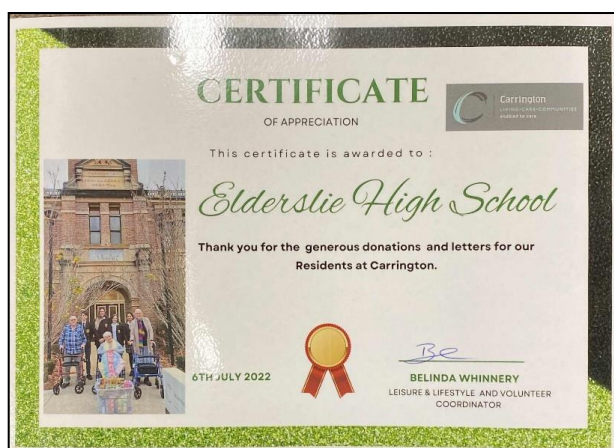


Garden

The First Nations students have been outside getting their hands dirty planting the native bush tucker garden!!! The students connected with the Botanical Gardens Community Greening program to plan what native and bush tucker plants to include in the garden. The students were then involved in digging holes, carting mulch and planting plants!! The garden looks great, and the students celebrated the completion of the garden with a BBQ!!

Big thanks to Clodhna, First Nations Youth Community Greening Officer for her knowledge and assistance!! Also a big shout out to Mr Dean for supervising the project!!!

Early this term we will be working on some information signs to go in the garden. This will allow teachers to utilise the garden for educational purposes and students can also increase their knowledge about native plants and bush tucker!!!





Artwork

Students have begun working on a mural to display next to the native garden. Students worked with local Aboriginal Artist, Danielle Mate, to design the mural. Painting has started, however, we have a few more hours of paint, sweat and tears before completion!!!! This will occur throughout Term Three.

Big thanks to Danielle and also Mr Dean!

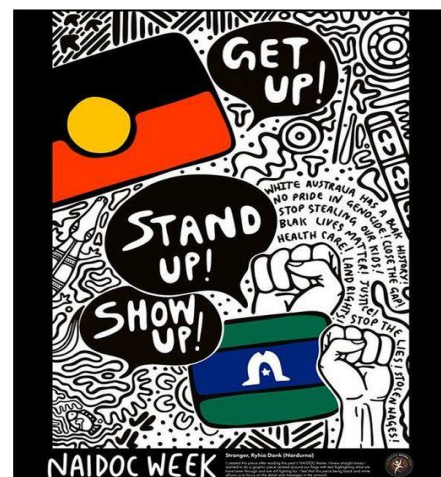


NAIDOC Week

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

EHS will be hosting NAIDOC Week in Week Five of this term. We have lots of awesome activities planned to celebrate and learn about First Nations culture.



CAREERS NEWS

MedEntry: UCAT Prep Free UCAT Bootcamp For parents, aspiring medical students and Careers Advisers. Dr Ray, Gastroenterologist at Monash Health offers UCAT mini test, discusses medical interviews, admission process, life as a medical student, and career as a doctor. Watch this two-hour Bootcamp from the comfort, convenience & security of your home at any time!

<https://www.medentry.edu.au/resources/free-resources>.

ACU Year 12 Revision Workshops: Worried about exams? Register now for a series of free online webinars run by experienced Year 12 exam markers and assessors. They will guide you through how to respond to possible exam questions and offer plenty of tips and strategies along the way. Register: <https://www.acu.edu.au/about-acu/events/year-12-revision-webinars/nsw>.

Information Sessions for Students & Parents

The Women's College within The University of Sydney: Join The Women's College for a College tour on Open Day, Saturday 27 August, 10am - 3pm or the Online Evening, Tuesday 23 August, 5.30pm-6.30pm. Register here: <https://www.thewomenscollege.com.au/> 2023 application interviews are underway now and scholarships are open. For more information or to book a Zoom meeting with the students, email Anne-Maree McCarthy registrar@thewomenscollege.com.au or 02 9517 5018.

Sydney Actors School and Sydney Film School are inviting students to attend the Open Houses at Waterloo Studios, Sydney. Tour the state-of-the-art Film & TV studio and learn why Sydney Actors School and Sydney Film School offer the most practical, hands-on accredited programs in Australia. To register, please click on the following link: <https://www.eventbrite.com.au/e/sydney-actors-school-and-sydney-film-school-open-house-tickets-308344626077>.

Macquarie University: Hear from Macquarie's academic experts alongside their Student Ambassadors about different areas of study available at Macquarie. Attendees will have the opportunities to ask their questions about their dream degrees in this online series. register here: https://macquarie.zoom.us/webinar/register/WN_Go-yZDmXRhiV8KXXvgVe9Q.

Academy of Interactive Entertainment: Career in Games & Film, Open Day at Academy of Interactive Entertainment Sunday 14th August Considering a career in games or film? Discover AIE's courses in Animation, Programming, Game Design, VFX and Filmmaking! Learn about entry requirements and career pathways. Industry and alumni guest speakers. RSVP - <https://aie.edu.au/openday>.

ACU Open Day 2022: If you need more information about choosing ACU, want to tour the campuses or chat to staff

about the courses ACU offer, then Open Day is for you. Join ACU at the Blacktown Campus on Saturday 30 July, Strathfield Campus on Saturday 6 August or North Sydney Campus on 13 August. Register now: <https://openday.acu.edu.au/>.

Western Sydney University: Registrations are open for Western Open Day on Sunday 14 August. This is a chance to discover everything Western has to offer, explore presentations and student panels, meet academics, and current students, and find out more about Western's early offer pathway, HSC True Reward. Visit https://www.westernsydney.edu.au/openday?cid=em:EGMT-CAA-news-open-day_jul22.

Western Sydney University: The next two Discover Western webinars will provide tools and information for parents and carers in August, and advice on early offer and applications to students, their parents, and teachers in September. https://www.westernsydney.edu.au/future/student-life/events/western-webinars?cid=em:EGMT-CAA-news-DWW_jul22.

Western Sydney University: Registrations are open for the Aboriginal and Torres Strait Islander Future Students Information Evening on 20 September. Where students can learn about scholarships, services, and pathways available to them. https://www.westernsydney.edu.au/future/student-life/events/aboriginal-and-torres-strait-islander-information-evenings?cid=em:EGMT-CAA-news-ATSI-info-evenings_jul22.

TAFE NSW Virtual Open Days: 24-26 August 2022 Students and their parents are encouraged to log in and explore their options. Across the three days, participants will be able to access Information Webinars, the virtual Exhibition Hall, as TAFE has an exciting on demand content, including interviews, videos, and podcasts. Register: <https://www.tafensw.edu.au/virtualopendays>.

TAFE NSW Event: Launch your Career in AgSTEM, Tuesday 26 July 2022, 10.30am-11.15am. Any students looking for a rewarding career in the agricultural science and technology sector? This event takes a deeper dive into the diverse roles of food production such as grain growing, horticulture and livestock. Register: <https://tafenswevents.eventsair.com/launch-your-career-in-agstem/agstem/Site/Register>.

Academy of Information Technology (AIT): will be holding an on-campus Open Day on Saturday 13 Aug 2022, 10am - 1pm. Explore the opportunities available in the creative industry for Film, Animation, 3D, Games & Mobile App Development. Meet AIT's friendly staff & students and get information on AIT's curriculum on this fun and interactive day Register here: via <https://info.ait.edu.au/open-day-august>.

Transport for NSW: Transport for NSW is glad to inform all Year 12 students and their parents that few of the traineeship

program advertisements are going live from 18th of July 2022. The positions advertised are Road Design Engineer in Training, Electrical Design Engineer in Training and Traffic Engineering Officer in Training. All these will be closed on 10 August 2022.

Teach NSW: Support your senior students by registering for a Teaching 101 Webinar with the Teach NSW team. Each session includes information on scholarship opportunities for future teachers as Teach NSW university entry requirements. You can also register for a teacher session to learn more about sponsored retraining and career enhancing programs.

Job & Work Experience for Students

Camp America: 2023 Gap Year Opportunity Considering a gap year after high school? – Add overseas experience to your CV, make an impact, explore the USA, and make lifelong friends from around the globe. Camp placements are between 9-12 weeks and include your board PLUS pocket money. For more information about Camp America 2023 visit www.campamerica.com.au, or join the FREE Online Webinar August 9th, 2022, at 7:00 PM.

Become an Au Pair: Opportunities in the USA, France, and New Zealand! Use your babysitting/coaching experience to do a gap year! Become a live-in nanny, and experience life living in one of these 3 wonderful destinations. Placements start from 6 months, and you receive full board, pocket money & 24/7 support. Applications open year-round. For more information visit www.aupairamerica.com.au or join the FREE Online Webinar September 8th, 2022, at 7:00 PM.

Scholarships, Early Entry, Alternative Pathways

The University of Canberra: Applications for the August Early Offer Round are currently open and will close Sunday 24th July. For your students that are eager to secure a space at UC as soon as possible, this offers round will provide conditional offers this August based on their Year 11 results, and supplementary forms. Please direct any questions to Study@canberra.edu.au or 1800 864 226.

ACU: Guarantee application process and student panel webinar The ACU Guarantee program offers eligible Year 12 students a place at ACU based on your Year 11 results. Join ACU on Wednesday 27 July 6 – 6.30pm AEST to learn detailed information on how to apply and hear current students share their experiences. Register: <https://www.acu.edu.au/about-acu/events/2022/july/acu-guarantee-application-process-and-student-panel-nsw-act-qld>.

JMC Academy: Apply through JMC's Early Entry program to secure your conditional offer in the February 2023 intake before you even sit your final exams!
<https://www.jmcacademy.edu.au/how-to-apply/domestic-students/early-entry/>.

Teach NSW: Do you know talented senior students who are interested in a career in teaching? Applications for the NSW

Department of Education's future teacher scholarships are now open. Scholars receive financial support and a permanent teaching position following graduation. Find out more at: [Teacher Education Scholarship \(nsw.gov.au\)](http://www.teachereducation.nsw.gov.au).

Traineeships, Cadetships, Apprenticeships - Information & Opportunities

Study & Work: have great opportunities for students who love social media and want to make a career out of their interest. https://www.studyandwork.com.au/job_details/digital-marketing-assistant-4.

Zinfra: is looking for apprentices - to grow the pool of gas networks technician. They are looking for multiple Gas Apprentices to join their team to be based across Sydney <https://snip.ly/p99mjw> Places are limited.

Other News

Projects Abroad: Overseas Medical Experience and Service Programmes - Projects Abroad is running a number of overseas programmes for high school students in December and January. These include medical experience in Nepal and community development projects in Fiji and Cambodia. This year is their 30th year in student travel. More details at <https://www.projects-abroad.com.au/trip-format/high-school-specials/>.

*Kind Regards,
R. Whitfield
Careers Adviser*

LIBRARY UPDATE

Welcome back to Term 3, everyone! We've only got a few weeks left until the Premier's Reading Challenge finishes up for the year. The challenge finishes on the 19th August, which is Friday Week 5. Your children may have been busy reading but have simply forgotten to log the books they've finished. If they're not sure how to add their books to their account, they can see the library staff for assistance.

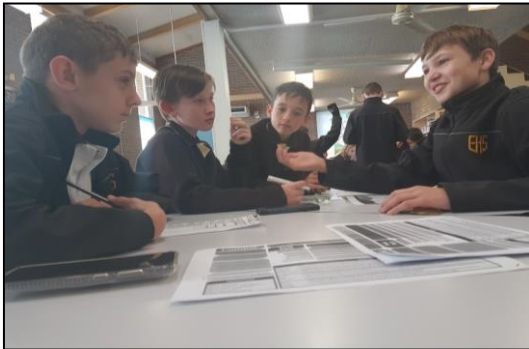
Otherwise, students can update their records here: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

If students are looking for a last minute book to get their Premier's Reading Challenge numbers up, we have loads of free ebooks and audiobooks available via our online library. New titles are added every month, so check it out: <https://eldersliehs.eplatform.co/>

We're also getting loads of new releases delivered each week, so keep an eye on the displays in the library! If anyone has suggestions for books they'd like to see in our library, they can request them using the form at the library front desk.



The library is also hosting a number of social clubs, such as the Dungeons and Dragons Club each Thursday, and the Anime Club alternating Mondays and Fridays. If your child is bored during their breaks or looking to make new friends, they are more than welcome to come along to the library during their breaks to participate in these activities!



Finally, the Student Media Team have been busy producing content to showcase the variety of activities around the school – you may have seen some of their recent work on our Facebook, Instagram and Twitter pages. They had great fun producing a video to support the Leadership Team's Push Up Challenge to raise awareness for mental health initiatives.

Here's a poem from one of our wonderful young writers:

forget me not

"Love me—,,
Like the blooming flowers of spring,
Nodding lightly with the breeze;
You can be my king,
Hug me tightly unable to freeze.

"Love me not—,,
As the last of flowers wither away,
Petals left uncoloured and fallen;
Feelings kept a-bay,
Though eyes still swollen.

"Hold me—,,
Hands warm against mine,
Taking a breathless sigh;
Love take your time,
Whispering your drowned-out goodbyes.

"Hold me not—,,
Let the icy winter grip my heart,
Tears only daring to fall;
Familiar spring warmth hast depart,
Though still awaiting soul's call.

"Forget me—,,
Like the passing seasons,
Dismissing it to be real;
One losing all reason,
Asking if time will heal.

"Forget me not—,,
Like a painting etched into memory,
Each stroke a fragment of you;
You who became my history,
An encounter overdue.

By Phrög

Ms. Lysaught
Teacher Librarian

Agriculture News

What an incredible few months it has been in Camden with water everywhere. I continue to be impressed by the fantastic group of volunteers that we have working up at the Ag Plot during breaks who, as well as caring for our livestock, ensuring they have feed, water and clean pens, they have also been shovelling mud and diverting water. Apologies to the very tolerant parents who have had their children coming home covered in mud on most days.

The weather has meant that we have had limited time on the farm with our Year 7 students, but they still had time to harvest their tomatoes and make them into soup – perfect for those cold days. Although our wicking beds have not been put to the test with regards to their water saving abilities, as raised garden beds they have been excellent in allowing the plants to drain so have not suffered ill effects from the rain.

Our older students have been working with our cattle and sheep and developing their skills in handling these animals.

The sheep have been with us since March and are being prepared for the School Merino Wether Challenge which will be held in late August. A team of students will travel to Dubbo where they will take part in a two-day event, attending workshops and showing the sheep in both fleece and meat classes.

Other students are involved in preparing for Penrith Show on the 27th and 28th of August. The Schools' Competition at Penrith Show is a major event on our calendar with usually 18 schools competing. COVID has prevented the Show from running for the last 2 years and we are excited to be able to compete again. We will be doing a display on an agricultural enterprise as well as presenting our calf, alpacas, goats and poultry for judging. Students will also have the opportunity to compete in alpaca showmanship, cattle parading, fleece and poultry judging and the Rural Olympics competitions.

Hopefully the coming weeks will provide more appropriate weather so classes can spend more time on the farm, planting new season crops and enjoying the lambing season.

Megan Atkinson and Shannon Last
Agriculture Teachers

Sport Update

Zone Athletics Carnival

Huge congratulations to all the students who competed at Zone Athletics Carnival, Week 10 of Term Two. Mr Cockburn and Mr Atterton were a huge help in covering for myself (Miss Lardner) as team manager, whilst I was sick. In the PDHPE faculty, we are all so proud of the effort and participation that students demonstrated across the two days. You all need to give yourselves a big pat on the back. EHS won the Champion School title participating and placing in various events across the two days, which was incredible. This is clearly a reflection of students' determination, excellence and commitment to trying their best, which is what we strive for at EHS.

Another massive congratulations goes to our Macarthur Zone Age Champions!! Winning age champion is a gigantic effort made by students, earning the highest number of individual points across the two days.

Dennis Pereira – 13 Years Males

Joshua Collins – 14 Years Males

Izabel Williams 15 Years Females

Aaron Prodromou – 15 Years Males

The dates for Sydney South West Athletics Carnival are the 2nd and 3rd of August, which is week 3 of this term. More information including permission notes is yet to come.

School Sporting News

Open Girls Knockout Hockey

A HUGE congrats to the Open Girls Hockey Team!!!

The team consisted of 4 players with previous experience and another 9 girls who put up their hands to have a go! And that they did!!

With very little experience, they were passing, dribbling the ball down the field and even scoring some goals!!! There were some great plays, battle scars and some really good falls!! We had two wins and then lost to Camden HS in our third game, 2-1.

I am so proud of all the girls who gave it their all, never gave up and went down fighting!!! They will all be back next year.....they have no choice!!!!



South West Sydney Bowls

Joshua De Martin, Owen Roberts and Luke Berrios participated as part of the South West Sydney Team at the NSW Combined High School Bowls Championships at the end of Term Two. The boys loved getting involved and it was great to see them give something new a go!



West Tiger's Unite Harmony

Selected Year 10 boys participated in a 6-week West Tiger's Unite Harmony Program! The program was a mixture of theory and practical sessions which focused on communication and respectful relationships. In the final week, the boys played some footy with special guest Mr White. We are not sure who was quickest out on the paddock, the boys or Mr White. They then finished up with a celebratory BBQ and presentation. The boys received rave reviews from the presenters, and it was great to see them participating in such a positive way!!

Big thanks to West Tigers for such an engaging program!!!



Other Sporting News

Isabella Trevena and Breeanna Luc - selected into the NSW CHS Softball Team, well done girls!

Ellie Hart - selected in the NSW All Schools U16 Girls Netball Team to play at the School Sport Australia Championships this month. Good luck Ellie!

Kye Sutherland is competing in Newcastle at the Tri-Series state event for Combined High School Open Boys Hockey Competition.

Brayden Sutherland is going to Hobart for the 16 All School Boys National Championships where he will represent for NSW and the tournament runs for a week. Well done and good luck Brayden!



Catching up with our Alumni

Congratulations to past student Brooke Murray on being named Camden's "Citizen of the Year" for 2022.

EVENTS



Mayor of Camden, Cr Thérèse Padell, with 2022 Young Citizen of the Year, Alana Bailey and Citizen of the Year, Brooke Murray

AUSSIE, AUSSIE, AUSSIE!

A big congratulations to Brooke Murray and Alana Bailey for being crowned 2022 Citizen of the Year and Young Citizen of the Year, respectively.

There were three additional awards given out on Australia Day, including:

- Community Group of the Year Award - a joint win between Big Yellow Umbrella and The Heathcote Centre for Sustainable Living;
- Arts and Cultural Award - Bob Quinney; and
- Sports Achievement Award - Monique Peroni.

It was fantastic to see so many residents enjoy the online activities organised to celebrate Australia Day digitally this year. From wine tasting tutorials to competitions, there was something for everyone to enjoy.


DID YOU KNOW?

Council celebrated Youth Week from Monday 4 until Thursday 14 April, giving our young people an opportunity to share ideas, have their voices heard, showcase their talents, celebrate their contributions and, above all, have fun.

CAMDEN LOVE

We celebrated Valentine's Day in style this year, with the first Argyle Street installation for 2022!

We have 100s more planned for this space throughout the year, so keep your eyes peeled for some beautiful displays to come.



Debating News

Congratulations to the Year 10 Debating Team on their win in Round 2 against Mount Annan High School. Good luck in Round 3!





MAMMA MIA!™

MUSIC AND LYRICS BY

**BENNY ANDERSSON
BJÖRN ULVAEUS**

AND SOME SONGS WITH STIG ANDERSON

BOOK BY CATHERINE JOHNSON
ORIGINALLY CONCEIVED BY JUDY CRAYMER

Licensed exclusively by Music Theatre International (Australia).
All performance materials supplied by Hal Leonard Australia



2022

**Thursday 28th July
Friday 29th July
Saturday 30th July**

**Doors open at 7.15 pm
Curtain at 7.30 pm
In the School Hall**

Ticket Sales

Online - www.trybooking.com/CAHWS

Booking fee and credit card surcharge applies

Pre-booked

Adults	\$18.00
Concession/student	\$12.00

At the Box Office on the evening

Adults	\$20.00
Concession/student	\$15.00



Sleep



Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between



Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:



increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

Biological factors: such as puberty or changes in your body clock

Environmental factors: such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs



Sleep



Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day, including on the weekend.** This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

- **It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.

- **Your bedroom should be dark, cool (around 16-18°C) and quiet.**

- **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.

- **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.

- **Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

- **Sleep medications are not usually required to help with sleep problems.** While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



For more information about sleep, go to

www.sleephealthfoundation.org.au

www.reachout.com

... Getting help ...

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

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FOR PARENTS AND CARERS

THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



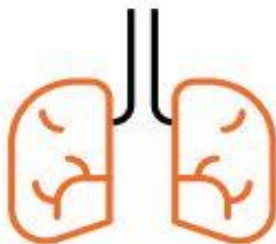
Many vapes contain nicotine making them **very addictive**



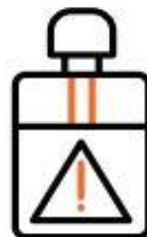
The nicotine in 1 vape can
= 50
cigarettes



Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

GRAPE ICE



HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age. Many young people purchase their vapes at school from friends and contacts using social media.

It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes, and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime.

If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like lighters, pens and USB drives. They are also not easy to smell.



Tell-tale **signs that your child might be vaping** include the **symptoms of nicotine addiction** such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.

MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



THE IMPORTANCE OF TALKING TO YOUR CHILD

If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website



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

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	August 1 Education Week	August 2 SSW Athletics Bstreetsmart Year 11 Excursion P&C Meeting 7pm	August 3 SSW Athletics	August 4 Recognition Assemblies Years 7 & 8	August 5 Recognition Assemblies Years 9 & 10
4	August 8 CAPA Dance Photos In The Spotlight Drama Festival	August 9 In The Spotlight Drama Festival	August 10	August 11	August 12 Year 7 Gala Day
5	August 15 EHS NAIDOC Week	August 16	August 17	August 18	August 19
6	August 22	August 23	August 24	August 25	August 26 Year 8 Gala Day

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Excellence. Honour. Service.



P & C MEETINGS 2022

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

Our next meeting for 2022 will be:

***Tuesday, 2nd August 2022
at 7pm in the School Library***