

Parent Newsletter

Hurlstone Agricultural High School

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Issue 2 Term 1 - Week 8

20 March 2020

SPECIAL POINTS OF INTEREST

- Canberra Show 2020
- Year 10 Peer Support - Year 7 Camp
- Parents to update Health Care Plans

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CALENDAR

Please see below the link for the school calendar – www.hurlstone.com.au

March 2020

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Principal's Message

Hurlstone Agricultural High School has had a great start to our Agricultural Show season with representation at the Canberra Royal Show. Hurlstone Agricultural High School students had a most successful show with the Hurlstone Agricultural High School Suffolk stud. We won the top three places in the Suffolk section up against other studs. To top off a successful day Reserve Champion Ram in the school section with over 18 entries. Kyra and Abby made it into the final 9 in handlers with Kyra being placed 4th. Annabelle had a great time learning about how to judge Corriedales. Well done girls! A big thank you to Abby Nolan, Kyra Leal and Annabelle Lewinski our wonderful Agricultural ambassadors and to Jeffrey Doolan, our farm manager and Karen Johnston, head teacher Agriculture for preparing our students to work with the animals and taking our students to the show. We will be looking forward to hearing of more success in the coming newsletters and on our Facebook page.



Canberra Show 2020

Principal's Report Continued...

Congratulations to all students who competed at our annual swimming carnival and for those talented athletes who competed at Zone early this week, we are so proud of your achievements. Hurlstone Agricultural High School won the zone carnival. Please see our success. It is important for all parents to be aware that all days are school days and all students are expected to attend school carnivals.

Year 7 and Year 10 peer support leaders along with Mr Ryan Mackinder, Ms Prudence Duncombe, Mr Dijendra Nand, Mr Michael Holmes, Mr Mark Zarzour, Mr Matt Musico, Mr Daniel Potaczala, Ms Sam Elderton, Ms Wun-Ling Cheng, Ms Mai Ni Pham, Ms Ann Young and Mr Sailash Krishan attended the Year 7 Camp. School camps are a great way for our teachers to get to know your children really well and assist in the socialisation process and transition to high school. Year advisors Wun-ling Chen, Samantha Elderton and Prudence Duncombe ensured that student and staff wellbeing were at the centre of every decision that was made to assess risk for our young people which ensured each student is known, valued and cared for.

Please be advised that the school has mailed home Health Care Plans for parents to complete and return to front office by 1 May 2020.

High Potential and Gifted Education is our core business. A second round of your children's teachers will complete the UNSW mini Certificate of Gifted Education in line with tracking for 100% of our teachers being informed by current research in gifted education. I am also hoping to partner with university researchers to extend the current opportunities for Australian based research studies and will keep our community informed as we progress with possibilities of university connections.

Please use the following link if you are interested in finding out how to support your gifted child as a parent or carer.

Mrs Christine Castle

Principal

HAHS - COVID - 19

For updated information on COVID—19 see DoE:

[Click Here to view link COVID—19 DOE](#)

[Click Here to view link Gifted Education](#)

HAHS - Project Update

For information regarding Hurlstone Agricultural High School:

[Click Here to view link HAHS - Project Update](#)



HAHS - Welfare 2020

For your information, the following staff are your points of call for anything welfare and wellbeing related to your child.

If you have any subject concerns, please contact the classroom teacher or Head Teacher.

Year Advisors:

Year	Year Advisor		Assistant YA	
	Name	Faculty	Name	Faculty
7	Wun-Ling Chen	HSIE	Sam Ederlton	English
8	Marwan Malak	English	Jerry Zahija	Music
9	Tahmeena Tarannum	Mathematics	Maryam Sabah	Mathematics
10	Prudence Duncombe	English	Brenda Cologon	Learning support
11	Tim Trotter	Science	Elyse Crichton	Science
12	Mikala Hewett	LOTE	Sam To	Science

Deputy Principal Areas:

Name	Area of administration as per school plan	Year group	Faculty
Ann Young	Differentiating	Year 8 & Year 11	MATH, SCIENCE, HSIE, AG, TAS, LOTE
Sailash Krishan	Communicating DP Boarding	Year 9 & Year 12	CAPA, BOARDING, WELFARE HTS, Administration incl. Library & Careers
Mai Ni Pham	Engaging	Year 7 & Year 10	PDHPE, ENGLISH, T&L, FUTURE FOCUSED LEARNING & ETHICS

Head Teachers welfare:

Roxanne West – HT Welfare Yr 10, 11, 12

Samir Seblani – HT Welfare Yr 7, 8, 9

Aboriginal liaison officer:

Elyse Crichton (Science faculty)

Anti-racism contact officer (ARCO):

Nashaat Mahfouz (Science faculty)

Supervisor of Female Students

Robyn Keegan (Careers)

**Click Here
to view this link -
Information -
Anti Racism Contact
Officer**

HAHS - Head Teacher of Teaching & Learning

This month on School TV - Happiness & Gratitude

Happiness is a term that captures a huge variety of positive emotions such as humour, serenity, optimism, joy, pride, inspiration, love and hope. Happiness means different things, to different people and is essential to your understanding of emotional literacy. Throughout history, philosophers, religious writers and poets have pondered on the meaning of happiness and how it might be achieved. In the last few decades, scientists and psychologists have researched this further by studying a field of science called positive psychology.



The result of this research suggests there is a strong correlation between gratitude and greater happiness.

Practising gratitude helps you shift your focus to positive memories or experiences, noticing the good in your life. Over time, this will re-wire your brain to create new neural pathways, increasing your state of happiness and overall wellbeing.

In this edition of SchoolTV, parents and care-givers will learn how to achieve happiness and the benefits of practising gratitude. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.



Happiness & Gratitude



HAHS - LOTE

Opportunity to Host an Assistant Japanese Teacher



Once again we are lucky enough to have a Japanese assistant teacher with us term 1 and term 2 2020 to help our students with their studies. Her name is Natsuki Kondo and she is 21 years old and is fluent in English. We need host families for terms 1 and 2. This is a wonderful opportunity for your family to learn about another culture and it will definitely help students with their studies of Japanese. Host families are paid \$180 per week. Mikala and myself are hosting her some periods of time and you can host for the time period that suits you as long as it is at least two weeks. You will not be required to host during school holidays. Please let Mikala or myself know if you are interested in hosting her.

Thank you

Regards

Esther Eun & Mikala Hewett

Leadership - Peer Support - Year 7 Camp

Peer Support Leadership Experience



In week 4, Year 10 Peer Support leaders had the opportunity to attend Year 7 camp, and our 3-day camp now has so many wonderful memories attached to it. We had the chance to interact with our peer support groups outside typical school hours, and I made real connections with my group. Seeing the Year 7's open up to us and share their opinions and voices was amazing. Also encouraging them to step out of their comfort zones when trying challenging activities such as the Giant Swing and abseiling and then seeing their confidence grow made our trip really worth it.

Our activity group really worked well together, and the subtle competition while completing survivor initiatives increased communication between all of us. When doing the survivor challenges, we had a chance to use everyone's unique skill set which contributed to increasing their sense of self, which in turn allowed the Year 7's to step out of their shells. We spent a lot of time laughing, and we got to know each other's personality and humour.

My activity group really enjoyed go-karting and racing around the track. Minus a few minor crashes, we all got the chance to race each other which was my number one highlight.

Looking back at camp, my favourite moments were the simple ones. The speed stacking night activity, dancing at the disco, cricket on the beach, and peer support sessions. All of those moments had one thing in common, and that was the supportive atmosphere that surrounded them. Cheering for friends or even strangers that had decided to put themselves out there and get up on stage to show their skills when it came to speed stacking or cheering on an impromptu flash mob during the disco created the sense of community that Hurlstone is known for. Our Year 7 camp experience will forever be a highlight both for us as leaders, and for the year 7 students.

Sahana

Student - Year 10

This year's camp was an enriching experience for both the Year 10 peer support leaders and the Year 7 students. We were all able to become friends with each other as we embarked on challenging activities such as abseiling, giant swing, go-karting, bushwalking and 'survivor'. During abseiling and the giant swing, we, the peer support

Leadership - Peer Support - Year 7 Camp

Peer Support Leadership Experience

leaders, encouraged the Year 7s to step out of their comfort zone and take part in the activities which may have been challenging for them to participate in. It was really great to see that everyone was involved in all of the activities.

Activities such as go-karting and 'survivor' encouraged great team spirit and friendly competition. As the activity progressed our team spirit grew stronger and everyone became more involved. Everyone persisted in the activities, showed great competitive spirit and we all worked really well as a team to complete the challenges. When necessary instructions were being given, the Year 7's listened very well to the instructors, teachers and us, peer support leaders. If they ever needed help, we would help them in any way we can, especially when adjusting the go-kart seating, helmets and harnesses.

We also had one of our peer support lessons during camp. Though we didn't necessarily have our peer support team with us during the daily activities, during our session, the Year 7's became more social than our previous peer support lesson. This evidently shows that the camp experiences greatly helped everyone to open up.

Through our shared experiences, we grew closer as a Hurlstone community. Overall, our camp experience at TOPS was very enjoyable and everyone has surely made new friends and great memories.

Akilah

Student - Year 10



Robogals Rule!!

A select group of year 8 and 9 girls had a smashing time as they constructed robots which the girls programmed with a lego set using an on-line coding program.

It was a rewarding experience because we got to be creative and there was a competition at the end. As Hurlstone students typically love a competition it was a great way to see the results of our builds. Multiple games showed that there was no one winner but we all won having experienced something both fun and creative.

Elayne
Student - Year 9

P&C

Hurlstone Canteen



**Go to
Page 17 & 18
to view
Canteen & Uniform
Price List**

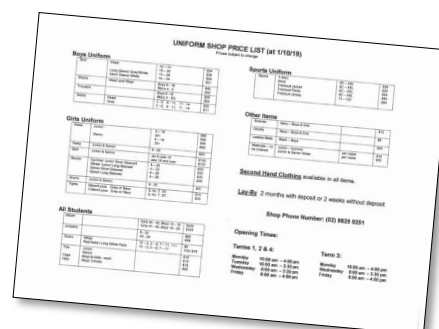
Uniform Shop

Term 1 - Summer Uniform

Please see uniform opening hours below:

UNIFORM SHOP OPENING HOURS

MONDAY	10:00am to 4:15pm
TUESDAY	10:00am to 3:30pm
WEDNESDAY	8:00am to 3:30pm
THURSDAY	CLOSED
FRIDAY	8:00am to 4:00pm



Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's *Policy library*

The school leaving age:

Please visit the Department of Education's *Wellbeing and Learning* website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

www.dec.nsw.gov.au

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NSW Department of Education and Communities

Completing Absentee Notes and Notices

Information for parents and carers

It is important to tell the school if your child has to be absent from school and to provide a reason for the absence.

Principals are legally responsible for keeping accurate records of student attendance.

Principals are also responsible for deciding if the reason given for an absence is justified.

Wherever possible, parents and carers are encouraged to provide an explanation for absences before the absences occur.

The Principal of the school has the right to question parents' requests for their child to be absent from school. The Principal also has the right to question an explanation given for a child's absence from school.

To explain an absence parents and carers may:

- send a note, fax or email to the school
- telephone the school, or
- visit the school.

Bilingual Absentee Notes

Three bilingual absentee notes are available to assist you to inform the school of your child's absence.

Absentee note 1 should be used when a child is absent for 1 whole day.

Absentee note 2 should be used when a child is absent for more than 1 day.

Absentee note 3 should be used when a child is absent for part of the day.

Absentee Notices

If the school has not received an explanation for a child's absence they may send you an Absentee Notice.

Principals use the Absentee Notice to contact parents within two days of an unexplained absence. The Absentee Notice must be completed in English and returned to the school within seven school days, giving a reason for the absence.

Completing details of absences

Sections of the Absentee Notes and the Absentee Notice ask you to provide details for your child's absence or partial absence.

For the school to be able to understand the reasons given, these sections should be completed in English. Possible reasons are provided in this leaflet and have been translated into English for you to copy onto the forms, if applicable.

If you have difficulty understanding the Absentee Notes or Absentee Notice or with completing the details you may telephone the school to explain the reason for your child's absence. If you telephone the school you do not need to fill in a written note as well.

Telephone Interpreter Service

If you need an interpreter to assist you to contact your child's school, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. The interpreter will call the school and stay on the line to assist you with your conversation. You will not be charged for this service.

Possible reasons for absence

Medical reason:

Flu
Stomach-ache
Diarrhoea
Cold
Headache/Migraine
Strong pain
Fever
Broken bone
Vomiting
Infectious illness eg chicken pox
Nose bleed
Asthma
Rash
Injury
Medical appointment
Dental appointment
Optometry appointment
Physiotherapy appointment
Specialist appointment
Other - I will telephone the school to explain

Family reason:

Funeral
Moving residence
Arrival or departure of an immediate relative from overseas
Unavoidable involvement in a serious family incident
Other - I will telephone the school to explain

Other reason:

Misadventure and unforeseen events
eg fire, flood
Participation in special event, eg attendance at a religious ceremony
Family holiday
Transport difficulty
Unavoidable delay
Other - I will telephone the school to explain

School Communities Working Together

Fact Sheet for Parents and Carers



13/01/16_20513

Introduction

The role of schools is to work in partnership with parents to provide an environment that encourages students to connect with each other and their community, so they can succeed and thrive. Parents, teachers and the community all play a role in fostering this environment.

Schools have well established systems which support student wellbeing and address instances of anti-social behaviour such as bullying, threats of physical violence and other offensive behaviours.

- Encourage positive outlets for your child's energies – sports, performing arts, hobbies and organised clubs, all provide a sense of belonging and somewhere to focus their interests, though it may take a few attempts to find the right interest for your child.
- Be a role model – modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

Your role in supporting your child

- Be involved in your child's life – dedicate time to really understand your child. Know where they are, who they are with and what they are doing.
- Be cyber-aware:
 - regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
 - place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
 - consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home – encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.

How you can help your child

You know your child better than anyone else and are in a good position to notice any changes in their behaviour. If their behaviour changes significantly, try to find out what is happening in their lives. There are many reasons for a change in behaviour, so don't jump to conclusions.

The best way to support your child is to maintain open, non-judgemental communication with them. By keeping a positive relationship you may be in a position to help them if they want to talk about their problems. Listen to their concerns and try to understand their perspective.

Even if you disagree with what they are saying, it is important to find some way to let them know they are accepted and that you are there to help them.

What to do if you are concerned for your child

If you do have concerns that your child is involved in or supporting extremist behaviour there are a number of options for seeking advice. You may like to talk to someone from your child's school such as the Principal, your child's Year Advisor, a teacher, or a trusted staff member.

You may wish to talk to your child yourself, or ask a close friend or family member to do so. Alternatively, there are government assistance and advice lines and websites. Some are listed below.

Remember

As your child grows, they will be exploring their own values and beliefs. They may search for and push the boundaries of acceptable, responsible behaviour during this process.

Cyber Safety

- Office of the Children's eSafety Commissioner – <https://esafety.gov.au/esafety-information/games-apps-and-social-networking>
- ThinkUKnow – internet safety education site – <http://www.thinkuknow.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline - 1800 123 400 or email hotline@nationalecurity.gov.au

Resources

- **000** (triple zero) if you feel unsafe or in danger
- **1800 RESPECT** – <http://www.1800respect.org.au>
- Domestic violence line **(24h) 1800 65 64 63**
- Lifeline – T: **13 11 14** – <http://www.lifeline.org.au>
- Black Dog Institute – <http://www.blackdoginstitute.org.au>
- Secure NSW – <http://www.secure.nsw.gov.au>
- Living Safe Together – <http://www.livingsafetogether.gov.au>
- Multicultural NSW – <http://www.multicultural.nsw.gov.au>
- Australian Multicultural Foundation – <http://www.amf.net.au/>
- Multicultural Youth Advocacy Network – <http://www.myan.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline – **1800 123 400** or email hotline@nationalecurity.gov.au



HURLSTONE

AGRICULTURAL HIGH SCHOOL

General Permission to Publish and disclose information

Dear Parent/ Caregiver,

I am seeking your permission to allow the school/Department of Education to publish and/or disclose information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service.

This information may include your child's name, age, class and information collected at school such as photographs, sound and visual recordings of your child, your child's work and expressions of opinion such as in interactive media.

The communications in which your child's information may be published or disclosed include but are not limited to:

- Public websites of the Department of Education including the school website, the Department of Education intranet (staff only), blogs and wikis
- Department of Education publications including the school newsletter, annual school magazine and school report, promotional material published in print and electronically including on the Department's websites
- Official Department and school social media accounts on networks such as YouTube, Facebook and Twitter
- Local and metropolitan newspapers and magazines and other media outlets

Parents should be aware that when information is published on public websites and social media channels, it can be discoverable online for a number of years, if not permanently. Search engines may also cache or retain copies of published information. Published information can also be linked to by third parties.

Please complete the permission slip and return to the school.

Yours sincerely

Christine Castle

Principal

Hurlstone Agricultural High School

Permission to Publish

I have read this permission to publish and:

Tick the appropriate box ☐ I give permission ☐ I do not give permission

to the school/Department of Education to publish information about my child as described above, including in publicly accessible communications.

This signed permission remains effective until I advise the school otherwise.

Child's name:

Parent/carer/caregiver's name:

Parent/carer/caregiver signature:Date:



Cool Kids Program

CENTRE FOR EMOTIONAL HEALTH CLINIC

ABOUT THE CEH CLINIC

The Centre for Emotional Health Clinic (CEHC) is a research and training clinic aimed at furthering our understanding of child & adult emotional health and improving methods of treatment. The Clinic also offers private, full fee paying services. Families who seek help at the CEHC receive state of the art assessment and treatment based on internationally recognised research, much of which has been conducted by our team over the past 25 years.

ABOUT THE COOL KIDS PROGRAM

Cool Kids is a 10-session program aimed at treating anxiety in children and teens. It uses a cognitive behavioural approach which means that it focuses on teaching skills to manage anxiety.

Core skills include;

- how to identify anxious thoughts, feelings, and behaviours,
- discovering realistic thoughts and expectations (detective thinking), and,
- gradually building independence and confidence by facing fears (stepladders).

If needed, additional skills such as problem solving, social confidence and relaxation can be introduced to help manage difficult situations.

Parents are shown how to support their child in the use of these new skills and a section of the program focuses specifically on parenting strategies that encourage children to self-manage anxiety.

During each session families practice skills during discussion, games, role play and in real life situations. Practice tasks are a crucial part of the program and are given following every session. Practice tasks encourage use of new skills in everyday life.

COOL KIDS @ MACQUARIE

Although Cool Kids can be run for individual families or in a group for multiple families, at Macquarie the program is offered in individual sessions only.

Sessions include time with a child and parent/s together, time with children alone and time with parents alone. The amount of time with each combination of people varies each session and with the age of a child.



WHO CAN DO COOL KIDS

The Cool Kids Program is designed for children:

- Who are 7-17 years old (grades 1-12),
- Where anxiety is the main problem being experienced and it is affecting his or her day-to-day life.

The standard Cool Kids program is not suitable for children who have significant learning delays, autism or if another difficulty such as depression or oppositional behaviour is the current main problem.

In addition, children or teens who are suicidal, who are self-harming or who have been school refusing for two weeks or more, will not be recommended to the Cool Kids program due to the complexity of these situations.

These exclusions are in place to ensure that Cool Kids is delivered to children who are most likely to benefit from the program. We offer other services that may be suitable for your child if they are not suitable for Cool Kids.

FIND OUT MORE

Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8711
cehc.admin@mq.edu.au
mq.edu.au/ceh-clinic



HOW TO GET INVOLVED

There are two ways to access Cool Kids at Macquarie University (North Ryde). These are:

1. Through our research and training subsidised program where the costs of assessment and treatment are subsidised because the assessment and treatment are run by postgraduate provisional psychologists and involve participation in our research; and
2. Through our full fee paying service.

SUBSIDISED PATHWAY

A thorough assessment will be conducted to determine if Cool Kids is likely to be helpful for your child. The assessment involves online questionnaires and separate interviews with children and parents. During the assessment you may be asked to participate in research activities that help us to understand more about anxiety. The assessment takes approximately 3-4 hours and is conducted by a provisional psychologist.

After the assessment, the psychologist will discuss your child with a supervisor and a recommendation to proceed with the Cool Kids program or a referral to a more suitable program or service will be communicated to you.

If Cool Kids is recommended you can choose to continue with the subsidised pathway or move to the full fee pathway. Treatment on the subsidised pathway focuses on anxiety only and will involve completing the 10 session Cool Kids program with a provisional psychologist. Sessions (50 minutes) will occur at the same time each week over 10-12 weeks.

For the subsidised pathway, the assessment costs \$190 and the 10 session program costs \$580. Medicare and health fund rebates are not available for the subsidised pathway.

FULL-FEE PATHWAY

Full-fee services are provided by registered and clinical psychologists who offer tailored, individual therapy. After an assessment over 1-2 sessions, a treatment plan will be discussed with families that will include the Cool Kids program if that is appropriate for your child. The psychologist may also recommend a variation of the program or an individually tailored approach depending on your child's needs.

Sessions can be booked flexibly and the number of sessions will vary. The sessions cost \$190-250 per 50 minute session (pro-rata for longer sessions). Medicare and health fund partial rebates may be available with an eligible referral. Further information on this service can be found on [here](#).

HOW DO I START?

The first step to starting the Cool Kids program is complete a registration form that contains some basic information about the difficulties your child is experiencing. This is reviewed by one of our team to ensure that Cool Kids is likely to be helpful for your child. If we think another program or service would be a better fit we will provide a recommendation.

You can access the registration form [here](#).

Further information about our other services can be found on our [website](#).

FIND OUT MORE

Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8711
ehc.admin@mq.edu.au
mq.edu.au/ceh-clinic

CRICOS Provider No 00002J



MACQUARIE
University

HAHS Canteen Price List **Effective 27 May 2019**

SANDWICHES

Salad	\$4.00
Salad and Cheese	\$4.50
Salad and Egg	\$4.50
Salad and Ham	\$5.50
Salad and Chicken	\$5.50
Chicken	\$4.50
Chicken, Lettuce and Mayo	\$5.00
Ham	\$4.50
Ham and Cheese	\$5.00
Ham and Tomato	\$5.00
Egg	\$3.00
Egg, Lettuce and Mayo	\$4.00
Cheese	\$3.00
Cheese and Tomato	\$4.00
Tuna	\$4.50
Tuna, Lettuce and Mayo	\$5.00
Salmon	\$6.00
Vegemite	\$2.50
Ham, Cheese, Lettuce and Tomato	\$5.00

Add 80c for rolls and wraps

Additional vegetable fillings 30c each

**Additional ham, chicken, tuna, cheese, egg
\$1.00 each**

Additional Salmon \$2.00 each

Plain Roll	\$1.00
Buttered bread (2 slices)	\$1.00
Salad Bowl – small	\$3.00
Salad Box – large	\$5.50
Salad Box with Ham	\$7.00
Salad Box with Chicken	\$7.00
Salad Box with Tuna	\$7.50



Salad Box with Salmon	\$8.00
Forks and Spoons	\$0.15

CAKES & SNACKS

Cheese and Bacon Roll	\$3.00
Muffins (large)	\$2.50
Chips (small)	\$1.50
Other Assorted Chips/Crisps	\$1.00

DRINKS

Plain Milk 300ml	\$1.50
Plain Milk 600ml	\$2.00
Flavoured Milk 600ml	\$3.50
Juice	\$3.50
Water	\$1.50
Soft Drinks (no sugar)	\$4.00
Coffee, Tea, Hot Choc	\$2.00
Up and Go	\$2.50
Iced Teas	\$3.00 - \$4.00
Aloe Drinks	\$3.00 - \$4.00

OTHER ITEMS

Fresh Fruit Salad	\$3.00
Frozen Yoghurt	\$2.50
Ice Blocks & Ice Creams	25c to \$4.00

SPECIAL ITEMS

Homemade Pizza (Veg)	\$1.50
Ham & Pineapple Pizza	\$2.50
Meat lovers Pizza Slab	\$2.50
Sushi (when available)	\$4.00 - \$6.50

Dressing Sachets:

Salad Dressing	\$0.40
Tomato or BBQ Sauce	\$0.35

HOT FOOD

Lasagne	\$5.00
Macaroni Cheese	\$5.00
Ravioli	\$5.00
Chicken Burger	\$5.00
Beef Burger	\$5.00
Veggie Burger	\$5.00
Chicken Tender Roll	\$5.00
Chicken Tender	\$2.00
Beef Pie	\$4.50
Potato Pie	\$4.50
Pizza Pie	\$4.50
Traveller Pies	\$4.50
Sausage Roll	\$4.50
Spinach and Ricotta Roll	\$4.50
Noodles	\$3.50
Cheesy Bread	\$2.00
Garlic Bread	\$2.00
Flaming Wings	\$1.50
Hot Dog (with Sauce)	\$3.00
Hot Dog with Cheese	\$3.50
Hash Browns	\$0.75
BBQ Pork Riblets	\$4.00
Pork Riblet Roll	\$5.00
Spring Rolls (4)	\$1.00
Samosas	\$1.00
Mini Sausage Rolls	\$1.00
Mini Spinach & Ricotta Triangles	\$1.00
Hommus with Crisps & Veg	\$3.00

Don't want to queue at lunchtime? Order your lunch before school starts to guarantee your lunch choice!

Be alert for Daily Specials...

UNIFORM SHOP PRICE LIST (at 1/10/19)

Prices subject to change

Boys Uniform

Shirt	Khaki	10 - 14	\$34
		16 - 28	\$38
	Long Sleeve Grey/White	10 - 28	\$29
	Short Sleeve White	14 - 28	\$27
Shorts	Wash and Wear	Boys 6 - 16	\$40
		Mens 4 - 9	\$42
Trousers		Boys 8 - 18	\$56
		Mens 3 - 8½	\$58
Socks	Khaki	2 - 8, 8 - 11, 11 - 14	\$20
	Grey	2 - 8, 8 - 11, 11 - 14	\$11

Girls Uniform

Dress	Junior -	6 - 18	\$96
		20+	\$98
	Senior	6 - 18	\$96
		20+	\$98
Pants	Junior & Senior	6 - 20	\$53
Skirt	Junior & Senior	Up to size 16	\$102
		size 18 and over	\$107
Blouse	Summer Junior Short Sleeved	8 - 20	\$33
	Winter Junior Long Sleeved	4 - 22	\$33
	Senior Short Sleeved	6 - 26	\$33
	Senior Long Sleeved	6 - 26	\$35
Shorts	Junior & Senior	8 - 20	\$41
Tights	Nylon/Lycra	Grey or Navy	S, Av, T, XT.
	Cotton/Lycra	Grey or Navy	S, Av, T, XT.

All Students

Blazer		Girls 30 - 40, Boys 12 - 18	\$230
		Girls 42 - 46, Boys 19 - 26	\$245
Jumpers		8 - 22	\$95
		24 - 28	\$98
Socks	White	13 - 3, 2 - 8, 7 - 11, 11+	\$8
	Red Robin Long White Pack	13 - 3, 2 - 8, 7 - 11	3 for \$16
Ties	Junior		\$19
	Senior		\$19
Caps	Boys & Girls - wool		\$18
Hats	Boys' Cricket		\$32

Sports Uniform

Sports	T-Shirt	8C - XXL	\$38
	Short	8C - XXL	\$30
	Tracksuit Jacket	8C - XXL	\$84
	Tracksuit Pants	8C - XXL	\$49
	Tracksuit Jersey	75 - 125	\$84

Other Items

Scarves	Navy - Boys & Girls		\$10
Gloves	Navy - Boys & Girls		\$6
Leather Belts	Black - Boys		\$20
Materials - to be ordered	Junior - Summer	per metre	\$19
	Junior & Senior Winter	per metre	\$35

Second Hand Clothing available in all items.

Lay-By 2 months with deposit or 2 weeks without deposit

Shop Phone Number: (02) 9829 9251

Opening Times:

Terms 1, 2 & 4:

Monday 10:00 am - 4:00 pm
Tuesday 10:00 am - 3:30 pm
Wednesday 8:00 am - 3:30 pm
Friday 8:00 am - 4:00 pm

Term 3:

Monday 10:00 am - 4:00 pm
Wednesday 8:00 am - 3:30 pm
Friday 8:00 am - 4:00 pm