

Parent Newsletter

Hurlstone Agricultural High School

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Issue 3 Term 2 - Week 6

5 June 2020

SPECIAL POINTS OF INTEREST

- Winner of Zonta Achievement Award for Indigenous Women
- SRC Introduction
- Swimming Carnival Report

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CALENDAR

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

June 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					

Principal's Message

This time across the globe has been a whirlwind of unknowns, as people everywhere have had to face so many challenges. One thing that has resonated across this time is the importance of keeping connected. Our school has made a concerted effort to connect families through multiple channels to give the most up to date information as it was unfolding. Many times media with regard to political decisions often came before our opportunity to support our Hurlstone community.

The messages, whether for our students, staff or families in our global community needed to be strategic, simple and attainable. If someone had told me that we would have to send everyone from school, home to learn, that is both students and staff in just 2 days, I would have had said it was impossible. Looking back I can't believe how it all happened so fast. I could not be prouder of your children. Each child, parent and family including every one of our staff members have navigated educational partnerships successfully during this unprecedented time. It has not been without its challenges and it has certainly highlighted equity issues which we will continue to address and this will only make our community stronger in the future.

In past newsletters and school events I have spoken often about the importance of preparing young people for future problem solving in a rapidly changing world. As we welcomed back our students to full face to face learning, we learnt even more about how your children embraced their educational journey at home. In returning to school they brought with them their inspirational stories of creativity, resilience and problem solving strategies they had put into practice.

On return to face to face learning I would like to remind everyone that all school activities and operations are in line with Australian Health Protection Principal Committee (AHPPC) and NSW Health guidelines. Our school approach to these guidelines has been communicated to all families and students via email. The health and safety of our students and staff remains a priority. The NSW Health Department states that teachers and school staff are at a greater risk than students in contracting COVID-19 and its effects, so we continue to request all our families and students to take the measures we have put in place extremely seriously.



Principal's Report Continued...

I would like to take the opportunity to reiterate that if your child is unwell, do **not** send them to school. If they are unwell at school you will be notified and will be required to collect them immediately for the safety of our whole community.

So many incredible opportunities are coming our way for your children and we will keep you up-to-date as they unfold. Just prior to all school children having to continue learning from home, I was lucky enough to congratulate Anoushka who achieved her Bronze Award for the Duke of Edinburgh Award. I would also like to thank Ms Keegan who continues to support students who wish to follow this opportunity.



Click Here
to view link
for Information
Duke of
Edinburgh
Award

I would like to end this report by celebrating the end of Reconciliation week at our school. Your children started lessons with the didgeridoo being played by Mr Andrew Wilson and we celebrated by sharing information posters about reconciliation week, as well as sharing ideas about how we can continue the narrative <https://healingfoundation.org.au/timeline-trauma-healing-australia/>. We also celebrated the gifts and talents of our indigenous community via social media.

Congratulations to Georgia Biaginni NSW / ACT Zonta Achievement Award for Young Indigenous Woman and to a huge thank you to Ms Crichton who is our Aboriginal Education Contact, who supports opportunities for our first nation's people.



Mrs Christine Castle

Principal

HAHS - Project Update

For information regarding Hurlstone Agricultural High School:

Click Here
to view link
HAHS - Project
Update



From the DP Desk



A lot has happened in the weeks since students have returned – the best bit is that it is excellent to have students back face to face – we missed the contact as deputies. Having students engage with us continues to be the most rewarding part of our jobs.

Reports:

We are currently working to complete reports: Years 12, 11 and 10 reports will be available this term.

Years 7,8 and 9 reports will be available next term in line with the Department of Education guidelines for reporting.

You will receive notification to your email and you can then access the reports through the Sentral portal.

Parent teacher interviews

Parent teacher night will not take place until approved by the department. To manage this, teachers will contact parents after reports are released. Teachers will ring parents about students if they have any concerns regarding their progress. It is not possible for teachers to contact all parents this term. We will let you know days and the reasons why you might be contacted shortly.

Support materials from NESA regarding HSC will be made available to you through normal communication channels.

Attendance reminder

The policy determined by the Department regarding illness and absence during Covid-19 is still in place.

If your child is sick, they should NOT attend school. Please inform the school by email. When they are ready to return, a doctor's certificate is preferred to clear them of illness even if it is only 2 days. Please ensure this comes to the administration office before school on the day of return .

SMS Attendance Notification Trial

Based on parent feedback we will permanently implement the SMS text messages that are sent to parents when their child is marked absent during roll call in period 1. Parents can now respond to the text message they receive to explain the absence of their child from school. This is an easier option for parents rather than having to send written notes or call the school.

Parents can also notify us of an upcoming absence by using the HAHS Student and Parent Portal (<https://hahs.sentral.com.au/portal2/>) Please do not send your son or daughter to school if they are ill or have flu like symptoms.

If you have recently changed your phone number or address, please contact our administration office on 02 9829 9222 to update your details.

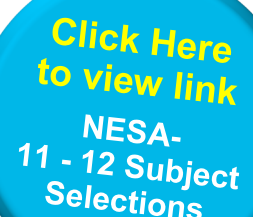
Subject selections for 2021

NESA has released information for Year 11 2021 on their website about subject choices and how to make them. Please see the link – a good starting point to be informed as we develop school resources.

Due to Covid -19 regulations, there will be no face to face information meetings for subject selection this year.



Click Here
to view link
HAHS -
Student & Parent
Portal



Click Here
to view link
NESA-
11 - 12 Subject
Selections

From the DP Desk



Traffic Management

We would like to thank our parents and community for their assistance in improving the safety of our students and staff during drop off and pick up times at Hurlstone. Although there is still some increased traffic on the roads around Glenfield, the movement of traffic on Roys Watts road has improved.

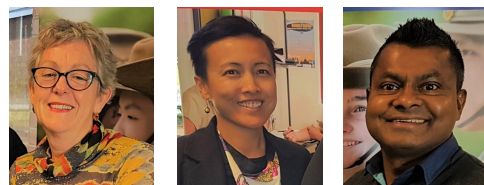
Parents are reminded to avoid three point turns on Roy Watts Road and stay in their cars while they wait for their children in the afternoon.

We ask parents who drop off or pick up the children in cars, to use one of the options provided below:



*Please next page for more information

From the DP Desk Continued...



Traffic Management

Year 7 and 8 - Roy Watts Road

Drop Off or Pick Up your child in the Kiss and Ride area outside the Administration Office or at a predetermined location along Roy Watts Road.

Year 9 and 10 - Drop Off and Pick Up – Glenfield Station – Hurlstone Side - Kiss and Ride

Drop Off or Pick Up your child at the Western side of Glenfield Station in the Kiss and Ride area. Students will walk down the pathway to enter Hurlstone through the Pedestrian Gate.

Year 11 and 12 - Drop Off and Pick Up – Glenfield Station – Shop Side - Kiss and Ride

Drop Off or Pick Up your child on the Shop side of Glenfield Station in the Kiss and Ride area. Students will walk across the main walkway of the station to enter Hurlstone through the Pedestrian Gate.

Always drop off or pick up your child from the designated zone and follow these simple rules:

Advice for Parents

- Drivers should remain in their vehicles at all times in the Drop off and Pick up zone.
- Follow all road rules and regulations
- Make sure children use the Safety Door (the rear footpath side door) to get in and out of the car.
- Make sure the handbrake is applied when the vehicle is stationary.
- Always park legally.
- Avoid dangerous manoeuvres such as U-turns and three-point turns.
- DO NOT enter the Staff Car Park or park across the entrance to the car park
- Move along the Kiss and Ride Areas when it is safe to do so

Safety tips for students

- Always get in and out of the vehicle through the Safety Door, the rear footpath side door.
- Stay buckled up until the vehicle has stopped in the Drop-off and pick-up area.
- Make sure your school bag and other items are in a safe position, such as on the floor.
- Be ready to get out of the vehicle with your belongings when the car has stopped, and you have unbuckled your seatbelt.

Assessments and Trial HSC

As we seem to speed towards the end of term. Year 12 will complete their last assessments before the Trial HSC commences Term 3, Week 2. Should there be any issues for your child, please let us know before so that we are able to offer support if it is required. The learning support team does a fabulous job, but we need to support them too.

School photos

School photos, year groups and individual portraits will take place June 23. Please be assured that Advanced photography will be following strict social distancing and hygiene regulations as required. Please ensure your child attends in full school uniform on this day.

From the DP Desk Continued...



Bring Your Own Device

During the past two months are students have excelled in remote learning and utilising technology to further their learning in various activities set by their teachers. Parents are reminded that students are allowed to bring their own laptop or tablet to school to assist them in their classroom learning activities.

Students using their own device ensures a personalised student centred learning experience and enhances student learning and understanding.

We will be looking at expanding BYOD at Hurlstone in the coming months and we encourage students to bring their laptops and tablets with them to school. Please contact us if you have any questions regarding BYOD.

Ms Ann Young, Mr Sailash Krishan, Ms Mai Ni Pham (Rel.) & Mr Robert Craig (Rel.)

Deputy Principals

Hurlstone Agricultural High School School Photo Day

School Photography Date: 23 June 2020

ONLINE ORDER CODE: WV4 6KH KXY

**Click Here
to Order
Online**

Dear Parents

School photography day is coming up very soon. Group and portrait photographs can be purchased by following the link above or by using the envelope.

Important Information:

- School photos purchased online **DO NOT** require envelopes returned to school*
- Don't forget to order your sibling photos now ****Online Sibling Ordering will close at 11.59pm on 22/6/202**
- Late fees/additional charges will be applied for purchases after photo day
- Photos will be returned to your school for distribution approximately six weeks after photos are taken
- Past years' photographs including sports, co-curricular and representative groups available at school's **advancedlife** & your **advancedyou** photo sites (follow the link above)

***Sibling photographs (if available) must be ordered either online or by order envelope prior to the day of photography. A photograph will not be taken without an order. Sibling photographs only apply to children enrolled at the school.**

advancedlife would like to express our appreciation to **Hurlstone Agricultural High School** for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback Or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments Or feedback relating to your **advancedlife** experience please contact us at -

enquiries@advancedlife.com.au

HAHS - School Forms & Information

Please refer to
P25 to P33
to view the forms
below

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 before the compulsory school leaving age. The Education Act 1980 requires that parents ensure their children are enrolled at an appropriate school, or are enrolled with the Board of Studies, Teaching and Educational Standards for home schooling.

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

The importance of arriving on time

Arriving at school on time is important because:

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

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

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.

Where possible, parents and carers are encouraged to provide an explanation for absences before the absence occurs.

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
- visit the school.

Bilingual Absentee Notes

Sections of the Absentee Notes and the Absentee Notice are available to assist you to inform the school of your child's absence.

Absentee Notices

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 Notice and the Absentee Notice are available to assist you to inform the school of your child's absence or partial absence.

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Compulsory School Attendance

Completing Absentee Notes and Notices

School Communities Working Together

Fact Sheet for Parents and Carers

Introduction

The idea of schools is to work in partnership with parents to provide an educational and social environment for their children, to help them to become confident and capable citizens of the world.

Schools have well established systems which support student learning and address individual needs and the school's overall goals. These systems include:

- Curriculum and assessment
- Teaching and learning
- Student support and wellbeing
- Community and school relationships
- Health and safety
- Finance and resources
- Governance and leadership
- Professional development
- Research and innovation
- Information and communication technology
- Legal and compliance
- Physical environment
- Transport and travel
- Security and safety
- Staff and student welfare
- Values and ethics
- Wider community engagement

Your role in supporting your child

- Be involved in your child's life - discuss their school with them, who they are with and what they are doing.
- Be a role model - regularly monitor what they are looking at on the internet and social media sites and what they are doing on the internet.
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What to do if you are concerned for your child

If you are concerned for your child, you should first discuss this with your child's teacher. If you are still concerned, you should discuss this with the school principal. If you are still concerned, you should discuss this with the local education officer. If you are still concerned, you should discuss this with the NSW Department of Education and Training.

Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, teachers and school staff
- Follow school rules and regulations
- Be honest and truthful
- Be respectful of the school community and its members
- Be responsible for their own actions
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- Be responsible for their own actions
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Behaviour Code for Students Actions

The Behaviour Code for Students Actions is a set of guidelines that help students understand the expectations of the school and the consequences of not following the code. It is a tool for teaching and learning, not a punishment.

School Communities Working Together

Behaviour Code for Students 2020

Cool Kids Program

CENTRE FOR EMOTIONAL HEALTH CLINIC

ABOUT THE CLINIC

The Centre for Emotional Health Clinic (CEHC) is a research and training clinic aimed at furthering our understanding of child and adult emotional health and improving methods of treatment. The CEHC also offers private, full fee paying services. Facilities include help at the CEHC member state of the environment and a treatment room for internationally recognised research, much of which has been conducted by our team over the past 20 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 (challenging thinking), and
- Gradually building independence and confidence by facing fears (exposure).

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 variety 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.

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.

Cool Kids Program

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Cool Kids Program

Hurlstone Agricultural High School

General Permission to Publish and disclose information

I am seeking your permission to allow the school/Department of Education to publish and/or disclose information about your child for the purpose of sharing teacher experiences with other students, entering the school and wider community about school and student activities and recruiting student participation in voluntary 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 interview media.

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

- Official Department of Education publications including the school website, the Department of Education website
- Official Department of Education publications including the school website, the Department of Education website
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Parents should be aware that when information is published on public websites and social media channels, it can be shared and used for a number of years, not necessarily being original, may also appear in other media or be used for other purposes.

Please complete the permission slip and return to the school.

Yours sincerely

Christine Coates
Principal
Hurlstone Agricultural High School

Permission to Publish

I have read the permission to publish and:

☐ 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.

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

Child's name: _____

Parent/Carer's name: _____

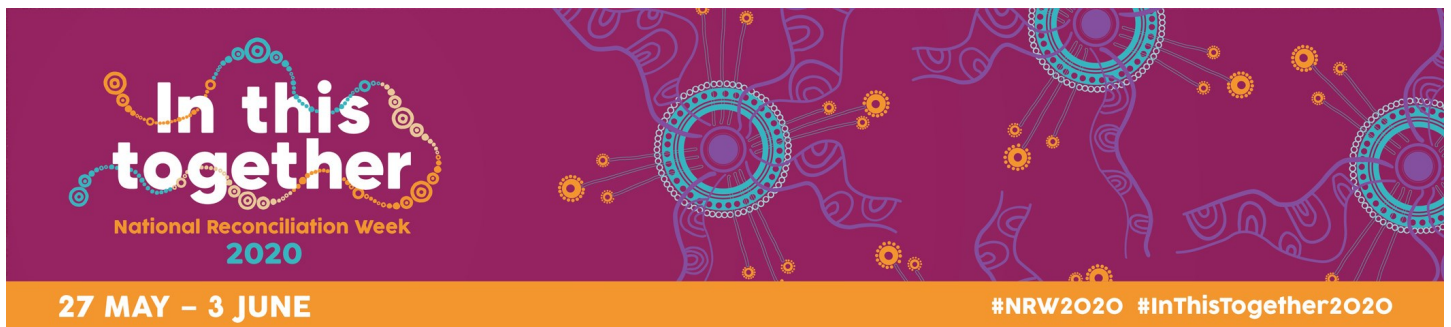
Parent/Carer's signature: _____ Date: _____

For this form to be valid, it must be signed by the parent/carer and the principal of the school.

Permission to Publish 2020

Click Here
to view this link -
Information -
Student Codes of Conduct
when travelling

HAHS - National Reconciliation Week



Winner of the Zonta Achievement Award for Young Indigenous Woman

Congratulations to Georgia who won the NSW / ACT Zonta Achievement Award for Young Indigenous Woman. This award recognises the achievements of young Indigenous women in their final year of secondary school. The award also recognises the immense value of connecting Aboriginal and Torres Strait Islander students with inspirational female role models, both Indigenous and non-Indigenous.

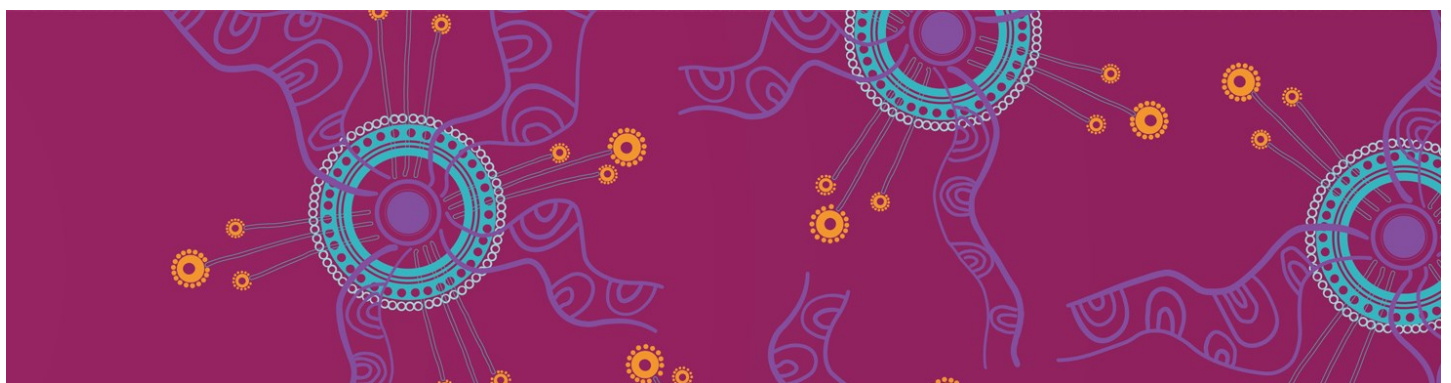
Georgia's acceptance of the award coincides with National Reconciliation Week. This is a significant event for Indigenous and Non-Indigenous people. The dates for National Reconciliation remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey – the successful 1967 referendum, and the High Court Mabo decision respectively. At Hurlstone Agricultural High School, we acknowledge the Dharawal people as the Traditional Custodians of the land. We recognise their long history and culture and continue our commitment to the reconciliation process.



Georgia and Ms Elyse Crichton

Ms Elyse Crichton
Aboriginal Liaison Officer

Congratulations!!



EXCELLENCE | OPPORTUNITY | LEADERSHIP | COMMUNITY

HAHS - SRC

SRC Introduction

The new **SRC team** was selected towards the end of **Term 1**, alongside a new executive team as well which includes:

Senior	Junior
Neon Wongruechu (President)	Sahana Ganjigunte (President)
Eesha Sonje	Madison Chang
Vyom Nanavati	Venni Baliyan
Anthony Rajapaske	Adam Nguyen



The executive team and the SRC body with the aid of Miss James as the SRC coordinator have been working hard to ensure they can consistently deliver exciting high-quality events to Hurlstonians even in a time of uncertainty.

Our motto **“Pro Discipulus”** - For the students, by the students, is sure to live up to everyone’s expectations and excite the crowds!

Recent Events

The 8th of May, marked Do It For Dolly Day which focused on bringing the community together to celebrate kindness and spread positivity and prevent bullying. The Year 8 SRC Team had organised the submission and distribution of anonymous messages, each positive and personal, aiming to bring a spark of brightness to another student’s day. Furthermore, the entire SRC body, in conjunction with a few teachers, contributed to create a compilation of short and fun videos focused on welcoming Hurlstonians back to school and spreading positivity online. The video that was prepared by the Year 8 team and shared on the Hurlstone SRC Instagram page (HAHSSRC) was also recognised by the official Dolly Foundation and praised for their efforts.



With the return to school came an opportunity for the SRC executives to express the gratitude the student body held for those who helped them through online learning.

The SRC noticeboard became a site for the collection of dozens of notes, in which students recognised both the hardworking teachers who quickly adapted to the change in learning platforms and kept lessons engaging.

Future Events

The Year 10 SRC are ensuring Hurlstone’s annual Jump Rope for Heart tradition continues this year and are working extremely hard behind the scenes to finalise the logistics for the event to bring a super fun event to Hurlstone, despite the COVID-19 delays!

NAIDOC Week is a great way to acknowledge and celebrate the traditions and achievements of Aboriginal and Torres Strait Islanders people, but to also acknowledge the history. Our Year 8’s are prodigiously planning multiple events which will make Naidoc week quite memorable for the Hurlstone community.

Student Representative Council

HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

Dear Year 7,

We know that you weren't here for very long before we had to say good-bye. So, we wanted to put together something to welcome you back and show how much we missed you all.

Wishing you all the best,
Year 10 Peer Support Leaders

*Welcome Back to
Hurlstone!*



HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

As we phase back into school, remember to not just keep on top of your schoolwork, but also to take some time out for yourself and do things you enjoy!

- Venni

Sometimes the little things can bring you the most joy. reach out to a friend you haven't spoken to in a while, or set up a virtual dinner party!

- Sahara

You may be trying to achieve that 'quarantine glow-up' with all the free time that you now have. It's great that you want to set good habits and routines but please don't overwhelm yourself by trying to achieve such. It's okay if you missed a day of your workout schedule. It's okay if you're feeling unproductive. Take small steps, take necessary breaks and remember that you have support, in the form of friends, reliable adults and your peer support leaders, to guide you along the way.

- Hannah

Even though your schoolwork can get quite overwhelming, especially in this new online format, always remember to stay organised and value your mental and spiritual wellbeing whether that be in solitude or by connecting with others.

- Katherine

It's important to finish all your work but sometimes try some fresh things, whether it be gaming or trying a new recipe (I personally recommend whipped coffee). COVID is tough, but so are you!!

- Jerith

Schoolwork is essential to complete. However, don't forget to take regular breaks and stretch! Make a list of small goals, such as learning how to bake meringue kisses or trying a new workout. Your free time can be used to accomplish these little goals and remember to HAVE FUN!

- Jeslyn

Although it's beneficial to keep up with your schoolwork, remember that constant worry will get you nowhere. In times like these, remember to put your mental health first, because it's okay to skip something if you truly feel like you're not up to it. Do things that make you happy like calling a friend, get back into something you started before but didn't have the time to continue (I recommend skateboarding!!), or pick up a new hobby entirely (:

- Kimberly

HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

Things may be a bit confusing and overwhelming right now but it's not always going to be like this! Make sure you keep in touch with friends and do some things that make you happy.

- Anoushka

Be positive! It's a difficult time right now but make the most of your free time and enjoy isolation before it's over. Don't stress about the little things

- Anita

just have fun and look for the positives, don't sweat it

- Rupert

Wishing you all luck throughout the online schooling process, it might be hard but don't worry - everyone has your back!

- Chelsea

Right now you may be overwhelmed with all the tasks and work you have to do but remember that YOU are especially important, and if you ever feel stressed, be sure to talk to someone about it or generally take some self care activities such as exercising, arts and craft, sports maybe some reading can help. Tip: Chocolate makes people feel better, but try not to eat too much!

- Sophia

After a long break from going to school I'm sure all of you are excited to be back! it might feel like you have a lot of things going on at the moment, but trust me, when you start settling in again, it'll be even better than you remembered :) p.s don't stress, have fun and don't take anything for granted

- Madison

An online quote read "You are not working from home; you are at your home during a crisis trying to work." Whether you are trying to learn a new skill, trying a new routine, or trying a new hobby, failure does not matter as long as you keep trying and always stay positive!

- Branden

Although this time can be challenging make sure to stay positive and take this time as an opportunity to relax. Make sure to keep connected with friends and family! I hope you enjoy your first day back at school

- Lucy

HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

Alright boys and girls, today the plan is simple. It's your first day back at school and it's a great time to interact with your friends in person, but leave a 1.5 metre gap between each other as a precaution. When your at home, don't get caught up with schoolwork. Set aside time to spend on some leisure activities or exercise. Remember, you don't have to learn new skills during your time at home. Just have fun, don't worry and be happy. Stay safe and have a great day.

- Raymond

Take it easy and don't be scared to ask for help! Remember to take breaks and move around so that you won't fidget or get distracted during class. Don't be like the number > What do you call a number that can't keep still? A roamin' numeral.

- Karen

Thankyou for doing your part during such a difficult time for everyone! Take some time to spend with family and have fun :)

- Delta

No matter what, your mental well-being comes first so feel free to take whatever breaks are necessary to help you feel at your best! It's okay if you don't feel like you've been productive because we're all human and all of us need time to wind down and de-stress from time to time. So don't feel pressured in making the most of Year 7- just enjoy the whole process, fall in love with your problems and take things one day at a time :)

- Bharathi

Hope you all had a safe break and transitioned to online school well. And stay positive, we'll be back to normal in no time. See you guys soon! :D

- Nevin

I hope you guys are keeping yourself entertained and are enjoying having all this time at home. Use this time to try new things you never had time to do or have been putting off like baking or even just organising your room. Make sure to go outside and be active, even if it is a pain to leave your house. Have fun and stay safe you guys :D

- Angelina

Make sure you're still spending time doing the things you enjoy at home and that you're taking care of yourself. I suggest going for a walk, do some cooking, draw something cool, explore new hobbies or facetimeing your friends,, whatever makes you smile

- Rachel

HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

Hope all of you guys have had a fun and safe holiday! Remember to just take it easy and continue to do things to keep you busy like cooking or going for a walk (:

- Cindy

Well done during this lockdown period! I know you are all new to the high school experience and there has been many challenges a long the way, but all of you have done so well in adapting to these challenges. I hope the lockdown and school holidays wasn't completely boring and see you guys in school soon. Best Wishes!!

- Akilah

Hey guys, I hope you had a good holiday and are coping well with quarantine! Remember to keep interacting with your friends online even if you can't physically see each other. See you soon!

- Denica

Hope you guys are coping well with quarantine and online learning. This is definitely a unique start to high school. It is important to interact with friends during this time. Hang in there this will all be over soon

- Hamza

Even though you guys are stuck in quarantine, just try too have fun and don't sweat about the small things. Remember to catch up with and talk to friends so you don't get bored (which i'm sure your already doing) and try not too annoy your family too much while your stuck at home

- Sameen

To everyone who has been staying safe in quarantine, I hope all of you continue with working hard and staying in contact with all of your friends and family through whatever means you prefer! We peer support leaders understand that it can be hard, but you should use this experience as a chance to grow closer with your friends and learn new things you may not have known otherwise

- Jen

Things have been hard but remember to keep sight of yourself. Remember who you are, your strengths, your passions, your family and know that someone will always support you. Keep it up.

- Bianca

HAHS - Year 10 Peer Support Leaders

Messages from the Year 10 Peer Support Team

To anyone whose feeling quite burdened, not just from COVID-19 but from anything in general, here's a great quote to live by

"Man cannot remake himself without suffering, for he is both the marble and the sculptor" - Alexis Carrel

- Christopher

How are you all?! It's been a tough few months, but we are still fighting through this. Hope you all are doing well during quarantine. I've used this time to rearrange my bedroom and do a LOT of bike riding! Make sure you try to stay active and keep your heads up, or your crowns might fall off your heads. Eat well, sleep well and try to maintain a healthy routine. But most importantly, have fun and stay positive!

- Patrick

Just have fun and don't be stressing

- Kevyn

Hey guys! Hope you are all staying safe and coping with everything going on. Remember it is not always possible to be productive and that sometimes you just have to look after yourself

- Tiffany

Learn something new in quarantine!

- Amith

Whatsup my dudes, hope you're all doing well even after all the things happening in the recent months. Although you're all isolated try to stay in touch with your friends and have fun by going outside and exercising.

- Devinn



HAHS - Extracurricular

PDHPE - House Captains



2020 House Captains

* Farrer

Boys

Johnny Le (C)

Joseph Lam (VC)

** Farrer - House Colour - Red*

Girls

Sumaita Tasneem (C)

Alissa Byers (VC)

* Lachlan Macquarie

Boys

Tony Bui (C)

Zac Wilson (VC)

Girls

Tahlia King (C)

Bronte Clifford (VC)

** Lachlan Macquarie - House Colour - Green*

* Wentworth

Boys

Ahnaf Rahman (C)

Anthony Donoghoe (VC)

** Wentworth - House Colour - Blue*

Girls

Georgia Biaggini (C)

Kristie Vu (VC)

* Macarthur

Boys

Matthew Darmawan (C)

Darrick Ung(VC)

Girls

Emily lai (C)

Olivia Cole (VC)

** Macarthur - House Colour - Yellow*

Congratulations!!

HAHS - Extracurricular

PDHPE - Swimming Carnival Report 2020

HAHS Swimming carnival final point score:



Wentworth

533 Points



Lachlan Macquarie

487 Points



Farrer

467 Points



Macarthur

435 Points

Age champions from the school carnival:

Age	Boys	Girls
12yrs	Christian Tran	Aarna Suryawanshi
13yrs	Odin Sakowicz	Jasmin Khau
14yrs	Owen Thai	Danya Seneviratne
15yrs	Lachlan Tang	Natalia Jovanovic
16yrs	Nathan Tran	Vivian Nguyen
17yrs	Anthony Nguyen	Bronte Clifford

The **Hurlstone team** went on to compete at the **Hume Zone carnival** and where champion school at that carnival.

Age champions from that carnival were:

Age	Boys	Girls
12yrs		Vanessa Siman
13yrs	Odin Sakowicz	Jasmin Khau
14yrs	Owen Thai	
17yrs	Anthony Nguyen	Marina Jovanovic

HAHS - Extracurricular

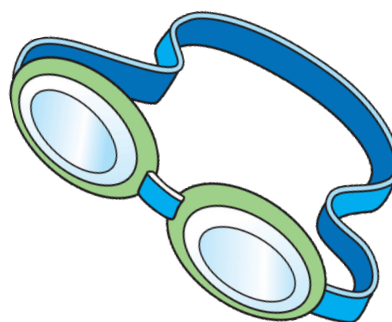
PDHPE - Swimming Carnival Report 2020 Continued...

43 Hurlstone swimmers qualified for the Sydney South West Regional swimming carnival held at Bradbury pool on Monday 9th March. The 24 swimmers who qualified to swim at the state carnival from their performances at the regional carnival are listed in the following table. Unfortunately, the state carnival was cancelled.

Surname	Pref. Name	Gen.	Year	Age								
Ang	Chloe	F	9	15	4x50	med relay	100 fly	100 back				
Arcot	Nisha	F	11	15	4x50							
Chin	Raden	M	8	14	4x50							
Hassan	Ozan	M	7	12		6x50						
Hossain	Nabhan	M	7	13	4x50	6x50						
Jovanovic	Marina	F	11	17+		med relay	100F	50F	200F	100Ba		
Jovanovic	Natalia	F	9	15	4x50	med relay	100F	50F	200F	100Fly	400F	
Le	Jessica	F	10	16	4x50							
Ly	Emily	F	10	16	4x50							
Miller	Kellie	F	10	15	4x50							
Nguyen	Anthony	M	11	17+		6x50	100F	50F				
Nguyen	Vivian	F	10	16	4x50	med relay						
Op	Brian	M	8	14	4x50							
Phung	Jack	M	9	15	4x50							
Royal	Russell	M	9	14	4x50							
Sakowicz	Odin	M	7	13	4x50							
Simpson	Noah	M	10	15	4x50							
Sun	Jerry	M	10	15	4x50							
Tang	Lachlan	M	9	15	4x50	6x50						
Tchan	Kienan	M	8	13	4x50							
Thai	Owen	M	8	14	4x50	6x50	200IM,	100F	200F	100 Br	100Ba	100Fly
Tran	Nathan	M	10	16		6x50						
Tran	Vincent	M	8	13	4x50							
Ung	Anita	F	10	16	4x50							

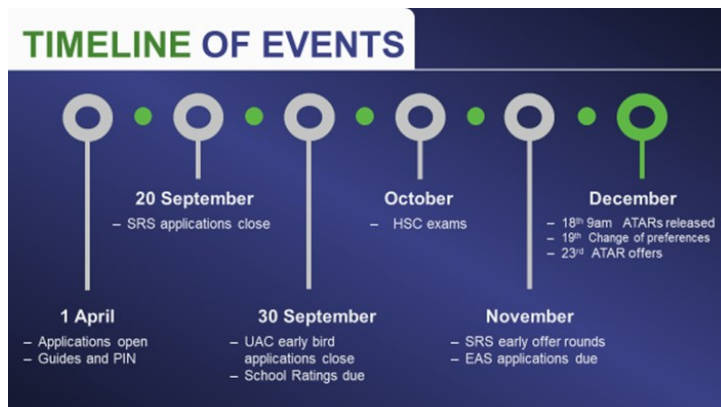
HAHS - Extracurricular

Swimming Carnival - Relay Teams



HAHS - Careers

Careers Corner June 2020



NSW Year 12 students were emailed their UAC PIN on 1 April 2020

UAC knows students are worried about how their plans to go to uni in 2021 will be affected by COVID-19 and want to reassure students that UAC will work with universities, NESA, schools and other stakeholders to ensure that no student is disadvantaged in relation to university entry.

It's important that Year 12 continue with their studies and plans for next year.

They should look after themselves and try not to worry. Students should be reassured that there are many people working in the background to help Year 12 get through and reach their goals.

Educational Access Schemes (EAS)

- For students with long term disadvantage – over 6 months during years 11 and 12. Documentation will be required.
- May require an EIS (Educational Impact Statement).
- The Careers Adviser can prepare this.

Schools Recommendation Scheme (SRS)

- Early offer through UAC.
- Apply by 20th September
- Open to all Year 12

Connect with UAC



UAC call centre is fully operational, and the friendly team is standing by to take calls on 1300 275 822 Monday to Friday 8.30am to 4.30pm. Livechat and email through the UAC website also continue to be available.

Ms Robyn Keegan
Careers Adviser

EXCELLENCE | OPPORTUNITY | LEADERSHIP | COMMUNITY



HAHS - Careers Continued...

Careers Corner May 2020

Term one began with lots of positive Careers and extra curricula experiences for students and you might have expected this to cease as we all retreated to work from home. Not so! A variety of organisations have ensured students would still be kept busy.

Opportunities for students during COVID shared with students via Education email.

On-line competitions still available include creating a 1 min film, a newspaper front page or science poster, participation in a talent quest as well as drawing, writing and photography. **On-line school holiday programs** in Games and VFX careers as well as **Virtual Adventures** at the National Maritime Museum, the Casula Powerhouse Museum and Taronga Zoo have also been shared with students. Options for on-line courses, exercise at home and virtual volunteering have been provided to Duke of Edinburgh Award participants so that they have been able to continue physical recreation, skills and service requirements. Exploration of career and study options have become digital events with free access to webinars and live chat. Students have been encouraged to explore the myFuture web site as this is Australia's National Career Information Service, underpinned by career theory and research and Australian Government data. As always, **Jobjump website is available for HAHS students with detailed career information**, guidance for year 10 selecting HSC subjects and My ATAR guide for **Year 12 students exploring university options**. Students can also undertake an exciting series of on-line eWork Experience assignments and achieve a certificate upon completion.

Participation in extra-curricular activities is not only a great way to fill in time at home as students explore possibilities for their study and career pathway and can add these activities to their resume.

Student Success

Congratulations to **Hannah Wu** of Year 12 and **Veronica Chor** of Year 8 who have been successful in winning a Public Education Foundation scholarship. This is a not-for-profit organisation dedicated to providing life-changing scholarships to young people and enhancing the value and reputation of public schools. They offer scholarships and awards to students in public school systems across Australia. These scholarships help students overcome barriers to achievement created by social and economic disadvantage and also acknowledge and reward academic excellence in our public schools. More information can be found at: <https://publiceducationfoundation.org.au/scholarships/> and students are encouraged to apply.



Congratulations to HAHS students successful in the Australian Society for Medical Research on-line schools quiz and recently received their cash prizes for their participation in the. **Cassandra Chang** 1st in the Yr 11 – 12 Division, **Abigail Nolan** 3rd in the Yr 9 – 10 division, **Eashan Modem** 1st in the Yr 7 – division and **James Nguyen** 3rd in the Yr 7 – 8 division. This event is held each year and is a highlight of the Australian health and medical research calendar, bringing the message of the benefits of health and medical research to the Australian public. Students should add this event to their calendar. More details can be found at: <https://asmr.org.au/asmr-mrw/asmr-mrw-schools-quiz/>

University Update

Lots of guidance, advice and support has been emailed to students planning university entry for 2021. This has included details of webinars, virtual tours and open days, on-line chat covering topics such as early entry, scholarships, application process, courses and HSC subject support. Students can ask their Careers Adviser to set up virtual meetings if more information is required.

Ms Robyn Keegan
Careers Adviser

HAHS - Careers Continued...

CAREER GUIDANCE HAS NEVER BEEN MORE IMPORTANT

Notes from Career Industry Council of Australia (CICA)
International Webinar Series Tuesday 24th March 2020

Presented by Dr. Anthony Mann, Senior Policy Analyst (Education and Skills) at the Organisation for Economic Co-operation and Development (OECD) where he leads work on career guidance and school to work transitions.

Numerous studies have found that Career Guidance has never been more important as young people are staying in education longer and longer and the greater majority are continuing their education after completing their secondary schooling. We currently have the most qualified generation in history and deciding on how to study, and what to study to get into the workforce is at times overwhelming for students. With the massive changes now taking place in the workforce through various disruptions, it makes their decision-making even harder.

*Effective career guidance encourages students
to reflect on who they are and who they want to become...
... and to think critically about the relationships between their
educational choices and future life.*

The mindset for Career decision-making needs to focus on how people apply themselves in a changing labour market through adaptability. Career skills (think Transferable Skills) and Career navigation skills are more important as the need for decision-making grows and becomes more difficult and the labour market becomes increasingly dynamic. Studies have found that Career uncertainty or confusion/misalignment is associated with poorer outcomes after entering the workforce. However, students who undertake part-time work (e.g. McDonalds) alongside their school studies get better adult employment outcomes. Career activities can also change a student's attitude and it has been established that Career guidance intervention at an early age has a positive impact on educational performance. A British study <https://www.educationandemployers.org/wp-content/uploads/2016/05/Career-education-that-works-an-economic-analysis-using-the-British-Cohort-Study.compressed.pdf> found that through authentic engagement such as work experience, or careers talks, an individual is able to broaden their knowledge through access to new information from sources they can trust. Studies indicate that occupational expectations became less concentrated if students have discussions with a Careers Adviser. A strong Careers culture, creates positive outcomes for students in their post-school choices.

Implications for Hurlstone Agricultural High School

It is important not to ignore the need for Career Guidance. There is a growing source of Career guidance information available online, however, it is difficult to know what is useful and what is not. Students at HAHS have a Careers Adviser who can help them navigate the resources and identify those which are relevant and useful for their specific needs. There is a need for young people to think more broadly in their career aspirations as career ambitions do not always reflect the abilities of young people. Students are encouraged to think critically about themselves and their potential place in the labour market. They need guidance to ensure a reasonable understanding of their own abilities and how they might turn into a position within the labour market. Students are advised to explore the nature of work and what options are open to them and learn how to properly research information on career options relevant to their skills and abilities. Engaging with authentic experiences around occupations is beneficial.

It is important that students are gathering Careers information and engaging in Careers experiences to inform their future study and Careers choices as this will support them as they begin a career pathway that is more effective and successful for them and in turn this will build a stronger economy.

Ms Robyn Keegan
Careers Adviser

HAHS - Agriculture

Free Cross Bred Layers



These will be available on
Thursday 11th June

Between these times only
8.45am to 11.40 am

There will be no reserving just bring a large box if you are taking 2 or more.

Boxes will not be supplied. No bags to be used or small boxes.

Due to Covid 19 You may line up at the gate and pass your box in and we will collect your birds.

Please keep your social distancing

A cartoon illustration of a sandwich on a white plate. The sandwich is made with two slices of white bread, filled with layers of green lettuce, red tomato, and pink meat. It is decorated with a green olive on top, a slice of tomato, and a yellow string tied around it, resembling a birthday cake.

Uniform Shop

Term 2 - Winter Uniform

MONDAY	10:00am to 4:00 pm
TUESDAY	CLOSED
WEDNESDAY	10:00am to 4:00pm
THURSDAY	CLOSED
FRIDAY	10:00am 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

Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



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
Forks and Spoons

Lasagne	\$5.00
Macaroni Cheese	\$5.00
Ravioli	\$5.00

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

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

Be alert for Daily Specials...

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

UNIFORM SHOP PRICE LIST (at 13/05/20)

Prices subject to change

Boys Uniform

Shirt	Khaki Long Sleeve Grey/White Short Sleeve White	10 – 14 16 – 28 10 – 28 14 – 28	\$34 \$38 \$29 \$27
Shorts	Wash and Wear	Boys 6 - 16 Mens 4 - 9	\$40 \$42
Trousers		Boys 8 -18 Mens 3 - 8¼	\$56 \$58
Socks	Khaki Grey	2 - 8, 8 - 11, 11 - 14 2 - 8, 8 - 11, 11 - 14	\$20 \$11

Girls Uniform

Dress	Junior - Senior	6 – 18 20+ 6 – 18 20+	\$96 \$98 \$96 \$98
Pants	Junior & Senior	6 - 20	\$53
Skirt	Junior & Senior	Up to size 16 size 18 and over	\$102 \$107
Blouse	Summer Junior Short Sleeved Winter Junior Long Sleeved Senior Short Sleeved Senior Long Sleeved	8 – 20 4 – 22 6 – 26 6 – 26	\$33 \$33 \$33 \$35
Shorts	Junior & Senior	8 - 20	\$41
Tights	Nylon/Lycra Grey or Navy Cotton/Lycra Grey or Navy	S, Av, T, XT. S, Av, T, XT.	\$10 \$24

All Students

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

Sports Uniform

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

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

Monday 10:00 am – 4:00 pm
Wednesday 10:00 am – 4:00 pm
Friday 10:00 am – 4:00 pm