

Parent Newsletter

Hurlstone Agricultural High School

Address: Roy Watts Road, Glenfield, NSW 2167
Email: hurlstone-h.school@det.nsw.edu.au

Tel: 9829 9222 Fax: 9829 2026
Website: www.hurlstone.com.au



Issue 2 Term 2 - Week 4

Thursday 13 May 2021

SPECIAL POINTS OF INTEREST

- Senior Leadership Team
- Photo Day - 25 May 2021
- Swimming, Athletics and Cross Country results

INSIDE THIS ISSUE

Principal's Message	1 - 3
From the DP's Desk	4
Boarding School	5
HAHS - Information	6 - 8
HAHS - Leadership	9
Careers Corner	10 - 11
HAHS - Curriculum	12 - 16
Extracurricular	17 - 19
Digital Citizenship	20
Canteen	21
Uniform Shop	21

CALENDAR

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

May 2021

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

ANZAC DAY

A Memorial Forest and Cairn, will be dedicated, on Saturday, 27th May, to the memory of those students of Hurlstone Agricultural High School who served in "World Wars 1 and 11." The Department of Education, the Principal, Staff, and students at the High School have co-operated in setting aside about four acres of land for the Memorial Forest



and Cairn. A tree will be planted in memory of each student who enlisted; and it will be planted by himself, or his parents, or by a present scholar. It is intended that the Memorial Forest of flowering gum trees will be a living and growing memory of those students who served as protectors of their country. The Cairn will stand in a cleared circle among the trees, and here many of the school functions of the future will be held.

Daily Examiner (Grafton, NSW), 18 May 1950.

During 2019, Lachlan Simond addressed our school as our official alumni guest speaker on ANZAC Day, challenging the Hurlstone Community to return the ANZAC day service to our Memorial Forest. 2020, unfortunately, was not the year any of us expected, and our ANZAC Day service was delivered virtually. I am very proud to say our community met Lachlan's challenge and made the return of the service a reality for 2021. I would like to thank all those involved and attending the day our distinguished guests, student leaders, teacher leaders, administration staff, maintenance staff, community representatives, nurses, performers, all students and teachers, in particular Ryan Mackinder for his exceptional leadership and event co-ordination and Steven Althaus, our alumni guest speaker for 2021. Steven's words resonated with our community and brought a sense of unity and ANZAC spirit.

Boarding Schools Expo and Dubbo Agricultural Show

Boarding school executive Mr Sailash Krishan and Ms Roxanne West will be travelling to Dubbo to showcase our school alongside all Boarding Schools in NSW at the Boarding School Expo. This will be the first expo of the year with three others to follow. We are looking forward to meeting up with our families in the area for a catch-up, as well as being able to network with Farrer Memorial Agricultural High School and Yanco Agricultural High School.



Click Here
to view details
Boarding School
Expo

Principal's Report Continued...

This event is coinciding with the Dubbo Show and our Agricultural teachers, farm staff and students are looking forward to showing their skills and dedication to Agricultural education. We wish the show team all the best! It is wonderful to be able to travel and compete once again in rural towns.

Click Here
to view details
Dubbo Show

Congratulations to Francesco Ierano

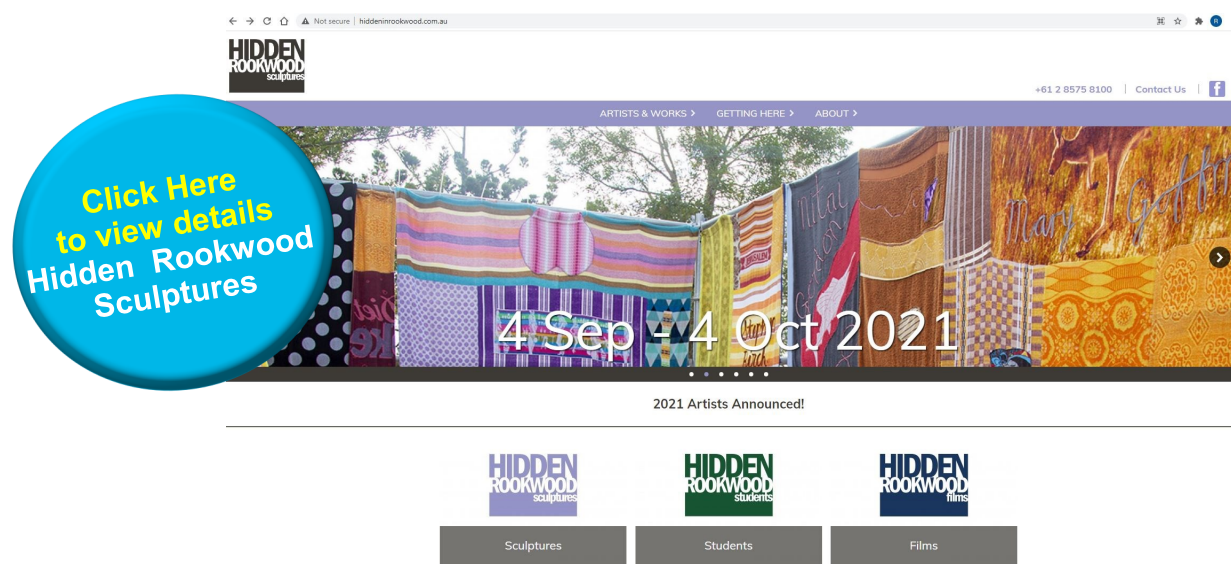
Francesco Ierano has been selected as a member of the inaugural Department of Student Voices in Education and Schools (DOVES) council. He is one of 27 students across the State who will now represent the almost one million public school students in NSW.

Francesco will be attending an event in Sydney on May 18 and 19 to meet with the Minister for Education and Early Childhood Learning, Sarah Mitchell, at Parliament House. We know that Francesco will be an outstanding ambassador and wish him all the best on his leadership journey.

Congratulations to our CAPA Faculty

Hurlstone students proposed works for **HIDDEN Rookwood Sculptures 2021**. The event received a record-breaking 291 entries! I am pleased to announce that the Hurlstone Agricultural High School team have been selected to create their vision for inclusion in the 2021 HIDDEN Artists. I look forward to sharing with our community their works in the near future.

HIDDEN Rookwood Sculptures will be exhibited 4 September - 4 October 2021.



Staffing changes and updates

We have appointed a new Head Teacher of Technology and Applied Studies (TAS)/Head Teacher of Languages Other Than English (LOTE), Mrs Julie Johnson. Julie will begin her role at Hurlstone on Day 1, Term 3, 2021, and we look forward to welcoming Julie to Hurlstone Agricultural High School. Ramnik Singh will be relieving in this role until our new Head Teacher joins us. I would like to thank Karen Johnston for her valuable contribution in covering the role of Head Teacher TAS/LOTE, whilst also managing her own position as Head Teacher of Agriculture.

Alison Essam has joined our community as our permanent School Administrative Manager via merit selection and commenced her fulltime position Term 1, 2021. Alison has quickly made a significant and positive impact on our school service team as their leader and dedicated a great deal of time navigating our school context, improving workflow and administration. Alison is the conduit between students, parents and teachers as well as a leader for her strong team of support staff. The team works in both administrative and support roles, and play an essential part in our school. They keep business running smoothly and are always working to ensure all students are provided with the greatest possible opportunity to reach their full potential. On behalf of our school community I thank Linda Waltho for her service as relieving School Administrative Manager during the past two years.

Principal's Report Continued...

Zenna Diab was successful in her application to the promotional role for 3 years as English Curriculum Officer 7-12 working in Curriculum Secondary Learners Educational Standards Directorate. We wish her every success in her new role. We welcome Bahia Malas who was successful on merit selection to lead our English Department while Zenna is on secondment. Bahia has already organised some educational opportunities in the form of immersion days for our Year 12 English students and invited educational specialists to support student learning. Michael Holmes was successful via merit selection in gaining a permanent role as English Teacher at Hurlstone Agricultural High School. Along with his permanent role, he is also Year 7 advisor, supporting Samantha Elderton. Levent Sahindokuyucu has joined the English faculty. He has stepped in for Vasila Kokkonis who welcomed 2021 with the arrival of a beautiful baby girl. On behalf of our school community, I thank Elaine Sander for her service as relieving Head Teacher English while the merit selection process took place for the role of Head Teacher English.

Our Boarder Parent Welfare group met virtually, Tuesday 23 March, and I am pleased to announce and congratulate our new and re-aligned executive members. They are Gayle Thomas (President), Carolyn McMurtrie (Vice President), Caroline McDonald (Secretary) and Emily Marchese (Boarder Welfare Officer). On behalf of our school, we thank you for your service. I would also like to acknowledge the work of Carolyn McMurtrie in her role as our President. Carolyn has been a long serving member of this vitally important group, and has worked tirelessly for our boarding community, this being her 6th year in various serving roles on the committee. Carolyn, in her Presidency, supported our school through all the components of Ministerial announcements in regards to Boarding at Hurlstone and we thank her for her unwavering support on behalf of our school.

Our P&C group have not met this term but I know our school community are looking forward to our first meeting. Personally, I would like to thank Sandra Harris, Hazel Delves and Vicky Southwell for their contribution to Hurlstone Agricultural High School over many years. Their dedication, commitment and service to our school has been inspiring. I welcome Samantha Ellis and Sharon Wells to their new roles in the Uniform Shop and I hope that many new and existing parents will reach out to support our P&C.

Safety and security of our students

Dear Parents and carers,

The safety and security of our students is our highest priority at Hurlstone Agricultural High School. All school principals have been requested to remind their school community that the carrying of weapons is unacceptable within New South Wales public schools.

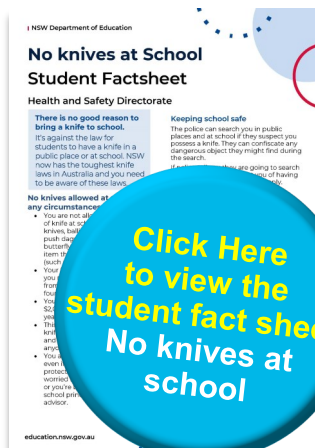
Two fact sheets are publicly available which state that no knives are allowed at school (refer to the [No knives at school – parent factsheet](#) and the [No knives at school – student factsheet](#)). The [Suspension and Expulsion of School Students – Procedures 2011](#) identifies that the use or possession of a knife at school (without reasonable excuse as defined by the Summary Offences Act 1988) is grounds for a long suspension.

Thank you for supporting and maintaining our safe community.

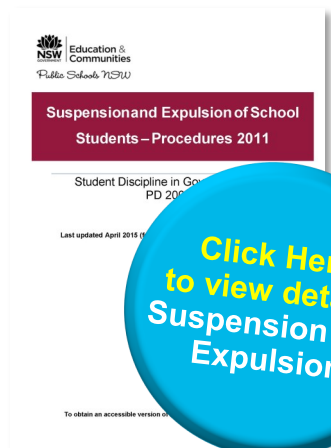
Mrs Christine Castle
Principal



Click Here
to view the
parent fact sheet
No knives at
school



Click Here
to view the
student fact sheet
No knives at
school



Click Here
to view details
Suspension and
Expulsion

From the DP Desk



Term 2 Week 4 already!

Term 2 is always very busy for both staff and students. As students complete their assessment tasks, staff are creating semester 1 reports for parents.

These reports comment on what students can do and support them to improve with commentary about what they can do next. Reports will be released via the Sentral portal before parent teacher interviews later in the term. How interviews will take place will be dependent on the Covid 19 recommendations closer to the dates. We hope to meet you face-to-face – dates are on the calendar.

Please refer to P 23 to view the forms below

Reminders about our concern for student safety:

Year 12 and Year 11 students who drive or will drive to school must submit paperwork to the administration office. The paperwork is attached here.

Students are not to leave the school site without parental permission for any reason. Please give your child a note if 1: they are late or 2: they are required to attend an appointment.

Late students **MUST** go to the front office on arrival with a note. If students are late without a note, they will be sent to a deputy who will contact you.

As winter approaches and the weather cools, students are to wear caps or scarves in school colours. The sports jacket is not to be worn with the winter non sport uniform. School jumpers and blazers are appropriate outwear.

Permission to drive to School

Students are reminded to travel safely on trains - wait quietly on platforms and respect the space of other commuters. See page 5 for more details regarding Student Code of Conduct when travelling.

Best event this term is the school photo May 25 for all portraits and year groups. June 22 will see sports and extracurricular groups posing. Winter school uniform is to be worn for these days unless specified. Payments are made on-line not through the school. See the organisation attached.

When dropping your child at school, please do NOT use the staff car park. The turn through bay is for disabled drop off and pick up only. Students can be dropped by the station and access school through the pedestrian gate to avoid congestion on Roy Watts Road.

Your cooperation is appreciated.

Ms Ann Young, Mr Sailash Krishan, Ms Mai Ni Pham

Deputy Principals

Boarding School

Soap making



HAHS—School Forms & Information

Health Care Plan - Reminder

Dear Parents and caregivers

We are currently updating health information for 2021. In Term 1, a Healthcare Plan and any relevant supporting documents were posted home for parents to check. We requested that these were signed and returned to the school by the end of April. Our records indicate that we still have outstanding plans that have not been returned to us.

If you would like us to provide another copy of your child's Health Care Plan, please contact the front office on 9829 9222 or email hurlstone-h.school@det.nsw.edu.au

Please note that it is a requirement of Hurlstone Agricultural High School to complete these forms annually, and we appreciate your prompt attention in this matter.

Mrs Kiri Dorr
Administration

Please refer to
P 31 - 39
to view the forms
below

The image shows the 'Individual Health Care Plan Cover Sheet' and the main form. The cover sheet includes a NSW Department of Education logo, a title 'Individual Health Care Plan Cover Sheet', and instructions for use. It mentions that the plan must be reviewed annually or when the student's health needs change. The form includes fields for the student's name, date of birth, and emergency contact information. It also has a section for the student's health care plan, which is currently blank.

Individual Health Care Plan

The image shows the 'ACSIA Action Plan - Anaphylaxis' form. It includes a title 'ACTION PLAN FOR Anaphylaxis', a subtitle 'For use with EpiPen® adrenaline (epinephrine) autoinjectors', and a section for 'SIGNS OF MILD TO MODERATE ALLERGIC REACTION'. It also includes a section for 'ACTION FOR MILD TO MODERATE ALLERGIC REACTION' and a section for 'WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)'. The form includes a section for 'HOW TO GIVE EpiPen®' and a section for 'ALWAYS GIVE adrenaline autoinjector FIRST, and then follow the instructions on the device'. It also includes a section for 'If in doubt give adrenaline autoinjector' and a section for 'Continues to follow this action plan for the person with the allergic reaction'.

ACSIA Action Plan - Anaphylaxis plan

The image shows the 'ACSIA Action Plan - Allergic Reactions' form. It includes a title 'ACTION PLAN FOR Allergic Reactions', a subtitle 'For use with EpiPen® adrenaline (epinephrine) autoinjectors', and a section for 'SIGNS OF MILD TO MODERATE ALLERGIC REACTION'. It also includes a section for 'ACTION FOR MILD TO MODERATE ALLERGIC REACTION' and a section for 'WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)'. The form includes a section for 'HOW TO GIVE EpiPen®' and a section for 'ALWAYS GIVE adrenaline autoinjector FIRST, and then follow the instructions on the device'. It also includes a section for 'If in doubt give adrenaline autoinjector' and a section for 'Continues to follow this action plan for the person with the allergic reaction'.

ACSIA Action Plan - Allergy plan

The image shows the 'ASTHMA ACTION PLAN' form. It includes a title 'ASTHMA ACTION PLAN', a subtitle 'Take this ACTION PLAN with you when you have your asthma', and a section for 'WHEN WELL'. It also includes a section for 'WHEN NOT WELL' and a section for 'IF SYMPTOMS GET WORSE'. The form includes a section for 'DANGER SIGNS' and a section for 'DIAL 000 FOR AMBULANCE'. It also includes a section for 'NATIONAL ASTHMA COUNCIL AUSTRALIA' and a section for 'ASTHMA ACTION PLAN'.

Asthma Action Plan

School Photo Day - Tuesday 25 May 2021

Hurlstone Agricultural High School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Tuesday 25 May 2021

**Please refer to
P 40 - 42
to view the forms
below**

advancedlife
photography & print specialists

ORDER NOW go to www.advancedlife.com.au and enter the code

WV4 6KH KXY

School photographs are scheduled to be taken by **advancedlife** . Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit **advancedorder code**. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please contact us at

www.advancedlife.com.au/contact

Consent Form

Permission to Publish



HURLSTONE
AGRICULTURAL HIGH SCHOOL

General Permission to Publish and disclose information

Dear Parent/Carer:

We seek your permission to publish school Department of Education to publish and disclose information about the activities of the school and the school staff, including the names of students, referring the school and parent community about school and student activities and reporting student involvement in noteworthy projects or competitions.

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

The communications will include your child's information may be published or disclosed inside and not be limited to:

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

Parents should be aware that their information is published on public websites and social media channels, it can be disseminated online for a number of years, not permanently. Search engines may also cache or retain copies of their publications. Further information can also be taken by third parties.

Please complete the permission slip and return to the school.

Yours sincerely

Principal/Carer
Christine Gault
Hurlstone Agricultural High School

Permission to Publish
I have read the permission to publish and

To the principal/Carer [☐ I give permission] [☐ I do not give permission]

I wish 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/Teacher's name: _____

Parent/Carer/Teacher's signature: _____ Date: _____

For TAFE NSW: CALL 02 9220 2222 FAX 02 9220 2224
 For NSW: CALL 13 23 23 FAX 02 9220 2224
 For QLD: CALL 13 23 23 FAX 02 9220 2224
 For VIC: CALL 13 23 23 FAX 02 9220 2224
 For SA: CALL 13 23 23 FAX 02 9220 2224
 For WA: CALL 13 23 23 FAX 02 9220 2224
 For NT: CALL 13 23 23 FAX 02 9220 2224
 For ACT: CALL 13 23 23 FAX 02 9220 2224
 For TAS: CALL 13 23 23 FAX 02 9220 2224
 For NZ: CALL 13 23 23 FAX 02 9220 2224
 For PNG: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 23 23 FAX 02 9220 2224
 For TUVALU: CALL 13 23 23 FAX 02 9220 2224
 For KIRIBATI: CALL 13 23 23 FAX 02 9220 2224
 For NORTHERN TERRITORY: CALL 13 23 23 FAX 02 9220 2224
 For AUSTRALIA: CALL 13 23 23 FAX 02 9220 2224
 For NEW ZEALAND: CALL 13 23 23 FAX 02 9220 2224
 For FIJI: CALL 13 23 23 FAX 02 9220 2224
 For SOLOMON ISLANDS: CALL 13 23 23 FAX 02 9220 2224
 For VANUATU: CALL 13 2

Permission to Publish





COOLKIDS

CENTRE FOR EMOTIONAL HEALTH AND WELLBEING

ABOUT THE CLINIC

The Centre for Emotional Health (CEHC) is a research and training clinic aimed at flourishing our understanding of child and adult emotional health and improving the outcomes of the work of the CEHC across states of the not assessment and intervention. Following the following services, the CEHC provides a range of services to support the emotional health of children and adults. The CEHC provides a range of services to support the emotional health of children and adults. The CEHC provides a range of services to support the emotional health of children and adults.

ABOUT THE COOLKIDS PROGRAM

One of the CEHC's primary programs is aimed at treating anxiety in children and adults. The program is based on a cognitive behavioral approach which means that it focuses on teaching skills to manage anxiety.

Core skills include:

- how to identify anxious thoughts, feelings, and behaviors
- recognizing negative thoughts and emotions (thinking)
- identifying thinking errors (distortions)
- gradually facing fears (exposure)

If needed, additional skills such as problem solving, relaxation and relaxation can be introduced and help manage difficult situations. For children and adults, the program is designed to be flexible and can be tailored to the needs of the individual. The program is designed to be flexible and can be tailored to the needs of the individual.

These extra components are available.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

The program is designed to help support the child to learn the skills to manage anxiety.

WHO CAN BE COOLKIDS?

The Cool Kids Program is designed for children:

- Who are 7-12 years old (ages 7-12)
- Who are experiencing anxiety problems
- Who are anxious in social situations
- Who are anxious in school situations

The Cool Kids Program is not suitable for:

- Anxiety that is the main cause of difficulties (the example of anxiety disorder)
- Children or teens who are suicidal or at risk of self-harm
- Children or teens who are not motivated to attend
- If a child has had a recent mental health assessment and is not suitable for the program

We offer other services that may be suitable for your child if they are not suitable for the Cool Kids program.

Without them, CAPS is a program for children and adults who are not suitable for the Cool Kids program.

Without them, CAPS is a program for children and adults who are not suitable for the Cool Kids program.

Without them, CAPS is a program for children and adults who are not suitable for the Cool Kids program.

Without them, CAPS is a program for children and adults who are not suitable for the Cool Kids program.

Without them, CAPS is a program for children and adults who are not suitable for the Cool Kids program.

Two stages

A helpful program for a child, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

for research and training purposes, and if recommended

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

It is likely to be helpful for your child. The
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the
 If the child is to be helpful for your child, the

Cool Kids Program - Information

HAHS - Leadership

Senior leadership afternoon tea

Hurlstone's Student Leadership Team 2020-21

"The Student Leadership Team aspires to enhance the interconnectedness & wellbeing of the Hurlstone community to create a school environment of pride and harmony. By promoting diverse opportunities, we aim to empower students to strive for excellence."

What have the Student Leadership Team been up to?

On Wednesday the 21st of April, Hurlstone Agricultural High School hosted our annual Prefects Afternoon Tea. Despite being unable to host an inter school event last year due to the onset of COVID-19 restrictions, we made sure to make this year's event even better than we have ever done.

From 4pm to 6:30pm, we opened the opportunity for 70+ students from 17 schools (a spread of both selective and local) in the surrounding district and throughout all of Sydney to interact and learn more about the diversity and opportunities of student leaders. We aimed to generate ideas to create change and promote empowerment throughout their schools and the wider community. This event was directed at improving the interpersonal skills of all our guests and the SLT. Our Student Leadership Team were also inspired to implement new events to improve welfare, quality of education and experience of students at Hurlstone. So keep your eyes peeled for our upcoming initiatives.

Neon Wongruechu

School Captain



Pictured: (From left to right) Alyssa, Tainan, Dorothy, Sophia and Aden assisting guests at the afternoon tea and indulging in the food provided by our Boarding Kitchen.

EXCELLENCE | OPPORTUNITY | LEADERSHIP | COMMUNITY

Careers Corner

The Duke of Edinburgh International Award



The Duke of Edinburgh International Award is a voluntary program that has been enriching the lives of young people since it was founded in the United Kingdom by Prince Phillip, Duke of Edinburgh in 1956. Participants design their own unique program that challenges them to set and meet goals while forging qualities of strength, resolve and commitment. Open to young people aged 14 to 24, the program is run in over 140 countries.

Marina Jovanovic has been successful in completing skill, service, physical recreation and adventurous journey sections to earn her Bronze Award. Hurlstone Duke of Ed Award leader, Robyn Keegan presented Marina with her Bronze Award certificate and medal.



Ms Robyn Keegan

Careers Adviser

UAC (University Admissions Centre) is open!

HSC students can now apply for :

- Admission to university study in 2022 - closes 30th September
- Schools Recommendation Scheme (SRS) - closes 19th Sept
- Educational Access Scheme (EAS)
- Equity Scholarships (ES)

UAC has a once only application fee of \$70. Once an application has been completed it can be changed as many times as needed - even after ATAR's have been released. Students should always put their dream course in the number one position! Please note - some course not yet available, all courses will be available after 1st August.

To complete their UAC application students need their student number and the UAC PIN which has been emailed to their DET email address.

To apply for SRS, EAS or ES students must first complete their UAC application. They will then be prompted to apply for these schemes. Any student whose educational performance has been seriously affected for a period of at least six months during Year 11 and/or 12 due to circumstances beyond their control or choosing can determine eligibility for EAS using the following link to check categories of disadvantage (Select button to the right for more information)

Click Here
to view information
for eligibility for
EAS

A UAC Guide for 2022 has been issued to each Year 12 student and students and parents are invited to attend the UAC Digital webinars at <https://www.uac.edu.au/schools/uac-digital>

Further information can be found on the UAC website <https://www.uac.edu.au/> or contact UAC directly on 1300 275 822.



Careers Corner

Learning Labs 2021



Passionate, self-motivated and curious learners from Year 7 to 10 required!

The University of Wollongong would like to invite HAHS students to LEARNING LABS, an academic enrichment holiday program.

Wollongong Campus Dates: 30th June – 2nd July 2021

Applications close: Wednesday, 26th May 2021

- *LEARNING LABS program brochure*

APPLICATION PROCESS

- Students can be encouraged to apply by their school, a teacher or by their parents. Students can request a [Teacher Nomination Letter](#)
- Visit our [website](#) and read the full list of workshops available by scrolling to the “Workshop Descriptions” section.
- Fill out the online application form.
- One piece of supporting documentation for first time applicants is required that demonstrates their ability (see '[Supporting Documentation](#)' section on website). Please note that the [Teacher Nomination Letters](#) can be used as a supporting document.
- Learning Labs is registered as COVID-Safe and follows the guidelines set out by the NSW Government [here](#).

Please know that workshops fill very quickly.

We will also have several sponsorship places available for students who identify as Australian Aboriginal/Torres Strait or students experiencing financial difficulty.

For further information about workshops and the application process please visit our [website](#), or contact the Learning Labs team via email at learning-labs@uow.edu.au or phone on (02) 4221 5557.

HAHS - PDHPE

PDHPE - Swimming Carnival Report 2021

HAHS Swimming carnival final point score:



Farrer

488 Points



Macarthur

478 Points



Wentworth

473 Points



Lachlan Macquarie

387 Points

Age champions from the school carnival:



Swimming carnival - student swimming breaststroke

Age	Boys	Girls
12yrs	Raymond Tran	Angelita Prasad
13yrs	William Lam	Sarah Pham
14yrs	Odin Sakowicz*	Kayla Nguyen*
15yrs	Owen Thai*	Danya Seneviratne
16yrs	Lachlan Tang Jerry Sun	Natalia Jovanovic*
17yrs	Nathan Tran	Nadia Gunn

***Went on to be age champions at the Hume Zone carnival**

We had a large team of swimmers qualify for the state swimming carnival:

Year	Student
10	Chloe Ang
12	Nisha Arcot
7	Brandon Huynh
7	Edwin Jiang
10	Natalia Jovanovic

Year	Student
9	Kayla Nguyen
7	Tennant Robbie
10	Russell Royal
10	Siddharth Sali
10	Krish Shinde

Year	Student
11	Noah Simpson
11	Jerry Sun
10	Lachlan Tang
9	Owen Thai
7	Raymond Tran

Year	Student
9	Ryan Zhang

HAHS - PDHPE

PDHPE - Athletics Carnival Report 2021

HAHS Athletics Carnival final results:



Farrer

1075 Points



Lachlan Macquarie

862 Points



Wentworth

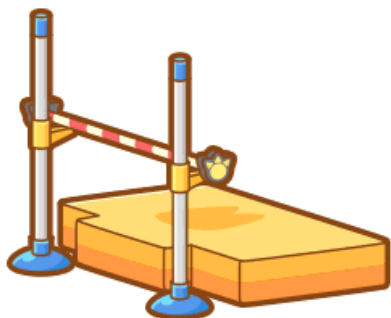
719 Points



Macarthur

632 Points

Age champions from the school carnival:



Age	Boys	Girls
12yrs	Raymond Tran	Angelita Prasad
13yrs	Keenan Riahhan	Reki Roberts
14yrs	Johann Navarro	Natalie Ryan
15yrs	Patrick Um	Danya Seneviratne
16yrs	Leon Ngo Patrick Benci	Amelie Trinh
17yrs	Milith Dheerasekara	Nadia Gunn



Athletics Carnival - students coming across the finish line



*Zone carnival permission notes have been emailed to parents. The carnival is in the last week of this term at Campbelltown.

EXCELLENCE | OPPORTUNITY | LEADERSHIP | COMMUNITY

HAHS - PDHPE

PDHPE - Cross Country 2021

HAHS Cross Country final results:



Farrer



Lachlan Macquarie



Macarthur



Wentworth

Age champions from the carnival were:



Age	Boys	Girls
12yrs	Raymond Tran	Angelita Prasad
13yrs	Advik Ajithkumar	Reki Roberts
14yrs	Vincent Tran	Harriet Gunn
15yrs	Russell Royal	Taylor Scerri
16yrs	Mursal Syed	Natalia Jovanovic
17yrs	Rupert Fuelling	Jessica Le

The zone carnival is also to be held on our home turf here at Hurlstone on **Monday 24 May**.

Table Tennis 2021

Many students attended the trials to select the school table tennis team.

The team is:

- Tevin
- Jonas
- Abhishek
- Ryan
- Matthew

After receiving a bye in the first round they defeated Airs High School in the second round and now move in to the regional central venue day to be played at Liverpool on **Thursday 20 May**.



Photo of HAHS Table Tennis Team

HAHS - PDHPE

Year 10 PASS - Elective

YR 10 PASS (Physical Activity & Sport Studies) elective classes recently completed a sports drink analysis. Students viewed several types of sports drinks and were required to source nutritional information from the label (as well as taste testing of course!) to fuel a debate as to whether sports drinks can be of benefit to athletes and are they better than just plain old water and a banana. There were mixed results and opinions with great arguments on both sides.



The PASS classes recently completed their anatomy lab/exam with students required to locate and name structures on several models, analyse videos of sporting movements, interpret x-rays as well as the traditional question and answers on paper. Student quotes after the exam: "more fun than a real exam", "didn't even feel like an exam".



Year 11 PDHPE



Students are preparing for a 3 day hike into the mountains of the South Coast of NSW. This picture shows students learning and practicing how to erect tents. Some other skills the class are acquiring include navigation skills, food preparation, bush survival, remote area first aid and emergency communication procedures. The 6 week unit of work culminates in a 3 day camp which will see students hiking and kayaking around the shores of Jervis Bay as well as climbing Pigeon House Mountain.



Mr Brett Wilson
Head Teacher PDHPE

HAHS - PDHPE

Open Boys Touch Football Round 1 CHS Knockout v Ingleburn High

After a COVID disrupted sporting calendar for 2020, many students were super keen to get back into some sense of normality. The touch squads have trained hard for a long while now and it was exciting to see some school teams back on the park finally in round 1 of the CHS knockout. The Open boys touch team were missing several senior players due to the dreaded duo of injury and assessment tasks and began the game against Ingleburn High a little rusty. Both teams were evenly matched for the first half with some skilful play however also many errors from both teams. After regaining their composure at half time, the Hurlstone boys clicked into gear and finished well against a talented Ingleburn team, eventually taking out the game 7-3. Touchdown scorers - Leon 3, Milith, Pat, Eric. MVP's for the match were Russell and Leon.



Standing: Vincent, Patrick, Owen, Russell, Eric, Lachlan, Mikita
Front row: Travis, Johann, Magee, Kamran, Leon

All Schools Beach Touch 2021



On the 26th of March 2021, Hurlstone sent 4 talented teams to the 2021 NSW All Schools Beach Touch Tournament. Conditions were quite warm and dry, with a strong breeze making playing conditions challenging later in the day. All teams displayed outstanding levels of skill and fitness, despite injury and MIA players all teams for the day represented our school proudly.

At the end of the day, after many touchdowns were scored and faces (and mouths) full of sand, the junior boys lost a close semi final against Bulli High, the junior girls were knocked out of the semis by the Kambala School and the senior girls went down to Sylvania High.

Well done to all players involved and Thankyou to the tournament staff for a well run day of touch football!

Senior School State Ultimate Frisbee Championships

Please congratulate our Senior Girls who were successful in defending their title at the Senior Schools state Ultimate Frisbee Championships, defeating Hunters Hill High in the Final on Monday 6-3. Outstanding effort all day by the team : Lucy, Alisha, Elisha, Nadia, Anita, Jessica, Chloe, Trinity, Lena, Neon, Alyssa, Sophia, Jennifer, Dorothy.

The girls were also voted by their peers as 'Spirit Winners' on the day for their sportsmanship and conduct both on and off the field. A highlight of the day was seeing Hurlstone girls teaching some advanced throws to players from other schools during their lunch break.

The Senior boys were also successful on the day, although were unable to match Balgowlah Boys in the final, finishing Second over all.



HAHS - Extra-curricular

Student Representative Council Overview for Term 1

At the end of Term 1 2021, all students were welcomed to submit their applications to become part of the new School Student Representative Council (SRC) for 2021. The SRC Coordinator Miss James, read through the numerous student applications which all showcased the students' enthusiasm for leadership opportunities and passion for making a difference to their school community. After the written application process, an online voting form was sent out to students and teachers to elect who they would like to represent student voice. At the conclusion of this process, the following students were elected as the new SRC team and have been awarded their SRC badges during their first council meeting in Week 2 Term 2. We extend our congratulations to all students and look forward to the exciting events and programs that students have already begun planning for the year which will aim to bring the school community closer together.

School Student Representative Council 2021

YEAR 7

Zarif Rahman

Jenny Choy

Aditya Kashid

Vinudi Krishnarathne

Jade Tellis

Krish Swami

Sahil Hossain

Sarah Pham

YEAR 8

Angus Vu

Shreyan Addanki

Jim Ma

Jasmin Khau

Suzanne Phan

Kris Alangatmadam

Zoe Bonifacio

Tasnim Uddin

YEAR 9

Rafsan Rayan

Vashni Ravikumar

Albert Nguyen

Queenie Pham

Veronica Lwin

Natalie Ryan

Earl Zabat (Jayden)

Mehreen Ullah

Congratulations!!



HAHS - Extra-curricular

Student Representative Council Continued...

School Student Representative Council 2021

YEAR 10

Taylor Scerri

Annabel Lau

Kamran Kumar

Suvarn Moodley

Jack Phung

Lamia Ahmed

Jessica McAleer

Mayowa Oyekan

Riva Manter

Rylan Le

Kate Kwan

Arabi Khan

YEAR 11

Abdul-Haadi Siddique

Venni Baliyan

Madison Chang

Hannah Yin

Anita Ung

Soham Borge

Steven Ngo

Fran Ierano

Kimberley Dang

Karen Huo

Kevyn Jacob

Yunus Sayed

Congratulations!!



HAHS - Extra-curricular

Student Representative Council Continued...

School Student Representative Year 10 Executives 2021

YEAR 10 SRC President

Suvarn Moodley

YEAR 10 SRC Executives

*Suvarn Moodley
Lamia Ahmed
Annabel Lau
Jessica McAleer*

School Student Representative Year 11 Executives 2021

YEAR 11 SRC President

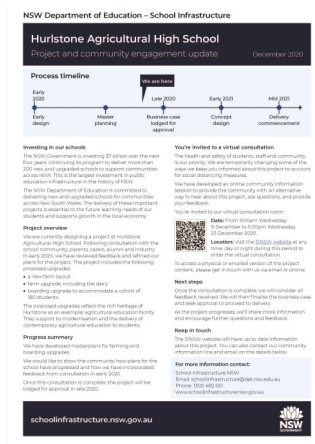
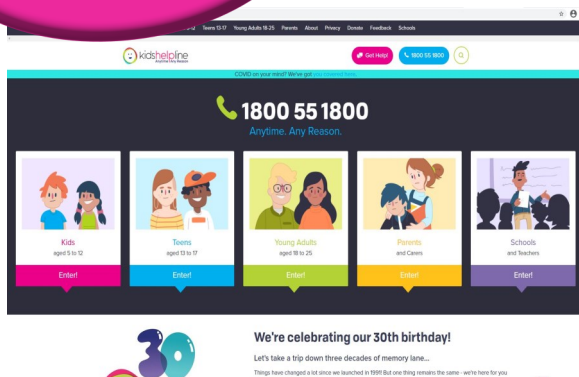
Madison Chang

YEAR 11 SRC Executives

*Venni Baliyan
Madison Chang
Francesco Ierano
Anita Ung*

Congratulations!!

Kids Helpline
1800 55 1800



Click Here to view link
HAHS - Project Update

HAHS - Digital Citizenship

Healthy technology use

Health and Wellbeing



Key message

Technology can be helpful in maintaining health when used thoughtfully and in moderation.

Like any set of behaviours, the use of technology can have positive or negative impacts on your wellbeing.

The eSafety Commissioner has some [recommendations for healthy technology use](#).

Physical health and fitness

Fitness tracking technology such as step-counting or running apps can help motivate people to exercise and increase their levels of activity.

Modern game consoles have the ability to track movement, which has allowed for the development of games like Just Dance, which require players to stand up and dance, as well as more fitness-focused games that use the same technology.

Augmented reality (AR) games like Pokemon Go encourage players to go for long walks in order to get the most out of the game.

To help reduce eye strain, take regular breaks from using screens using the 20-20-20 rule: every 20 minutes, look at something 20 metres away for 20 seconds.

Psychological health and fitness

Mindfulness and meditation apps for smartphones have made access to these practices much easier. Recent research suggests that mindfulness practice may help people break bad habits.

People who are feeling isolated can find support through social media and other online forums. Beyond Blue has easily accessible online chat and forums, as well as guides to more resources and help.

Digital technology also makes some therapeutic treatments much more accessible. Recent research shows that [clinically developed online therapy](#) can be highly effective. Many free, confidential programs are available for use.

Sleep

If you are having trouble falling asleep due to insomnia or a noisy environment, there are some apps that may help, whether by playing white noise or using short guided meditations.

When it comes to getting enough sleep, however, the best thing to do might be to turn your devices off and take a break. Most digital devices can now apply a blue light filter to reduce disruption to sleep patterns from screen light, but social media updates and the temptation of auto-playing videos can make it difficult to get to sleep.

References

'[Balancing online time](#)', The Office of the eSafety Commissioner, accessed 14 March 2019

'[Using pedometers to increase physical activity and improve health: a systematic review.](#)', Bravata et al, JAMA 2007, accessed 14 March 2019

'[Mindfulness training disrupts Pavlovian conditioning.](#)', Hanley and Garland, Physiology & Behaviour 2019, accessed 14 March 2019

'[Get immediate support](#)', Beyond Blue, accessed 14 March 2019

'[Welcome to eheadspace](#)', Headspace, accessed 14 March 2019



P&C

Hurlstone Canteen



SANDWICHES	SALAD BOXES	OTHER ITEMS	BUY FOOD	SPECIAL ITEMS
Salad \$4.00	Salad Bowl - medium \$5.50	Fresh Fruit Salad Small \$2.00	Lasagne \$5.00	Zucchini and Carrot Slice \$2.00
Salad and Cheese \$4.50	Salad Box with Ham \$7.00	Fresh Fruit Salad Large \$3.50	Macaroni Cheese \$5.00	Cheese and Bacon Roll \$1.50
Salad and Egg \$5.50	Salad Box with Chicken \$7.00	Frozen Fresh Watermelon \$1.00	Beef Biscuits \$5.00	Homemade Pizza Cheese & Tomato \$1.50
Salad and Ham \$5.50	Salad Box with Tuna \$7.00	Frozen Yogurt \$1.00	Pasta Bolognese Sauce \$5.00	Homemade Pizza Garlic & Herbs \$1.50
Salad and Chicken \$4.50	Salad Box with Salmon \$8.00	Ice Blocks & Ice Creams \$1.00/\$4.00	Pasta Beef Mince Sauce \$5.00	Meat Lovers Pizza \$4.00 - \$6.50
Chicken \$4.50	Greek Salad Box \$5.50		Fresh Beef (veg only) \$5.00	Soup \$1.00
Ham \$5.00	Leerd Salad Box \$5.50		Chicken Burger \$5.00	Homemade with Crisps & Veg \$1.00
Ham and Cheese \$5.00	Mixed Bean Salad Box \$5.50		Chicken Tender Roll \$5.00	Hot Chips \$2.00
Ham and Tomato \$4.00	Tuna Pasta Salad Box \$5.50		Pork Nibbler Roll \$4.00	Cheesy Bread \$4.00
Egg \$4.00	Chicken Pasta Salad Box \$5.50		Beef Pie \$5.00	Garlic Bread \$1.00
Egg, Lettuce and Mayo \$4.00			Sausage Roll \$3.50	Assorted Toasties \$3.00 - \$4.50
Cheese \$4.00				
Cheese and Tomato \$4.50				
Tuna \$5.00				
Tuna, Lettuce and Mayo \$5.00				
Salmon \$7.50				
Vegetarian \$5.00				
Ham, Cheese, Lettuce \$5.00				
Add 50 cents for rolls and wraps				
Additional things vegetable, cheese and egg \$1.00				
Additional ham, chicken, tuna \$1.00				
Plain roll \$0.80				
Buttered bread \$0.20				
Sprouts \$0.20				
CAKES & SNACKS				
Muffins \$2.50				
Banana Bread \$1.50				
Chips \$1.50				

Uniform Shop

Term 2 & 3 - Winter Uniform

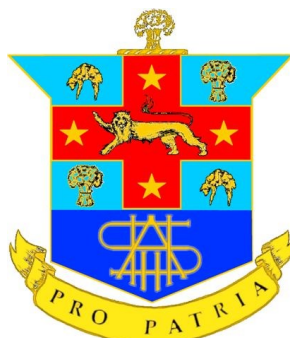
Please see uniform opening hours below:

UNIFORM SHOP OPENING HOURS

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

Item	Price	Item	Price
Boys Uniform		Girls Uniform	
Shorts	\$10 - \$14	Shorts	\$10 - \$14
Long Sleeve Grey/White	\$14 - \$18	Long Sleeve Grey/White	\$14 - \$18
Short Sleeve White	\$18 - \$22	Short Sleeve White	\$18 - \$22
Shirts	\$22 - \$26	Shirts	\$22 - \$26
Trousers	\$26 - \$30	Trousers	\$26 - \$30
Socks	\$10 - \$14	Socks	\$10 - \$14
Shoes	\$14 - \$18	Shoes	\$14 - \$18
Girls Uniform		Boys Uniform	
Shorts	\$10 - \$14	Shorts	\$10 - \$14
Long Sleeve Grey/White	\$14 - \$18	Long Sleeve Grey/White	\$14 - \$18
Short Sleeve White	\$18 - \$22	Short Sleeve White	\$18 - \$22
Shirts	\$22 - \$26	Shirts	\$22 - \$26
Trousers	\$26 - \$30	Trousers	\$26 - \$30
Socks	\$10 - \$14	Socks	\$10 - \$14
Shoes	\$14 - \$18	Shoes	\$14 - \$18
Boys Uniform		Girls Uniform	
Shorts	\$10 - \$14	Shorts	\$10 - \$14
Long Sleeve Grey/White	\$14 - \$18	Long Sleeve Grey/White	\$14 - \$18
Short Sleeve White	\$18 - \$22	Short Sleeve White	\$18 - \$22
Shirts	\$22 - \$26	Shirts	\$22 - \$26
Trousers	\$26 - \$30	Trousers	\$26 - \$30
Socks	\$10 - \$14	Socks	\$10 - \$14
Shoes	\$14 - \$18	Shoes	\$14 - \$18

Go to Page
44 - 45
to view
Uniform
Price List



No knives at school – parent factsheet

Health and Safety Directorate



There is no good reason to bring a knife to school.

NSW now has the toughest knife laws in Australia. As a parent, you need to be aware of these laws, as you can also be charged if you allow your child to carry a knife.

No knives allowed at school under any circumstances

If a student has a knife at school the principal may call the police.

The student may be expelled or suspended immediately. Possessing a knife includes your child simply having one in their bag or locker. Having a knife for self-protection is also illegal. If you are concerned about your child's wellbeing or safety, contact the principal.

Tough penalties apply for children convicted of knife offences, including gaol sentences of up to 25 years if someone is injured with a knife during an assault.

Every child has the right to feel safe and secure at school. There is no good reason for a child to ever have a knife at school.

If you want to talk about children and knives at school, please contact the principal.

What kind of knives are prohibited?

As school policy is designed to keep all students safe, no type of knife is allowed at school. That means no butter knives or fruit knives in lunchboxes, or knife tools for craft purposes.

Flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives and star knives are all prohibited.

Your child cannot bring to school any item that can be used as a weapon (such as a chisel).

In lessons requiring the use of knives, for example cooking or trades, your child's teacher will supply and supervise the use of the tools.

There are some senior subjects, such as hospitality, where children may be required to have their own knives.

Your child's school will advise you about these courses and the procedures for carrying knives legally to and from school.

The law makes parents responsible

You need to make certain your child is aware of the school's rules and the State laws about knives.

If you allow your child to carry or possess a knife at school or in a public place, you can be charged.

The police can search any child they suspect of having a knife. They can confiscate any dangerous object they might find during the search.

Your child must comply with such a police search, or they may be arrested and charged.

It is also illegal for anyone to sell a knife to anyone who is less than 16 years old

No knives at School

Student Factsheet

Health and Safety Directorate

There is no good reason to bring a knife to school.

It's against the law for students to have a knife in a public place or at school. NSW now has the toughest knife laws in Australia and you need to be aware of these laws.

No knives allowed at school under any circumstances.

- You are not allowed to have any type of knife at school, including flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives, star knives or any item that can be used as a weapon (such as a chisel).
- Your Principal may call the police and you may be expelled or suspended from school immediately if you are found possessing or carrying a knife.
- You can now receive a fine of over \$2,000 or be sent to jail for many years for knife related offences.
- This may happen if you just have the knife at school in your bag or locker, and don't use the knife, or threaten anyone with it.
- You are not allowed to carry a knife, even if you believe it is for your own protection. If you feel intimidated, worried that someone will harm you or you're being bullied, talk to your school principal, counsellor or year advisor.

Keeping school safe

The police can search you in public places and at school if they suspect you possess a knife. They can confiscate any dangerous object they might find during the search.

If police tell you they are going to search you because they suspect you of having a knife at school, you must comply.

- If you do not cooperate with the police, they can arrest and charge you.
- It is also illegal for anyone to sell you a knife if you are under 16 years old.

Tough penalties apply

There are very tough sentences for assaults or threats that involve a knife, for example, if you are in a fight and wound someone with a knife.

If you commit this sort of crime with other young people, the sentences are even tougher. In some cases, the jail term can be for 14 to 25 years. Your parents can also be charged if they know and allow you to carry a knife in public places or at school.

There is no good reason for you to

Further information for Staff

For urgent assistance from police, fire or ambulance please call **000** first.

Report all WHS incidents and injuries to the **Incident Report and Support Hotline** Free call **1800 811 523**

Operating hours 8am to 5pm Monday to Friday.

© 2020 NSW Department



Hurlstone Agricultural High School

Roy Watts Road
GLENFIELD NSW 2167
School email: hurlstone-h.school@det.nsw.edu.au

Fax: 9829 2026
Phone: 9829 9222

Permission to Drive to School

Please return this note to the front office.

Name: _____ Roll Call: _____

Car Registration: _____ Car Make: _____

Code of Behaviour

The school policy requires students to:

- Act in a responsible manner at all times when using the vehicle
- Keep the vehicle off the school grounds – only park in designated areas
- Only carry passengers as nominated by their parents
- Only use the car to come to and from school at the start and end of the school day
- Display the Student Parking Authority Pass at all times

Passengers:

The following students have permission to drive either to or from school in the above named vehicle. They also agree to the Drive to School Code of Behaviour.

Passenger Name	Passenger's Parent Permission	Passenger's Student Agreement	Date
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Parent Permission:

I give permission for _____ or roll call _____
to drive to school. I understand that they will be transporting the above listed students.

_____	_____	_____
Parent Name	Parent Signature	Date

Student Agreement:

I agree to abide by the Drive to School Code of Behaviour.

_____	_____	_____
Student Name	Student Signature	Date

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.

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

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

© February 2015

NSW Department of Education and Communities

School Communities Working Together

Fact sheet for parents and carers



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

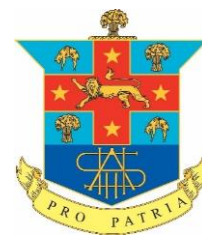
Resources

- **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

Individual Health Care Plan

Cover Sheet



This template forms the cover sheet for an individual health care plan. Additional information and attachments will be relevant to meet the specific health care needs of the student.

Insert photo of student

The individual health care plan must address the needs of the student in the context of the school and the activities the student will be involved in. Planning must take into account the student's full range of learning and support needs.

The individual health care plan is developed in consultation with the parent, staff and student, where practicable, and on the basis of information from the student's doctor, provided by the parent.

For more information see <http://www.schools.nsw.edu.au/studentsupport/studenthealth/index.php> and for students with anaphylaxis see the Anaphylaxis Procedures for Schools.

The plan will be reviewed on: ____/____/____ *NOTE: Individual health care plans should be reviewed at least annually or when the parent notifies the school that the student's health needs have changed. Principals can also instigate a review of the health care plan at other times.*

School	HURLSTONE AGRICULTURAL HIGH SCHOOL	Phone	(02) 9829 9222
Principal Network	Glenfield		
Student name		Class	
Date of birth		Medicare number	
ERN/Student number			
Health condition/s			
If anaphylaxis, list the confirmed allergies			

Learning and support needs of the student (including learning difficulties, behaviour difficulties and other disabilities)		
Impact of any of the conditions (as mentioned above) on implementation of this individual health care plan		
Medication/s at school		
Medication supply, storage and replacement. For anaphylaxis this will include the adrenaline autoinjector		
Other support at school		
Parent/Carer contacts	Parent/Carer information (1)	
	First name	
	Surname	
	Relationship to child	
	Address	
	Home phone	
	Work phone	
	Mobile phone	
	Parent/Carer information (2)	
	First name	
	Surname	
	Relationship to child	
	Address	

	Home phone	
	Work phone	
	Mobile phone:	
Emergency contacts (if parent/carer unavailable)	First name	
	Surname	
	Relationship to child	
	Address	
	Home phone	
	Work phone	
	Mobile phone	
Medical practitioner / doctor contact:	First name	
	Surname	
	Address	
	Phone	
	Mobile (if known)	
	Email (if known)	
	Fax (if known)	

Emergency Care Notes

NB: An emergency care/response plan is required if the student is diagnosed at risk of a medical emergency at school.

For students at risk of anaphylaxis the [ASCIA Action Plan for Anaphylaxis](#) is the emergency response plan. This plan is obtained by the parent from the student's doctor and not developed by the school.

Emergency Service Contacts: (eg ambulance, local hospital, medical centre)

1.

2.

3.

In the event an ambulance is called, schools can print an ambulance report from within ERN for the student.

Special medical notes

(Any special medical notes relating to religion, cultural or legal issues, e.g. blood transfusions.)

NB: If the student is transferred to the care of medical personnel, e.g. paramedics this information, will if practicable in the circumstances, be provided to those personnel. It will be a matter for the professional judgment of the medical personnel whether to act on the information.

Documents attached

Please tick which of the following documents are attached as part of the individual health care plan:

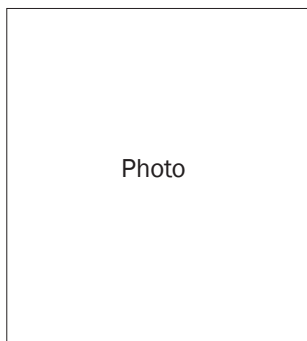
- ☐ An emergency care/response plan (for anaphylaxis this is the ASCIA Action Plan for Anaphylaxis)
- ☐ A statement of the agreed responsibilities of different people involved in the student's support
- ☐ A schedule for the administration of prescribed medication
- ☐ A schedule for the administration of health care procedures
- ☐ An authorisation for the doctor to provide health information to the school
- ☐ Other documents – please specify. *Note: For anaphylaxis this should include strategies to minimise the risk of exposure to known allergens and details of communication and staff training strategies. See the Anaphylaxis Procedures for Schools for further information.*

Consultation This individual health care plan has been developed as part of the learning support plan, in consultation with those indicated below and overleaf and with the knowledge and agreement of the student's parent/carer. Information has been provided by:			
<input type="checkbox"/> Student	<input type="checkbox"/> Parent/Carer	<input type="checkbox"/> GP	<input type="checkbox"/> Medical specialist
Department staff involved in plan development			
1.		Phone	
2.		Phone	
3.		Phone	
4.		Phone	
5.		Phone	
Health care personnel involved in managing the student's health at school: (e.g. Community Nurse, Therapist)			
1.		Phone	
2.		Phone	
3.		Phone	
4.		Phone	
Signature of Parent/Carer:		Date	
Signature of Principal:		Date	
<p><i>NOTES: Information in this individual health and emergency care plan remains specific to meet the needs of the individual student named and should not be applied to the care of any other student with similar health and emergency care needs. All individual health and emergency care plans must take into account issues of confidentiality and privacy to ensure information about the student is treated appropriately.</i></p> <p><i>The school and the Department are subject to the Health Records and Information Privacy Act 2002. The information on this form is being collected for the primary purpose of ensuring the health and safety of students, staff and visitors to the school. It may be used and disclosed to medical practitioners, health workers including ambulance officers and nurses, government departments or other schools (government and non-government) for this primary purpose or for other related purposes and as required by law. It will be stored securely in the school.</i></p>			

ACTION PLAN FOR Anaphylaxis

Name: _____

Date of birth: _____



Photo

Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (np):

The treating doctor or np hereby authorises:

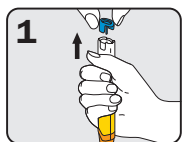
- Medications specified on this plan to be administered according to the plan.
- Prescription of 2 adrenaline autoinjectors.
- Review of this plan is due by the date below.

Date: _____

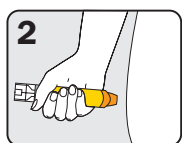
Signed: _____

Date: _____

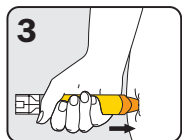
How to give EpiPen® adrenaline (epinephrine) autoinjectors



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds
REMOVE EpiPen®

EpiPen® is prescribed for children over 20kg and adults. EpiPen® Jr is prescribed for children 7.5-20kg.

For use with **EpiPen®** adrenaline (epinephrine) autoinjectors

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Tingling mouth
- Hives or welts
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy ☐ seek medical help or ☐ freeze tick and let it drop off
- Stay with person and call for help
- Locate adrenaline autoinjector
- Give other medications (if prescribed).....
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

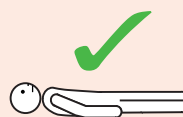
WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Difficulty talking and/or hoarse voice
- Swelling of tongue
- Persistent dizziness or collapse
- Swelling/tightness in throat
- Pale and floppy (young children)
- Wheeze or persistent cough

ACTION FOR ANAPHYLAXIS

1 Lay person flat - do NOT allow them to stand or walk

- If unconscious, place in recovery position
- If breathing is difficult allow them to sit



2 Give adrenaline autoinjector

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline doses may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

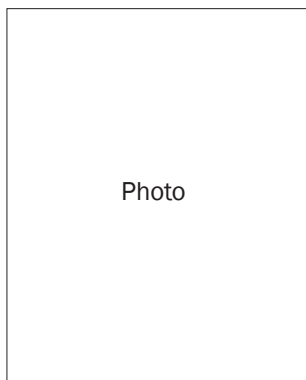
Asthma reliever medication prescribed: ☐ Y ☐ N

- If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre.
- Continue to follow this action plan for the person with the allergic reaction.

ACTION PLAN FOR Allergic Reactions

Name: _____

Date of birth: _____



Photo

Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (np):

The treating doctor or np hereby authorises:

- Medications specified on this plan to be administered according to the plan.
- Use of adrenaline autoinjector if available.
- Review of this plan is due by the date below.

Date: _____

Signed: _____

Date: _____

Note: This ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens.

For people with severe allergies (and at risk of anaphylaxis) there are red ASCIA Action Plans for Anaphylaxis (brand specific or generic versions) for use with adrenaline (epinephrine) autoinjectors.

Instructions are on the device label.

Adrenaline autoinjectors (300 mcg) are prescribed for children over 20kg and adults. Adrenaline autoinjectors (150 mcg) are prescribed for children 7.5-20kg.

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy ☐ seek medical help or ☐ freeze tick and let it drop off
- Stay with person and call for help
- Give other medications (if prescribed).....
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Wheeze or persistent cough
- Difficulty talking and/or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1 Lay person flat - do NOT allow them to stand or walk

- If unconscious, place in recovery position
- If breathing is difficult allow them to sit



2 Give adrenaline (epinephrine) autoinjector if available

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS give adrenaline autoinjector FIRST if available, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: ☐ Y ☐ N

- If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre.
- Continue to follow this action plan for the person with the allergic reaction.

ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor

NAME
DATE
NEXT ASTHMA CHECK-UP DUE

DOCTOR'S CONTACT DETAILS

EMERGENCY CONTACT DETAILS

Name
Phone
Relationship



WHEN WELL

Asthma under control (almost no symptoms)

ALWAYS CARRY YOUR RELIEVER WITH YOU

Your preventer is:
(NAME & STRENGTH)

Take puffs/tablets times every day
☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

When: You have symptoms like wheezing, coughing or shortness of breath

☐ Use a spacer with your inhaler

OTHER INSTRUCTIONS

(e.g. other medicines, trigger avoidance, what to do before exercise)

Peak flow* (if used) above:



WHEN NOT WELL

Asthma getting worse (needing more reliever than usual, having more symptoms than usual, waking up with asthma, asthma is interfering with usual activities)

Keep taking preventer:
(NAME & STRENGTH)

Take puffs/tablets times every day

☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

☐ Contact your doctor



IF SYMPTOMS GET WORSE

Severe asthma flare-up/attack (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)

Keep taking preventer:
(NAME & STRENGTH)

Take puffs/tablets times every day

☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

☒ Contact your doctor today

Prednisolone/prednisone:

Take each morning for days



DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

**DIAL 000 FOR
AMBULANCE**

Peak flow (if used) below:

Call an ambulance immediately
Say that this is an asthma emergency
Keep taking reliever as often as needed

☐ Use your adrenaline autoinjector (EpiPen or Anapen)

National Asthma
Council Australia
leading the attack against asthma

nationalasthma.org.au

ASTHMA ACTION PLAN

what to look out for

WHEN WELL



THIS MEANS:

- you have no night-time wheezing, coughing or chest tightness
- you only occasionally have wheezing, coughing or chest tightness during the day
- you need reliever medication only occasionally or before exercise
- you can do your usual activities without getting asthma symptoms

WHEN NOT WELL



THIS MEANS ANY ONE OF THESE:

- you have night-time wheezing, coughing or chest tightness
- you have morning asthma symptoms when you wake up
- you need to take your reliever more than usual
- your asthma is interfering with your usual activities

THIS IS AN ASTHMA FLARE-UP

IF SYMPTOMS GET WORSE



THIS MEANS:

- you have increasing wheezing, cough, chest tightness or shortness of breath
- you are waking often at night with asthma symptoms
- you need to use your reliever again within 3 hours

THIS IS A SEVERE ASTHMA ATTACK (SEVERE FLARE-UP)

DANGER SIGNS



THIS MEANS:

- your symptoms get worse very quickly
- you have severe shortness of breath, can't speak comfortably or lips look blue
- you get little or no relief from your reliever inhaler

**CALL AN AMBULANCE IMMEDIATELY: DIAL 000
SAY THIS IS AN ASTHMA EMERGENCY**

**DIAL 000 FOR
AMBULANCE**

ASTHMA MEDICINES

PREVENTERS

Your preventer medicine reduces inflammation, swelling and mucus in the airways of your lungs. Preventers need to be taken **every day**, even when you are well.

Some preventer inhalers contain 2 medicines to help control your asthma (combination inhalers).

RELIEVERS

Your reliever medicine works quickly to make breathing easier by making the airways wider.

Always carry your reliever with you – it is essential for first aid. Do not use your preventer inhaler for quick relief of asthma symptoms unless your doctor has told you to do this.

To order more Asthma Action Plans visit the National Asthma Council website.
A range of action plans are available on the website – please use the one that best suits your patient.

nationalasthma.org.au

Developed by the National Asthma Council Australia and supported by GSK Australia.

National Asthma Council Australia retained editorial control. © 2015

NationalAsthma
CouncilAustralia
leading the attack against asthma



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:

COOLKIDS

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 & 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 COOLKIDS PROGRAM

Cool Kids is a structured 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. For children and teens who also experience low mood or health concerns, specific versions of Cool Kids that target these extra concerns are available.

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 using 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.

COOLKIDS AT MACQUARIE UNIVERSITY

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 COOLKIDS?

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
- Where anxiety is impacting their day-to-day life.

The Cool Kids program is not suitable if:

- Anxiety is not the main cause of difficulties (for example if oppositional or aggressive behaviour is the main problem)
- For children or teens who are suicidal or who are self-harming,
- If a child/teen has consistently not attended school for two or more weeks.

We offer other services that may be suitable for your child if they are not suitable for Cool Kids including Study Without Stress, CAPER (an emotion regulation program) and private individual therapy. For autistic children a specialised version of the Cool Kids program is available.

HOW TO GET INVOLVED

Cool Kids at Macquarie University (North Ryde) involves two stages:

- an assessment to determine if Cool Kids is likely to be a helpful program for a child, and if recommended
- the treatment program (which typically takes 10-12 sessions).

Costs of assessment and treatment are partially subsidised by our research and training activities, and Medicare rebates. You may be invited to participate in research at the assessment stage, the treatment stage or at both stages. You can choose to participate in or decline specific research activities.

The assessment and treatment sessions are provided by either a postgraduate provisional psychologist, a registered psychologist or a clinical psychologist. All psychologists are Cool Kids accredited and are supervised by senior clinical psychologists, including the authors of the programs.

ASSESSMENT

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 a face-to-face or telehealth interview with a child and their parent(s). *The cost of the Cool Kids assessment is \$195 and a Medicare rebate is not applicable.*

TREATMENT

If Cool Kids is recommended, you will have the option to complete the treatment program. The 50-60 minute sessions take place at the same time each week over 10-12 weeks.

The cost of treatment varies depending on the type of psychologist that you are allocated to see. Irrespective the out of pocket cost, after applicable Medicare rebates, is the same for all clients. Where a child will be completing sessions with a registered or clinical psychologist, a Mental Health Treatment Plan and referral letter from a GP will be needed prior to the start of treatment and again mid-way through treatment.

Service and Service Provider	Cool Kids Workbooks	Session Cost	Medicare Rebate	Out of Pocket per session
Treatment - Provisional Psychologist	\$30	\$65 per session	Nil	\$65
Treatment - Registered Psychologist	\$30	\$152.45 per session	\$87.45 per session*	\$65
Treatment - Clinical Psychologist	\$30	\$193.40 per session	\$128.40 per session*	\$65

* Requires a valid GP referral and Mental Health Care Plan.

Fees and rebates are subject to annual review. Reduced fees are available for health care card holders.

Important Note: Allocation to a psychologist for assessment and treatment is determined by the clinic. Families are not permitted to choose a specific psychologist or type of psychologist. The treating psychologist may be different to the psychologist who conducted the assessment. If you are not willing to have your child seen by a provisional psychologist, or if your child is experiencing difficulties other than anxiety, you may choose [Private Individual Therapy](#). Full private fees will be payable (\$190-\$260 per standard session) in these circumstances.

HOW DO I START?

The first step is to complete a registration form that asks for some basic information about the difficulties your child is experiencing. This is reviewed by one of our team to ensure that an assessment for Cool Kids is appropriate 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](#).

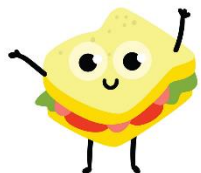
Further information about our other services can be found on our [website](#).

FIND OUT MORE

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



MACQUARIE
University



HAHS CANTEEN PRICE LIST



EFFECTIVE 29TH JANUARY 2021

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	\$5.00
Vegemite	\$2.50
Ham, Cheese, Lettuce	\$5.00
Add 80 cents for rolls and wraps	
Additional fillings vegetable, cheese and egg	\$0.50
Additional ham, chicken, tuna	\$1.00
Plain roll	\$1.00
Buttered bread	\$0.80
Sporks	\$0.20

CAKES & SNACKS

Muffins	\$2.50
Banana Bread	\$1.50
Chips	\$1.50

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

Be alert for Daily Specials...

SALAD BOXES

Salad Bowl – medium	\$3.50
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
Lentil Salad Box	\$3.50
Greek Salad Box	\$3.50
Mixed Bean Salad Box	\$3.50
Tuna Pasta Salad Box	\$3.50
Chicken Pasta Salad Box	\$3.50

OTHER ITEMS

Fresh Fruit Salad-Small	\$2.00
Fresh Fruit Salad-Large	\$3.50
Frozen Fresh Watermelon	\$1.00
Frozen Yoghurt	\$3.00
Ice Blocks & Ice Creams	\$1.00-\$4.00

DRINKS

Plain Milk 300ml	\$1.75
Plain Milk 600ml	\$2.50
Flavoured Milk 600ml	\$4.00
Flavoured Milk 200-250ml	\$2.00
Up and Go	\$2.50
Juice 100% fruit 250ml	\$2.00
Water 600ml	\$1.50
Water 750ml	\$4.00
Sparkling Water 500-600ml	\$2.00
Soft Drinks (no sugar 375ml cans)	\$2.00
Aloe, juice, coco drinks	\$3.00-\$4.00

HOT FOOD

Lasagne	\$5.00
Macaroni Cheese	\$5.00
Beef Ravioli	\$5.00
Spinach and Ricotta Ravioli	\$5.00
Pasta-homemade sauce	\$5.00
Pasta-beef mince sauce	\$5.00
Fried Rice (veg only)	\$5.00
Chicken Burger	\$5.00
Beef Burger	\$5.00
Veggie Burger	\$5.00
Chicken Tender Roll	\$5.00
Chicken Tender	\$2.00
Pork Riblet Roll	\$5.00
BBQ Pork Riblets	\$4.00
Beef Pie	\$5.00
Traveller Pies	\$5.00
Sausage Roll	\$5.00
Noodles	\$3.50

SPECIAL ITEMS

Zucchini and Carrot Slice	\$2.00
Cheese and Bacon Roll	\$3.00
Homemade Pizza-cheese & tomato	\$1.50
Homemade Pizza-garlic & herbs	\$1.50
Meat lovers Pizza Slab	\$2.50
Sushi	\$4.00 - \$6.50
Hommus with Crisps & Veg	\$3.00
Hot Chips	\$3.00
Cheesy Bread	\$4.00
Garlic Bread	\$2.00
Hash Browns	\$1.00
Assorted Toasties	\$3.00 - \$4.50

Uniform Shop Price List

As at 01/10/2020. 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	\$57
			Mens 3 - 8½	\$59
	Socks	Khaki Grey	2 - 8, 8 - 11, 11 - 14	\$20
			2 - 8, 8 - 11, 11 - 14	\$11
Girls Uniform				
	Dress	Junior -	6 – 18	\$98
			20+	\$99
		Senior	6 – 18	\$98
			20+	\$99
	Pants	Junior & Senior	6 - 20	\$53
	Skirt	Junior & Senior	Up to size 16	\$104
			size 18 and over	\$108
	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.	\$10
		Cotton/Lycra Grey or Navy	S, Av, T, XT.	\$24
All Students				
	Blazer		Girls 30 - 40, Boys 12 - 18	\$232
			Girls 42 - 46, Boys 19 - 26	\$247
	Jumpers		8 - 22	\$98
			24 - 28	\$99
	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	

Uniform Shop Information

The P&C conducts a Uniform Shop located in Roy Watts Road opposite the swimming pool. The shop sells new items of uniform as well as second-hand. The Managers can be reached on 9829- 9251 during hours of operation.

Opening Times:

Monday	10:00 am – 3:30 pm
Wednesday	10:00 am – 3:30 pm
Thursday	10:00 am – 3:30 pm
Friday	10:00 am – 3:30 pm

Uniform Code Guide:

- Summer (informal uniform) – Terms 1 & 4
- Winter (formal uniform) – Terms 2 & 3
- Senior students can wear their winter uniform in Terms 1 & 4.

GIRLS – SUMMER (INFORMAL UNIFORM)

JUNIOR (YEARS 7 – 10)

Striped sand/white dress
White socks
Cap or hat
Crested blue jumper/vest

SENIOR (YEARS 11 & 12)

Striped blue dress
White socks
Cap or hat
Crested blue jumper/vest

GIRLS – WINTER (FORMAL UNIFORM)

Grey skirt
Junior blouse L/S & Junior tie
Grey tights or white socks
Crested blue jumper or vest
Blazer (compulsory year 10 only)

Blue skirt
Senior blouse L/S or S/S
Navy tights or white socks
Crested blue jumper or vest
Blazer (compulsory)

BOYS – SUMMER (INFORMAL UNIFORM)

JUNIOR (YEARS 7 – 10)

Khaki shorts
Khaki shirt
Khaki socks
Cap or hat
Crested blue jumper or vest

SENIOR (YEARS 11 & 12)

Khaki shorts
Khaki shirt
Khaki socks
Cap or hat
Crested blue jumper or vest

BOYS – WINTER (FORMAL UNIFORM)

Grey shirt L/S
Grey trousers
Junior tie
Grey socks
Crested blue jumper or vest
Blazer (compulsory year 10 only)

White shirt L/S or S/S
Grey trousers
Senior tie
Grey socks
Crested blue jumper or vest
Blazer (compulsory) SPORT UNIFORM

The school sports uniform is compulsory for Boys and Girls and is to be worn on sports day.

This consists of: Sports T-shirt, shorts and white socks Cap or hat School tracksuit jacket & tracksuit pants or sports jersey & tracksuit pants for warmth in colder months.

Second Hand Clothing is available in all items.

60 day return and exchange policy from day of collection. Items must be in original condition with tags and receipt presented.

Uniform Shop Phone Number: 9829 9251