



# Erskine Park High School Newsletter

*Pride in Achievement*

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Issue 10

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## PRINCIPAL'S REPORT

As we celebrate the closing of the 2019 school year, it is time to take a breath and reflect upon the amazing achievements made by all layers of the Erskine Park High School community. It is time to share my observations with you and to acknowledge how very grateful I am to have been granted the opportunity to lead this school well into the future.

I have observed a school community that is completely devoted to supporting our core business of delivering a high quality education for all students. I have witnessed staff nominate students for a range of scholarships and learning opportunities that have opened up the world; our students have travelled to Europe and Japan as Premiers' ANZAC Scholars and Australian Youth Ambassadors. We have had students present and perform at SALSA conferences, School Spectacular, Rotary Public Speaking events, Premier's Debating Challenges, STEM challenge days, the Junior AECG, Sydney West and Nepean Dance events; State, CHS and Regional Sporting events; GAT events; Duke of Ed hikes; ABCN Programs; RSL events and scholars; Write a Book in a Day challenges, Fiction Frenzies and Book Forums; SRC and Student Leadership programs and events; Aurora scholarship events; Waste Audits and Sustainability Initiatives; Community Junctions Projects; Learn to Lead Projects; AIME events; Education Week performances; STEPS events; community visits to Summitcare and Newmarsh Nursing Homes; Agricultural competitions at Penrith and Hawkesbury shows; visits from Chinese Rosette schools; Fast Forward; work experience programs including DARE Landscaping and countless hours of VET work placements and careers events. Not to mention the amazing showcasing of our students work at Arts in the Park and art works showcased in Operation Art.

We have delivered 87 excursions to support learning outcomes, competed in 118 sporting events and 228 extra curricular activities, including lots of projects with our partner schools in the STEPS community. All of these opportunities happened with boundless

energy and an application of the CLUES values to be Considerate, focused on Learning, Understanding, Environmentally aware and Safe. With all of these acknowledgements, I am very proud to be the Principal at Erskine Park High School.

## Dates to remember - Term 1 2020

### Term Week 1-4

28 Jan	Staff development day
29 Jan	Year 7, 11 and 12 return to school
30 Jan	Year 8, 9 and 10 return to school
13 Feb	School photos
17 Feb	Photo catch up day
21 Feb	Vaccinations

I would like to acknowledge the consistent efforts of all staff as we close the year and recognise that a large school like ours cannot run without them. I would especially like to acknowledge the work of Mr Doidge and Ms Waddell who have worked alongside me this semester as Deputy Principals.

I wish everyone a safe and happy holiday. It is a great time to recharge the batteries, hold our loved ones close and get ready for the amazing year of 2020 - a year with clear vision, inspirational action and exciting changes to further develop the opportunities that we can offer to all students.

Mrs Brenda Quayle  
Principal

## DEPUTY PRINCIPAL'S REPORT

### Year 12

Congratulations to our Year 12 students who have this term completed their secondary studies and moved into the next chapter of their lives. The graduation ceremony has taken place and we have celebrated the many great contributions that Year 12 2019 have to offer. We have also completed the end of year formal celebration, where our students all looked amazing. Congratulations Year 12 2019. All the best for the future.

### Year 11

This term our Year 11 students are beginning their HSC year and have transitioned into the role of the most senior students in our school. There is a great deal of opportunity available to our senior students as well as a great deal of responsibility. Our junior students are looking to our Year 11 students for guidance and as role models. I can only congratulate our senior students on their maturity and application and believe they will continue to be excellent role models for our younger students.

Some of our Year 11 students are adjusting their patterns of study to include fewer subjects at the moment. Mr Parkhill, Mr Serra and Mr Mulas have been working closely with these students to ensure that their patterns of study allow them to access an ATAR and/or an HSC.

Students are reminded that their courses will be continuing either side of the Christmas break. Student should take the chance to maximise their learning up until the last day of term, and use their time across the break to revise and consolidate their learning.

Students should make time to meet with their mentors to discuss and organise a study plan for the school holidays, and use the time constructively to consolidate their understanding of course content.

Now is also a good time to review the assessment schedules and do some time management planning in preparation for Year 12 in 2020.

### Year 10

Our Year 10 students have completed their junior studies and are preparing to move into the senior school. Students have completed their year 10 sign out and the enrolment day as they prepare to transition into the leaders and role models of the school.

Some students are working to modify their timetables due to subject choices and availability. Please see Mr Doidge, Mr Serra or Mr Parkhill for advice on amending subject choices.

Year 10 are reminded of the uniform changes as they move into the senior school.

### Presentation day and recognition assemblies

Over weeks 9 and 10 we have been celebrating the amazing work and achievements of our students. Students have received merit, school service, encouragements and academic excellence awards, as well as special awards in our ceremonies. Congratulations to the huge number of students who have been recognised this term for their ongoing hard work, dedication and achievement.



### Uniform

Uniform has been at a very high standard with a focus in term four seeing even further improvement. Parents are reminded that our uniform shop will be open all day Tuesday and from 12pm each Friday. The Uniform shop will be opened for extended hours the last weeks of term and the last weeks of January before we return to school. Details about opening times and uniform prices are available on the website.

As parents are making purchases they are reminded of some key attributes of our uniform:



- Shoes are required to be fully black. There should not be a substantial component which is of another colour, or any colour other than black. This includes the sole of the shoe.
- Tracksuit pants are not a part of the uniform. Trousers, shorts and skirts may be purchased at the uniform shop and meet the requirements of the uniform policy.
- Hooded tops and tights are not to be worn at any time.

### Lockers

Lockers will be cleaned and checked for any repairs required during the school holidays break. Students are reminded that they should already have removed their locks and cleaned out their locker. Any lockers which still contain student belongings after the close of the school year will have the locks cut off and cleaned out.

Students who hire a locker will be able to hire again during 2020. Students who did not hire a locker this year will also be able to hire one next year. This process will be explained to student early in the year. Students will most likely be allocated a different locker next year than they had been using in 2019.

### BYOD

We continue to enjoy the great success of the BYOD program at Erskine Park High School. This has included the uptake of more the 90% of our student body.

Many students will likely receive a new device as part of their Christmas celebrations. Parents who are looking to make this purchase are advised to review the school website to ensure any device purchased will connect with our system and meet the Department of Education's requirements.

We will again be providing opportunity next year for students to meet with our technical staff to connect new devices to our network. Information about these opportunities will be provided closer to the date.

We would like to wish everyone a safe and relaxing holiday and look forward to another year of achievement, success and effort in 2020. Thank you all for a great year at Erskine Park High School.

Mr Nathaniel Doidge  
Deputy Principal

### ABORIGINAL EDUCATION REPORT

"Here in Australia, we're fortunate enough to have one of the richest and oldest continuing cultures in the world. This is something we should all be proud of and celebrate." - Tom Calma, Aboriginal elder of

the Kungarakkan people and human rights and social justice campaigner.

Term 3, 2019 began with the National Aboriginal Islander Day Observance Committee (NAIDOC) Day School Assembly. Year 7 students Liam Ross and Martyn Taylor did a fantastic job designing and running the entire assembly. This year's theme was Voice, Treaty, Truth. Liam and Martyn talked about the significance and meaning of voice, treaty and truth from an historical perspective, as well as an indigenous perspective. World-famous Aboriginal artist Daren Dunn worked with a large team of EPHS indigenous artists to produce an aboriginal art piece based on this year's theme. The piece was displayed on stage during the assembly and is now being displayed in the office foyer.

EPHS also sent a team of Aboriginal and Torres Strait Islander students to represent us in the annual NAIDOC Games. They travelled to Cambridge Park High School and played the traditional Aboriginal game of Buroinjin, which is something like a cross between AFL and European Handball. Up against the best from such schools as Kingswood High and Cambridge Park High, our team made the grand final and ended up coming away with a silver medal! Special mention goes to Coach Lindsay for his organising and tactical input. Hayden Day of Year 12 did a great job leading the gifted team (Treadie Morgan-Thomas, Jali Nipps, Tarliah C, Jayden Redcliffe, Liam Darlington and Liam Ross) who all did amazingly on the day.



As well as helping students create their NAIDOC Day masterpiece this year, Daren Dunn has visited the school fairly regularly to work on many other masterpieces. There is a plethora of students who

have shown mind-blowing patience, precision and proficiency in producing their paintings. Jenna Stokes has continued to create masterpiece after masterpiece and should be commended. And every other Daren Dunn apprentice - there are too many to name! - should be congratulated, too, for the top notch effort they've invested and the high quality results they have produced.

As well as running art workshops, Daren has also been hosting dance workshops of late. Students have donned traditional Aboriginal paint and outfits and have learned many traditional Aboriginal dances. Look out School Spec 2020 - watch this space! And, speaking of School Spec, some of our Aboriginal dancers - Jali Nipps and Madison Flannery among them - accompanied by Ms Neubronner, travelled to the Acer Arena in Term 4 to put on one heck of a show. Reports were that it was unbelievable - an

incredible display of bright lights, enthusiasm and killer dance moves. Well done to all those who put in such a massive amount of effort and time to represent your culture and people. You should be very proud. And Ms Neubronner, for the extraordinary amount of work that you put in to School Spec—not only for the Aboriginal and Torres Strait Islander students, but for all of the students who participated—your dedication, time and expertise are very much appreciated.



The Australian Indigenous Mentoring Experience (AIME) continued as usual. Tre from AIME came out to the school to host the odd Yarn Circle or traditional Aboriginal game or homework squad. We also headed

out to WSU Kingswood for three big AIME Day excursions. Students learned about culture, history, leadership and teamwork; they heard talks by Aboriginal elders and special guests; they spent time with Aboriginal mentors and friends from other local schools; they played lots of sport and created lots of art; and they ate plenty.



The local St. Clair and Erskine Park Schools (STEPS) Pemulwuy Junior Aboriginal Education Consultative Group (Junior AECG) continued in Terms 3 and

4. Special mention here must go to Liam Ross, the Junior AECG's Senior Vice-president, for his great leadership skills at every meeting. Liam is a natural orator and has really helped shape meetings in a very effective way so that all Junior AECG members have a voice. Senior Junior AECG President Roshaun Hundal and members Jali Nipps and Martyn Taylor have also done more than their fair share for the Junior AECG, organising and running meetings. The last meeting for the year was held on Tuesday the 3rd of December, hosted by EPHS. Liam, Martyn and Jali were in attendance and led the proceedings which included sharing what each school has been up to in Aboriginal Education, discussions on Darug language in STEPS schools, and the upcoming 2020 Custodianship Project (stay tuned!).

Once again, sadly, it is time to farewell our Year 12 Aboriginal and Torres Strait Islander students. Rodney Carlin, Maddison Davis, Hayden Day, Alexander Hundal, Bridget Markham, Mia Silk and Brianna Spooner. These students are off on various paths - some to university to continue their studies, some to trades and jobs. We wish you all the best and we hope you have fond memories of EPHS.

Next year EPHS will continue to work with Aurora. Four of our students last year won scholarships

through Aurora and we currently have a new cohort of students who have applied for their amazing Academic Enrichment Program scholarship for next year. Previous scholarship holders have gone on to study at prestigious universities such as Oxford and Harvard. Winners should be notified by the end of the year. Good luck!

A special shout-out must go to the students who have been regularly saying the Acknowledgement of Country at school assemblies— as well as at other significant days such as principals meetings. Jali Nipps, Liam Ross, Martyn Taylor and Geoffrey Connolly and others have done a marvellous job.

That just about wraps it up for this year. The 2019 calendar has been jam packed and it's been impossible to mention every little thing we've done in only a couple of pages. All Aboriginal and Torres Strait Islander students should be proud of their efforts this year. And a big thank you must also go out to all staff, parents, carers and members of the Erskine Park High School community who have played very important roles too. 2020 is going to be a big one, so rest up over Christmas and get ready for another amazing year!

Mr Giaquinto  
Aboriginal and Torres Strait Islander Student Coordinator

## ADMINISTRATION REPORT

### Term 3 100% Attendance

Congratulations to the students who have achieved 100% Attendance in Term 3 this year. Some of these lucky students were rewarded at the end of last term with canteen vouchers. Students with excellent attendance this term were also acknowledged on the last day with canteen vouchers. These names will be listed in the next years newsletter issue.

### Year 7

Sam Aljabary, Seth Armodoros, Jaxon Astudillo, Luca Chicca, Riccardo Chicca, Jaiden Doru, Olivia Doyle, Cameron Goddard, Jana Hasso, Fidel Hawke, Skye Hurst, Christian Janev, Olivia Jarnet, Aanya Khanna, Paige Lindsay, Isaac Mancuso, Benjamin McCormick, Shanel Mehmet, Peter Mikhael, Emma Nancarrow, Harry Ngai-Toubon, Layla Nikua, Jaida Patuwai, Kayla Raiti, Jiya Raniga, Emily Scriven, Millie Sobiecki, Brodie Walker, Jasmine Whitley, Taylah Williamson, Bob Zawolo.

### Year 8

Harshitha Anar, Hrithik Anar, Emily Baker, Ashleigh Becroft, Jodie Borg, Nicholas Borg, Alex Bowen, Aaron Brown, Kiayla Casserly, Joey Chen, Ethan Crawley, Francis Dagandan, Amber Ebirim, Zoe El-Chami, Jackson Harrison, Christian Honeybrook,



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boys 5 to 19 and beyond



**Brad Howell**  
Regional Manager  
M: 0428 946 824

**RYAN FAMILY  
SCHOLARSHIP**



Janushan Jegatheeswaran, Jaanvi Kumar, Shaylee Layfield, Jessica McGarry, Khloee McKenzie, Kourtnee McKenzie, Amelia Morgan, Azalia Samasoni, Kira Solomon, Chloe Spain, Jemima Taylor, Andrew Theodoropoulos, Piper Threlfall, Kimberley Willdern.

### Year 9

Ihsan Al Jabiri, Roni Alokou, Jemma Benson, Markus Brzoska, Kadiatu Bunduka, Cameron Candy, Geoffrey Connolly, Melanie Duarte Smith, Tiago Gigi Correia, Jessica Hayward, Jessica Hole, William Kulmar, Stephanie Marton, Katherine McCormick, Brooke Misic, Henry Nguyen, Dharm Patel, Nicholas Pedrol, Amel Sultani, Michael Vo, Gabrielle Woodger, Heidi Yopp.

### Year 10

Laura Baker, Annika Codina, Blake De Giorgio, Paige Fisher, Yvonne Fu, Jackson Gardner, Connor Gorey, Noah Hardy, Benjamin Hollier, Roshawn Hundal, Arav Khanna, Baylie Luke, Leto Marketo, Tyrone Myburgh-Sisam, Briana Parkinson, Emma Shennan, Joel Short, Isabel So, Benjamin Tatlock, Amos Taylor, Michelle Wen, Nathan Wray.

### Year 11

Ibrahim Ahmad, Lauren Attard, Ashleigh Bear, Brooke De Oliveira, Georgia Fraser, James Harms, Zaakirah Hussein, Domenic Jurisic, Chantelle Misic, Dylan Mosley, Tara Murphy, Bailey Rushby, Holly Schellnack, Molly Tsanadis, Jarrad Van der Meulen, Blake Walker, Hayley Wiles.

### Year 12

Ethan Baker, Raphael Pinawin.

### HSC Examinations

Our Year 12 cohort have completed their final HSC examinations. Exams were held across multiple venues within the school and we greatly appreciate all of the staff and students who were accommodating to these changes during the beginning of Term 4. We wish all of Year 12 2019 the very best for all your future endeavours.

Ms Lesley Langmack and Mrs Amber Romero  
Head Teachers Administration

### CAPA REPORT

#### Year 10 Visual Arts Excursion

Twenty-five Year 10 Visual Arts students recently visited several exhibitions in the city. The excursion started with a visit to the Art Gallery of New South Wales to see the Japan Supernatural Exhibition. The exhibition featured Japanese artists from a range of different time periods. Some of the works on display were more than 500 years old. Students then

viewed an exhibition celebrating Public Art. This gave students the opportunity to become part of the artwork and gain an insight into the impact it has on society. After lunch, the next exhibition was at the Museum of Contemporary Art in Circular Quay. Students had the opportunity to see examples of large scale installation art, which involved artworks taking up the entire exhibition space. These exhibitions allowed students to see work up close and gave them inspiration to take back to the classroom and employ within their own practices.



### Schools Spectacular



After months of hard work and rehearsals, members of our Dance Squads performed at this year's Schools Spectacular at Qudos Bank Arena on November 22nd and 23rd. The Schools Spectacular is an iconic cultural event, unequalled in the world. With a range of choirs, solo performers,

dancers, a symphony orchestra and world-class stage band, the Schools Spectacular is unparalleled in terms of sheer size, scale and scope. Well done to all the staff and students involved in giving up their time during months of rehearsals and organisation to perform in such a prestigious event.

### Music News

#### Concert Band Remembrance Day Commemorative Service

The Erskine Park High School Concert Band was invited to perform at the recent Remembrance Day Commemorative Service at Victoria Park, St Marys, arranged by the St Marys RSL Sub Branch. It is an honour to play at this event and it highlights the band's commitment in supporting such important events and strengthening their reputation within the local community.



### The Sax Pack Ensemble

This ensemble is the brainchild of four Year 10 students who have been rehearsing countless hours and performing at various official school functions and events over the year. The Sax Pack ensemble members are Amos Taylor, Emma Shennan, Benjamin Tatlock and Shane Hawkins. Their repertoire is a fusion of various musical styles and influences. Playing everything from Queen to The White Stripes, they keep their audiences entertained. If you hear that The Sax Pack is performing a show, do yourself a favour and make sure that you check them out.



Please feel free to contact the CAPA Department at any time to discuss any issues or concerns you may have about your son or daughter or about any of our courses.

Mr Gennaro Serra  
Head Teacher CAPA

### ENGLISH REPORT

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl

In English this term we have been working through new units of work, enjoying texts from around the world, and working with local primary schools and the community.

Year 12 have commenced for the 2020 HSC and all students are currently working on the common module which is all about our human experiences and how they are conveyed in texts. Students have their first assessment task focussing on their own analysis of a text of their own choosing.

Year 10 have completed a novel study and have been working on perfecting their essay writing skills in preparation for the senior years.

Year 9 have been learning about the way culture is shown in a range of texts from Japan. They have enjoyed creating their own texts and have showed some skill with haiku as you can read below. Year 9 were also involved in the Rotary Public Speaking competition. This provided the students with an opportunity to compete against local students at Twin Creeks Golf and Country Club. Erin Galang and Samantha Lim proudly represented Erskine Park High School and Erin was the winner of the senior division. Both students did an amazing job and enjoyed the experience.

Year 8 have studied Australian texts this term and thought about the way we represent our country and people through our poems, stories and films.

While, Year 7 ended the term with a film study they began the term with the Fiction Frenzy unit culminating in the Fiction Frenzy fun fair. At the fair the best students from Year 7 and Year 6 JEPS students presented their displays, showcasing their understanding of their chosen novels and creative skills in transforming them into new texts. All students proudly displayed their work and we all admired the great work presented.

### Year 9 Haiku about the seasons

#### Summer

Gilded temples shine  
Long grasses sway in the breeze  
Koi swim merrily - Alison Filmer

#### Autumn

Like trees in autumn,  
Shed your wilting, crumbled leaves,  
And be true to you - Gabrielle Woodger

#### Winter

Above the mountains  
The crisp touch of the moon rose  
Feeling the landscape - Luke Greaves

#### Spring

The strawberries grow,  
A cloud of cherry blossom  
The fruit of Japan- Sameeksha Patro



Mrs Kelly Hodkinson  
Head Teacher English

### HSIE REPORT

Season's greetings from the HSIE faculty. Term 4 has seen some significant developments. At the time of writing, Ms Neubronner and Zack Lynch were representing the school for the National Maritime



Museum in Japan. Zack was a successful applicant in a contest that investigated parts of Japanese History.

Elsewhere in the faculty, the 2020 HSC subjects of Society and Culture, Ancient History, Business Studies, Modern History and Legal Studies are underway. Students were beginning to feel the pressure that all past HSC students have experienced. That is an important thing to remember. Whenever a 2020 HSC student feels that it is all getting too much, keep in mind that countless others have completed the HSC and they experienced the same kinds of pressure. Do not give in. The year will go by quickly.

Year 9 Commerce have just completed a lolly stall exercise in the topic of "Running a Small Business".



Ms Neubronner's Elective History Class researched espionage and World War II. Students from that class undertook role-play exercises.

Year 7 studied Ancient India. Students were amazed at the Caste System, Indian culture and the Bollywood movie, Majendra Daro (An ancient city that still exists in India).



May you all have a peaceful and restful Summer School Holiday. Merry Christmas from the HSIE faculty.

Mr Grant Kelly  
Head Teacher HSIE

## **LIBRARY REPORT**

### **The Premier's Reading Challenge 2019**

The Challenge aims to encourage a love of reading

for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier's Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9.

### **Platinum Certificates for 2019**

Jaanvi Kumar Year 8

Annalise Woods Year 9

### **Medal Recipients for 2019**

Aamya Khosla Year 10

Hurairrah Masood Year 10

Vacha Patel Year 9

Mrs Sylvia El-Chami

Relieving Librarian

## **LOTE REPORT**

### **Chinese calligraphy and magic paper to engage students' learning**

New technology of magic paper has engaged students with their Chinese calligraphy learning.

This new technology has replaced the traditional ink and ink stone which can be messy when it is not handled properly. With new technology applied in the magic paper, students only need water to write. Magic paper has a variety of options for students to choose from. Magic paper with colour grids which can be more attractive and interesting while they are practising with characters to be in different colours. Blank magic paper can challenge students' imagination and creativity with animation images displayed on the whiteboard, showing students the stroke sequences.

Congratulations on your learning and achievement, Year 7!



Mr Dianzhi Li  
LOTE

## **MATHEMATICS REPORT**

We are winding down on another year and for some of us we have put in the effort and seen the results of our labours come to fruition and for others it is a time to re-evaluate what we want out of our time in high school and work towards goals that will allow us to achieve success.



### Study Guides

This year has seen the introduction of study guides for all junior examinations. We allow these guides because we want to be able to assess a student's application of the concepts rather than just their working memory. The guides have improved anxiety around exams for some and has given others the opportunity to put valuable and worthwhile time into their preparation. Below are some tips for making a useful study guide:

- Use both sides of your A4 sheet and organise your information by topic.
- Use worked examples from your teacher or textbook so you have modelled solutions for the exam
- Use colour! Highlighters and colour textas are a useful tool in finding information quickly
- Write the guide yourself. Copying questions without understanding won't help you in an exam.

Good luck

### School Leavers

Whether you are finishing up Year 12 or are finding your way into employment, some of you would have calculators that you no longer want/need. We often loan calculators out to students who don't otherwise have them but we are running short. If you no longer need your calculators and wish to donate them please come and see your math teacher or come to the staff room. We would appreciate any support.

### Problem Solving Challenge

I love giving problem solving challenges to students so I thought I would end my submission with one for anyone with an itch to scratch.

I spilled some alphabet soup onto a 3x3 grid (yeah, really).

- E is to the right of C.
- A is to the right of G which is above B, which is to the left of F.
- I is above D which is to the left of G.

Complete the grid to show where it landed!


Mr Scott Smith  
Head Teacher Mathematics

### PDHPE REPORT

Students completed the following units in Term 4.

Year	Theory	Practical
Year 7 PDHPE	Healthy Lifestyle	Traditional Games / Net Games
Year 8 PDHPE	Fit to Live	Team Challenges/ Initiative Games
Year 9 PDHPE	Fitness and Me	Team Games 2/ Tournaments
Year 9 PASS	Event Management	Event Management
Year 10 PDHPE	Health Consumerism	Recreational Sport
Year 10 PASS	Global Sport	
Year 11 PDHPE (Year 12 PDHPE 2020)	HSC Core 1 Health Priorities in Australia	n/a
Year 11 SLR (Year 12 SLR 2020)	Fitness	

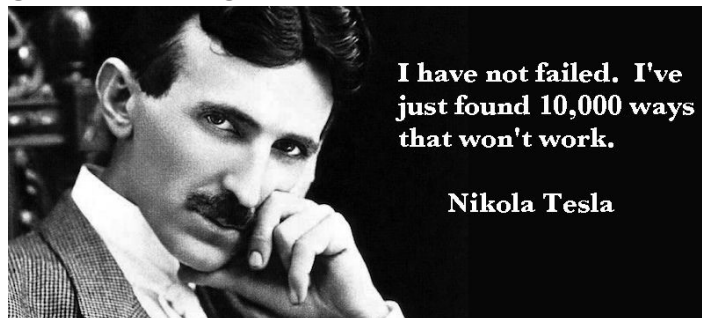
### Practical Lessons

Students are reminded to always bring their PE uniform for practical lessons. Due to hot weather, it is important to be changing for hygiene reasons, as well as meeting the requirements of PDHPE practical lessons. Students are provided the opportunity to change at the beginning and end of each lesson, so students should not be wearing PE uniforms to and from school.

It is also recommended for students to bring a hat and drink bottle as this ensures safe participation whilst outdoors in the sun.

Mrs Megan Tucker  
Relieving Head Teacher PDHPE

### SCIENCE REPORT



**What we studied in Term 4?**

Year 7	Life's Lego Interaction between Organisms/ Classification
Year 8	Energy Let's Rock/Resources
Year 9	Ecology It's Elementary
Year 10	Invisible Waves Universe

**Validation of Assessment 4 Learning and Individual Development (VALID) - Year 8**

Our Year 8 students sat for this interactive, multi-media, on-line assessment during Week 3. This diagnostic test contained tasks framed on Stage 4 outcomes and essential content from the NSW Science 7 to 10 syllabus.

**Congratulations****Victor Chang Cardiac Institute Research Institute Award Recipient - Teegan Ryan**

The Victor Chang School Science Awards celebrate the achievement and commitment of Year 11 Science students. Teegan has excelled in both Chemistry and Biology this year. As part of the award Teegan will have the opportunity to tour the Victor Chang Cardiac Research Institute.

**In Class**

*L - Year 7 modelling the scale of the solar system*

*R - Year 8 demonstrating convection currents*



*L - Year 10 making lolly models of DNA*

*R - Excursion to WSU for Science and Maths exposed*



*Excursion to WSU for Science and Maths exposed*

**WINNER - Bring Your Own Device 100% of the time**

The Science Faculty runs an initiative which rewards students for bringing their devices to science fully charged every lesson and consistently using them in a positive manner. Each term students who have met these criteria are put in to a lucky draw to win a JB Hi-Fi gift voucher. Term 3 winner was Brianna Edwards of Year 11. Congratulations.

Students are encouraged to bring their devices for the opportunity to win the voucher.

**Well wishes for Year 12 Science classes**

We wish all our year 12 students the very best for their life after the HSC. We thank you for all the wonderful memories.

Mrs Kristine Bachtis  
Head Teacher Science



## SUPPORT REPORT

### Year 12 School Leavers

Congratulations to Rodney Carlin and Brayden Latorre for finishing Year 12 and graduating from Erskine Park High School. We wish you both the very best and can't wait to hear about your future successes.

### School Spectacular

This term has been flat out with many of our students taking part in the rehearsals leading up to the School Spectacular that was held on Friday the 22nd and Saturday the 23rd of November. Congratulations to all students involved. It was a night we won't forget!

A big thank you to Miss Neubronner and Ms McWilliams for taking the students to and from the venue.

### Inclusion Shield Indoor Soccer Tournament

On Wednesday the 18th September, students from Erskine Park High School participated in an indoor soccer tournament. The students had a lot of fun competing against other schools in area. Unfortunately we didn't win the tournament, however, the students played extremely well and won a few of their games. We look forward to seeing what happens next year.



### Work Experience

Well done to our senior students participating in work experience at Thorndale this term. Welcome, also, to our new junior students Chloe Giddy and Annalise Woods who have been working exceptionally well. A big congratulations to Kurtis Gibson for acquiring part time work through his independent work experience employer.

### Rewards Excursion

At the end of Term 3, students who had shown dedication and diligence were given the opportunity to attend a movie and pizza rewards day.

Another rewards excursion for Term 4 for students that continued to showcase their positive behaviour received an invitation to attend bowling.

## Other Fun Activities

Students have been engaging in many different activities in class throughout the term. Here are just a few we can see including a filtration experiment and a heating particles experiment.



### Year 10 Formal 2019

The Year 10 formal was held at Penrith Panthers on Tuesday 3rd December. We had 12 students attend-our largest cohort ever!!!

Students arrived in some pretty awesome cars looking absolutely splendid in all their best gear. They took the opportunity to get a few selfies and group shots, including some with their teachers. Students were well behaved and enjoyed a nice meal with their peers before dancing the night away.

Special mention goes to Sarah Clarke who took out two awards on the night-“Best Dressed Female” and “Always Smiling”.



Mr Andrew Blom  
Head Teacher Support

## TAS 1 REPORT

2019 has been a fantastic year in TAS 1. We have seen changes to the Technology Mandatory course with students participating in the new and exciting Delicious Dairy Food unit and creating fantastic Aboriginal Art inspired apron pockets in Textiles. We look forward to another exciting year with changes to the Stage 5 units across our subjects. We would also like to take the opportunity to wish all our students and families a safe and happy holiday and look forward to the 2020 school year.

### Year 7 Fast and Curious Unit

This term Year 7 students have been completing the Fast and Curious Unit to learn about coding for the future. They have also been learning about the Internet of Things and smart cities. Students have learnt to code smart cars to travel around an interactive track to solve a traffic problem for the future.

### Student as Lifestyle Activists (SALSA)

The SALSA peer leaders participated in an incursion during week 5 this term to prepare a variety of fruit based treats that were sold to students at lunchtime for a fundraising event. The main aim of the incursion was to introduce healthy options when conducting fundraisers, and provide our SALSA leaders with the knowledge and skills to prepare the healthy food items. The SALSA peer leaders have shown a lot of commitment to the program throughout the year, and their efforts from the incursion was made evident through the success of the fundraiser.



### Stage 5 Food Technology

Students in Year 9 and 10 Food Technology have been baking and decorating Christmas cookies as a special gift for their family and friends. Students have enjoyed creatively experimenting with different Christmas decoration techniques and cookie recipes.



## Practical Subject Requirements 2020



A reminder to students and parents it is a Department of Education requirement that all students participating in practical subjects wear leather shoes. Students participating in

Food Technology, Textiles, Agriculture and Technology Mandatory in 2020 will be required to wear leather shoes when participating in practical activities. Students participating in Food Technology in 2020 will also require an apron and container for practical lessons.

Mrs Kaitlin Van Ommeren  
Relieving Head Teacher TAS 1

## TAS 2 REPORT

This semester has seen students across the stage 5 Industrial Technology courses working towards the completion of their projects for the year.

The 100 hour Industrial Technology Timber students have been working on their bread box projects applying the various skills they have learnt throughout the year and advancing their knowledge and skills in the use of tools and machinery. Some students have even had the opportunity to try their hand at turning a handle for their box.



Within the 200 hour Timber course, students have been working towards making their various designs



a reality. Each student has been challenged to learn and apply different joints and techniques to suit the small side table design they developed in their first two assignments. Students have shown creativity and independence within their project work to solve issues that have arisen and many have taken the opportunity to extend their knowledge and abilities.



The 100hr Industrial Technology Metal work students have also been completing their projects for the year expanding their knowledge of sheet metal through their Tool Box. Many students also took on the challenge of producing a bottle opener, requiring them to accurately mark out, drill and cut to achieve a functioning product. The opportunity was also given to experiment with heat treatment of the metal for the purpose of hardening and also adding a decorative colour effect.



While in the 200 hour Metal course students have been working towards the completion of their Major Practical Project camping BBQ designs, advancing and practicing their skills with welding. They have also been working on producing a cente punch after completing the tack hammer, further developing their skills on the lathe.



This semester in Graphics Technology the students studied Architecture. They completed a group project that involved researching shopping centres and creating floor plans for a shop in a shopping centre. Also the students completed a product and packaging project that involved developing all stages from initial

concept through to final product and packaging. Tinkercad was used to design some of the products.



*R - Architecture - Storefront design of pet shop*

*M - Architecture - Adoption Centre for pet shop*

*L - Architecture - Floor Plan*

Mr Inben Pather

Head Teacher TAS 2

## TEACHING AND LEARNING REPORT

In Term 3 we conducted the PAT (Progressive Achievement Tests) with our Year 7 cohort to see how they have progressed across the year. This data gives us an insight into the areas that the students have made progress across their learning goals this year and also the areas where students may require more support going forward. All students were engaged in this task and provided the best performance possible, and thus the best opportunity for targeted support.

The Year 11 cohort completed their final exams in the last 2 weeks of Term 3 and some of the students were given special provisions for these exams. These students are reminded that going forward into Year 12 that if they wish to have special provisions for future examinations that they will need to see the Teaching and Learning faculty for the correct forms as HSC examination special provisions are approved by NESA (New South Wales Education Standards Authority).

We also saw the graduation of the outgoing Year 12 2019 cohort. Many of these students have been working with the Learning and Support team for a long time, supporting them to achieve their goals, and we wish them all the best in their future endeavours as we bid them a fond farewell.

Term 4 has seen the start of the HSC and we wish all of our Year 12 students the best of luck, keeping well in mind however that "Your Exam results do not define you as a person and/or predict your future" (Henry, L). That this is just the beginning of the journey of your life and there is plenty of more adventures ahead.

Many of our junior students also sat their yearly examinations for their subjects. We are supporting students both in classes and students who require being withdrawn for exams during this period. If caregivers have any concerns about their students please feel free to contact the school and let us know and we will do our best to support your student. It

is important to note that anxiety during this time is a normal response to situations of stress and students will benefit strongly from developing resilience and techniques to manage test anxiety. Strategies such as completing practice papers and making notes so that they are adequately prepared can ease the stress of an impending exam. If a student feels that they continue to struggle they should seek the advice of their year adviser, school counsellor or an external service provider such as Headspace for help managing this feeling of anxiety.

Our Year 10 cohort have successfully conquered the Reading and Writing HSC minimum standards and are completed their numeracy minimum standards in their Maths classes. Any student who did not successfully meet the minimum standard in numeracy in this first attempt were provided with mini lessons and had a second attempt prior to the end of the year.

We wish all of the students at Erskine Park High School the best of learning in term 4. As always if you have any questions or concerns about your child's education please do not hesitate to contact us with your questions.

Mrs Alison Billiards  
Head Teacher Teaching and Learning

## WELLBEING REPORT

As we approach the end of another busy year, I would like to thank all of our hard working year advisers and assistant year advisers for their dedication to their students, providing fun and relevant CLUES lessons and always making time to give advice and support to our students.

A special thank you goes to our Year 10 team Miss Christensen and Miss Yates for their organisation of the Year 10 formal held at Penrith Panthers, the evening was a great success. To Miss Mills and Mr Giaquinto, for the Year 12 formal held at Twin Creeks Golf Club. The evening ran smoothly and it was a lovely event to celebrate the end of the school journey for our graduating students.

I would like to remind students about looking after their mental health and look after themselves by following simple steps such as:

- Recharging the brain by making sleep a priority
- Fuelling the body and mind with a healthy diet
- Keeping the body active
- Managing social media and negotiating with parents

- Avoiding the use of drugs and alcohol (and caffeine).

As we find out how Year 12 have gone with their HSC exams, I think it's important to remember that students are not their ATAR score, and 'success' or 'failure' in the HSC is not a measure of a person's worth. For some students, surviving Years 11 and 12 may involve thinking about it like a game. Certainly, we can't always change a situation, but we can change how we think about it. A positive outlook is a skill for life.

If you would like more information for helping our students, visit the Beyond Blue website or the [Student wellbeing hub](#) parents for some wonderful resources.

Wishing everyone a happy and safe holiday and looking forward to seeing you all back at Erskine Park High School in 2020.

Mrs Tegan Misdom  
Head Teacher Wellbeing

## YEAR 7 REPORT

Welcome back to Term 4, we hope you all had a great holiday. Term 4 will prove to be another busy term and we encourage all students to continue to strive for excellence. Year 7 have been receiving record numbers of bronze and silver awards this year and are reminded to keep collecting and handing in your teachers awards to Miss Ryan.

### Gibber

Year 7 students experienced a Western Sydney University backed program "Gibber"; meaning, in a shocked and surprised manner. The program communicated to students the importance of tertiary education in a realistic and fun manner.





**Advice of Year 7 2019**

"Always be out there and try new things" - Taliyah Moeroa 7G



"Make new friends and be organised" - Angel Thompson 7J



"Be open to meeting new people" - Sean Caulfield 7R



"Make sure you go to the orientations day so you can meet new friends and know where things are" - Callum Alessio 7W

Mr Darwin Mendoza and Miss Amy Ryan  
Year 7 Adviser and Assistant Year Adviser

**YEAR 8 REPORT****Rewards BBQ**

At the end of last term, a BBQ was held for those students who consistently follow school rules and always demonstrate a positive attitude to their learning. These students also received an award commending them for their outstanding conduct this term. Miss Tulloch and I were proud to see so many students attending the BBQ and receiving the awards. We hope to see this number increase for future reward BBQ days.

**Boys Shed**

Boys Shed is a 10 week program run by Community Junction at St Clair Youth Centre. A group of Year 8 and 9 boys are challenged to get out of their comfort zones and develop personal and social skills, in a fun environment. The boys are involved in activities such as cooking, bushwalking, high ropes and team building. They also have the opportunity to work

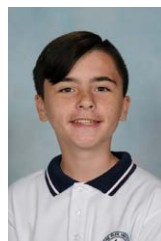
towards the completion of a personal project. The Year 8 boys involved in this program are Hrithik Anar, Nathan Boulter, Jake Fowler, Cooper Kelleher, Kai Pratt and Jack Weeks.

**Real Girls**

This term, a group of Year 8 girls are involved in a program called Real Girls. This program is run by Community Junction and is running on Tuesdays from Week 2 onwards. The program aims to empower girls in all areas of their life. With focus on building confidence and understanding of one's self worth, develop one's ability to make wiser decisions, empower individuals about making positive contributions to the community and to help set and achieve goals, this program is rewarding for all participants.



As this is the final report for Year 8 for 2019, let's hear from the students themselves. I asked some students to share their favourite things from Year 8 and what they are looking forward to in Year 9.



**Bailey Anderson**

My favourite thing about Year 8 was being able to expand my knowledge on subjects from the previous year in greater depth. I am looking forward to being able to choose what I study in my electives.



**Azalia Samasoni**

My favourite memory from Year 8 was being a member of the basketball team. In Year 9, I am looking forward to trying out for different sports and PASS elective.



Jaxon Witchard

My favourite part from Year 8 is English and my English teacher Miss Crowshaw. I am looking forward to electives in Year 9 and having more responsibility for my learning and around the school.



Brooke Ryan

My favourite thing about Year 8 was hanging out with my friends and trying new subjects like Art. I am looking forward to having a say in my learning in Year 9 by choosing my electives.

Mrs Megan Tucker and Miss Kristen Tulloch  
Year 8 Adviser and Assistant Year Adviser

## YEAR 9 REPORT

### Introduction

Success is the sum of small efforts, repeated day in and day out.

It has been a long and challenging term for Year 9 students, however they should all be proud of their accomplishments and perseverance. As we continue towards the end of the school year myself and Mr Sayers encourage each and every student to continue on with the positive applications they have been making in the classroom and in the broader school environment. Please don't forget that if anyone needs anything over the last few weeks of school whether it be support with class work, wellbeing or just a general chat, I can be found in the HSIE staffroom and Mr Sayers can be found in Science. Remember we are here to support you.

### Peer Support

Over the last few weeks year 9 students have been invited to volunteer for the Peer Support program. The program will involve the students next year working with year 7 students to help with their transition to high school. I would encourage any of our wonderful year 9's to put their hand up for the program as it is an excellent way of developing your leadership and teamwork skills while supporting junior students. If you have any questions regarding the program, please see Miss Mills in the English staffroom. Selections for peer support leaders will be made in the next few weeks.

### Rotary Public Speaking

Congratulations to two of our year 9 students, Samantha Lim and Erin Galang, on being selected for the Rotary Public Speaking competition. The girls

were selected out of their peers by Mrs Quayle and Mrs Hodgkinson to give a speech at Twin Creeks Golf and Country Club with the other participating STEPS schools. They should both be immensely proud of their accomplishments. Good luck girls!



### Book in a day

Last term several Year 9 students participated in the "Book in a day" activity. Students arrived to school at 7am and worked in the library until 9pm. Their task was to work with groups of year 6 students from JEPS to create an entire illustrated novel in the course of just one day. This meant that the students had to plan, write drafts, storyboard and then publish their own books all in the course of just one day. The students involved displayed impeccable behaviour and leadership qualities amongst the year 6 students and were highly commended by the primary school teachers for how inclusive they were to the younger students.



### N Awards/Behaviour

As we look to complete Year 9 schooling it is important that students are aware of any potential N awards they have outstanding. N Awards are for non-completion or non-serious attempts of assessment tasks or class work, and must be cleared for students to receive their ROSA next year. If you are unsure



if you have any outstanding N awards, please come and see myself, Mr Sayers or your classroom teachers to clarify. There is plenty of support available to students to complete these tasks, again from year advisers, class teachers or the Teaching and Learning Centre in the library. If you don't ask or don't find out we can't help you, so make the effort to check. Finally all year 9 students are reminded to continue the positive behaviour they have been exhibiting for the remaining weeks of school. While it has been a long and difficult term, you are still expected to be attending classes and completing work the same as you have been for the rest of the year.

Well done on a wonderful year. Myself, Mr Sayers and Ms Humphrey could not be more proud of you all as a cohort and know that with the same effort, you will be a truly outstanding group of Year 10 students!

Mr Joshua Banks and Mr Josh Sayers  
Year 9 Adviser and Assistant Year Adviser

## YEAR 10 REPORT

Welcome to Term 4 and our final newsletter for the year. This term was another busy one with students completing their yearly examination, presentation night and recognition assembly.

### Recognising Student Achievement

We were excited to celebrate the academic and sporting achievements and school service recognition of our Year 10 students at both the recognition assembly and presentation evening. It was great to see so many of our students being recognised for their dedication over the year. We would also like to congratulate all of the Year 10 scholarship award winners.

### Year 10 Formal

Students celebrated the end of their Year 10 schooling with the formal. Students conducted themselves with dignity and represented themselves and the school with pride. It was great to see so many of our students attend and have a fantastic night, even if sore feet was the price to pay.



We would like to say a big thank you to the member of the formal committee who assisted in the decisions and decorations. Without their help the formal would not have looked as incredibly as it did.

As this is the last Year 10 newsletter for the year we would like to wish all students and their families a happy holiday and new year. Looking forward to seeing you all in 2020.

Miss Rebecca Christensen and Miss Alice Yates  
Year 10 Adviser and Assistant Year Adviser

## YEAR 11 REPORT

Welcome to the Term 4 newsletter. Year 11 have been very busy with the commencement of the HSC course in all subjects and have been succeeding in many areas.

### Victor Chang Cardiac Research Institute Science Award

Congratulations to Teegan Ryan who received the Victor Chang Research Award for excellence in Science.

### Premiers ANZAC Memorial Scholarship By Keira Eadon

Over the previous school holidays, I was one of twenty lucky recipients of the Premier's Anzac Memorial Scholarship 2019, sponsored and supported by the Department of Veterans' Affairs and the Australian government. To apply for this amazing experience, last year, I created an artwork celebrating women in both World War I and World War II, including my own great grandmother. Over fifteen days, from the 27th of September to the 12th of October, I got to share the extraordinary experience of touring significant World War I and World War II sites in Germany, Belgium and France, including historic sites of Nazi Germany, many battle sites of iconic Australian battles in both wars, many Commonwealth War Cemeteries commemorating the many soldiers who lost their lives and amazing landmarks, museums and cities. Over 2 weeks, I bonded with 19 other students from New South Wales, creating friendships and experiences I will remember and cherish for the rest of my life.





### Merry Christmas and Happy New Year

I would like to wish all families a safe and happy holidays. Enjoy a nice and relaxing few weeks and I will see you all on Wednesday 29th January for our final year together as the class of 2020.

Mr Brent Parkhill and Miss Chelsea Neubronner  
Year 11 Adviser and Assistant Year Adviser

### YEAR 12 Graduation

On Thursday 26th September 2019, the Class of 2019 officially graduated from Erskine Park High School. The students were joined by family, friends, teachers and their peers to celebrate the end of their high school journey and reflect on the past 13 years of education. The large number of attendees is a testament to the achievements of each student and showcased the support of parents and loved ones.

We wish all our students the best with their final Higher School Certificate examinations and we know that each and every student will be successful in their future endeavours. It has been such a pleasure to be a part of their time here at Erskine Park High School.

"What a wonderful thought it is that some of the best days of our lives haven't happened yet"



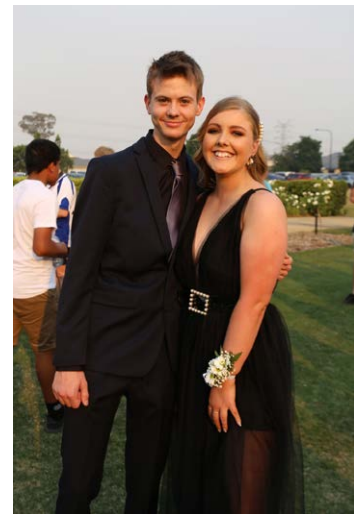


### Finally

"Embrace uncertainty. Some of the most beautiful chapters in our lives won't have titles until much later."

What a journey it has been. Throughout the course of the past 6 years, staff at Erskine Park High School have watched each and every one of you grow and mature into the wonderful young adults you are today. We have witnessed you persevere and succeed at a range of tasks and we have seen how kind, generous and strong you all are.

Thank you all for attending the formal on Thursday 14th November, 2019. It was a wonderful night with many photos taken and many memories made. The large number of teachers in attendance is a testament to the amazing people you are, and we are so proud to have been a part of your Erskine Park High School journey.



As you embark upon a new adventure, my wish for you is that you embrace every moment and that you live in the moment. I wish for you all to surround yourself with those that bring out the best in you and that you learn from your mistakes, for a life without error is one without learning. I wish for you to take every opportunity afforded to you and to never let the voices of others suffocate your inner voice.

Miss Nikeisha Mills and Mr Mark Giaquinto  
Year 12 Adviser and Assistant Year Adviser





# Blacktown City Suns Junior Australian Football Club

**We want you to come and try AFL FOR FREE with us!**

We offer Junior Football for boys and girls aged 8 - 14,  
and AFL Auskick for boys and girls ages 4-8!

If you've ever wanted to try AFL, here is the most amazing opportunity in the west. You do not need any previous AFL experience, and everyone is welcome!

## **Location**

Blacktown International Sports Park

If you are interested, please contact

Jamie Hart: [jhart@blacktowncitysuns.com.au](mailto:jhart@blacktowncitysuns.com.au)





# The Martial Way

## Karate for kids & adults

Shotokan Karate for ages 10 years to adulthood

Learn and develop skills in a safe and controlled environment

Classes run during school terms with an affordable payment schedule

Training based on the philosophy and concepts of Bushido & Zen

Martial Arts industry accredited



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[www.themartialway.com.au](http://www.themartialway.com.au)



[enquiries@themartialway.com.au](mailto:enquiries@themartialway.com.au)



Dean Park Neighbourhood Centre

9 Yarramundi Dr, Dean Park NSW 2761 | Tues & Thur | 6:00 PM - 7:00 PM

Minchinbury Neighbourhood Centre

46 Minchin Dr, Minchinbury NSW 2770 | Mon & Wed | 6:00 PM - 7:00 PM



Bushidō

Discipline

Patience

Confidence

Respect

Zen

**Free wakeboarding and entry to Aqua Park** (age limits apply).

**Unlimited water play for kids under 6yrs. Parking on site and free shuttle buses from Jamison Park.**



# AUSTRALIA DAY 2020

**26 JANUARY**



**10AM - 5PM**



**FREE EVENT**

**CABLES WAKE PARK  
JAMISON RD, PENRITH**

Register for water activities at  
[penrith.city/ausday](http://penrith.city/ausday)



## Erskine Park High School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

**Thursday 13 February 2020 and Monday 17 February 2020**

**ORDER NOW go to [www.advancedlife.com.au](http://www.advancedlife.com.au) and enter the code  
4HM GKJ T8N**

Dear Parents,

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](http://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 direct them via email to [enquiries@advancedlife.com.au](mailto:enquiries@advancedlife.com.au)



### ERSKINE PARK HIGH SCHOOL

#### UNIFORM SHOP

#### EXTENDED TRADING HOURS FOR END OF TERM 4 & TERM 1 - 2020

The Erskine Park High School Uniform Shop will close for the school holidays on Wednesday 18<sup>th</sup> December at 3.00pm and will re-open for Term 1 on Monday 20<sup>th</sup> January at 9.00am.

Please find Extended Trading Hours for all students.  
All new parents must make an appointment.

#### Term 4 2019

Monday 2 <sup>nd</sup> - Friday 6 <sup>th</sup> December	9.00am – 4.00pm
Monday 9 <sup>th</sup> - Friday 13 <sup>th</sup> December	9.00am – 4.00pm
Monday 16 <sup>th</sup> – Wednesday 18 <sup>th</sup> December	9.00am – 3.00pm

Unfortunately, due to Orientation Days we cannot take appointments on the 3<sup>rd</sup> or 10<sup>th</sup> December

#### Additional Term 1 holiday trading hours 2020

Monday 20 <sup>th</sup> - Friday 24 <sup>th</sup> January	9.00am - 4.00pm
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#### Monday 27<sup>th</sup> January – closed for Australia Day Public Holiday

Tuesday 28 <sup>th</sup> - Friday 31 <sup>st</sup> January	8.00am - 4.00pm
Tuesday 4 <sup>th</sup> - Friday 7 <sup>th</sup> February	8.00am - 4.00pm

The uniform shop will return to normal hours on Tuesday 11<sup>th</sup> February 2020 at 8.00am

Throughout the school term our opening hours are:

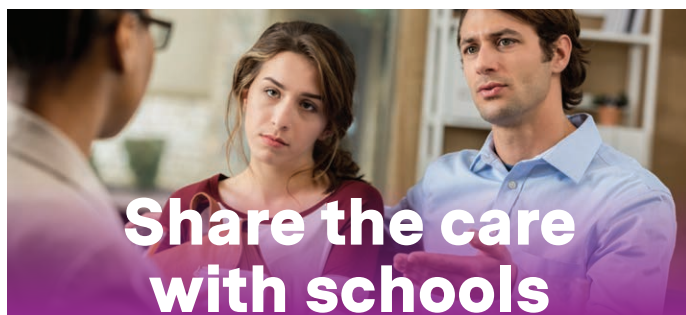
Tuesday 8.00am - 4.00pm  
Friday 12.00pm - 3.00pm

Phone - 96701691  
Email - [erskinpark@midford.com.au](mailto:erskinpark@midford.com.au)

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Changes in your child or young person's mental health can affect their schooling and relationships, however support is available for school students experiencing mental health concerns.

**Please let your school know if your child or young person has presented at or been admitted to hospital for mental health issues so they can discuss further support.**

You or an advocate can talk to the Principal, Deputy Principal, Year Advisor, Head Teacher Welfare or School Counsellor/Psychologist to develop a plan.

#### Ask your school for help with:

- Keeping your child or young person safe.
- Returning to school following a mental health crisis.
- Identifying school staff your child or young person can talk to.
- Developing an individual support plan to help stay connected with school during tough times. This might include flexibility around school hours, homework or catching up with school work.
- Accessing support from the school and outside agencies.

#### Services that can help

**Ambulance, Police or Fire**  
Dial 000 (Triple 0)

**Kids Helpline**  
1800 55 1800

**Lifeline**  
13 11 14

**Mental Health Line**  
1800 011 511

**Suicide Call Back Service:**  
1300 659 467

**headspace** (12-25 year olds)  
1800 650 890 or [eheadspace.org.au](http://eheadspace.org.au)

**beyondblue**  
1300 22 46 36

**Online Chat:**  
[beyondblue.org.au/get-support/get-immediate-support](http://beyondblue.org.au/get-support/get-immediate-support)

**Poisons Information NSW**  
13 11 26



DIT-002 050519



#### 24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and in live WebChat. **Telephone: 1800 55 1800** or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

The **Kids Helpline website** has separate sections for kids 5-12 years old (including dealing with holiday hassles), for teens 13-25 (including managing relationships; what happens after school; if you are concerned about suicide and someone you know), and for parents and carers (including understanding grief and loss).

- **Lifeline**  
24-hour national telephone crisis counselling service and online counselling  
Telephone: 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)
- **Suicide Call Back Service**  
24-hour national telephone counselling and online service for people 18 years and over  
Telephone: 1300 659 467 or [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **e-headspace**  
Online counselling for young people 12 to 25 years – [www.eheadspace.org.au](http://www.eheadspace.org.au)
- **Mindhealthconnect**  
Website aggregates mental health resources and content from the leading health organisations  
[www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)
- **beyondblue: National depression initiative**  
24-hour telephone support and online chat service with links to local services  
Telephone: 1300 22 4636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)



The Mental Health Line is a **single number, state-wide 24 hour mental health telephone access service**. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them. Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

**GoodGrief** - [www.goodgrief.org.au/assistance](http://www.goodgrief.org.au/assistance) - information on children and grief, young people and grief, and supporting someone who is grieving.



**Conversations Matter** is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.  
[www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide](http://www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide)

Collated by NBMLHD School-Link Coordinator - November 2019

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## Some Resources and Tips for Parents for over the School Holidays

This information has been put together to assist you in supporting your young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful. Please keep this resource handy.

#### Here's a link to some information about child safety.

[www.facs.nsw.gov.au/\\_data/assets/pdf\\_file/0008/319058/child\\_safety.pdf](http://www.facs.nsw.gov.au/_data/assets/pdf_file/0008/319058/child_safety.pdf)

#### Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

##### Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

##### Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

##### Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

#### Here are some resources and services that you or your young person can access:



These factsheets contain some very helpful information:

'Support your young person during the school holidays' headspace School Support Factsheet:

[www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf](http://www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf)

'If your Friend is not OK' - a resource for young people to encourage them to seek help if they are worried about a friend.

[www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf](http://www.headspace.org.au/assets/Uploads/Resource-library/Young-people/If-your-friend-is-not-okay-web.pdf)

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The **Rural Adversity Mental Health Program (RAMHP)** helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area. [www.ramhp.com.au/](http://www.ramhp.com.au/)

For a map of areas covered across NSW, see: [www.ramhp.com.au/?d=69#map](http://www.ramhp.com.au/?d=69#map)

You can click on a range of resources on their **Get Help Now** page:

[www.ramhp.com.au/get-help-now/links-mental-health-services/](http://www.ramhp.com.au/get-help-now/links-mental-health-services/)

Sonia Cox is the Lithgow RAMHP Coordinator:

[Sonia.Cox@health.nsw.gov.au](mailto:Sonia.Cox@health.nsw.gov.au) 0448 125 676

#### Support around Bushfires and Disasters

##### Emerging Minds: Preparing children for the threat of a bushfire:

[http://earlytraumagrief.anu.edu.au/files/Preparing\\_children\\_for\\_the\\_threat\\_of\\_bushfire\\_ACATLGN\\_APS.pdf](http://earlytraumagrief.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATLGN_APS.pdf)

##### From the Australian Red Cross

##### Talking with children before an emergency

<https://rcan-kentico-prod.s3.amazonaws.com/australianredcross/files/9a/9ad68e97-77de-4867-bf85-7de3d3446e71.pdf>

##### Your Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

[www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx](http://www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx)

##### Orygen - helpful Youth Health Factsheets on a range of mental health issues:

<https://ovh.org.au/client-hub/fact-sheets>

These include:

**Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders; Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Getting active (PDF); Sleep.**

#### Holiday Activities

**Local Councils** usually provide a **calendar of activities** happening at Libraries and other council venues.

**Check your local council's Website or Facebook page closer to the summer holidays for more information.**

**Penrith City Council:** [www.visitpenrith.com.au/events/search](http://www.visitpenrith.com.au/events/search)

**Blue Mountains City Council:** [www.bmcc.nsw.gov.au/school-holiday-activities](http://www.bmcc.nsw.gov.au/school-holiday-activities)

See also Blue Mountains Stronger Families Alliance: [www.strongerfamilies.net.au/](http://www.strongerfamilies.net.au/)

**Hawkesbury City Council:** [www.hawkesbury.nsw.gov.au/news-and-events/events/whats-on](http://www.hawkesbury.nsw.gov.au/news-and-events/events/whats-on) (you can select activities according to audience by age and activities).

**Lithgow Council:** [www.lithgow.library.com](http://www.lithgow.library.com) or Facebook: Lithgow Library and Eskbank House Museum

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