



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 13 - WEEK 8 - TERM 3 2022

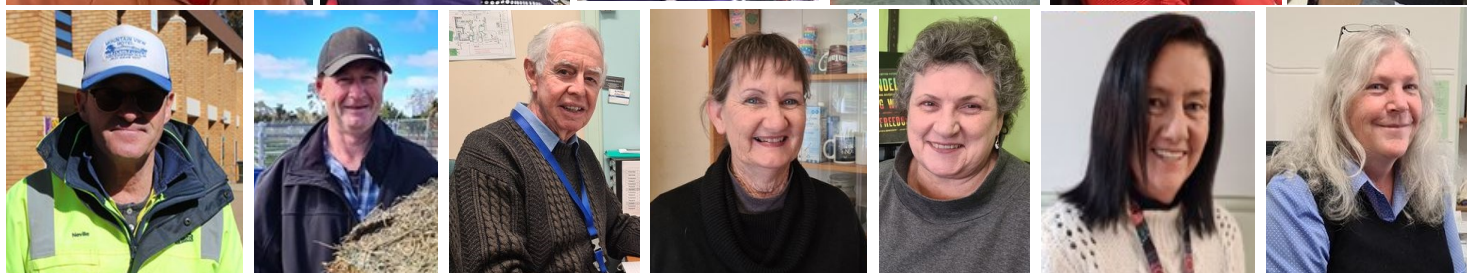
Phone : 6862 1844 Fax : 6862 5046 Email : parkes-h.admin@det.nsw.edu.au

School Administration and Support Staff Recognition

SASS Recognition Week 2022! Our school wouldn't operate as well as we do without the expertise of our School Administrative and Support Staff (SASS). Our SASS are the unsung heroes of the everyday working of our school and we can't say thank you enough!

We would like to thank our Office Manager Chris Crute, our office staff Janelle Woods, Nicole Guy, Larissa Skulander, Amy Rockwell and Sarah Lendrum, our General Assistant Mr Neville Earsman, our Ag Farm Assistant, Mr Brett Davis, Mr Terry Job who oversees many of our projects, Mr Peter Hughes our computer expert, Mrs Belinda Chatman our Library Assistant, Mrs Lea Oram our Kitchen Assistant, Mrs Christine Miskell our Science Assistant and our Aboriginal Education Officer, Mrs Jodie Sutton for the work she does for our students.

We would like to thank all our wonderful School Learning Support Officers (SLSO) who support so many of our students everyday in the classroom. Our SLSO's are so valuable to our students and teaching staff Greg Hicks, Lee Bannerman, Lindy Anderson, Emily Dean, Gwenda Littlewood, Julie Ward, Eliza Rathbone, Norma Kinsela, Sheryl Pope, Abby Greenaway, Lyretta Gilby, Lucy Green, Matthew Hinks, Brayden Quigg, Tanya Pigram, Ethan Roberts, Daniel Rockwell, Kiersten Wilding, Andrew Gosson, Sharon James, Kim Harrigan. Pictured below are some of these staff.



Parkes High School, Proud to be a member of the Henry Parkes Learning Community, "Leading In Education"



Parkes High School Snow Trip 2022

The annual ski trip was a huge success. This year our Year 11 and 12 students headed to the slopes for two fun filled days at Smiggins and Perisher. Below are some of the photos from this trip and you can view many more photos on Official Parkes High School Facebook page.



Parkes High School RUOK?

Not just this week but everyday we should look out for our friends and peers and ask the question RUOK?, This then needs to be followed up with ARE YOU REALLY OK? because most people just say they are fine, even when they are not. Take the time to listen and be there!



SRC and RUOK? Raffle Winners

Congratulations to our awesome SRC (pictured below left) for organising our RUOK? Days. The SRC raised \$800 to go to Mental Health organisations. The winners of the SRC Oodie raffle were Taylor O'Malley (pictured below) and Chelsea Baker.



Music at Parkes High School

Our students have been having a great time in music lately working on their vocal performances, piano, guitar and drums! Way to go kids X Factor here we come!



Year 12 HSC Music Night

Congratulations to our Year 12 HSC students who performed their major works last night. It was a wonderful night with so much talent on display.



Year 12 HSC Industrial Technology Timber And Metal Major Works

Our Year 12 students' major works were recently marked by the HSC markers. Mr Murray was extremely proud of all the students' efforts during the HSC course



Year 11 Vet Hospitality

Year 11 student Conner Fritz has enjoyed his VET Hospitality work placement this week in our canteen. Canteen Manager Terri Pusterla said Conner did wonderfully and was being a great help.



Multi Sports Day at Orange

Eleven of our students from our special education classes travelled to Orange PCYC to participate in a Multi-Sports day. Our students participated in a number of skill based games. They had a great day! Well done Dekodah, Nathan, Dylan, Quentin, Blake, Olivia, Paige, Brooke, Chevy, Austin and Henry.



Year 7 Handball Competition

Our Year 7 handball comp is well underway with some sophisticated handball skills on display in the quad. Mr Isaac is pleased with the skill level in both pools and is looking forward to the finals later in the term. More pictures on Facebook.



Parkes Show 2022

The Parkes High Show team participated in the Junior Judging events at the Parkes Show. Agriculture students from Year 8 – 10 participated in fleece, fruit & vegetable, grain, meat sheep and merino sheep judging, and for most students, it was their first time ever competing in junior judging. Students had to order several samples from 1st to 4th and students who picked the same order as the overjudge, progressed to the next round. The following students made it through to the finals, which consisted of a short oral presentation justifying their judging choices to the overjudge:

Anthony Dickson Year 10 – grain and merino sheep

Kelsey Mann Year 10 – meat sheep

Jesse Wood Year 10 – fruit & vegetable and grain

Cameron Frogley Year 10 – fruit & vegetable

Ethan Hunt Year 10 - grain

Daisy Dawson Year 9 – fruit & vegetable

Sophy Jones Year 9 - fruit & vegetable

Brody Beuzeville Year 8 – merino sheep, grain and fruit & vegetable

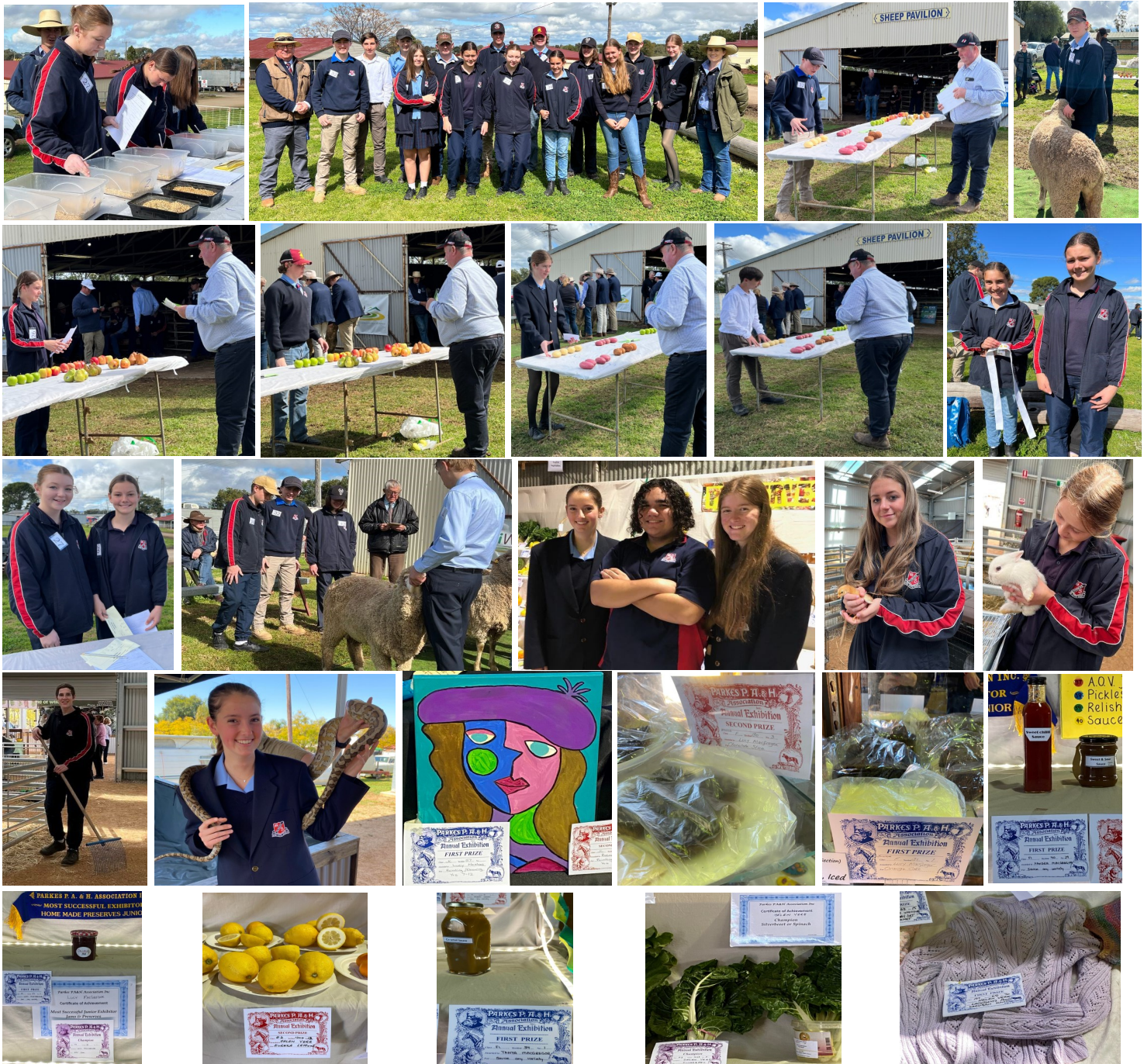
Riley Duncan Year 8 – fruit & vegetable

Erin Waters Year 8 – poultry

We are so proud of all the students' efforts and achievements. A huge congratulations to Erin Waters who came 3rd in the poultry section and Daisy Dawson who came 5th in the fruit & vegetable judging.

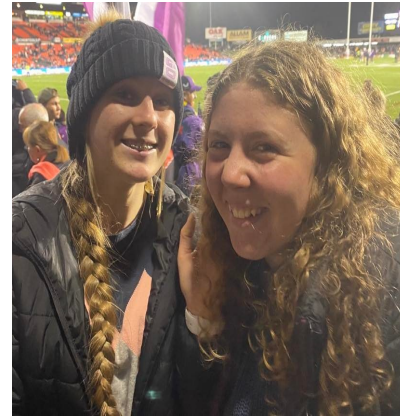
Several community members commented on how well the Parkes High students conducted themselves and were appreciative of student's manners. Thank you to the Parkes Show Society, the overjudges and sponsors for holding this event. It was a great day, with lots of learning experiences for students and staff, Grace Wright & Anthony Carter.

Our students also helped set up in the pavilions, helping at the animal nursery and serving in the officials room.



Year 9 and 10 Sports Science

Our Year 9 and 10 Sports Science students travelled to Sydney recently to attend a NRL Game - Penrith vs Storm. Everyone had a great time at the football and got to meet some of the greats of the game. While watching the game each student was allocated a player and had to be statisticians. Before the game, the students participated in Aqua Golf, while there, they investigated the biomechanics of a golf swing. A big thank you to the staff who organised the trip, Miss Welsh, Miss Day, Mrs Anderson, Mr Spicer and Mr Kopp.



Active Citizen Program

Brock Charlton, Jessica Towns, Savannah Ross and Makaylah Slone represented Parkes High School in the Central West Active Citizen Program.



Blake to Swim for Australia at Virtus Oceania Asia Games 2022

Year 9 student Blake Price (pictured below left) has been selected to represent Australia in the youth category at the Virtus Oceania Asia Games in Brisbane in November.

Henry Selected To Play For Australia in Under 15 Boys Squash

A massive congratulations to Henry Kross (pictured below second) who was selected in the Australian Trans-Tasman Under 15 Boys team to compete against New Zealand, after representing NSW in QLD



Jordan Wins 2022 WRAS Awards

Year 12 student Jordan Moody (pictured above third) received the WRAS 2022 Hockey Coach's Award for her improvement and commitment to the WRAS hockey program at the Western Region Academy of Sport's (WRAS) annual presentation evening.



Parkes High School Students Gain Early Entry to University

Exciting news for more of our Year 12 students accepted for Early Entry to University for 2023. Congratulations to the following Year 12 students;

Nia Boggs- Bachelor of Medical Science - University of Canberra AND Bachelor of Biotechnology - Australian National University Canberra

Jordan Moody - Bachelor of Law - University of Tasmania AND Bachelor of Psychological Science - University of Tasmania

Maddison McCormick - Bachelor of Engineering - University of Tasmania

Julia Dunn - Bachelor of Psychological Science- University of Tasmania AND Bachelor of Nutrition Science - University of Tasmania AND Bachelor of Business - University of Tasmania

Nathan Eric - Bachelor of Computer Science - Western Sydney University - Penrith

Year 7 Sport

Year 7 Volleysquash is a popular sport at Parkes High School.



PARKES NAIDOC

24th September 2022

Bushman's Hill, Parkes
10:30am - 2:30pm

- SMOKING CEREMONY
- FOOD & DRINKS
- SISTER SPEAK
- MUSIC BY TOWN BAND
- AND LOTS MORE
- STALL HOLDERS
- DYAGANG BOYS

FREE BBQ



NAPLAN RESULTS 2022



EXCELLENT WORK YEAR 9 STUDENTS AND PHS STAFF

- Increased the number of students in the Top 2 bands across all domains
- Outperformed similar schools

CONGRATULATIONS

Senior Student Services

CUC Parkes, Parkes Library Complex

What we offer to Senior Students:

- Career Pathways Planning. This includes course and subject selection.
- University guidance. This includes assistance with Student Help Loans, on campus and off campus services.
- Course enrolments. This includes assistance navigating enrolment paperwork and online portals.
- Workshops. We offer new University Students workshops on University level study, essay writing and referencing. These include tips and tricks as well as toolkits available to make assessments simpler.



HSC Study Sessions

Prepare for your HSC exams with:

- A dedicated study space.
- Staff from the Country Universities Centre who can provide academic support.
- Access to dual screen work stations.
- Study and exam tips.
- A "refuelling" station with snacks and drinks.

Where

Marramarra Makerspace,
Parkes Library Complex

When

10 am – 2 pm
Tuesday 4th October
Thursday 6th October
Friday 7th October
Tuesday 11th October



Supported by



PARKES SHIRE COUNCIL



Career News

YEAR 10 WORK EXPERIENCE—Thank you to all the local businesses who have hosted our students this week on our second session of Work Experience

YEAR 10 WORK EXPERIENCE TERM 4—Applications for term 4 are due to Mrs Morrissey Friday WEEK 9

HOW TO BECOME A LECTURER [https://studyworkgrow.com.au/2022/08/11/how-to-become-a-lecturer/?](https://studyworkgrow.com.au/2022/08/11/how-to-become-a-lecturer/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_34&utm_term=2022-08-27)

[utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 34&utm_term=2022-08-27](https://studyworkgrow.com.au/2022/08/11/how-to-become-a-lecturer/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_34&utm_term=2022-08-27)

HOW TO BECOME A BARISTA - [https://studyworkgrow.com.au/2022/08/25/how-to-become-a-barista/?](https://studyworkgrow.com.au/2022/08/25/how-to-become-a-barista/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_36&utm_term=2022-09-05)

[utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 36&utm_term=2022-09-05](https://studyworkgrow.com.au/2022/08/25/how-to-become-a-barista/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_36&utm_term=2022-09-05)

ICT and TECHNOLOGY-The BiG Day In—Newcastle University 26 OCT- aimed at senior secondary school and university students interested in careers in ICT and technology. BiG Day In helps students obtain more information about ICT and technology careers, and hopefully helps them make a better informed decision about their future. Newcastle <https://www.thebigdayin.com.au/newcastle2022>

STUDENT EXCHANGE webinar - Sept 14 06:00pm Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP's online info session [https://www.eventbrite.com.au/e/nsw-police-recruitment-information-pct-practice-sydney-olympic-park-tickets-404965832707?](https://www.eventbrite.com.au/e/nsw-police-recruitment-information-pct-practice-sydney-olympic-park-tickets-404965832707?aff=efbeventix&utm_https://us02web.zoom.us/webinar/register/WN_OKUW-fadTTmRuimQGm8oOA?utm)

[aff=efbeventix&utm_https://us02web.zoom.us/webinar/register/WN_OKUW-fadTTmRuimQGm8oOA?utm](https://www.eventbrite.com.au/e/nsw-police-recruitment-information-pct-practice-sydney-olympic-park-tickets-404965832707?aff=efbeventix&utm_https://us02web.zoom.us/webinar/register/WN_OKUW-fadTTmRuimQGm8oOA?utm)

NSW Police Recruitment Information & PCT Practice- Friday 16 September 5:00 pm – 7:00 pm Location: Australian College of Physical Education 10 Parkview Drive Sydney Olympic Park, NSW 2127

NIDA STAGE AND SCREEN HOLIDAY SCHOOL – Years 7-10 Spend a week exploring performance for both stage and screen in this practical introduction to acting. Develop skills in improvisation, text analysis and script work then apply these skills to an on-screen performance. Present live and recorded scenes at the end of the week for your NIDA friends. Tue 04 Oct-Fri 07 Oct 2022 10am - 5pm The Concourse, Chatswood <https://www.open.nida.edu.au/course/OHSSS710?utm>

Academy of Film, Theatre and Television –Surry Hills OPEN DAY 12 NOV Register now [https://www.aftt.edu.au/events/open-days/open-](https://www.aftt.edu.au/events/open-days/open-day-br-expression-of-interest?utm)

[day-br-expression-of-interest?utm](https://www.aftt.edu.au/events/open-days/open-day-br-expression-of-interest?utm)

Bachelor of Design webinar—University of Sydney—7 SEPT 5PM https://uni-sydney.zoom.us/webinar/register/WN_QltufzNARU2- Pu4nP-DXA?utm

MAAS CAREERS EXPO—20th Sept – St John's College Hall Dubbo – 6.00 – 7.30pm – students see email for more information

HARVEST 2022 - Manildra Group is offering employment for the 2022 harvest season for any year 12's that may be interested in employment after the completion of year 12.—check your emails for more information

THE SURVEYOR IN TRAINING PROGRAM-Transport For NSW are keen to get some interest from locals that are; interested in becoming a surveyor, would like to earn a great wage while studying, and want a career within Transport for NSW. Year 12 check your emails <https://iworkfor.nsw.gov.au/job/surveyor-in-training-grafton-newcastle-wagga-parkes-mac-park-wollongong-345992>

HSC STUDY SESSIONS -Parkes Country University Centre -Staff from the Country Universities Centre can provide academic support-Access to dual screen work stations - Study and exam tips. 10 am - 2 pm Tues 4th, Thurs 6th, Fri 7th, Tues 11th October .

AgCAREERSTART is a national gap year program, kick-starting the careers of Australia's future farmers! Under 25s are matched to a host farm, complete a VET course, and enjoy access to industry events. AgCAREERSTART offers a range of agricultural experiences, whether you're into the latest tech, sustainable ag or the great outdoors - and applications for 2023 are now open www.agcareerstart.com.au.

ACU TALK WITH PARAMEDICS – online – 6 OCT – 6-7pm [https://www.acu.edu.au/about-acu/events/2022/october/talk-with-paramedics?](https://www.acu.edu.au/about-acu/events/2022/october/talk-with-paramedics?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_28&utm_term=2022-07-17)

[utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 28&utm_term=2022-07-17](https://www.acu.edu.au/about-acu/events/2022/october/talk-with-paramedics?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_28&utm_term=2022-07-17)

UAC – Year 12 UAC registration is OPEN—UAC hard copy books can be found in the library - register and pick your top 5 course preferences <https://www.uac.edu.au/future-applicants/how-to-apply-for-uni>

SCHOOLS RECOMMENDATION SCHEME(SRS) –SRS are one-way institutions make early offers of undergraduate admission to Year 12 students— please note you must register with UAC to be eligible for SRS. [https://www.uac.edu.au/current-applicants/schools-recommendation](https://www.uac.edu.au/current-applicants/schools-recommendation-schemes)

[-schemes](https://www.uac.edu.au/current-applicants/schools-recommendation-schemes)
UAC Digital / Let's Chat - SRS Early Offers We'll run through entry requirements and dates, and give answers to the most commonly asked questions. 6pm Wednesday 15 June & 6pm Wednesday 7 September [https://uacdigital.easywebinar.live/registration-let-s-chat-srs-early-](https://uacdigital.easywebinar.live/registration-let-s-chat-srs-early-offers?utm)

UNIVERSITY APPLICATIONS

Year 12 please check all individual universities for early entry dates

LaTrobe University – Early entry open – closes 16 SEPT <https://www.latrobe.edu.au/study/aspire>

University of Tasmania – Early Entry open – closes 7 OCT <https://www.utas.edu.au/study/schools-recommendation-program>

Southern Cross University – Early entry open – closes 30 SEPT <https://www.scu.edu.au/study-at-scu/high-school-students/>

Bond University-Early Entry open-<https://bond.edu.au/future-students/study-bond/how-apply/undergraduate-admissions-criteria/2023-year-12-entry>

Australian Catholic University – ACU Guarantee – Based on Yr 11 marks – open now – closes 23 SEPT <https://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee>

University of Notre Dame – Early Entry open - closes 30 SEPT <https://www.notredame.edu.au/study/early-offer/early-offer>

University of New England Early Entry open – closes 23 SEPT <https://www.une.edu.au/study/study-on-campus/early-entry>

University of Newcastle – Early Entry open – closes 19 SEPT Schools Recommendation Scheme <https://www.newcastle.edu.au/study/undergraduate/getting-in/entry-schemes/schools-recommendation-scheme> and check out their SPOTLIGHT program <https://www.newcastle.edu.au/study/undergraduate/getting-in/entry-schemes>

Southern Cross University – Early Entry open closes 30 SEPT <https://www.scu.edu.au/early-offer/>

University of Technology - Sydney – Elite Athlete Program – for students who are State or National Representatives who wish to study at UTS - Applications close 2 DEC. <https://www.uts.edu.au/scholarship/elite-athlete-program>

Western Sydney University – HSC True Reward Early Entry open - closes 7 DEC <https://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward?icid=fs-course-generic:23acquisition-hsctr>

UNIVERSITY OPEN DAYS - Check out the ULIMATE OPEN DAY CHECKLIST -

[https://studyworkgrow.com.au/2022/07/07/the-essential-open-day-checklist/?](https://studyworkgrow.com.au/2022/07/07/the-essential-open-day-checklist/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_28&utm_term=2022-07-17)

[utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 28&utm_term=2022-07-17](https://studyworkgrow.com.au/2022/07/07/the-essential-open-day-checklist/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_28&utm_term=2022-07-17)

TAFE AND UNIVERSITY OPEN DAYS – DATES AND RESOURCES <https://myfuture.edu.au/assist-others/open-days>

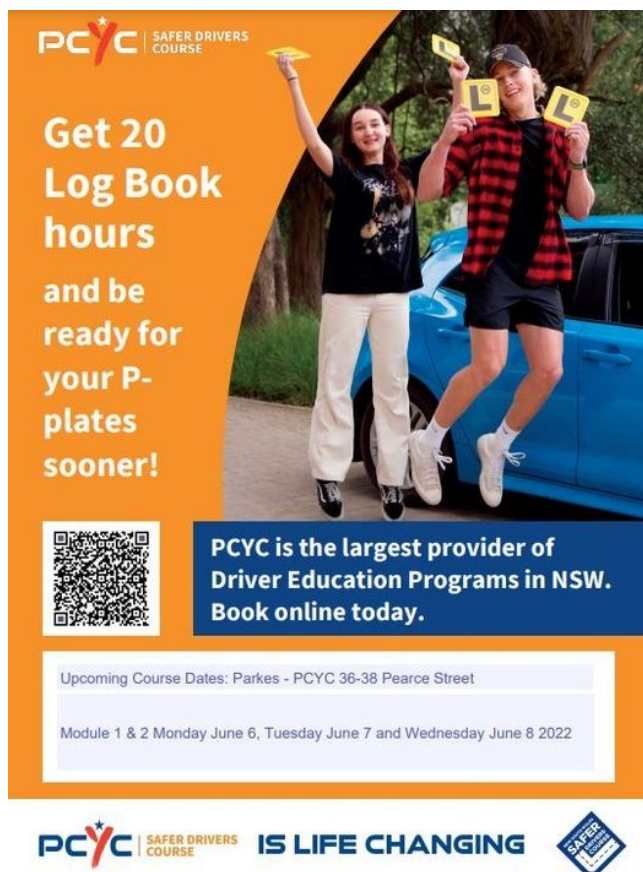
SCHOLARSHIPS

PLEASE CHECK INDIVIDUAL UNIVERSITIES FOR ALL THINGS SCHOLARSHIPS.


Teach NSW Do you know talented HSC students interested in a career in teaching? The NSW Dept of Ed Teacher Ed Scholarship provides students with financial support while studying and a guaranteed permanent teaching position upon graduation. [Teacher Education Scholarship \(nsw.gov.au\)](https://www.teachnsw.edu.au/teacher-education-scholarship).

There might be a scholar ship out there for you – check out this site <https://studyworkgrow.com.au/scholarships/?>

Need Hours For Your Learners Log Book?



Get 20 Log Book hours and be ready for your P-plates sooner!



PCYC is the largest provider of Driver Education Programs in NSW. Book online today.

Upcoming Course Dates: Parkes - PCYC 36-38 Pearce Street

Module 1 & 2 Monday June 6, Tuesday June 7 and Wednesday June 8 2022

PCYC SAFER DRIVERS COURSE IS LIFE CHANGING

DO YOU NEED TRANSPORT?

CALL 1300 810 771

- Medical appointments in regional centres ✓
- Hospital day surgeries or admissions ✓
- Accessing services, shopping or visiting ✓
- Taxi vouchers to subsidise local transport ✓



If you have no transport options available, we can help you!

A small client contribution is required for most transport services which we can discuss with you on registration.

Neighbourhood CENTRAL

People our Passion – Service our Strength

Do You Know What They Are Vaping ?

We are **Encouraging Parents and Carers** to find out more and talk about the hidden impacts of vapes with your children. Alarming, we are seeing an increase in the number of young people trying vaping.

Young people may think they are simply inhaling flavoured water, this is far from the truth. Vapes can have the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.

Vapes are colourful, with flavours that make them appealing. You wouldn't put cleaning products in your food, so why would you want to put it into your lungs?

What you can do as a parent or carer

There are ways you can help protect your children from vaping: Whether you suspect your child is vaping or not, take the time to talk to them about it and help them understand all of the risks. It is never too late to have the conversation.

- Try to start the conversation with your child in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about on it, or seeing people vaping on the street.
- If your child is vaping, encourage them to stop, let them know that help is available and you are there for them.
- Learn about the different types of vapes available and the risks associated with using these products.
- Set a good example by being tobacco or vape free.
- Report those who are selling vapes to minors or selling vapes containing nicotine by completing the online reporting form or calling the Tobacco Information Line on 1800 357 412.

DO YOU KNOW



WHAT YOU'RE VAPING?



Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack.

Get the facts at health.nsw.gov.au/vaping

March 2022 © NSW Health. SHIPN/CPH/2020/01.



Townsend Memorial Scholarship

The Townsend Memorial Scholarship is available to students attending Parkes High School to assist students to complete a degree at the University of NSW or University of Sydney in the faculty of Medicine, Law, Dentistry, Architecture, Agriculture, Veterinary Science or Engineering. Please see Mrs Carter to discuss your application.

**PHS
BREAKFAST CLUB
EVERYDAY
8.20AM
ROOM G10**

**Start your day with some
yummy healthy food !!!.**
Each year group will be
called individually and
take away only will be
available.



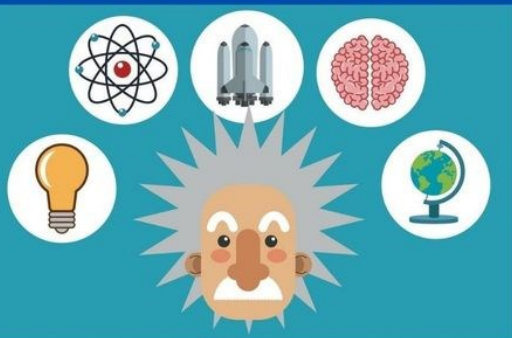
MATHS HELP

TUESDAY - PHS HUB

3.25pm

Complete homework
Go over classwork
Work on assessments
All Years and courses welcome

PARKES HIGH SCHOOL



SCIENCE HELP

MONDAYS AFTER SCHOOL IN B2
GET HELP WITH YOUR CLASSWORK,
HOMEWORK OR ASSESSMENTS

MRS VERE'S

**KNITTING
IN THE
LIBRARY**

**FRIDAY
LUNCHTIME**
*EVERYONE IS
WELCOME*



Signing Your Child Out Of School

If you send a note to the school in the morning we can have your child waiting at the office for you to collect.

This will save you time waiting for us to get them from their class.

Please make sure you include your child's full name on the note.

REMINDER - Energy Drinks are not consumed at Parkes High School

Long term effects of Energy Drinks include cardiovascular problems, heartburn, ulcers, difficulty sleeping (insomnia) and anxiety.

Please make good choices for your health. Staff will confiscate and discard Energy Drinks to support your health and wellbeing.

Important Dates

Monday 12 September
Year 11 Exams begin

Thursday 22 September
Recognition Assembly

Friday 23 September
Year 12 Farewell Assembly

Health and Safety Changes

ALL visitors to the school
MUST report to the office and sign in.

ALL visitors attending assemblies or events will be required to **SIGN IN** either at the office or at the LP Johnston Hall.

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**School starts at 9.00am
DON'T BE LATE!**



DAILY ANNOUNCEMENTS

A reminder to all students of the importance of listening carefully in roll call to the daily announcements. There are so many wonderful opportunities at our school including sporting team trials, Western Region representative trials, lunchtime activities, teams and group meetings, academic help and also our PBL focus. Each morning your roll call teacher reads out the daily announcements and we don't want you to miss out. So listen carefully and write important dates and events in your diary.

Parkes High Facebook

Our Parkes High School Facebook page will keep you informed of what's happening at Parkes High.

The page is regularly updated with school news, the newsletter and information relating to current events.

To access our page search Facebook for "Official Parkes High School".

f like us on facebook

Our school has a new look **online payment page!**

We're now accepting payment for Parkes High School via the school's website. New features allow you to access:



Anywhere, anytime from a mobile or tablet (as well as a desktop computer)



In a preferred language



Easily without needing to log on, register or enter a Student Registration Number.

We're now accepting payments for Parkes High School via the school's website. To make a payment simply:



Visit our school website on your mobile, tablet or desktop computer



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment

School Uniform

Now Available At Parkes High School
Cash or Cheque to the School Office

Polar Fleece Jacket	\$60.00
Blue Shirt	\$22.00
White Shirt	\$22.00
Long Sleeved Shirts	\$22.00
Girls Skirt	\$60.00
Girls Dress Pants	\$40.00
Sport Shorts	\$20.00
Sport Shirts	\$25.00
Trackpants	\$30.00
School Jumper	\$50.00
School Jackets	\$50.00
School Hats	\$15.00
School Tie	\$15.00
School Sport Socks	\$15.00

School Equipment

Navy Apron	\$7.50
Calculator	\$30.00

Please note that uniform CANNOT be paid through POP online



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



Health and Safety Risk Aerosol Spray Deodorants

Aerosol Spray Deodorants are **BANNED** from school as they pose a health risk to students and staff through the potential for asthma attacks and allergic reactions. These will be confiscated if brought to school.

If students need deodorant at school they are encouraged to use roll on deodorants.

PHS Duke Of Edinburgh's Award

Duke of Edinburgh meetings are held each Wednesday recess in C4 for students wishing to learn more about the award or for those who need help completing their award. See Mrs Vere for more information.



ARE YOU STRUGGLING?

Stressed, Anxious, Not Sleeping, Feeling Down?
Issues with friends or family?

Get Help NOW:

Call

eHeadspace - 1800 650 890
Suicide Callback Service - 1300 659 467
Kids Helpline - 1800 55 1800
Beyond Blue - 1300 224 636
Lifeline - 13 11 14
Drug and Alcohol Helpline - 1300 887 000
MensLine - 1300 78 99 78
Alcohol and Drug Info Service (ADIS) - 1800 422 599
SANE Australia - 1800 18 7263
Mental Health Line - 1800 011 511 (24 hrs)

Connect

<https://www.eheadspace.org.au/>
<https://www.suicidecallbackservice.org.au/>
<https://kidshelpline.com.au/>
<https://www.beyondblue.org.au/>
<https://www.lifeline.org.au/>
<http://adf.org.au/help-support/>
<https://www.mensline.org.au/>
<https://www.sane.org/>
<http://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx>
<http://www.mindhealthconnect.org.au/>
<https://au.reachout.com/>
<https://svhs.org.au/home/our-services/list-of-services/alcohol-and-drug-service/alcohol-and-drug-information-service>

Call 000

if **YOU**, or someone you are with, is in immediate danger

Contact your GP, that's a great place to start! Stay connected to family and friends. Eat well, get plenty of sleep and exercise. Be careful of excess alcohol intake and avoid other drugs. Manage your stress. Make sure you take a break and make time for fun. Your local hospital is open 24 hours and can be used in cases of an emergency.

