



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 14 - WEEK 10 TERM 3 2022

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

Year 10 Work Experience - Session 2

Our Year 10 students have been out in the community participating in our Work Experience Program. The students had the opportunity to see first-hand what their potential chosen career was really like. We would like to thank all the businesses that welcomed our students into their work place. Many thanks to

Kerin Physio and Co

Little Blooms Arrangements

Century 21 Central West Parkes

Terry Bros Parkes

Nurture One Victoria Street Child's Centre

O'Malley's Gravel and Grain Haulage

Bella's Cafe and Licenced Italian Restaurant

Central West Family Day Care

Dooleys Outdoors

LJ & JM Charlton Shearing Contractor

Steve Downes Building

Parkes Shire Council

Brian Collins Smash Repairs

Central West Allied Health

Parkes Hospital

RMB Matthews Williams Lawyers

Hughes and Co Lawyers and Conveyancing

Midpro Engineering and Irrigation

MD Trimmer and Co

Kitson Manufacturing Solutions

Midwest Shearing

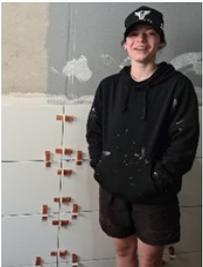
Parkes Early Childhood Center

Whites Electrical

Reece Parkes

Parkes Public School

Hanson Plumbing



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



Thank You Fulton Hogan

Andrew from Fulton Hogan dropped in recently to present Maddison McCormick and Hayden O'Malley their Parkes Try A Trade Lucky door prize. Pictured below left. Thankyou so much!



Warm Welcome To Flora - Our Rotary Exchange Student

A big warm welcome to Flora Gahmig (pictured above second), who is our German Rotary Exchange student. Flora will be with us for 12 months. Flora comes to us from Bad Homburg (near Frankfurt), population 54,000. Flora is fluent in German and English and speaks a little French and Spanish. While at Parkes High Flora will join our Year 10 cohort. She will reside with 4 host families and at the moment she is staying with the Noakes Family. Flora is enjoying her time in Parkes and while in Australia she wishes to travel, get to know the Australian people and our culture and get to see Australian animals! We are so lucky to have Flora join our school and we hope she has a great time in Australia.

Parkes High School Canteen Opportunities

Our S Block student Kattie has completed two weeks of work experience in our schools canteen. Pictured above right is Kattie hard at work in the canteen.

Parkes High School Environmental Club

Our brilliant Environmental club have been busy decorating our new return and earn recycling bins. Check out the amazing designs!



Active Citizens Program

The young people from Parkes, Forbes and Condobolin that are participating in this year's Active Citizen Program worked with an Indigenous artist and Forbes Shire Council this week on a mural in Forbes. It was a lovely warm day and the artist shared her knowledge with the participants about Indigenous art and had them working with her on the mural as well as running a small activity at the same time where each person worked on their own personal art piece.

One of the goals of the Central West Active Citizen Program is to enhance cultural knowledge with the participants and this activity was a unique way to do that. It will also be an ongoing reminder to the young people of the positive impact they are having in the community whenever they visit Forbes. Parkes High School students who participated were Brock Charlton, Jessica Towns, Savannah Ross and Makayla Sloane.



Aurora College

Aurora College, the Department's virtual school, offers Stage 6 students in rural and remote government schools the opportunity to study a range of subjects not available in their home school.

Applications for Year 11 (2023) opened Monday 18 July 2022 and close on Friday 21 October 2022.

Applications for Year 12 (commencing Term 4, 2022) closed on Friday 9 September 2022; however, we do still have limited vacancies in all subjects offered. Please contact Chris Robertson (Principal, Aurora College) on 1300 287 629 for further details.

The email address below will direct you to enrolment forms and list the Stage 6 courses Aurora College will be offering in 2023 along with timetable of when these subjects will run in 2023.

Please note: Rural and remote Stage 6 students enrolling in Aurora College as part of their pattern of study will not incur the staffing loss associated with part-time students.

For further enrolment information, please visit <https://aurora.schools.nsw.gov.au/.../senior-enrolment...> or contact Chris Robertson (Principal, Aurora College) on 1300 287 629.



Parkes High School Recognition Assembly - Term 3 2022

Congratulations to all our students who received awards at our Term 3 Recognition Assembly.

Mrs Carter and Mrs Slack-Smith were thrilled to present the Gold Level PBL badges, Level 2 PBL certificates and Principal Awards. We were also treated to wonderful musical performances by students Nia Boggs, Darcy Noakes, Kane Leigo, Alexander MacGregor and Thomas Burkitt. Thank you to Maddison Sutton and Leela Bradley for Acknowledgement to Country and Brycen Porter for playing the didgeridoo. Our SRC also announced our Student of the Term for Term 3. Congratulations Tom Rix.

Uniform Pool Needs Clothes

Have your children grown out of their uniforms? Consider making a donation to the Parkes High clothing pool! We have helped over 50 students with donations of jumpers, skirts, shirts and pants. Please launder, fold and drop into the office in a plastic bag. We welcome any donations. Thank you!

Year 8 Science

Mrs Pay's Year 8 Science class were out in the sunshine recently conducting a very interesting experiment. The kids were recording the resistance of an object across different surfaces.



Year 9 Child Studies

Mrs Haywood's Year 9 Child Studies class have been sewing soft toys for a small child. The students have all been very creative and their toys are coming along nicely. Well done everyone!



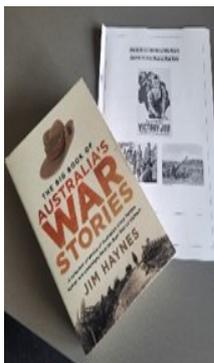
Year 9 Industrial Technology Timber

Mrs Wright's Year 9 class were being very productive last week working on their major projects - We love the dedication and determination of our students to produce quality pieces. Well done kids!



Year 11 English

Miss McLachlan's Year 11 English Studies class have been studying English and the language of History throughout the module 'The Way We Were'. Mr Dumaine kindly paid a visit to the class and brought along some of his military artefacts to show the students. The students were very appreciative of the opportunity to learn about the history of each artefact.



Principal's Report

Congratulations to our Open Boys Hockey team who are in the top two teams in the NSW Combined High Schools (CHS) competition. The boys lost the final 3-2 in the dying minute of a tight game of an exceptionally high standard and in front of the opposition teams home crowd. This is an outstanding effort from our team who are much younger than the competition. The team travelled to Newcastle for the final rounds with eight teams left out of over 420 teams across NSW public schools. A massive thank you to Mrs Wendy Rix for her coaching expertise and all the families who have supported our team with training and travel. We are looking forward to 2023!

Farewell Year 12: This week we have farewelled our Year 12 students as they enter their study period before sitting their HSC examinations which commence on the 12 October. We have COVID-safe measures in place and the students sat their Trial HSC examinations under the same conditions they will have for their HSC exams including the Presiding Officer and support staff. The students had morning tea with the staff on Wednesday and it is very heartening to hear our teachers speak of their pride and privilege in teaching our students.

Strategic Improvement Plan: Last week we hosted our Executive Director Rural South and West, Mr Dean White, together with our Director Educational Leadership, Mr Charles Dwyer. They were both very impressed with the work our staff are doing to support student learning and the improvement in results. Our Strategic Improvement Plan has targets for our NAPLAN results, and we have exceeded those targets with the improvement in the number of students who have achieved in the top two bands.

New Courts: Our new courts will hopefully be completed ready for use early next term however each shower of rain causes a delay. We have completed a new shed that our PDHPE faculty will use to support them with equipment for PE and Sport lessons and the ramps to enable smooth access to the MPC are also almost completed.

Welcome New Teachers: We are very excited to welcome two new teachers to our school next term. Mrs Janice Little will join us and support our Careers and Transition programs. Mrs Little is qualified in Careers and will also teach in HSIE. Ms Kathryn Lambert will join our Science faculty and has been working in Tamworth and is an Adjunct Lecturer at the University of New England. We have also been successful in attracting new Student Learning and Support Officers to our school. They will support students in the classroom and specific programs such as Quick Smart and the Intensive Literacy Program.

P&C's Future at Parkes High School: At our recent P&C meeting it became apparent that our P&C are on the brink of folding due to the lack of volunteers in taking positions and attending meetings. The P&C have reduced the number of meetings a year to have just one per term to attract more volunteers. Our current President will resign from the position at the end of the year, and we are already looking for a Treasurer. The P&C have worked together with our school for many years to support our students. Our school canteen is a P&C run canteen and if the P&C folds, this will have a flow on effect on our canteen. The canteen is also seeking a bookkeeper to help them with the paperwork. The next P&C meeting will be held on Tuesday 18 October, just come to the Albert Street entrance. If we do not have enough parents to continue, we will have to fold the P&C and this will result in decisions as to the viability of the school canteen.

Mobile Phones: Due to the continuing number of issues that are occurring due to inappropriate use of mobile phones. We are investigating security pouches to give students a safe place to store them during the day. This will give students the opportunity to concentrate on their learning tasks and remove the ongoing issues of social media during school hours.

Written Permission: All excursions and activities that are off school grounds, including our carnivals, require us to have written permission from parents or care givers. We are now required to have informed consent from parents and caregivers for any activity or presentation within school grounds that is not a usual aspect of day to day classroom teaching or curriculum. The Skool Bag App has supported us as we develop strategies to gain the required permissions for students to attend excursions safely.

Upcoming Events:

Monday 10 October – term 4 commences for all students

Wednesday 12 October – HSC examinations commence

Wednesday 12 October – Year 7 Geography Field Trip excursion

Term 4 commences on Monday 10 October for all students and staff.

School uniform: Our school office has supplies of our Winter Uniform. Our P&C endorsed the current uniform. They have worked tirelessly to ensure that our school uniform is sophisticated, functional and ensures students comply with safety regulations. Many items of our school uniform are now available through our front office. If parents or care providers are having difficulties in purchasing our school uniform please contact me at school.

P&C Meeting: Our next P&C Meeting is on 18 October 2022 in the conference room. We are desperately in need of parent volunteers to keep our P&C functioning. I look forward to seeing new and continuing parents.

Please contact the school (6862 1844) or make an appointment if you need to discuss any aspect of your child's education or if you need clarification on any issues or events your child may be involved in.

Please be aware that all visitors to the school, including parents, must report to the office in Albert Street. At Parkes High School we are safe, respectful and responsible.

Mrs Sandra Carter
Principal

Careers News

1. NAVY AVIATION JOBS – Yr 12, 11 & 10 please check your email
2. CAMP AMERICA – 2023 Gap Year Opportunity Considering a gap year after high school? – Add overseas experience to your CV, make an impact, explore the US and make lifelong friends. Camp placements are between 9-12 weeks and include your board PLUS pocket money. For more info about Camp America 2023 visit www.campamerica.com.au, Early Bird pricing ends on September 30th - Don't miss out!
3. HOW TO BECOME A CRANE OPERATOR - https://studyworkgrow.com.au/2022/09/01/how-to-become-a-crane-operator/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_37&utm_term=2022-09-14
4. HOW TO BECOME A EMERGENCY SERVICES OPERATOR https://studyworkgrow.com.au/2022/09/08/how-to-become-an-emergency-services-operator/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_38&utm_term=2022-09-19
5. INTERIOR DECORATION WORKSHOP – Sydney Design School - 27 & 28 September | 9.30am – 4pm https://sydneydesignschool.com.au/workshop/?utm_source
6. WOOLWORTHS GROUP REFRIGERATION APPRENTICESHIP PROGRAM Applications for 2023 now open <https://grads.woolworths.com.au/page/refrigeration-apprenticeship-program/>
7. 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_8.
8. TALK WITH SCIENTISTS AND PHYSIOTHERAPISTS ONLINE - 19 OCT 5-6pm https://www.acu.edu.au/about-acu/events/2022/october/talk-with-exercise-scientists-and-physiotherapists?utm_source
9. ROAD TO ARCHITECTURE WEBINAR - Interested in architecture? Join this webinar to find out about our Bachelor of Design in Architecture degree and how it will help you develop the skills and knowledge to work in the Built Environment industry. Learn about how this degree will provide you with a direct path to becoming a registered architect. https://uni-sydney.zoom.us/webinar/register/WN_JzRXRfgtS2i9rBTUzU5XEA?utm_source
10. HSC STUDY SESSIONS – FREE ONLINE - Monday 26th - Friday 30th September - 26 Sessions | FREE RESOURCES <https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions>
11. 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 .
12. ACU TALK WITH PARAMEDICS – online – 6 OCT – 6-7pm <https://www.acu.edu.au/about-acu/events/2022/october/talk-with-paramedics?>
13. ADF TRADE CAREERS VIRTUAL INFORMATION SESSION - 26 SEPT – 6.30 PM <https://www.defencejobs.gov.au/events/events-detail/vvespsz>
14. MEDICAL INTERVIEWS PREPARATION WORKSHOP - An intensive Medical Interviews Preparation Workshop for students who received or expecting to receive an interview offer for the Undergraduate Medical Schools in Australia. https://www.nie.edu.au/medical/umat-interviews/medical-interviews-workshop?utm_source
15. STUDENT EXCHANGE INFO SESSION - Oct 26, 2022 3:00PM https://us02web.zoom.us/webinar/register/WN_gFOFCHZXRkyiq61w4QS2bg
16. AUSTRALIAN YOUTH ORCHESTRA NATIONAL MUSIC CAMP - https://www.ayo.com.au/content/ayo-national-music-camp/gkgjko?utm_source
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>
18. 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-schemes>
19. EDUCATION ACCESS SCHEME (EAS) – Have you experienced long term disadvantage and want to apply for university – you may be eligible for the EAS <https://www.uac.edu.au/current-applicants/educational-access-schemes>
20. UNIVERSITY APPLICATIONS
Year 12 please check all individual universities for early entry dates
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/>
University of Notre Dame – Early Entry open – closes 30 SEPT <https://www.notredame.edu.au/study/early-offer/early-offer>
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>
Alternative pathways to university – UAC DIGITAL – Let's Chat https://uacdigital.easywebinar.live/registration-lets-chat-alternative-pathways-to-university?utm_source
21. UNIVERSITY OPEN DAYS
Check out the ULTIMATE 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
22. TAFE AND UNIVERSITY OPEN DAYS – DATES AND RESOURCES <https://myfuture.edu.au/assist-others/open-days>
23. 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).
There might be a scholarship out there for you – check out this site <https://studyworkgrow.com.au/scholarships/>



Sunday, 9 October 2022, 10 am to 4.30 pm

PARKES NSW

Parkes QUE Club presents

Open Gardens 'n' Galleries

\$15 Entry
\$5 Morning Tea
\$15 Lunch

Gardens and private studios open

RAFFLE

Email: parkesqueclub@gmail.com

Facebook updates on:

- ✓ Parkes QUE Club
- ✓ Parkes Open Gardens

- ✓ 4 beautiful gardens with open galleries/art displays
- ✓ Parkes Community Arts group members on hand
- ✓ Variety of stalls
- ✓ Morning tea, and lunch, and displays at Parkes Racecourse
- ✓ Music from Parkes Town Band
- ✓ Entry Tickets available from **26 September:**
 - online (Humanitix.com/au)
 - Regional Business Supplies, 137 Clarinda St (cash only)
- ✓ Entry tickets from **9.30 am on 9 October:**
 - Parkes Racecourse (cash/card)
 - Visitors Centre (cash only)



Launch your Career in Auto & EV.

Launch your Career is a series of live virtual events connecting secondary students with industry to identify future career pathways.

This event takes a deep dive into the rapidly changing automotive industry as the world races to lower greenhouse gas emissions. Electric vehicles (EVs) will make up more than 50 per cent of new car sales by 2030-31*. Learn how to launch your career into this accelerating industry and develop skills to work with next generation automotive technology.

High school students throughout NSW are invited to hear from industry professionals, teachers, and alumni to get a first-hand look at roles within the automotive industry, and learn more about:

- Electric and hybrid technology
- 5G integration and autonomous vehicles
- Building buses and trucks
- Study options at TAFE NSW and career opportunities



Employment growth

850+ jobs forecast over the 3 years to 2024-25 for Motor Mechanics (General) in NSW.*



Register now to attend this free live virtual event

LIVESTREAM: Friday, 16 September 2022 from 10am-10.45am.

Proudly funded by the NSW Government in association with TAFE NSW, the NSW Department of Education, and Training Services NSW.

tafensw.edu.au



YOUTH Spring SCHOOL HOLIDAYS

26 September to 7 October



NEW RELEASE MOVIES



LIBRARY LOCK IN GAMES AND PIZZA NIGHT



CONTACT PARKES LIBRARY FOR DETAILS (02) 6861 2309



Parkes Library - Bogan Street - 6861 2309

PARKES



YOUTH Spring SCHOOL HOLIDAYS PROGRAM (YR 7-12)

26 September to 7 October 2022

MAKERSPACE OPEN: Mon, 26 September 2pm-5:30pm*

LOCK IN GAMES & PIZZA NIGHT: Mon, 26 September 5:30pm-8pm

YOUTH MOVIE: Tues, 27 September 3pm-5pm (rated M)

MAKERSPACE OPEN: Wed, 28 September 2pm-5:30pm*

GAMES IN THE ARVO: Fri, 30 September 2pm-4pm*

YOUTH MOVIE: Tues, 4 October 3pm-5:30pm (rated M)

MAKERSPACE OPEN: Wed, 5 October 2pm-5:30pm*

GAMES IN THE ARVO: Fri, 7 October 2pm-4pm*

*Games in the Arvo and Makerspace open hours are drop-in minimally-supervised activities.

Scan this QR for tickets to Library Lock In



Scan this QR for tickets to Youth Movies



Bookings are limited.

For information on all programs, please contact Parkes Library (02) 6861 2309

Parkes Library - Bogan Street - 6861 2309

PARKES



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 10 October 2022
Term 4 Commences for all students

Wednesday 12 October 2022
HSC Exams Commence

Wednesday 12 October 2022
Year 7 Geography Field Trip Excursion

Tuesday 18 October
P&C Meeting

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".



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.

