



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 8 - WEEK 8 TERM 2 2022

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

Charlie Is A Finalist At Western NSW Trainee Of The Year Awards

Congratulations to Year 12 student, Charlie Orah, who made it to the top seven finalists for the Western NSW School Based Trainee of the Year Awards. After making it through the first round, Charlie had to be interviewed in Orange where he was successful in making it to the finals. The NSW Training Awards night was held in Mudgee recently, and although he didn't take out the top prize, Charlie made it into the top seven from over 200 nominees and we are so proud of him.

Charlie is currently studying his HSC at Parkes High School whilst undertaking a School Based Traineeship in Certificate III in Community Services-Education Support with Karben Training Solutions. Charlie is employed by the Department of Education and works at Parkes East Public School where he has become a valuable asset in the classroom, building strong connections with his students and applying his traineeship knowledge to a variety of situations. Charlie's workplace supervisor has been impressed by his maturity, professionalism, and capacity to support and mentor the students in his care.

Charlie is a natural leader who thrives on helping others he willingly supports other trainees and frequently mentors peers who are experiencing difficulties or challenges. He is a proud member of the Bro Speak Program, where he proudly shares his culture and acts as a senior mentor for younger indigenous students. Charlie is passionate about education and plans to continue his career in educational support and primary education upon the completion of his HSC. He has been an outstanding role model for the SBAT program in his school and an enthusiastic ambassador for the transformative power of vocational education. Charlie is pictured below with his mum Angie, brother Jamie, Mrs Sutton, our Aboriginal Education Officer and Mrs Morrissey, our School Based Trainee/Apprentice Co-Ordinator.



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



Bro Speak

Our Bro Speak boys have been out to Lake Endeavour to learn how to make a Coolamon. Local Elder, Geoff Anderson and Bro Speak mentor, Year 12 student Charlie Orah, instructed the boys on the intricacies to make the traditional carrying vessel which was used to carry fruit, nuts and bush tucker. Pictured below are the students at Lake Endeavour.



Reconciliation Week

Our Aboriginal SRC Representative, Brock Charlton, had the honour of being invited to the Fulton Hogan Reconciliation Ceremony. The Fulton Hogan company conducted a ceremony that included, Welcome to Country, a smoking ceremony and also Indigenous dancers from Cowra. It was a wonderful experience for Brock. He is pictured below with representatives from Fulton Hogan, Andrew and Tarek.



Book Roundup

During the long weekend, our Teacher Librarian, Ms Dawson, took five boxes of quality weeded books from our Library to her colleague from Seven Hills High School, Ms Cathy Costello. Ms Costello will take these books, along with donations from other schools, to Walgett as part of the Cooee Book Roundup, which aims "to put quality books in the hands of First Nations students and help bridge the literacy learning gap." You can read more about this initiative at <http://www.cooeebooks.org/>



Parkes High School Rugby Players Make NSW Country Squads

Congratulations to Georgie Duncan, Sonny MacGregor and Ewan Moody who have been named in NSW Country Rugby Union squads after playing a great tournament for Central West in Orange and Sydney recently.



Under 15 Boys Rugby Union Team Through To Next Round

Congratulations to our Under 15 Boys Rugby Union team (pictured below left) who were victorious over Wellington High School. In cold and wet conditions the boys played wonderfully scoring 5 tries and kicking 3 goals. Special mention to team captain Sonny MacGregor, players player Jack Milne and coach Ms Tolley.



Open Girls Hockey

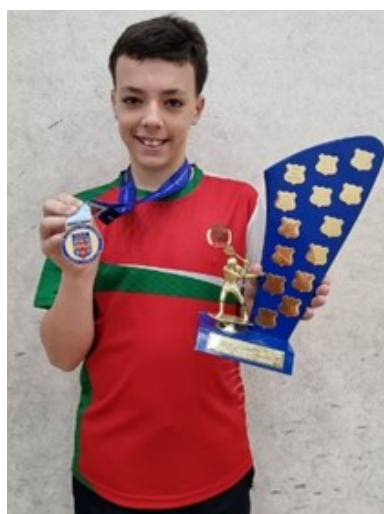
Congratulations to our Open Girls Hockey team (pictured above right) who played a very strong Bathurst High School. The girls went down 5-3, but had a great game. Goal scorers were Molly Orr and Jazlyn Greenwood. Special mention to our brilliant Year 12 girls, Jordan Moody and Paige Duncan who played their last hockey game for Parkes High School. Thank you to Toby Collins and Joseph Tanswell for refereeing and Alexander Chambers and Liam Moody for doing the tech bench.

Open Boys Squash Through To Next Round

Congratulations to our Boys Squash Team (pictured below left) who were Runners Up in the Western Region. Parkes High School had strong wins against Kandos 3-1 and Warren 4-0 which got them to the final against Canowindra, which saw the scores locked at 2 matches, 4 games each and a countback on points saw Canowindra take the win 117 to 115 points. High School teams will now advance through to the next round. Well done Henry, Harry, Tommy, Georgie and Coach Mr Pigram.

Henry Wins CHS Under 15 Championship

Congratulations to our super talented Year 7 student Henry Kross (pictured below middle). Henry played 3 massive days of Squash, playing in the Individual Tournament Quarter Finals, Semi Finals and Final. Henry played fantastic to win the final and was named as the Number 1 in the Under 15 Boys State Team to compete in Queensland in August.

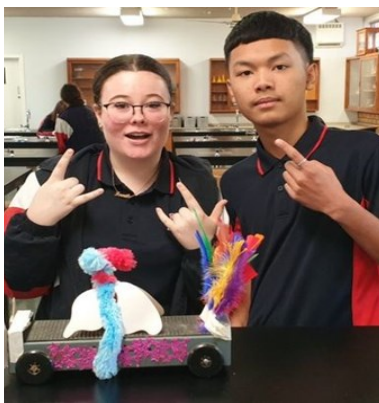


Matty And Blake Get Gold In The Pool

Congratulations to Matty and Blake Price (pictured above right) who have competed at the All Schools Swimming Championships. Blake achieved a gold medal in the Multi Class 12-15 years relay. Matty achieved gold in the Multi Class 16-19 years relay along with a silver and bronze in the Multi Class individual events. Matty has now qualified for the Australian School Swimming Championships in Brisbane in August.

Year 10 Science

Year 10 were very busy recently, testing different materials in their Science Experiments. The aim was to design and test a method for protecting the occupant of their crash trolley, using different materials. The students observed the results and had a lot of fun learning about the properties of different materials. Students are pictured below with the experiments.



Fantastic Results For Lara

Year 10 student Lara Bennett (pictured above middle and right) recently represented Parkes High School at the North West Horse Expo in Coonabarabran. There were over 590 high school riders at the event and Lara achieved some fantastic results. Lara placed 5th in both her dressage tests, 4th in the show Hunter Hack and 2nd in pair of riders. Unfortunately, due to wet weather many events were cancelled. Congratulations on your results Lara!



Push Up Challenge Is Back - Get Fit, Have Fun And Learn About Mental Health

Parkes High School are again participating in the PUSH UP CHALLENGE FOR BETTER MENTAL HEALTH.

The PE faculty have set the challenge to all students and staff, but this year it is a little different - not only do you compete for the most pushups per YEAR GROUP - you also compete by HOUSE GROUPS

The push up challenge is a magnificent way for the participants to learn about and spread awareness of mental health.

The challenge:

- Reduce stigma associated with mental illness and encourage people to seek help when they need it
- Build better connections at school
- Foster a positive team spirit where people encourage each other
- Improve participants' fitness and mood
- Generate some healthy competition (amongst classes/factions and other schools!)

SO EVERYONE GET ON BOARD AND START PUSHING

Pictured below right are Madison, Lilia and Naomi doing some push ups that will go towards their year and house tally.



Year 11 Hospitality

Students in Year 11 Hospitality class recently had to create delicious mocktails. Pictured below left is Conner Fritz (pictured above left) with his mocktails.

Miss Hodges-Lockwood Joins Parkes High School In Science

Welcome to Miss Hodges-Lockwood (pictured below left) who joins us for 4 weeks for her University of New England placement. Miss Hodges-Lockwood will be in our Science staffroom teaching Stage 4 Science and Senior Biology.



Welcome Miss Day

Welcome to Miss Day (pictured above right) who is joining the PDHPE faculty on her final Charles Sturt University placement. Miss Day, who is one of our wonderful ex Parkes High students, will be teaching junior and senior PDHPE classes for the rest of the term. It is so great to have Miss Day at Parkes High School.

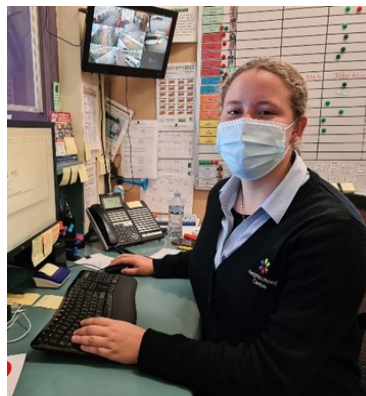
Sophie Performs At Western NSW Dance Festival

Congratulations to Sophie Glasson (pictured right with Mrs Mills) who recently danced in the Junior Ensemble at the Western NSW dance Festival. Our very own Head Teacher CAPA, Mrs Mills, was also there helping as part of the production crew. What an amazing opportunity!



Skills Training And Employment Program - STEP

Big thank you to Michelle and the staff at the Commercial Hotel, who are hosting Year 10 student, Bon Caneta (pictured below left) one day a week on our STEP program Bon is gaining wonderful skills in food



School Based Traineeship - SBAT

Big thank you to Chris and the staff at Reece Plumbing Parkes for being such great mentors for Year 11 student Lochlan Dunn (pictured above middle left) one day a week on work placement as a School Based Trainee. Lochlan is loving his traineeship and is doing really well in his Cert II Supply Chain Operations.

Thank you to Di and the staff at Neighbourhood Central Parkes for supporting Year 12 student Paige Duncan (pictured above middle right) one day a week on work placement as a School Based Trainee. Paige is enjoying this awesome opportunity and is studying a Cert II Business.

Year 11 student Portia Clarke (pictured above right) has just started her School Based Traineeship at the Parkes Hospital. We dropped in to visit and Portia is settling in nicely. Portia is finding placement very interesting and she is enjoying her Cert III Health Assistance course.

PRINCIPAL'S REPORT

Thank you for your ongoing patience and understanding with the ongoing COVID situation. Currently we have a larger number of students in Year 10 who have reported positive test results. A couple of weeks ago we had several teaching staff unwell and had to implement a system of minimal supervision in the Hall. The students were given work from their class teachers and have been supervised by one of the Deputy Principals or myself with other support staff. I have been working closely with the Health and Safety Directorate and our Director Educational Leadership on the best options to support our students and to ensure continuity of learning. All staff and students in the Special Education faculty have had to wear masks indoors and we are continually monitoring the number of students and staff who are testing positive.

Students and staff who are close contacts are able to attend school as long as they are well, test negative each morning for five school days and wear a mask indoors for five school days. Additional Rapid Antigen Tests (RAT) have been given to students and if you require more please just ask at the office. We are continuing to practice good hand hygiene including the use of hand sanitizer, physical distance when we can and have windows open for ventilation in all learning spaces although this is more difficult with the cold weather we are experiencing. Most importantly, thank you for keeping your children home when they are sick and using the Rapid Antigen Tests already distributed for symptomatic testing. I have continued to wear a mask at work and support other staff and students as we continue to have a layered approach to keeping safe and healthy. I appreciate your support as we navigate this ongoing situation.

Unfortunately, we will continue to have issues as we are already experiencing the cold and flu season as well as the complications brought about by the COVID pandemic. Our teachers and staff are working above expectations to ensure continuity of learning for our students. We will continue to merge some classes as staff are isolating or unwell and we are unable to source casual teachers. If necessary we will implement Minimal Supervision as we did a couple of weeks ago.

NAIDOC Assembly: Our NAIDOC Assembly last Friday was a wonderful celebration of the academic, sporting and cultural achievements of our Aboriginal students both at school and in our community. We will have more information in our next newsletter.

Special Guest: Last week we welcomed Caitlin Cronin, Tokyo Olympic medalist in Rowing, to our school. Caitlin spoke to our students and presented the school with a rowing machine which was sponsored by Coles. Rowing Australia have given our school 10 places in the National Age Indoor Rowing Championships. Some of our students had the opportunity to use the rowing machine and were a little surprised at just how difficult it is to row quickly! We will have to practice before the competition!

Extra-curricula Opportunities: Our staff are working above and beyond to continue giving our students extra-curricula opportunities. Last week our students participated in a Rugby League Gala Day, Hockey Knockouts, Open Boys Football, Rugby and our Special Education students travelled to Orange to play Bocchia.

Mental Health Expo : On Monday our Years 10, 11 and 12 students will attend a Mental Health Expo at Parkes RSL club, facilitated by a number of Parkes and national organisations. Sam Webb, the founder of "Livin" is flying in from LA to be the keynote speaker on the day. Our Head Teacher PDHPE and Sport, Joe Spicer will be speaking as the town ambassador for this initiative. Our students will attend between 11am and 1pm, listening to speaker and accessing the variety of Mental Health organisations and professionals present for the Expo.

Vaping: I am very concerned that a small number of students are vaping. Vaping is a serious health issue as it is a risk to both physical and mental health. Vapes can contain the harmful chemicals found in cleaning products, nail polish remover, weed spray and insect spray. These chemicals can have long term detrimental effects on your lungs, reproductive organs and lead to birth defects. Vapes are designed to appeal to young people with the flavours and colourful packaging however many also contain nicotine which is very addictive. Selling vapes to young people is illegal. Students were given a fact sheet last week from the NSW Department of Health.

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 20 June Year 10 Work Experience all week
 Monday 20 June Years 10,11 and 12 Mental Health Expo at Parkes RSL
 Tuesday 21 June Years 11 and 12 University of Wollongong presentation
 Wednesday 29 June to Friday 1 July Year 10 Camp
 Thursday 30 June Years 9, 10 and 11 - Try a Trade at Parkes TAFE
 Friday 1 July Recognition Assembly

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 28 June 2022 in the conference room in the main office building at Parkes High School. It is scheduled to start at 7.30 pm. The proposed date for the term 3 meeting is 23 August 2022 and term 4 meeting is 18 October. I look forward to seeing all our 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

Students Gain Early Entry To University

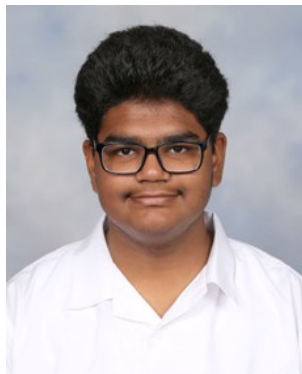
Exciting news for Early Entry to University for 2023 to the following Year 12 students;

Kane Leigo - Bachelor of Business (with specialisations) - Charles Sturt University - Bathurst - Pictured below left

Nathan Eric - Bachelor of Computer Science (with specialisation) - Charles Sturt University - Bathurst - Pictured below middle

Julia Dunn - Bachelor of Interior Design (Commercial) - Billy Blue College of Design-Torrens University - Pictured below right

We can't wait to hear of more magnificent Early Entry offers for our Year 12 students!



Career News

1. Parkes TRY A TRADE – Parkes TAFE – 30 June – Year 10, 11 and 12 attending.
 2. TAFE NSW 2023 - TVET Guide. TAFE-delivered Vocational Education and Training (TVET) courses help students build practical skills and industry specific knowledge, and count toward school outcomes, with some courses contributing towards an Australian Tertiary Admission Rank (ATAR). Hard copies can be found in the library <https://www.tafensw.edu.au/documents/60140/76288/TVET-Brochure.pdf>
 3. Glencore Coal Apprenticeship PROGRAM 2023 - AUTO ELECTRICIAN – ELECTRICIAN, BOILER MAKER (METAL FAB), PLANT MECHANIC, MECHANICAL FITTER - LOOKING FOR BOYS AND GIRLS - Applications close 19 June- check out the link or come and get a brochure off me !!! <https://www.glencore.com.au/operations-and-projects/coal/careers/coal-apprenticeship-program>
 4. How to become a Cosmetic Chemist - https://studyworkgrow.com.au/2022/05/26/how-to-become-a-cosmetic-chemist/?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_23&utm_term=2022-06-06
 5. How to become a Criminologist - https://studyworkgrow.com.au/2022/06/02/how-to-become-a-criminologist/?utm_source=newsletter&utm_medium=email&utm_campaign=free_careers_newsletter_24&utm_term=2022-06-13
 6. Future of Travel Youth Design Challenge - “How might we create innovative solutions to design the Future of Travel?” for more entry details and prize information check out the link - entries close 4 Nov 2022 <https://youngchangeagents.com/challenges/future-travel-youth-design-challenge>
 7. Year 10 subject selection tips - <https://studyworkgrow.com.au/subject-selection/>
 8. OCCUPATION VIDEOS - what do you want to do after school? – check out these videos <https://myfuture.edu.au/assist-others/occupation-videos-by-learning-area>
 9. Australian Defence Force GAP YEAR – check it out <https://www.defencejobs.gov.au/students-and-education/gap-year>
 10. ADFA OPEN DAY – Saturday 20 AUG 9am – 3pm ADFA, Northcott Drive, Campbell ACT, Australia <https://defencejobs.gov.au/students-and-education/australian-defence-force-academy>
 11. John Deer / Hutcheson and Pearce TOP GUN Apprenticeship program - Apprentice Service Technician and Parts Sales Service Apprenticeship – Applications close 4 SEPT <https://www.hutcheonandpearce.com.au/careers/apprenticeships-trainees/>
 12. BOEING FEMALE APPRENTICESHIP PROGRAM – location Melbourne – On completion of your apprenticeship, you will receive your Certificate IV in Aeroskills (Structures) MEA41318 and be well on your way to a rewarding career within the Aviation industry. Applications Close: Sunday, June 26 2022 https://boeing.wd1.myworkdayjobs.com/EXTERNAL_CAREERS/job/AUS---Port-Melbourne-Australia-Female-Apprenticeship-Program_00000290226-1
 13. YEAR 12 – University of Wollongong Talk -21 June – all Year 11 and 12 students welcome
 14. UAC – Year 12 UAC registration is OPEN– all those wishing to apply for university please register and submit your 5 course preferences. YEAR 12 Parents, carers and students please follow UAC on Facebook and Instagram to keep up to date with all things uni. UAC hard copy books can be found in the library <https://www.uac.edu.au/future-applicants/how-to-apply-for-uni>
 15. SCHOOLS RECOMMENDATION SCHEME(SRS) –SRS are one-way institutions make early offers of undergraduate admission to Year 12 students, using criteria other than (or in addition to) the ATAR. If the course you want to do is eligible for early entry SRS please read the information found at UAC and follow the steps to apply – please note you must register with UAC to be eligible for SRS. <https://www.uac.edu.au/current-applicants/schools-recommendation-schemes>
 16. SHOULD YOU USE AN ATAR CALCULATOR – check out this article https://studyworkgrow.com.au/2022/06/07/atar-calculators/?utm_source=newsletter&utm_medium=email&utm_campaign=free_careers_newsletter_24&utm_term=2022-06-13
 17. UNIVERSITY APPLICATIONS –Year 12 please check all individual universities for early entry dates
- NEWCASTLE UNIVERSITY – PATHWAYS WEBINAR - want to go to Newcastle Uni but not sure you will get the marks... you need to register for this Jun 21, 2022 06:00 PM https://uonewcastle.zoom.us/webinar/register/WN_2UbTHir_Re63R5ezhmUsCAutm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newletter_23&utm_term=2022-06-06#/registration
- UNIVERSITY OF SYDNEY – EARLY ENTRY WEBINAR - June 21 – 6-7pm register now <https://www.sydney.edu.au/study/how-to-apply/undergraduate/admission-pathways/early-offer-year-12-scheme.html>

Career News

AUNIVERSITY OF CANBERRA - August Early Round offer now OPEN . Applications close 22 July

<https://www.canberra.edu.au/future-students/apply-to-uc/early-offer-round>

BOND UNIVERSITY - Early Entry now 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 – Opens in July – Application process

WEBINAR 27th July register now <https://www.acu.edu.au/about-acu/events/2022/july/acu-guarantee-application-process-and-student-panel-nsw-act-qlld>

UTS Engineering and IT Early Entry Program – Edge 26 July, 2022 5:30 pm - 6:30 pm [https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/uts-engineering-and-it-early-entry-program-edge?](https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/uts-engineering-and-it-early-entry-program-edge?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_23&utm_term=2022-06-06)

[utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 23&utm_term=2022-06-06](https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/uts-engineering-and-it-early-entry-program-edge?utm_source=newsletter&utm_medium=email&utm_campaign=your_weekly_careers_newsletter_23&utm_term=2022-06-06)

University of Notre Dame – early entry open now <https://www.notredame.edu.au/study/early-offer/early-offer>

Charles Sturt University - EARLY ENTRY RD 2 due JUNE 24 (apply again if you did not get offer in Rd 1) <https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage>

University of New England EARLY ENTRY now open <https://www.une.edu.au/study/study-on-campus/early-entry>

University of Newcastle – EARLY ENTRY – SCHOOLS RECOMMENDATION SCHEME - OPEN NOW– also check out their SPOTLIGHT program <https://www.newcastle.edu.au/study/undergraduate/getting-in/entry-schemes>

Southern Cross University – EARLY ENTRY – OPEN <https://www.scu.edu.au/early-offer/>

University of Wollongong - opens on Monday 18th July at 9am. Applications close Friday 12th August 5pm.

www.uow.edu.au/early

University of Technology - Sydney – Elite Athlete Program – for students who are State or National Representatives who wish to study at UTS - Application opens 1 August 2022 Applications close 2 December 2022. for more information go to

<https://www.uts.edu.au/scholarship/elite-athlete-program>

University of NSW – Sydney – EARLY ENTRY GATEWAY WINTER PROGRAM – ONLINE – 20 JUNE – 7 JULY

<https://www.access.unsw.edu.au/our-program/gateway>

Macquarie University Sydney - EARLY ENTRY – Leaders and achievers Early entry program opens WED 1 JUNE and SRS <https://www.mq.edu.au/study/admissions/entry-requirements/domestic/macquarie-entry/macquarie-leaders-and-achievers>

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

The University of Sydney – Early offer Webinar June 21 6pm -

https://unisidney.zoom.us/join/register/WN_75NI_L76RjO7TZdrjG0WFw

18. UNIVERSITY OPEN DAYS

Murdoch University |Western Australia Open Night Online: Humanities, Media, Business, Law & Education Tuesday 9 August 2022, 5:30 pm - 7:30 pm <https://www.murdoch.edu.au/events/all-events/online-mu-open-nights-humanities-media-business-law-education-175202765187>

Fed Uni |Victoria Performing Arts Online Q&A Session Wednesday 20 July 2022, 11:00 am - 12:10 pm https://events.federation.edu.au/event/sessions?id=Arts_Academy_Q_and_A2048200623

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

BEDFORD COLLEGE – Australia's longest operating private, not-for-profit vocational college. Study at their Norwest Campus or online 'Every Day is Open Day' (Monday to Friday, 9am to 5pm). Check out their website for courses

<https://www.bedford.edu.au/>

UNIVERSITY OF CANBERRA OPEN DAY – 3 SEPT 2022 – go to University of Canberra website for more information

<https://www.canberra.edu.au/openday>

UNIVERSITY OF TECHNOLOGY - SYDNEY (UTS) OPEN DAY – 27 AUGUST : for more information go to their website <https://www.uts.edu.au/study/undergraduate/our-courses/find-right-course/events-and-info-sessions>

UNIVERSITY OF WOLLONGONG OPEN DAYS – 6 AUGUST - Wollongong campus and 30 JULY Liverpool campus

<https://www.uow.edu.au/openday/#:~:text=Open%20Day%202022-,Open%20Day%202022,campus%20on%20Saturday%2030%20July>

UNIVERSITY OF NEWCASTLE – VIRTUAL CAMPUS TOURS

<https://www.newcastle.edu.au/study/new-students/orientation>

CHARLES STURT UNIVERSITY OPEN DAYS – Albury- 21 Aug, Bathurst – 28 Aug, Dubbo – 11 Sept, Orange – 4 Sept, Port Macquarie – 7 Aug, Wagga Wagga – 14 Aug <https://study.csu.edu.au/school-leaver>

MACQUARIE UNIVERSITY SYDNEY OPEN DAY – 13 August

<https://event.mq.edu.au/open-day-2022/registration/Site/Register>

FEDERATION UNIVERSITY - VICTORIA OPEN DAY – Sunday 14 August 10am – 3pm – Ballarat, Berwick, Gippsland and Wimmera campuses <https://federation.edu.au/future-students/study-at-federation/open-day>

UNIVERSITY OF SYDNEY OPEN DAY – 27TH AUG – 9-3PM Registrations open in July

<https://www.sydney.edu.au/study/events-for-prospective-students/undergraduate.html>

19. SCHOLARSHIPS

UTS Bachelor of Accounting Cooperative Education Scholarship Program - If you are a high achieving school leaver and believe you could be one of Australia's future business leaders, then the Bachelor of Accounting cooperative education scholarship program has been designed just for you. – for more information <https://www.uts.edu.au/study/business/business-courses/undergraduate-programs/bachelor-accounting>

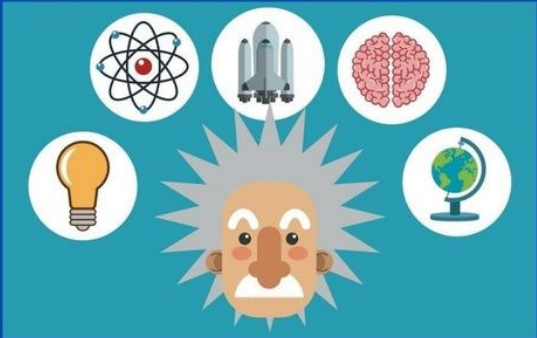
UNIVERSITY OF SYDNEY CHANCELLOR'S AWARD -

[https://studyworkgrow.com.au/scholarship/university-of-sydney-chancellors-award/?](https://studyworkgrow.com.au/scholarship/university-of-sydney-chancellors-award/?utm_source=newsletter&utm_medium=email&utm_campaign=free_careers_newsletter_24&utm_term=2022-06-13)

[utm_source=newsletter&utm_medium=email&utm_campaign=free careers newsletter 24&utm_term=2022-06-13](https://studyworkgrow.com.au/scholarship/university-of-sydney-chancellors-award/?utm_source=newsletter&utm_medium=email&utm_campaign=free_careers_newsletter_24&utm_term=2022-06-13)

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

PARKES HIGH SCHOOL



SCIENCE HELP

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



MATHS HELP

TUESDAY - PHS HUB
3.25pm
Complete homework
Go over classwork
Work on assessments
All Years and courses welcome

**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.



MRS VERE'S
**KNITTING
IN THE
LIBRARY**
**FRIDAY
LUNCHTIME**
EVERYONE IS
WELCOME

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.

AECG Dates 2022

Term 3 - Parkes Public School
Junior - 16 August at 9:30am
Senior - 17 August at 9:30am

AGM: Parkes High School - To Be Advised

Term 4 - Middleton Public School
Junior - 8 November at 9:30am
Senior - 9 November at 9:30am

Important Dates

Monday 20 June
Youth Mental Health Expo
Years 10, 11, 12


Friday 24 June
Recognition Ceremony
Commencing at 12.00pm

Wednesday 29 June to Friday 1 July
Great Aussie Bush Camp
Year 10

Thursday 30 June
Try a Trade
Parkes TAFE
Years 9, 10, 11


Monday July 4 to Monday 18 July
School Holidays
School Returns on Tuesday 19 July

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



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.



Parkes High School

Safe Respectful Responsible

AEROSOL FREE SCHOOL



For the health and safety of all in our community, the use of aerosol deodorants is **NOT PERMITTED** on site at Parkes High School.

Students who wish to "freshen up" during the day will need to use a roll on, gel or pump spray deodorant.

Some students and staff will suffer a **serious allergic reaction** to aerosols or pressured perfumes, which could lead to serious harm.

Safe Respectful Responsible

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, SHPN (CPI) 22051



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.



With delivery partners



Funded by



A Reminder To Parents/Carers To Notify The School About Your Child's Health Conditions

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents/caregivers. Please provide this information in writing to the Principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.



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.

