



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

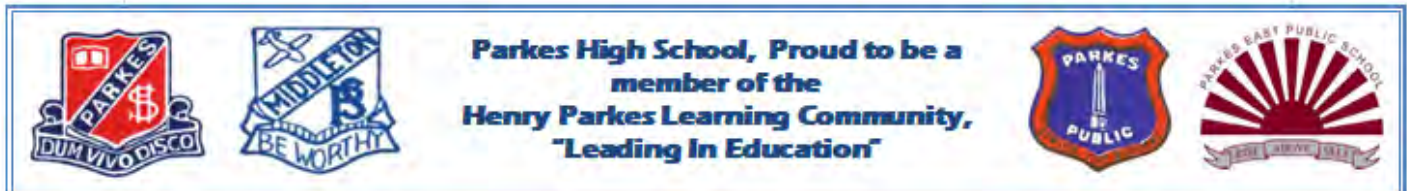
ISSUE 15 - WEEK 2 TERM 4 2022

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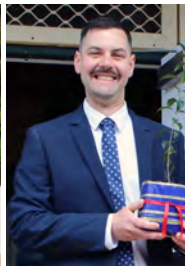
Year 12 Class of 2022 - Graduation Assembly

Friday 23 September we farewelled our Year 12 Class of 2022. It was an emotional assembly with many speeches of memories and best wishes. Big thank you to our Year 12 musical performers for yet another magnificent performance, our Captains Amanda Lowe and Charlie Denhim-Jones, Vice Captains Jordan Moody and Nathan Eric, our Prefects Nia Boggs, Harrison Bayliss, Cody Morgan, Julia Dunn, Maddison McCormick and William Lamond for their wonderful speeches, sisters Chelsea and Jade Harding for the Acknowledgment of Country, Nia Boggs for the National Anthem, Mrs Carter for her Principal's Address, Mr Murray for his Year Advisor speech and video and Year 12 for their amazing dance. All the best Year 12 you truly are a brilliant bunch of young adults. More photos on Official Parkes High School Facebook Page.



Year 12 Class of 2022 - Graduation Assembly Continued

Year 12's Graduation Assembly was celebrated with students, staff, family and friends - we would like to take this opportunity to thank all Year 12 parents, carers, friends and families for supporting our Year 12's while at Parkes High!



Parkes High School 2023 Senior SRC Announced

We are excited to announce our Captains, Vice Captains and Prefects for 2023, who are all pictured below.

Captains: Maely MacGregor & Toby Collins

Vice Captains: Heidi McPherson & Harry Bligh

Prefects: Holly Chalmers, Madaline Rich, Joseph Tanswell, Tristan Hanstock, Breeanna Lowe & Alleah Docena.

Congratulations to our new leaders!



Aurora College

Science Practical Coordinator for Aurora College, Fiona Boneham, travelled to Parkes High School to conduct the Year 11 Biology Practical day. She worked with Genevieve Bland, Hannah Dun, and Heidi Parkin on a number of hands-on activities. These included chlorophyll extraction from various leaves of different species to compare through chromatography and spectroscopy. They looked at factors affecting transpiration from leaves and how a potometer works. They also looked at animal systems by dissecting a kidney and a heart and they viewed prepared blood slides under the microscope to estimate the size of red and white blood cells. Fiona would like to thank Parkes High School for being so welcoming and having the equipment and room ready.



Parkes High School Students Attend UNSW Regional Residential Program

Three of our Year 11 students, Genevieve Bland, Heidi Parkin and Alleah Docena (pictured below left) flew to Sydney in the holidays to attend the UNSW Regional Residential Program. For three days our students explored the Kensington campus in the heart of Sydney and spent two nights at one of the on-campus colleges.



Hannah Singing At Pulse Alive 2023

Our Year 11 singing sensation, Hannah Dun (pictured above right), has been accepted as a featured artist at Pulse Alive 2023 in Sydney! She has also been offered to be a student voice in the production of the Pulse Alive 2023 show as part of a student creative team. Hannah gets to contribute ideas to the creative directors while planning and crafting a show segment. The creative team has regular meetings in which they propose ideas in all areas of the performing arts (music, drama and dance). They also work to address any issues within the segment they are planning for the show. It is an extremely exciting and new opportunity for Hannah and we are so proud of her !!!



Parkes High School Recycling

During this year we have collected plastic bread tags from students, parents, community members and teachers to send for recycling. We send them to Aussie Bread Tags for Wheelchairs where they are made into usable items to raise money for people with disabilities. With the advent of cardboard bread tags that can be placed in our compost heap or green bin, there are fewer plastic tags around, but we will keep collecting them for you!

In the Library there are some plant pots made from melted and extruded plastic that used to be bread tags! They are a great example of using plastic waste as a resource rather than throwing it away!

Pictured above is our Teacher/Librarian Ms Tracy Dawson with some recycling along with Klancy Green, Jack Davey and Jonathan Faunt holding the pot plants made from the recycled plastic bread tags.

Maddy is Named in U/16 and U/19 Western Cricket Team

Year 10 student Maddy Spence has been selected in not one but TWO Western Zone cricket teams to play in the Country Championships in Tuggerah. Congratulations and Good Luck Maddy!



Parkes High School Students Announced in WRAS Hockey Program

Congratulations to Holly Duncan, Elly Thornberry, Elsie Orr and Nick McPherson who have been selected in the Western Region Academy of Sport - Hockey Program



Parkes High School U/15 Girls Netball

Big Congratulations to our U/15 Girls Netball team (pictured below left) who played in Orange last week. The girls played brilliantly under the wonderful coaching of Mrs MacGregor and Mrs Jones. The team won 2 games, lost 2 games and drew 1 game. Well done girls!



Year 11 Sport, Lifestyle and Recreation

Our Year 11 Sport, Lifestyle and Recreation class (pictured above) had a great time participating in mod tennis recently.

Indigenous Homework /Cultural Groups

Who can attend?

Secondary and year 6 students who identify as Aboriginal or Torres Strait Islander

Location

Neighbourhood Central, 80-82 Currajong Street Parkes
Neighbourhood Central Community Hub, 87 Caswell Street Peak Hill

Time:

Parkes: Monday 3-5pm

Peak Hill Tues: 3-5pm

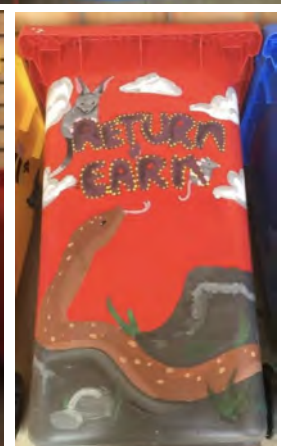
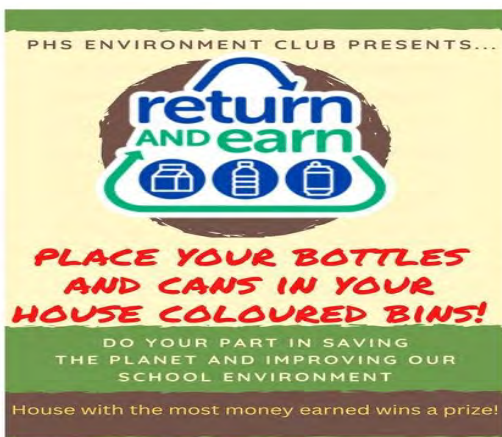
Conatact Infomation

Parkes:
Micheal Anderson 68623757

Peak Hill:
Lisa Cohen 68691037

What We Offer

- Free afternoon tea
- Cultural education
 - Language
 - Elder visits
 - Cultural day trips during school holidays
- Help with assignments
- Monthly visits to Country Universities Centre
 - Access to computers
 - Access to workshops including resume building, scholarship applications and many more



Parkes High School Return and Earn

Our Environmental Club is pleased to announce their new Return and Earn Program. All you have to do is place your empty cans and bottles in your house coloured bin to help make a difference. There is also an instructional video to watch if you would like on Official Parkes High School Facebook page.

Our Parkes High School Year Advisors



Year 7
Mr Ben Isaac



Year 8
Mr James Dumas



Year 9
Ms Tayla Laing



Year 10
Mr Alex Rogers



Year 11
Miss Jenna Welsh



Year 12
Mr Warren Murray

Our Year Advisors are here to help you and your child with any issues or concerns they may have.

Your child can make direct contact with them during school hours. If parents or carers would like to contact them, please call the school on 6862 1844. Alternatively, you can email them directly using the email addresses listed:

Mr Isaac - benjamin.isaac10@det.nsw.edu.au

Mr Dumas - james.dumas3@det.nsw.edu.au

Miss Laing - tayla.laing3@det.nsw.edu.au

Mr Rogers - alexander.rogers24@det.nsw.edu.au

Miss Welsh - jenna.welsh@det.nsw.edu.au

Mr Murray - warren.murray9@det.nsw.edu.au

Parkes High School STEP Scheme

We caught up with some of our STEP (Skills Training and Employment Program) students out at the Parkes Aviation Museum. The students and Mr Job are currently working on a Boeing 474 400 engine. When they are finished restoring it, the engine will be on display at the museum. Great work Matthew McCreadie, Dominic Brown, William Tanks, Alfonso Melosantos, Bonifacio Caneta and Theozeus Melosantos! Pictured below left.



PHS Students feature at CWA High Tea

The Parkes CWA High Tea Fashion parade was treated to a Rock'n'Roll showcase by two of our wonderful Year 9 students Sophie Jones and Isabella Hughes! Year 11 student Hannah Dun also featured as one of the fashion models.

Parkes High School Work Experience

Year 10 student Anthony Dickson (pictured below left) spent last week at Hutcheson and Pearce. Anthony enjoyed his time and was a great ambassador for our school. Thank you to all the staff at Hutcheson and Pearce for making Anthony feel so welcome and teaching him new skills. Well Done Anthony!



Celebrating Student Success

Congratulations to Year 10 student Izabella Ram (pictured above left), who has just been signed up for a Horticulture Traineeship with Parkes Shire Council. Way to go Izabella!

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;

Jacob Fredericks - Bachelor of Exercise Science - University of Wollongong AND Bachelor of Engineering (Honours) - University of Wollongong

Abigail Sharples - Bachelor of Nursing - University of Wollongong

Maddison McCormick - Bachelor of Sports Coaching (Management) - Australian College of Physical Education AND Bachelor of Nursing - University of Notre Dame

Jordan Moody - Bachelor of Sports Business (Leadership) - Australian College of Physical Education

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



Parkes High School NAIDOC Dance Group

The Wiradjuri Guwals dance group of the Parkes High School performed at the NAIDOC celebrations at Bushman's Hill.





Dear Year 8 Parent or Carer

The *Validation of Assessment for Learning & Individual Development* (VALID) test for Year 8 students will be held between **Monday 24 October** and **Friday 4 November 2022**. The test takes approximately 75 minutes. The **VALID Science 8** test is an interactive, multimedia test completed entirely on a computer.

VALID Science 8 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the *NSW Science Years 7–10 Syllabus (2018)*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

Students also complete a survey about their opinions, attitudes, and values about science.

VALID Science 8 contains audio, so each student needs to bring suitable **headphones or earbuds** that connect to a device. Schools will indicate if students need their own device.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or exemption from the test.

Results of the test will be available during Term 1, 2023. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personalised electronic report describing the knowledge and skills demonstrated by your child in the test will be available from their school. There will also be information about how your child's results compare with overall performance of all students in the test across NSW.

The principal of your child's school can provide you with more details about the VALID program if you require additional information.

Yours sincerely

A handwritten signature in black ink that reads 'Paul Wood'.

Paul Wood
Executive Director, Educational Standards

PRINCIPAL'S REPORT

This week I have had the privilege of leading Parkes High School in Mrs Carter's absence.

Parent Engagement: On Tuesday 18 October 2022 we hosted two events which demonstrated a significant improvement in community engagement. We welcomed our Year 11 cohort and their parents for an orientation evening. Students and parents collected the Year 12 assessment booklet, listened to important information on HSC requirements, how to apply to universities and schemes for early entry and the benefits for maintaining 12 units of study through to the HSC. I was also able to share with parents and students the importance of using the most valuable resources we have at the school — our teachers! We regularly offer our time before and after school and during holidays to support our senior students. Students also have access, at no extra cost, to ATOMI and EDROLO. These online resources can be used for consolidating new concepts or pre learning. There was also overwhelming support for the continuation of our P and C. Our school canteen will be able to continue with this renewed support and commitment from parents. Thank you for valuing both the canteen and the importance of Parents and Citizens Associations in our schools.

Screen Time: I recently attended the annual NSW Secondary Principal's Association where Dr. Wayne Warburton discussed the impacts of gaming and social media use on the mental health of young people. On average, young people are using this media for over 8 hours a day (this does not include school and homework). Screen time is sabotaging students' sleep. The optimal amount of time a student needs to sleep each night is 9 to 11 hours. Students need at least 2 consecutive nights of good sleep to learn. Substantial use of video games also leads to substantial decreases in attention and focus. We encourage parents and carers to keep games and phones out of bedrooms and limit screen time.

NAPLAN: In 2022 we successfully increased the number of students in Year 9 in the top 2 bands of NAPLAN across all the domains which include Reading, Writing, Spelling, Grammar and Punctuation and Numeracy. In each of these domains, Parkes High School students outperformed statistically similar school groups. We are proud of this achievement and commend both staff and students.

VAPES and E Cigarettes: Unfortunately, the use of VAPES in school age children is becoming normalised. VAPES are not safe. VAPES are the perfect device to addict young people to nicotine. Young people are urged to quit vaping and know the facts and dangers of e-cigarettes, which can contain harmful substances found in cleaning products, nail polish remover, weed killer and bug spray. Vaping is not safe and can have harmful, long-term effects to the physical and brain development of young people.

It is illegal to sell e-cigarettes or vapes to anyone under the age of 18. There are severe penalties for business or others who provide them to minors, including fines of up to \$11,000 for individuals, and up to \$55,000 for corporations, for first offences.

Many vapes contain nicotine making them addictive

Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray

Vapes can leave young people at increased risk of depression and anxiety

The nicotine in 1 vape can = 50 cigarettes. Depending on the size of the vape and nicotine strength, it can be much higher

Young people who vape are 3 times as likely to take up smoking cigarettes

Vape aerosol is not water vapor

Vaping has been linked to lung disease.

Vapes can cause long-lasting damaging effects on the brain and physical development.

Please contact the school (68621844) 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 Debra Slack-Smith
R/Principal

Career News

Student Exchange Programs to expand your world - Imagine living overseas for anything from two to twelve months. You'll be placed with a host family and attend a local school. You'll live like a local and become immersed in the culture. You'll learn the language and gain valuable international experience. <https://studentexchange.org.au/programs/how-do-i-apply/>

Navy Communications, IT and Intelligence Roles <https://navy.defencejobs.gov.au/jobs/communication-it-and-intelligence?page=1&perPage=21&query=>

THE HOTEL SCHOOL AUSTRALIA The Hotel School is hosting an Information Evening. We invite your students to join us to explore how they can start an exciting global career within the hospitality, hotel and tourism industry. Tuesday, 8 November, 5:30pm - 7:00pm at The Hotel School Sydney Campus. 60 Phillip Street, Sydney, NSW 2000. RSVP Now: <https://bit.ly/3CJYvQ0> For more information contact anne.mccrory@scu.edu.au

TEENAGE VOLUNTEER ABROAD - Make your summer one to remember by travelling, making a difference and meeting people from around the world! High school volunteer programs are tailor-made for 15-18 year olds. <https://www.projects-abroad.com.au/trip-format/high-school-specials/>

CAREERS IN NURSING - [https://studyworkgrow.com.au/2022/09/19/careers-in-nursing/?utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 39&utm_term=2022-10-03](https://studyworkgrow.com.au/2022/09/19/careers-in-nursing/?utm_source=newsletter&utm_medium=email&utm_campaign=your%20weekly%20careers%20newsletter%2039&utm_term=2022-10-03)

How to become a Disaster Management Officer [https://studyworkgrow.com.au/2022/09/15/how-to-become-a-disaster-management-officer/?utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 39&utm_term=2022-10-03](https://studyworkgrow.com.au/2022/09/15/how-to-become-a-disaster-management-officer/?utm_source=newsletter&utm_medium=email&utm_campaign=your%20weekly%20careers%20newsletter%2039&utm_term=2022-10-03)

How to become a Border Force Officer [https://studyworkgrow.com.au/2022/09/22/how-to-become-a-border-force-officer/?utm_source=newsletter&utm_medium=email&utm_campaign=your weekly careers newsletter 40&utm_term=2022-10-03](https://studyworkgrow.com.au/2022/09/22/how-to-become-a-border-force-officer/?utm_source=newsletter&utm_medium=email&utm_campaign=your%20weekly%20careers%20newsletter%2040&utm_term=2022-10-03)

How to become a Viticulturist - [https://studyworkgrow.com.au/2022/09/29/how-to-become-a-viticulturist/?utm_source](https://studyworkgrow.com.au/2022/09/29/how-to-become-a-viticulturist/?utm_source=)

TAFE Information for school leavers - <https://www.tafensw.edu.au/school-students#>

Business 101 for Girls Webinar Australia - Sat Nov 26, 2022 8:00 AM - 10:00 AM https://www.tickettailor.com/events/girlsinpoliticsinitiative/744901/?utm_source

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>

SCHOLARSHIPS

PLEASE CHECK INDIVIDUAL UNIVERSITIES FOR ALL THINGS SCHOLARSHIPS.

MACQUARIE UNIVERSITY Students relocating to study at Macquarie University from a regional or remote area

may be eligible for the Macquarie University Campus Accommodation Scholarship that will help them feel right at home. Applications are open! Apply now:

https://it-mqu.formstack.com/forms/application_mq_accommodation_scholarship_2023

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

UNIVERSITY ACCOMODATION

All students applying to university need to check individual university websites to find out accommodation application dates – you may need to apply for accommodation before you get an offer!!!

Looking after our own Mental Health

Everyone has mental health and we can all benefit by looking after our own mental health and the mental health of our communities. Check out the calendar below for some great ways to reflect and connect to positive mental health.

Mental Health Month October 2022

Everyone has mental health and we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection using the ABC's of mental health and wellbeing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Awareness Mental health and wellbeing means different things to different people.	2 Belonging Community involvement is key. Focus on what you have in common with others, and how you can help.	3 Connection Build strong support networks and look out for one another.	4 Downtime Today, take some mental downtime. Let your mind wander or daydream.	5 Enjoyment What do you enjoy? How can you do this more often?	6 Friends & family Get in touch with friends and family. Let them know you care.	7 Getting started
8 Goals Setting goals gives a sense of purpose. Write down three things you'd like to achieve.	9 World Mental Health Day	10 Help Seek help when you need it. There are so many resources available!	11 Individual Check in with yourself.	12 Joy What brings you joy? Make a list.	13 Kindness Today is all about random acts of kindness. Focus on ways you can be kind.	14 Check-in
15 Movement Focus on movement that makes you feel good – dance, stretch, jog, etc.	16 Nature Get outside. Feel the sun on your face and the grass under your feet.	17 Others Use available resources to support others. Showing you care can make a big difference.	18 Physical Exercise is great for releasing feel-good endorphins.	19 Questions It's OK to not have all the answers! What are your questions about mental health?	20 Relationships Healthy relationships are an important part of mental health.	21 Love Today is all about love and self-acceptance.
22 Support Know where to go for support, and how to support others.	23 Time Take some time to do something you really enjoy.	24 Understanding Understanding mental health is so important.	25 Vitality What gives you vitality?	26 Walk Get out into the fresh air and move your feet.	27 X-Factor Celebrate what makes you unique.	28 Almost there
29 Zzz Catch some Zs. Sleep is important for healthy brain function.	30 That's a wrap					31 Yoga Yoga is great for practicing mindfulness.

Find out more at lookafteryourmentalhealthaustralia.org.au

WORLD MENTAL HEALTH DAY 10 OCT

Look after your mental health, Australia

Parkes District Junior Cricket

Registrations are now live. Let's spread the good news! The new PlayHQ portal is live and registrations can now be taken for the 2022/23 cricket season. Go to the website below and register for this season <https://www.playhq.com/.../parkes-district.../e4212147>. There are 4 age divisions: U'10's, 12's, 14's & 17's. The U'12 & U'14 competitions will involve teams from both Parkes & Forbes. The U'17's competition will be contested by Parkes, Forbes, Condobolin & Trundle. The 2022/23 season is shaping as another huge season and we're super excited. So jump on and sign-up your cricket superstar today!



PARKES JUNIOR CRICKET ASSOCIATION

REGISTRATIONS NOW OPEN FOR 2022/23 CRICKET SEASON

SEASON STARTS

SATURDAY 22ND OCTOBER

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.

ALLERGY AWARENESS IMPORTANT REMINDER

Due to the increasing number of students with severe allergies and anaphylaxis we ask students, parents and all staff to **not bring the following items to school:**

- All nuts, including; peanuts, cashews, pistachios, nut mixes, peanut butter, products including peanut / nut or extract or oil. These include nutella, muesli bars, satay, various sweets, chocolate and biscuits.
- Raw egg

Students should not share or exchange food

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.



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 (CPH) 220191



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

October 24 to October 28
Year 9 and Year 10 Exam Week

Wednesday October 26
Year 11 English Excursion to Sydney

Thursday 3 November
Stand Tall—Dubbo

Thursday 3 November
Meet The Keeper—Year's 9, 10 and 11

Friday 4 November
Excursion for Remembrance Day

Friday 4 November
HSC Exams Conclude

Friday 4 November
Duke of Edinburgh Hike

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 ¼ 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

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)</p>

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.



MENTAL HEALTH

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.