



# PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 16 - WEEK 4 TERM 4 2022

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



## Parkes High School P&C and Canteen to Continue into the Future

A huge thank you to all the parents and carers who attended our emergency P&C meeting. All the new members are most welcome and a massive thank you to the people who stepped into P&C positions which ensures that our P&C and canteen are now viable into the future.



## Year 12 2023 Induction Evening

Thank you to all the students, parents and carers who attended our Year 12 Induction. It was fabulous to see so many of our Year 12 families come to support our Year 12 students on their HSC journey!



## Welcome Domino

We would like to introduce to you our newest member of Parkes High School. Domino is a fully trained therapy dog who has come from the Australian Guide Dog Association. He will be working across the school but will be mainly based in Special Education. We are all so lucky to have Domino on board at PHS. Visit Official Parkes High School Facebook for more pictures.



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



# Australia Celebrates World Teachers' Day

Hats off to teachers this World Teachers' Day! Friday 28 October 2022

Our teachers have shown great resilience during challenging times, they also give Australian students the best future possible.



## Celebrating Student Success Parkes High School SBATS

We caught up with Year 11 School Based Trainee Ruby Moore recently at the Forbes sheep sale. Ruby is studying a Certificate II in Agriculture and is being hosted by employer AWN Langlands Hanlon. Ruby is pictured below with employer Geoff Rice and his daughter Clara.

Congratulations to Year 10 student Cristalyn Kliese who recently signed up for a School Based Traineeship at Reece Plumbing, Parkes. Cristalyn attended Reece Plumbing on our Work Experience program and was then offered a traineeship by Reece manager Chris Cunningham. Cristalyn will study a Cert II Chain Supply Operations as one of her Year 11 and 12 subjects and attend work one day a week. She is pictured below right with Murray Mallee Training Company SBAT Recruitment and Training Officer, Vickie Shackley.



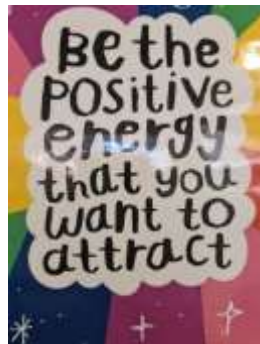
## Parkes High School Work Experience

Year 10 student Daniel Hando pictured below left, recently participated in our Work Experience Program at Cameron Rosser Mechanical. Daniel loved his experience and we thank Cameron, Nicole, Hamish and staff at CRM for providing Daniel a wonderful experience!



## Aces Students hit the Gym

Miss Kempson took two of our Year 11 ACES students to FITNESS 4ALL Gym recently as part of their Fitness Unit. Each Wednesday they will be attending the gym for a workout as part of a 10 week program. Dom and Matthew pictured above right were excellent representatives of our school and were passionate about advocating healthy lifestyles! Thank you to FITNESS 4ALL for hosting our students.



## Parkes High School Senior Leaders Postive Empowerment Initiative

Our senior leaders, Holly, Breeanna, Maely, Heidi and Maddy wanted to bring positivity and empowerment to our female students, so recently they posted bright colourful positive affirmations in our girls' common area. What a great initiative girls! Thank you to Mrs Skulander for printing the quotes.

## Out and About

We caught up with some of our students enjoying the spring weather at lunch time.



## Year 7 Technology Mandatory

Ms Nicholson's Year 7 Tech Mandatory Cooking class created delicious dishes recently. Scrumptious stir fry was on the menu and everyone did a wonderful job cooking a healthy meal. Well done everyone.



## Year 9 History

Year 9 students study World War I and II. The HSIE faculty had a mystery box sent from the War Memorial and inside were replica items of uniforms and letters from soldiers to their families. The students had a great time gaining a small insight into World War I and II. Ewan Moody, Daisy Dawson and Luca Parkin pictured above right look fantastic!



## Year 9 PASS

Miss Kempson's Year 9 Physical Activity and Sport Studies (PASS) class have been participating in a table tennis unit. Last week students Zach, Shamus and Chevy joined in the fun. Thank you to Joel MacGregor and Wade Parker who helped teach the boys the rules and skills to play table tennis!

### Year 7 Sport

Our Year 7 students who were onsite combined physical activity with lots of fun! Below is Angus and Melinda during the warmup game "Sprouts". Awesome effort kids!



### Parkes High School Return And Earn

Recycling is in full swing with our new Return and Earn bins. Students are reminded that the bins are for cans and bottles only. Place your recyclables in your house bin for points. Jazlyn Greenwood is pictured above using the recycling bin.



### Emma Shaves Her Hair For A Great Cause

Year 8 student, Emma Walton picture above right decided to shave her head and dye it pink, in support for Individuals suffering with Breast Cancer. The money Emma Raised was instantly donated to the National Breast Cancer Foundation to go towards things such as new and improved treatments as well as earlier detection. This is a magnificent initiative by Emma and we are very proud of her.

### Year 8 Art

Check out Year 8's clay creations. Well done students.



### Year 10 Art

Miss Alfred's talented Year 10 artists have created landscape paintings pictured above inspired by Australian artist Clarice Beckett. Well done Makayla Sloane, Cristalyn Kliese and Lachlan Pfaff, Garcia Gattens, Annaray Watson, Natalie Bartijn and Kaylen McDermott!



## Parkes High School English Students Attend Play in Sydney

Year 11 Standard English and some of our Year 9 drama students ventured to Sydney to see a production of 'Past the Shallows', an adaptation of the HSC text, at the Rebel Theatre. The play was staged by the [#australiantheatreforyoungpeople](#), and the actors and playwright took the time after the show to answer questions. Our students also took part in a workshop that helped them delve more deeply into levels of meaning in the text relating to human experience. More pictures on Official Parkes High School Facebook page.



## Parkes High School Rural Fire Service Cadets

The NSW RFS Secondary Schools Cadet Program provides students with an insight into fire safety and prevention whilst developing practical life skills and a general appreciation of community service and volunteerism. Our Year 10 cadets recently participated in an organised rescue and were extremely proficient and successful.



## Year 7 Geography - Wambangalang Field Trip

Year 7 travelled to Wambangalang Environmental Education Centre recently to participate in the annual field trip. Students participated in water testing and orienteering as well as getting the opportunity to try the ropes course. Thank you to all Year 7 for being wonderful ambassadors for our school!



## TAFE YES Program

Some of our Year 10 students attended the first day of the TAFE YES program last week. The TAFE YES Program provides an introduction to a range of TAFE courses and exposes students to the adult learning environment and specialised facilities of TAFE. Students will develop basic skills and confidence to assist them in their school to work transition and increase their capacity to work in teams and engage with industry. The girls had a taste of hospitality when they made pizza and cookies from scratch under the guidance of TAFE teacher, chef Lyndal. The girls were magnificent ambassadors for our school and their food looked delicious! Thank you Parkes TAFE for hosting our students.



## Meet the Keeper

Parkes High School students had the awesome opportunity to attend the Meet the Keeper Day at Taronga Zoo Dubbo recently. The students were led by zoo educator Kellie Pfeiffer (nee Phipps), who is an ex Parkes High Student! The day consisted of talking to many zoo keepers and hearing how they attained their positions at the zoo and the qualifications required. They got a behind the scenes tour of the zoo and saw the hard work that is required to work in the industry. A highlight of the day was getting up close to the animals, going on the safari tour, inspecting the feeding facility and getting the privilege to see an elephant getting a daily bath! For more pictures go to Official Parkes High School Facebook page.





## PRINCIPAL'S REPORT

Our Year 12 students have completed their HSC examinations. Most of the students have been happy with the examinations and looking forward to the Graduation on Friday 11 November. We have several students who have early entry to universities and are looking forward to a break from study before undertaking their tertiary courses in 2023. Many of our students are already working and contributing to our community.

**Excursions:** A massive thank you to all our staff who are working tirelessly to offer our students every opportunity to participate in extra-curricula activities. We have already had students on a variety of excursions and there are many more in progress. Unfortunately, we have had some excursion that have been cancelled or postponed due to the current weather. Thank you to the teachers and Mrs Morrissey for keeping everyone up to date via our FaceBook page.

**New Courts:** The continuing rain has caused further delays in our new courts and are thus looking at using them at the commencement of the 2023 school year. Our PDHPE faculty have already commenced use of the new shed to support them with equipment for PE and Sport lessons. The ramps to enable smooth access to the MPC are also almost completed.

**P&C Meeting:** Our P&C meeting had a very positive attendance of parents and carers and we are looking to be able to fill the office bearer positions. This is good news for our school as we need to have an active P&C to support the school with feedback and decision making. This also enables the smooth operation of our canteen as it is a P&C run canteen. Any profits from the canteen are utilised by the school to support teaching and learning and resources for our students.

**Student Toilets:** We are currently experiencing a few issues with the use of the school toilets. It is very sad that a very small number of students are causing major inconvenience for the majority of students.

**Mobile Phones:** We are investigating security pouches for student mobile phones as we endeavor to support students with appropriate and responsible use of their devices. This also gives 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:

Wednesday 9 November AECG meetings Bushman's Hill  
Wednesday 9 November Years 10 and 11 Careers Expo Orange  
Friday 11 November Year 12 Graduation Night  
Monday 21 November Year 10 Work Experience week commences  
Monday 28 November TRYP excursion commences  
Thursday 8 December MADD Night  
Thursday 15 December Recognition Assembly  
Friday 16 December Presentation Assembly

**School 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.

Our next P&C Meeting is on 21 February 2023 in the conference room. This is the AGM for our P&C. 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

## Career News

- Orange Careers Expo** – 9 NOV 2022 – 50 places available – Year 10 and 11 - see Mrs Morrissey or Mrs Little if you are interested in going.
- Simulated UCAT Day Workshop**, Online- Sunday 18 December 2022, 10:00 am - 5:00 pm If you are in Yrs. 10, 11, 12, or you may be older and considering sitting the UCAT in the future, then this program is for you. The Simulated UCAT Workshop program is ideal and often a necessary step towards effective and efficient preparation for the UCAT. <https://www.nie.edu.au/products-listing/product/216-simulated-ucats-day-workshop-2-day-intensive-program>
- BECOME AN AU PAIR** Opportunities in the USA, France and New Zealand! Use your babysitting/coaching experience to do a gap year. Become a live-in nanny, and experience life living in one of these 3 wonderful destinations. Placements start from 6 months, and you receive full board, pocket money & 24/7 support. Applications open year-round. Visit the website at [www.aupairamerica.com.au](http://www.aupairamerica.com.au)
- Sydney Design School – Information sessions and Open Day** - [https://sydneydesignschool.com.au/information-sessions/?utm\\_source=](https://sydneydesignschool.com.au/information-sessions/?utm_source=)
- 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 from around the globe. Camp placements are between 9-12 weeks and include your board PLUS pocket money. For more information about Camp America 2023 visit [www.campamerica.com.au](http://www.campamerica.com.au)
- Nursing Information Session** - University of Wollongong - WEDNESDAY 7 DECEMBER 2022 - 6.00PM [https://uowcollege.swoogo.com/nursing?utm\\_source=](https://uowcollege.swoogo.com/nursing?utm_source=)
- HOW TO BECOME A PROFESSIONAL DANCER** - [https://studyworkgrow.com.au/2022/10/06/professional-dancer/?utm\\_source=](https://studyworkgrow.com.au/2022/10/06/professional-dancer/?utm_source=)
- Teaching Opens doors** – Become a teacher - Become a teacher in a NSW public school and find out how a career in teaching can open doors for you. <https://education.nsw.gov.au/teach-nsw/initiatives/teaching-opens-doors>
- How to become an Astrophysicist** – [https://studyworkgrow.com.au/2022/10/13/how-to-become-an-astrophysicist/?utm\\_source=](https://studyworkgrow.com.au/2022/10/13/how-to-become-an-astrophysicist/?utm_source=)
- A CAREER IN FASHION** - Free webinar, Wednesday 9 November Fashion – Discover the large range of careers available in the fashion industry, the skills required to succeed, and pathways to gaining employment. Register at <https://register.gotowebinar.com/register/5848576551631924495>
- Microsoft Traineeship Program** - The Information Technology sector is growing rapidly and the demand for talented individuals has never been higher. The Microsoft Traineeship Program supports budding IT professionals take the first step in their career. <https://www.megt.com.au/microsoft-traineeship-program/candidate/trainee>
- AIE FILM PRODUCTION WORKSHOP** - Saturday 5 November 2022, 10:00 am - 4:00 pm, Academy of Interactive Entertainment, Watson ACT. [https://aie.edu.au/aie\\_event/film-production-workshop-canberra/](https://aie.edu.au/aie_event/film-production-workshop-canberra/)
- MICROSOFT IT TRAINEESHIP – YEAR 12 SCHOOL LEAVERS** - <https://www.megt.com.au/microsoft-traineeship-program/candidate/trainee>
- 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_weekly_careers_newsletter_39&utm_term=2022-10-03)
- TAFE Information for school leavers** - <https://www.tafensw.edu.au/school-students#>
- TIPS TO REMEMBER ON ATAR RELEASE DAY** - [https://studyworkgrow.com.au/2022/10/14/tips-to-remember-on-atar-release-day/?utm\\_source=](https://studyworkgrow.com.au/2022/10/14/tips-to-remember-on-atar-release-day/?utm_source=)
- University of Newcastle | ATAR Information Day – 15 DEC – 10AM** [https://studyworkgrow.com.au/event/university-of-newcastle-atar-information-day/?utm\\_source=](https://studyworkgrow.com.au/event/university-of-newcastle-atar-information-day/?utm_source=)
- University of Newcastle – ATAR Information Webinar – 15 DEC -6 PM** [https://uow-au.zoom.us/webinar/register/WN\\_we1F6tl-SXqoly8QAd9x6g?utm\\_source=](https://uow-au.zoom.us/webinar/register/WN_we1F6tl-SXqoly8QAd9x6g?utm_source=)
- THE UNIVERSITY OF CANBERRA** Offer holders are invited to our Bruce campus, to participate in UC Welcome Day! Need help accepting your offer, enrolling in units, preparing a timetable, touring the campus and learning more on what they offer beyond the classroom? Offer holders check your inbox for an invite to register! Friday 25 November, 11am – 2pm, UC Bruce Campus.
- UNIVERSITY OF NEWCASTLE** On 15 December Uni of Newcastle is hosting an ATAR Info Day at our Newcastle and Central Coast campuses. If you have questions about studying in 2023 or didn't quite get the marks you need, our ATAR Info Day is a chance to chat with our teams to help you understand your adjusted ATAR and entry options. For more info visit <https://www.newcastle.edu.au/events/future-students/atar-information-day,-callaghan>
- 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.
- CHARLES STURT UNIVERSITY Scholarships are now open.** Not only does Charles Sturt have over \$3 million worth of scholarships and grants available, it was recently announced students commencing their studies in 2023 are also eligible for a further \$4 million in accommodation scholarships. For more information: <https://bit.ly/3TFUou8>
- **AGccessibility First Nations Scholarship - Charles Sturt University** - <https://study.csu.edu.au/get-support/scholarships/find-scholarship/foundation/1st-year/Agccessibility-first-nations-scholarship#tab1>



**Are you female and thinking about a career?**

MAE Careers Pathfinders Showcase Day - Parkes

Thought of entering a non-traditional female occupation like **ENERGY** or **ELECTROTECHNOLOGY**?

**IF SO, THEN WHY NOT PARTICIPATE IN AN EXCLUSIVE SHOWCASE EVENT?**

The Agrifood and Electrotechnology ITAB's will host **FREE** showcase day for interested females aged 16-64, careers advisors and influencers.

The showcase day will be held in partnership with Essential Energy, at the **Essential Energy Parkes Depot – Simulation Centre, 1 Brogan Road, Parkes, NSW 2870**. Refer attached map for details on how to get to the correct building.

You'll see industry at work and develop a sense of the many opportunities and jobs available for consideration in energy and electrotechnology.

During the event you will have the opportunity to:

- meet and talk with female industry leaders involved in the energy and electrotechnology industry
- gain hands-on experience and insight into real world high-tech equipment
- access the latest career information & learn more about rewarding occupations
- ask questions and have them answered by industry experts
- register and reserve a place for obligation free opportunities to do work experience with local MAE industries
- free networking lunch

Showcase day participants numbers are limited and registrations are essential.

**WHEN:** Thursday, 1 December 2022, 9:30 am to 2.00pm

[CLICK HERE TO REGISTER NOW FOR THIS FREE AND EXCITING EVENT](#)

**A FREE private bus will be available from Parkes Train Station from 8am onwards.**

If you wish to book a place on the bus, please email the organiser, Tony, 5 working days prior to the event at [tony@ernov.com.au](mailto:tony@ernov.com.au) or call 04 3739 6384; or visit the [NSW UE ITAB website](#).



**HELLO SUMMER**  
**YOUTH LIBRARY LOCK IN**  
**GAMES AND PIZZA NIGHT**

*On a school night!*

**Wednesday 23 November 2022**  
**5:30pm - 8pm**

Scan to book in!

Proudly sponsored by **Domino's**

CONTACT PARKES SHIRE LIBRARY FOR DETAILS  
(02) 6861 2309

Parkes Library - Dogan Street - 6861 2309 #PARKES

## Do You Know What They Are Vaping ?

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

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

Vapes are colourful, with flavours that make them appealing.

You wouldn't put cleaning products in your food, so why would you want to put it into your lungs?

### What you can do as a parent or carer

There are ways you can help protect your children from vaping:

Whether you suspect your child is vaping or not, take the time to talk to them about it and help them understand all of the risks. It is never too late to have the conversation.

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

**DO YOU KNOW**

**WHAT YOU'RE VAPING?**

Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack. Get the facts at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)

NSW GOVERNMENT

## 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

**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**

**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**

Wednesday 9 November AECG meetings Bushman's Hill
Wednesday 9 November AECG Meeting Bushman's Hill
Friday 11 November Year 12 Graduation
Monday 21 November Year 10 Work Experience Commences

**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.

## 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

<p><b>Beyond Blue</b></p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p><b>headspace</b></p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am-1am daily) For webchat, visit: <a href="http://headspace.org.au/eheadspace">headspace.org.au/eheadspace</a></p>	<p><b>Kids Helpline</b></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><b>1800RESPECT</b></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><b>Lifeline</b></p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p><b>Suicide Call Back</b></p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p><b>Mensline</b></p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p><b>QLife</b></p> <p>LGBTI peer support and referral</p> <p>1800 184 527 (8pm-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.



## Attendance Reminder

School begins at 9.00 am and finishes at 3.18 pm

Legitimate reasons are required for students' absences. Having haircuts, sleeping in, leaving school early to get to a part-time job on time are NOT legitimate reasons for leave to be granted. Sign out slips may be declined if the reason is not satisfactory.

If your child is late to school, please ensure that you call the school, send a note or accompany them in so that a reason may be supplied. Otherwise the absence will be marked in the roll as unjustified.

Students wishing to sign out during the day need to put their note in the box at the student counter before 9 am and collect their sign out slip at recess. If they are signing out before recess they need to see staff at the Student Counter or Front Office.

**Days missed = years lost**

A day here and there doesn't seem like much, but...

When your child misses just... <b>1 day per fortnight</b>	They miss weeks per year <b>4 weeks</b>	and years over their school life <b>Over 1 year missed</b>
<b>1 day per week</b>	<b>8 weeks</b>	<b>Over 2.5 years missed</b>

education.nsw.gov.au

NSW Department of Education

### Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



### 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.



### 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.