



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 17 - WEEK 6 TERM 4 2022

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

Blake Swims For Australia

Blake Price has had a great start at the Virtus Oceania Games swimming five events on day 1 of a 3 day program. In his first event, the 400 freestyle he made a 45 second PB to finish 6th. Next up was the 50 backstroke, with a 1.8 second PB to finish 5th. In the 200 IM Blake grabbed a 13 second PB to win a bronze medal. His 4th event for the day was the 100 freestyle where he got a 1.7 second PB to finish 7th and his last event of the day was the 100 backstroke where he finished 5th just outside his PB.

Blake had three more personal events to still compete in when we last heard and we look forward to hearing all about it. Congratulations Blake!



Year 10 Students Volunteer For Remembrance Day 2022

Year 10 students, Kelsey, Jessica, Flora, Xander, Brock and Alexander volunteered their time today to assist the Parkes RSL sub-branch to sell 2022 Remembrance Day merchandise. It was a wonderful experience for the students who had the opportunity to display community support and leadership skills. Thank you to Mr Thomas, Councillor Applebee, Mrs Knights and the Parkes RSL sub-branch volunteers for being so welcoming today.



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



Year 12 Graduation

Last week saw a wonderful occasion for our graduating Class of 2022. Thankyou to Ms James and her graduation committee for organising the event and our newly elected captains, Maely and Toby for chairing the proceedings. Here is a sneak peek of the night! Lots more photos to come soon on Facebook and next newsletter.



Year 8 Science

Mrs Pay's Year 8 Science class have been eagerly studying the 'Science of Camping' unit. They put their scientific principles into action to create a solar oven. The class then went out into the sunshine and cooked delicious S'mores. Innovative, practical and oh so yummy!



Talk To Us

We know many of our families have been impacted by recent severe weather and we are keen to support you in any way we can.

If you need help with getting students back to school or assistance with uniforms or equipment, please call a member of our office team on 68621844.



STEP Program - Parkes Aviation Museum (HARS)

STEP students Bon, Alfonso and Theo got a great surprise when they went to the museum this week with the arrival of the "Red Barron" Fokker Triplane. This is the boys' new project, where they will restore the plane to its original condition. What a brilliant project!



Year 7 Language Books

Year 7 Language students have created their own books, which are now proudly on display in the Library for everyone to read!

They are Aboriginal stories that explain some of our natural phenomena, and utilise Wiradjuri words. They look fantastic!



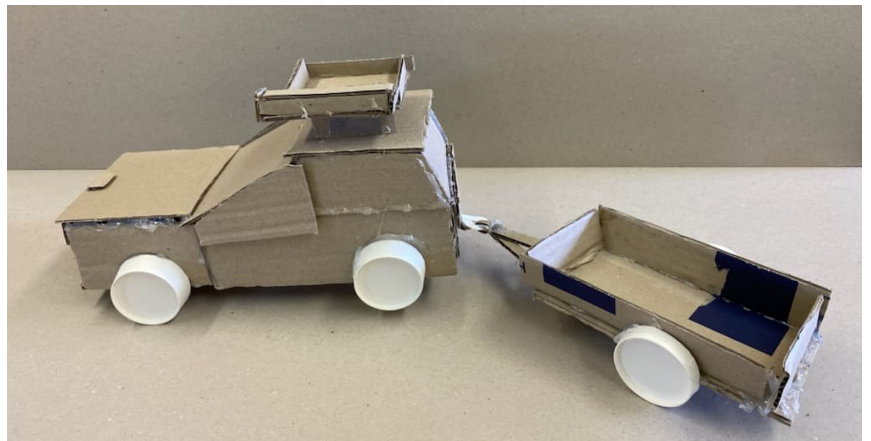
Health and Safety Changes

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

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

V3 Class Artworks

Huge congratulations to Mitchell Bates in Mrs Simpson's V3 Art class for creating this amazing model car and trailer. Way to go Mitchell!!



Term 4 Work Experience

Last week we had some of our students out in the community on our Work Experience program. We would like to thank the following businesses for hosting Jashper, Brycen, Kaylen and Seth, and for providing our students with an amazing opportunity: Medlyn's Auto Service, Petstock Parkes, Deans Hydraulics.



Attention School Leavers

Parkes Shire Council Traineeship Program for 2023. Parkes Shire Council is offering traineeship opportunities for highly motivated and enthusiastic people looking to gain on-the-job experience and practical knowledge whilst working towards a nationally accredited qualification.

In 2023 we will be offering traineeships in the following nationally accredited qualifications:

- Trainee Arborist - Certificate III in Arboriculture
- Trainee Health and Building Surveyor - Advanced Diploma of Building Surveying
- Trainee Ranger - Certificate IV in Local Government (Regulatory Services)
- Trainee Water Services - Certificate III in Water Operations
- Trainee Early Childhood - Cert III and Diploma level in Children's Services

The traineeship program will be fully supported and include on-the-job training, coaching and mentoring from experienced professionals and you will receive a Nationally Accredited Qualification through a Registered Training Organisation.

If you are interested in any of the other Trainee positions, please contact Council's Administrative Office on 6861 2333 or go to <https://www.parkes.nsw.gov.au/.../caree.../positions-vacant/>.



TAFE YES Program

Our students had another great week at TAFE participating in the YES program. Week two was all things Beauty. Students had the opportunity to participate in nail design and facials. A big thankyou to TAFE and Mr Rogers who supervised the girls!



Conner Gets New Wheels

Look out everyone...Conner has some new wheels!



PBL Likes Winner

Congratulations to this week's winner of our PBL LIKES voucher, PHS captain, Toby Collins. Toby is pictured with Year 11 Advisor Miss Welsh.



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.

PRINCIPAL'S REPORT

Year 12 Graduation Evening: Our Year 12 students celebrated the completion of thirteen years of schooling with their parents, carers and teachers at their Graduation Evening. The students and their parents and carers showed their appreciation for the care that Mr Warren Murray and Mrs Gloria Haywood had given their children as their Year Advisors. Mrs Bec James and the Year 11 Graduation Committee excelled in their organisation and in the decorating of the venue. Mrs Stacy Hinks, Ms Erica Nicholson and the Year 11 Hospitality students served us all throughout the evening. It was a wonderful evening with Year 12 students being presented with first in class awards, sporting achievements and school prestigious awards. The PBL platinum awards were also presented to students. This is the highest level of achievement in our school reward system. There were three outstanding performances by Year 12 students, Nia Boggs, Darcy Noakes and Kane Leigo who were accompanied by our very talented teachers, Ms Brianna Cotterill and Mr Malcolm Bruce.

Remembrance Service: Our Student Representative Council (SRC) represented the school at the Remembrance Service in Cooke Park. School Captains, Toby Collins and Maely MacGregor, read out the names of the soldiers who did not return home to Parkes. At the conclusion of the service Vice Captain Harrison Bligh, together with Toby and Maely, thanked the servicemen and women from the Australian Air Force who are here in Parkes supporting those affected by the floods in Forbes and out lying areas. The SRC students then had a group photo with the wonderful Light Horseman John and his horse Kookaburra.

Community Spirit: A massive thank you to all our staff and students who have been supporting members of our community with the recent flooding in Parkes, Forbes and Eugowra. Our school hall has been an evacuation centre and people are welcome to come and drop off donated goods. I am very proud of the students who have been helping those in need by dropping off cooked food and delicious brownies, cleaning out houses and sheds and donating clothes and much loved toys to those in need.

National Agriculture Day: Our school celebrated National Agriculture Day on Friday. Most of the students dressed like a farmer and were able to have their photos taken on a farm studio set up by the senior SRC students. Thank you to Mr Anthony Carter, Agriculture teacher who supplied the hay bales, the school sheep are looking forward to their return to the farm! A very big thank you to School Captain, Maely MacGregor's grandparents who supplied the toy tractor. Many students and staff were very happy to have their photo taken with it! The students had a BBQ lunch and finished the day with an impressive line dance routine.

Schools Spectacular: Our Bangara Dance Troupe are off to Sydney this week to perform in the NSW Public Schools Spectacular. The students will be supported by Ms Rayleen Mills, Mrs Erica Nicholson, Ms Skye McLachlan, Mrs Tracey Glasson and Mr Brayden Quigg. The students are very excited and we are looking forward to watching their performance.

Supplies For Families: We distributed Rapid Antigen Test kits and insect repellent last Friday to students. Please contact the office if you need further supplies of the Rapid Antigen Test kits as we still have a few in storage.

New Sports Courts: Our new courts are a little closer to being finished however the recent rain is not helpful. We 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.

Ongoing Issues: 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 Phone Pouches: 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:

Monday 28 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

2023 Term 1:

Tuesday 31 January: Years 7, 11 and 12 return to school
Wednesday 1 February: All students return to school

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.

P&C Meeting: 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

Duke Of Edinburgh Hike

PHS students recently completed their Duke of Edinburgh practice hike for their Adventurous Journey. The journey was a two day hike of the Berowra circuit in Sydney and consisted of a 15km hike, camping overnight at Crosslands campground, then an 8km walk back to the start. Students had to carry their own food and camping gear as part of the accreditation to complete the Duke of Edinburgh Bronze Award. A big thank you to Mrs Vere for organising the hike and completing it with the students and Ms Dawson for attending as the support staff.



Year 8 Swimming Program

Year 8 started their NSW Department of Education Swim Safety program last week. The weather was great and the students had a fun time completing their competency activities. Each year too many people drown and it is important to improve and maintain our swimming skills.

Unfortunately, we will be unable to continue the program due to the unavailability of crucial training for staff members. We will continue to work with a number of external bodies to update staff accreditation to be able to deliver these programs in the future.

Year 8 students will return to regular sport activities on the Monday of week A. Students will rotate through Walking, Invasion Games, School Sport activities and Volley Squash as they have in weeks One and Three of this term.



New School Shoes

This is just a reminder that our uniform policy dictates **black leather shoes** which meet aesthetic as well as the WHS requirements in all of our classrooms.

We expect students to wear black leather shoes to school everyday and only bring sports joggers if they have physical activity on a particular day.

When you are next navigating the purchase of school shoes with your child, don't be bluffed!

Please ask for **BLACK LEATHER SCHOOL SHOES!**

Uniform Pool Needs Clothes

Have your children grown out of their uniforms?

Consider making a donation to the Parkes High clothing pool!

We have helped many students with donations of jumpers, skirts, shirts and pants.

Please launder, fold and drop into the office in a plastic bag.

We welcome any donations. Thank you!

Orange Careers Expo and Trade Experience

PHS Year 10 and 11 students attended the Orange Careers Expo this week. They had the opportunity to speak to over 60 local businesses about pathways into their industries, job opportunities, as well as participating in a variety of interactive activities. The students had a great time and were pleased to be able to access career information to help them make decisions for their future. Thank you to Mrs Morrissey, Mrs Little, Mr Hinks and Mrs Littlewood for attending the excursion.





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 Brolgan 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@uensw.com.au or call 04 3739 6363; or visit the [NSW U/E ITAB website](#).

Dress code applies - A dress code of closed in shoes or safety boots and pants is required for the event.



HELLO SUMMER
YOUTH LIBRARY LOCK IN
GAMES AND PIZZA 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 - Bogan Street - 6861 2309

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



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

Monday 21 November - Friday 25 November
Schools Spectacular Excursion

Monday 28 November - Friday 2 December
Year 10 Work Experience Commences

Monday 28 November - Friday 2 December
To Reach You Potential Excursion

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

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



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... 1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

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.