



PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 18 - WEEK 8 TERM 4 2022

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Parkes High School Dux for 2022

Congratulations to our 2022 PHS DUX - Cody Morgan.

The Dux of Parkes High School is the Year 12 student who achieves the overall Highest Academic mark in the HSC Trial Examinations.

Cody, pictured left is the son of Michelle and Garry Morgan.



Parkes High School Best All Rounder for 2022

Congratulations to Nia Boggs, PHS Best All Rounder for 2022.

This award goes to a Year 12 student who is determined to succeed in all areas of their education, this includes academia, cultural and sporting prowess.

Nia, pictured right is the daughter of Kristine and Colin Boggs.

More photos from Graduation Night on page two and "Official Parkes High" Facebook page.



Remembrance Day 2022

Mrs Carter took this wonderful photos of our School Captains, Maely MacGregor and Toby Collins along with our SRC members at the Parkes Remembrance Day Service. Thank you to all the students who took part in this years Remembrance Day Service

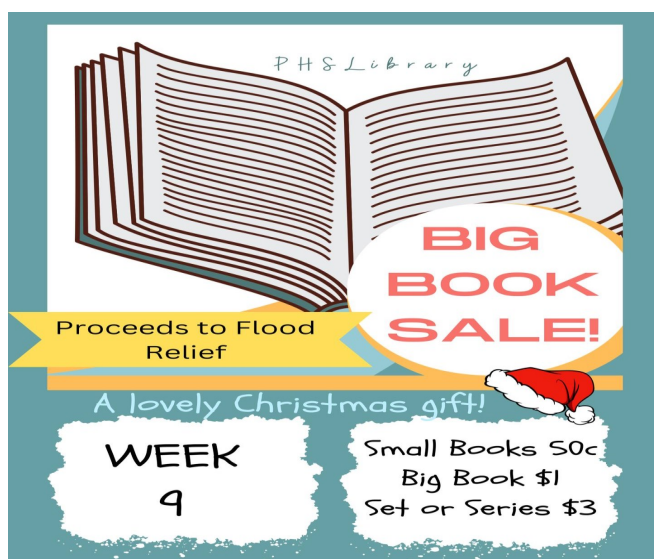
Parkes High School, Proud to be a member of the Henry Parkes Learning Community, "Leading In Education"

Year 12 Graduation 2022



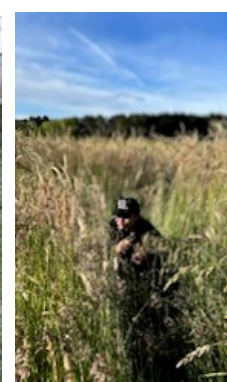
Renaissance Reading

Congratulations to Sienna, Dom, Memphis, Zac, Nate, Olivia, Eamon, Toby, Poppy and William (Year 7); Dakota, Laura, Isabelle and Mae (Year 8); and Daisy, Isabella, Ewan and Hailie (Year 9) for smashing their reading targets this term!



Parkes High School To Meet Your Potential (TRYP) Challenge

In the first dispatches from the frontline, students participating in the TRYP camp can be seen learning fitness and survival skills. Apologies for some blurred images - they were taken in the field under tough conditions!



Parkes High School Guwals - Schools Spectacular 2022

Congratulations to our staff, students and families who supported this amazing opportunity. There was also an opportunity to finally meet our Bangarra Dance Theatre Teachers face to face. Thank you Sani, Sidney, Amber and Chantal. Our dancers put in hours of practice in readiness for the Schools Spectacular. The jackets look marambangbilang! Our students excelled and rose to challenges and enjoyed every moment of the experience. Mr Quigg also had the opportunity to meet Sam Fricker- Australian Olympic Diver!



Parkes High School Squash

Big congratulations to our students who participated in the Donna Lane Squash Shield at the Parkes Squash Center. Our students performed outstandingly with Henry Kross winning the Boys Individual event, Henry Kross and Harry Bligh making the pairs final and Maely MacGregor and Ella MacGregor making the pairs semi final. Excellent work Henry, Joseph, Harry, Geordie, Maely and Ella!



Ahriyah's Rugby Achievement

Parkes High student Ahriyah Porter (pictured below left) has been selected to play for the Koori Nations U14s rugby side in Mt Druitt as part of the All Nations Pacifica Youth Cup. Congratulations Ahriyah!



Parkes East Congratulates Charlie

Principal of Parkes East Public School (PEPS), Michael Ostler, and his staff recently congratulated Charlie Orah (pictured above right) on his Year 12 Graduation and placement for his SLSO position for 2023 at PEPS. Well done Charlie.

PRINCIPAL'S REPORT

Congratulations to our wonderful Bangara Dance Troupe who performed at the NSW Public Schools Spectacular in Sydney last week. The students thoroughly enjoyed their week of rehearsals and then the performances over two nights as well as a matinee performance. The students very exhausted every night they got back to their accommodation! Our students met many other students making new friends and learning new skills and dance moves. A massive thank you to the teachers and support staff, Ms Rayleen Mills, Mrs Erica Nicholson, Ms Skye McLachlan, Mrs Tracey Glasson and Mr Brayden Quigg, who gave up their week and weekend to support our students.

Renaissance Reading: We are very excited by the achievement our students have shown in our Renaissance Reading program. Thank you to Ms Tracy Dawson, our Teacher Librarian, who has been supporting our students in their English lessons with their reading. The results for this year have shown that most students have now grown two to three years in their reading age! Brilliant results! Please continue to encourage your children to keep reading throughout the school holiday period as this supports their growth in literacy for all subjects and develops skills for life.

To Reach Your Potential: Currently we have 19 students at our To Reach Your Potential (TRYP) camp with four of our teachers including Ms Laura Tolley, Ms Helen Vere, Mr James Dumas and Mr Kurt McIntyre. There are some photos from the field appearing on our FaceBook page. Thank you to our staff who are giving of their time to support our students.

New Staff: We are looking forward to welcoming new staff to our school next year. Thank you to our parents who have supported us by representing our parents as members of our selection panels. Our new Deputy Principal Inclusion, Ms Catherine Coates, will be visiting us next week. Our new School Counsellor, Ms Emily Kelly, has already been to our school. Our new PDHPE teacher, Ms Ebony Kingston, was lucky enough to visit when the SCR had organised a day of excitement for National Agriculture Day.

Rapid Antigen Test Kits: We still have supplies of Rapid Antigen Test kits and insect repellent for students. Please contact the office if you would like to pick up additional Rapid Antigen Test kits or insect repellent.

New 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.

School 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 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.

Upcoming Events:

Thursday 8 December - MADD Night

Thursday 15 December - Recognition Assembly

Friday 16 December - Presentation Assembly

2023

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.

Our office will be open on Tuesday 24 January from 9 am to 1 pm.

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.

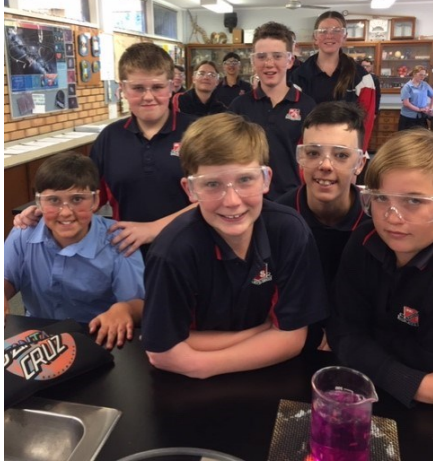
Please be aware that all visitors to the school, including parents, must report to the office in Albert Street.

At Parkes High School we are safe, respectful and responsible.

Mrs Sandra Carter
Principal

Year 7 Science

Mrs Pay's Year 7 Science class (pictured below left) have been studying the convection currents during heat transfer in liquids. WOW !!!



TAFE YES Program

Our Year 10 girls continue to enjoy their YES program sessions at Parkes TAFE. Week 3 saw the girls master barista skills and the preparation of non-alcoholic beverages. Lots of fun both making and trying a range of delicious drinks!

Year 10 Peer Support

This week our Year 10 students participated in the Peer Support Training Course. Each student will be allocated a Year 6 into 7 buddy. This is a brilliant support program that fosters making new friends and assisting with challenges that may be associated with starting a new school. Well done Year 10, you will make wonderful buddies and role models for our 2023 Year 7 students. Our students will meet their buddies on Monday 5 December at the Year 6 Orientation Day.



Career News

1. **Year 12 2023 – University of Wollongong Discovery Day Excursion** – 14/15 Feb 2023 – Notes will be issued Term 1 next year. This is one not to miss.
2. Tips to enter the workforce – Many jobs have certain expectations, you have to step up! <https://www.careerfaqs.com.au/careers/category/dressing-for-work>
3. **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-ucate-day-workshop-2-day-intensive-program>
4. **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
5. **HOW TO BE A PHYSIOTHERAPIST** - https://studyworkgrow.com.au/2022/11/03/how-to-become-a-physiotherapist/?utm_source
6. **NIDA - Acting for Stage and Screen** <https://www.open.nida.edu.au/course/OHASS710>
7. **Nursing Information Session** - University of Wollongong - WEDNESDAY 7 DECEMBER 2022 - 6.00PM https://uowcollege.swoogo.com/nursing?utm_source=
8. **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>
9. **SYDNEY DESIGN SCHOOL - Designer for a Day Workshop** - 19 January 2023 | 9.30am – 4pm https://sydneydesignschool.com.au/designer-for-a-day-workshop/?utm_source
10. **WHY STUDY CHEMICAL ENGINEERING** – University of Sydney https://uni-sydney.zoom.us/webinar/register/WN_pjU0RqtHSJu1ou8CvqwoeA?utm_source
11. **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
12. **TAFE Information for school leavers** - <https://www.tafensw.edu.au/school-students#>
13. **SMART REASONS TO GET A SUMMER JOB** - https://studyworkgrow.com.au/2022/11/11/smart-reasons-to-get-a-summer-job/?utm_source
14. **TIPS TO REMEMBER ON ATAR RELEASE DAY** - https://studyworkgrow.com.au/2022/10/14/tips-to-remember-on-atar-release-day/?utm_source
15. **University of Newcastle | ATAR Information Day – 15 DEC – 10AM** https://studyworkgrow.com.au/event/university-of-newcastle-atar-information-day/?utm_source
16. **University of Newcastle – ATAR Information Webinar – 15 DEC -6 PM** https://uow-au.zoom.us/webinar/register/WN_we1F6tl-SXqoly8QAd9x6g?utm_source
17. **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>
18. **A Day in the Life of a Uni Student** - The University of Notre Dame Sydney - Thursday 15 December - https://events.nd.edu.au/aditlsyd2022?utm_source
19. **EDUCATION ACCESS SCHEME (EAS)**– Have you experienced long term disadvantage and want to apply for university – you may be eligible for the EAS <https://www.uac.edu.au/current-applicants/educational-access-schemes>
20. **SCHOLARSHIPS** - PLEASE CHECK INDIVIDUAL UNIVERSITIES FOR ALL THINGS SCHOLARSHIPS.
21. **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> –
 - University Of Wollongong Rural and Regional Agriculture Scholarship = https://studyworkgrow.com.au/scholarship/uow-rural-and-regional-agriculture-scholarship-2/?utm_source
 - **Are you studying at University next year or in 2024** – you may be eligible for study assist <https://www.studyassist.gov.au/help-loans>



Parkes High School
Safe Respectful Responsible

AEROSOL FREE SCHOOL



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

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

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

Safe Respectful Responsible

DO YOU NEED TRANSPORT?

CALL 1300 810 771

- Medical appointments in regional centres ✓
- Hospital day surgeries or admissions ✓
- Accessing services, shopping or visiting ✓
- Taxi vouchers to subsidise local transport ✓



If you have no transport options available, we can help you!

A small client contribution is required for most transport services which we can discuss with you on registration.



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



March 2022 © NSW Health. SHPN (CPH) 22091.

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

Thursday 8 December
MADD Night

Thursday 15 December
Recognition Assembly

Friday 16 December
Presentation Assembly

Health and Safety Changes

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

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

EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**School starts at 9.00am
DON'T BE LATE!**



DAILY ANNOUNCEMENTS

A reminder to all students of the importance of listening carefully in roll call to the daily announcements. There are so many wonderful opportunities at our school including sporting team trials, Western Region representative trials, lunchtime activities, teams and group meetings, academic help and also our PBL focus. Each morning your roll call teacher reads out the daily announcements and we don't want you to miss out. So listen carefully and write important dates and events in your diary.

Parkes High Facebook

Our Parkes High School Facebook page will keep you informed of what's happening at Parkes High. The page is regularly updated with school news, the newsletter and information relating to current events. To access our page search Facebook for "Official Parkes High School".



Our school has a new look **online payment page!**

We're now accepting payment for Parkes High School via the school's website. New features allow you to access:



Anywhere, anytime from a mobile or tablet (as well as a desktop computer)



In a preferred language



Easily without needing to log on, register or enter a Student Registration Number.

We're now accepting payments for Parkes High School via the school's website. To make a payment simply:



Visit our school website on your mobile, tablet or desktop computer



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note: You are NOT required to provide the 9-digit Student Registration Number.



Check your email for a copy of the receipt of payment

School Uniform

Now Available At Parkes High School
Cash or Cheque to the School Office

Polar Fleece Jacket	\$60.00
Blue Shirt	\$22.00
White Shirt	\$22.00
Long Sleeved Shirts	\$22.00
Girls Skirt	\$60.00
Girls Dress Pants	\$40.00
Sport Shorts	\$20.00
Sport Shirts	\$25.00
Trackpants	\$30.00
School Jumper	\$50.00
School Jackets	\$50.00
School Hats	\$15.00
School Tie	\$15.00
School Sport Socks	\$15.00

School Equipment

Navy Apron	\$7.50
Calculator	\$30.00

Please note that uniform **CANNOT** be paid through POP online



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



Health and Safety Risk Aerosol Spray Deodorants

Aerosol Spray Deodorants are **BANNED** from school as they pose a health risk to students and staff through the potential for asthma attacks and allergic reactions. These will be confiscated if brought to school.

If students need deodorant at school they are encouraged to use roll on deodorants.

PHS Duke Of Edinburgh's Award

Duke of Edinburgh meetings are held each Wednesday recess in C4 for students wishing to learn more about the award or for those who need help completing their award.
See Mrs Vere for more information.



In memory of all children who have died.

The
Compassionate
Friends



Annual Worldwide Candle Lighting

The Parkes Chapter of the Compassionate Friends would like to invite everyone to join us for our annual candle lighting night. It is a casual but special get together at: **Lions Park (Orange Rd)**



on **Sunday 11th December, 2022 from 5:30 pm**

Candles will be lit and poems will be read at 6 pm.



We will have our 'Christmas Tree photo board' of our children we have loved and lost. You are invited to **bring a photo of your child** to add to our board.

You are welcome to bring nibbles & drinks and stay for a chat. We suggest you bring a chair or a rug to sit on in the park.

For more information please ring... Judy Fisher 0402599002

Tony Fisher 0428970559 or Fran Scurfield 0412103597

In the case of inclement weather we will hold our candle lighting night at Middleton Public School hall.

