



# PARKES HIGH SCHOOL

Safe - Respectful - Responsible

ISSUE 19 - WEEK 10 TERM 4 2022

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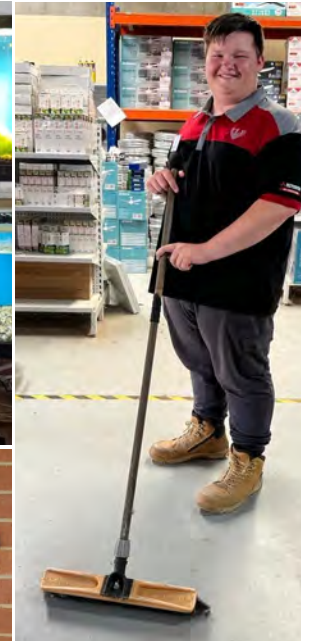
## Year 10 Work Experience - Session 3 - 2022

Our Year 10 students had the magnificent opportunity to be out and about in the community participating in our Work Experience Program recently and see first-hand what their potential chosen career would be like and they were wonderful ambassadors for our school. We would like to thank all the businesses that welcomed our students into their workplace. Many thanks to Cameron Rosser Mechanical PTY LTD, Hutcheson and Pearce, Deans Hydraulics, Petstock Parkes, Alpha Cuts, R Harrison Building Services, Parkes Steel Products, CSIRO - Parkes Telescope, Local Land Service Forbes, Central West Marine, Parkes Community Kids, Parkes Telescope Tyres, Parkes East Public School, Parkes Real Property, Parkes Early Childhood Centre, Brian Collins Smash Repairs, Whites Electrical, Ulitmate Work Solutions, Transport for NSW, Medlyn's Auto Services, Cunninghams IGA, TLE Parkes, Darren Cowan Mobile Welding, Parkes Services Club, PHS Canteen, HARS Parkes Museum, and Aruma Forbes. Thank you to Mrs Little and Mrs Morrissey for organising Work Experience this term. We look forward to working with all our local businesses in 2023.



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





## Library Book sale

Our BIG Book Sale in the Library raised \$130, which we have donated to the GIVIT relief fund for Eugowra, purchasing a kitchen start-up set. Thanks to all those who gave these books, weeded from our Library collection, a new home! Weeding old and unused resources helps keep the Library collection up to date and having a constantly evolving, contemporary book list, as well as some classics, engages students in reading for pleasure and for information.



## Recycling

Once again, we are sending thousands of plastic bread tags to <https://ozbreadtagsforwheelchairs.org.au/>. Thanks to all the members of our school community who have collected plastic bread tags, bottle tops and blister packs so that we can send them to be recycled, protecting our environment and saving precious resources. We will continue this service in 2023. Remember, we can only send PLASTIC bread tags to be recycled (cardboard tags can go in your green bin!) so please check before you send in!

## Community Appreciation - Thank You

Thanks to Olivia Chambers, Grace Milne, Brody Beuzeville and Caleb Rixon, who along with Mrs Morrissey, visited local business houses yesterday to deliver our appreciation certificates and gifts for assisting our students this year. Students had the opportunity to visit local business as a part of our Work Experience, STEP, SBAT and Work Placement programs. Thank you also to Mr Murray and the TAS faculty for making our personalised Christmas ornaments! Pictured below are the students visiting some of the 90 plus business houses who supported Parkes High School this year.



## Celebrating Student Success

Congratulations to Year 10 Student Deegan Kearney, pictured below left, who has secured a full time apprenticeship with Brian Collins Smash Repairs after participating in our school Work Experience program. Thank you to Troy Thomson and his staff for supporting our students.

Congratulations to Year 11 student Ashton Roach, pictured below right, who has secured a full time apprenticeship at Parkes Steel Products. Ashton attended Parkes Steel Products on our Skills Training and Employment Program (STEP) and we thank Garth Simpson and his staff for supporting our students.



Congratulations to Year 10 Student Anthony Dickson, pictured below left, who has secured a full time apprenticeship with Hutcheson and Pearce - Forbes. Anthony attended Hutcheson and Pearce on our school Work Experience program then applied for a Top Gun Apprenticeship. After a lengthy interview process Anthony was successful.

Congratulations to Year 10 student Daniel Hando, pictured below right, who has secured a full time apprenticeship at Cameron Rosser Mechanical Parkes. Daniel attended CRM on our Work Experience program and we thank Cameron and Nicole Rosser for supporting our students.



## Year 10 Sport

Year 10 had a great time at sport this week. There was a very intense final of volleysquah with two teams going into battle, and the victory went to Brendan, Ethan, Jaden and Flynn. Well done boys!



## Year 11 VET Construction

Year 11 VET construction have been learning about wall and floor tiling in their Term 4 assessment. Recently they completed their practical task which was tiling a shower wall, making cuts for plumbing extrusions and for border tiles before grouting and polishing. All students demonstrated an eye for detail and gained valuable skills which will go towards their Certificate II in Construction Pathways which is offered at Parkes High School in Years 11 and 12.



## Year 12 PDHPE

Miss Welsh's Year 12 PDHPE class are in assessment task preparation mode using our new whiteboard tables to brainstorm Core 1 Health Priorities in Australia – Rural and Remote Health Inequities. The students have been loving our new classroom spaces. Good Luck for your assessment task!



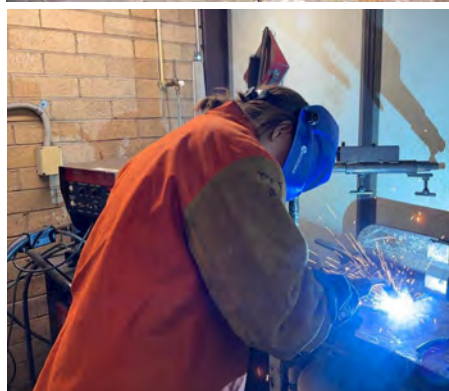
## Students Attend Sydney University - Gadalong Program

Jessica Towns, Makayla Sloane, Brock Charlton and Savannah Ross attended a weeklong program at The University of Sydney. The Gadalong residential program is for Aboriginal and Torres Strait Islander students in Years 11 - 12 in 2023, who want to explore their future at university. This program gives students the chance to experience university life, live on-campus in a college, explore world-class facilities and meet current university students. Students will learn useful skills for their final years at school and get a heads up for their future at university and beyond. *Here is a report by Jess:* The program was very good, all the people were nice and welcoming, and the other kids were also nice and supportive. There were over 100 students and when we got there, we had lunch and were shown our rooms then we went to a smoking ceremony and welcome. On the second day we had faculty taster sessions, so we went to different buildings and were spoken to by students doing the courses and they gave us interactive activities to do. We went to a science lab and did experiments with micro pipettes, and we went to the music and drama theatre and met an opera singer. The next day we did more faculty tasters including education, law, and economics. That night we attended a concert. The next day we had a talk about finance, scholarships, and support facilities. On the last day we had a wrap up talk and a graduation where we received a certificate and a little koala with a graduate hat on. Afterwards, we had a going away party where an indigenous group performed.



## TAFE YES Program

Our Parkes TAFE YES Program students have attended their final two sessions recently. The girls had the opportunity to try their hand at Welding / Metal Fabrication and also explored the career of Animal Care. We would like to congratulate all our participants on their engagement and maturity during the program and also thank Parkes TAFE for hosting our girls. Massive thanks to Renae Herft at Parkes TAFE, all the TAFE teachers, Mrs Little for organising and supervising the students and also Mr Rogers and Mrs Morrissey for attending. Congratulations to everyone involved!



### Elvin the Elf Winners

Students have been busy in week10 looking for Parkes High Schools mischievous Elves around the school. Congratulations to our Elvin the Elf search winners. We hope you liked your Christmas themed prizes. You can find more photos on Official Parkes High School Facebook page.



### Christmas Cheer Comes to Parkes High School

There was Christmas accessories at school during week 9 to celebrate the joy of Christmas. Thank you to our amazing SRC for organising the day and maintaining brilliant school spirit. The students and staff had a great time dressing up. You can find more photos on Parkes High School Official Facebook page.



# Christmas Cheer Comes To Parkes High

A huge thank you to Ms Annette Peterson, Holly's mum, for making our Christmas cut outs. They were fabulous!





### SISTA-Speak Celebration Luncheon

Last week our Sista-Speak students held an end of year celebration luncheon and invited some of their teachers along to enjoy delicious taco's. Thank you girls for cooking! More photos at Official Parkes High School Facebook page.



### Parkes High School MADD Night 2022

A huge crowd witnessed the amazing array of talent we have at Parkes High at our recent Music, Art, Dance and Drama night recently. Thank you to the performers, artists and CAPA staff for putting on a magnificent show! More photos on Official Parkes High School Facebook page.



### Year 8 Rewards Excursion

Year 8 students travelled to Orange to see Puss in Boots: The Last Wish and had lunch afterwards at McDonalds. Thank you for your positive behaviour and attendance! Thank you to Mr Dumas for organising and staff for attending!



### Year 9 PASS Surf Trip

Our Year 9 PASS students had the best time at our recent surf trip. Most students got up and rode the waves under the instruction of the Manly Surf School instructors. The students also had fun rock climbing at the Northern Beaches Rock House. Thank you to Mrs Rix and Miss Day for organising the excursion and Mr Spicer for attending. More photos on Official Parkes High School Facebook page.



### Year 9 Rewards Excursion

Our Year 9 students had a great day in Dubbo recently! They attended tenpin bowling and the Dubbo Botanical Gardens. Thank you to Ms Laing, Year 9 Advisor for organising the excursion.



### Year 11 Advanced English

Year 11 Advanced English departed Parkes High School at 5:00am and travelled to Sydney to see the Sydney Theatre Company performance of 'The Tempest' starring Richard Roxburgh. Viewing this performance provided an excellent introduction to HSC Module A. We would like to thank students for their participation and exemplary behaviour throughout the day. Ms Back and Mr Dumas are very proud of you!



### Cowra Regional Art Gallery Upstart22

Parkes High students Ruth Murray, Melanie Mason, Holly Chalmers, Gabrielle Solway, Annaray Watson, Natalie Bartijn, Lachlan Pfaff and Makayla Sloane entered artworks in the Cowra Regional Art Gallery student exhibition, UPSTART. The prestigious annual exhibition attracted 90 entries from ten high schools in the region this year. Makayla Sloane was awarded Highly Commended for her painting 'Misty Lane', pictured right. Congratulations to all participants.



### BASS Crowned 2022 House Champions

A huge congratulations to Bass who were crowned 2022 House Champions. Pictured below are incoming Bass captains for 2023, Maddy Blackstock and Ryan Dunford, are pictured below holding the House Championship Trophy.



### SRC 2023 Announced

Congratulations to the following students who have been announced in the 2023 SRC to join our Senior SRC representatives. Pictured below are the students who received their badges, signed the SRC register and recited the SRC oath at our recent Recognition Assembly. What a great bunch of young leaders for our school!

#### SRC 2023

Year 8 - Nicky Bloomfield, Zac Guy and Eamon Moody

Year 9 - Isabella Batt, Lucy Noakes and Erin Waters

Year 10 - Holly Duncan, Naomi Dunn, Sophy Jones, Harrison Kennedy, Ewan Moody, Sam Rivett and Darcy Summerhayes

Year 11 - Fraiser Beaton, Alexander MacGregor, Jesse Woods, Shailey Butt, Alexander Chambers, Kelsey Mann and Jessica Towns

Aboriginal Representatives - Madison Sutton, Ella Jablonskis and Brock Charlton

Special Education Representative - Brooke Mason-Thorpe



### HOUSE CAPTAINS FOR 2023

Congratulations to our House Captains and Vice Captains for 2023.

Our House Captains for 2023:

Bass - Madeline Blackstock and Ryan Dunford

Oxley - Ella MacGregor and Liam Moody

Our House Vice Captains for 2023

Bass - Bria Constable and Geordie Duncan

Oxley - Molly Orr and Zade Rice

We can't wait for to see who will lead their house to victory next year!

Evans - Jazlyn Greenwood and Conner Fritz  
Sturt - Jazmen Terrill and Charlie Summerhayes

Evans - Kelsey Hubbard and Brody Kennedy  
Sturt - Lillianna Walton and Gabrielle Solway



## Parkes High School Term 4 Recognition Assembly

Congratulations to all our award recipients at our Recognition Assembly. Level 2 Certificates, Principal Awards, Student of the Term, Aurora Awards, School Spectacular Certificates, Premier's Reading Challenge Award and Sporting Age Champion Certificates were presented as well as the announcement of our SRC 2023 and Sporting House Captains! Bass was crowned 2022 House Champions and we were entertained by our amazing musicians! Thank you to Mayor Keith for attending and all our family and friends who came to support our students. Term 4 was a very busy and rewarding term, well done everyone! You can find more photos on Parkes High School Official Facebook page.



## PRINCIPAL'S REPORT

Congratulations to every student who improved their achievement, application and effort in 2022. Our Presentation and Recognition Assemblies last week were a showcase of the fantastic results, engagement and participation of our students in their academic learning and many other extracurricular activities that our wonderful school offers each and every year. We were very honoured to have special guests who continually support our school with financial support for awards and facilitating our work experience, work placement and STEP programs.

**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, School Counsellor, Ms Emily Kelly, PDHPE teacher, Ms Ebony Kingston, and English teacher Ms Amy McAlister.

**New Courts:** We are looking forward to the opening and utilising our new courts! 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, the courts and Geddes are also almost completed.

**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.

### Upcoming Events 2023:

Monday 30 January - Office Closed for Professional Learning

Tuesday 31 January - Years 7, 11 and 12 return to school

Wednesday 1 February - All students return to school

Wednesday 8 to 10 February - Proposed Year 7 Best Start Assessment

Tuesday 14 & 15 February - Year 12 University of Wollongong Discovery Day

Wednesday 22 February - Swimming Carnival

Monday 20 to 22 March - Year 10 Great Aussie Bush Camp

**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.

**Shoes:** Please be mindful when purchasing shoes that our uniform states fully enclosed black leather shoes with no perforations. This is to support the safety of your child's feet. There are pictures of the correct footwear on 'Official Parkes High School' Facebook page and website.

**Uniform Shop:** Our office will be open on Tuesday 24 January from 9.30 am to 1.00 pm for anyone wishing to purchase school uniform.

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.

I wish you all a safe and relaxing holiday and look forward to working with you in 2023.

Mrs Sandra Carter  
Principal

## Careers News

A huge thank you from Mrs Morrissey and Mrs Little to all our SBAT, STEP and Work Experience students who were magnificent ambassadors for our school this year!

Congratulations to all our students who secured full time employment, traineeships and apprenticeships this year and to all our students who received Early Entry to Universities around the country, we can't wait to hear which course you will choose to study.

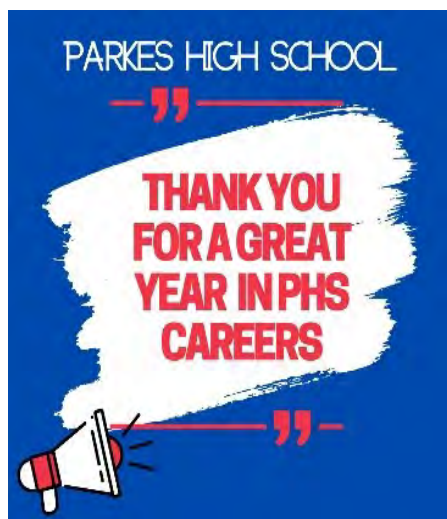
A reminder to all Year 12 students to contact Mrs Morrissey with your destination for 2023!

Finally, a massive thank you to all our amazing local businesses who have partnered to give our students the most wonderful experiences in 2022, see you all in 2023!

We have so many opportunities already planned for our students next year in the search for their dream career, and we look forward to helping our students along the way.

Merry Christmas

Justine Morrissey & Janice Little



**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.**

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>

**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)

**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>

**Are you studying at University next year or in 2024 – you may be eligible for study assist** <https://www.studyassist.gov.au/help-loans>

**Jack Scoble scholarship for students going to university -** <https://www.parkes.nsw.gov.au/living-here/your-community/education/scholarships/>

**HOT TIPS TO LAND SUMMER JOBS -** [https://studyworkgrow.com.au/2022/12/06/applying-for-summer-jobs/?utm\\_source](https://studyworkgrow.com.au/2022/12/06/applying-for-summer-jobs/?utm_source)

**HOW TO BECOME A STOCK TRADER -** [https://studyworkgrow.com.au/2022/12/01/stock-trader/?utm\\_source](https://studyworkgrow.com.au/2022/12/01/stock-trader/?utm_source)

**ACTING BOOT CAMP – NIDA – JAN 2023-** [https://studyworkgrow.com.au/event/nida-acting-boot-camp-sydney/?utm\\_source](https://studyworkgrow.com.au/event/nida-acting-boot-camp-sydney/?utm_source)

**ADFA VIRTUAL CAREERS INFORMATION SESSION – 24 January 2023, 5:30 pm. Register now** <https://www.defencejobs.gov.au/events/events-detail/n9upu7w>

## Safe - Respectful - Responsible

	JUNIOR Years 7, 8, 9, 10	SENIOR Years 11 & 12
SUMMER UNIFORM	<p><b><u>GIRLS</u></b> Blue button down school shirt PHS Pleat Skirt (length to be just above the knee)</p> <p style="text-align: center;">OR</p> <p>Navy dress shorts/slacks (not sports pants) Plain white socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p> <p><b><u>BOYS</u></b> Blue button down school shirt Grey Trousers/shorts Plain white or grey socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p>	<p><b><u>GIRLS</u></b> White button down school shirt PHS Pleat Skirt (length to be just above the knee)</p> <p style="text-align: center;">OR</p> <p>Navy dress shorts/slacks (not sports pants) Plain white socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p> <p><b><u>BOYS</u></b> White button down school shirt Grey Trousers/shorts Plain white or grey socks <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b></p>
WINTER UNIFORM	<p><b><u>GIRLS</u></b> Blue button down school shirt PHS Pleat Skirt (length to be just above the knee)</p> <p style="text-align: center;">OR</p> <p>Navy dress slacks (not sports pants) Navy tights or Plain white socks Navy jumper (may wear PHS jacket on really cold day in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p> <p><b><u>BOYS</u></b> Blue button down school shirt Grey Trousers Plain white or grey socks Navy jumper (may wear PHS jacket on really cold days in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p>	<p><b><u>GIRLS</u></b> White button down school shirt PHS Pleat Skirt (length to be just above the knee)</p> <p style="text-align: center;">OR</p> <p>Navy dress slacks (not sports pants) Navy tights / Plain white socks Navy jumper (may wear PHS jacket on really cold day in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p> <p><b><u>BOYS</u></b> White button down school shirt Grey Trousers Plain white or grey socks Navy jumper (may wear PHS jacket on really cold days in addition to jumper) <b>Ankle black leather lace up shoes including leather tongue no perforations and WH&amp;S compliant. Hi-tops or gym boots are not acceptable.</b> PHS school tie is optional</p>
SPORT & PDHPE UNIFORM	<p><b><u>GIRLS</u></b> PHS Navy and red sports shirt PHS Navy blue shorts PHS tracksuit for winter wear PHS Jacket Joggers Hat/Cap</p>	<p><b><u>BOYS</u></b> PHS Navy and red sports shirt PHS Navy blue shorts PHS tracksuit for winter wear PHS Jacket Joggers Hat/Cap</p>
	<b>All students participating in practical components of Sport and PDHPE are required to change into their joggers for that class only. Students must change back into their leather shoes at the end of the lesson.</b>	
<b><u>Accessories</u></b>	<b>All students need to keep the wearing of accessories to a minimum, to ensure compliance with WH&amp;S regulations.</b>	

## 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.



# Behaviour code for students

## NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

### In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

### Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

### Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



[education.nsw.gov.au](http://education.nsw.gov.au)

## Important Dates

**Tuesday 24 January 2023**

9:30am to 1:00pm

Front Office Open for School Uniform Purchases  
**Cash and Cheque only**

**Monday 30 January 2023**

Office Closed for Professional Learning

**Tuesday 31 January 2023**

Year's 7, 11 and 12 return to school

**Wednesday 1 February 2023**

Whole School return to school

## Parkes High School Shoes

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!**

## 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!**



## 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.

## 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".



## 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.

## 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



# 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.*





# 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](http://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.



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