



**NEWSLETTER** Friday, 6 November 2020

#### **School Calendar 2020**

Tues 20 October - Wed 11 November HSC Examinations

Sunday 8 - Sunday 15 November NAIDOC Week

Wed 11 November - Mon 23 November Y7, Y8, Y9 & Y10 Yearly Exams

Friday 27 November
PtoH Y6 transition - half day

Monday 30 November P&C Extraordinary Meeting -6.30pm Avon Valley Inn

**Thursday 3 December** PtoH Y6 transition - full day

**Monday 14 December**Presentation Award Ceremony

#### **CANTEEN - Phone 65589963**

Monday 9 November

Tuesday 10 November Rav

Wednesday 11 November No Volunteer

Thursday 12 November Michelle

Friday 13 November

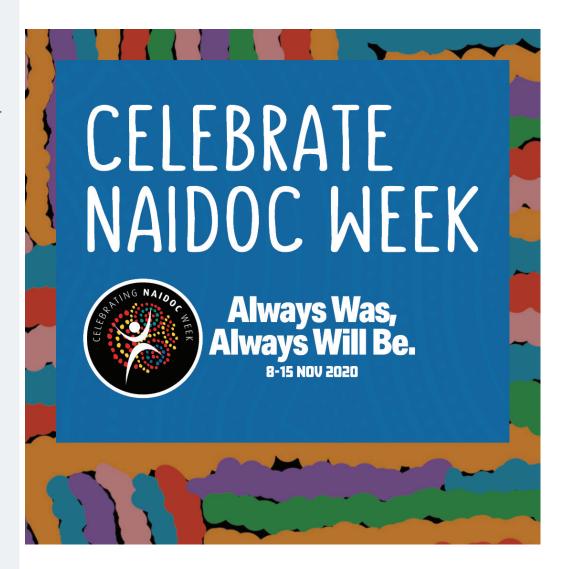
Monday 16 November

Tuesday 17 November Jennie

Wednesday 18 November Amanda

**Thursday 19 November** Merrilyn

Friday 20 November Elona



#### **NAIDOC**

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Aboriginal and Torres Strait Islander Australians.

Find out more about the origins and history of NAIDOC Week here -

https://www.naidoc.org.au/about/history



**Care Achievement Respect Effort Responsibilty** 

129 Ravenshaw Street, Gloucester NSW 2422 / P 02 6558 1605 / F 02 6558 1229 www.gloucester-h.schools.nsw.edu.au / gloucester-h.school@det.nsw.edu.au

#### NAIDOC WEEK ACTIVITIES

Every year we take great pride in working with our Aboriginal Education team which includes several students, to plan and coordinate a week that genuinely focuses on Aboriginal culture, history and significance.

Our team has planned a presentation that will be delivered on Monday morning's assembly. This will include the significance of the Aboriginal Flag and history of NAIDOC.

We also plan to share information each morning in Roll Call with all students about aspects of Aboriginal culture, customs and traditions.

Our sport and PE teachers will run Aboriginal themed sports and activities during this week. These games are dynamic and encourage inclusivity.

Across the school, all classroom teachers will take some time to focus on Aboriginal perspectives within their subjects and draw attention to the input and impact of Aboriginal Australians on our society.

On Friday, during Period 4, we plan to show all students a story about the Dreamtime with an aim to raise student discussion and interest during Friday lunch.

We plan to run a colouring in competition for students during the week which will be judged by the students on Friday.

On Friday we plan to have a BBQ sausage sizzle with music in the quad. We will ask all students and staff to wear some Aboriginal colours with their uniform and make a gold coin donation. Any funds raised will go directly to support our Aboriginal Garden.

The Aboriginal Garden project for the front of the school has been placed on hold in 2020 and will be reinvigorated in 2021.

We have a great group of Aboriginal students who contribute to these events and we really appreciate the students' time, effort and perspectives.

Please send some money with your child on Friday 13 November for their donation and sausage sizzle.

**Aboriginal Education Team 2020** 



## Always Was, Always Will Be.

8-15 NOV 2020

#### **P&C MEETING**

Our next P&C Meeting will be held at the Avon Valley Inn on Monday 30 November at 6.30pm.

This is an extraordinary meeting to adopt job descriptions and policies.

#### PRINCIPAL'S REPORT

We are on the final leg of the HSC examinations with only a few more examinations next week. The feedback from students regarding questions and responses has been quite positive, in conversation with their teachers.

Next week, from 8-15 November, is NAIDOC week. This year the theme is: Always Was, Always Will Be. The date was moved from July due to COVID and the uncertainty this could have on our communities. Our Aboriginal Education Team has planned events for next week. Information about these activities can be found in this newsletter.



I would like to remind parents to make an appointment if they wish to meet with a teacher. This can easily be done through the school office on 6558 1605. Our office staff will liaise between you and the teacher to arrange a suitable time which may be in person or via a telephone conversation. Please appreciate that a teacher's day is very busy with scheduled lessons, together with lesson preparation, compliance and administrative responsibilities, which makes it difficult for a teacher to attend an unscheduled meeting.

During the analysis of our attendance data, it was highlighted to us the number of students who are arriving late to school each morning. Continued lateness not only reduces the amount of learning time for the late student, but it impacts on the rest of the class when the teacher has to repeat the instructions for the lesson and re-settle the class. All students can lose valuable learning time when this happens. The students have been informed that if they are late, they will need a very good reason for this lateness, otherwise they will make up the class time missed during lunchtime. It is important for students to be at school every day, on time for Roll Call and on time for all classes to maximise learning for all.

Last week the Student Representative Council (SRC) attended a 3-day Leadership Camp (held in the school) funded by the Community Drug Action Team (CDAT) together with Catholic Care. On the final day a number of the executive teachers were invited to participate in the finale presentation by the students. They shared with us the activities and learning outcomes associated with each of the activities, as well as a number of videos, and outlined the plans they have developed for implementation during the rest of this year and into 2021. The students have written an article about their camp for this edition of the newsletter. We have a very strong and committed student leadership team.

Mrs Trudi Edman, Principal

## MATHS CORNER QUESTION (for students and parents)

#### **Question:**

If we count by 3's starting with 1, the following sequence is obtained: 1, 4, 7, 10, ... . What is the 100th number in the sequence?

#### **Previous Answer:**

If a number is divisible by 9, then the sum of its digits is divisible by 9. The digit sum is 3+A+A+1=4+2A. The digit sum cannot be 9, otherwise A=2 %. So 4+2A=18 which produces A=7.

\* Maths corner questions have been provided courtesy of 'Australasian Problem Solving Mathematical Olympiads (APSMO) Inc' an advanced problem solving course currently being undertaken by some of our Year 7 & 8 students.

#### LEADERSHIP CAMP



Firstly, we would like to thank Gail from the Alcohol and Drug Foundation, and Rachel from Catholic Care, for providing and arranging the grant to fund a three-day leadership workshop. As a leadership team, we recognise protective factors such as hope, focus and purpose. These protective factors build a community that has a sense of purpose and can ultimately prevent substance abuse.

- John C Maxwell

"2021 – The Year For Us". We developed this slogan to motivate our leadership team to achieve excellence and make a difference within the school and community. "The Year For Us", we target towards not only the school, but the wider community. We aim to enhance the connection between the school and the community by broadening our leadership into the community through participation in events and fundraising.

Gloucester High School celebrates its 60th birthday in 2021 and we aim to make an impact and pave a new path for upcoming leaders to follow. We want to embrace the past and continue to increase the culture and spirit of the school. The history of this school is rich and has led to the spirit and atmosphere within the school community. We want to continue to follow the values and spirit created in the past, while building our own path and making an impact as a new leadership team.

This year, the SRC has been limited in what we can do because of the Coronavirus and Government guidelines, but the students and staff of Gloucester High School have been getting it done since 1961. So for the remainder of this term, and next year, we plan to organise and hold more events to celebrate the school's 60th birthday. We hope to bring staff and students together and have fun after the tough past three terms. At Gloucester, we excel despite our small size. Over the past three days we have learned how to become better leaders and contribute as a team to make a difference within the school and community. Once again, we'd like to thank Gail and Rachel for providing the grant to make this amazing leadership camp possible. A massive thank you to Suzie for teaching us many new things, developing our leadership skills and endeavouring to make us all better leaders.

Danielle and Hayden, 2021 School Captains

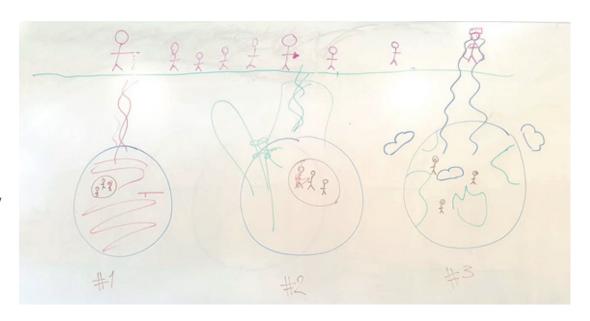
#### CREATION MYTHS WITH YEAR 9 HISTORY ELECTIVE

Over Term 3, students learnt about and investigated a range of myths from around the world. Most of these concerned the creation of the world and how different cultures reflected on these human musings and came to very different – although sometimes very similar - conclusions. At its core, finding reasons to explain the world around us is a shared human experience stretching back to prehistory; storytelling is at the heart of what it means to be connected.

Each student was asked to come up with their own myth and present it to the class as part of a formative task. Over the next three newsletters we will be featuring a selection of these stories and presentations in varying degrees of seriousness and humour.

### Creation of Our World

Before, there was only a blue sky and a beaming sun. There was no rain or clouds to shelter you from the white, hot, shining ball of light in the sky. The land was dry and barren, only small shrubs grew and those who roamed only knew cracked lips and hoarse throats.



High above lived the gods who created this earth. When they looked down on their creation they frowned when they realised it lacked perfection. They had added all the elements yet there was no nectar; no power to keep it flourishing. First the god Takoon cut off his hand and let the hot, sticky, red liquid flow over the world. The blood left stains, stumped the growth of the roamers and turned the creation into a red devil's dream.

Unsatisfied with the first attempt the god Ruma tried their luck. They took some of the gods golden nectar, the provider of their eternal being and poured it over the earth. It seemed to work, but it worked too well. Mountains rose from the flat land, trees sprouted and grew high into the sky and the roamers began to burn and combust from the inside out. Again, the gods failed.

Kateen, Queen of the Gods, Ruler of the Creation was so miserable and distraught that she could not create the perfect world for the land and for her roamers. She sat down and began to cry. Instead of mopping her tears she let them fall. With her tears she filled the oceans and rivers. Her crying made the grass and trees flourish and above all helped her roamers live and made them happy.

Kateen, realising what she'd done; realising the perfection she'd created, captured her tears and stored them in ever changing, white pictures in the sky.

Today, eons and eons later, when we look to the sky and see clouds or stand outside and dance in the rain we use and we see the work of the gods and Kateen to create for us the perfect world.

Jorja Beard

#### YR 7 MANDATORY TECH - FOOD AND FIBRE

This term's Year 7 Mandatory Technology - Food and Fibre rotation has started with both enthusiasm and perfect growing conditions. All students have planted their summer crop with a range of veggies including lettuce, peas, tomato, watermelon, rockmelon and carrots.

They have also started composting, using food scraps from the canteen as well as those collected by Georgia Britton, green manure crops from last term as well as spoiled straw from the paddocks.

While students are yet to complete the native bird unit and make boxes and logs, we are very excited to report that both bird hollows created by students last term have Eastern Rosellas living in them.





Katie with her flower arrangement cut from the school grounds

**Eating the produce** 







Previous Year 7 Ag students had made a bird's home out of a hollow log and erected it on the last day of term. By the end of the holidays a pair of Eastern Rosellas had nested in it! Great work Amarlie, Hayley, Locky, Shannon and Sam (not present).



#### **DUKE OF ED WALK**

With easing COVID restrictions, the Year 9 and 10 Duke of Ed groups finally had the opportunity to complete their latest camping trip.

On a cool but sunny Friday, the group started walking from the Devils Hole Camp Ground and headed for Gummi Falls Campsite. After negotiating the river crossing and arriving at the first intersection, it was fortunate Jackson Blanch was paying attention and was able to redirect everyone onto the right path.

Arriving at the picturesque Gummi Falls early in the afternoon, everyone had ample time to set up their tents and do a little exploring of the surrounding area.

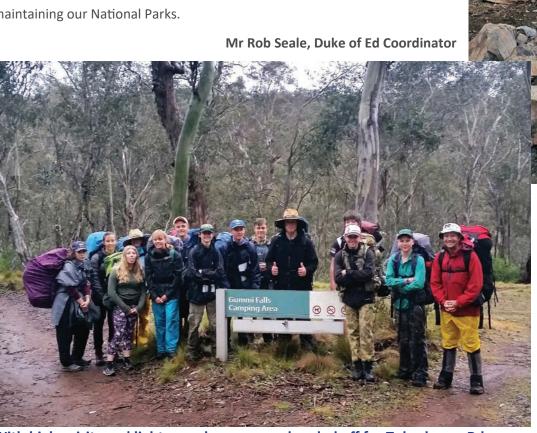
While later in the evening a number of campers were awoken to the sounds of wild horses and pigs in the undergrowth, everyone certainly woke at 4.30am when a thunderstorm moved through. Fortunately, there was no wind. What it did bring however, was gentle rain that continued through until we boarded the bus after a looping walk that took us down the Barrington trail.

Mr Seale and Ms Sneddon were extremely impressed with the supportive nature everyone demonstrated and the positive attitude from all considering the incessant drizzling rain.

A big thank you to Ranger Peter Beard for all the assistance he gave us with organising the event and we acknowledge all the work that goes into maintaining our National Parks.



Despite the wet timber, Kyle quickly managed to get a fire going.



With high spirits and lighter packs everyone headed off for Tubrabucca Rd.

#### **FOOD TECH**

#### **Year 10 Practical Exam**

On Wednesday 4 November, Year 10 Food Technology students completed their practical examination. Students were not given the ingredient list until they entered the kitchen on the day of the exam. The students then had 10 minutes to plan with their partner a 'pasta meal' and side salad. The emphasis was on creativity and to 'think outside the box'. All students worked efficiently, within the given time-frame, to produce and present some very tasty menu items. Among the range of menu items were Savoury Pancakes with Pasta Sauce, Creamy Tomato Pasta Soup, Vegetarian Lasagne and Shakshuka. All students demonstrated Gloucester High's CARER values, of Care, Achievement, Respect, Effort & Responsibility, not only with their practical result, but also through their commitment to work as a team and the support of their peers. Great result Year 10!







#### **ARE YOU OVER 18?**

DO YOU HAVE A DESIRE TO SAVE TOWARDS YOUR CHILDS/OWN EDUCATION EXPENSES/ LESSONS/ CAMP OR EXCURSION?

DO YOU WANT TO <u>RECEIVE UP TO \$500</u> SIMPLY FOR SAVING UP TO \$500 FOR 10 MONTHS?

DO YOU WANT TO GAIN QUICK AND EASY BUDGETING AND SAVINGS TIPS?

DO YOU RECEIVE A COMMONWEALTH SOCIAL SECURITY BENEFIT, PAYMENT OR ALLOWANCE AND HAVE A HEALTH CARE CARD OR PENSION CARD?

DO YOU HAVE AN INCOME (INCLUDING CASH AND HOBBY INCOME) OR RECIEVE CHILD SUPPORT PAYMENTS (INCLUDING PRIVATE COLLECT)?

DO YOU HAVE A CHILD AT SCHOOL/ABOUT TO START SCHOOL OR ARE YOU STUDYING YOURSELF?

IF YOU ANSWERED YES TO THE ABOVE QUESTIONS, JOIN THE SAVER PLUS MATCHED SAVINGS AND FINANCIAL EDUCATION PROGRAM TODAY!

#### How to join the Saver Plus Program?

- Fill out an Online Enquiry Form www.saverplus.org.au your Local Saver Plus Coordinator (Claire Rowe) will make contact
- Or contact your Local Saver Plus Coordinator from The Smith Family directly:
   Claire Rowe Phone: 0438 648 670 / 1300 610 355 Email: Claire.Rowe@thesmithfamily.com.au
- Or complete a Saver Plus Referral Form with your Organisation

Please note: you can only complete the Saver Plus Program once, and you must meet the above eligibility criteria in order to join the Saver Plus Program and become a Saver Plus Participant.

## What is Saver Plus?

- A free ten-month savings program providing financial education, budgeting and savings tips.
  - Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.
- Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.
- Offered in communities across Australia in every state and territory.



#### **Education**

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



#### **Matchine**

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

#### A Saver Plus Participant's Journey



#### Goa

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over



#### Saving

Opens an ANZ Progress Saver account and makes regular deposits

#### Who can join?

#### Participants must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education themselves
- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

#### Benefits for participants<sup>1</sup>



87%

continue to save the same amount or more

3 to 7 years after completing the program



**78%** 

were better equipped

for unexpected expenses



22%

reported increased self-esteem



80%

had more control over their finances

#### How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

#### Since 20031:

88

40,000+ participants



**\$23m+** total amount saved by participants



**\$18m+** matched funds paid by ANZ

#### Find out more

- 1300 610 355
- saverplus@bsl.org.au
- saverplus.org.au
- @SaverPlusAU



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

<sup>\*</sup> many Centrelink payments are eligible, please contact your local Coordinator for more information.

<sup>&</sup>lt;sup>1</sup> RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003. For more information see anz.com/saverplus

#### **PEER SUPPORT TRAINING - YEAR 10**

When: Wednesday 25th November 2020 (Week 7)

Where: Gloucester High School

#### What is the Peer Support Program?

The Peer Support Program is a skill based, experiential learning program. It encourages peer connections throughout the school and assists students in developing practical skills to enhance social and emotional wellbeing such as resilience, optimism, assertiveness, decision making, problem solving and leadership.

It assists in achieving and maintaining a positive school culture by empowering young people to support each other and contribute positively to their school and community. The Peer Support Program involves a whole school approach which includes teachers, parents and students.

At Gloucester High School, we believe positive peer relations for children are important. They bring happiness and help to set the pattern of human interaction in years to come. The Peer Support Program provides students with the opportunity and environment to develop the understanding, attitudes and skills necessary to interact, realise their potential and contribute positively to the school and the community.

#### **How does the Peer Support Program work?**

Year 10 students take part in a one day leadership training program, facilitated by their teachers, using training developed by Peer Support Australia. Peer Support is an important program for building self-esteem in young people, skilling them to cope with the challenges of day-to-day life.

The following skills are explored during the Peer Leaders' Training:

- relationship building
- communication
- empathy
- decision making
- · problem solving
- creative thinking
- flexibility
- assertiveness
- · co facilitation

Students wishing to be peer support leaders for 2021 must complete the training.

#### What would my responsibilities be if I am a Peer Support Leader?

2020 - ORIENTATION DAY- The Peer Support Leaders welcome students on Orientation Day and support them in practical matters so that the first days of the new school year are less daunting.

2021 - When the new school year commences, the Peer Support Leaders periodically visit the Year 7 students; they maintain contact with them throughout the year, and serve as a 'go to' person for any questions, concerns or ideas Year 7 students may wish to share with them

WELLBEING LESSONS - Paired Peer Leaders, supervised by a teacher, then co facilitate structured activities with a small group of Year 7 students.

Notes with further information have been sent home with Year 10 students.

ReachOut @

# Checklist for DISTURBING CONTENT

Work out whether the content is right for your child.

It might be around their age or just their personality, but trust your gut and put boundaries in place.



Read up on the issues it explores. If you show that you are comfortable and knowledgeable with the issues it explores your kids are more likely to open up to you during a tough time.



Stay up to date with pop culture. You may not care about the Bieber's or Beyonce's of this world but following sites like Pedestrian.tv and news.com.au will help you stay ahead of the game.



Make sure they know that not everything they see is how it appears. Have a frank conversation about not taking everything on the internet at face value.



Tell them that they don't have to watch something if they don't want to.

Brainstorm ways they can say no to their peers and feel confident making their own decisions.



Encourage them to practice self-care.

If they are going to watch something make sure they've got an arsenal of things to pick them back up afterwards.



Offer to watch it with them. That way you can talk through anything tough as it comes up. This can be useful even if they've already seen the content.



Let them know where to go for help. Ask them who they would feel comfortable talking to and connect them with services like ReachOut or Kids Helpline.





#### **CAREERS NEWS**

#### **Year 10 Work Experience Term 4**

Year 10 students are permitted and encouraged to complete one or more Work Experience placements this term. Work Experience will not be made mandatory this year due to the pandemic, but we hope students take advantage of this opportunity and organise a placement if they and their family are comfortable for them to do so.

The last day of Year 10 Final exams is Monday 16 November (term 4 week 6). After this day, students can organise placement for the next several weeks. Please keep in mind that many students will also participate in Peer Support training on Wednesday 25 November (Term 4 Week 7). Work Experience placements for future Peer Support Leader should NOT be scheduled for this day. Most employers will be flexible with this and it should not hinder a student's chances of attaining a placement.

All students for all placements must complete a new Student Placement Record (SPR). The SPR is a mandatory requirement as it is the insurance documentation for the placement. Students need to collect this from Mr De Angelis ASAP. Student, Employer, Parent / Carer and myself all need to sign this document. There is also a new dot point that ensures that the host employer is following a NSW Health COVID-19 safety plan.

I will be discussing Work Experience requirements during career lessons. However, parents/carers can call me at school if they have any questions or need more information.

## CSU - New for 2021 – Bachelor of Environmental Science and Management (with specialisations)

We've combined three of our environmental science related courses into one – offering a three-year degree that's been designed in partnership with employers – giving you the ultimate skill set.

You'll get foundational knowledge of environmental science, job-ready skills, and an in-depth understanding of a specialisation that fires up your imagination.

Choose from one of the following specialisations: Applied Earth Science, Aquatic Ecosystems, Climate and Sustainability, Ecology and Conservation, or Parks, Recreation and Heritage.

Study either online or via blended learning (combining on-campus and online study) at Albury-Wodonga or Port Macquarie. You can also opt to fast-track your course, so if you choose to exit early, you receive a qualification after each completed year. Click here for more info.

#### **Newcastle University Schools Visit Day - Open Day on Demand**

We know you probably have a lot of questions about university – getting in, what degree to study, what support is available once you're here. Don't worry, we've put together heaps of webinars to arm you with the information you'll need. https://www.newcastle.edu.au/open-day/webinars

#### **STAR Early Offers at SCU Released Soon**

9 November release

The STAR program allows you to secure your place in a Southern Cross University degree before your Year 12 results are even released. It's designed to remove some of the pressure from Year 12 and give you a pathway directly into university study that is not based solely on your Year 12 results.

#### **CAREERS NEWS Continued...**

#### TAFE - Hundreds of choices delivered straight to your inbox

With hundreds of courses to choose from, TAFE NSW can help you find your passion – and turn that passion into a career. We are the #1 choice for education in real-world, useable skills and courses – so take a look at what we have to offer.

https://www.tafensw.edu.au/ambition#guide-form

## The Grove Studios Academy, Careers in Music – Central Coast Diploma of Music Industry (Sound Production)

The course provides students with skills and knowledge required to further their abilities and career opportunities in the areas of Music & Sound Production in the music industry.

https://thegrovestudiosacademy.com/courses/advanced-diploma

#### NIDA Young Actors Studio – 15 to 18 years Auditions

Develop your vocal, physical and imaginative dexterity as you explore and apply NIDA acting techniques.

Collaborate with other young artists in an ensemble to develop skills for stage and screen. Work with the support and direction from core tutors and gain inspiration from industry professionals

#### Auditions 2020/2021 - Sydney

Sun 13 Dec, 2020 10am Sun 10 Jan, 2021 10am OR 2pm

#### **Indigenous Scholarships Portal**

How it works: The Portal lists resources and opportunities such as scholarships, internships and cadetships for Indigenous Australians. You may also find other opportunities open to all Australians where Indigenous students are encouraged to apply.

https://indigenousscholarships.com.au/#/nav/landing-page

## 2021 Gap Year Program Letz Live Full-time paid placement + opportunity to travel

Applications close 9 November

Leading Gap Year program provider Letz Live offering paid placements for year 12 school leavers, interested in a New Zealand Gap Year for 2021. Participants receive full accommodation, food & work training. All paid positions with ongoing support from the Australian & New Zealand offices. Be Quick. Contact info@letzlive.org Apply online at:

https://www.letzlive.org/



#### **SCHOOL VISION STATEMENT**

Gloucester High School aims to develop a supportive learning environment that engages all students,

teachers and community in the pursuit of excellence.



Principal
Deputy Principal
Address:
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