

School Calendar

TERM 4

Friday 29 October

Year 12 Graduation Assembly (students only)

Tuesday 9 November

HSC starts

* All activities and events subject to COVID restrictions

Our Next P&C Meeting:

Monday 18 October - 6.30pm - Via Zoom

Please contact:

gloucesterhighschool@pandacaffiliate.org.au
if you would like to attend the meeting.

All parents and citizens welcome.

CANTEEN - Phone 65589963

Monday 18 October

Elona

Tuesday 19 October

Emma

Wednesday 20 October

Merrilyn

Thursday 21 October

Emma

Friday 22 October

Elona

Monday 25 October

Elona

Tuesday 26 October

Emma

Wednesday 27 October

Merrilyn

Thursday 28 October

Emma

Friday 29 October

Elona

URGENT:

Volunteers needed to help in our school canteen.

No experience required, just a friendly face.

Please contact us on 6558 9963 asap.

NSW Department of Education

Wellbeing Week 11 - 15 October 2021

As part of **Mental Health Month**

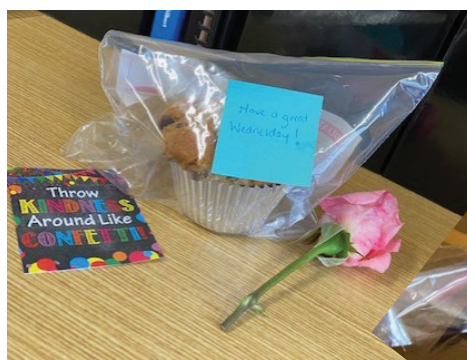


It's Wellbeing Week from 11 - 15 October. Given the Covid-19 pandemic and the pressures this has placed on students, parents and teachers, it is timely. The week is about reminding everyone to look after their mental health and to be mindful of the wellbeing of others. Both teachers and students have been encouraged to give a random act of kindness to a friend or colleague. Thank you to Mrs Cameron who has coordinated this across the school. Further activities for parents, teachers and students are available on the following link:

<https://education.nsw.gov.au/student-wellbeing/wellbeing-week-11-15-october-2021>

"Stay Strong and True to Yourself"

Ms Ribbons and the Wellbeing Team



Care Achievement Respect Effort Responsibility

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

WELLBEING WEEK

Students have been encouraged to participate in the following activities each day this week. These activities can help young people feel good in the moment, improve their resilience and build their mental health for the future.

Monday – Connect

Connections support and increase our feelings of happiness and self-worth so encourage students to take the time to get to know their peers.

Tuesday – Tune In

Tuning in means being present. It means being aware of what is happening within you, and in the world around you.

Wednesday - Get Inspired, Keep Learning

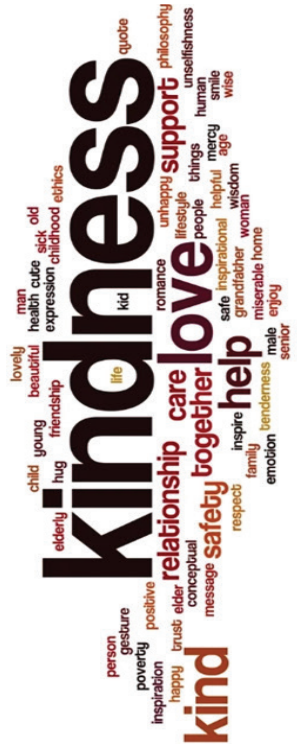
Feed your curiosity. Try something new. Learning new things keeps our brains healthy, gives us a sense of achievement and is good for our mood. You may even make new friends and learn a little something about yourself.

Thursday - Move Joyfully

Exercise is good for our body and our mind. It helps shake out negative feelings and can renew hope and optimism. There are so many activities to enjoy.

Friday - Show Kindness, Give to others

Give to friends and your community and help yourself at the same time. Evidence shows that helping others makes us feel good too. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.



25 DAYS OF RANDOM ACTS OF Kindness



1. Smile at someone just because.
2. Buy the person behind you coffee.
3. Donate toys to charity.
4. Make homemade dog treats and deliver them to a shelter.
5. Bake cookies for your neighbor.
- 6.. Donate to a food bank.
7. Send a card in the mail just because.
8. Volunteer
9. Donate old blankets and towels to an animal shelter.
10. Paint rocks and hide them for others to find!
11. Send a care package to deployed soldiers.
12. Pay for someone's meal at a restaurant.
13. Let someone go in front of you in line.
14. Mow the lawn, rake the leaves, or shovel snow for your neighbor.
15. Leave a generous tip at a restaurant.
16. Send someone flowers.
17. Help someone before they ask.
18. Carry a stranger's grocery bags.
19. Leave a treat in the mailbox for your mail carrier.
20. Donate to your favorite charity.
21. Compliment a stranger.
22. Bake treats and deliver them to your local police station.
23. Pick up litter at the park.
24. Place a jar of pennies by a wishing fountain!
25. Call a relative just to say hello!

themommadiaries.com

PRINCIPAL'S REPORT

Welcome back to Term 4.

I know Mr Wisely has given his thanks to parents, students and staff for the effort and commitment during last term, but I would also like to thank our school community for continuing with educating our children under very challenging circumstances. While on leave I was able to stay connected through our schools' communication channels as well as the Department of Education updates.

During online learning there has been several surveys undertaken by various groups to improve systems and procedures. The Australian Council of State School Operations has sent us a survey to forward to our families to gauge how families might be feeling about the return to school. The survey is voluntary.

Please find the following link from the Australian Council of State School Operations (via ASPA).

<https://www.surveymonkey.com/r/MD5MRXB>

We are heading into our final assessment period for the year. This year the HSC has been postponed to a later date, now commencing 8 November. Also, years 7-10 will not have formal yearly examinations, rather each class may hold an in-class test or another form of final assessment which will then be calculated into their final year's assessment for the yearly reports.

A reminder that students are to wear masks while on the bus, during their time in the playground (unless eating or playing sport) and during class time. We do have spare masks in the office if masks are damaged during the day.

October is Mental Health Month. This week we have continued to post positive wellbeing posters on the daily notices to promote kindness and support of one another. Thank you to our Wellbeing and Learning and Support Teams for highlighting the importance of looking out for your mates and positive wellbeing. Our school now has a student support worker, Ms Maddison Callinan, who will work with the Wellbeing Team (Head Teacher Wellbeing, School Counsellor, Year Advisers and Girl's and Boy's Advisers) to support students through; group work, in class support, informal chats, attendance and to support families to access external agencies when needed. Ms Callinan's office is located next door to Miss Ribbons office and, at the moment, is available twice a week. Welcome to Gloucester High School Ms Callinan.

Another reminder: our P&C meeting is this Monday night and will be an online meeting due to COVID restrictions. If you are new to town, or perhaps haven't been for a few years, please consider becoming a member. Please email gloucesterhighschool@pandcaffiliate.org.au if you would like to attend the meeting.

Mrs Trudi Edman, Principal



Days missed = years lost

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

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight



=

4 weeks



=

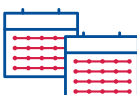
Over 1 year missed

1 day per week



=

8 weeks



=

Over 2.5 years missed

education.nsw.gov.au

SCHOOL VISITOR CHECK-IN

A single School Visitor Check-in system for every school across the state is coming from 18 October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds!
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the [NSW COVID-19 mandate](#).
- Giving every school greater access to streamlined NSW Government services.

Watch our short [parent video](#) to see how it works for parents or our [contractor video](#).

Who can use School Visitor check-in

- Visitors such as parents and carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

For more information visit School Visitor Check-in on the department [website](#).



All visitors and contractors are required to check-in at the front office at all times.

MATHS CORNER QUESTION (for students and parents)

Question:

If Mrs. Murphy separates her class into groups of 4 students each, 1 student is left over. If she separates her class into groups of 5 students each, 2 students are left over. What is the least number of students the class could have?

Previous Answer:

Strategy: Consider the number of games the Panthers have lost.

The team played 9 games, winning 2 and losing 7. To win exactly half of its games, they must have won a total of 7 games. **The number N represents 5, the number of remaining games.**

* 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.

YEAR 9 CLAY WORK

Year 9 Visual Art students have been hand building these ceramic vessels inspired by the work of the iconic Hermannsberg Potters, a group of Arrarnta artists from the McDonald Ranges area of Central Australia. Many thanks go out to our Learning Support staff for maintaining these ceramic works over lock-down by keeping them clean and moist. Students are now able to resume where they left off and have recently been experimenting with surface textures and design.

Paige Clarke



Jarred McIlroy & Helena Ward



Mia Sharples & Abbigale Sterling



Alyssa Paton & Gemma Davies



Austin Dickson & Kim Wright

NEW LASER CUTTER

We have recently purchased a new laser cutter! This will help teachers to deliver the curriculum and engage students through the use of new technology that is current within multiple industries. It will also give students the opportunity to be trained in Illustrator, Computer Aided Drafting, and other vector-based software. The Laser Cutter will be used across multiple faculties with its ability to cut, etch, and raster multiple products such as leather, timber, fabric, paper, card, plastics and rubber with a professional finish. Students will be able to get creative and develop products to support their learning and assessments. Exciting times!



Harley Dangerfield, Aiden Coombes, Haden Rae & Emma Elder with our new laser cutter

SILAGE DONATION

The Ag department would like to thank Lindsay Fraser for delivering silage bales donated by Michael and Wendy Fraser. They will be used for the Year 10 potato trial, mulching of the swails and grow houses. If anyone else has an excess of old straw and silage they will be gladly accepted and used.



Asher Baker, Andrew Fraser, Lachlan Sansom, Lindsay Fraser & Albie Cameron with the silage delivery

CAREERS NEWS

UAC Admissions 2022 date changes and additional Information

On Friday 10 September a revised timetable for HSC examinations and results was released. As a consequence, the following UAC dates will change:

- ATARs for NSW HSC students will now be released at 9am on **Thursday 20 January 2022**.
- January Round 2 offers will be released at 7.30am on **Wednesday 26 January 2022**.

The closing date for UAC's **Schools Recommendation Scheme (SRS)** closed on Sunday 19 September and the first offers will be released on **Friday 12 November**. Please ensure the course you are applying for through SRS IS YOUR **FIRST PREFERENCE**. It can easily be changed after this round. See Mr De Angelis for advice.

Educational Access Schemes (EAS)

- EAS application and document deadline for January Round 2 will be midnight **Friday 17 December 2021**.
- EAS eligibility letters will be released progressively from **Friday 21 January 2022** to all applicants with finalised assessment for January Round 2.
- Extension of EAS to include additional COVID-19 payments
- The Educational Access Scheme (EAS) will be extended to include applicants in Year 12 whose parent/s and/or guardian/s have received the COVID-19 Disaster Payment, JobSaver payments or Pandemic Leave Disaster Payment (to care for a COVID-19 positive person) for a period of 3 months or more.
- We encourage applicants to apply and upload documents to support these additional disadvantages under the category of Financial hardship, code FO1K. The wording in the application will be updated shortly.

Stay up to date with the latest information:

- **NSW Education Standards Authority updates** about measures they are taking for Year 11 and 12 students.

Mr Michael De Angelis, Careers Adviser



Helping children transition back to school in the COVID-19 era

ADVICE FOR PARENTS AND CARERS

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

Reassure your child that it is safe to go to school

Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that:

- the decision to return to school is based on medical advice
- children do not usually get sick from COVID-19
- everyone at school is working hard to make sure that children are safe
- anyone who is unwell will stay at home
- the government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made
- reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger
- discuss what they are looking forward to and what they are worrying about
- reinforce good hygiene practices.

After school, it will be important to:

- talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow
- schedule extra family time as your child is likely to have missed being at home with you
- your child may feel more fatigued and will benefit from quiet activities to recharge.

Prepare your child for changes to usual school processes

Your school may have made changes to their normal processes. Your school will communicate these changes with you – these may vary across schools. To help prepare your child:

- talk to your child about upcoming changes - the more they understand the changes, the more comfortable they are likely to feel about them
- write social stories with your child about changes to routine
- ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school
- see if there are any strategies that home learning enabled that you might be able to take to the classroom
- ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help.

Re-establish normal routines in the lead up to school

- **The week before:** Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch.
- **The day before:** Involve your child in packing their bag and preparing their uniform - this leaves you plenty of time to notice if anything is forgotten.
- **The morning of:** Allow more time than usual to get ready.

Some schools may not allow parents to walk children to their classroom. This may make it harder for some children to separate from parents. Prepare your child for this by:

- discussing what might be different about the drop off and pick up procedures and how you will manage it as a family
- talk through the new procedure and role play or write social stories
- reassure your child that there will be plenty of staff to help take them to their classrooms
- ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'.

Returning to school before siblings

Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family. You can help your child by:

- reassuring them that it is ok to feel disappointed
- explaining that all children will be returning to school soon
- allowing your child to pick a fun activity to complete when they get home from school so that they have something to look forward to
- avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

Tips for children with cognitive and behavioural challenges

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school

- Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue – you may consider shorter days or rest days.
- Speak to the school about incorporating more rest breaks throughout the day for your child.
- Speak to your school about reducing or eliminating homework until your child has settled back into a routine.

- Ensure that your child is linked in with the learning support and wellbeing team.
- Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder – For example, ABI is often the ‘invisible’ injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.
- As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour – remember, this is likely to be part of the readjustment phase and should improve with time.
- Your child may need your help to regulate. You may find it helpful to create a calm corner with a ‘tool box’ of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

Finding extra support

If you need extra support or clarity in regards to your child’s needs and learning challenges, referral to an appropriate psychologist for a detailed assessment and advice may be warranted. For example, a paediatric neuropsychologist can provide a differential diagnosis and strategies, and direct you to an appropriate special education tutor or any other healthcare specialist that may be required.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.org.au or call 1800 333 497
- ask your GP or another health professional to refer you.

Acknowledgments

This resource was prepared by the:



A clinical neuropsychologist is a psychologist who is trained to understand brain-behaviour relationships (across the lifespan):

- To assess thinking/brain abilities and difficulties to clarify diagnosis and identify the client’s care needs and priorities
- To provide targeted intervention or rehabilitation for people with thinking/brain-related difficulties or disorders
- To adapt or modify treatments to take into account the effects of thinking/brain difficulties

The APS has other information sheets in this series to support children and teens with learning difficulties and disabilities. To access, visit: psychology.org.au for more.




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Email: membership@psychology.org.au

Web: psychology.org.au

Find us on social media   

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School Travel for 2022



2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



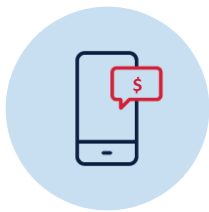
Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback

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



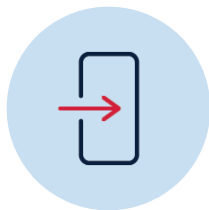
New features of the online payment page allow you to access:



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.



Education

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



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



Education

Gloucester Junior Cricket Association

2021/22 Season commencing as soon as
Community Sport permitted,

Registrations are now being accepted for players in:

Woolworths Junior Blasters (5 to 7-year-olds),

Under 10's and Under 14's playing in the Gloucester competition and

Under 16's playing in the Manning Competition.

Registrations to be done on the Playcricket.com.au website and search for
Gloucester

For more information call Steve Bignell 0429988101.

Active Kids Vouchers can be used for Registration.



Expressions of Interest

Gloucester Magpie's are looking for Ladies keen to play League Tag in 2022

- Non tackle sport
- NRL rules
- 11 players on the field
- 16 years and up can play



Please FB message Gloucester Magpies or
Jodie Whitby if your interested

PIC•COLLAGE

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.



Education &
Communities

Principal
Deputy Principal
Address:
Telephone:
Email:
Web:

Mrs Trudi Edman
Mr Mik Wisely
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