



# Bulli High School Newsletter

Ursula Road, Bulli NSW 2516  
Telephone +61 (0)2 4284 8266

[www.bulli-hs.nsw.edu.au](http://www.bulli-hs.nsw.edu.au)  
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September, 2015

## Upcoming Events

**7<sup>th</sup> – 18<sup>th</sup> September**

Year 11 Preliminary Exams

**Monday 7<sup>th</sup> September**

Year 10 Excursion @ Jewish Museum

**Tuesday 8<sup>th</sup> September**

Year 10 Brainstorm – Cheap Thrills  
Immunisations – Years 7 & 8

**Wednesday 9<sup>th</sup> September**

P & C Meeting @ 7.00pm

**Thursday 10<sup>th</sup> September**

AIME @ UOW

Workers of Wollongong Program @  
Corrimal HS

**14<sup>th</sup> – 15<sup>th</sup> September**

Year 9 – Duke of Edinburgh Hike

**Tuesday 15<sup>th</sup> September**

Awards Assembly

**Wednesday 16<sup>th</sup> September**

F1 in Schools Regional Finals @ Bulli HS

**Thursday 17<sup>th</sup> September**

Workers of Wollongong Program  
Year 12 – Celebration Day @ Stuart Park

**Friday 18<sup>th</sup> September**

Year 12 Graduation  
Last Day of Term 3

**Tuesday 6<sup>th</sup> October**

Staff & Students Return for Term 4

## Principal's report

It would be remiss of me not to begin with a big thank you to our community for the support we received during the last week of August. Just as the school was putting the flood of 2014 behind us, it happened again. Certainly, not to the same extent thanks to the large pipes installed under the Mathematics and HSIE buildings which enabled the water to get away from that area of the school. The water and dirt marks on these buildings indicate the water reached a height of around 20cm. In other areas it was between 5 and 10cm which meant the kickboards on the newly installed cupboards prevented more damage to the cupboards. However, the water still passed through the school causing damage and disruption which resulted in damage outlined below and hence the decision to make the school non-operational. Communication was the key, and our new website, our school Facebook account, contact with the local radio station and community word of mouth worked very effectively.

- Closure of the Administration Office and foyer: all carpets ruined resulting in the office staff relocating to Computer Room 3 and the Principal relocating to the library.
- Head Teacher Administration Office, Deputy Principal office, staff sign-on and photocopying room: carpet ruined, relocation to the Staff Common Room
- Downstairs photocopiers unable to be accessed.
- Music rooms closed due to ruined carpets and damaged instruments.
- All industrial arts specialty rooms (metal work and woodwork rooms) flooded. As the parquet floors were removed in 2014, the concrete floors needed to be cleaned. All new cupboards removed and replaced. All electrical work assessed. Upstairs room, equipment damaged due to roof leaks.
- Debris on the grounds needed to be removed, outside stairwells washed down.
- The Old Gym flooded: Design & technology HSC works were in the old gym from the night before (see further in this article). Wooden floor cleaned but time will tell if damaged.
- The student weights room flooded: Floor covering soaked. Will need to monitor electrical sports equipment.
- Senior Study closed due to ruined carpets.
- The Barracks – (Autism classroom): carpet ruined, desk water damaged.
- Flooding in a number of storage cupboards
- Damaged classroom equipment and resources

Proud member of the  
Seacliff Community of Schools



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## Newsletter

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September, 2015

### P & C dates for 2015

(2<sup>nd</sup> Wednesday of the month)

7pm in the Staff Common Room

Term 3: 9<sup>th</sup> Sept

Term 4: 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 9<sup>th</sup> Dec

### Uniform Shop

Open on: Tuesdays: 1.15pm – 3.00pm  
Thursdays: 1.15pm – 3.30pm

### School Office

Open Monday, Tuesday, Thursday &  
Friday from 8.30am – 3.30pm and  
Wednesday from 8.30am – 3.00pm

### Student Absences

If your child is absent from school,  
please notify the office by calling  
4284 8266 extension 4 and following  
the prompts.

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If there is a silver lining to this, it is that the school was able to run two large excursions on the same day and all students were back two days later. We have been operating under less than ideal conditions and, yes, it is difficult. But, teaching and learning has continued and shows just what a good school is capable of. Bulli High School teachers, SASS staff, and students are proving to be resilient and have done an amazing job under these conditions. My immediate priority is restoring our school back to normal as soon as possible. I have received a timeframe from our Assets Management Unit and we should resume as normal in Term 4. I am concerned that this is the second time in two years and will pursue what can be done to prevent it happening to our school again.

This week, unrelated to the flooding, sections of the school hall roof are being replaced which should mean no more roof leaks for the lower roof. The change-room ceiling can now be repaired. This will allow the planned work on renovating the change rooms and the kitchen to begin. I hope to have that completed once the HSC exams are finished and before the start of the new school year.

Which leads me to Year 12 Graduation. Year 12 students graduate from Bulli High School on the last day of this term. This is a very special time for our HSC students as we say goodbye and wish them all the best for their HSC and for their future endeavours. We look forward to sharing this time with family and friends. I have written before about our expectations of all students and information has been sent home to parents earlier this term.

Although the written HSC exams start in the second week of Term 4, the practical exams have already concluded. Drama, music and language students have already completed their performances and aural exams. Well done to these students and their teachers.

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The night before the flooding, in the rain, the Visual Arts and Design & Technology major works were on display and we were very pleased to see so many students and parents brave the weather. The student work on display was very impressive and a credit to the HSC students and their teachers. Unfortunately, the Design & Technology projects were in the hall and a number of the projects were subject to a level of water damage. Before and after photos have been taken and will be sent to BOSTES for consideration as the projects were yet to be marked by the examiners. I want to assure students and their parents that BOSTES has a process in place that we will follow and no students will be disadvantaged in the marking.

The Year 10 into Year 11 Information Evening was very well attended as was the Year 8 into 9 held this week. The timetable team is now processing student elective choices and preparing our 2016 school timetable.

Last Friday night I had the privilege of attending Southern Stars. What a fabulous display of what public education can achieve. The performances were amazing and the colour and costumes was captivating. Bulli High School was well represented with students performing and behind the scenes, and a number of our teachers were responsible behind the scenes making the night a huge success.



This last week saw Year 11 students and teachers vote in the elections of the 2016 school captains. It was a very strong field and Mr Pember and I congratulated all candidates for standing. As part of the election process all candidates presented their speeches to their peers and later to the staff. A big thank you goes to Mr Pember for his co-ordination of the elections. The induction ceremony will be held in Term 4. The results are:

|                 |                                   |
|-----------------|-----------------------------------|
| Captains:       | Grace Favelle & Thomas Goldie     |
| Vice Captains:  | Grace Ewart & Zac Keating         |
| Senior Leaders: | Samantha Houston & Calvin Gorsuch |

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At the end of this term, we say goodbye to two very much admired and respected staff members. Mr John Kelly will commence as Head Teacher HSIE at Bomaderry High School in Term 4. Mr Kelly said goodbye to Year 10 families at the Yr 10 Information Evening earlier this term and will be missed by many, but particularly by his year group. We wish John well in his new role. Mr Kelly will be replaced by Tamara Dal Molin who has secured the position of HSIE teacher, through merit selection (subject to the appeal process). Mr Boon will take on the role of Year 10 Adviser.

Mr Peter Tuck has taught science at Bulli High School for the last 33 years, which must be a school record. Mr Tuck has inspired many students and will be very much missed by many students and staff, especially his colleagues in the science faculty. We wish Peter all the best on his retirement.

*Chris Gregory*

Principal

### **Deputy Principal's News**

#### ***Year 11***

Best wishes to Year 11 students for their Preliminary HSC exams in the final two weeks of this term.

We also wish them a happy, relaxing and safe holiday before returning for the commencement of their HSC program in October.

Year 11 students are aware that they can 'drop' from 12 to 10 Units in the HSC year. However, we have explained to students clearly that:

- 'dropping' is not always a good idea,
- should only take place after careful consultation with parents and teachers and
- should never occur until they have received and carefully considered their Preliminary HSC exam results.

Dropping Units can have a significant impact upon HSC and ATAR requirements.

If students and parents require clarification about this, or any other aspect of the HSC and ATAR requirements, please don't hesitate to make contact with me.

#### ***Safe and Responsible Train Travel***

We are fortunate to be served by reliable bus and train services to and from Bulli High School. Many hundreds of our students take advantage of these services daily. Other members of the travelling public often contact the school to comment upon how well-mannered and well-behaved Bulli High students are. Unfortunately we have been informed by railway staff recently of some instances of dangerous behaviour.

Students who are found to be in breach of safety and conduct rules can not only have their travel passes confiscated but might be subject to fines.

All students who travel by train must read the 'Train Travel - Student Responsibilities' page in this newsletter.

Mr Chris Neave  
Deputy Principal  
Years 7, 9 & 11

### **Deputy Principal's News**

As usual this term has been a busy one as we get ready to farewell another graduating Year 12 group! Sometimes it seems like only yesterday we were welcoming their fresh little faces in Year 7 and now they are all "grow'd up". I would like to thank Year 12 for the many happy memories they have given me over their time since 2010 as well as some of the challenges which I am sure will make the dinner party stories of your lives for the years to come! I wish you well in your upcoming HSC Exams and remind you to do your best, study hard and be nice to your family!

We also celebrated last term's European Physics Tour with a Slide Night and Supper with parents, students, teachers and representatives from the University of Wollongong. This fun evening showcased some of the highlights of the trip and reminded us of the generosity of the University in making this trip come to fruition.

During the term we started the task of subject selection for Year 11 2016 and elective choices for Year 9 2016 with two well attended Parent Information Nights. This year we have changed the elective structure in Year 9 2016 to allow students to choose three electives rather than two. The electives will still need to be studied over the two years of year 9 and 10 but the change will allow for greater student choice and we hope lead to increased satisfaction and engagement This change is part of our Achieving Personal Best Project introduced as part of the School Plan 2015-17.

In the last week of term we will be celebrating the achievements of our students with our Awards Assemblies. Unfortunately due to the ongoing restoration works around the school after our recent flood and the unavailability of the school hall due to Year 11 Preliminary examinations we will be unable to accommodate parents and guests this time. We look forward to inviting you to join us for our final Awards Assembly in Term 4 and thank you for your understanding.

I am also excited to report we have surpassed the 1000 "likes" milestone on our School's Facebook page. If you have not already liked us make sure you do to stay right up-to-date with what's happening here at Bulli. If you don't "do Facebook" you can still access the feed through our website without having a Facebook account.

Ms R Lang  
Deputy Principal  
Years 8, 10 and 12

### **Science News**

During National Science Week, Ms Kara King took four of her Year 8 students to Helensburgh PS to assist with their Science Fair. Isabelle Heathcote, Claudia Ireland, Isaac Nolan and Marley Mondzheyovsky performed a number of scientific demonstrations for Kindergarten to Year 6 and helped the Primary students carry out some experiments for themselves. Everyone had a great time and a big thank you to Miss King for her meticulous preparation and organisation of the Bulli HS component of the day.



We also have another Community of Schools event coming up in the last week of this term. Ms King and Craig Hennessey from Year 10 will be on the judging panel at the Waiora PS Science Fair. A great opportunity to see what the Primary school students are working on in Science!

Julie Swain  
HT Science



On Tuesday the 25<sup>th</sup> of August Year 11 students attended the 'bstreetsmart' safe driving forum at Allphones Arena in Sydney as part of the mandatory Crossroads course. bstreetsmart is held because our youth are being severely injured and killed due to potentially preventable road crashes. The NSW statistics for 2013 for 17-25 year olds, recorded 18,951 road traffic crashes of which 107 were fatalities and 7,899 were injured. These young people hold only 16% of licenses, but they are involved more than a third of road fatalities. Westmead Hospital's Trauma Service is committed to decreasing these numbers.

The Forum provides students who are most at risk, a realistic look at the trauma caused by road crashes and gives them information and strategies in an attempt to reduce serious injuries and deaths. The Forum's content and structure aim's to treat young people as adults allowing them freedom to choose from a range of interactive exhibits.

Bulli High school students once again represented the school impeccably and were a credit to themselves and their families. The day can be very confronting to some students, however, the message it provides in regards to safe driving and responsibility for the safety of others is invaluable. I would like to personally acknowledge the students for attending on the day despite the very inclement weather we were facing, and the fact the school once again experienced flooding.



Nicole Kaiserfeld  
Head Teacher PDHPE

# Thirst

drip ... drop ... drip ... drop ...

The sounds of never ending war,  
Authorities leave us for dead.  
Humming of the innocent poor.  
Journey to water is covered in dread.

drip ... drop ... drip ... drop ...

Blistering feet, familiar ground.  
Dizziness seeping round my brain.  
To thirst we are forever bound,  
Holding on to what keeps me sane.

drip ... drop ... drip ... drop ...

The heat is like a woollen coat.  
For thirst is what consumes us all,  
A raspy grasp around my throat.  
Answering to survival's beck and call.

drip ... drop ... drip ... drop ...

Ankle deep in my salvation,  
This water, poison worth my life.  
Liquid germs and infestation.  
My family balancing on death's knife.

drip ... drop ... drip ... drop ...

Thousands of beads upon my back,  
Twice per day without any fray.  
Litres falling beneath the crack.  
Taps give me water, whenever I say.

*By Jack Stewart – Year 9*

## **South Coast Public Speaking Competition**

*Tuesday 18/05/2015*

Seven Bulli High students from Years 7 – 10 gave speeches at this local competition at Holy Spirit College, Bellambi. 20 local high schools, both State and Independent, were represented, the students giving their own prepared speeches on a variety of topics.

Both Isaac Rafferty and Blake Douglas of Year 7 came 2<sup>nd</sup> in their categories. Louis Donovan, Finn Callow, Miranda Du Toit and Bronte Slater also won certificates of achievement.

The standard was very high, with top speakers from across the region, and their efforts and skills are to be highly congratulated.

Hopefully next year will be even better.

Mr Tim Baker

## **SRC News**

### **Captains' election**

As Mrs Gregory has no doubt detailed already, the Senior Leadership Team for 2016 has been elected, and a fine group it is! I would like to take this opportunity to again thank all students who put their names forward, as this in itself is a great reflection on character. The way all students conducted themselves through the speech and voting process brought credit to them. Congratulations to all, but especially to those who were not elected for the dignity and respect they demonstrated.

Parents are advised that an induction ceremony is planned in the early weeks of December, and that as much notice as possible will be given to allow family members to attend.

### **Cake stall**

The SRC would like to thank all students and staff (especially Mrs Bateman) who bought cakes from us as we endeavoured to help Maeve Turner of Year 10 raise money to attend the University of California, Berkeley. Although the money raised is a very small portion of what's needed, we are excited for her having this rare opportunity and hope she succeeds. Thanks also to the Year 10 SRC students for running the stall, and to all of the donations & bakers (including Ms Krohn).

### **World's Greatest Shave**

Among a growing number of 'shorn students' at the moment, Ruth Adamson in Year 11 has taken the plunge and will be shaving her long brown locks in order to help Leukaemia research. Thank you to all students and staff who gave a coin (and, in many cases, much more!) to help with such an important cause.

Mr B Pember  
SRC Co-ordinator



## **Black Diamond News**

At the beginning of August a number of students from the Black Diamond Learning Centre attended the Illawarra Disability Options Expo in Wollongong. In conjunction with the expo the organisers ran an arts competition which the students entered. From the extensive range of pieces featured in the art exhibition two Bulli High School students were awarded prizes. Sam Windsor of Year 7 was awarded first prize in the secondary students category as well as a highly commended award for his art works. Joshua Cox, also of Year 7 was awarded a highly commended award for his sculpture. What an accomplishment from these young men who did so well in a category that included works by a number of older students.



Mr M Bevan  
Black Diamond Teacher

## Have You Heard The News? F1 in Schools has come to Bulli High!

The Formula 1 in Schools Technology Challenge is the largest STEM competition for school students in the world. Our school has recently acquired over \$20 000 worth of equipment including a CNC machine, 25 metre race track and race timing system. We have a select number of students in Years 7 and 10 participating in this year's challenge and we look forward to even more in 2016! Bulli High School hosts the regional finals on Wednesday the 16<sup>th</sup> of September and we wish our students the best of luck representing our school.



# Messages from the Green Team

*We've been as busy as a bee in the Spring Time this term, and Spring has only just sprung!*

We've been busy fundraising this term, we started with our Cake Stall, which was a HUGE success, we made \$380. That was a sure sign of how hard the students and teachers baked at home. There was plenty of fun on the day selling and 'sampling' all our stock too! Well done to the Green Team and thank you to our school community for supporting our event. The funds generated are being used to purchase tools for our gardeners and plants for our future projects.



A big Thank You to Mr & Mrs Green whom helped our fundraising with their donations of delicious homemade chutneys and 'Chicken Tea' liquid fertilizer. Our staff are very supportive of these initiatives and the Green Team appreciates all their work and support.

We were the very lucky beneficiaries of \$1500 from the Teachers Credit Union – Environment Grant to continue to help with our Green Teams initiatives. All members were very excited with this and have amazing ideas for how it can be put to good use.

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National Tree Day: We worked in coordination with The Wollongong Botanical Gardens where they provided advice and 40 free plants to suit the conditions in our Indigenous Garden. Our Green Team worked in earnest planting out all the species and the help from the Botanical Gardens was greatly appreciated. The plants survived the flood, so fingers crossed – we may continue with success!



HSIE Staff Working Bee: Thank you to Mr Green, Mr Kelly, Mr Nousis, Mrs Hicks and Mr Boxsell (Ms Dal Molin's husband) for helping establish a structurally sound Indigenous Garden bed, ready for Spring Planting.

Whilst we have had these major events we also have been busy these past winter months; watering, weeding and maintaining our winter vegetables, the warmth of Spring has really propelled our spinach, lettuce and beetroot, which will soon be ready to harvest. We are continuing our Paper Recycling each Friday lunch time as well.

We are all looking forward to our Field Trip to the Botanical Gardens, next Thursday 10<sup>th</sup> September, for some great gardening ideas and seminars on "Recycling" and "Bush Tucker".

We will have 3 tonne of soil suitable for native plants arrive this Thursday to replenish the garden built by the HSIE staff, so we can then plant it out. We have just begun clearing and preparing another Garden Space in our main Quad, and are looking forward to bringing an improvement to that area with native plants. We will also be launching our composting program by the end of term as we are trying to reduce our wastes and have a lower contribution to landfill, as well as providing nutrient rich soils by using our compost.

So you can see we HAVE been busier than bees in the Spring time! Looking forward to the most exciting season of the year in the garden.

Mrs Fraser

# Southern Stars 2015

On the 28<sup>th</sup> and 29<sup>th</sup> August, Bulli High students participated in *Southern Stars* at the WIN Entertainment Centre. Over 2500 students from public schools all across NSW assembled to perform in the annual event.

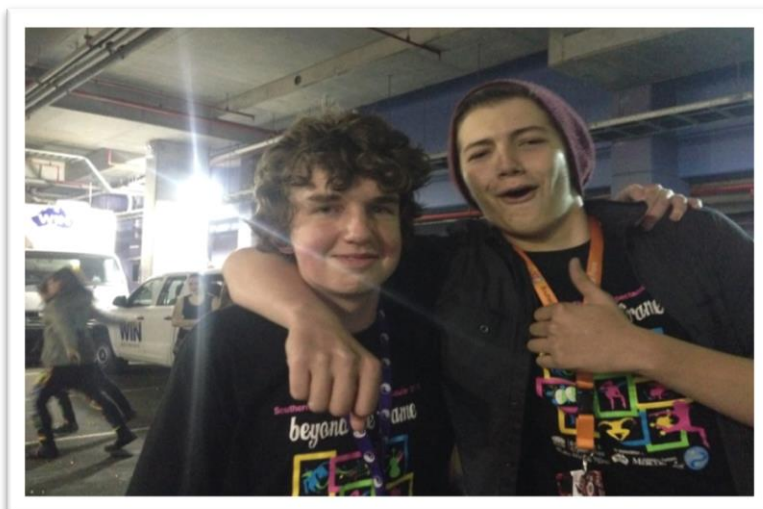
Bulli High dance students rehearsed for over two months in preparation for the four performances. Bulli Drama students created a moving segment celebrating the Anzac men and women while the Entertainment students worked tirelessly backstage for the final week of mass rehearsals and performances employing their knowledge and skills in a practical environment. Students collaborated and created friendships with fellow students to perform together in one spectacular which included a mix of dancers, singers, orchestras, bands, choirs and other performers.

Bulli High teachers behind the scenes spent hours organising and preparing for the event, choreographing, designing and making costumes for the students as well as performing in the orchestra, working backstage and sidestage during the performances.

A big congratulations to all those students and teachers who gave their time to make Southern Stars 2015 a huge success and an incredible learning experience for all those involved.



*'Sweet Dream' Dancers – Years 7 - 11*



*Entertainment Students – Miles & Jimmy*



# Little Snail Restaurant – French Excursion

On Tuesday the 25 August, the language department took 90 French students to Sydney to the French restaurant *The Little Snail*.

Despite Bulli High being flooded and non-operational, we had a near perfect attendance of students who turned up on that wet morning for the excursion. Students from Years 8 to 10 as well as the Black Diamond Learning Centre experienced an authentic French dining experience tasting typical French cuisine such as *snails* and *crème caramel*. Students also had the opportunity to converse with the French-speaking staff as well as spend a great day with their peers and teachers.

Thank you all for your respectful and cooperative conduct throughout the day and representing Bulli High School with pride.





# Aboriginal Education

## *Community Morning Tea*

Last Tuesday we had our community morning tea for Aboriginal students, their families and mentors. We would like to thank those people who were in attendance. During the morning tea we discussed some of the wonderful accomplishments that had been made this year at Bulli High School. These included the writing of Personalised Learning Plans, the new sign for the Aboriginal Garden near the HSIE block and AIME. We acknowledged the academic achievements of our students and talked about upcoming events which include an excursion to the Botanical Gardens in Wollongong. During the morning tea I had the honour of asking Mrs Gregory to present Alinta Maguire with a Naidoc Award for Excellent Achievement in Aboriginal Studies. Well done Alinta!

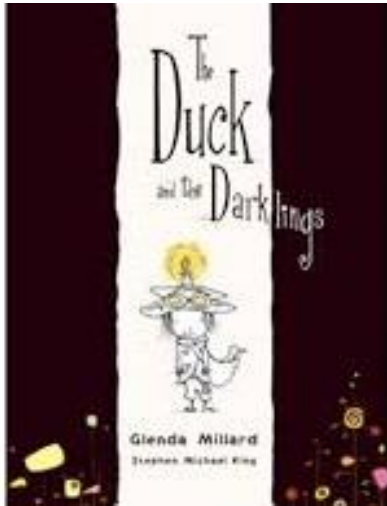


Leanne Hicks  
Aboriginal Tutor, Mentor and Teacher



## **BULLI HIGH SCHOOL LIBRARY NEWS**

### ***7N Book Reviews***



#### **The Duck and the Darklings**

Book Review – Blake Douglas 7N

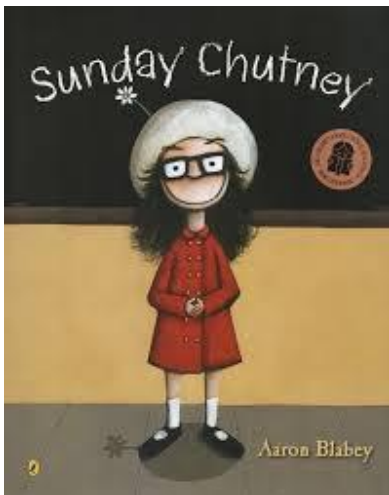
'The Duck and the Darklings' is a unique picture book written by Glenda Millard and illustrated by Stephen Michael King. The book is designed for upper primary readers and is based on a mysterious unusual land, further known as 'Dark'.

The book is based on a diminutive child called Peter Boy and his Grandpa who are determined to make a change to the gloomy, depressing land of 'Dark'.

After countless attempts of transforming the land, Peter Boy comes across an injured duck called Idaduck. After trying to save the lifeless duck, Grandpa diligently mends the duck from top to tail and with a quack, a waddle, and a wing, Idaduck wakes up surprisingly better than ever before and brings a heart-warming spark to Dark, whilst creating an inspiring bond between Grandpa and Peter Boy. Before you know it, the yellow sun shines and 'Dark' transforms into an illuminating land of fascination and freedom!

Michael King has incorporated various ranges of cool and hot colours to emphasise the contrast between dark and Peter Boys transformation. The colourful writing and paint splats throughout the book make the responder feel like they are in an imaginary world.

Overall this book is pleasantly intriguing to read and is very well written!



#### **Sunday Chutney**

Book Review - Noor Beevors

This book by Aaron Blabey I recommend to ages 6 and up. It's a sweet book about a girl who is always moving to someplace else. She is always the new girl and her name is Sunday Chutney.

Sunday Chutney is quirky and outgoing, as she has travelled the world. She has many interesting hobbies, such as drum solos, marine biology, crumpets, worthy causes and her optometrist. She doesn't like her lazy eye, creamed corn, sand in her swimmers, long and dreary dinner engagements and the first lunchtime at a new school.

Aaron Blabey uses a cartoon style drawing and a rough colour palette. The symbol of the flower shows hope for Sunday Chutney to stay in the same area and live a normal life, but she also enjoys traveling to the many places around the world.

While this is Blabey's second book, it is obvious that he is an author and illustrator to look out for as he has a great capacity to take the reader well beyond the shallow narrative and into the more subtle feelings and experiences of his characters.

Stay tuned. More 7N book reviews next newsletter.

Kylie Martin  
Teacher Librarian

## UNIFORM SHOP NEWS



### **FITTING TIMES FOR UNIFORMS FOR 2016 YEAR 7 STUDENTS**

The timetable below has been provided by the uniform shop. Each school has been allocated a specific fitting time to reduce waiting for parents and students.

**MONDAY 12<sup>TH</sup> OCTOBER 2015: 3.00PM – 5.30PM**

Coledale and Stanwell Park Primary Schools

**TUESDAY 13<sup>TH</sup> OCTOBER 2015: 3.00PM - 5.30PM**

Thirroul and Helensburgh Primary Schools

**WEDNESDAY 14<sup>TH</sup> OCTOBER 2015: 3.00PM - 5.30PM**

Austinmer, Scarborough and Otford Primary Schools

**THURSDAY 15<sup>TH</sup> OCTOBER 2015: 3.00PM - 5.30PM**

Waniora Primary School

**FRIDAY 16<sup>TH</sup> OCTOBER 2015: 3.00PM - 5.30PM**

Bulli Public School and all remaining schools that could not make their allocated days

### **PLEASE NOTE:**

Bulli Public School's  
amended date

Friday 16<sup>th</sup> October  
3.00pm - 5.30pm

For exceptional cases if you cannot make your allocated day, please phone the uniform shop on 4284 8266 (ext 140) to make an alternative time BEFORE TUESDAY 20<sup>th</sup> October. All late orders after October will not be guaranteed delivery.

Please note: All uniforms for Year 7 students for 2016 have to be ORDERED, as we do not have sufficient stock available in the school uniform shop.

All orders require a \$50.00 deposit if possible.

Uniforms will be available for **PICKUP** only on:

|  |   |                         |
|--|---|-------------------------|
| <b>Thursday 21<sup>st</sup> January 2016</b> | - | <b>10.00am - 2.00pm</b> |
| <b>Friday 22<sup>nd</sup> January 2016</b>   | - | <b>10.00am - 2.00pm</b> |

For those who can't make these times:

|   |   |                        |
|---|---|------------------------|
| <b>Wednesday 27<sup>th</sup> January 2016</b> | - | <b>9.00am - 3.00pm</b> |
|---|---|------------------------|

**EXCHANGES AND NEW ENROLMENTS** can **ONLY** be done on **Wednesday 27<sup>th</sup> January 2016**.

**CASH AND CHEQUE ONLY - NO EFTPOS!**

Maree & Kerry



## FEDERATION OF PARENTS & CITIZENS ASSOCIATIONS OF NSW

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20 July 2015

Dear P & C President

The Federation of P & C Associations of NSW would like to invite you to join us in our campaign to get a fairer funding model (Gonski) from the Federal Government for our public schools.

If you are wondering what Gonski is and what it means for your school ... In a nutshell it means **MORE!** More funds, more teachers, more programs, more resources ..... **simply MORE!**

We parents are continually trying to provide more for our children. I cannot tell you strongly enough how joining this campaign would help to provide "MORE" in such a great way, not just to your children, but to the children within schools across the State.

The improved educational outcomes, won't just help them while they are at school, it will increase their chances of success after high school, which will in turn lead to a stronger, smarter Australia.

***We need you as parents of public school students to stand up and be counted on this issue***

If we can show the government that enough parents care about this funding model, then we have the chance to receive it. ... To do this we will need as many of us as possible working as a team.

If you would like to join us on this venture, here are four easy ways you can start to help:

1. Go to [www.igiveagonski.com.au](http://www.igiveagonski.com.au) and sign the petition.
2. Get your P & C members to sign the petition.
3. Send the link to your family and friends via email and social media, asking them to sign the petition as well.
4. Send an email to [parentsforgonski@pandc.org.au](mailto:parentsforgonski@pandc.org.au). We will provide a team to support you throughout the campaign, with many more ideas on how you and your school can help.

This is an opportunity for school communities to come together for a common purpose. If you are concerned that you won't get enough interest from your community ... don't stress ... As long as you are interested, we will work with you, other parents, your principal and teachers because together we will stand stronger.

Kind regards

*Jason Vials*

Jason Vials  
**President**  
Federation of Parents & Citizens Associations of NSW

Locked Bag 40  
GRANVILLE NSW 2142  
E: [parentsforgonski@pandc.org.au](mailto:parentsforgonski@pandc.org.au)



# Supporting your young person during the holidays



**Holidays can take students away from friends and their usual school supports.**

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

## 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

## 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

## 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

## 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

## 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

## 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

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## Supporting your young person during the holidays

headspace.org.au



### Tips to help you support your young person

- 1 Recognise their distress or concerning behaviour
- 2 Ask them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in a short time afterwards to see how they are going



### Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

### Support service options

- headspace centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](http://headspace.org.au)
- eheadspace provides online counselling and telephone support to young people aged 12 to 25 – [ehheadspace.org.au](http://ehheadspace.org.au) 1800 650 890
- Kids Helpline is a 24-hour telephone and online counselling service for young people aged 5 to 25 – [kidshelpline.com.au](http://kidshelpline.com.au) 1800 55 1800
- Lifeline is a 24-hour telephone counselling service – [lifeline.org.au](http://lifeline.org.au) 13 11 14
- Parentline 1300 301 300
- ReachOut.com for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](http://headspace.org.au/schoolsupport) or [headspace.org.au](http://headspace.org.au)

Please refer to the headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.



LET WOLLONGONG CITY LIBRARIES HELP YOU  
WITH YOUR HSC FOR  
FREE!

THE MONTH BEFORE THE HSC  
WITH ROWAN KUNZ



**WHEN:** Wednesday 9<sup>th</sup> September  
5.30 - 6.30pm

**WHERE:** Thirroul District Library



**WOLLONGONG CITY LIBRARIES >**  
IDEAS, INFORMATION, ENJOYMENT

ALL FREE! BOOKINGS ESSENTIAL. BOOK ONLINE THROUGH OUR WEBSITE

[WWW.WOLLONGONG.NSW.GOV.AU/LIBRARY](http://WWW.WOLLONGONG.NSW.GOV.AU/LIBRARY)

Are you interested in becoming a volunteer English  
language tutor to adult migrants?

Volunteers are urgently needed in your area  
to tutor 1-2 hours per week  
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Learn new skills and make a difference in your community

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*everyone's family*

## Train Travel – Student Responsibilities

Whenever you're travelling with your School Student Rail Pass, stay safe and respect your fellow passengers.

### Stay safe

- Stand behind the yellow line on the platform.
- Board and alight the train in a way that's safe for you and other passengers.
- Move well inside the carriage in order to keep doorways clear.
- Never board a train or holding the door open after the whistle has blown. Some train doors are not like lift doors and will continue to close even if obstructed.
- Never ride bicycles, skateboards or scooters on station platforms.
- Never play with sporting equipment on the platform.

### Respect your fellow passengers

- Offer up your seat if all the seats are full and adults are standing. Don't wait to be asked.
- Be polite. Wait for all passengers to leave the train before you get on.
- Be aware of where you're standing. Remember, your backpack can bump into people behind you.
- Have a look at the carriage before you get on. If it's full, spread out along the platform and use different doors. You'll see your friends again later.
- Take care with your school bag. Make sure it's not in the way of other passengers or blocking the walkway or doors and keep it off the seat.
- Help others. Keep an eye out for elderly people and those with disabilities. These people often travel by train and they could do with your help. Also people with babies in strollers or prams may appreciate a helping hand.
- Understand your behaviour counts. When you apply for your School Student Rail Pass, you're giving permission for Sydney Trains to show security camera footage to your school principal or teachers should you be caught misbehaving and breaching the code of conduct.

### Code of conduct

In order to comply with the code of conduct for school students on trains and stations, make sure you:

- Obey all signage instructions on stations and trains.
- Respect the needs and comfort of other passengers.
- Behave safely at all times (e.g. avoid running or riding bikes, scooters or skates on stations and trains, keep off the train lines, keep arms, legs and other body parts inside the train, refrain from touching train doors, safety equipment or any part of a moving train).
- Use non-offensive language and behave appropriately at all times on rail property (e.g. avoid swearing, spitting, fighting, throwing items, keep feet off seats).
- Protect rail property and report graffiti and vandalism.
- Keep yourself and anything you are carrying clear of aisles, steps, thoroughfares and behind the yellow line on platforms.
- Take your rubbish with you and dispose of it thoughtfully.
- Follow the instructions of station staff, drivers, guards and transit officers.
- Carry your School Student Rail Pass during all school-related travel.
- Spread out along the platform so as not to overcrowd one carriage. Avoid boarding carriages that are already overcrowded.
- Allow other passengers to alight before boarding and then board the train without delay.
- Move inside the carriage and stand away from the doors during travel.
- Adhere to the *Rail Safety Act 2008* that bans all commuters from carrying knives, spray cans and permanent marker pens.
- Adhere to the law that bans smoking and drinking alcohol at stations or on trains.

Your pass may be confiscated and a fine may also apply if you don't follow the rules.

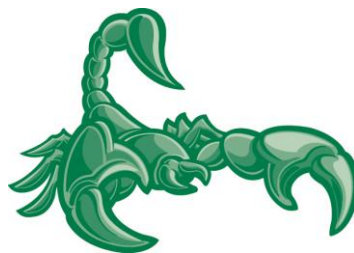
Vandalism is a serious criminal offence. Students caught tagging, etching or vandalising stations or trains will be arrested and may face criminal charges.

From: [http://www.sydneytrains.info/travelling\\_with/safety\\_and\\_education/student\\_responsibilities](http://www.sydneytrains.info/travelling_with/safety_and_education/student_responsibilities)



# Sandon Point Junior Surf Lifesaving

*Become a Sandon Point Scorpion!*



Registration for the 2015-2016 season will be held on the following dates  
at Sandon Point Surf Club house:

- **Saturday, 5th September 10am-1pm**
- **Tuesday, 8th September 4pm-6pm**

Please email: [clubregistrar@sandonpointsurfclub.org.au](mailto:clubregistrar@sandonpointsurfclub.org.au)  
with any questions.

New nippers **MUST** present a Birth Certificate as proof of age during registration.

**2015/2016 Membership Fees:**

Individual Membership \$60, Two Member Family \$115, Three Member Family \$165,  
Four Member Family \$215, Additional Family members \$50 each.

Please go to the club website for more information on the coming season  
[www.sandonpointsurfclub.org.au](http://www.sandonpointsurfclub.org.au)

# BULLI SLSC NIPPERS



## REGISTRATION DAYS 2015-2016

**10am-12noon      Sunday 30 August**

**10am-12noon      Sunday 13 September**

**CORRIMAL POOL, Short St, Corrimal**

**Please use front entrance (entry fees apply)**

**Pool proficiency swim to be competed**

**Club uniforms available for sale**

**Nippers commence**

**930am Sunday 11 October**

**Bulli Surf Club**

**Go to <http://sls.com.au/join>**

**To register and pay online**

*For any information contact [bullinippers@gmail.com](mailto:bullinippers@gmail.com)  
[bullisurfclub.com.au](http://bullisurfclub.com.au)*

## **Assessment Guides 2015**

HSC, Preliminary and Years 7-10 Assessment Guides for 2015 are now available on the school website.

Parents and students need to go to:

**Curriculum & Activities, then  
Assessment & Reporting**

### **Register for E-News**

If you are already registered you will continue to receive our e-news bulletins.

To register for e-news follow these steps:

- Go to the school's website:  
[www.bulli-h.schools.nsw.edu.au](http://www.bulli-h.schools.nsw.edu.au)
- Click on tab 'Newsletters & notes'
- Hit subscribe
- Enter your name and email as requested and follow the prompts
- You also have the option to download the App facility to your device

# **1<sup>ST</sup> AUSTINMER CUBS AND SCOUTS**

**WE CURRENTLY HAVE VACANCIES TO ACCEPT NEW CUBS AND SCOUTS!!!!!!**

Join in the fun and come along to the oldest  
and best Scout group in the Illawarra.

Have amazing fun with friends!

Learn new skills!

Activities include:

Canoeing; abseiling; camping; hiking

**Cubs** (7 ½ – 10 ½ years) 6:30-8:00pm Wednesday Evenings

**Scouts** (10 ½ - 14 ½ years) 7:00-9:00pm Monday Evenings

Bring a parent, bring a friend, join and make new friends!

Come along to our Hall at **20 Moore Street Austinmer.**

What have you got to lose?

For more info contact Steve on 4268.2004 or 0409 695 575

Look forward to seeing you there!