

Newsletter

SOUTH GRAFTON HIGH SCHOOL

Term 4, Week 1, 2020

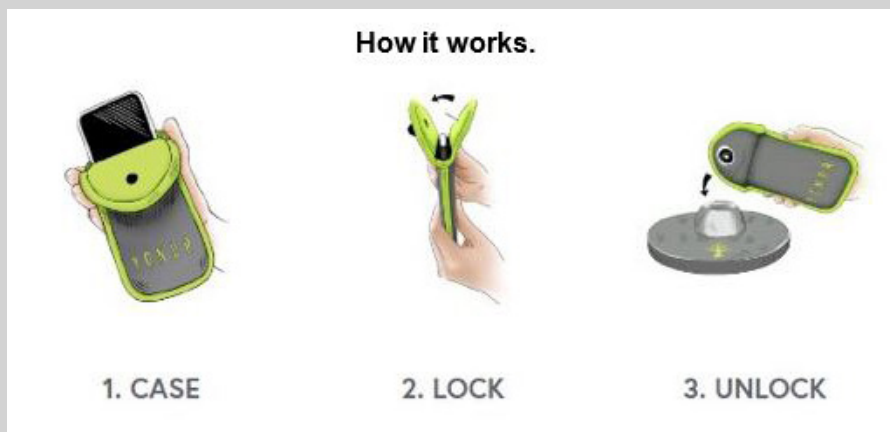
From the Principal's Desk

Farewell Year 12

This week we said farewell to our Year 12 students and as usual it has been an emotional time for some of them. In the last few days, the reality of finishing school has begun to sink in. I spoke to the students on Thursday and thanked them for their resilience, perseverance and tenacity this year. They have been excellent role models and I am very proud of their achievements. I wished them well for the future and reminded them that the harder they work – the luckier they will get.

Phone Free School

This term SGHS will be partnering with Yondr to create a mobile phone free school so our students can focus more on their learning. Whilst we understand that mobile phones are a great utility, their use at school has increasingly become a source of distraction, anti-social behaviour and conflict. SGHS believes that this program will help in maintaining a safe and effective educational environment for all of our students. Yondr pouches are currently used across the world in hundreds of classrooms and schools, at concerts, comedy shows, weddings and special events of all kinds. The goal of creating these phone free spaces is to encourage people to engage with each other and their surroundings. The Yondr program employs a simple, easy-to-use case that stores a mobile and requires an unlocking base to open. When students enter the school grounds, they place their phone in a Yondr pouch which is then locked. Students maintain possession of their phones but will not be able to use them until they unlocked the pouch at the end of the day.



Implementing this strategy is an important step towards improving the educational outcomes for all of our students. We believe this will help them to be more engaged in classroom activities and less likely to be distracted and avoid tasks in class.

I would like to thank parents and carers in advance for your support as we transition to becoming a phone free school.

Diary Dates

Tuesday 20 October - 6 November

- HSC exams

Wednesday 21 October

- ICAS English Competition

Thursday 22 October

- Yr 9 Uni Day at Coffs Harbour

Monday 2 November

- P&C Meeting, 5.30pm in library

Tuesday 3 November

- Yr 7 Vaccinations

Friday 13 November

- Yr 12 Graduation and Formal

Tuesday 1 December

- Year 7 Dose 2 HPV and catch up Year 7, 8 & 10

Daily - A reminder that 'Healthy Breakfast' is available for all students from 8.00 am in the hall

Year 12 Graduation

The Year 12 Graduation Assembly and Formal is on Friday, 13 November 2020.

All Year 12 students will be presented with their portfolio at the Graduation Assembly. Students are to wear school uniform as part of the school protocol and arrive by 9.00am. The Presentation will commence in the school hall at 9.30am. Year 12 students can invite a maximum number of two guests. We are requesting that all Year 12 students RSVP using the tear off section from the letter given to them on Thursday.

The Formal will be held at the Clarence Valley Jockey Club commencing at 5:30pm. Tickets are available for purchase from the front office at a cost of \$40 per graduating student and \$50 per guest, with a maximum of two guests per graduating student. Unsold tickets will be made available to additional guests at a later date.

Covid-19 safety plans have been developed for these events and the guidelines include:

- Students, staff and guests are not to attend these events if feeling unwell
- Guests are to sign in with the external visitors form
- Guests will be allocated a seat to ensure social distancing is maintained
- Venue capacity is based off the four square metre rule
- Hand sanitiser will be available at entry and exit points
- A reminder from the public health order that for pre and post formal activities the maximum number of visitors at a private residence is 20 people.

We are doing our best to give the students the most "normal" end to Year 12 as possible and your support is appreciated.

School Website

Our school website is where you can find information related to how our school operates including policies and procedures. For access to day-to-day information, students and parents should refer to the Sentral Parent and Student Portal and/or our school Facebook page. SGHS Website <https://sthgraston-h.schools.nsw.gov.au/>

Sentral Parent and Student Portal <https://web2.sthgraston-h.schools.nsw.edu.au/portal2/#!/login>
SGHS Facebook <https://www.facebook.com/southgrastonhighschoolofficial/>

Helpful Contacts

Kids Helpline Official: 1800 55 1800. <https://kidshelpline.com.au/>

Suicide Call Back Service: 1300 659 467. <https://www.suicidecallbackservice.org.au/>

Headspace: 1800 650 890. <https://headspace.org.au/>

Lifeline: 13 11 14. <https://www.lifeline.org.au/>

Beyond Blue: 1300 22 4636. <https://www.beyondblue.org.au/>

Year 12 Events

This week is the last week of school for our Class of 2020!

The students have been doing a lot of preparation for the HSC exams that are starting next week. They have also been celebrating with class parties, staff vs students volleyball and soccer games, a water slide and the "Personal Assistant" day. More photos will be shown in next week's newsletter. We wish the Class of 2020 all the best for the HSC.



Assessments at a Glance

Assessments and a Glance

Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Term 4						
Week 2	Geography Technology	Technology	Commerce Science Geography	Commerce Geography Science	NIL	NIL
Week 3	Music	English Geography Science	Agriculture IT Building IT Timber IT Metal Music PDHPE	Agriculture IT Building IT Metal IT Timber Music PDHPE	NIL	NIL



2020 HSC: WHAT'S CHANGED FOR ME?

The NESA COVID-19 Response Committee (with representatives from government, Catholic and independent schools) and making any changes needed to ensure a fair and safe 2020 HSC.

- * What you need to know
NESA and schools are following the advice from the Australian Health Protection Principal Committee, which is also supported by NSW Health.
- * Your school has the authority to determine the number, type and weighting of formal school-based assessment tasks.
- * The written exams start on Tuesday 20 October, and the timetable is now available.
- * You'll get your results on Friday 18 December, by SMS, email and online.
- * An overview of specific changes to the 2020 HSC is on the other side of this leaflet. If you're impacted by any of the changes, talk to your teacher or visit the NESA website for more information, including about how your final mark will be calculated.

NSW GOVERNMENT

→ SPECIFIC CHANGES

Creative Arts performance and practical exams
DANCE Core composition: You must dance your own choreography
DRAMA Individual Project (Critical Analysis—Portfolio of Theatre Criticism): You may use filmed theatre performances
Individual Project (Video Drama): Submit documentation and up to 2 minutes of edited footage, instead of the final film
MUSIC You can only perform solo, with pre-recorded accompaniment or with a single live accompanist
VISUAL ARTS
Body of Work: Now due on 14 September

Practical and oral language exams
DESIGN AND TECHNOLOGY
Major Design Project: Now due on 10 September
ENGLISH EXTENSION 2
Major Work (Multimedia-Short Film): Submit documentation instead of the final film
INDUSTRIAL TECHNOLOGY
Major Project (Product): Now due on 27 August
TEXTILES AND DESIGN
Major Textiles Project (Product): Now due on 31 August

Language oral exams start on 15 August. An updated timetable is now available.

Cancelled exams
DANCE
 Major Study Composition
 Major Study Dance and Technology (Film and Video)
DRAMA
 Group performance
MUSIC EXTENSION
 Performance (Mandatory ensemble piece)

Other changes
 If you are doing a VET subject and are unable to complete the work placement, you'll still be eligible to receive the corresponding units of HSC credit.
 If you are applying for disability provisions, you have more time to provide evidence to support the application.
 If you are yet to meet the HSC minimum standard, you can attempt each test up to six times in 2020. You can also take the tests once you have left school.

Questions about the HSC?
 Contact the COVID-19 support team on 1800 128 223
 email: covid19support@nesa.nsw.edu.au
 visit: educationstandards.nsw.edu.au/
 stayhealthyHSC

Need help managing stress?
 Visit [ReachOut.com](https://reachout.com.au) for information, tools and tips to turn exam stress into success.
 If you need help right now, call Kids Helpline 1800 55 1800 or Lifeline 13 11 14, or talk to your GP

PPP Information Video

An additional careers information video for students and parents has been released on the NSW Government Education Pathways Pilot Program (EPPP) website. The new EPPP information video is:

- Women in Trade

In the video you will hear from the founders of Supporting and Linking Tradeswomen (SALT), and a young woman who went straight into a trade after school to learn on the job.

There's real wit and creativity in a trade, and these three women share their trade-tivity secrets to making a successful career in getting their hands dirty. Trade creativity can really pay off.

To access the new EPPP information video visit <https://education.nsw.gov.au/public-schools/career-and-study-pathways/educational-pathways-pilot-program/student-resources>.

Women in Trade info video

Duration – 5:44



NEED HELP WITH English or HSIE

Homework Club is on Wednesday afternoons
from 3.00pm
In the Library



NEED HELP WITH MATHS?

MATHS TUTORING AVAILABLE
TUESDAYS AND THURSDAYS
From 3:00
IN THE LIBRARY

Careers

School Leavers Toolkit

The School Leavers Information Kit has been developed to help school leavers understand the education, training and career opportunities and pathways available in 2021.

Transitioning from school can sometimes be challenging, and COVID-19 has presented some additional challenges. The aim of this kit is to help support students in making decisions about the next steps after leaving school, and to equip them with resources to be better informed about education, training and work options.

The National Career Institute's (NCI) School Leavers Information Kit includes:

- Resources to support decision making about the right career and pathway for you to get there post-school;
- Information on work and education options such as university, vocational education and training (VET), apprenticeships, volunteering and community service;
- Tips and resources to help students update their resume and apply for jobs;
- Resources outlining government funding support and subsidies available to them.

The NCI has also set up the School Leavers Information Service. This is a free support service to help students navigate the School Leavers Information Kit and the NCI's Your Career website, as well as an opportunity to engage in a personalised career guidance session with a qualified career practitioner for up to 45 minutes. Students can contact the service by phone on 1800 227 337 or by email at schoolleavers.nci@dese.gov.au.

You can visit the School Leavers Information Kit at www.YourCareer.gov.au/school-leavers-support. If you have any questions regarding the information outlined above, please reach out to your Careers Adviser, Mrs Dewberry.



Additional Transition

Moving from primary to secondary school or high school is a big transition. It can be a time full of fun, excitement and new experiences, however, it can also be challenging or worrying for many children. The transition to secondary school is sometimes more challenging for children with additional needs. It is important to ensure that each child and their family is adequately prepared for the change and can receive the information required.


In order to assist the student's transition to high school, SGHS has planned additional transition days during Term Four. These additional days are designed to support students and ensure all students have access to a positive and effective transition in an inclusive, high quality educational setting.

The additional transition days will begin on Tuesday 10 November 2020 (Term 4 Week 5) and will continue on Tuesday 17 November and Tuesday 24 November gradually increasing the time spent at SGHS.

If you feel that your child would benefit from the additional transition days please speak to your school's Principal or classroom teacher for more information.



- Ms Rebekah Owens
Learning and Support Teacher

Community News



Navigating Teen Mental Health AND ONLINE SUPPORT FOR PARENTS AND CARERS

MENTAL HEALTH MONTH OCTOBER









Join Our Healthy Clarence and The Black Dog Institute for a one hour presentation for parents and carers of young people.

Learn how to spot early warning signs of mental health issues, when and where to seek help and how to support a young person they care about.

To register, contact Giane on 6640 3800 or email rhealthyclare@nsoa.org.au

21st October 2020
7.00pm - 8.30pm
Grafton, Yamba, Maclean & Online



This activity is funded by Healthy North Coast through the North Coast PH program

Tuning in to Teens



FREE PROGRAM

Emotion Coaching

A 6-week program for parents and carers of children aged 10-16

Would you like to improve:

- * communication and connection with your pre-teen/teenager?
- * understanding and empathy? * management of emotions? * conflict resolution? * be supported in your parenting by learning tools and connecting with others during this challenging time?

This emotion coaching programs shows you how...

Tuning in to Teens™ aims to prevent problems developing and enhance emotional and behavioural functioning of young people.

27th October -1st December 2020

Each Tuesday evening for six weeks

CRANES

11 Kemp Street, Grafton



Duration: 5:30pm to 7:00pm
Who is eligible: Anyone with primary care or support role in the care of a child.
Cost: FREE includes light refreshments
To register contact: CRANES 66427257 or email FaRS@cranes.org.au
Please visit our website www.cranes.org.au

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

CRANES' Family Relationship Services is funded by the Dept. of Social Services

Our mobile screening van is in Grafton now.



Book online or call 13 20 50



7 Sep – 17 Dec
2020

We recommend women aged 50 - 74 have a mammogram every two years.
Book your free mammogram online at book.breastscreen.nsw.gov.au or call 13 20 50.

Grafton Regional Gallery

Paint, Draw & Sketch, Yrs 5 - Yr 8
with Cassandra Lyn-Palmer

This purpose built online course encourages strong foundational skills in colour mixing, composition and scale, painting, drawing and lots more. Over 6 weeks you will learn through practical step by step exercises to make your own artwork at your own pace, in your own space.

Using lots of visuals and movement, these easy to follow techniques will give students some wonderful ideas to try at home!

COST: \$100 OR NSW Creative Kids Voucher are welcome and all materials are included.

[BOOK NOW OR MORE INFO](#)

Westlawn Cricket Club is chasing a few more players for the U14s Squad. 🏏

Whether you are new to cricket, returning or looking to make some new friends, this group of young cricketers will make you feel welcome. 🤝🤝

✅✅ Training is Tuesday afternoon 4.30-6pm, offering specialized batting and bowling coaches in a friendly atmosphere.

Game days are fast paced 20/20 big bash format on Thursday afternoon from 4pm!!

📱 Pm us here on our Facebook page or give Amy a call on ☎ 0406 627 046 for more information



Grafton Athletics Club season 20/21 is fast approaching
Season begins Wednesday 21 October for ages up and including u11s
(4:30pm start)

Friday 23 October for ages u12s upwards including Seniors and
Masters (5:00pm start)

Trial days are: Wednesday 14 October for up to u11s and Friday 16
October for u12s upwards at the times above.

Registration for Little Athletics is now open via the Little Athletics
Portal

Registration for Athletics NSW for Open, Concession, Community and
Dual Registrations
is open Monday 28 October.

For more information find us on Facebook



GRAFTON UNITED IS HOSTING TAFE SUMMER FOOTBALL FOR 2020
COMPETITION DATES: Tuesday 27 October to Tuesday 15 December
(8 weeks of competition)

COMPETITIONS OFFERED: Juniors -- mixed age group for high school
students

Seniors

PLAYER REGISTRATION OPENS: Monday 28 September
TEAM NOMINATION FORMS DUE: Friday 23 October 2020

FEES: Juniors (turning 18 or less in 2020) -- \$78 players with Active
registration for 2020 Outdoor season, \$82 for unregistered players. (Active
Kids Vouchers eligible)
Seniors -- \$84 players with Active registration for 2020 Outdoor season, \$112
unregistered seniors.

For more information email: graftonunited@gmail.com