# Newsletter

# SOUTH GRAFTON HIGH SCHOOL

Term 3, Week 9, 2020

# From the Principal's Desk

# **COVID-19 Update**

- The situation for students who are absent from school due to flu-like symptoms remains unchanged.
   They must not return to school until they have a confirmed negative COVID-19 test result and are symptom free.
- If a student is unable to be tested they must not attend school for at least 10 days. Additionally, the student must be symptom free for at least 3 days before returning to school.
- Year 12 students are required to attend school (provided they are not unwell) during Week 1, Term
   Friday 16 October is their official last day. SGHS will be celebrating their last day with a range of COVID safe activities.
- The SGHS Year 12 Formal will be held at the Grafton Racecourse on Friday 13 November 2020. Information relating to this will be distributed to students next week.

## **Bouncing Back**

Resilience is essentially the ability to bounce back. It is a set of skills that we have developed over time and draw on when we need them, as opposed to a disposition or personality type. Our resilience makes it possible for us to not only get through hard times but to thrive during and after them. Just as rubber rebounds after being squeezed or squished, so do resilient people.

It's a tantalising area for neuroscientists, who are getting better at understanding why some people bounce back from difficult experiences—both those they seek out and those that blindside them—while others don't fare quite so well. Now, thanks to modern medical imaging, scientists can peer inside the brain in real time to see how, and to what extent, stressful situations change the structure and functions of the brain. They are also learning that training for resilience can change the brain and make it more resilient.

So far, researchers have found that facing the things that scare us relaxes the fear circuitry, making that a good first step in building resilience. They have also found that developing an ethical code to guide daily decisions can help. Studies have shown that traits scientists once thought of as nice but unnecessary—like having a strong network of social support—are critical to resilience. "Very few highly resilient individuals are strong in and by themselves," Southwick says, "You need support." There are even neurobiological elements to social support. When people are exposed to a stressor in a lab, their heart rate and blood pressure don't go up quite as much if a friend is in the room with them.



# Diary Dates

# Monday 14 - Tuesday 22 September

Yr 11 Exams

# Wednesday 23 September

· Mullets for Mental Health

# Friday 25 September

Last day of Term 3, 2020

# **Monday 12 October**

Students and staff return for Term 3, 2020

## **Tuesday 20 October - 6 November**

HSC exams

# **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 Assembly and Formal will be going ahead

Our Year 12 Graduation Assembly and Formal will be held on Friday 13 November 2020, which follows the last day of the HSC Exams. This event will be held at the Clarence River Jockey Club. Covid protocol regarding these events will be followed and families will be kept up to date.

# **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://sthgrafton-h.schools.nsw.gov.au/

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

# Mullets for Mental Health

South Grafton High School is taking part in the Black Dog Institute's Mullets for Mental Health fundraiser. Our mullet team will be growing their hair for the month of September to raise money for suicide prevention and awareness of mental health and the importance of looking after your own mental wellbeing.

Please visit our team page if you would like to donate https://www.teamblackdog.org.au/fundraisers/SouthGraftonHighSchool963

Check out our Facebook page for regular updates.



# **School Uniform**

Students at SGHS have the option of a wide variety of uniform items that they can wear to school each day. The SRC undertook an extensive review of our uniform in 2018, and in consultation with the P&C they developed a new style for our students to wear. This began its phase-in process last year, so by the end of 2021 all students need to be wearing the correct uniform. If you need support in providing the correct clothing for your child to wear to school, please let us know

# Helpful Contacts

**Kids Helpline Official**: 1800 55 1800. <a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>

**Suicide Call Back Service**:1300 659 467. <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>

Headspace: 1800 650 890. <a href="https://headspace.org.au/">https://headspace.org.au/</a> Lifeline: 13 11 14. <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>

Beyond Blue: 1300 22 4636. https://www.beyondblue.

org.au/

# Maths Challenge

# Maths Championships 2020

# **South Grafton High School**

Score: 116,268 points earned
Questions: 169,728 questions answered
Global Ranking: 19th out of 1,823 schools
Category Ranking: (501-1000 students): 10th out of 553 schools
Estimated time spent learning: 334 hours online learning Maths

#### Top Achievements:

19th overall globally (out of 1,823 schools)
10th overall in Australia (out of 1,223 schools)
4th overall in NSW (out of 364 schools)
10th overall in the 501-1000 students category (out of 553 schools)
4th in Australia for the 501-1000 students category (out of 406 schools)
2nd in NSW for the 501-1000 students category (out of 131 schools)

## Total Awards: 43

Elite Awards (10,000 points): Gold Awards (3,000 points): Bronze Awards (1,000 points): Special Awards:

Emerald Awards (5,000 points Silver Awards (2,000 points):
Credit Awards (500 points):





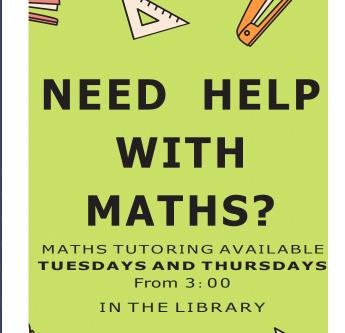


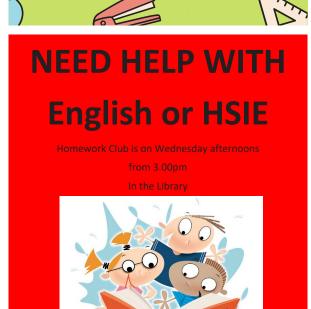


## Assessments and a Glance

Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Week 10	English Science Visual Arts	English Science Visual Arts	Geography PDHPE Photograph Science Visual Art	Photograph Science Visual Art	Exams	NIL
Term 4						
Week 1	NIL	NIL	NIL	English	NIL	NIL

# Homework Club





# Scholarships

Commonwealth Scholarships for Young Australians Year 12 students considering a Vocational Education and Training (VET) pathway next year have a great opportunity to apply for a scholarship.

The Vocational Education and Training (VET) program, under the Commonwealth Scholarship Program for Young Australians, will support around 400 young Australians with up to \$5000 a year to participate in a VET course.

To be eligible, you must meet the requirements - age 15-24, not in full-time employment (at the time of application), live in one of the 10 regional areas (Grafton - which includes down to Coffs Harbour), have/will apply for a VET qualification at the Cert III or Advanced Diploma level and the course leads to an eligible occupation.

Eligible occupation areas include Sports and Recreation, Professionals and Scientists and Technical Services, Financial and Insurance Services, Arts and Recreation Services, Construction, and Health Care and Social Assistance (approved courses are listed on the website link below).

Scholarship priority is given to ex-defence force personnel or young people who are Indigenous, have a disability or are from culturally and linguistically diverse backgrounds.

Scholarship applications for Round 3 open on October 26 and close on December 4.

Visit the website for further information about the scholarships, and the eligible occupations for the scholarships at <a href="http://www.busyatwork.com.au/scholarship-program-for-young-australians">http://www.busyatwork.com.au/scholarship-program-for-young-australians</a>.





#### Commonwealth Scholarships Program for Young Australians

Around 400 young Australians will be supported to participate in Vocational Education and Training (VET) programs under the Commonwealth Scholarships Program for Young Australians. The program provides scholarships of up to \$5,000 a year to participate in Vocational Education and Training (VET) in targeted occupations identified in growth industries and in-demand occupations. Applicants must reside in one of 10 regional areas experiencing high youth unemployment.

Scholar ship recipients will complete a VET course and a 20 day paid Internship. Scholars will receive up to \$3000 for paid internship work. Host employers will receive \$1500 per intern.

#### You are eligible to apply if you are:

- aged 15 to 24 years; or
- recently exited from the Australian Defence Force (no age restriction); and
- not in full-time work at the time of applying; and
- living in one of the 10 nominated regional areas\*, and
- have applied for an eligible Vocational Education and Training (VET) qualification at the Certificate III to Advanced Diploma level, and
- studying a course which leads to an eligible
   occupation.

#### Do any applicants have priority?

Scholarship priority is given to ex-defence force personnel or young people who are Indigenous, have a disability or are from culturally and linguistically diverse backgrounds.

#### What are the eligible occupations?

There are a range of occupations that are eligible

For more information visit <u>www.busyatwork.com.au/</u> scholarship-program-for-young-australians/

> In preparation for Semester 1, 2021 study - dates to be confirmed.

- \* Eligible regional areas:
- QLD: Maryborough, Townsville
   TA: Burnie
- TA: Burnie
- SA : Port Pirie
   NSW Croften Confer
- NT : Alice Springs
- WA: Wanneroo, Arm
   VIC: Shepparton

#### Get in touch:

## Further information:

www.busyatwork.com.au/scholarship-program-for-young-australians

The Commonwealth Scholarships Program for Young Australians is an Australian Commonwealth Government Initiative represented by the Department of Education, Skills and Employment.

# SkillsRoad 360

Year 12 students from the Work Studies class and VET Construction class recently enjoyed participating

in a fun virtual reality session, where they got to experience life in a workplace. The Skillsroad 360° Virtual Workplace saw students take a 360-degree visual journey through a typical worksite in four different industries – business services, construction, manufacturing and hospitality – through immersive virtual workplaces, and watch short video interviews that profile a variety of roles in each sector as they move through the space, using a virtual reality headset.

The platform allowed students to hear real staff members discuss their occupation, career trajectory, day-to-day activities, and give career advice relevant to those interested in moving into the industry.



Students were also pointed to the Skillsroad Jobs Board to search for vacant roles in their preferred industry. The SkillsRoad 360 Virtual Workplace, funded by the NSW Government with a goal of getting more young

people into the workforce, is an original and innovative technological pathway that aims to better inform young people about their many career options.



The Skills Road 360 Virtual Workplace session formed part of the NSW Department of Education Educational Pathways Policy Pilot (EPPP) Program operating at South Grafton High School to ensure our young people are independent and leave school well prepared for higher education, training or work.

# **EPPP Information**

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:

## Introduction to VET

The video gives students an overview of what a Vocational Education and Training (VET) pathway looks like, and the many benefits that skill-based education and training can have for their careers. For students considering VET, there is also a 'Vocational Educational and Training' factsheet to download.

To access the EPPP information videos and fact sheets visit https://education.nsw.gov.au/public-schools/ career-and-study-pathways/educational-pathwayspilot-program/student-resources

## EPPP Information Video 5 - Introduction to **VFT**

Duration - 5:49





# **EPPP TV Episode 5**

Episode 5 of EPPP TV is now available for viewing by students and parents.

In this episode, the EPPP TV crew hit the road and head to the NSW Far North Coast to find out more about Agriculture.

This episode sees Liam Muldoon, the heavy vehicle mechanic we met way back in Episode 2, take over the hosting duties and travel to the Far North Coast of NSW to explore careers in agriculture. Liam catches up with representatives from the NSW Department of Primary Industries, meets two students currently undertaking their School Based Traineeships in agriculture, and discusses a more sustainable approach to food production with an entrepreneur who's passionate about regenerative farming.

If you thought 'ag' was all blundstones and bore water, you should check out this latest episode of EPPP TV. There's a lot happening in agriculture at the moment, and there are a whole host of different career pathways to choose from.

To watch the latest EPPP TV episode visit <a href="https://">https://</a> education.nsw.gov.au/public-schools/career-and-studypathways/educational-pathways-pilot-program/eppp-tv.





# **Head-Start Program**

Southern Cross University's Head-Start provides an opportunity for Year 11 and 12 students to gain direct entry and advanced standing into a variety of courses offered at Southern Cross University.

Free from university fees, the program offers you the chance to gain a taste of university life, stimulate your interest in academic pursuits and enhance your educational performance and long term aspirations. Congratulations to Teah Purnell and Kailee Rose for completing the Head-Start Program in Biology this year. Applications for 2021 are now open, click on

https://www.scu.edu.au/study-at-scu/high-schoolstudents/entry-pathways/scu-head-start/

# Yes + Program

Around 12 students from Year 11 were lucky enough to participate in the Yes+ (Youth Engagement Strategy) Program held at South Grafton High School recently. The program was conducted in one hour blocks during class time over three days during Weeks 7 and 8.

The free online skills-based workshop had students thinking about their future careers, considering what future jobs they are suited to, planning for their future careers, engaging in group discussions around future jobs, and introduced students to job pathways and TAFE and VET pathways including School Based Apprenticeships and Traineeships.

Participating students found the program extremely beneficial and fun due to its interactive hands-on nature, enabling students real-time involvement in the program, which was undertaken via a live Zoom meeting with local TAFE NSW representatives.

The program saw students undertake a Job Outlook Quiz to identify what jobs would suit them, and participate in a hands-on origami activity as well as many other practical activities to assist them with their learning. Students also watched interviews of other students who have undertaken a school-based apprenticeship, and obtained first-hand experience about this process and the benefits of this career pathway.

The Yes+ Program formed part of the NSW Department of Education Educational Pathways Policy Pilot (EPPP) Program operating at South Grafton High School to ensure our young people are independent and leave school well prepared for higher education, training or work.









# **Community News**









Saturday 19th September 2020 12:30 pm - 4:30pm

see the future

# Interested in Joining Us?

Register online at: savesightinstitute.org.au/info-day email: ssi.events@sydney.edu.au

WWW.SAVESIGHTINSTITUTE.ORG.AU

## PROGRAMME INCLUDES

CLARENCE SCHOOL HOLIDAY PROGRAM FREE ACTIVITIES FOR YOUNG PEOPLE 12-18! DESIGN & PRINT WORKSHOP Monday 28th September – 10am to 12noon

New School of Arts Neighbourhood House, Community Hub, South Grafton Bookings essential - 0428 420 908

## DROP IN & LASER SKIRMISH

Monday 28<sup>th</sup> September – 4pm to 6pm Barnier Park, Junction Hill Bookings essential - 6640 3800

#### ABORIGINAL ART WORKSHOP WITH UNCLE JOE WALKER

Tuesday 29th September - 10am to 2pm Hillcrest Community Centre, Maclean Bookings essential - 0432 341 545

#### **DESIGN & PRINT WORKSHOP**

Tuesday 29<sup>th</sup> September – 11am to 1pm Baryulgil Community Hub, Baryulgil Bookings essential - 0428 420 908

#### **DROP IN, MARBLE ART & OUTDOOOR GAMES**

Tuesday 29th September - 3:30pm to 5pm Wherrett Park, Maclean Bookings essential - 6640 3800

#### LASER SKIRMISH

Wednesday 30<sup>th</sup> September – 2pm to 4pm Lawrence Memorial Park, Lawrence Bookings essential – 0428 420 908

# ABORIGINAL ART WORKSHOP WITH

UNCLE JOE WALKER

Wednesday 30th September - 10am to 2pm Treelands Drive Community Centre, Yamba Bookings essential – 0432 341 545

## DROP IN, MARBLE ART & OUTDOOOR GAMES

Wednesday 30<sup>th</sup> September – 3:30pm to 5pm Market Square, Grafton Bookings essential - 6640 3800

#### LGBTQI YOUTH DROP IN

Thursday 1st October - 4pm to 5pm Market Square, Grafton Just turn up!

## DROP IN, MARBLE ART & OUTDOOOR GAMES

Thursday 1<sup>st</sup> October – 4pm to 5:30pm Iluka Skate Park, Iluka Bookings essential - 6640 3800

## SKATE ART WITH JIMMY WAGS

Thursday 1st October - 10am to 2pm Grafton Skate Park, Grafton Bookings essential – 0428 420 908

## DROP IN, MARBLE ART & OUTDOOOR GAMES

Friday 2<sup>nd</sup> October – 4pm to 5:30pm Yamba Skate Park, Yamba Bookings essential - 6640 3800

For more information and updates, check out our Facebook pages 'Clarence Valley Youth Hubs' or 'Clarence Valley Youth The current COVID-19 situation has limited our capacity for numbers, so these activities will have restrictions, please call 1428 420 908 for more details and to make a booking. Outdoor activities will be postponed in the case of wet weather.

















FREE ACTIVITIES FOR YOUNG PEOPLE 12-18!

## LASER SKIRMISH

Tuesday 6th October - 2pm to 4pm Bailey Park, Ulmarra Bookings essential - 0428 420 908

#### GRAFFITI ART WORKSHOP

Tuesday 6th October - 2pm to 4pm Copmanhurst Skate Park, Copmanhurst Bookings essential - 0428 420 908

## DROP IN, TYE DYE & OUTDOOR GAMES

Tuesday 6<sup>th</sup> October – 3:30pm to 5pm Wherrett Park, Maclean Bookings essential - 6640 3800

## ART WITH JIMMY WAGS

Wednesday 7<sup>th</sup> October – 10am to 12noon Minnie Water Hall, Minnie Water Bookings essential - 0428 420 908

#### **DROP IN. TYE DYE & OUTDOOR GAMES**

Wednesday 7<sup>th</sup> October – 3:30pm to 5pm Market Square, Grafton Bookings essential - 6640 3800

#### LGBTQI YOUTH DROP IN

Thursday 8<sup>th</sup> October – 4pm to 5pm Market Square, Grafton Just turn up!

## DROP IN, TYE DYE & OUTDOOR GAMES

Thursday 8<sup>th</sup> October – 4pm to 5:30pm Iluka Skate Park, Iluka Bookings essential – 6640 3800

## IMMERSIVE TECHNOLOGY EXPERIENCE

Thursday 8<sup>th</sup> October – 2pm to 4pm TAFE Connected Learning Centre, Yamba Bookings essential - 0428 420 908

#### ART WITH JIMMY WAGS

Friday 9<sup>th</sup> October – 10am to 12noon Coutts Crossing Hall, Coutts Crossing Bookings essential – 0428 420 908

## DROP IN & GRAFFITI ART WORKSHOP

Friday 9<sup>th</sup> October – 4pm to 6pm Yamba Skate Park & Yamba Oval, Yamba Bookings essential - 0428 420 908

For more information and updates, check out our Facebook pages 'Clarence Valley Youth Hubs' or 'Clarence Valley Youth The current COVID-19 situation has limited our capacity for numbers, so these activities will have restrictions, please call 0428 420 908 for more details and to make a booking. Outdoor activities will be postponed in the case of wet weather. Programs proudly sponsored by:





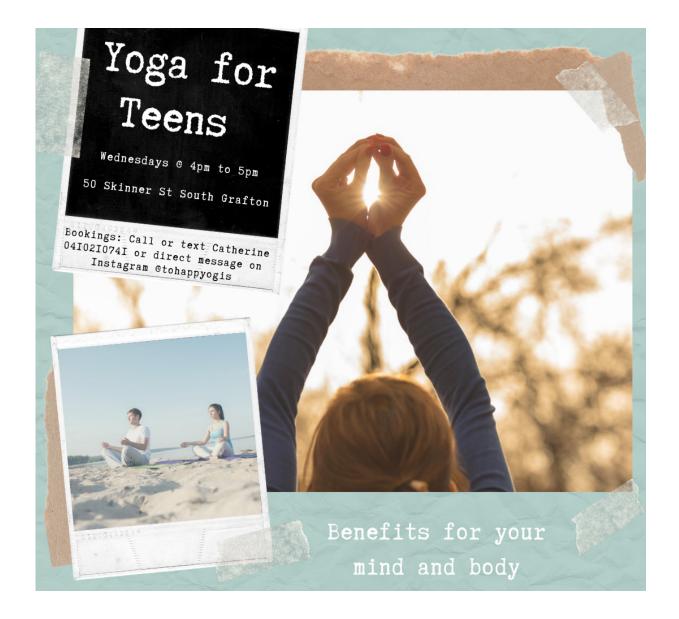
















SATURDAY 26 SEP — 5PM + 7PM Clarence Valley Conservatorium, 8 Villiers Street, Grafton

FREE CONCERT - BOOKINGS REQUIRED











