



Hospitality Roadshow

Year 11 & 12 Hospitality students recently attended the Hospitality Careers Expo headed by Luke Mangan, a leading Australian chef and restaurateur who owns and operates restaurants in Australia, Singapore, Japan and Indonesia and is the consulting chef for Virgin Australia Business Class.

As well as exhibitors highlighting the huge range of employment options in the Hospitality industry, students attended Luke's *The Inspired Series* stage show, where they heard the experiences of young people who have been truly successful in the industry. It was evident that being a great cook is not the only requirement for success in the industry, as we heard from accountants, managers and small business people who have set goals for themselves that they have managed to surpass with their achievements.

It was a great day that showed our students that people can pursue their interests and develop them into meaningful and fruitful careers.



George Papaionnou, Luke Mangan and Darren Foots



LUKE MANGAN'S -
THE INSPIRED SERIES
PLUS
HOSPITALITY
CAREERS
EXPO
mulp linking youth THE INSPIRED SERIES
© revesbyworkers



Coffee Club news

We have a new group of Coffee Club students starting next semester

We have introduced supervising positions for ex coffee club students who wish to pass on their skills and train up the new students.



Natasha Lloyd,
Thomas Clearkin,
William Philipson,
Juliana Grasarovska,
Anna Renotte,
Chantelle Nolan (Supervisor)
Aroha Deighton (Supervisor)

Senior executive message

Welcome to Term 3 2018 which will be a busy term for all the SDEHS family. We would like to wish our HSC students, all the best for their upcoming trial examinations and to acknowledge and thank not only their teachers who work so hard to prepare them for this final phase of their HSC journey but also all our supervisors, parents and carers who provide essential support for their students.

Observations across the school community indicate that we are well on track to achieve our School Plan Improvement Measures for Connected Teaching & Learning, Personalised Student Wellbeing and Inspiring Leadership. Web lessons and visits to any of our seven Learning Hubs continue to engage and connect with our students by providing rich and authentic learning experiences. At the same time these learning experiences provide valuable support along with other support structures, to enhance student wellbeing and they continue to inspire students to engage in their learning and be the best they can be.

Parents, carers and supervisors are once again encouraged to contact the school to keep us up to date with any changes to a student's status. For instance if a child is sick or for some other reason cannot engage in their studies, please let us know as soon as possible. Weekly submission of schoolwork is a condition of continued enrolment in distance education. Always contact the teacher if you have concerns about course work or expectations. Contact the Year Adviser if you have concerns not specifically related to course work.

The rich learning you experience at SDEHS is always reflected in our Newsletter but we always love hearing any feedback from students, supervisors, parents and carers. We are only an email or phone call away!

I will leave you with an inspirational quote from Nelson Mandela:

"Education is the most powerful weapon which you can use to change the world."

Julie Kennedy
Deputy Principal

The Write Stuff

A program to develop writing skills

Date- August 16, 2018

Time- 10am–12 noon

From 2020 a minimum standard of literacy and numeracy is required to receive the HSC because of the importance of these skills for success in daily life.

HSC students will need to meet the HSC minimum standard in three areas – reading, writing and numeracy.

The workshop on 16 August is designed to assist students in improving their writing.

For more information please email allyson.hill@det.nsw.edu.au

What's on

Friday 10 August

- Years 9 – 12 Choir Project Excursion to Distance Education Symposium

Thursday 16 August

- Year 10 Writing Workshop
- Years 7–8 Visual Arts Study Day

Friday 17 August

- Year 11 Physics Study Day

Monday 20 August

- Year 11 Mathematics Study Day

Tuesday 21 August

- Year 11 Community & Family Studies Study Day

Wednesday 22 August

- Year 12 Careers Study Day

Friday 24 August

- Year 11 Hospitality Study Day - Coffee Club
- Year 11 IPT Study Day

Tuesday 28 August

- Year 11 ITM Study Day

Thursday 30 August

- Year 12 Senior Science Study Day

Friday 31 August

- Year 11 Hospitality Study Day - Coffee Club

Monday 3 September

- Year 12 Earth & Environmental Science Study Day

Wednesday 5 September

- Year 12 Chemistry Study Day

Monday 10 September

- Year 12 Biology Study Day

Thursday 13 September

- Year 12 Mathematics Extension 2 Study Day

Friday 14 September

- Year 12 Mathematics Study Day

Friday 21 September

- Year 11 Hospitality Study Day - Coffee Club



Sydney Distance Education
High School



2018 Writing Competition

Due date is
17 August 2018

The theme is:

Reaching out ... connecting



Learning: It's ALL about the connections!

You are invited to tell the story of:

1. The letter from my friend on Mars
2. When virtual reality became real
3. I found a treasure chest from the future
4. The day I learnt to talk to animals



Your work can be in the form of:

- short story
- diary entry
- poem
- song lyric or rap



Maximum 500 words



The winners:

- Receive shopping vouchers for the top three entries
 - 1st place \$100.00
 - 2nd place \$75.00
 - 3rd place \$50.00
- If the winners give permission, their work will be published in the **school magazine 2018**

If the winners give permission, winning entries will also be posted on our website.

All entries must include your name, school year, the title of your work and your permission to publish.

Send entries to:

Julie Barel, SDEHS, Locked Bag 5000,
Potts Point 1335

or email: julie.barel@det.nsw.edu.au

Library News



CBCA Book Week 2018 18 – 24 August

Children's Book Week is an annual celebration of Australian authors and illustrators. This year we celebrate book week with the theme "Find Your Treasure".

This theme immediately brought back memories of fantastic pirate stories, my personal favourites being *Horrendo's Curse* by Anna Fienberg and the classic, Robert Louis Stevenson's *Treasure Island*, but of course, this theme reminds us all to look for the personal treasure in the stories we read. This might be a character, the description of a setting or the use of language that really speaks to you.

Author Tristan Bancks, whose book *The Fall* is on the Notables List for Older Readers has some fun ideas exploring this theme on his author website at: <https://www.tristanbancks.com/2018/02/book-week-2018.html>

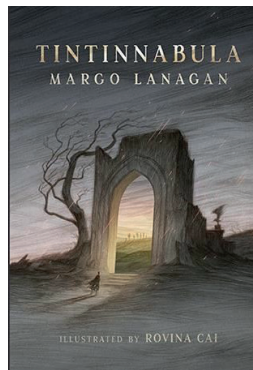
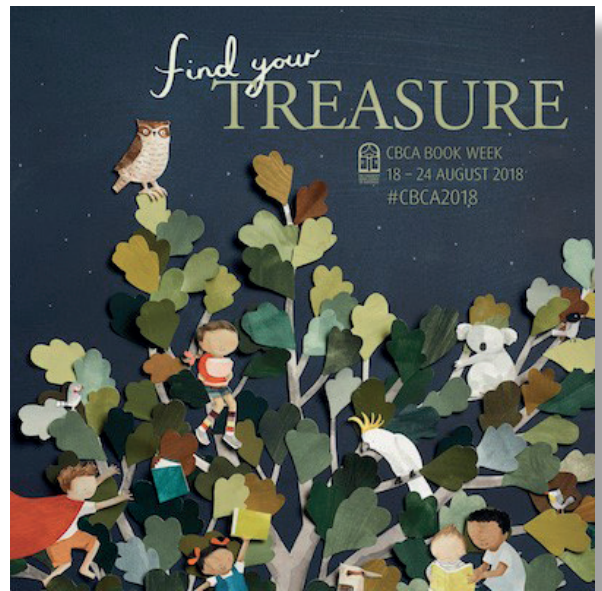
Here at SDEHS Library we want to hear about the books that hold meaning for you. Earn an Achievement Award by writing in with a list of your personal favourites.

Use the school email to reply and write Library Book Week in the subject line.

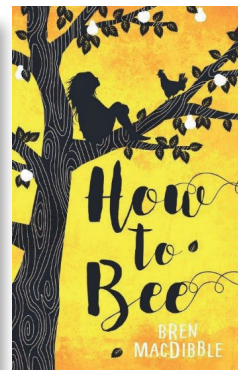
Responses will not be published but we will be looking for popular titles!

Shortlisted titles

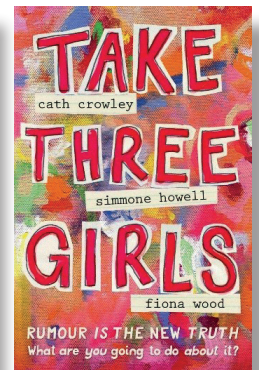
The library has these shortlisted titles currently available for loan.



SHORTLISTED IN THE CATEGORY -CRICHTON AWARD FOR NEW ILLUSTRATORS



SHORTLISTED IN THE CATEGORY -THE BOOK OF THE YEAR: YOUNGER READERS



SHORTLISTED IN THE CATEGORY -THE BOOK OF THE YEAR: OLDER READERS

Student Success

Nathaniel Jones Year 10 has been an Australian Air Force cadet for almost 3 years. He went through rigorous interviews and testing to attain a scholarship from the Australian Air Force Cadets when he was 14 to attend a year's worth of residential gliding courses at Bathurst. He went every school holiday and has now qualified as a licenced solo glider pilot during his last course. Nat also received a plaque for 'Best cadet on the course' and was awarded his wings. His long term goal is to be an avionics technician in the RAAF. He is hoping to apply for the air force next year when he turns 17.



Congratulations Nathaniel!



Food Technology

Year 10 Assessment Task 2 – Practical

Practical Hub Venues, Dates and Times

Students may work with a Food Technology teacher to prepare, cook and photograph their recipe for Assessment Task 2 at a hub – **Week 3 Term 3**.

Students need to pre-book. Check your task for details.

Miranda	Monday 6 August 2018	9.00 am – 11.00 am
Tuggerah	Tuesday 7 August 2018	10.30 am – 12.30 pm
Ingleburn	Tuesday 7 August 2018	10.00 am – 12.00 pm
SDEHS	Friday 10 August 2018	11.00 am – 1.00 pm



World Giraffe Day

Hugh McDonald Year 9 works for YATZ (Youth at The Zoo) at Taronga Zoo and they campaigned for World Giraffe Day with a fundraiser and movie night.

World Giraffe Day is an exciting initiative of the Giraffe Conservation Foundation (GCF). The longest-necked animal celebrated on the longest day or night (depending on which hemisphere you live) of the year – 21 June – every year!

People presume there are millions of giraffes in the world. However, they are actually highly endangered, some species have less than two thousand left in the wild. It is described as a silent extinction.

The GCF was started by an Australian man 15 years ago while living in Namibia. He is the only one in the world studying and recording giraffes, hence the frightening data that they are very scarce. The GCF has a website, Facebook page and Instagram if you wish to follow and support.



Health Myth Busters

Resistance training is nothing to be scared about. When we think about it, boys might picture heavy dumbbells in the gym and be worried they'll never be strong enough. Girls might think about complex machines and worry they'll bulk up.

Not true!

Resistance training can be anything that, well, adds resistance to your muscles. And it doesn't have to be a drama.

Resistance training stimulates tiny muscle cells to become thicker. It burns lots of energy and keeps you strong. It also prevents back pain and injury. Recent studies suggest it can fight depression because when we exert our muscles we flood our brain with happy hormones.

Try doing some push ups, squats, stomach crunches, and chin ups about three times a week for 20 minutes.

For further advice, ask a PE teacher.



Cyber Safety Update



Office of the
eSafety Commissioner

Office of the eSafety Commissioner resources

The Lost Summer

The Lost Summer is a role-playing video game, designed to be a highly engaging experience for 11-14 year olds while building digital intelligence skills and encouraging online safety.



Digital Intelligence

Digital Intelligence means having the necessary knowledge, skills and ability to understand and adapt one's emotional and behavioural responses in overcoming the challenges of the digital era.

For young people, this is directly linked to how they use technology and includes the social, emotional, and cognitive abilities essential to digital life. The Lost Summer focuses on key aspects of Digital Intelligence including:

RESPECT – acting respectfully towards others, acknowledging and appreciating that others may have different cultures, backgrounds and/or points of view.

CRITICAL THINKING – thinking critically about what you see online and asking questions to identify and analyse information that may seek to exploit or misinform.

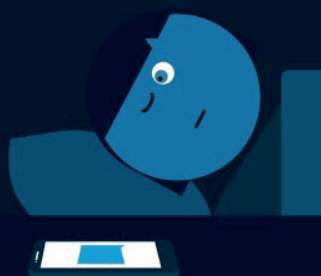
RESILIENCE – being resilient and responding with strength and maturity when risks are encountered online.

RESPONSIBILITY – being responsible about what you say and do by engaging positively with others and being accountable for your behaviour.

EMPATHY – being empathetic to others and using emotional intelligence to respect opinions, embrace diversity of opinion and freedom of speech.

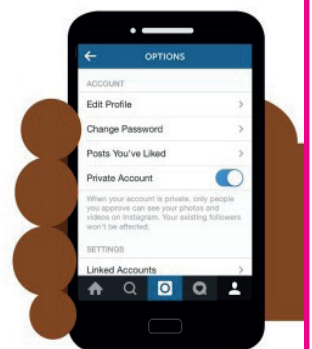
Managing your time

- Research shows screen time and technology use can affect our sleep and wellbeing
- Studies show there is a strong link between hours spent on digital technology and higher stress and depression in teens
- Balance your screen time with other activities, like going to the gym, playing sport and spending time with friends



Passwords, settings, terms & conditions

- A 'passphrase' can be an easy way to remember your password
- Use a different password for each of your accounts and don't share them
- Know what you have agreed to in the Terms and Conditions





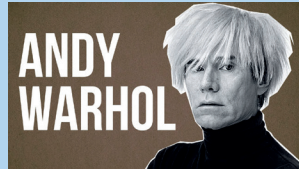
CAPA Trivia

Be the first SDEHS student to correctly answer the following FIVE questions and email your responses to: julie.barel@det.nsw.edu.au.

The first correct entry received wins a \$30 voucher!

1. How many paintings did Vincent van Gogh sell in his lifetime?

2. What brand of soup did Andy Warhol like to depict in his work?



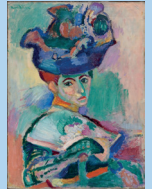
3. Where was Vincent van Gogh when he painted starry night?



4. What artist sold an orange balloon dog for \$58.4 million?



5. What art movement literally means the style of the "wild beasts"?



Answers to the questions from the last newsletter were:

1. Fintan Magee
2. Rosemary Laing
3. Red
4. Archibald Prize
5. Female lac bug

Congratulations to Lillian McKenna Year 9 who was the first to answer all five CAPA Trivia questions correctly from the last Newsletter – well done Lillian!

SDEHS Learning Hubs

Learning Hub	Location	Opening Time
Baulkham Hills	Baulkham Hills Community Centre, 390 Windsor Road, Baulkham Hills	9 am – 3.30 pm Thursday
Glenbrook	The Glenbrook Centre, 1 Ross Street, Glenbrook	9 am – 3.30 pm Thursday
Ingleburn	Greg Percival Community Hall, Corner Oxford Road and Cumberland Road, Ingleburn	9 am – 3.30 pm Tuesday
Miranda	Miranda Community Centre, 93 Karimbla Road, Miranda	9 am – 3.30 pm Monday
SDEHS Woolloomooloo	SDEHS Library, 38-68 Forbes Street, Woolloomooloo	10 am – 2.30 pm Friday
Tuggerah	Tuggerah Community Hall, 9 Anzac Road, Tuggerah	9 am – 3.30 pm Tuesday
Woy Woy	Coast Community Connections, 93 McMasters Road, Woy Woy	9 am – 3.30 pm Monday

Book online via the SDEHS home page. For further information contact Hub Coordinator **Duncan Gerdes** phone 9383 0235 email: duncan.gerdes@det.nsw.edu.au

School Policies and Procedures

Students, parents, carers, supervisors, staff and members of the wider school community are invited to suggest improvements to school policies and procedures.

Suggestions may be emailed to the school email sydneyh-d.school@det.nsw.edu.au and will then be forwarded to the senior executive.



Kids Helpline
1800 55 1800



Parent Line
1300 1300 52



Contact

Address: Forbes Street, WOOLLOOMOOLOO NSW 2011
Postal address: Locked Bag 5000, POTTS POINT NSW 1335
Phone: 02 9383 0200
Fax: 02 9383 0222
Email: sydneyh-d.school@det.nsw.edu.au

