



Quality individualised education

## Girls' & Boys' Day

Students and staff took time out on Friday 14 September to raise funds for our farmers and raise awareness for R U OK Day.

Students donned flannel shirts and jeans to serve up scones and coffee in our country themed Coffee Club and then attended a session on how to support one another through simply taking time out to ask, 'Are you okay?' The day ended with some fun games including a three-legged race, a dance off to Nutbush City and a classic sausage sizzle. We would like to thank the Student Leadership Group (SLG), students and staff who helped make this day a great success. All money raised was donated directly to Buy a Bale.



## Senior executive message

I reckon you can get a pretty good feel about a place by simply walking around and observing.

Hopefully, most of you have visited the school and been able to get your own sense of the warm, welcoming and supportive environment that this school offers. We work hard to create a sense of belonging for our students, their families and our staff ... and this is something of which I am immensely proud.

Every school has a three year plan – this is an important opportunity to stop and think about some serious questions, including ‘where to from here?’ When we were developing our current plan we knew that we wanted to significantly increase opportunities for connectedness among students, with their peers and their teachers. That can be quite difficult in a distance education context but we have worked really hard at it.

Almost a year into the current plan, with a focus on ‘real-time’ teaching, we are seeing the benefits. More than ever, students are seizing opportunities to work one on one with their teachers and with each other – whether it is here at school, at one of our six learning hubs or via technology such as web lessons. The great thing about making those connections is the building of trust, the building of positive relationships and greater engagement in learning – all the while knowing that you’re supported ... and there is so much of that happening in the school!

Each day I see focused, engaged students who are involved in purposeful learning and supported by amazing teachers. I love that our teachers and students are proud to say they are from Sydney Distance Education High School and I am proud of everything they bring to our school.

Next time you’re in, take a look at one of the study days or check out one of our learning hubs. If you haven’t been in before, then what are you waiting for? In the meantime, take a moment to read through this newsletter and you will very quickly understand why SDEHS is such a special place.

Lastly ... good luck Year 12 students! We all wish you the very best for your HSC examinations!

David Tracy  
Co-Principal

## What's on

Wednesday 26 September

- Year 12 Studies of Religion Study Day

Thursday 27 September

- Years 7 & 8 Visual Arts Study Day

Friday 28 September

- Year 11 Hospitality Study Day
- Term 3 ends

Monday 15 October

- Term 4 begins

Tuesday 23 October

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Monday 29 October

- Mentoring and Leadership Camp

Tuesday 30 October

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Tuesday 6 November

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Tuesday 13 November

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Tuesday 20 November

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Monday 26 November

- Year 12 Mathematics Study Day

Tuesday 27 November

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

Tuesday 4 December

- Years 7–11 Yoga and Meditation Session at PCYC Woolloomooloo

## 2018 Writing Competition Winners

We would like to thank all students who entered the competition. Congratulations to the winners!

1. Joshua Holland Year 10
2. Sarah Cupitt Year 12
3. Elizabeth Challinor Year 8

Prizes will be handed out at the Presentation Days.

## Presentation Days 2018

**Year 12**

Thursday 22 November, 11.00 am

**Years 7, 8 & 11**

Thursday 6 December, 11.00 am

**Years 9 & 10**

Friday 7 December, 11.00 am

All three Presentation Days will be held in the COLA at Sydney Distance Education High School



# Choir performance

On Friday 10 August the SDEHS choir travelled to the city to sing at the distance education symposium. This was the first performance for us that wasn't at the school so it was exciting but I was also a bit anxious. Lisa Keating, Deputy Principal, told us that we would be singing in front of 200 people. It was a little nerve-wracking for everyone singing in front of so many people but it went so well.

We sang two songs "Don't Dream It's Over" and "One Call Away". It felt great to sing with the choir and we sounded really good in the big room. Tim Higginbotham music teacher, came and played guitar with us and that sounded great too. I felt a sense of achievement when it was over. We all had a fun morning.

Jack Weaver  
Year 9



Students – interested in attending the SDEHS Choir? New members welcome. The Choir Project will run **every Wednesday 1.30–2.30 during Term 4**. Please note change of time and date. If you are interested in performing at Presentation Day, this is a great opportunity. Any interested new members can email [lisa.keating3@det.nsw.edu.au](mailto:lisa.keating3@det.nsw.edu.au) to register their interest.

## Deadly Kids Awards Congratulations!

Deadly in Aboriginal English means doing well, achieving and/or talented. This year, there was an opportunity to nominate a staff member, as well as a student.

Congratulations to Julieanne Longley Year 12 who has been awarded a Recognition Certificate for the 2018 Deadly Kids Awards and to Eve Boyd who has been awarded an Auntie Fay Carroll Memorial Award: Outstanding Aboriginal Staff Member. Both were presented with their certificates at the very prestigious 2018 Deadly Kids Awards Presentation held at UTS

Sydney in the Great Hall on Friday 7 September 2018.

So well deserved!



## SDEHS Polo Shirts

A new batch of Sydney Distance Education High School Polo Shirts are being ordered. I have noticed that many students have taken an interest in wearing the shirts to school and to the Learning Hubs. A shirt costs \$25. If any students are interested in ordering a polo shirt email your name and approximate size (small, medium, large or extra large) to [lisa.keating3@det.nsw.edu.au](mailto:lisa.keating3@det.nsw.edu.au).

Shirts can be purchased directly from the school office and you will be informed when they are available for purchase. Payment is to be made at the front office.



# Congratulations Daniel Rattigan!

Principal – Finigan School of Distance Education

Towards the end of Term 2, it was a great honour to announce that our Deputy Principal Daniel Rattigan had been appointed Principal, Finigan School of Distance Education. In 2007, Daniel started working at SDEHS as Head Teacher Computing Studies before commencing as Head Teacher Secondary Studies and then Deputy Principal. This appointment is a reflection of Daniel's outstanding and visionary leadership. One of his first jobs is to help supervise the construction of the school he will lead as he prepares for the school's opening in early 2019! The following were my words in announcing an appointment which is so important for NSW distance education.



Every appointment to a school is so important ... each teacher, each member of the support staff, every GA.

Appointments to each distance education school are especially important for us because we work closely as a network of distance educators.

In addition to a range of professional relationships, we have our formal collegial networks and our distance education leaders meet twice a year.

As you will be aware, a new school is currently being constructed in Queanbeyan, designed and purpose built for distance education. A new Principal will bring together primary staff from the current Queanbeyan Distance Education Centre and those currently working in secondary distance education at Karabar High School. It is an extremely exciting time for distance education K-12.



The school is Finigan School of Distance Education, named after Walter Finigan, Principal of The Correspondence School from 1924. As the Deputy Premier for NSW said, when the name of the school was announced, "Walter Finigan was a world leader in distance education, and it is a fitting tribute to him and his legacy that this new school will bear his name."

There are over 2,200 principals in NSW and very few can add the word "Foundation" before the title of Principal ... it is an awesome responsibility.

Last term, the position of Principal Finigan School of Distance Education was advertised but not filled. Earlier this term, the position was advertised for a second time.

The Foundation Principal of Finigan School of Distance Education will need to live a passion for public education every moment of their life. This person will need to be a visionary leader, an outstanding leader who can work with people across the school to transform vision into reality, a leader who will also continue to transform distance education in NSW, and I imagine, well beyond this state.

You may have noticed that I just used the word "continue".

On behalf of the senior executive, I am totally delighted to congratulate, the Foundation Principal, Finigan School of Distance Education, Daniel Rattigan.

Congratulations Daniel!  
Mark Piddington

## Disability Golf Development Program

- All golf clubs and training balls provided.
- Head Coach: Jeff Mansfield (turned pro in 1991 & AAA golf instructor).
- Program designed for people aged 8 years and over with an intellectual disability who have never played before or enjoy playing and wish to develop their game further.
- Receive high quality coaching in your local area.

### How the Golf Development Program Operates

- During summer (Daylight Saving) we will be holding a package of 6 x 1 hour golf clinics for a maximum of 6 students. In the clinics the skills taught will be: driving, putting, chipping, and so on.
- After the clinics students will be able to attend some local golf events including either 9 holes or skills challenges.

- Transition to Special Olympics golf competitions – various divisions based on ability.

### Cost

- \$10 green fee for each Golf Development Program session.
- Special Olympics Australia Membership fee is \$75, which opens up opportunities in other Special Olympics Australia sports programs. For those joining after 1 October the membership will expire 31/12/2019. Before joining take advantage of three sessions to see if this program is for you.

### Registration & Enquiries for the Golf Development Program

Jeff Mansfield, Head Coach, Absolute Golf  
Email: [jmgs@bigpond.net.au](mailto:jmgs@bigpond.net.au)  
Mobile: 0433 214 389

Rex Langthorne AM, Special Olympics NSW Golf Coordinator  
Email: [rexl@specialolympics.com.au](mailto:rexl@specialolympics.com.au)  
Mobile: 0419 407201





# HSC Minimum Standard

## Online testing Information



### HSC minimum standard

The Minister for Education recently announced changes to the requirements for students to meet HSC Minimum Standards. The standards are in three areas – reading, writing and numeracy.

### Who needs to meet the HSC minimum standard?

If you are sitting the HSC in 2018 or 2019 you do not need to meet the HSC minimum standard.

Students who will be sitting their HSC exams in or after 2020 will need to meet a minimum standard of numeracy and literacy to receive their HSC.

### How do I meet the HSC minimum standards?

If you are in Year 10 (2018) and achieved a Band 8 or above in 2017 Year 9 NAPLAN reading, writing or numeracy tests, then you will be recognised as having already met the HSC minimum standard in that particular area. If you did not get Band 8 or above in one or more of the 2017 NAPLAN tests, then you will need to take the corresponding online test/s between now and Year 12 to receive your HSC in 2020.

From this year, Year 9 NAPLAN tests will no longer be available as an early way for students to demonstrate the standard. This means that students currently in Years 7, 8 and 9 will need to do the online tests when they reach Years 10, 11 or 12.


Students will have two opportunities each year in Year 10, 11 or 12 to pass any tests needed. They will also be able to sit for the tests for a few years after they leave school.

During Term 4 this year, these tests will be offered between **5 November and 7 December** to all home students in Year 10 who have NOT met the required Band 8 in their Year 9 NAPLAN reading, writing and/or numeracy tests.


If you would like to know more about the tests, you can visit the NSW Education Standards Authority website: <http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard> or contact **Nina Thomas** (Head Teacher Student Engagement and Attainment) [nina.thomas3@det.nsw.edu.au](mailto:nina.thomas3@det.nsw.edu.au) for further information.

Students at SSPs or single course students studying through SDEHS who wish to do the online testing should speak to their teachers at their centre or home school about this.

## Lynda.com courses now **free** for Year 11 and 12 students!




Access through the Student Portal



- 1 Log in to the student portal
- 2 Click + beside 'Learning'
- 3 Select Lynda.com Learning

**AVAILABLE NOW FOR ALL YEARS 11/12 STUDENTS!**

Access through the Lynda app



- 1 Download the Lynda.com app for your mobile device
- 2 Click the Organization tab
- 3 Enter DoE URL: **det.nsw.edu.au**
- 4 Click Log in then sign into the DoE portal



lynda.com

Lynda.com is a popular online learning platform that is now available free to Department of Education students in Years 11 and 12.

The Lynda library includes courses and tutorials on a wide range of topics including writing, technology, economics, photography and design. There is a strong focus on software skills and techniques.

### How do I access Lynda.com?

You can access your Lynda subscription from the link on the Student Portal page, and log in using your Department of Education credentials.



# Yoga Class

## Yoga and meditation

Organised and funded by the school.

At **Peve Woolloomooloo** - 5 mins walk from sdehs

Every **Tuesday** at **12:15** to **1:15** Starting from 23 October for 8 weeks

Free for **students** and their **supervisors**

For more information please contact

**Jinsy Jacob**

Teacher Mathematics  
Relieving Head Teacher Welfare (Year 7-9)  
Sydney Distance Education High School

**Ph: 9383 0452**



# Updating

**your child's Anaphylaxis/Allergy/Asthma/  
Diabetes/Epilepsy and Health Care Plans**

Every year parents are requested to update their child's Health Care Plans including Anaphylaxis/Allergy/Asthma/Diabetes/Epilepsy and Health Care Plans.



If your child has asthma, diabetes, and epilepsy or is at risk of anaphylaxis or allergies, you may also be required to fill out an Action Plan in consultation with your child's doctor or specialist. These plans must be updated every 12 months. It is important that you supply these documents in colour and include a colour photo of your child.

For further information relating to Action Plans for Anaphylaxis and Allergies, Asthma, Diabetes and Epilepsy.

Anaphylaxis and Allergies – <https://www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis>

Asthma – <https://assets.nationalasthma.org.au/resources/AACPED2017-Care-Plan-for-Schools-A4.pdf>

Diabetes – <https://as1diabetes.com.au/schools/diabetes-schools-action-management-plans/>

Epilepsy – <http://www.pennsw.com.au/clinician-resources/epilepsy-resources/epilepsy-management-documents.html>

Besides meeting the requirements of the NSW Department of Education, it is **ESSENTIAL** to have these photos in **colour** so that in the event of an emergency, teachers can identify your son or daughter's emergency response plan quickly and undertake the emergency response specific to their needs.

Thank you for your cooperation in helping us provide the best support for our students.

If you have any questions, please do not hesitate to talk with Rachel Angus on 9383 0234 or email [rachel.wiseman@det.nsw.edu.au](mailto:rachel.wiseman@det.nsw.edu.au)

## Health Myth Busters



Detoxifying the body is something our organs such as our skin and liver do naturally. As we go through our day, our body is raging a war with chemicals and germs. So is it helpful to go on a detoxifying diet or use detoxifying pills and potions? The real question should be: Why do I feel I need to detoxify?

If you are living in a polluted environment and have a poor diet or use a lot of medication, what you really should be doing is discussing the side effects with your doctor while consuming more vegetables, fibre, and water. Otherwise, no, because there is actually no such thing as "detoxifying" your body! It's a bit of an urban myth; a hipster idea, which is not really supported by science.



# Library news

## Information for all students and supervisors

Our library database Oliver sends overdue loan notices to DoE email addresses and this is the way that you will receive your notice at SDEHS. This is a huge saving of paper but we do need you to check for any overdue resources when you receive an email.

If you need a resource for a longer period, just call the library and staff will extend the loan – 9383 0271.

## Media Literacy

Parents and supervisors play a role in teaching young people how to distinguish fact from fiction in online media. “How to teach your kids to tell fact from fake news”, an article by Marianne Stenger posted on ABC Education provides helpful hints to start this discussion. Check it out at <http://education.abc.net.au/newsandarticles>

## Young adult fiction

The *Chaos Walking* trilogy by award winning author Patrick Ness – read the books before seeing the movie!

*The Knife of Never Letting Go*, *The Ask and the Answer* and *Monsters of Men*, are available for loan at SDEHS library. Reserve online and library staff will send out the book you request.



## Research

Access primary sources for your research through your library database. Type your topic into the Oliver library search bar and select ‘Search Other Sources’. Tick TROVE under Other Providers.

What is TROVE? Trove is an Australian online library database aggregator hosted by the National Library of Australia. Books, images, historic newspapers, maps, music and archives are available as online resources. Refine your search by selecting a timeframe and ‘Available Online’.

**Need help?** Call the library on 9383 0270.

**Office of the eSafety Commissioner**

### Cyberbullying

**Bullying online. Shame longtime.**

Cyberbullying is bullying using phones and online sites. It can happen to anyone and can leave you feeling unsafe or feeling shame.

Cyberbullying can make you feel alone – outside your friends, family and the mob. It can split families and community and sometimes lead to payback and violence.

### What does it look like?

- Abusive texts and emails
- Threats
- Posting nasty comments, photos and gossip
- Pretending to be someone else online to stir trouble or bring shame
- ‘Leaving people out’ online
- Blackmail
- Hate pages

### How do you deal with it?

- Don't fight back!
- Don't post abusive messages
- You can block the bully
- Report it and collect the evidence
- Talk to someone you trust

### Cyberbullying

Cyberbullying can happen to anyone and can leave you feeling unsafe or shame and can lead to payback or violence.

[Find out more...](#)

### Social networking

Social networking sites can be real deadly fun! Share language, find friends, track down family and yarn with mates.

[Protect your network...](#)

### Sexting

Sexy pics flying around? Sent something you regret? Respect for yourself and your culture means keeping sexy pics where they belong – in your head!

[Online on show...](#)

**BE DEADLY ONLINE**  
MAKE GOOD CHOICES. MAKE YOUR OWN FRIENDS.



# 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](mailto:julie.barel@det.nsw.edu.au).

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

1. What was the best selling single ever?



2. What was Mozart's favourite food?

3. Which inventor developed the solid-body electric guitar that paved the way for rock'n'roll?



4. Who was the lead singer of the band Queen?



5. Where is Kanye West from?



Answers to the questions from the last newsletter were:

- 1. One
- 2. Campbell's
- 3. An asylum in the south of France
- 4. Jeff Koons
- 5. Fauvism

Congratulations to Hagar Felah Year 8 who was the first to answer all five CAPA Trivia questions correctly from the last Newsletter – well done Hagar!

## SDEHS Learning Hubs

Learning Hub	Location	Opening Time
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	10.30 am – 2.30 pm Wednesday 9 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](mailto: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](mailto:sydneyh-d.school@det.nsw.edu.au) and will then be forwarded to the senior executive.



1800 55 1800



[www.schoolatoz.com.au](http://www.schoolatoz.com.au)

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](mailto:sydneyh-d.school@det.nsw.edu.au)

