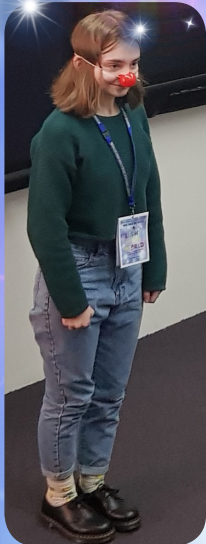




Quality individualised education



BIG DAY IN



Senior executive message

It's hard to believe we are half way through the year. So much has happened and there is still so much to happen. Earlier this term we held our annual Big Day In. This was a fantastic day filled with an assortment of light associated activities. The baby animal farm is always a hit but I personally enjoyed the drama lesson on how to be a clown and participating in the cooking energy to-go workshop, especially when the food tasted so good.

With a friendly and relaxed atmosphere it was a great opportunity for students, families and supervisors to get an insight into the school community. If you missed it this year make sure you put it on the calendar for next year. It really is worth the visit.

Hopefully you have visited the school but remember the hubs are a great way to get further support from your teachers. Making those connections with your teachers and peers can really help. Check the school website for details of the location and opening times and consider setting yourself a goal to attend a hub next term.

Finally have a fabulous holiday taking time to rest and refresh ready for Term 3.

Sue Cooksley
Relieving Deputy Principal (Year 10)

Hugh McDonald Environment report



Our modern world uses a lot of plastic but that is not fantastic. Sadly much of it is ending up in the ocean, especially items used just once. Animals including turtles, seals, dolphins, penguins and fish then mistake these transparent objects for food. They swallow the plastic and become very unwell or die. Plastic kills over a million marine animals each year and only one in 1000 sea turtles reach adulthood.

Every piece of plastic ever created still exists somewhere because it takes 1000 years for it to break down fully. A simple plastic bottle takes up to 450 years to decompose. Then there are other items such as bags, coffee cups, straws and takeaway containers that people use. This has resulted in over 5 trillion pieces of plastic floating in our oceans today.

There is a campaign called Litter Free Oceans that is protecting the environment and reducing plastic rubbish. Taronga Conservation Society Australia also provides information and educational programs. The main message, "Choose to Reuse", reminds us there are reusable alternatives to almost every disposable product.

Bringing your own drink bottle to school or work is an everyday thing that will create a big difference. So is not taking a straw if you purchase a drink or cutlery when you get food from a shop. Choosing a beverage from an aluminium can over a plastic bottle is better because it is an easier material to recycle. There are many other things you can do and every little bit helps.

You can have a positive impact on our oceans by switching to reusable items as well as saving critically endangered marine species. Taronga has made a legacy commitment to the marine turtle because they are experiencing serious threats to their survival due to water pollution. They have been on our planet for 200 million years, since when dinosaurs walked the earth, so let's keep them going and in water that is clean, blue and beautiful.

What's on

Thursday 27 June

- Stage 5 Information and Software Technology Study Day

Friday 28 June

- PDHPE Health Club
- Year 11-12 Hospitality Study Day (Coffee Shop)
- Year 11 Chemistry Study Day

Tuesday 2 July

- Year 9 Science Study Day
- Year 12 Biology Excursion to the Royal Botanic Gardens

Friday 5 July

- Term 2 ends

Monday 22 July

- Term 3 starts

Thursday 25 July

- Year 12 Mathematics Extension 2 Study Day

Monday 29 July

- Year 12 Mathematics Study Day

Wednesday 31 July

- Stage 5 and Stage 6 Visual Arts and Visual Design Excursion to Brett Whiteley Studio

Library notice

Library resource overdue notices are emailed directly to the student's DoE email regularly throughout term. When you receive a notice please send these resources back to the library. We can supply a reply paid envelope if needed.

If you still require an overdue resource for your work you can call the Library on 9383 0271 to renew.

Thanks for your support, Library Staff.

School Development Days

This is to inform the school community that our School Development Days will be on Thursday 4 July, Friday 5 July and Friday 20 December. On these dates all staff will be participating in professional training.



SDEHS Mentoring Program



**Overwhelmed by your studies?
Want some guidance?
Try the SDEHS Mentoring Program**

Mentoring at SDEHS is an opportunity for students to develop a connection with a volunteer teacher who will offer support and encouragement on a one-to-one basis throughout the academic year.

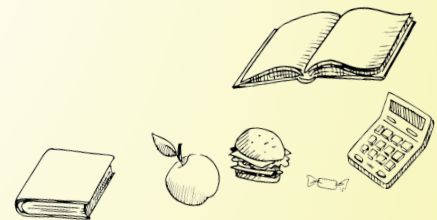
The mentoring partnership is:

- undertaken willingly
- confidential
- interactive
- fun.



Through mentoring, students will have the opportunity to create a relationship with a mentor that helps them develop:

- study skills
- self-confidence
- positive attitudes towards self and others
- social and communication skills.



Home students in Years 7-12 are invited to participate in this program.

Simply complete and send in the Expression of Interest form that has been mailed out and we will contact you to confirm your mentor's details.

For further information, contact:

- Supervisor of Girls - Rebekah Cowie rebekah.cowie1@det.nsw.edu.au
- Supervisor of Boys - Rede Carney redc.carney1@det.nsw.edu.au
- LGBTQI Coordinator - Jessica Fletcher jessica.fletcher19@det.nsw.edu.au

STREET PHOTOGRAPHY

EXHIBITION
OPENS 8 DEC

MUSEUM
OF SYDNEY

Excursion to the Museum of Sydney: Street Photography

On Friday 17 May, I took the train to the city to visit the Museum of Sydney.

This was for an excursion for the Photography and Visual Arts students to see the exhibition, Street Photography.

From the 1930s to the 1950s commercial photographers took pictures of people as they strolled around the city. They captured images of mothers, daughters, husbands, wives, grandmothers, workers and servicemen. The exhibition features hundreds of photos from these decades and is a taste of life in Sydney in the mid 1900s. I was particularly fascinated by one set of pictures which showed a daughter, mum and grandma – and then in another photo the daughter sixty years or so later with her daughter and grand-daughter! You could see how their lives had evolved. The little girl in the first picture became a mother and her daughter was in the photo!

It was really interesting that so many of these photos were taken and bought during this time. The practice wasn't legal and so the photographers were sometimes fined but they still managed to make money.

When cameras became more affordable, street photography became less popular. This exhibition features photos from many private collections from families across Australia.

I found it really interesting and it taught me a lot about life in Sydney during that era. People looked quite happy and were generally very well dressed.

By Indi Brown Year 9.



Stage 4 VA workshop

Recently students in Years 7 & 8 attended a Visual Arts workshop at SDEHS. Students had a great morning mixing resin, incorporating colours and lustre additives and embedding a range of objects (from glitter through to plastic insects and snakes!) to create one of a kind jewellery, bowls and magnets. A great day was had by all.



Health Myth Busters



So what's your digital health like? Not your fingers and toes – your online presence which has a direct impact on mental health.

Don't believe this is true? Just see what happens when young people have been the target of a bully or a troll. Tears, tantrums

and loss of trust are just some ill health manifestations of having a poor digital footprint. A good rule of thumb is to **THINK**. There is only one thing worse than being bullied and trolled and that is to be a bully or a troll yourself. Not only will it ruin your health, it will ruin your reputation.

- Is it **TRUE?**
- Is it **HELPFUL?**
- Is it **INSPIRING?**
- Is it **NECESSARY?**
- Is it **KIND?**



What is Bullying?

Bullying has three main features:

- involves a misuse of power in a relationship
- is ongoing and repeated, and
- involves behaviours that can cause harm.

Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Bullying can have a lasting impact on everyone involved, including those who witness it. It is important to work together to create safe school communities for everyone. Some behaviours, while not bullying, are conflicts that still need to be addressed and resolved.



Examples include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

Bullying can also happen online using technology such as the internet or mobile devices. This is known as online bullying or cyberbullying.

Online bullying is using technology such as the internet or mobile devices to bully someone. It can include:

- sending abusive text messages and emails
- posting hurtful or threatening material on social media like Instagram, Facebook, Twitter and Snapchat, or on gaming networks
- imitating or excluding others online
- tagging inappropriate or unflattering images
- threatening another person to do something such as sending revealing images.

A person can be bullied about many different things such as how they look, sound or speak; their background, religion, race or culture including Aboriginality; having a disability; their sex; because they are lesbian, gay, bisexual, transgender, queer and/or intersex (LGBTQI); their size or body shape or any other ways they may be different.

Some students are bullied about their academic or sporting achievements or hobbies. Bullying behaviour can be:

- verbal, including name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- physical, including hitting, punching, kicking, scratching, tripping, spitting
- social, including ignoring, excluding, ostracising, alienating, making inappropriate gestures
- psychological, including spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones

online (or cyber) bullying can impact on all the above.

What bullying is not

- A single incident or disagreement between peers is not bullying. However, these behaviours may lead to bullying and should be resolved.

For further information please go to the eSafetyCommissioner

<https://esafety.gov.au/esafety-information>

Rachel Angus
Head Teacher Welfare (Year 10)

Tuggerah Hub student report

I've been in SDEHS for a year now and I am in Year 9. I'm quite ahead on my work but it wasn't always like this. Last year I was always behind on my work, felt very stressed and never got out of the house. I was also going through tough times, so it didn't help with my health issues. After Year 8 ended and the new year started, I began to go to the Tuggerah Learning Hub once a week and that really helped. At first, I was terrified of going and wasn't going to stay long but once I went there, I stayed the whole day and made friends who I now consider great mates. I also started doing school work in the holidays before school started so I was ahead in all my subjects and still basically am. I don't feel as stressed and I now get out of the house and hang out with my friends on weekdays. I have also taken up horse riding and do that once a week which is great for me because I ride and learn about horses as well as get out. I've definitely improved since last year and I feel great and I now feel like I can do anything. I'm the best me I could possibly be right now, and I will continue to keep it up.

By Dakota Maddocks, Year 9.



Disability Provisions

2019 Higher School Certificate

The NSW Education Standards Authority (NESA) offer a range of Disability Provisions to Year 12 students who may need assistance to read examination questions and/or write their answers in their Higher School Certificate Examinations.

If you think that your student may need to apply for Disability Provisions for the 2019 Higher School Certificate Examinations, please phone **Alicia Gilmore** on **9383 0298** or **Rebekah Cowie** on **9383 0460** and request that an application form be sent to you.

Some provisions, e.g. use of a reader, writer or computer, require extra documentation including medical evidence, a reading assessment, and copies of assessment tasks. Applications for these provisions will not be approved by NESA without the required evidence.

The application form, together with relevant supporting documentation, will need to be completed by the student and supervisor and returned to Sydney Distance Education High School as soon as possible.

The NESA closing date for Disability Provisions applications was Friday 12 April 2019 but if you have extraordinary circumstances please contact us as a matter of urgency.

If you had Disability Provisions in 2018, and want provisions for 2019, you must reapply for the 2019 HSC Examinations.

NESA require updated medical evidence.

Any approved Disability Provisions may be used for Trial exams and assessment tasks in Year 12.

History Teachers Association Study Day

On Friday 7 June, Year 12 Modern History students from SDEHS attended the HTA Senior History Study Day at Sydney University.

This study day is held each year for students of Modern, Ancient and Extension History. It is an extremely important part of a senior student's preparation for the HSC and tickets are sold out very quickly each year.

Our Modern History students gained a lot of valuable revision of topics that they have studied as well as very useful tips on exam technique. The sessions were presented by highly experienced and respected teachers and lecturers in History.

The photo below shows two of our fantastic Year 12 students, Toni Woods and James De Mellow in one of the lecture rooms with Ms Miladinovic. James is studying Ancient, Modern and Extension History and Toni travelled all the way from the Hunter Valley to attend the day. We wish these students all the best in the HSC Trial Examination.

If you are studying Year 11 Modern History this year, make sure that you attend the HTA Study Day in 2020.



BANG!

Year 9 and 10 Visual Design/Arts Skateboard Workshop



In Week 2 of Term 2, Visual Design and Visual Arts Students in Stage 5 took part in a Skateboard Workshop. The theme was Marvel and DC Characters and Cartoons. The students followed a design brief and created amazing work on their Skateboard Decks that they could then walk away with and make into a real skateboard!

Rachel Angus



POW!



TAS 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. For good health how many pieces of fruit and vegetables should you eat each day?



4. How many teaspoons of sugar in a can of Coke?



2. What percentage of your body is made up of water?



5. Captain Cook's sailors were deficient in Vitamin C causing them to suffer from what?



3. How many glasses of water should we drink each day?

Answers to the questions from the last newsletter were:

- 1. Merino 2. Holstein-Friesian
- 3. Federation 4. CSIRO 5. China

Congratulations to Lillian McKenna Year 10 who was the first to answer all five TAS Trivia questions correctly from the last Newsletter – well done Lillian!

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

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 and complaints 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

