



Quality individualised education

# DIVERSITY DAY

friday september 13



Diversity Day celebrations were organised through Taste Tours this year. The walking tour showcased the diverse culture and amazing food options in the Bankstown area.

It was great to see students warm up to each other and become friends and to watch parents giggle among themselves. There was a feast of Lebanese, Vietnamese and Greek food options that catered with care for our students and their needs.

The day ended with coffee at the Flying Zebra Cafe and a trip to the supermarkets where supervisors went crazy shopping for spices!!

Thank you Rede Carney and Reena Nazareth for being the "On call" doctor, photographer and fun loving mentors for the students.





## Senior executive message

Term 3 is drawing to a close, and as always it has been the busiest term of the year! Congratulations to everyone on getting through.

Our senior students have been hard at work. In August, 385 Year 12 students sat Trial HSC Examinations in 42 subjects. This month we have 590 Year 11 students completing end of year examinations in 43 subjects. Teachers have also been working hard to mark all of those assessments, write senior reports and get new course materials ready for students starting their HSC year in Term 4. Years 7 to 10 have been very busy with web lessons running every day and students at learning hubs, study days and on excursions every week, making sure that everyone is on track to successfully finish their studies this time next term. I have never seen the school calendar so full.

There are many other plans and projects that are just starting around the school. Currently the Technology Learning Space is being refurbished with all new computers and furniture, to make it a more effective interactive learning area. Planning has just started to redevelop our library into a new and amazing space for the hub, individual and group lessons, projects, meetings and anything else you can think of, including borrowing and reading a book! The work on this will take a while, but it is an exciting project and anyone attending the learning hub at school will have the opportunity to make suggestions.

Sounds like everyone deserves a holiday! I hope that all students, families and SDEHS staff have a wonderful, relaxing and safe break. Recharge and come back ready for one more big effort to finish 2019. Good luck Year 12 students, we all wish you the very best for your HSC examinations!

David Grime  
Relieving Deputy Principal 7–9

## What's on

Thursday 19 September

- Year 7 & 8 Science Study Day

Friday 20 September

- Makeup Workshop

Friday 27 September

- Term 3 finishes

Monday 14 October

- Term 4 starts

Thursday 17 October

- HSC written exams commence

Monday 4 November

- SLG Excursion to the National Young Leaders Day
- Mentoring and Leadership Camp

Tuesday 5 November

- Mentoring and Leadership Camp

Wednesday 6 November

- Mentoring and Leadership Camp

Friday 8 November

- Final day HSC written exams

Tuesday 12 November

- Year 9 Science Study Day

Friday 15 November

- Ernst & Young Learning Support and Gold Award Picnic Day

Thursday 21 November

- PRESENTATION DAY Year 12

Tuesday 26 November

- Year 12 Mathematics Study Day

Wednesday 27 November

- Year 7 & 8 Visual Arts Study Day

Thursday 28 November

- Year 12 Mathematics Extension 2 Study Day

## Wear it Purple Day

On Friday 30 August, staff and students at SDEHS celebrated Wear it Purple Day, by hosting a Wear it Purple Morning Tea in the COLA. The Student Leadership Group supported our LGBTQIA+ coordinator by running a bake sale. In partnership with the Coffee Club, they managed to raise over \$500 for Sydney based LGBTQIA+ support organisation Twenty10. A huge thank you to everyone who wore purple and came down to support diversity at SDEHS. It was a huge success!



**STANDUP.  
STANDOUT.**  
30.8.19 **WEAR IT  
PURPLE**





# Congratulations on Deadly Kids Award!

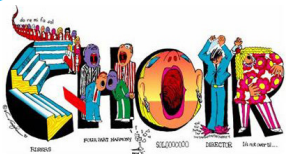


This annual awards ceremony held in the Great Hall, UTS, celebrates excellence and achievements of Aboriginal students and their teachers.



This year SDEHS nominees were Aphra O'Brien-Slade, Year 12 and Tim Higginbotham, a teacher in the Creative and Performing Arts Faculty.

Aphra is an outstanding student who plans to pursue a career in medicine.



Students – interested in attending the SDEHS Choir? New members welcome. The Choir Project will run **every Wednesday on the COLA stage 1 pm to 2 pm.**

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.

## Student Leadership Group Breaking News! SDEHS Student ID Cards 2019

The Student Leadership Group (SLG) has been working with the Senior Executive and other staff to introduce a Student ID Card for our school.

We are pleased to announce that the ID cards will be available in Term 4.

A permission form will be available for collection from the school office. Alternatively, you can download the permission form from the SDEHS website, under 'Policies and Procedures'.



### Student Identification Card



This is to certify that

**Mary-Anne SMITH**  
Year 11

DoB: 1 January 2019  
is enrolled at

**Sydney Distance Education High School**  
38-68 Forbes Street, Woolloomooloo Ph 9383 0200



Valid until 31 Dec 2019



# What is Bullying?

Bullying has three main features. It:

- 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**. 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)





# Environment Report



Have you heard the buzz that the bee is facing extinction. It is not an insect that you would usually worry about or feel the need to protect. Australia has 1600 species of native bee and the best known is the honeybee. They are one of the hardest working creatures on our planet and play an important role in our ecosystem. However, since 2013 world bee populations have fallen by a third with the main cause being climate change.



We know bees are responsible for pollinating flowers and making honey. Humans also rely on bees because they pollinate 400 different types of agricultural plants and one third of everything we eat. If bees ceased to exist we would no longer have broccoli, asparagus, cantaloupes, cucumbers, pumpkins, blueberries, watermelons, almonds, apples, cranberries or cherries.



Bees are having a difficult time finding food sources. Gardens have more lawn, succulents, natives and cement rather than flowers and pollinator plants. It is like the environment of a desert for the busy bees out there. The best thing you can do to support bees in your suburb is plant flowers in your garden. Make sure they are the type they like with a face and petals. Bees particularly love smaller flowers and their favourite colours are blue, yellow and orange. Also try to keep your garden pesticide free.



David Attenborough claims that people could only survive for four years without bees on the planet. Taronga Zoo has a Bee Wild campaign to Bring Back the Bees. They have installed an observational hive in the grounds of the Backyard to Bush for bee conservation and education. Buying local honey and Burt's Bees products gives further support. Let's save nature's superhero and get planting flowers for spring before we get stung.



By Hugh McDonald Year 10



## Zookeeper for a day!

SDEHS Students had a wild experience at Australian Reptile Park on Thursday 5 September.

Through our School to Work program, SDEHS students had the opportunity to be a keeper for the day at the Australian Reptile Park in Somersby. Part of their job was to meet all the amazing animals that live at the zoo and learn how to handle animals like a professional. Students also learnt about the venom milking program that is run by the park and the different research that is conducted on site and with other zoos in the area.

At the end of the day, students were given the task of presenting an animal of their choice and teaching the group all they knew about the animal. Every student did a fantastic job.

Thank you to all the students who came along and made this day such a memorable experience. We would also like to thank the Australian Reptile Park for a fantastic opportunity.

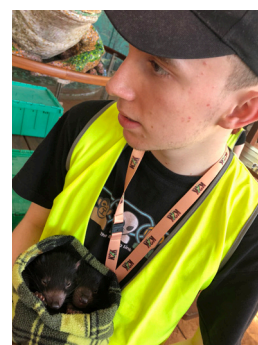


Hi Everyone,

Thank you for organising such a fantastic excursion to The Australian Reptile Park.

We had an amazing day and got to work with so many unique animals and reptiles. My favourite was the Tasmanian devil.

Hugh McDonald Year 10



Hugh and Tasmanian devil

## Health Myth Busters



Is a bit of salt and pepper on food is good for you? This depends on how much you eat. The average Australian already has **twice** as much salt (called sodium on food packaging) as they need. Pepper is a herb. It is dried and ground up peppercorns and will not really affect health status either way.

Eating too much salt means you risk high blood pressure; dehydration; stroke; muscle cramps; cardiac diseases and

angina; kidney stress; and even bad skin and hair. Salt, particularly on protein foods, makes food taste better. The usual culprits are pizzas, pastries, biscuits, soup, processed meats, anchovies, sausages and chips. So if you are eating processed foods daily, maybe you need to rethink your diet – just because it tastes good and seems harmless, doesn't mean it is good and is harmless. And put the salt shaker back in the cupboard!



# Library news

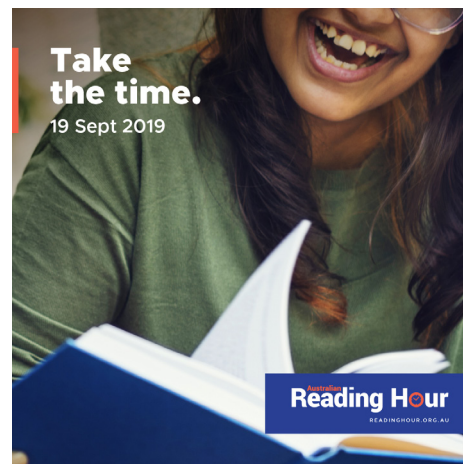
## What is Australian Reading Hour?

On Thursday 19 September 2019, stop what you're doing for one hour and pick up a book. We want Australians to either rediscover or introduce themselves to the benefits of reading. Take the time to learn, escape and relax.

In children, reading has been shown to help with identity formation, setting them up for success in the future. In adults, reading has been shown to reduce stress by 68% more than listening to music, going for a walk, or having a cup of tea.

<https://readinghour.org.au/>

Participate and enjoy! Reserve books online through your school library database and the library will send them out to you.



## NSW Premier's Reading Challenge 2019

"The Premier's Reading Challenge aims to encourage a love of reading for enjoyment and enrichment in students, and enable them to experience quality literature. It is not a competition but a challenge to each student – to read, to read more and to read more widely."

<https://online.det.nsw.edu.au/prc/home.html>

The PRC has now finished for 2019. At SDEHS Library we would like to congratulate all those students who completed the challenge this year, well done!

Certificates will be sent to schools in Term 4.

Check out the Author and Illustrator Showcases, where the PRC team bring you conversations with some of the best authors and illustrators in the business! The 2019 showcase features Australian and international authors in conversation at the Sydney Writers' Festival.

Select the link and choose an inspiring author interview to listen to.

<https://digital.artsunit.nsw.edu.au/premiers-reading-challenges/author-videos/2019>



### World Book Online

Access to Student, Advanced and Timelines through the hyperlinks below.

World Book Online contains detailed encyclopaedic and reference material content written for secondary level students. Includes integrated access to articles, media, primary source documents, timelines, online books, dictionary, atlas and more.

[World Book Online](#)

WORLD BOOK STUDENT



## Egypt, Ancient

[STANDARDS](#) | [MEDIA](#) | [RELATED](#)

**Egypt, Ancient**, was the birthplace of one of the world's first civilizations. This advanced culture arose about 5,000 years ago in the Nile River Valley in

All students can access World Book Online through their School Library database. Once you are logged in on the Student Portal no further passwords are needed.

*Behind the Headlines* articles can be found under the Research and Resources tab in **World Book Advanced** and on the home screen of **World Book Student**.

### Australia's Budj Bim was recently named a World Heritage Site.

Budj Bim, once known as Mount Eccles, is the first World Heritage Site listed exclusively for its value to Aboriginal culture.

Read the 'Behind the Headlines' story in World Book Online, direct links embedded on your Library database home page.

Please contact the library, 9383 0270 if you would like any assistance, or support, accessing library services.





# Student successes

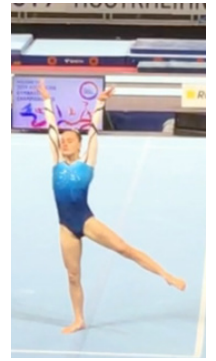
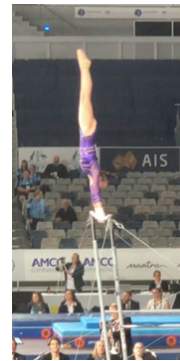
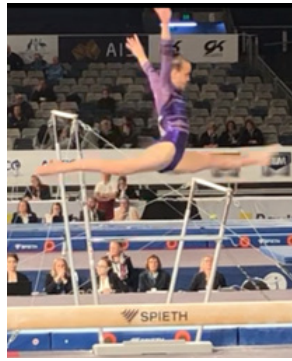
**Casey Holdsworth** Year 10 has been attending the Alegria Dance Studios. She will be heading off to Glasgow, Scotland in September to study the BA Modern Ballet at the Royal Conservatoire of Scotland. It is a 3 year degree (though Casey is starting in Year 2, so should take 2 years to complete). The Conservatoire is a performing arts university and offers tertiary studies in dance, music, theatre etc. Congratulations Casey!



The photo of Casey was taken on stage at an international ballet competition that was held last Easter in New Zealand. Casey was dancing the "Lilac Fairy" variation from the ballet *Sleeping Beauty*.

**Aphra O'Brien-Slade** Year 12 is an outstanding gymnast who recently represented Australia in the Perth International Gymnastics Championships. Aphra came 2nd overall in this competition.

The Perth International Gymnastics Championships include athletes from Oceanic and Southeast Asian countries. Held over four days, athletes showcase their skills in the sports of Women's Artistic Gymnastics and Rhythmic Gymnastics.



NSW Department of Education

## Digital Citizenship

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### "It's not all about the likes"

How your digital behaviour affects you and others.



Empowering young people to be positive, smart and safe online.



### Be positive

Understand online behaviour and its effects.

Empathy and resilience

Online communication



### Be smart

Think critically and be digitally aware.

Digital identity

Managing information



### Be safe

Protect your security, privacy and wellbeing.

Screen time and games

Security and privacy



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

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

1. Along with whom did Bill Gates found Microsoft?



2. 'Don't be evil' is tag line of which technology company?



3. When was the first smart phone launched?



4. What was the first emoticon ever used?



5. True or false? Nintendo was founded after the year 1900.



Answers to the questions from the last newsletter were:

1. E 2. Petroleum/oil 3. Polyester/cotton 4. Twill 5. Silk

Congratulations to Ellen Shearsby Year 11 who was the first to answer all five TAS Trivia questions correctly from the last Newsletter – well done Ellen!

## 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 and complaints 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.



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

