Sydney **Distance Education High School**

Newsletter 1 March 2020

Quality individualised education

Sydney Distance Education High School **BIG DAY IN 2020** Reconnect & Regeneration Thriving Together Wednesday 27 May 9.45am - 2pn



What's on

Friday 6 March

- Year 11 Industrial Technology Multimedia Study Day
- Learning & Support Science Fun Day

Monday 9 March

Year 11 Design & Technology Excursion to the Powerhouse Museum

Wednesday 11 March

- SDEHS Choir meets every Wednesday
- Year 11 & 12 Visual Arts excursion to . the Art Gallery of NSW

Thursday 12 March

Year 12 Mathematics Extension 2 ٠ Study Day

Friday 13 March

Year 12 PDHPE Study Day

Monday 16 March

Year 11 Mathematics Study Day

Thursday 19 March

Year 11 Chemistry Study Day .

Friday 20 March

Year 11 Physics Study Day

Tuesday 24 March

Harmony Day

Wednesday 25 March

Year 12 Chemistry Study Day •

Thursday 26 March

Year 11 Biology Study Day •

Thursday 2 April

Stage 5 Information & Software **Technology Study Day**

Friday 3 April

Year 11 Hospitality Study Day (coffee shop)

Thursday 9 April End Term 1

Tuesday 28 April Start Term 2

Senior executive message

Welcome back! I hope that you all had an enjoyable break and have settled back into the new school year.

On behalf of the SDEHS staff I'd like to acknowledge and offer our most sincere sympathies to the families and communities who lost so much in the tragic bushfires, as well as any students and families impacted by the recent floods. We have been able to provide support to a number of students impacted by these natural disasters. For students requiring any wellbeing support at any time, Head Teachers Welfare, Sally Xexenis (Years 7–9), Rachel Angus (Year 10) and Anna Hampouris (Years 11 and 12), or one of the very helpful Year Advisers can be contacted.



Principal Mark Piddington will be working as Director Educational Leadership, Inner City Strategy this year. Congratulations to Mark for this prestigious appointment, a true reflection of Mark's amazing leadership abilities. The 2020 Senior Executive will comprise Lisa Keating R/Principal, David Tracy Co-Principal, Julie Kennedy Deputy Principal Years 11 and 12, David Grime Deputy Principal Years 7–9 and Sue Cooksley Deputy Principal Year 10.

Congratulations to the HSC class of 2019. Our students achieved some excellent results including 38 Band 6s and 126 Band 5s. Many of our proud HSC students and supervisors have contacted teachers to share their success in gaining entry to university and higher education courses of their choice. The 2020 HSC cohort is well into their academic year and I wish them success in completing their HSC or HSC subjects this year.

It's great to see so many of our home enrolled students attending the learning hubs. Some students like to visit the learning hubs and sit quietly by themselves, whilst others like to interact with other students. We aim to set a calm and welcoming atmosphere at all of the learning hubs, so that students feel free to interact as much or as little as they want to. In 2018, focus groups were conducted with staff and students and overwhelmingly they placed the learning hubs as the school's most successful program for engaging students in their learning and creating a sense of belonging for them. This sense of belonging is the building block that makes students want to keep coming to the learning hubs.

As outlined in our Supervisors Agreement students should visit a learning hub in the first three weeks of enrolment and once a term thereafter. I acknowledge that for some students who are living with anxiety, a hub visit is far too stressful. However, I have met so many students who have conquered the fear of going to school through attending the learning hubs. The learning hubs have been running for five years and the number of students attending increases each year. Seventy-nine percent of home enrolled students, that is 472 individual students, attended a learning hub during 2019 (Terms 1–3). Let's strive for 90% plus in 2020.

We will continue our focus on 'real time' teaching through increasing student participation in web lessons. Students and teachers are able to share screens, collaborate in group work in break out rooms and participate in class discussion by typing comments or speaking. Many students choose not to turn on their camera or microphone, and this is totally up to the individual. Web lessons are definitely helping many of our students feel a greater sense of connection to school. The number of web lessons and students participating in web lessons have increased significantly. During Terms 1–4 2019 there were 1277 web lessons (total 4422 student attendance) delivered by teachers, compared to 942 in 2018, a 35% improvement.

This term our students will participate in the Tell Them From Me student feedback survey which will be open from 9 March to 8 May. Students will be supported by their Roll Call teachers to complete this survey. Any students attending a learning hub can complete the survey there. It's really important to tell us what you like about our school and where we can improve as we just want to get better and better each year.

I look forward to another wonderful year in our unique and supportive school. Students, work hard and strive for learning success. Supervisors, don't hesitate to contact your teachers to keep the learning partnership alive and vibrant.

Keat

Lisa Keating Relieving Principal



Tell Them From Me student feedback survey (Term 1, 2020)

I am delighted that this term our school, like many other public schools in the state, will participate in a Department of Education initiative: the <u>Tell Them From Me</u> student feedback survey.

The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing and engagement, and effective teaching practices. More information about the survey is available at:

https://surveys.cese.nsw.gov.au/ttfm-surveys/student-survey

Note: only our home students will be involved in taking the survey through SDEHS. Students from centres etc. will do the survey at their own schools.

The survey is a great opportunity for students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school and in our school planning.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. Each student will be provided with a unique password for entry into the survey. It will be administered between 9 March and 8 May. SDEHS students can complete the survey at home, when attending a learning hub or through Roll Call. Participating in the survey is entirely voluntary, but every student is strongly encouraged to participate.

A consent form and FAQs for parents/carers about the survey has been emailed to parents at the end of February. Note: The consent form will only need to be returned to the school if the parents/carers <u>do not</u> want their child or children to participate.

The parent/carer FAQ document can be accessed at the following site:

http://surveys.cese.nsw.gov.au/images/FAQs/2020/TTFM_Student_Survey_FAQs_Parent_and_Carers_T12020.pdf

Julíe Kennedy

Deputy Principal

Health Club @Woolloomooloo Learning Hub

Every Friday of term the PDHPE Faculty runs a Health Club from 1.15pm to 2pm for all students attending the Woolloomooloo Learning Hub. Students engage in fun filled physical activities and social games which include board games and creative thinking games in a relaxed and supportive environment.



HSC 2019 Highlights

Congratulations to the following Top Achiever (Top Achievers are students in the top places in each course.)

Dominic Grimshaw

2nd place Ancient History

Congratulations to the following **Distinguished Achievers** – students who achieved a result in the highest band for one or more courses. There were 39 results in the highest band, 7 of these were for home students:

Tristan Miller Raphaella Revis Gloria Rosenberg Naomi Sano Imogen Urwin Jessie Van Niekerk Natalie Wood Music 1 Food Technology Mathematics Ext 1 Biology Biology Industrial Technology Music 1

Textiles and Design

Congratulations to Hana Brinkworth on being selected for inclusion in the prestigious Texstyle exhibition of outstanding Major Textile Projects. The Texstyle Exhibition is held at The Muse, TAFE NSW on 3–6 March.



Industrial Technology Multimedia



Congratulations to Nicholas McAnulty on being selected for inclusion in the prestigious InTech exhibition.

Visual Arts

Congratulations to Georgia Bull on being selected for inclusion in the prestigious Artexpress exhibition. The exhibition is at the Art Gallery of NSW from 6 February to 26 April.



Congratulations to the following students on the completion of the HSC 2019 and their successful admission to university or other tertiary courses.

Student	ATAR	Course	
Imogen Urwin	96.60	B. Clinical Science, Macquarie University	
Naomi Sano	93.80	B. Advanced Science (Pre-medicine), University of Technology Sydney	
Jasmine Lopez	86.60	B. Arts Creative Writing Media & Communication, University of NSW	
Caitlin Greig	86.40	B. Psychology, Macquarie University	
Tayah Hanton		B. Laws B. Security Studies, Macquarie University	
Samantha Ellwood	85.00	B. Sports Management, International College of Management, Manly	
Emily Arthur		B. Communications & Media, University of Wollongong	
Jessie Van Niekerk	80.00	Professional Surfer	
Lori Atherton	79.00	B. Science Human Biology, Macquarie University	
Imogen Florian	78.70	B. Exercise & Sports Science, Australian Catholic University	
Maddie O'Shea	70.00	B. Commerce, Macquarie University	
		Macquarie Leaders & Achievers Early Entry Scheme	
Natalie Wood	70.20	B. Music, University of Newcastle	
Scott Gabutto	70.00	B. Arts Theatre Studies Film & Television, Notre Dame University	
Lucy Lakeman	69.00	B. Visual Arts & Design, Australian Catholic University	
Claire Smoothly	64.00	B. Social Science, University of Newcastle	
Caitlin Stamoudis	64.00	B. Accounting, University of New England	
Chantelle Nolan		B. Nursing, University of Wollongong	
Aphra Slade-O'Brien		Indigenous Pathways to Medicine, University of Newcastle	
Ruben McKenna		Certificate 4 in Web Technology, TAFE	
Eloise Chambers		B. Science, Western Sydney University	
Damon Kelly		B. Nursing, University of Canberra	
Brodie Haslehurst		Certificate 4 Accounting & Book Keeping, TAFE	
Joseph Vyner		Diploma 3D Animation &VFX for Films	
		Academy of Interactive Entertainment, Ultimo	
Kayden Tattersall		Diploma Business then B. Business, Western Sydney University	
Amber Whant		Certificate 3 Design Fundamentals, TAFE Digital	
Lucie Wheeler		Diploma of Biblical Theology, Moore Theological College	
Thomas Elliott		Certificate 3 Graphic Design, TAFE	
Isabella Cargill		Diploma in Event Management, TAFE	
Jihye Park		Professional golfer	
Benjamin Ring		Seeking work in IT Industry	
Shania Meredith		Working in Floristry	
Shania Campbell		Working in Retail	

SAVE THE DATE

Co-curricular programs are fun and a great way to make friends and feel a greater connection to school. Programs running in Terms 1 and 2 include:

- SDEHS Choir, every Wednesday 1.00–2.00pm
- Student Health Club, every Friday 1.00–2.00pm
- Student run Coffee Club, every Friday 10.30am–11.30pm
- Big Day In, Wednesday 27 May 10.00am–2.00pm
- Harmony Day, Thursday 19 March 10.00am–2.00pm
- Student Leadership Group Meetings, Fri 28 February and Friday 29 May, 12.30pm
- National Action Day Against Bullying and Violence morning tea, Friday 20 March 10.30am
- Orientation Day for new students (enrolled from Term 4 2019), Monday 2 March 10.00am–2.00pm

Unusual Animals by Hugh McDonald

Capybaras are the largest rodents in the world and look like giant guinea pigs. These mammals originate from South America with a natural habitat of dense forest or savanna. As herbivores they like to eat grasses, aquatic plants, sugar cane, fruit and tree bark, actually being quite fussy about what they select.

With a barrel shaped body, short head and webbed feet, a capybara can reach speeds of up to 35 km/hr on land, which is as fast as a horse. They weigh around 50 kg. An average adult is 120 cm long and 60 cm tall, with fur that is reddish-brown on top and yellowish-brown underneath. Nicknamed "nature's ottoman", birds and monkeys often jump on their backs to go for a ride.

Like other rodents and rabbits, capybaras have front teeth that grow continually to recover from the wear and damage from gnawing on tough plants and grass. They regurgitate their food to chew it again and again. Like camels they chew from side to side rather than up and down.

Capybaras are highly social and live in troops of usually twenty but up to one hundred. They are very vocal and communicate with a variety of sounds including purring, barking, cackling, whistling, squealing, whining, grunting and teeth-chattering. Each social group has its own unique symphony of harmonic sounds.

Surprisingly semi-aquatic and fantastic swimmers, capybaras always live near bodies of water such as lakes or the Amazon River. They can dive underwater and hold their breath for five minutes, even sleep and eat in water like a hippopotamus.

These cute and curious creatures can now be found at Taronga Zoo where they made home in September 2019. Rodney is the head of the herd and is really enjoying life in Sydney.









Research in neuroscience has shown that singing makes us happier, healthier, smarter and more creative and helps reduce and manage stress levels and anxiety.

You don't have to be a fabulous singer to join the SDEHS Choir Project. Just have a positive attitude to give it a go and supportive attitude towards others in the group.

Students - interested in attending the SDEHS Choir? New members welcome!

The Choir Project will operate at school (Woolloomooloo) every Wednesday of term on the COLA stage 1pm to 2pm. If you are interested, contact Lisa Keating, Relieving Principal on 9383 0383 or lisa.keating3@det.nsw.edu.au



Woy Woy Hub and Tuggerah Hub Excursion 2019

Last year for the annual Woy Woy Learning Hub yearly celebration students enjoyed the giant inflatable obstacle course at Central Coast Aqua Park. Although the day was overcast and chilly the students braved the conditions and tackled the challenges on the course. Afterwards we headed to Mapo Korean BBQ in Gosford to cook and experience the flavours of Korean cuisine. Some of the more culinary adventurous even tried ox tongue!

Left: Left to Right: Dakota Maddocks, Sophie Amerongen







Above: Left to Right: Tom Elliott, Michael Marusic, Ben Ring

<u>Left:</u> Left to Right: Conrad Reid, Nathan Kennedy, Dakota Maddocks, Sophie Amerongen, Beth Challinor, Ben Ring, Lily-Rose Griffioen and Michael Marusic

The Tuggerah Learning Hub annual excursion was held at the Central Coast Leagues Club where students climbed to new heights at Clip n Climb and joined forces with their team mates to battle it out at Laser Tag. Lunch was an all you can eat buffet

which students enjoyed after all their physical activity in the morning.

Both excursions were a great success and a great way for students to bond with their peers and staff at the end of the year. We look forward to planning new and exciting experiences for excursions this year at the hubs. Rob O'Brien and Leah Grennan

What's happening at the Woy Woy Hub

The Woy Woy Hub is run by Leah and Rob and will operate from 8:30am to 3:30pm. We are located inside the Woy Woy Peninsular Community Centre in meeting room 5. We offer students assistance with their subjects and support with school related questions. The classroom is a safe and supportive space to meet other students in the area and connect with teachers. We advise students to bring their own device. However, we do have laptops should they be needed.



Right: Left to Right: Lillian McKenna, Dakota Maddocks

This year at the Woy Woy Hub we will introduce practical activities into our regular program. On weeks 5 and 10 of each term we will run a cooking class to engage students in cooking their own healthy meals. We will be offering indoor sport in the afternoons, such as badminton, hockey, soccer and cricket. We will also be including art and photography skill based lessons throughout the year. We are always open to new suggestions. Students can sit their Minimum Standards Testing at Woy Woy Hub on 16 March 2020.

During the year students will have the opportunity to participate in a half-yearly and end of year excursion. Details will be available later in the year.

If you have any questions regarding our hub or are interested in joining us for any of these programs and events contact us via email or phone.

We look forward to an exciting year in 2020 and meeting new students!

Updating your Child's Anaphylaxis/Allergy/Asthma/Diabetes/ Epilepsy and Health Care Plans

Every year Supervisors 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 or epilepsy, is at risk of anaphylaxis or has 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 Individual Health Care Plans and Action Plans for Anaphylaxis and Allergies, Asthma, Diabetes and Epilepsy.

Individual Health Care Plans and Healthcare Procedures in NSW Schools - <u>https://education.nsw.gov.au/student-</u>wellbeing/health-and-physical-care/health-care-procedures

Anaphylaxis and Allergies - https://www.allergy.org.au/hp/ascia-plans-action-and-treatment

Asthma - https://asthma.org.au/

- Diabetes https://as1diabetes.com.au/
- Epilepsy http://www.pennsw.com.au/





Besides meeting the NSW Department of Education requirements, 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 appropriate emergency response.

I 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 <u>rachel.wiseman@det.nsw.edu.au</u>

Wanted Parents for Panels

Teachers and executive staff often get jobs at this school through selection procedures, including interviews.

Every selection panel has a parent representative who has attended a two hour training course or completed the equivalent through an online training course.

Are you interested?

I am seeking nominations from parents who may be interested in taking part in this important process.

If you are interested, please ring me at school or send me an email at the school email address:

sydneyh-d.school@det.nsw.edu.au

Thank you. Lisa Keating Relieving-Principal

Do you know the SDEHS Students' Code of Behaviour?

Be prepared to learn	 Show a positive attitude Engage with their learning Do their best at all times
Respect yourself and others	 Accept reponsibility for the choices they make Treat all people with respect - use appropriate language and actions including online and texting Follow teachers' instructions at all times
Care for your own property and school property	 Responsible for looking after their own property and school property Respect the property of others
Behave safely	 Report to the office, sign in and wear a name tag Remain on the school grounds with their supervisor unless they have permission to leave Behave in a way that does not put themselves or others at risk, including online and texting Follow WHS (Work Health and Safety) procedures at SDEHS Act responsibly and access only appropriate sites and materials on the internet

Behaviour that infringes the safety of others, such as harassment, bullying and illegal or anti-social behaviour of any kind, will not be tolerated. Any student who breaches the Code of Behaviour may be required, as a condition of attendance at all future school events (including attendance at learning hubs, study days, open days, camps and excursions), to be accompanied by a supervisor for the duration of the event. In some cases, students may be restricted from attending future school events.

Rachel Angus, Head Teacher Welfare Year 10

Information from the Careers Faculty

Our school provides its students and their parents/caregivers with a School Careers Website. You can find it at https://www.sdehscareers.com/

It's a 'One Stop Shop' for your child's needs with their career planning information, senior school, post school options and much more.

They can also use it to create and save their resume.

The site is designed to provide you with all the information you need about career planning and post school options as the information is constantly changing in these areas.

We subscribe to a couple of career exploration websites: Job Jump and Study, Work Grow. Instructions on signing up to each follow.

Careers Team

Anna Hampouris9383 0456anna.hampouris@det.nsw.edu.auDebbie Hodges9383 0426deborah.hodges@det.nsw.edu.auJulie Barel9383 0449julie.barel@det.nsw.edu.au

Careers resources for students

Our school has subscribed to a careers news and information service. It's easy for you to sign up for free membership as part of our school subscription.

You can access career building tools, discover scholarships, and more.

How to sign up:

Step 1 – go here - <u>studyworkgrow.com</u>. au/student-membership/

Step 2 – enter your details – your information is securely stored and only used for this purpose

Step 3 - select 'I have a school code', and use code SDEHS0219

Step 4 - complete your sign up and start exploring

You can choose what type of information you'd like to see, and your details remain securely protected.





Jobiump We would like you to be able to use all parts of the JobJump website to help plan and achieve your career dreams. It is there to help through to an extra year after Year 12.

www.jobjump.com.au

To register with JobJump, go to the front screen of the website at www.jobjump.com.au

Click on I'm New. On the new screen, enter into the first white box the first letters of your school's name and when the full name appears just below in blue, click on your blue school name and it will enter automatically into the first white box.

In the second white box, enter your school password which is: **Stallion** and click **Continue**. You then need to enter a few details and set your Personal Password. (Min 6 characters).

So whenever you come back to Login to JobJump, all you will then need is your email address and Personal Password.

Two things to remember:

- 1. If you can't find the career from the list offered that suits you, select a career which is in the field you like. For example, you may like the field of Tourism and the idea of having a career in the Tourism industry is not a bad idea. In the listing select 'Travel Agent' because all Tourism careers news will come to you.
- 2. When you register, remember you can select as many careers as you like from the listing. If you change your mind you can alter the choices at any time by going to the black head at the top right hand side after you are Logged In.

Watch the tour of JobJump in the brief video entitled 'Learn JobJump fully in minutes'. Go to the bottom middle part of the Home page.

Once you have registered, you can use all parts of the website to enjoy the following:

- Year 10 subject selection advice across 100 careers
- Writing letters, resumes, what to say to an employer, where to find your future employer
- A comprehensive digital ATAR and University Course sorter that works hand in hand with the UAC Handbook making a breeze for you to search for your chosen courses
- Job vacancies for over 100 options based on your school location
- Bonus points
- Overseas exchange
- Accommodation across all Universities in NSW and their direct links
- Earnings across 300 careers
- EAS information
- 'Find my Career' quizzes
- Hobby projects across 100 careers to inspire and engage students in their career
- Interactive yearly calendar across all news items which can be personalised to your careers of interest
- Undergraduate scholarship sorter across all NSW Universities
- Universities Open Days listings and links
- Videos across 100 careers
- Gap year and volunteering opportunities
- Alternative entry to University sorter and links across all NSW Universities
- Interstate and overseas University admissions centres' links
- Work experience documentation ... and much more.

We trust you will enjoy using www.jobjump.com.au

Library news

Welcome to all students and supervisors for 2020.

SDEHS library is your school library and we are here to help you. We can help you to find books to read, talking books and resources for study. We can help with writing bibliographies and so much more! The *Guide for Students and Supervisors* contains library information, including contact details, on page 22.

Students can find the library database link on their student portal home page, which means they have online access 24/7 including links to World Book Online.

On this page students can browse the catalogue and reserve items. We will post them out to you.

Oliver Library home page

Need assistance? Contact the library by phone, 9383 0270/0271, or by the school email address. We will get back to you promptly.

We have subscriptions to World Book Student and Advanced. Accessing this resource is easy from our Oliver library home page.

Step 1: Use the World Book online hyperlink.

Step 2 Choose either the Student or Advanced version and type in your search, you might like to use one of the tools and settings options to enhance your experience.



Information for students, supervisors and parents

Safer Internet Day 2020 was held on the 11th February.

This worldwide event raises awareness about online safety while at the same time providing information and tips for to promote the safe and positive use of digital technology.

Online safety basics from the eSafety Commissioner

"Help your children safely navigate their digital world and educate them to avoid harmful online experiences. Explore websites, games, apps and social media together and set some rules.

Your support and guidance can give your children the confidence to make sound decisions online – and ask for help when they need it". See <u>https://www.esafety.gov.au/parents/skills-advice/online-safety-basics</u>

Ursula Dubosarsky has been named the new Australian Children's Laureate for 2020 - 21



http://www.childrenslaureate.org.au/about/

We have the books below and more by Ursula Dubosarsky in the school library.

To reserve an item, select the title then hit the Reserve button. The library will place the book on loan and post it out to you.





The Student Leadership Group (SLG)

Sydney Distance Education High School's (SDEHS) Student Leadership Group (SLG) works to represent students' interests and needs in various ways. They take action to bring about positive changes that will benefit the students and the whole school community.

SDEHS's SLG gives our students the skills to create, implement, lead, follow and succeed. Most importantly the SLG gives students the opportunity to represent the views of their peers and to succeed in making those views heard.

The SLG at SDEHS is continually changing. This year, we are aiming to work collaboratively as a team with shared responsibilities in the Leadership/Executive roles. All the students will be given an opportunity to lead the SLG. We will be focusing on the skills for becoming better leaders and peer mentors. This change aligns with the General Capabilities in the new Australian Curriculum which focuses on critical and creative thinking, personal and social capabilities and ethical and cultural understanding.

The SLG will meet once a term (four times a year) and be involved in the organisation and planning of school activities such as Orientation Days, Harmony Day, Diversity Day and Presentation days.

Our school needs to continue to have a strong student voice and we would like to encourage all our home students to be involved in the SLG.

The first meeting was on Friday 28 February from 12.00 noon to 2.00 pm in the COLA.

For further information about the SLG, please contact Catherine Soper 9383 0238 or email catherine.soper2@det.nsw.edu.au

Virtual Excursion in the Southern Ocean

In Week 3 of this term, seven Science teachers and two Year 11 Earth and Environmental Science students were lucky enough to join a live satellite link up with scientists on board Australia's Research Vessel (RV) *Investigator* in

the Kerguelen Islands, Antarctica. It was an interesting professional development and learning experience as we toured the ship and met biologists undertaking research on marine birds and mammals as well as discovering new creatures from the deep. We also heard from geologists dredging the sea floor collecting rocks from extinct volcanos and hunting for pieces of continental India left behind when Australia, India and Antarctica split up some 140 million years ago.



Picture: An engineer on the back deck of RV Investigator in the Southern Ocean during the live cross

Student Successes

Taronga Training Institute

Hugh McDonald in Year 10 has just graduated from the Taronga Training Institute with a Certificate II in Animal Studies. He is the first intake of students to do so and will continue to pursue his career as a zoo keeper.

Out of the Fire – Resilience in the face of natural disaster

Indigo Fraser Year 9 Photography Digital Media student had his photographic work used on the promotional poster for the Blue Mountains City Art Gallery exhibition from 29 February to 15 March. It showcases photographs of the Blue Mountains fires from fire activity to re-growth, RFS volunteers and Fire & Emergency Crew members. Congratulations Indigo!





Hugh's Gift

Hugh McDonald and his mum Ashley kindly donated his beloved portable keyboard to the Music Faculty. We greatly appreciate his kind gesture and we will certainly put it to good use.





Disability Provisions - 2020 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 the Higher School Certificate Examinations.

If you think that your student may need to apply for Disability Provisions for the 2020 Higher School Certificate Examinations, please phone Alicia Gilmore on 9383 0298 or Christine Cato on 9383 0296 and **request that an application** form be sent to you.

This 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 as some provisions require additional assessments and evidence submitted such as medical reports, reading assessments and assessment tasks.

The NESA closing date for Disability Provisions applications is **Thursday 9 April 2020 (the last day of Term 1)**. **Your completed forms will need to reach SDEHS by Friday 3 April 2020 to ensure that this deadline is met.** This information is to let you know of the need to apply for Disability Provisions in Term 1 2020 for the 2020 HSC Examinations. Any approved Disability Provisions may be used for Trial exams and assessment tasks in Year 12.

NCCD at SDEHS 2019

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) is a compulsory national annual data collection. The NCCD counts the number of students in Australian schools receiving an adjustment due to disability.

The NCCD aims to provide data that will inform funding and enable schools, education authorities and governments to gain a more complete understanding of students who are receiving adjustments because of a disability in schools and how best to support them. Students who have been identified by the SDEHS Learning and Support Team as receiving a reasonable adjustment because of a disability (under the *Disability Discrimination Act 1992*) will be included in the 2020 NCCD.

The NCCD has released a public notice that provides parents and carers with additional information about the NCCD. You can find the public notice via the following link <u>https://www.nccd.edu.au/for-parents-guardians-and-carers</u>

You can also visit the Department of Education's national data collection webpage <u>https://education.nsw.gov.au/teaching-and-learning/disability-learning-and-support/personalised-support-for-learning/national-disability-data-collection</u>

Please contact Sally Xexenis (Learning and Support) on 9383 0221 if you have any questions or require further information. <u>Sally.Xexenis@det.nsw.edu.au</u>

Health Myth Busters from the PDHPE Faculty

Mention the word 'Coronavirus' and people get very nervous. But the spread of this virus, like most, can be minimised. One of the best ways to prevent getting sick is remarkably easy: wash your hands. There are six steps:

- Wet hands (cold or warm water, it doesn't matter)
- Apply soap
- Lather and scrub
- Rinse hands
- Turn off tap
- Dry hands thoroughly (apply hand sanitizer if you're still nervous)

It sounds easy, but it's not just *how* to do it that is important, but also *when* to do it and for *how long*. Doctors recommend you wash your hands often; always before eating and always after using the bathroom and touching obviously unclean items. How long you wash your hands for depends on how dirty your hands are but a minimum of 30 seconds is recommended. Try singing "Ba Ba Black Sheep" twice which will take about 35 seconds! And if you have to sneeze or cough, do NOT do it in your hand, use a tissue and throw the tissue in the bin!





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. Dihydrogen monoxide is more commonly known as?



 True or False – An orange has more Vitamin C than a Kakadu plum.



3. An intense low pressure system under the right conditions has the potential to develop into a what?

- 4. What is the only type of bird that can fly backwards?
- 5. Donkeys are well suited to mountain trails because their eyes are positioned in a such a way that they can:
 - a) See really far ahead
 - b) See all four of their feet at the same time
 - c) See the ground in front of them in high detail
 - d) Recognise and follow their owner

	SDEHS Learning Hubs	D O X		
Learning Hub	Location	Opening Time		
Glenbrook	The Glenbrook Centre, 1 Ross Street, Glenbrook	9 am – 3 pm Thursday		
Ingleburn	Greg Percival Community Hall, Corner Oxford Road and Cumberland Road, Ingleburn	9 am – 3 pm Tuesday		
Miranda	Miranda Community Centre, 93 Karimbla Road, Miranda	9 am – 3 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 pm Tuesday		
Woy Woy	Coast Community Connections, 93 McMasters Road, Woy Woy	9 am – 3 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				



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.







Contact

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