

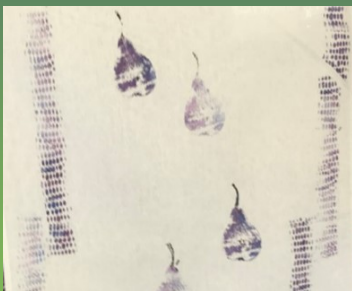


Issue 16

28 November 2018

### In this issue—

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- Primary news
- Secondary news
- School/community events
- Student calendar



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W [sthcrossc-d.schools.nsw.gov.au](http://sthcrossc-d.schools.nsw.gov.au)

Our school stands proudly on Bundjalung land

### From the Principal's Desk

Hi All,

The term is racing away. We are fast approaching our move into our own premises where we will be able to set up and cater to the needs of our students in a much more efficient way.

We have been busy organising our staffing and budgeting for next year and we will welcome many new permanent staff.

I have been witness to some of our students works in dance, music, art and textiles and am currently reading through reports to see how well our students are fairing.

I would encourage all students to keep up the effort and diligence until the end of the term, when you can have a well-earned break and relax for a while. We have a massive year ahead, and I am looking forward to the challenges and seeing the results of our hard work. Don't forget that we will be having awards days/celebrations of students achievement and for those finishing their Year 12.

These events are advertised in our newsletter and I look forward to seeing you there.

Keep up the great work  
Yours in Education,  
Danny Henman



### Focus on Faculty—TAS

The TAS faculty invites you to explore some of the opportunities for learning and fun in our area.

We offer Students a wide range of practical subjects.

Year 7 and 8 students partake in Mandatory Technology which introduces them to the many facts of TAS and allows them to develop skills and interests for life.

Years 9 and 10 have the opportunity to select elective subjects which further develop these interests and skills. Subjects include; Graphics, Automotive, Building Construction, Metals and Engineering studies, Electronics, Child Studies, Food Technology, and Textile Technology.

Year 11 and 12 courses include:- Industrial Technology (Graphics and Electronics, Timber), Building and Construction, Food Technology, Textiles and Design, Design and Technology and Exploring Early Childhood.

These courses can be continued in post school training, and university studies leading to a variety of occupations from Fashion Design, Engineering, Building and Construction and other trades, Child Care and Early Childhood teaching, as well as a variety of careers in the Food and Service Industry.

Further details about some of these courses are described below. If you are interested or want to know more, contact your Year Adviser or TAS staff.



## Primary News

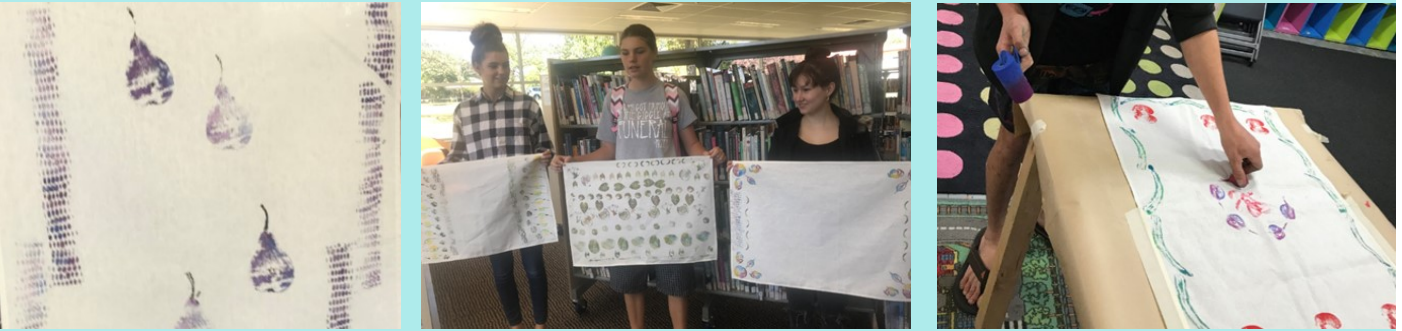


Here are some stills of the Dinosaur Claymations that K-6 have been completing over the last few weeks. To see an example of an actual Claymation, check out our Facebook post.



# TAS News—Secondary Students

Engagement Days give a taste of what can be studied in TAS courses.



As part of the new **Stage 4 Technology Mandatory** course students study computer coding within the Digital Technologies Context area.

Students in the TAS Stage 4 Technology Mandatory course were issued with a BBC Micro:bit

The Micro:bit is being used worldwide by students to learn programming and to make computer controlled devices.

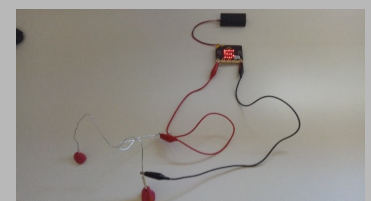
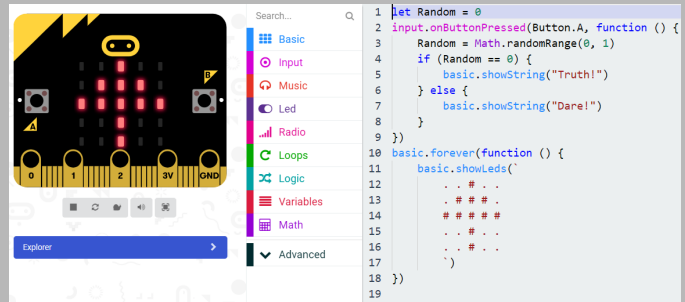
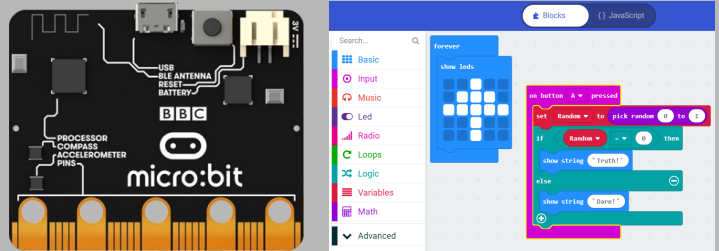
Students start with the basics by coding using blocks of code.

Students learn the JavaScript that is contained in the blocks of code they have used

When students have completed this course, they have the option of continuing on to the more advanced Micro:bit 2 course.

In the Micro:bit 2 course students work through the nationally accredited course called the 'BBC micro:bit Crash Course'. This course uses the Python programming language which is the world's most popular language used by software engineers.

A micro:bit is a programmable circuit board. Students complete projects that help them understand coding. The Frustration Game is a circuit made by the students with the micro:bit, battery and wire. The player attempts to move a wire wand along a bent wire without touching the bent wire. The Micro:bit records each time the wand touches the bent wire and the circuit is closed.



Year 8 Micro:bit Frustration Game

Many thanks goes to STEM Coordinator, Sam Nelson for writing course materials and helping to set up this program within the TAS faculty.

# TAS News—Secondary Students

Next year we are including machine sewing skills in the **Technology Mandatory course in years 7 and 8**. Students will make boxer shorts and fabric decoration techniques such as applique and chenilling to make a cushion cover.



## Technology Mandatory Years 7 and 8

Technology Mandatory introduces students to a wide range of skills which will be of benefit to them throughout life. The new Syllabus starting in 2019 has 4 main focus area of learning;

- Agriculture and Food technologies (growing food and resources, food preparation skills, healthy eating)
- Digital Technologies (block and script coding systems using microbit)
- Engineered systems (designing systems to meet our everyday needs eg, transport, storage, clothing, housing needs)
- Material Technologies (using material resources such as fabric, plastics, metals and wood to construct products like clothing, furniture and household items)

As well as these core areas of study there is an overall focus on Design and Production, whereby students develop an understanding of the design process and communication skills which will transfer to all areas of learning.



Alexander Hampson, Year 7 Technology Mandatory, demonstrating excellent food preparation skills.

The following projects have also been completed by year 7 or year 8 students as part of their Technology mandatory course.

## Fridge Magnets: Kitchen Safety

Students design a graphic depicting kitchen safety rules. They email this to their teacher who prints it on magnetic paper and returns it to them.



Eli Graham Year 8



Ella Charman, Year 7 Windmill has made a very neat windmill with a soft drink can and a coat hanger. There must not have been any wind when she took this photograph.



Alex Hampson Skateboard Deck Design

# TAS News—Secondary Students

## Textile Technology Years 9 and 10 and Textiles and Design Year 11 and 12

Both courses provide opportunities for you to engage in practical activities and develop skills in designing and constructing textile items including clothing, soft furnishings and costumes reinforcing your understanding of the topics studied. These are lifelong skills allowing you to engage in a range of textile arts and crafts for personal pleasure and sense of accomplishment.

*This is a great opportunity to develop skills that you can use for practical and leisure activities for life.*

### Practical Activities

Textile projects help students develop their practical skills as well as giving them the opportunity to be creative and demonstrate self-expression through their projects.

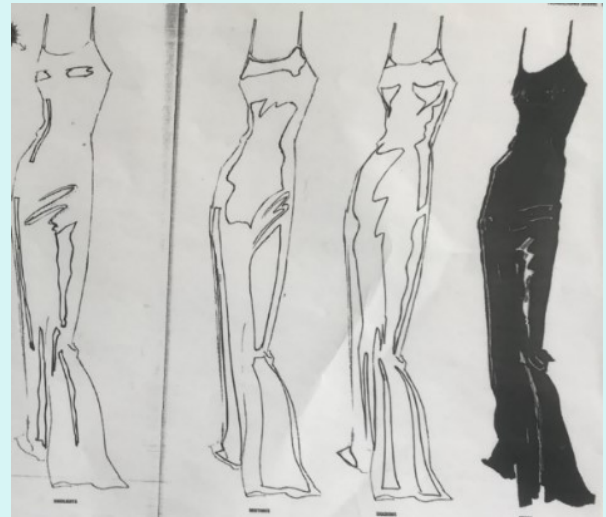
*Left: Examples of products that can be created using Textile Technology*



## Fashion Drawing

One of the skills students learn in Textile Technology (Years 9 and 10) and in Textiles and Design (Years 11 and 12) is Fashion drawing. This involves the use of fashion silhouettes to illustrate a fashion design. Rendering gives the drawings the appearance of drape, sheen, texture and transparency. Below are some of the effects that can be created.

*Example of fashion drawings*



## TAS News—Secondary Students



### Surface decoration techniques

Students engage in practical workshops to learn various surface decoration techniques including applique, printing, dyeing, hand and machine embroidery. These pictures show students participating in a workshop to learn nano felting and eco dyeing.



### Garment construction

Students learn to operate a sewing machine and other textiles equipment, develop sewing skills such as sewing seams, hemming and how to put a zip in. They also learn to use commercial patterns to be able to make clothes, home furnishings and craft items.

Leanna Laughton year 10 made several practical projects demonstrating a range of great sewing skills





### Textiles and Design Major Works

This year we have had three students complete Major Textile Projects for year 12 Textiles and Design. All three projects were very different and the students all exhibited high levels of creativity and technical skills in their works.

One of the students, Ahslea Levi, based her project on the Blackbean tree. She made a felted wall hanging with individually constructed appliqued leaves, handmade organza flowers and beautifully constructed seedpods, with vines made from machine embroidery on dissolvable film.

Jessica Schmich has always had a love of Japanese culture especially 'Anime'. She has made a costume based on the Japanese fable of the 'Bamboo Cutters Daughter'. The three-piece costume consisted of a fully lined kimono, an obi and a long jacket. Jessica used the techniques of stencilling, hand embroidery and beading to accentuate the design features.

Abeni Mierndorff based her project on Tanzanian culture. She has made three clutch purses in exquisite detail, using a variety of techniques. These included felting, machine and hand embroidery, rust dyeing, applique and upcycling materials. Abeni wanted the purses to be a conversation starter to draw attention to the issues facing Tanzanian women and girls.



# TAS News—Secondary Students

## Food Technology Years 9 and 10

### Do you know what is in the food you eat?

Look at these three products, What are they made from?

Did you answer crickets, carrots and an entire balanced meal?

Then you are right! The snack bar is made from chocolate and cricket flour, the water is reclaimed from juice processing and the glass contains protein, carbohydrate, fat and 26 vitamins and minerals in a drinkable meal replacement.



This year Food Technology students have been finding out about the foods we eat. Where they come from, why we need them, how to prepare them and why we choose the foods we do.

Our world is changing and we face new challenges. Food Technologists are needed to find ways to feed the world in the future. Come and join us!

Senior food Technology students have been looking at and developing their own new food product which will have a positive effect on teenagers health.

They have looked at Nutrition, Sustainability and food trends to decide on their product. The products are commercially available new-to-world foods. That means they are unique to the market.

AquaBotanical is water sourced entirely from fruit and vegetables. It comes from the liquid removed when vegetables are turned into juice concentrate.

The Chapul protein cricket bar is made from crickets. Whole crickets are dried and ground to make a sustainable high protein flour which is mixed with other ingredients and formed into snack bars.



## Here's a simple recipe to try at home

### Sushi rolls

#### Ingredient

- \* 1 packet of seaweed rolls
- \* ½ a cup of jasmine rice
- \* 1 tbsp of horse radish
- \* 2 tbsp of mayonnaise
- \* 2 tsp of black sesame seeds
- \* 1 tsp of rice wine vinegar
- \* ¼ cups of finely chopped spinach
- \* 1 tin of tuna

#### Method

- 1, Using a small saucepan fill it up to  $\frac{3}{4}$  and put it on high temperature and when it is heated up put the jasmine rice in. make sure that you stir it regularly
- 2, when the rice is fluffed up and cooked turn the stove off and then strain the rice, when that is done you can start to prepare you sushi
- 3, to prepare your sushi, it is best to use a rubber tray, so it is easier to roll your sushi. First you must place your sushi roll onto your tray and place some rice along the end of one side.
- 4, then put some of the spinach on top of the rice and then some tuna alongside the spinach.
- 5, this part is completely optional, mix your mayonnaise with the horse radish and spread that with some of the rice wine vinegar on top of the tuna
- 6, roll your sushi using the mat and cut into small pieces. Serve with some soy sauce and enjoy.





## TAS News—Secondary Students

### Design and Technology

Ethan Harmsen proposed this Major Project for Year 12 Design and Technology to address our current need for affordable sustainable architecture. Ethan started with the original concept of the North American Indian Tee pee and added a more contemporary influence.



### Child Studies Year 9 and 10 and Exploring Early Childhood Year 11 and 12

In Child Studies and Exploring Early Childhood students gain knowledge and skills related to the care of babies and young children. They learn about the importance of children having their physical, social and emotional needs met.

This experience may be helpful if you want a career in child related industries, as well valuable information for future parenting.

#### Practical Activities

Students are involved in practical activities and interest projects where they can choose a subject of interest to research in order to further develop their knowledge and understanding of the topic.



Year 10 Automotive student  
Josh Osbourne  
at work experience in the trade he is  
hoping to pursue.



## School/Community News



## The GRIP Leadership Conference

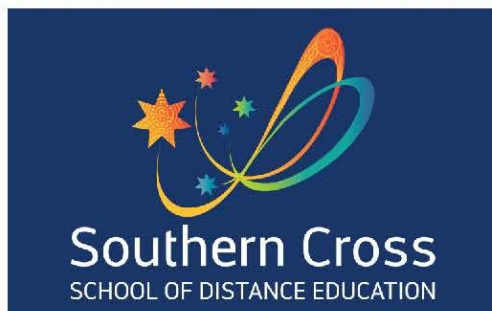
On the 29<sup>th</sup> of October, 2018, the Student Leadership Team went to Southern Cross University, Lismore, to the GRIP Leadership Conference. It was a fun day, and I believe that everyone would have learnt something because I personally took a lot away from the event. It was amazing to hear the presenters talk about their own leadership stories, and learn all their tips about how to be a great leader. We learnt that to be a leader, you have to be trustworthy and have a character that people like. We all know that everyone has a different character, but we learnt CORE to help us remember the main parts of every leader's character. You have to have **C**onfidence with **H**umility, to be confident in what you are doing and what you believe, but you have to be able to do that with humility. You have to be **O**thers **F**ocused as well – to remember that you are doing things for the entire school, not just yourself. You have to be **R**eliable, so that the entire school can know that they can trust you and always count on you. Finally, you have to have **E**mpathy. These four points, the CORE parts of every leader's character, are vital for maintaining a good, strong leadership team.

We had fun on the day, and it was nice to meet some leaders from other schools all around the area. Altogether, around 15 schools attended. Some were small, having only three students, and others were large, having more than 20. Everyone got a chance to participate, which made for an amazing day. We chose which sessions to attend, choosing: How to Involve More People with School Events and How to Choose and Advance a Cause. These were really beneficial to our leadership team, and were lots of fun as well. We also learnt that when choosing a cause, you have to listen to what the entire school wants, and decide which one would be the best. You cannot choose an event that only the team is passionate about, you must choose a worthy cause and one that the whole school supports.

Overall, the day was amazing and we were given lots of souvenirs to take home with us. Attending a GRIP Leadership Conference is definitely something that I recommend everyone does when considering becoming a Student Leader.

Tonya Turner,  
Student Leadership Team





Dear parents, supervisors and students

You are formally invited to the  
**Southern Cross School of Distance Education  
2018 Years 7-12 Presentation Day**

Monday 17th December 2018

Ballina RSL—9:30am for a 10am start  
Light lunch will be provided after the Ceremony at 12 noon

**The Presentation Assembly is a wonderful opportunity to meet  
with other students, celebrate the successes of the year and  
view some talented performances by our students.**

**We look forward to your attendance.**

All Years 7-12 full time students and their parents/supervisors are welcome even if you have  
already attended one of our other end of year presentations.

Water sport activities will be held at Shaw's Bay  
in East Ballina from 1.30pm

Please return the signed water sports permission note  
prior to the date, or bring it with you on the day.

*Mr Danny Henman*  
*Principal*

# Invitation

## 2018 West Presentation Day

Dear Students, Parents/Carers, Community Members and Special Guests

*The Presentation Day is an opportunity to meet with Distance Education students and staff from Inverell, Tenterfield, Glen Innes and surrounding areas to recognise and celebrate student successes and achievements throughout*



*Mr Danny Henman  
Principal*

**Date:** Wednesday 12th December 2018

**Time:** 10.00am

**Location:** East Inverell Bowling Club  
Glen Innes Road Inverell  
Ph 67 221545

- Lunch will be provided from 12 noon.
- Students are also invited to participate in 'Bare-foot Bowls' after lunch.

**RSVP: 5th December 2018**

Louise Webster	0431 456 228
Jenny Savins	0402 597 780
Helen Gunther	0429 364 231
Helen Mephram	0458 940 528
Leesa Maher	0438 661 547
Kim Morris	0408 940 654
Nancy McAndrew	0429 119 585
Judith Ford	0427 589 379



# STUDENT WELLBEING PROGRAM WEBCAST

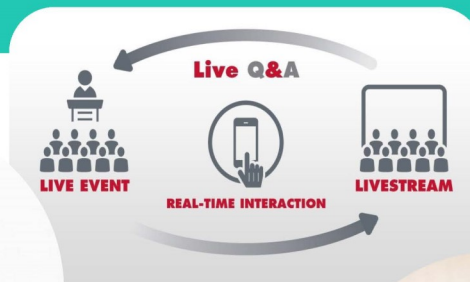
## LIVE | INTERACTIVE | FREE

Generation Next is once again offering a broad-based and FREE student wellbeing program via an interactive live webcast to build resilience in youth at an individual and whole-school level. Schools have the opportunity to participate in 8 sessions presented by expert speakers.

Dr Gill Hicks MBE  
Founder of not-for-profit M.A.D for Peace,  
Survivor of the London Terrorist Bombings  
July 7, 2005, Motivational Speaker, Author



The Generation Next Student Wellbeing Program equips students with the skills and understanding to help maintain good mental health; empowers them to become leaders and advocates for mental wellbeing within their peer groups, families, schools and the wider community.



Turkan Aksoy City of Canterbury Bankstown  
Cultural & Inclusion Officer



Brett Lee Founder iNESS,  
Former Police Officer



Jonny Shannon  
Tech entrepreneur &  
School Motivational



Sarah Alderton  
Founder & Lead Educator, The Selfie Project



Matt X  
Preventing Violent  
Extremism Consultant



Andrew  
Fuller  
Child & Adolescent Clinical Psychologist



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

PROGRAM A: Friday March 8, 2019 (International Women's Day)	PROGRAM B: Friday March 15, 2019 (National Day of Action Against Violence & Bullying)
<b>Chairperson - Andrew Fuller</b>	<b>Chairperson - Andrew Fuller</b>
<b>Reaching Your Potential</b> Planning for your future and achieving your goals - <b>Turkan Aksoy</b>	<b>Overcoming Adversity</b> Building resilience and a positive mindset - <b>Dr Gill Hicks MBE</b>
<b>You Are More Than Your Selfie</b> Developing a strong sense of self - <b>Sarah Alderton</b>	<b>Are You Being Groomed?</b> Strategies for staying safe in a digital world - <b>Brett Lee</b>
<b>Healthy Relationships</b> Exploring respectful and positive interactions - To be confirmed	<b>Choosing Not to Hate</b> Understanding perspectives and adjusting negative attitudes - <b>Matt X</b>
<b>What's the Worst That Can Happen?</b> Overcoming fear and obstacles to achieve your goals - <b>Dr Gill Hicks MBE</b>	<b>Power of Communication</b> The importance of social skills and positive emotions - <b>Jonny Shannon</b>

Participating in this event helped me see where my fellow peers sit in terms of different things that impact us in our teenage lives. Seeing the amount of people across the country who are thinking about the same things I am is encouraging and empowering.



Student

- Schools anywhere can participate in the event through the live webcast which will be broadcast in real-time.
- Schools need only an internet connection (ADSL 2 or better), projector and screen, audio system and a room to accommodate your students.
- Ideal for Year 10-12 students, with some sessions suitable for lower years.

Zone	Student Program
VIC, NSW, TAS, ACT	9:00am - 2:00pm
QLD	8:00am - 1:00pm
SA	8:30am - 1:30pm
WA	6:00am - 11:00am
NT	7:30am - 12:30pm
NZ	11:00am - 4:00pm

A great day. Comments from my students suggest they are thinking about these topics more deeply than before.



Teacher

## YES! PLEASE REGISTER MY SCHOOL!

Title:	Name:	Surname:	Profession:		
School/Organisation:					
No. of Students ↓	State:	Postcode:	Mobile:		
Year 12:	Year 11:	Year 10:	Year 9:	Year 8:	Year 7:
Email:					

LIVE WEBCAST PROGRAM A 8 March 2019

LIVE WEBCAST PROGRAM B 16 March 2019

BOTH WEBCASTS

SYDNEY FACE-TO-FACE (please tell me more!)



PO Box 500 Burwood NSW 1805

P: 1300 797 794 | F: 1300 797 792 | E: [info@generationnext.com.au](mailto:info@generationnext.com.au)

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



## Help with career ideas after your HSC?

- university
- TAFE
- college
- work
- traineeship/apprenticeship
- other ideas



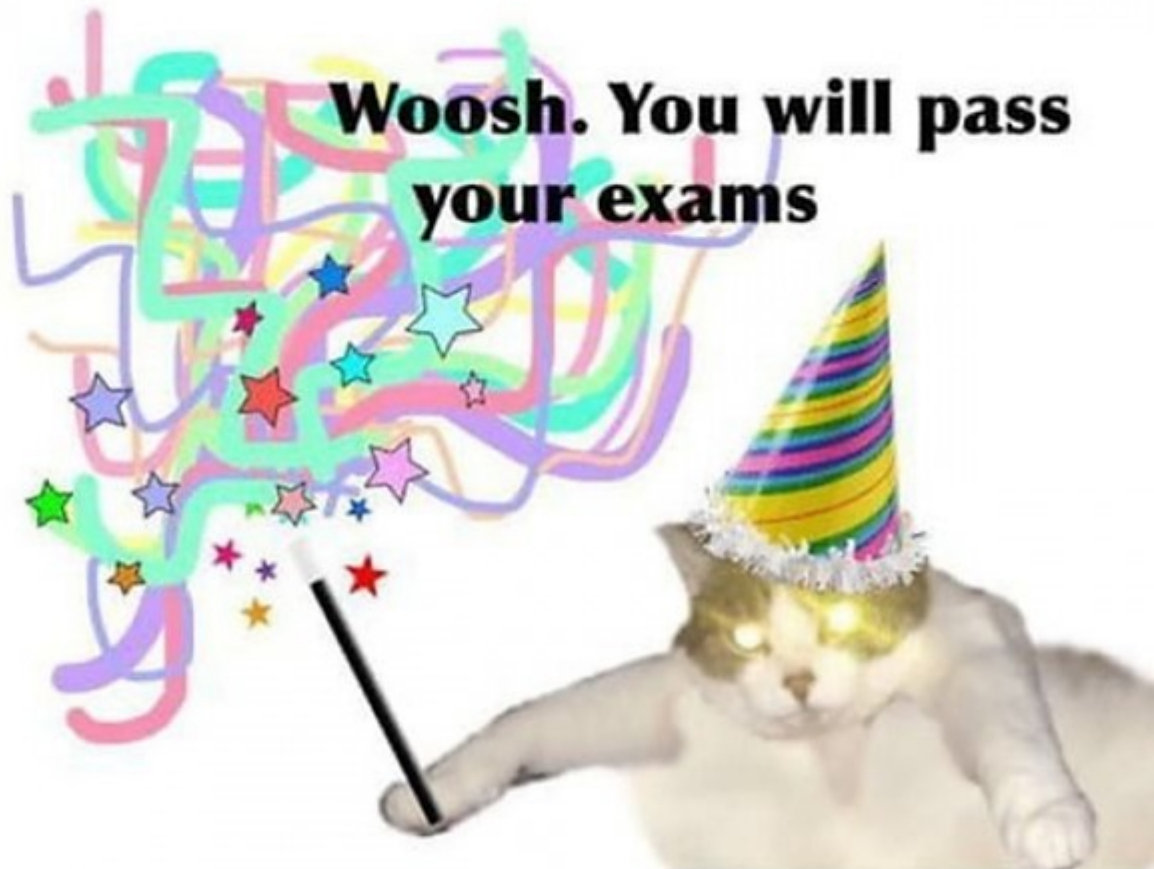
14 & 17-18 DEC 2018 | 9AM-5PM



GET CONNECTED

1300 300 687  
[www.careersadvisoryservice.com](http://www.careersadvisoryservice.com)





**HSC STUDY SKILLS WORKSHOPS – SAVE THE DATE!**

In 2019, we will be running two-day HSC Study Skills workshops in Glen Innes, Ballina, and Grafton.

These workshops will provide Year 12 students with tools to increase confidence, motivation and organisation, while reducing stress and procrastination. We will cover reading and writing skills, plus exam techniques. There will also be information about Uni application dates and scholarships.

Glen Innes 4 and 5 February 2019

Ballina 11 and 12 February 2019

Grafton 18 and 19 February 2019

We are able to help with transport for students, and morning tea and lunch will be provided.

Save the date! More details to follow soon.



# Student Calendar 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>November</b> Week 7	26	27	28	29 PDHPE—Ballina	30 K-6 Poetry Idol Assembly
<b>December</b> Week 8	3 PDHPE—Casino	4	5	6	7
<b>December</b> Week 9	10	11	12 West presentation Day	13	14
<b>December</b> Week 10	17 Ballina presentation day at RSL K-6 Mini school	18 K-6 Presentation Day Ballina Campus	19 Last day of school for students	20	21

SAVE THE DATE 6TH DECEMBER 2018

## Market Day 2018



Dear Students

We are excited to be having our second market/trade fair in December.

**WHEN:** Term 4 Week 8  
Thursday 6 December  
10 am—1.00pm

**WHERE:** Ballina Campus

**Stalls so far...**

Organic garlic, jewellery, plants, crochet, bags, farm produce, sauces, photography, woodwork and second hand items.

We cannot wait to hear your ideas.

- **Start planning**
- **Start making**
- **Come and sell your wares**
- **Come and buy treasures**

Everyone can join in the Student Market & Trade Fair Day. If travelling to Ballina is an issue please call me and we may be able to collect your items and sell them on your behalf.

It is open to all full-time Southern Cross School of Distance Education students and past students. All stallholders will make a gold coin donation that will go to a charity on the day.

Last year we collectively raised over \$400 for charity.

We can make a difference!

Please call me or speak with any of your teachers to discuss your ideas, we are here to support you.

Best wishes,

*Alison S*

Alison Sandercock 66187628