



### From the Principal's desk



We are over the half-way mark and well down the final straight for Term 1. As this is an 11-week term, please ensure that you have everything you need to stay the distance to Easter, including regular contact with your teachers.

We have experienced some very welcome rain over the previous weeks, and it is a relief to see that all active fires are now extinguished in NSW. I assume that anyone who has lost their learning materials in the fires has contacted their teachers to arrange replacement. If you haven't, please do so immediately so that your learning is not interrupted any further.

It has been great to see students on site at our school, working with staff, actively involved with their learning. I have also witnessed many of the lessons taking place online and over the phone, which is always a pleasure.

As we head towards the end of term, look out for assessments. It's important to get these in on time, every time. Assessments are designed around weekly learning materials, so make sure to return course work regularly so that your teachers can help you achieve your personal best.

For parents and carers, if you have an issue regarding your child's learning materials, delivery or any general inquiries, please contact the teachers or the office to arrange for an executive member to make contact.

Yours in education,  
Danny Henman

### COVID-19

#### SCSoDE are following NSW Government guidelines regarding Covid-19.

The situation is evolving quickly and we will continue to respond to the advice from NSW Health as we receive it.

We will post any changes or updates to our daily operations on the school website. The current situation is as follows:

- No student visits or outreach sessions until the end of term.
- School Camp is postponed until later in the year
- Learning Hubs are to continue at this stage

For further clarity or information please don't hesitate to contact us.  
David Thick, Deputy Principal

[education.nsw.gov.au](http://education.nsw.gov.au)



Opportunity \* Wellbeing \* Engagement

2-40 Chickiba Drive, East Ballina NSW 2478 | Tel: 02 6681 0300 | Fax: 02 6681 0499  
Email: [southerncrossschoolofdistanceeducation@det.nsw.edu.au](mailto:southerncrossschoolofdistanceeducation@det.nsw.edu.au) | Web: <https://sthcrossc-d.schools.nsw.gov.au>  
Our school stands proudly on Bundjalung land



## MEDIA RELEASE

13 February 2020

### COVID-19

As we are all aware, COVID-19 has rattled many nations around the world with over 118,000 cases in 114 countries. With the World Health Organisation (WHO) recently having characterised COVID-19 as a pandemic, the Mental Health Foundation Australia (MHFA) understands that tensions are running high within the community.

The MHFA recognises that everyone reacts differently to stressful situations and that the emotional impact of a crisis situation on a person can depend on a multitude of factors. One may feel inundated with information. We recommend avoiding reading or listening to news that cause you to feel anxious or distressed and to rather take practical steps to prepare your plans and protect yourself and loved ones. It is also important to gather information from reliable sources such as the Department of Health and Human Services (DHHS) to help you distinguish facts from rumours.

Most importantly, it is crucial to engage in positive self-care and supporting those around you in times of need. Although it may seem difficult, we recommend you stay calm and have confidence in the Government's efforts to keep Australia secure and Australian's safe. <https://www.pm.gov.au/media/24-billion-health-plan-fight-covid-19>

Here are some tips from us at the MHFA, in accordance with the DHHS:

- Wash your hands often and thoroughly with soap and running water for at least 20 seconds. Dry with paper towel or a hand dryer
- Try not to touch your eyes, nose or mouth
- Cover your nose and mouth with a tissue when you cough or sneeze. If a tissue isn't available, cough or sneeze into your upper sleeve or elbow.
- Isolate yourself at home if you experience any cold or flu like symptoms with adequate supplies.
- Contact your GP if you require information about COVID-19
- Continue healthy habits by engaging in physical exercise, keeping hydrated, getting adequate and consolidated sleep etc.
- Avoiding wearing a surgical mask if you are not experiencing any symptoms.
- Use an alcohol-based hand sanitiser when handwashing facilities are not in sight

We ask you to please stay informed about the latest health, self-isolation and travel restriction advice available at [Australian Department of Health](#) and [Smartraveller](#) websites.

Please also remember that if someone you live with is required to self-isolate, you must also self-isolate for 14 days and will require medical clearance to return to work. If you have any corona virus related health concerns, you can call the dedicated hotline on 1800 675 398 (24 hours, 7 days) to speak to a health professional.

**Mental Health Foundation Australia**

For further information: 1300 MHF AUS (643 287) | [media@mhfa.org.au](mailto:media@mhfa.org.au)

## Dealing with COVID -19

### APS

<https://www.psychology.org.au/getmedia/38073179-4701-48bd-afd9-988c560ee2f9/20APS-IS-COVID-19-P1.pdf>

### Unicef

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

### headspace

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

### Dept of Health

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

### Beyond Blue

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

### Reach Out

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



## Primary News

Primary students in the Isolated category are having fun practising basic maths skills with their friends in satellite sessions. Many of the activities need little more than a pack of cards or a die.



Activities are easily differentiated depending on the student's readiness (see example):

<p><b>Activity</b></p>	<p><b>Week 6</b></p> <p><b>Cards - Card Flip</b></p>  <p>This could be done with playing cards to 9 (remove picture cards) or flash cards.</p>
<p><b>RED</b> <b>Emergent</b></p>	<p>Students take turns flipping over cards and calling out the number on cards. Numerals 0-10.</p>
<p><b>GREEN</b> <b>Perceptual</b></p>	<p>One student turns over a card and then flips it back over. The other student flips a card and then must visualise the concealed card to add it to their facing up card. Numerals 0-10.</p>
<p><b>BLUE</b> <b>Figurative</b></p>	<p>Students place cards into 2 piles. Students flip 2 cards at the same time and place them side by side. When they see a friend of 10 they snap and get to take the cards. Student with the most cards at end is the winner. Numerals 0-10.</p>
<p><b>ORANGE</b> <b>Counting on</b></p>	<p>Students place cards into a pile. Students flip 2 cards at the same time and place them side by side. Students add the cards. Student who says the total the quickest gets the cards. Student with the most cards at end is the winner.</p>
<p><b>PURPLE</b> <b>Facile</b></p>	<p>Students place cards into a pile. Students flip 4 cards at the same time and place them side by side. Students add the cards. Student who says the total the quickest gets the cards. Student with the most cards at the end is the winner.</p>






For added interest, some of the activities use a game board:

### PUMPKIN DOUBLES

Roll a 6 sided dice. Double the number rolled. Cover the matching pumpkin with a counter. Play in pairs or on your own.

### Snowman Addition **BUMP**

Directions: Each player needs 10 cubes. Roll a die. Add the double. Cover the sum. If it is covered by another player's cube, BUMP it off. If it is covered by one of your cubes, add another cube and lock it up. If it is already locked up, you lose your turn. The first player to get rid of his/her cubes is the winner!

	2	8	6	
6	10		4	
8	4	12	10	2
12		6		8
2		12		4

Copyright © 2014 Kathy Law

Please see your teacher if you would like ideas for maths activities – if we have enough interest, we will run more sessions via Hangout.

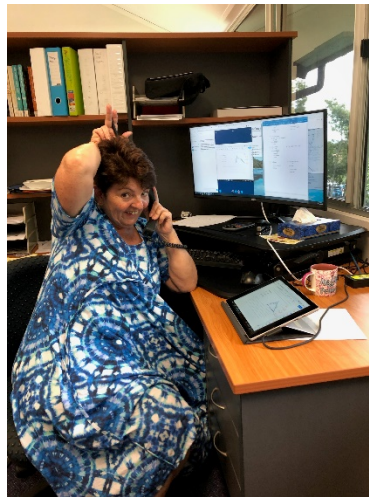
## Secondary News

### Online delivery

Every Maths course has the option of online delivery. We have videos to assist with new concepts, quizzes which give you instant feedback on your performance, and written work that is submitted to the teacher for marking. A huge advantage for our students is the speedy arrival of feedback from their teachers, much faster than the mail system. Students have access to everything they need online, which is working extremely well, especially for overseas students.

### Canvas Conference

Sometimes maths lessons can be very hard to follow over the phone. If you are having trouble with a concept, talk to your teacher about having a Canvas Conference lesson. This is where you can talk to your teacher and share their computer screen. It makes understanding a concept much easier and is available to every student regardless of whether they are accessing online courses, or booklet courses.



### Can you answer these Maths problems?

- 1) Can you find the largest palindromic integer that is made of 5 digits, is even and divisible by 3?
- 2) Is there a prime number whose square is also prime?
- 3) A farmer has geese and sheep. He counts 50 heads and 146 feet. How many geese does he have?
- 4) A small number of cards has been lost from a complete pack of 52 cards. If I deal among four people, three cards remain. If I deal among three people, two remain and if I deal among five people, two cards remain. How many cards are there?
- 5) Is 12345678901234567890 divisible by 9?

Please email your answers to [delena.tibbs@det.nsw.edu.au](mailto:delena.tibbs@det.nsw.edu.au)



## Maths staff

Below is a photo of your Maths teacher, their phone extensions and the days they work.

To contact your teacher, dial: 66810\_\_ \_\_ and then your teacher's extension.



From L to R above: Delena Tibbs 419, Jason Ferns 427, Stuart Tarrant 415, Sam Askew 369



From L to R above: Matt Moss 428, Amanda Screen 411 on Wed to Friday, Donna Needham 417 on Tuesday to Friday, Xia Trembath 413 on Mon to Thursday



From L to R above: Sandra Duley 410 on Thursday and Friday, Maree Somerville 412 on Monday and Wednesday, Katie Kranicz 410 on Mon, Tues, Wed and Fri

## Interesting St Patrick's Day story

The following story was written by a Year 10 student as part of a unit of work.

### *The origins of luck*

Everyone knows about four-leaf clovers being lucky and they've been becoming a very popular tattoo design, but how did the superstition even start?

The four-leaf Clover Lucky Symbol originates from the Irish and it is hard to find. In natural probability only one out of 10,000 has four leaves, so you are considered to be extremely lucky if you manage to find one.

Each leaf of the Lucky Clover is a representation of an auspicious meaning. They are namely faith, hope, love and luck.



### *A four-leaf clover will always bring luck*

Four-leaf clovers were Celtic charms, presumed to offer magical protection and ward off bad luck. Children in the Middle Ages believed if they carried a four-leaf clover, they would be able to see fairies, and the first literary reference to suggest their good fortune was made in 1620 by Sir John Melton.



The origin of the superstition dates back as far as the biblical story of Adam and Eve. It is believed that when Eve was cast out of the Garden of Eden, she took a four-leaf clover with her to remind her of the lushness of paradise.

Since then, it has become a symbol of good luck and good fortune.

According to Irish beliefs, the superstition stems from Druid priests who used the shamrock for healing the sick, in worship rituals and to ward off evil.

Prior to this, St. Patrick had found the three-leaf clover to be an extraordinary plant. In ancient Egypt, when a couple got married it was traditional to give them a four-leaf clover which was a blessing of their union and a representation of their undying love for one another.



## School and Community News

### Urgent Request

#### To: Distance Education Supervisors and students

Please check to see if you have any resources from last year that you no longer require.

#### Items such as:

Textbooks, science kits, calculators, hockey sticks, USBs, etc.

We need these resources for students this year.

Please return as soon as possible.

Please call 6681 0300 if you require reply paid stickers.

Thank you

### School Transport

The School Student Transport Scheme (SSTS) provides eligible school students with free or subsidised travel from home to school.

Please use the web address below to take you to the **NSW Government Transport webpage**.

<https://apps.transport.nsw.gov.au/ssts/#/>

#### On this website you can apply for:

### Free School Travel Pass

To and from home to school, on approved bus services during school term.

### School Drive Subsidy

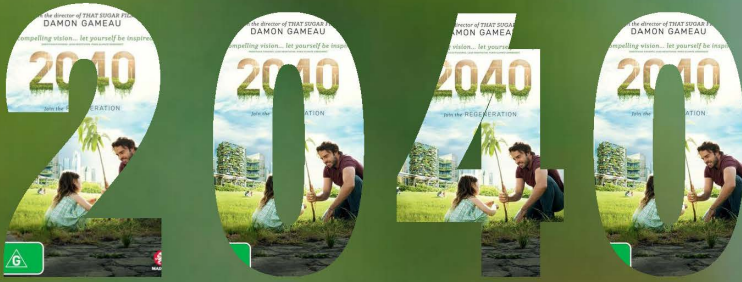
To and from school in private vehicles in areas where there is no public transport available (this replaces the Private Vehicle Conveyance).

### Travel Concession Card

For free travel on NSW TrainLink Regional services. Please contact the school for concession cards.

For additional information please contact our school office on 6681 0300.

The information is also available on our school webpage under the fulltime tab.



SAVE THE DATE !!!

# MOVIE SCREENING

SUSTAINABILITY WORKSHOPS  
TALK TO EXPERTS  
GET CREATIVE  
LEARN HOW YOU CAN MAKE A DIFFERENCE



# 5TH JUNE 2020 WORLD ENVIRONMENT DAY

SOUTHERN CROSS SCHOOL OF DISTANCE EDUCATION

## Students need reading, writing and numeracy for everyday life after school



This is why students need to meet a minimum standard of literacy and numeracy to receive the HSC from 2020.

### ONLINE READING, WRITING AND NUMERACY TESTS

- ✔ Students need to achieve Level 3 or 4 in short **online tests of skills for everyday life**.
- ✔ Schools will help students to decide **when they are ready** to take each test.
- ✔ Students get **up to four times per year** to sit each minimum standard reading, writing or numeracy test.
- ✔ Students **do not need** to sit the reading, writing or numeracy test(s) if they achieved Band 8 or above in the respective 2017 Year 9 NAPLAN test(s).

### PROVISIONS AND EXEMPTIONS

Provisions for the minimum standard tests are available for some students with disability. Some students with disability studying Life Skills courses may be exempt from meeting the minimum standard to receive their HSC credential.

**FIND  
OUT  
MORE**

NSW Education Standards Authority

 [educationstandards.nsw.edu.au/HSCminimumstandard](https://educationstandards.nsw.edu.au/HSCminimumstandard)

 @NewsAtNESA







**North Coast Public Health**

Covering both Mid North Coast & Northern NSW Local Health Districts

13<sup>th</sup> February 2020

The Principal  
Distance Education  
Chikiba Drive  
Ballina NSW 2478

Dear Principal,

I would like to confirm the offer of the school vaccination program in 2020 as follows:

**All Year 7 students:**

- **Boostrix (Diphtheria, Tetanus & Whooping Cough) single dose**
- **Human Papillomavirus (Gardasil vaccine) 2 doses**

**All Year 10 students:**

- **Meningococcal ACWY (Nimenrix vaccine) single dose**

Could you please inform the parents **of all eligible** students regarding the availability of the above program as soon as possible.

Parents can take their child to their **Local Doctor** to receive these **free vaccines**.

Thank you for your assistance.

Yours sincerely

A handwritten signature in black ink that reads 'Bernadette Williams'.

Bernadette Williams  
**Immunisation Coordinator**  
**School Based Vaccination Program**

North Coast Public Health (Covering both MNC and NNSW Local Health Districts)

Hosted by Mid North Coast Local Health District

ABN 57 946 356 658

Uralba Street, Lismore NSW 2480

PO Box 498, Lismore NSW 2480

Tel 02 6620 7585 Fax 02 6622 2552

Website <http://mnclhd.health.nsw.gov.au/about/north-coast-public-health/>



**Southern Cross  
University**



## Take some of the stress out of Year 12 with an early offer.

**Secure your place at uni now with a STAR Early Offer.**

The STAR program allows you to secure your place in a Southern Cross University degree before your ATAR results are even released. It's designed to remove some of the pressure from Year 12 and give you a pathway directly into university study that is not based solely on your ATAR.

**[scu.edu.au/star](https://scu.edu.au/star)**

CRIICOS Provider: 01241 G

## Why should I apply for STAR?

This program allows you to gain an offer into a Southern Cross University course of your choice, based on your high school grades and your school principal's recommendation. This means that STAR does not take your ATAR into consideration. It's free to apply through STAR and it's a simple online application.

## What can I study?

You can apply for any undergraduate degree program offered at Southern Cross University across our three campuses as well as online study.

With such a broad range of degrees on offer, it's an amazing opportunity to think about your skills, your passions and your future. We can assist you with finding the degree you like and exploring all the exciting places it can take you!

## Who is eligible?

Any student completing year 12 studies at an Australian school in 2020 can apply.

## How does it work?

STAR has three levels based on your high school grades. These levels are STAR Platinum, STAR Entry and STAR Pathway.

### STAR Platinum

Students who qualify at this level may gain entry into any Southern Cross University undergraduate degree, including Midwifery\*, Education, Engineering, and Law.

\*Midwifery entry is subject to written selection criteria and a competitive interview process.

### Entry Requirements

Students should achieve an average grade of:

- HA – High Achievement across all subjects in QLD; or
- Band 4 across all subjects in NSW.

AND have received a principal's recommendation into their chosen degree.

### STAR Entry

This level of the program allows early offer access to a broad range of innovative Southern Cross degrees, but does not include our Midwifery, Education, Engineering and Law degrees.

### Entry Requirements

Students should:

- Be passing all Year 12 subjects, and/or
- Have received a principal's recommendation into their chosen degree.

### STAR Pathway

This level of the program provides an access point for students who may not have gained the academic outcome they'd hoped for, but who still would like to go to university.

Students will be recommended into one of the following Southern Cross University pathways: a relevant Diploma; the Transition to Uni program; or our Preparing for Success at SCU Program (PSP). Upon successful completion of the pathway, students can then commence study in a Southern Cross course.

## STAR key dates

Applications open	2 April 2020
Applications close	11 September 2020
QLD school recommendations close	18 September 2020
NSW school recommendations close	25 September 2020
NSW students offers released	9 November 2020
QLD students offers released	18 November 2020

## How to apply

Applying for STAR is easy! It should only take you about 10 minutes.

1. Create an application at any time through our STAR website [scu.edu.au/star](https://scu.edu.au/star), nominating your degree and campus of choice.
2. Your application will be saved and you can change your course and location preference all the way up until the closing date.
3. Your school will then assess your application and make their recommendation according to Southern Cross University's guidelines.
4. If you need assistance with the process, you can book an appointment with one of our student advisers who can answer any questions you have. Call 1800 626 481.
5. Once offers are released, we'll be in touch and let you know what the next step is.

 [scu.edu.au/star](https://scu.edu.au/star)

Published by Southern Cross University December 2019. The information in this brochure was accurate at the time it was published and is to be used as a guide only.

SCU/20/14



NSW Department of Education  
**Calendar 2020**




January	February	March
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	August	September
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October	November	December
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**Key dates**

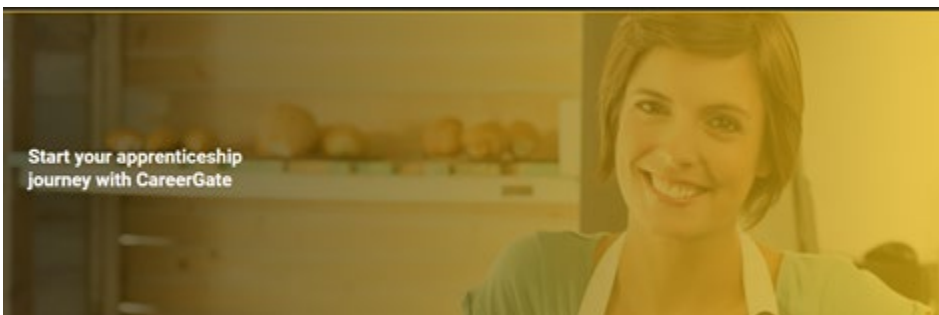
- Term start and end dates\***
  - Term 1 – 28 Jan to 9 Apr 2020
  - Western division – Term 1 – 4 Feb to 9 Apr 2020
  - Term 2 – 27 Apr to 3 Jul 2020
  - Term 3 – 20 Jul to 25 Sept 2020
  - Term 4 – 12 Oct to 18 Dec 2020
- School development days\***
  - Eastern division – 28 Jan 2020
  - Western division – 4 Feb 2020
  - All schools – 27 Apr, 20 Jul, 17 Dec, 18 Dec 2020
- School vacation dates 2020**
  - Summer – 23 Dec 2019 to 27 Jan 2020
  - Western division – Summer – 23 Dec 2019 to 3 Feb 2020
  - Autumn – 13 Apr to 24 Apr 2020
  - Winter – 6 Jul to 17 Jul 2020
  - Spring – 28 Sept to 9 Oct 2020
  - Summer – 21 Dec 2020 to 26 Jan 2021
  - Western division – Summer – 21 Dec 2020 to 2 Feb 2021
- Education Week**
  - 3 Aug to 7 Aug 2020
- Exam dates**
  - Selective high school placement test – 12 Mar 2020
  - NAPLAN paper test – 12 to 14 May 2020
  - NAPLAN online test window – 12 to 22 May 2020
  - Opportunity class placement test – 29 Jul 2020
  - HSC written examinations – 15 Oct to 6 Nov 2020
- Public holidays**

\*Check with your local school as some dates may change.

Get connected  
 Follow us on Twitter @NSWEducation | Follow us on Facebook @NSWDepartmentofEducation

Visit [education.nsw.gov.au/calendars](http://education.nsw.gov.au/calendars) for more details.

## Try a free online Career Quiz!



**CareerGate** is VERTO's free online career quiz that helps individuals select the right career path. CareerGate looks at a person's skills and interests and then makes suggestions on what career would suit them best. Go to:

<https://www.verto.org.au/career-tools/careergate>