

## Student Newsletter

Issue 12 | 15 September 2021

## From the Principal's desk



Hi All,

This week marks the official final week of formal schooling for Year 12. Although we will continue to work with Year 12 in the lead-up to the HSC, we would like to take this opportunity to wish them all the best for their revision and in the actual examinations.

As we approach the break for Term 3, I would like to thank everyone for their efforts in working with our staff to complete learning activities while we were in lockdown for five weeks. It has been a trying time, and the majority of students have done well to keep up with their workloads, learning, preparation and assessments. Good job all.

Our Year 11 students begin Year 12 next term. Now is the time for them to start thinking about their approach to Year 12: establishing a timetable for study, assessment, revision and examination strategies. If you need a hand with this, just ask one of your teachers or your Stage Advisor.

Please enjoy the upcoming break, contact us if you need us, and stay safe.

Yours in education, Danny Henman







In these times a lot of people are facing challenges. Whatever these may be, there is all ways someone there to help. We would like to say to everyone: stay safe, be strong, and stay positive.

Student Leadership Team

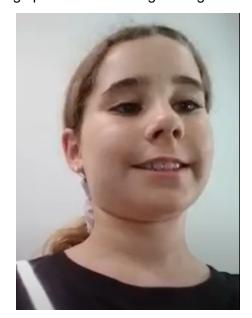
#### **HSC** timetable

Written exams have been rescheduled to start on 9 November. Follow this link to the NESA timetable:

 $\frac{https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables/hsc-written-exam-timetable}{timetable/hsc-written-exam-timetable}$ 

## **Primary News**

Wellbeing has been a major focus this year in Primary. Here some of our students share their top three wellbeing tips. What wellbeing strategies work for you?



Bella

Eat healthily

Have good hygiene

Go outside to exercise



Charli

Get enough sleep

Do something you love

Have some quiet time



Eat healthy fruit and vegies with lots of colours

Do some exercise every day

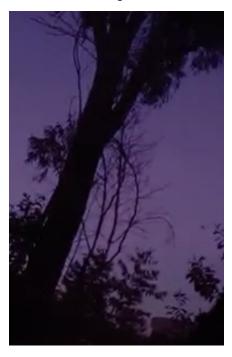
Be friendly and say hello to your neighbours



Jack
Eat your vitamins
Eat your fruit and vegetables
Exercise



Jaya
Do the hobbies you love
Get fresh air
Practise gratitude



Zion

Go on a long walk

Do some art

Tune into some music



Keeley
Give yourself a reward for work well done
Do a good deed
Give your family a hug and some love



Jordan

Do your favourite hobbies

Go out for exercise

Do gratitude practice



**Marcus and Mackenzie** 

Be active
Eat lots of healthy food
Be kind



**Mila**Go to the beach
Do art

Spend time with your family





Zalia and Henni Meditate

## Secondary News - Welfare, Centres and Enrolment

#### Student success story

Indi started out at the Lismore Heights Bowling Club bistro in humble beginnings as a dish washer. Before too long Indi's hard work and vibrant personality was recognised by her employers. Indi has now been trained in many aspects of the restaurant's operations. She can be found taking orders with flair, flipping every sort of schnitzel imaginable on the hot plate, setting up for service and cleaning down, plating delightful desserts and taking on a front of house role with a smile. In a quick timeframe, Indi has earnt the respect of her employers and fellow employees. And all whilst completing Year 11. Well done, Indi.



Indi getting a visit at work from her younger sister Coco

## Lismore Learning Hub

Just in time for NAIDOC week the Lismore TAFE unveiled the beautiful new yarning circle. We are lucky to have this wonderful space just outside our hub classroom. Each sandstone seat has its own vibrant mosaic art piece. Not to mention all the funky sculpture and artwork that can be found throughout the grounds at the Lismore TAFE. A great place to inspire the creative side in our distance education students.





## Alstonville High School DE project.

The new Alstonville High School Distance Education (AHS DE) project has been running since the start of Week 3, Term 3, 2021. This might not mean too much to anyone but unfortunately with NSW in Covid 19 lockdown since the 10 August 2021, we were only in school for a total of nine days.

The AHS DE project began on the 26 July with six students, four students from Year 8 and two from Year 9, four days a week (Monday-Tuesday-Thursday-Friday). The following week it grew with an addition of another Year 9 student. Up until the lockdown began, we were starting to develop a cohesive working environment in an area of the school that is part of the agriculture facility. This was a great choice of a space and the Science department have been very accommodating letting us use a classroom that is not only clean and tidy, but is equipped with all the facilities we need within the same building.

Then with the lockdown was announced and things changed dramatically. But rather than the students becoming disengaged with their work, they have risen to the challenge and consistently returned work, seeking new booklets to maintain their minimum DE requirements. For that, I am not only very grateful for the parents/carers' support, but also the students' engagement in their work, in response to my phone calls, text messages and Zoom meetings.

I must also thank AHS for their support in setting up the program within the school grounds, the two SLSO's tasked to help me and also the members of staff at DE itself, for their positive and generous response to each of my requests. In particular, the individual teachers who are mentoring, monitoring and helping the students with their work via phone and online lessons, and for the preparation of the work that the students receive. When we return in Term 4, we will continue to build on the success we have already achieved during this challenging initial period.

Craig Beare

AHS DE Teacher







#### **EAW**

ADAM WELLS EVET QUALIFICATION - Construction (240 Hrs) 4 Units / 1 year

As part of Adam's HSC, he has engaged in a 1-year EVET Course in Construction at Wollongbar TAFE. Adam recently received the news that he had been successful in passing this course and gaining a qualification which will assist him to gain employment in the construction industry. It can also provide an excellent base if Adam decides to engage in a trade apprenticeship in the future.

In the picture below, we see Adam using his carpentry skills to build garden beds for a horticulture project he was involved in. Congratulations Adam Wells!



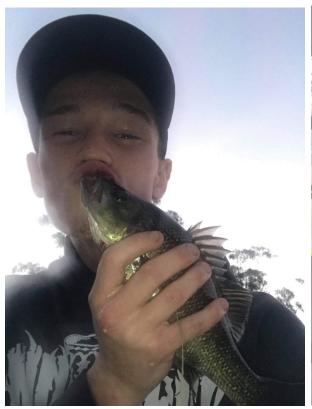
## When the going gets tough, the tough get going

A big shout out and high commendation to Jack Law. Jack has persevered through this extended lockdown and not only maintained the required return rate of Learning Activities, but surpassed it. It hasn't always been this way. Jack has had a chequered history with education. It wasn't always his top priority and was often ignored in pursuit of other activities. Jack, a Casino Hub Year 10 student, has matured in his outlook and is now on the cusp of achieving his ROSA. Jack is wonderfully supported in this endeavour by his nan Judy. He refuses to let a COVID-19 lockdown stand in his way. Well done, Jack, you should be proud of yourself, and so should you, Judy.



#### Well done, Geoff!

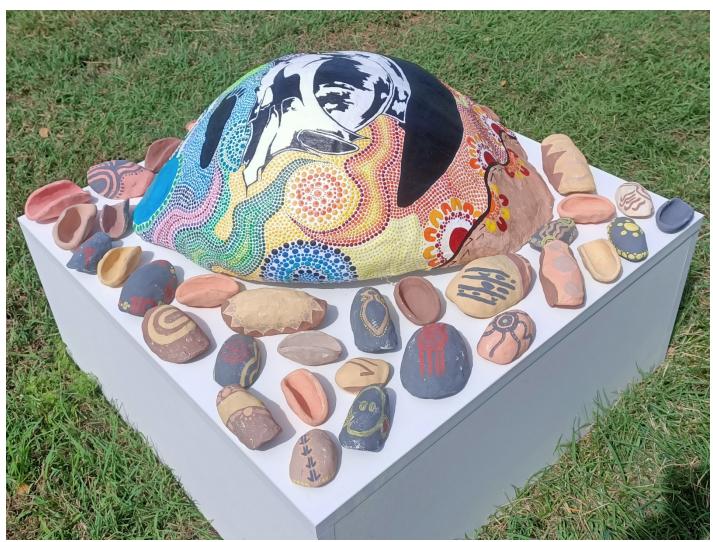
Geoff Beddoes is a much needed good news story that we can all take heart in. After overcoming issues that impacted his education and wellbeing in previous years, he managed to successfully attain his ROSA in 2020 and has continued this positive trajectory into 2021. He has successfully gained his Learners Drivers licence this year, after a concerted effort, and has also gained employment at Trident Cafe in Alstonville. Other than still working hard to complete his school work - even in lockdown - Geoff has been having great success with his favourite pastime of fishing, adding an impressive array of catches to his name this year.





## Visual Arts: body of work

Allajah Stuart-Davis was enrolled into Distance Education in February 2020 in the Young Parents Program; her son Ares was born on the 26<sup>th</sup> of March 2020. With the support of her family, teachers at SCSoDE and the staff at the Lismore Learning Hub, Allajah has found success completing her Year 12 education pathway. Her Year 12 HSC Visual Arts body of work reflects how far she has come with Distance Education. Her body cast at 9 months pregnant was always going to be the centre piece of her HSC body of work and we are so proud of the beautiful sculptural piece that she has created.



# "Coolamon, a carrying vessel" Sculpture by Allajah Stuart-Davies

My work explores the concept of the connection between the mother carrying a child and the physical context of the 'Coolamon' an Indigenous carrying vessel. Central to the work is a plaster cast of my stomach at nine months pregnant. The form resembles a 'Coolamon', painted with the symbol of Ares, the Greek god of war, after whom my son is named. This aspect of the work combines our Greek and Indigenous heritage into the work.

The sculpture explores the notion of the mother as a central vessel to create, carry and nurture a child into the world. The smaller clay sculptures surrounding the cast have been decorated with Indigenous symbols, such as Camp Fire, Emu, Goanna, River and meeting place representing the stories, teachings, and knowledge that I will pass onto my son in the future about belonging to the Bunjalung Indigenous clan. The

smaller clay sculptures are surrounding the cast to represent my sons' ancestors that are protecting and guiding him through his journey.



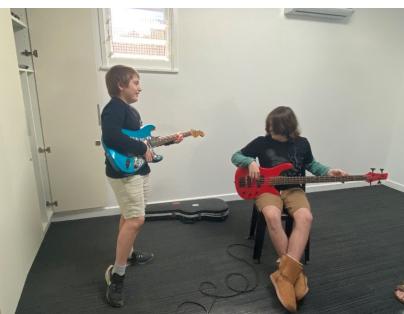




## A day at Byron Hub

Harley Ebbott, Malakai and Wyatt Lee enjoying the space at the Byron Hub where the students can work independently and together. The music studio was a great way for the students to collaborate and connect through music, learning about sound equipment and jamming with each other.





HARLEY EBBOTT

## Paintings for NADOC Day





Malakai and Wyatt Lee catching a bit of sun outside while working on Distance Education Learning Activities



## Byron Bay outreach

#### Sculpture and watercolours





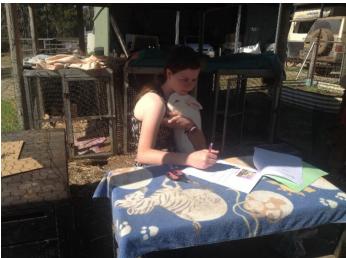




## Learning during lockdown

Student Chloe Laughton learning during lockdown





## Work Experience success

Bella Powell completed work experience at the Crown Motel earlier this year and they were so impressed with her that they offered her work, once she obtained her RSA, RCG and First Aid. These credentials were organised by Julie Ferns and once Bella had a achieved them, she started working there on a part-time basis.

Crown Motel have offered her fulltime work once she has completed her HSC. I think she has been a real success story and DE has been fundamental in helping her achieve her career goals.



#### Northern Hub Report 10 September 2021

We are pleased to report that despite everything 2020 and 2021 have thrown at our four northern Learning Hubs, our students continue to achieve very pleasing educational outcomes.

There are many reasons why we achieve these outcomes in all of our northern Learning Hubs, and this week we will focus on the role of the "behind the scenes" organisations that assist us in our very important work providing quality education to our northern students.

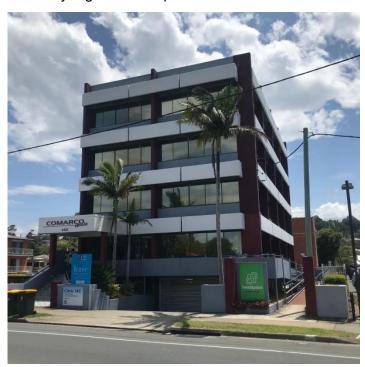
The success of our northern Hubs is due in large part to the partnerships that we have established with our host organisations, that is, the various local community organisations that partner with us to provide a safe learning environment for our students to learn in (and so much more).

In the northern region of our enrolment zone, we are lucky to have four amazing community organisations working with us to deliver quality educational opportunities to our students.

They are Headspace Tweed Heads, the Pottsville Beach Neighbourhood Centre, the Murwillumbah Community Centre and the Mullumbimby and District Neighbourhood Centre.

Not only do these organisations provide the physical buildings our classrooms are located in, these organisations also offer a wide range of other services to their communities and our students and their families.

The services these great community organisations provide are as follows:



Tweed Headspace – focuses on four main areas of support and service to their community – mental health services and resources for 12 to 25-year-olds, physical and sexual health services, work, school and study services as well as alcohol and other drug education services. Tweed Headspace are a long-term host to our Learning Hub, which operates on site there, three days per week. We thank their staff for their generous ongoing support of our school community.

Our Monday and Tuesday Tweed Hub teacher, Liz Harbison (along with Kim Stewart and Ross Campbell on Fridays), reports that our Tweed Learning Hub provides a positive learning environment for our distance education students who reside in Tweed Heads, Banora Point, Kingscliff and surrounding areas. It is located in the Headspace building on busy Wharf Street, Tweed Heads with a great view of Terranora Creek. At the

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Hub, we continue to focus on what is going well and encourage students to use their strengths on a daily basis to enhance their wellbeing.

Tweed Hub students, their families and various community providers have worked tirelessly this year to maintain consistency in learning for the best possible outcomes. We are grateful for our visiting teachers, Student Advisers and the wonderful support from our Tech and CANVAS Teams, who have ensured online learning is accessible to all. This year we farewell Year 12 student, Katey J, who has successfully completed her HSC. Congratulations to Katey.

Attendance at the hub provides an opportunity for social connection contributing to the overall health of our students. New students are introduced to the story of Joongurrabah and encouraged to visit the Razorback site. This has broadened students' understanding of the area in which they live and work and reinforced the importance of their local community. Students participated in the art activity for NAIDOC week 'Heal Country, heal our nation' painting a prepared canvas and handprint to be displayed at our East Ballina Campus. Participating in whole school events has increased connectedness amongst the group.

Following a successful Wellbeing Workshop titled, 'Tips for a Healthy Headspace' Damian Becker, Community Engagement Coordinator from Headspace Tweed Heads, checks in on our students regularly, keeping them up to date with what's happening. Two programs of particular interest that young people can get involved in are the Q\*Network and Youth Advisory Group.

**The Q\*Network** is a youth-driven network of young people, community members and service providers working together to provide safety, support, acceptance and celebration for LGBTIQAP+ young people, in the Tweed Shire and Southern Gold Coast.

The Tweed Heads Youth Advisory Group (YAG) ensures that any new initiative from Headspace will make a positive difference in the lives of young people. A number of distance education students have contributed to this group.

Headspace are often recruiting for new volunteers for these groups to ensure that any new initiative will make a positive difference in the lives of young people. Meetings take place on site or via Zoom.

For more information about these programs, students are encouraged to contact **Damien Becker** – Headspace Tweed Heads.



## Pottsville Beach Neighbourhood Centre

linking people and strengthening our community

Established 2000 www.pottsvillebeachnc.org.au



The Pottsville Beach Neighbourhood Centre (PBNC) is at the heart of Pottsville community and this organisation provides an extensive list of services to their region, including our students and their families. They too, are a long-term host to our Learning Hub and the PBNC staff have become invaluable to our smooth day-to-day hub operations.

The PBNC offers a range of services including information, referral and advocacy services, a Centrelink agency, child and family support services, peer support and coaching, meal support, technology assistance, community markets, volunteering opportunities and involvement in social enterprises among many other services.

Our Pottsville Hub teacher, Vicki Alford, notes the following about PBNC - this year has been full of challenges for the students of Pottsville Learning Hub and I am proud to say they have all risen to the occasion.

We have had the amazing support of the PBNC staff who are always available for a chat or support and have taught our students the value of collaboration, volunteering and community, through positive role modelling.

Through the "YouthPlanted" Project, our students have had the opportunity to support their community by volunteering in several fantastic programmes including cooking through the Food Repurposing Program, aiding with the re-establishment of the Community Gardens, sorting in The Op Shop and developing their administration skills.

The Pottsville Hub students have been fortunate to have had a variety of teachers visiting providing them with specialised skills and knowledge. Brian Tibbey's practical Science investigations always kept us on our toes. Louise Webster packed a punch or two with her travelling boxing days which kept the students on their toes as well as making them breathless.

Thanks to the organisation and constant support of DE senior stage adviser, Di Lewis, five of our Pottsville Hub students were successful in gaining their First Aid and CPR certificates during the last school holidays. Congratulations to the following Hub students – Amelie, Karvin-John, Ella, Keely and Eli on this achievement.

Three Year 12 students will successfully graduate from the Pottsville Hub this year which is a major achievement in light of the challenges the year brought. Karvin-John, Amelie and Joshua are wished every success as they venture into the future.

Thanks to all the hard working PBNC staff for working collaboratively with us in helping each of our Hub students achieve some of their goals in 2021.



In Murwillumbah, we are proud to have linked long-term with the Murwillumbah Community Centre (MCC) to provide our learning Hub services. Our Hub actually operates out of their Hub and the Murwillumbah Community Centre provides outreach services from over 30 organisations to communities between Tweed Heads and Lismore. Again, we thank the MCC for the support from their staff that allows us to provide multiple supports to our Murwillumbah community students and their families.

Our Murwillumbah Hub teacher, Bec Hay, reports the following about the MCC – our Murwillumbah Hub is located in the Youth Centre, which is connected to the main building of the Community Centre. The Manager, Wendy Constantine, has supported Distance Education in this location since 2017.

The generous space looks out to Knox Park and is only a short walk to the centre of town. Having easy access to the MCC provides distance education students and families with a number of services. Some of these services include: The Family Centre, Headspace, Indigenous family support, financial counselling, access to a Food Hub and a Youth Support worker. We share this space with a number of others and some of these groups also offer further support to our students. An after-school youth activity group runs twice a week with activities like cooking, outside games and craft and a youth holiday program that accesses facilities in the local community and provide activities like kayaking, circus and tennis.







In Mullumbimby, our Learning Hub is based out of the Mullumbimby and District Neighbourhood Centre (MDNC) and I am happy to note that the neighbourhood Centre is another long-term host of our Learning Hub. As recently as last term we relocated into a new room at the Centre which is eight times larger. This move, prompted in part by Covid-19 limitations and an ever-expanding Hub cohort, has been a pleasing success. Our heartfelt thanks to the MDNC for the ongoing support from their staff in making this Hub a great success.

The list of services they provide is as extensive as our other three Hub hosts and include community support and emergency relief, parent support, women's resource services, mental health supports and a mental health nurse, financial and legal counselling as well as homelessness services.

Kim Stewart, our Hub teacher, notes that 2021 marked the Mullumbimby Hub's eleventh year at the Mullumbimby and District Neighbourhood Centre. We had been bursting at the seams in our classroom for some time and were lucky to transition upstairs to the old (and very large) Mayor's room. We remain closely connected to the centre and receive invaluable support and assistance in many forms from the staff. Our Hub students are made to feel part of this wonderful community and are included in the regular weekly activities and the one-off special events.

Wednesdays are a wonderful chance for our students to connect with the community during the BBQ lunch and jam session held in the leafy courtyard. The Wednesday jam session provides an opportunity for people to connect through music and many of our students over the years have embraced this opportunity.



## GET INVOLVED

## **Body Kind Families**

Helping parents connect with their teen on body image and being body kind Worried about your teen's eating?

#### Dear Parents/Carers

With so many confusing messages around eating and health it can be hard for parents to know what's best for their teenager and family, particularly when confronted with an adolescent's changing body and growing independence.

If you would like to hear Accredited Practising Dietitian, Dr Fiona Willer's top tips for supporting healthy eating attitudes and behaviours in teens, join **Body Kind Families**, a FREE health promotion initiative from the body image experts at Butterfly Foundation.

FREE resources on teenage body image to help parents make positive changes, initiate conversations and respond in helpful ways

MORE INFO & JOIN HERE

#### **Body Kind Families is completely FREE!**

Link to join not working? Paste www.butterfly.org.au/bodykindfamilies into your browser

#### Simply sign-up and receive access to:

- **Bite-size videos** on 7 body image related topics
- **Information** on respoding to body image concerns
- Family activities to help your family be more body kind
- **Resources** to support your own body acceptance and self-compassion
- Audio content for listening on the go!
- FAQs addressing common concerns

#### Please share the kindness!

Work with families or know someone who does? Promotional resources (flyer, poster, social tiles and newsletter content) can be found <a href="https://example.com/here">here</a>. Or you can simply invite parents to join Butterfly Foundation's new free initiative, **Body Kind Families**, designed for parents of teenagers to help support positive body image and being body kind -

www.butterfly.org.au/bodykindfamilies

#### Looking for resources for families with younger children?

Butterfly Body Bright, our new whole of primary school program, includes <u>free resources</u> for families of primary age children - <u>www.butterflybodybright.org.au</u>.

Body Kind Families is prevention focused and may not meet the needs of families experiencing an eating disorder. Please contact Butterfly's National Helpline for support or Eating Disorders Families Australia.

## Concerned about someone?

Butterfly's free and confidential National

Helpline can support you.

Phone Email Webchat 1800 33 4673 www.butterflynationalhelpline.org.au





W: butterfly.org.au E: education@butterfly.org.au

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For more information, please visit:

butterfly.org.au

## **Minimum Standards for the HSC**

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

This is why students in NSW are being supported to meet a minimum standard of literacy and numeracy to receive the HSC from 2020.

To show they meet the HSC minimum standard, students need to achieve <u>Level 3 or 4</u> in short <u>online</u> reading, writing and numeracy tests of skills for everyday life.

Some students with disability studying Life Skills courses may be <u>exempt</u> from meeting the minimum standard to receive their HSC credential.

Minimum standards tests are open for **Year 10 and 11**. Please check student and supervisor emails for additional information. Questions can be directed to Carolin Thompson on *6681 0363* or *carolin.thomson1@det.nsw.edu.au* 

Further information can be found at:

https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard

#### **NSW Education Standards Authority**



The HSC minimum standard has been introduced to ensure students have the reading, writing and numeracy skills needed for everyday life, work and further study.

#### What this means for students

Students need to meet the HSC minimum standard to receive the HSC. To show they meet this standard, students need to achieve Level 3 in short online reading, writing and numeracy tests. Schools will help students to decide when they are ready to take each test. Students get four chances a year to sit each test, from Year 10 up to five years after starting their first HSC course.

Only students who meet the HSC minimum standard will receive an HSC testamur.

#### **Provisions and exemptions**

Students do not need to meet the HSC minimum standard to:

- · study HSC courses
- · sit HSC exams
- $\cdot$  receive HSC assessment and exam results
- · receive an ATAR
- · receive a Record of School Achievement.

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

Find out more at

educationstandards.nsw.edu.au/HSCminimumstandard









## Calendar 2021



























#### **Key dates**

#### Term start and end dates

Term 1 (Eastern) - 27 Jan to 1 Apr 2021

Term 1 (Western) - 3 Feb to 1 Apr 2021

> Term 2 – 19 Apr to 25 June 2021 Term 3 – 12 July to 17 Sept 2021 Term 4 – 5 Oct to 17 Dec 2021

#### Staff development days

All schools – 19 Apr, 12 July and 17 Dec 2021

Eastern – 27 Jan and 28 Jan 2021 Western – 3 Feb and 4 Feb 2021

#### School vacation dates 2021

Summer (Eastern) – 21 Dec 2020 to 26 Jan 2021

Summer (Western) – 21 Dec 2020 to 2 Feb 2021

Autumn – 5 Apr to 16 Apr 2021 Winter – 28 June to 9 July 2021

Spring – 20 Sept to 1 Oct 2021 Summer (Eastern) – 20 Dec 2021

to 27 Jan 2022

**Education Week** 

26 to 30 July 2021

Summer (Western) – 20 Dec 2021 to 3 Feb 2022

#### Exam dates

Selective high school placement test - 11 Mar 2021

NAPLAN paper test – 11 to 13 May 2021

NAPLAN online test window – 11 to 21 May 2021

Opportunity class placement test – 21 July 2021

HSC written examinations – 12 Oct to 4 Nov 2021

Public holidays



#### Scan me for practical school tips!

To help your child get the most out of their school year and to explore our resources, check out our parents and carers hub at <a href="education.nsw.gov.au/parents-and-carers">education.nsw.gov.au/parents-and-carers</a>.

School zone speed limits apply on all school days, including school development days.



\* Check with your school as starting and finishing dates may change.

#### 2021 School Planner

https://education.nsw.gov.au/content/dam/main-education/public-schools/going-to-a-public-school/media/documents/School Planner 2021.pdf