



Southern Cross
SCHOOL OF DISTANCE EDUCATION

Student Newsletter

Issue 12 | 13 September 2023

From the Principal's desk



Hello all,

Well that time of the year is upon us, as we approach the end of term 3 and our year 12 students are getting ready for the HSC examinations. This means that students should be revising and studying in preparation for the upcoming examinations in term 4. We take this opportunity to wish our year 12 students all the best with the upcoming tasks and onward into 2024. Please utilise the time over the school break to refresh and prepare. Good luck.

It is also the time when our year 11 students are finishing off their courses, completing assessments and examinations and preparing to start their year 12 courses next term.

Our staff have been working hard at starting to prepare timelines, processes and procedures around the review recommendations, students learning materials and writing for the new syllabi that have been released for next year. As well, they have been keeping up with the regular running of the school including visits to students, live lessons, and regular lessons.

Staff have found themselves particularly busy across the term and have done well to keep up with meeting the needs of the students, the school, the department, and the communities we cover. A big well done to the staff.

If you need support in your learning or have suggestions on where we can do better, please let the staff know and they will pass it on. We are constantly trying to improve on our provision of opportunities and flexible learning opportunities for students.

Yours in education,

Danny Henman



Education

RU OK?

A conversation could change a life.

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 | Web: <https://sthcrossc-d.schools.nsw.gov.au>
Our school stands proudly on Bundjalung land

Primary News

Primary students recently celebrated Book Week 2023, joining for a special K-6 assembly.



Opportunity * Wellbeing * Engagement



Students and staff dressed as favourite book characters, discussed their favourite stories, and participated in a book quiz.





5 Tips Every Parent Needs To Know About Roblox

We've proudly partnered with Safe on Social this year and asked Founder & CEO, Kirra Pendergast, to share some tips on a topic that she is seeing a lot of conversation about right now Roblox.

Let's kick off by explaining what Roblox is for any parent new to this game. Roblox is a popular online gaming platform that is immensely popular with young people - and our students. The platform allows users to create, play, and share their games and experiences in 3D. Roblox is an interactive, multiplayer, user generated 3D world with over 43 million active users daily, with exactly half of those 43 million daily users aged under thirteen years.

As a parent, it's essential to understand how to ensure your child's safety while they explore this virtual world. Here are five key tips to keep in mind:

1. Account Safety and Settings

When setting up your child's Roblox account, prioritise safety. Avoid using real names, use an appropriate birthdate to enable relevant restrictions, provide your email address, and establish parental controls. This ensures a safer online environment for your child.

2. Friend Requests and Chat Restrictions

Log into your child's Roblox account and access the Settings icon to limit or disable friend requests and online chat capabilities. This step helps control interactions within the platform, preventing potential exposure to inappropriate content.

3. Active Involvement and Communication

Play Roblox with your child and learn how to block and report any inappropriate content. Encourage open conversations about their online experiences, creating a safe space for them to share thoughts and concerns.

4. Awareness of Risks

Be aware that Roblox may contain certain instances of inappropriate content, such as avatars with explicit themes. Activate Roblox's child safety filters and monitor your child's activities on the platform to ensure their online safety.

5. Setting Boundaries and Educating

Establish clear guidelines for when and how long your child can play Roblox. Keep gaming devices out of bedrooms or set usage curfews. Additionally, educate your child about never sharing personal information online and caution them against falling for scams promising "free roblox".



Safe on Social, CEO, Kirra Pendergast has recently directed her team, after a year of asking tens of thousands of young individuals, to cease referring to it as "playing online games", and instead start discussing "visiting places". She explains, "It's no longer just about winning points, but about spending a portion of their lives in these online environments. We need to revise the way we converse with kids about gaming risks and app usage, which would in turn alter their perspective."

She uses Roblox as an example. Roblox isn't simply a game, it's a platform that enables users to create and share their own games and virtual worlds, becoming the first of the metaverse games.

Instead of saying they're "playing Roblox," I have described it as "Going to a Roblox world." "Going to Bloxburg or Brookhaven" as examples that will resonate with your kids. This language shift, she believes, has enhanced children's comprehension that they're not merely messing around in a fictitious world, but engaging in a realistic environment with tangible implications. However, parents, educators, police, and government agencies need to adopt the same language for this to work effectively.

By eliminating the term "play", we discourage normalising activities that should not be associated with "playing" at all ever, such as predation, sextortion, scams, and online bullying.

Regularly staying informed about Roblox's updates, features, and changes is vital to maintaining your child's safety in this dynamic virtual world. By implementing these tips and fostering an open dialogue, you can ensure your child's enjoyable and secure experience on Roblox. For more tips on Roblox and other cyber safety essentials please visit the Safe on Social website



Focus on faculty – Enrolment & Welfare

Central Area Careers Days

There have been a large range of Careers Days offered this year to our students in the central area. Northern Rivers Careers Expo at the Lismore Showgrounds, Southern Cross University Health pathways day and Ballina Airport Aviation Careers Expo, were three examples where students had the opportunity to get some hands-on experience of a range of career options.



Kayla and Recharna (above) after correctly arranging a skeleton at the Heath Pathways day.



Zach operating a Helicopter Flight Simulator from the ADF at the Aviation Careers expo.

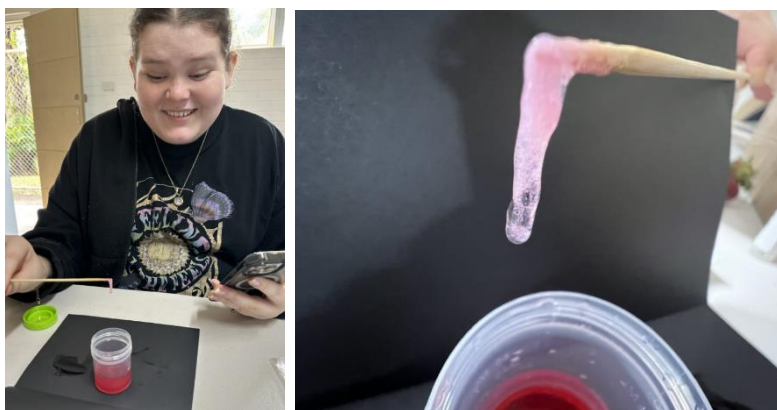
Students taking part got to chat to people working in these fields and had hands on exposure to each. Presenters gave students ideas and opportunities for employment after schooling. Students are encouraged to take advantage of these valuable days when they arise.

Lismore Learning Hub

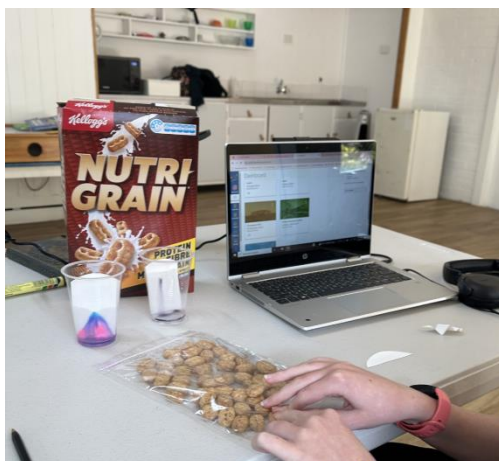
Term 3 at the Lismore Learning hub has been simply scientific. With some keen scientists on board, we have been experimenting to learn more about some interesting topics, such as:

What is cohesion and adhesion and how do these properties effect how many drops of water I can fit on a five-cent coin?

We looked at states of matter and what happens when you have changes of state from reactants to products in a chemical reaction. We used this knowledge to predict and then measure how much vinegar and bicarb was needed to explode a sealed snap-lock sandwich bag.



We explored what DNA is used to do and found out what the DNA from a couple of strawberries looks like.



We tried to see if we could extract the iron from cereals with high amounts of added iron.



We had some fun making mixtures and trying out different separating techniques including chromatography. Next week we will get to see how the salt and sugar crystals turn out.

The Ballina Hub

At the Ballina Hub students receive one-on-one assistance from teaching staff.



Recent recreational activities at the Ballina Hub have included water sports at Shaws Bay and abseiling at the Jungle Climb.



Ballina Hub students participating in World Environment Day.



Ballina Hub students attended the Careers Expo in Lismore, learning about post school career and study options.



Cassie Smith demonstrating practical skills in Hospitality whilst at the Ballina Hub.



Virtual Hub 2023

Our Virtual Hub runs on a Tuesday and sessions are held from 9:30 – 11:30am and 1 – 3pm. We have had some fantastic sessions this year in our virtual hub. Each week we have a different focus for these sessions. Some weeks it is tailored to the specific students attending and their needs, and other weeks it is pre-designed to cater for all students. SMARTER goals have been set, we've made timetables, and even tried to master a growth mindset. Activities have been completed, such as the online 'Driver Knowledge Test', to assist Year 10 students towards achieving their goal of obtaining their driver's license later this year. We have done some work on 'communication' and demonstrated its importance by playing some very fun communication games. Time is also spent assisting students in any area they require. This could be anything from Trigonometry to accessing the School Support Officer Mandy Aitken. We do play some great games together, aimed at building the connectedness to each other and our school. Tuesdays are my favourite day of the week!



School Reports

Year 12 Semester 2 reports will be available for download this Friday on the Student Portal

R U OK? Day 2023

Tomorrow, 14 September, is our national day of action when we remind Australians that every day is the day to ask, 'Are you OK?', and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.





Bunjum Aboriginal Corporation

44 Tamar Street Ballina NSW 2478

Or

PO BOX 18 BALLINA NSW 2478

POSITIONS VACANT

ABORIGINAL FAMILY SUPPORT WORKER (MALE)

Bunjum is seeking a suitable applicant to fill a position for our Family Support Worker (Male) position.

The successful applicant will be working in Bunjum's Aboriginal Corporation Goori Gumaguy Blaggang mirr (Aboriginal Family Together) Targeted Early Intervention (TEI) Program. They will work across the following cohort/group Aboriginal children, young people, and families and communities to assist Aboriginal families and their children.

The Support Worker will implement project activities, provide assistance to Aboriginal Families and their children to overcome barriers through intervention, advocacy, and referrals as required within an Aboriginal Cultural Lens.

This position is 28 Hours per week.

Note: this position is identified and exempted under S.21 of Anti – Discrimination Act, 1977

Information Package:

Contact Bunjum TEI Coordinator teicoordinator@bunjum.com or [call 66865644](tel:66865644) or [66811540](tel:66811540).

Applications close: 4.00pm Friday 15th September 2023



Student use of Mobile Phones

Dear parent/carer/supervisors and students,

You may have heard recently about the changes to the use of mobile phones in NSW high schools beginning in Term 4, 2023.

Southern Cross School of Distance Education acknowledges the benefits of using various forms of appropriate technology to support teaching and learning. Whilst this may minimise the risks of digital environments and prepare students for life beyond school, we also recognise that incorrect use may cause harm. We are committed to supporting our students to use technology in a safe, responsible, and respectful way, to enhance student learning and engagement.

There are important changes coming in Term 4, which will impact all students.

Important changes coming in Term 4

- Mobile phones are **not** to be used during school hours, at hubs or outreach, as well as during school excursions. However, you will always be able to contact your child in an emergency.
- Students will still be able to carry their phones while travelling to and from hubs, outreach, and projects.
- Students will be asked to have their mobile phones off and away during school hours when at hubs or outreach.
- Students attending a DE project on their home school site must follow the mobile phone plan outlined by that school.
- School staff can allow students to use their mobile phones in specific circumstances, such as for an educational purpose, for their wellbeing or to support students with specific needs.
- Individual student requests for exemption will be assessed and considered by the school for medical and learning needs.

Considerations for exemption

If you have concerns about your child not having access to a mobile phone, we would be happy to discuss this further with you. Students with special needs, including medical and/or learning needs, may apply for an exemption. These will be considered on a case-by-case basis.

Please use the form attached if you wish to apply for an exemption.

As Principal I will make the final decision for exemption applications. Prior to the decision being made consultation with teachers, students and families will occur. The application for the exemption will be reviewed and an agreed implementation plan will be completed during this consultation process.

We look forward to working with you to implement these changes in our school.

Sincerely,

Danny Henman

Principal



Student use of Mobile Phones

Application for Mobile Phone Exemption

Parents/Carers and students wishing to apply for an exemption, will need to provide details of the special needs e.g. medical, learning difficulties etc.; that requires use of and access to their mobile phone while engaging in learning.

Submit this application form to your hub, outreach or project teacher and organise a time to discuss the application.

Student Name: _____

Year level: _____ Hub/Outreach/project: _____

Parent/Carer Name: _____

Outline the health or wellbeing reason requiring this exemption

Signed: _____ Date: _____

(parent/carer/supervisor)

Hub, outreach or project teacher notes re: discussions


Signed: _____ Date: _____

(hub/outreach/project teacher)

Career information workshops

Check out these fantastic workshops. Lots of opportunities for career information and to try different jobs.

Contact your Student Adviser

Workshop	Dates	Location	Activities
Youth in Animation	Tuesday 31 October	SAE Byron Bay	Animation Motion Graphics
Other workshops –: -Regeneration workshop -Innovation in Farming -Mob Industry tours -Deadly coders	Dates to be confirmed		

Scholarships up for grabs!

Northern Rivers Housing (formerly known as North Coast Community Housing) is offering scholarships for anyone who is currently a tenant with them. If you need help filling in the form, you can contact our school youth worker at mandy.aitken@det.nsw.edu.au

The NRH Scholarships Program is designed to support and encourage our tenants to pursue higher education and training opportunities. NRH tenants are encouraged to apply for a scholarship if they meet the criteria.

Successful applications can use their scholarship funds towards:

Education: computers, software, books, technology, school supplies, tuition, excursions, school trips/camps.

Sport: sports equipment, uniforms, registration or other fees, coaching sessions.

Creative arts: musical equipment, costumes/uniforms, tuition fees, music/drama/art classes.

Scholarship categories are:

Primary school student \$400

Secondary school student \$800

Tertiary (University / TAFE) student or school leaver (not currently enrolled in school or education) \$1,200.

Adult/school leavers pursuing interests in creative arts or sport \$1,200.

Applications for Round 2 open on 1 September 2023 and close on 13 October 2023.

Here is the link to the forms.

<https://www.nrh.org.au/wp-content/uploads/2023/08/NRH-Scholarships-Program-2023-information-pack.pdf>

Dear Colleagues

Term 4 Multi-Sport registrations are now open - [Register here](#)

These days are fun and inclusive of all disabilities, with sports modified and adapted to suits the needs of students.

Sports invited include AFL, Basketball, Blind Sports, Boccia, Bowls, Cricket, Football, Goalball, Golf, Hockey, Little Athletics, Netball, NRL, Softball, Rugby, Table Tennis, Tennis, Touch Football and Volleyball (pending availability).

Students will rotate through 6 of the sports during the day.

Term 4 Dates and Venues are as follows:

Area	Location	Date
Newcastle	Newcastle Basketball Stadium, Broadmeadow	17 October
Newcastle	Newcastle Basketball Stadium, Broadmeadow	18 October
Port Macquarie	Port Macquarie Indoor Sports Stadium	19 October
Maitland	Maitland Federation Centre	20 October
Northern Beaches	Northern Beaches Indoor Sports Centre, Warriewood	21 November
Minto	Minto Indoor Sports Centre	29 November
Blacktown	Blacktown Leisure Centre, Stanhope Gardens	30 November
Grafton	Grafton Sports Centre	5 December
Ballina	Ballina Indoor Sports Centre	6 December
Coffs Harbour	Sportz Central, Coffs Harbour	7 December
Taree	Saxby's Stadium, Taree	8 December

Cost:\$5 per student

Timings:times for all multi-sport days are:

Arrive/sign in: 9.30am

Sessions 1 and 2: 10.00am

Break 1: 11:00am

Session 3 and 4: 11.25am

Break 2: 12.25pm

Sessions 5 and 6: 12:50pm

Finish: 1.50pm

Student numbers: Schools may bring any number of students with disability. Please be aware that each venue has a maximum capacity and once reached, schools will be placed on a waiting list, in order of entry.

A risk assessment will be sent to your school contact once registered.

There will be a hoist and change table available for use at all venues.

For more information visit our Multi-Sport participation page.

There are places for some Term 3 Multi-sport days still available – for [Term 3 Multi-sport register here](#)

We hope to see you and your students in attendance.

NSW Department of Education

Calendar 2023



January

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				

February

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				

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	

April

S	M	T	W	T	F	S
30						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

May

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			

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	

July

S	M	T	W	T	F	S
30	31					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

August

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	

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

October

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				

November

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		

December

S	M	T	W	T	F	S
31						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						

Key dates

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



Term start and end dates*

Term 1 (Eastern): 27 January to 6 April



Term 1 (Western): 3 February to 6 April

Term 2: 24 April to 30 June

Term 3: 17 July to 22 September

Term 4: 9 October to 19 December



School development days

Term 1 (Eastern): 27 January and 30 January

Term 1 (Western): 3 February and 6 February

Term 2, 3 and 4: 24 April, 17 July, 18 December and 19 December



School vacation dates

Summer (Eastern): 21 December 2022 to 26 January 2023



Summer (Western): 21 December 2022 to 2 February 2023

Autumn: 10 April to 21 April

Winter: 3 July to 14 July

Spring: 25 September to 6 October

Summer (Eastern): 20 December 2023 to 29 January 2024

Summer (Western): 20 December 2023 to 5 February 2024



Exam dates

Selective high school placement test: 4 May

NAPLAN online test window: 15 March to 27 March

Opportunity class placement test: 27 July



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 going to school hub at education.nsw.gov.au/going-to-school

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

