



ASHFIELD BOYS HIGH SCHOOL NEWSLETTER

TERM 1 WEEK 10 2020

The next three weeks for your diary

	Monday	Tuesday	Wednesday	Thursday	Friday
06 - 09 April	<ul style="list-style-type: none"> Year 11 Ext English 1 Assessment 				
27 - April to 01 May	<ul style="list-style-type: none"> School Development Day 	<ul style="list-style-type: none"> Year 12 Mid Course exams 	<ul style="list-style-type: none"> Year 12 Mid Course exams 	<ul style="list-style-type: none"> Year 12 Mid Course exams 	<ul style="list-style-type: none"> Year 12 Mid Course exams
04- 08 May					

PRINCIPAL'S REPORT

Sorry!!!

Please accept my apologies for the confusion and chaos we caused yesterday afternoon with the incorrect bell times for Periods 6 and 7. It was a problem for the boys, their teachers and parents too, so sorry!

This was my mistake. After I drafted the new bell times it was checked by 5 different people and none of us noticed the mistake until it was upon us. I'm putting the error down to sheer fatigue.

We will have this corrected and re-issued to the boys so it does not happen again.

Online Attendance and Parent Notifications

Every boy is being marked as present (flexible attendance - in line with NSW Government policy) for roll call in the morning. Unless you inform us that your son is sick, he will be automatically marked present each day until the current government restrictions are changed.

We reconfigured our attendance monitoring software this week as we were being asked repeatedly by parents for a way of knowing if their sons were logging into lessons. The system will automatically email you if your son has been marked absent in a lesson.

We are totally aware that this is not a perfect system and there are loads of things that can go wrong. The most common problem is that boys are not posting in the digital classroom to let their teacher know they are present. Marking the roll in a digital classroom and marking it in a physical one are not the same. We can't "see" our classes unless they tell us that they are there.



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



Parents have also found other problems such as internet drop outs, network lag and connection problems. Obviously, this is a result of a network under huge strain. So far, touch wood, I'm really impressed with how good most of the network has been and how well The Department of Education Portal is coping with almost one million users online all at once, many of whom are video streaming.

If you know that your son is taking part in his lessons and you receive an email in error, please just ignore it. There is no need to email us. This was designed as a notification system only and everyone is working really hard to make it function as best as possible, so can I please ask for your patience.

I must say, of the 37 kids I spoke to on Wednesday when I called home to check on them, almost all had nothing to do with connection problems. Almost all were marked absent in lessons – because they were absent in lessons! Many had been offering a teenage “alternate version of the truth” to their poor parents who are all busy trying to work from home...

Some students still have not logged on to all of his classes. If your son has “lost” his code for that class please have him email his teacher of that class. We are continuing to call as many families as possible if it looks like their sons are not engaging in learning. Obviously, with almost 750 boys, this is a long process.

Loan Laptops and Internet Access

As of today, we have loaned out 109 laptops to boys who need them and bought internet access for any boy without it. Linda placed an order for 30 more brand new laptops this week and we are waiting for them to arrive. We intend to replace some of the older laptops that we have given the boys with newer ones as soon as they arrive. If your son has one of the older laptops Linda will be in touch as soon as we are able to give him a new one.

The HSC

NESA's COVID-19 Response Committee met again last night and has released the following determinations:

- give Principals and system authorities the power to determine the number, type and weighting of tasks for Year 11 school based assessment, in line with the decision communicated last week for HSC students
- lift the requirement for VET students to undertake NESA mandated work placement
- cancel mandatory group performance exam in Drama and the mandatory ensemble performance exam in Music Extension
- modify other performance exams that breach social distancing requirements.

I have asked teachers and Head Teachers to see me this week if they feel that the Year 12 assessment schedule needs to be altered in any way. If there is to be a change this will be communicated to the boys in Year 12 almost immediately.

Year 12 Mid-Course Practice Examinations

These were scheduled for Week 1, Term 2 and we are going to proceed with them in some form. While these exams are not assessable and are not part of the HSC Assessment Schedule for any course, all boys are expected to take these exams seriously. A study timetable should already be set for the holidays to prepare for them.



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



We started these last year for the first time and they were incredibly popular with the boys – they are the only time in 29 years that I’ve seen kids happy to do an exam! They provide the boys with valuable exam practice and feedback for improvement.

If we are still all at home at that time, we will do the exams digitally. They are not assessable so there is no benefit in cheating.

School Bus Cancellation

We were advised today that school buses will not be running for the rest of Term 1. A decision is yet to be made about Term 2. When I know, I’ll let you know.

Thanks

Thanks so much for your support, patience and understanding at a time that’s hard for everyone.

Postscript

After finishing writing this report for Ashtag I just received this email from my son’s school.

Dear Parent/Caregiver,

Please be advised that your child appears as absent on the daily roll. Can you please confirm their attendance as soon as possible?

The beautiful irony of receiving the above provided your Principal with a huge belly laugh - before this dad put in a very cranky call home...

**Dwayne Hopwood
Principal**



*Birthday present
for
Linda Henry.*



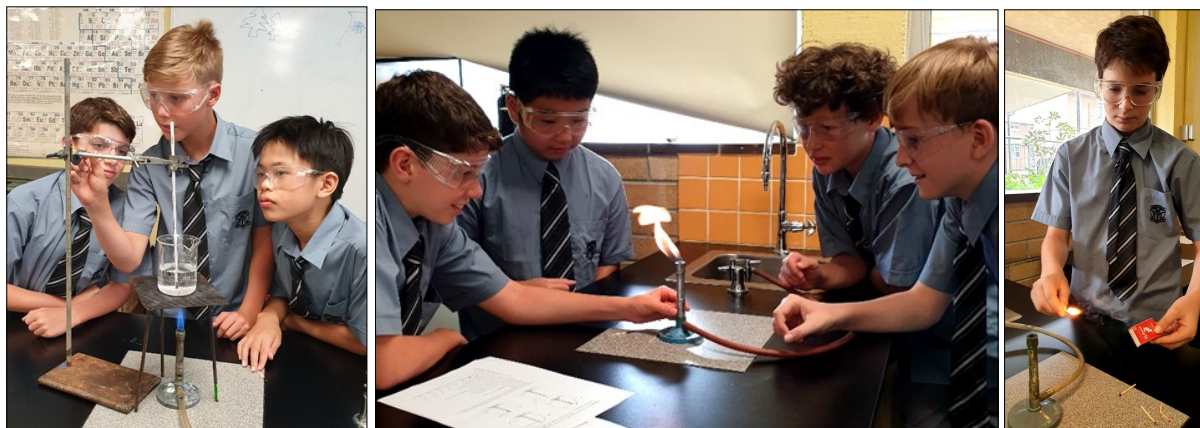
117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



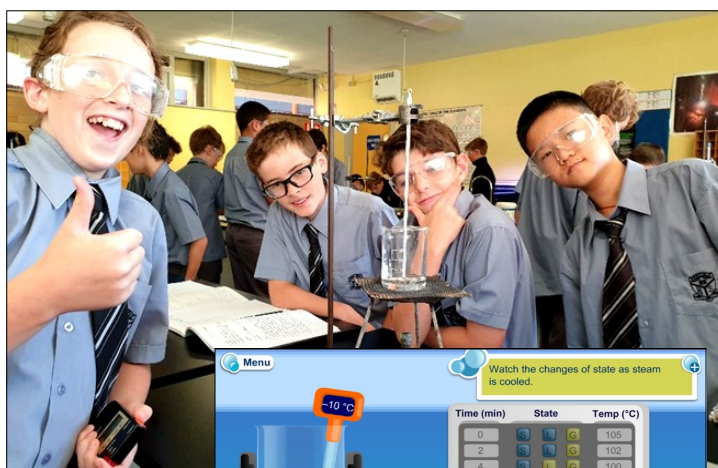
SCIENTISTS IN THE MAKING

Year 7 put themselves in the shoes of real scientists this term, learning about the scientific method and planning investigations to test hypotheses. Students participated in a variety of first hand investigations and analysed the data they gathered. They then evaluated their experimental designs, focussing on validity, reliability and accuracy, in order to deepen their understanding of the experiment process.

Students familiarised themselves with the vast array of scientific equipment used in experiments and learned how to conduct experiments safely in the lab. Particularly, students learnt how to safely use Bunsen burners in a variety of apparatuses and earned their Bunsen burner licenses.



Students also started their second topic Properties of Matter. They conducted experiments to investigate the properties of solids, liquids and gases and related their findings to the Particle Model of Matter. Students continued their exploration of matter through the digital classroom using interactives to undertake experiments related to heating and cooling. The students used their understanding of Particle Theory to explain their observations of state changes and applied their knowledge to explain everyday phenomena.



Ms Prasad - Science Teacher

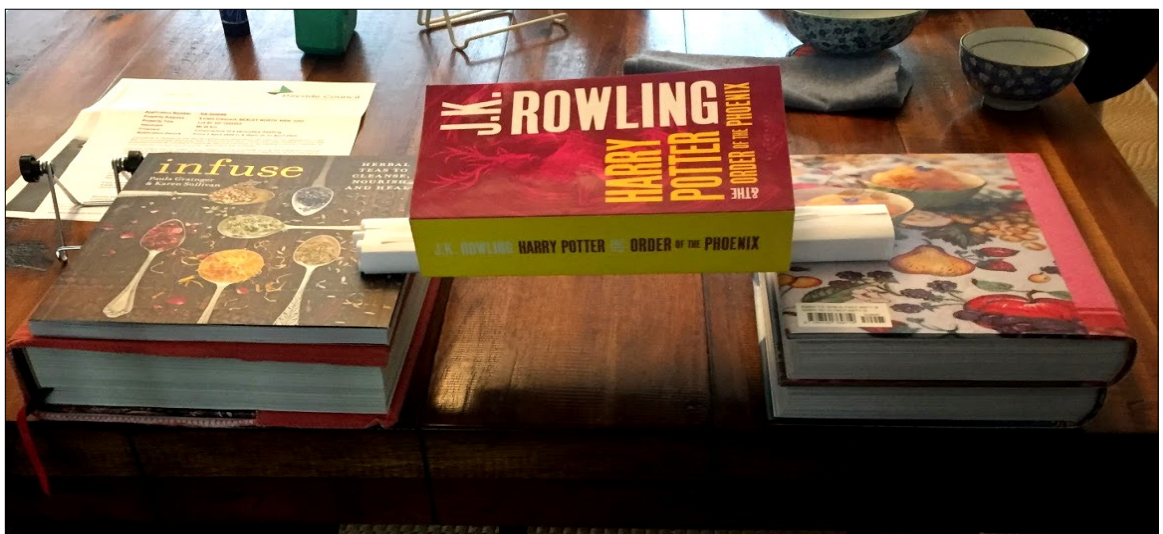


117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



BRING ENGINEERING AT HOME DESIGN AND BUILD PAPER BRIDGES AT HOME

By: Angus Thompson
Year 7



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au

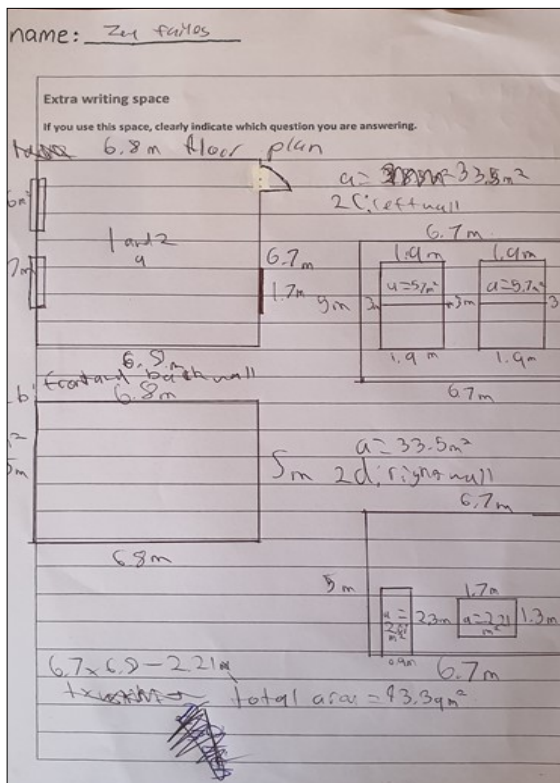


YEAR 8 DISCOVERS AREA

Students in Year 8 Aristotle have been studying area and applying their understanding of the formulas to real life situations.



As part of the area unit and exactly the day before ABHS went digital students in 8A measured the classroom F4 collaboratively and worked out the area of the walls and floor space. They then calculated how much it would cost to paint the classroom and put in new carpets.



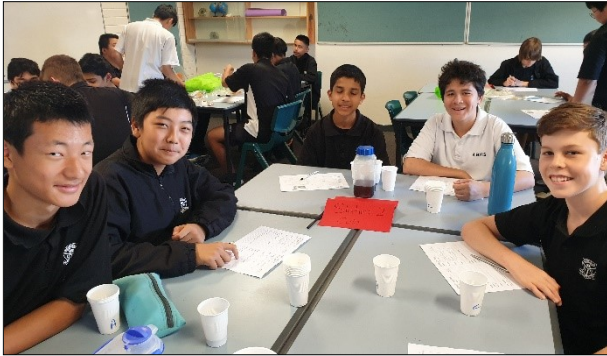
Ms Thomas - Head Teacher Mathematics



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



YEAR 9 COMMERCE



Commerce have been learning about consumer and financial decisions this term. As part of the course we discussed basic items that we buy based on the brand rather than value for money. So we did a taste test where the students were given a selection of similar items but consisted on generic products to the popular brand names.

*Ms Skelton
Year 9 Commerce*

Cola			
	Price (\$) per 1 litre	Brand	Student choice
A	\$2.52 per litre	Coke a Cola	9
B	\$0.72 per litre	Coles - Generic	4
C	\$1.84 per litre	Pepsi Max	11
Corn Chips			
	Price (\$) per 100 grams	Brand	Student choice
A	\$1.99	Aldi	6
B	\$0.95	Coles - Generic	7
C	\$2.06	Doritos	11
Rice Crackers			
	Price (\$) per 100 grams	Brand	Student choice
A	\$0.90	Coles - Generic	7
B	\$2.00	Sakata	6
C	\$0.89	Aldi	11



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



PHYSICAL EDUCATION AT HOME



This week students in PE lessons have been trying a range of different movements and activities that they will be able to continue with over the holidays. Activities have included Basketball, Hip Hop, Yoga and Circuit Training.



*Ms T Brown
Head Teacher Welfare*



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au





ASHFIELD BOYS HIGH SCHOOL

117 Liverpool Road Ashfield NSW 2131 Phone: 9798 6620 Fax: 9716 8004



2020 Digital and Mathematics Competitions

Dear Parent/Caregiver,

In 2020 the ABHS Mathematics/Computing faculty will offer the following competitions: the **Australian Mathematics competition (AMC) and Computational and Algorithmic Thinking (CAT)**. These competitions take place each year in schools throughout Australia and globally. *Ashfield Boys High School* invites your child to participate.

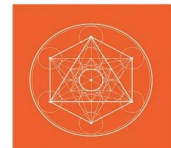
Computational and Algorithmic thinking (**CAT**) is a one hour competition designed to identify pre-programming potential. It is a way to encourage and inspire students who might have hidden natural ability in computer programming; and is suitable for students from Year 7 to Year 12. It is held early TERM 2.

The **AMC** is an engaging 30-problem competition that demonstrates the importance and relevance of mathematics in students' everyday lives; it is open to students in Years 7 to 12, held in TERM 3.

		Entry Fee (per student)	Competition Date	POP Code
<input type="checkbox"/>	Computational and Algorithmic Thinking (CAT)	\$6.50 (incl. GST)	Wednesday, 29 th April	534826
<input type="checkbox"/>	Australian Mathematics Competition (AMC)	\$6.50 (incl. GST)	Thursday, 30 th July	534822

Please give the ENTRY FEE(S) for the **Computing competition** by **Wednesday 1st April 2020** for the Mathematics competition Wednesday 24th June 2020 using pay online POP code.

Entry fees must be paid by the respective dates in order to REGISTER for the competition (s).



Student name _____ Year /class _____

Ms M. Thomas
Head Teacher Mathematics/Computing



Computational and Algorithmic Thinking: WHAT IS IT?

Computational thinking is becoming part of our everyday world. It is the basis of all computer programming and has led to platforms such as Facebook and Google.

Computational thinking is a problem solving method that we draw on when solving complex problems with the use of computers. We draw on logical reasoning, algorithms, decomposition, abstraction and patterns and generalisations when thinking computationally.



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



WELLBEING CHALLENGE

During Health lessons students are taught about the importance of maintaining a holistic approach to their health. Each week the remainder of Term 1, Wellbeing team will provide students' (parents and teachers can also join in) with challenges that encompass all aspects of our health.

These are only suggestions, you may want to participate in some other activity but it's important to try to complete them each day.

Week 2 activities.

Physical Wellbeing	Emotional Wellbeing	Social wellbeing	Mental Wellbeing	Spiritual Wellbeing
Participate in a virtual workout for at least 30 min - Circuit - Yoga - Tik Tok	Have a device free day and/or have a COVID free day. Talk to family and friends about other things.	Do something for a family member e.g. cook a meal, tidy a part of the house, get washing off the line etc..	Learn a new skill - juggling - cooking - yoga	Participate in a mediation, relaxation yoga or Pilates session.



Ms T Brown - Head Teacher Welfare



117 Liverpool Rd, Ashfield
 Tel: 9798 6620
 Email: ashfieldbo-h.school@det.nsw.edu.au



Reassuring your children about the unknown

Information for parents during COVID-19



What this fact sheet covers:

- How to talk about the situation
- Strategies to reduce anxiety
- Tips to support wellbeing
- Seeking additional help

Introduction

It's not just adults worrying about COVID-19 and the day-to-day changes around the situation. As parents, it is important to listen to the questions coming from your children so you can offer clear and honest answers.

It's also OK to admit that you may not know the right answers rather than pretending to have the correct response.

Children will be picking up information from their peers, the media, and what they are observing in the outside world.

It is the role of parents to communicate openly with their children in a way that does not exacerbate any feelings of anxiety, and to tailor information to their kid's age and developmental stage so they can be sure it is understood.

Talking about COVID-19 with your children

1. Speak to them calmly and openly. Don't shield them from everything but at the same time choose your words carefully. Saying that it is a 'pandemic never seen before in our lifetimes' does not help to calm your child.

2. Encourage them to ask questions. Curiosity at this time is natural and it is a good sign if they are wanting to find out more.

3. Ask them what they know and what they are worried about. Agree with them if you have the same concerns but also offer reassurance and set up a plan to help deal or cope with that worry.

4. Reassure them it's normal to be worried. Both children and adults have worries about COVID-19 and most people are feeling concerned.

5. Provide reassurance that as young people, they are relatively safe. Current data suggests that young people are less likely to catch the virus than others, and even if they do,

Creating a mentally healthier world



Black Dog
Institute



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



they are unlikely to get very sick or go to hospital.

6. Let them know that you will be available. You will be there to talk to them about their worries whenever they would like to and if they think of questions after your chat, they can ask them anytime.

7. Identify other responsible adults in their life. If you aren't there to field any questions they may have, it is reassuring for them to know they have other adults they can approach.

8. Get the right information. Choose one reputable website to get your information from (such as the Department of Health) and resist temptation to look at more sensational sources.

9. Let them know about family plans. Share what you are doing and plan to do to keep their family safe. Encourage regular safe contact with loved ones, e.g. video chat with grandparents.

Practical strategies to reduce COVID-19 related anxiety

Provide a sense of control by discussing and implementing practical steps your child can take to stay safe.

These may include:

- Regular handwashing for 20 seconds. They can sing 'Happy Birthday' through twice to get the right length of time.
- Cough and sneeze into elbows. For younger kids tell them to pretend to be elephants as they do it.
- Give them new chores so they feel able to help keep control. Things like cleaning areas at home each night or helping to prepare food will give them a feeling of responsibility.
- Limit unhelpful or excessive media exposure which can often increase anxiety.

Creating a mentally healthier world

General tips to support wellbeing

- Remaining active is very important for mental health and wellbeing. Many school sporting competitions have been postponed and substitute activities like going outside for walks or doing online exercise programs like yoga or zumba are great options
- Make sure you join in with their fun. It can be hard if you're not feeling well yourself or if you're having to make lots of decisions about changing your routine, but remember your child is looking to you to know how to behave. Show them there is still time for fun.
- Encourage communication with friends using virtual formats when face-to-face isn't an option.
- Develop a plan with your child about their schooling over the coming weeks. This will need to be done in collaboration with their schools, but it will be reassuring for them to know that there is a plan, even if it needs to be adapted at a later date.
- Help your child to get enough sleep. You can do this by limiting the use of screens late in the evening and encourage your child to start a wind down routine about an hour before they go to bed. This helps them prepare their body and mind for sleep.

Seeking additional support

If your child or teenager is experiencing anxiety that is very distressing to them or interfering with their ability to function, it is important to seek additional support. There are digital tools and helplines listed at the end of this fact sheet that you can recommend.

If you are struggling with anxiety yourself, you can find more information [here](#).

If you have significant concerns about your child and want some professional help, you



Black Dog
Institute



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au



can get a referral to a psychologist or mental health professional through your GP.

It's best to contact your GP over the phone first and they will let you know how to proceed. Many psychologists are now offering their services using tele-health or online communications.

Helpful resources and online tools

Bite Back

biteback.org.au

Kids Helpline | 1800 55 1800

kidshelpline.com.au

Beyondblue | 1300 22 4636

beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace

headspace.org.au/eheadspace

Brave online

brave-online.com

This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the Black Dog Institute website.

For information: blackdoginstitute.org.au



[blackdoginst](https://www.facebook.com/blackdoginst)



[@blackdoginst](https://twitter.com/blackdoginst)



[/BlackDogInst](https://www.youtube.com/BlackDogInst)

Written by:

Dr Aliza Werner-Seidler

Clinical Psychologist and Senior Research Fellow, Black Dog Institute

Creating a mentally healthier world



Black Dog
Institute



117 Liverpool Rd, Ashfield
Tel: 9798 6620
Email: ashfieldbo-h.school@det.nsw.edu.au

