



ASHFIELD BOYS HIGH SCHOOL NEWSLETTER

TERM 3 WEEK 5 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
24 - 28 Aug	<ul style="list-style-type: none"> HSC Trial Year 8D - Virtual Excursion P1&2 	<ul style="list-style-type: none"> HSC Trial 	<ul style="list-style-type: none"> HSC Trial 	<ul style="list-style-type: none"> HSC Trial Year 11 Parent Teacher night Phone interviews Year 10 Assessment English - Final due P6&7 Year 10 English Reflection due P6&7 	<ul style="list-style-type: none"> HSC Trial Year 11 - Year 11 PDHPE First Aid Course
31 Aug - 04 Sept	<ul style="list-style-type: none"> Year 9 Cheek-in Assessment - Hall 				
7 - 11 Sept					

PRINCIPAL'S REPORT

COVID-19 Restrictions

I sent out an email to everyone on Tuesday evening explaining the changed COVID-19 restrictions that were brought in by the NSW government this week. The most important of these is the requirement to produce a negative COVID test if your son has cold or flu like symptoms. If your son has symptoms – even mild ones – he must be kept home from school and he must come back with a negative test result.

External Validation

Every five years the school undergoes a process of External Validation (EV). This is a highly rigorous assessment process of the school's quality. The EV process involves an independent panel assessing the school against the School Excellence Framework (SEF) and examining a huge range of student performance data. We submitted a 128 page set of evidence for EV and we had a 2 hour set of verbal questions to answer yesterday. I'm so incredibly proud of the school, as we were described as "the gold standard" by the panel yesterday. We were formally validated across all 14 areas of the SEF and rated as "excelling" in the overwhelming majority.

Year 10

Thanks so much to the Mums and Dads of Year 10 who made Tuesday evening's first mass Zoom HSC Subject Selection evening such a success. We usually get almost 100% attendance at this when it is held in the hall. Of the 128 boys in Year 10 there were 117 parents who logged on. Thanks so much for your support of your sons and us.



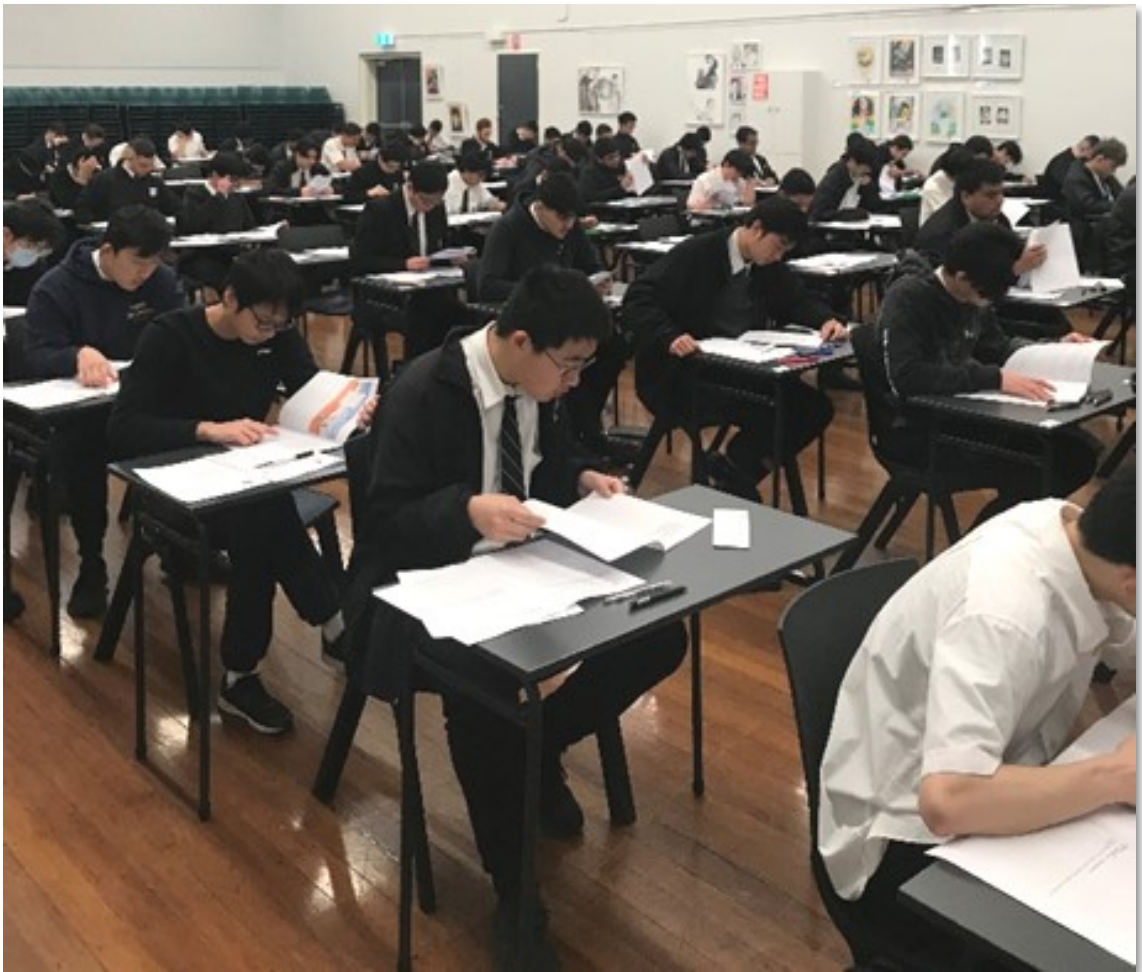
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Year 12

Year 12 are in the midst of the Trial HSC exams. If something goes wrong and your son is sick, please call us immediately ask to speak with Janina Longman, Linda Henry or me. We'll advise you about what to do. The COVID attendance restrictions apply to Year 12 as well. I had to send one of the guys home for a COVID test on Tuesday.

Dwayne Hopwood
Principal



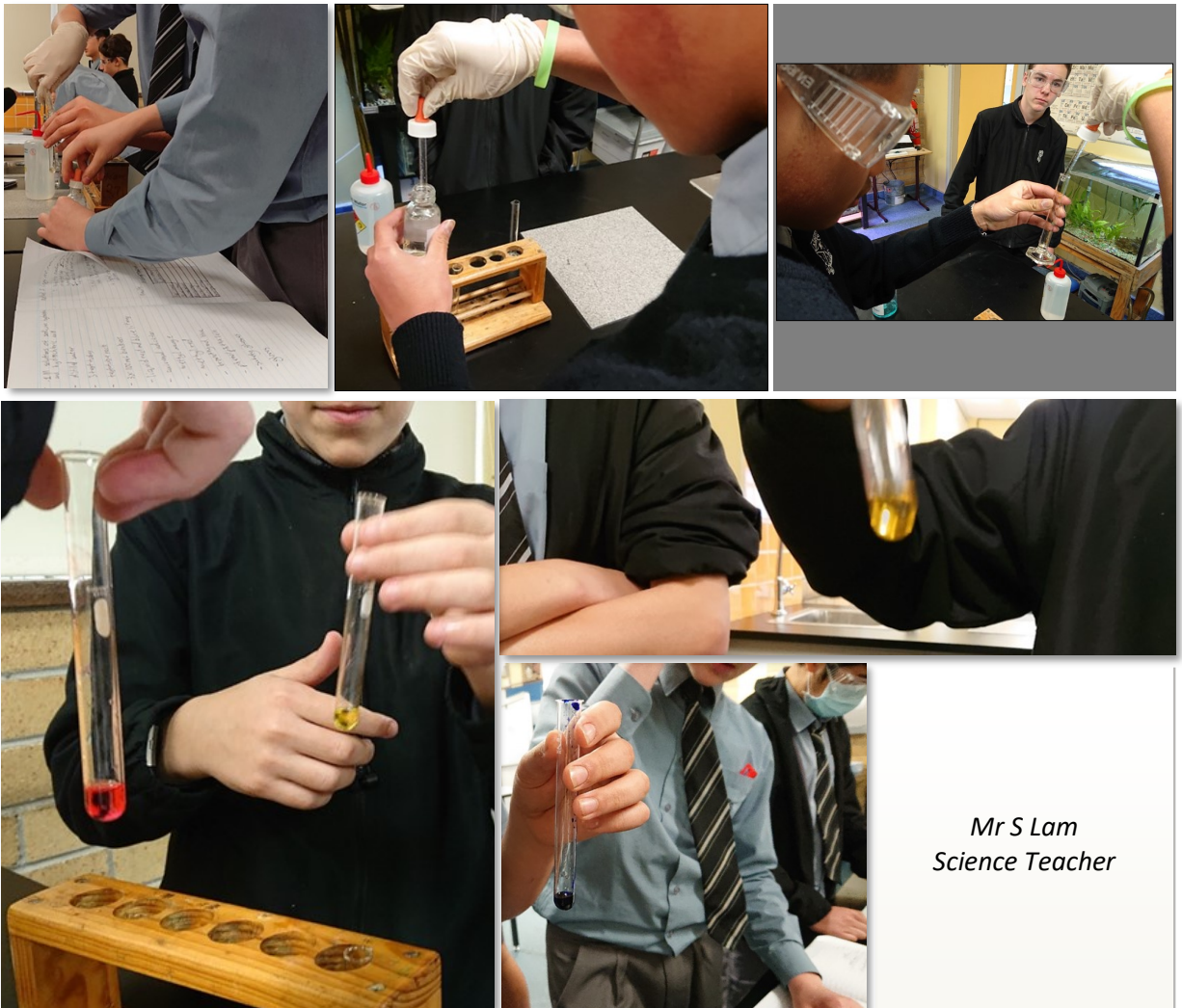
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UP AND ATOM!



Year 9 students are currently exploring the fascinating pattern of atoms from the periodic table. They are studying the arrangement of sub-atomic particles, how to make them charged, why are some of them radioactive, how to make them change colour and how to make them glow!



*Mr S Lam
Science Teacher*

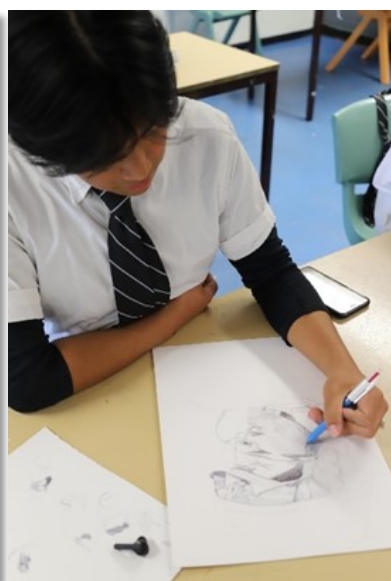
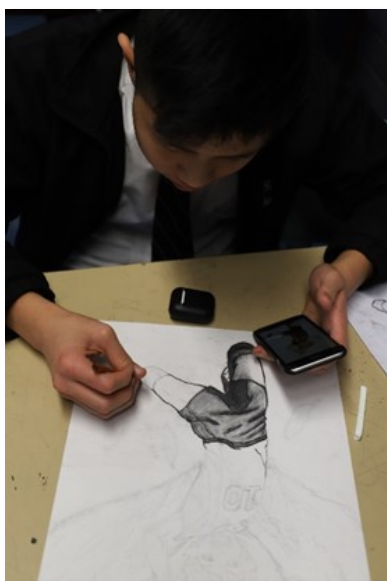


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YEAR 11 VISUAL ARTS UPDATE

#ASHFIELD



Year 11 has been working hard on their Major projects this term. Students have looked at contemporary art practices and worked on developing their own style as budding young artists. They were required to create works around the themes of Face it, pixelate or twisting and turning. This has resulted in some great work across various mediums and materials.

NAS HSC INTENSIVE PROGRAM

A special mention to Dylan Chedra, as he has been accepted into the National Art School HSC studio intensive workshop. He was required to provide examples of his art in order to apply to this highly regarded program, and was selected based on his impressive work. This is a great opportunity for Dylan, where he will be able to gain valuable insights into artmaking practices.

Ms Jovicic - Visual Arts Teacher



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WATT'S BEEN HAPPENING WITH SCIENCE CLUB THIS WEEK?

In this week's episode of Keeping Up With The Yabbies, three of our largest shrimpy residents have caught on to our plans to renovate their living spaces with a larger, communal tank (work in progress!). This new tank will reflect a natural Australian freshwater ecosystem, complete with small shrimp, yabbies, mussels and silver perch. The council is having a meeting about who gets the rights to dig their home under the driftwood (below).



Science Club has been investigating circuitry for the past two weeks. Students are introduced to basic circuits – investigating the conductivity of different metals and how different methods of wiring will cause differences in the light intensity of a bulb. We also made pressure plates that activate a loud and obnoxious alarm to keep any potential intruders out.



If you're interested in Science, please consider stopping by at recess on a Thursday in G2!
Until next time

Ms Lu, Ms Prasad and Ms Pham

Stop Press: "Yabby Cam" is now up and running.



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YEAR 10 ENGINEERING WHERE DOES OUR ELECTRICITY COME FROM?



An electrical power plant uses either renewable or non-renewable energy sources. Coal fired power plants are a type of power plant that make use of the combustion of coal in order to generate electricity. In this activity, year 10 Engineering Students learn how a power station works. Students are designing and building the model of a coal fired energy plant.



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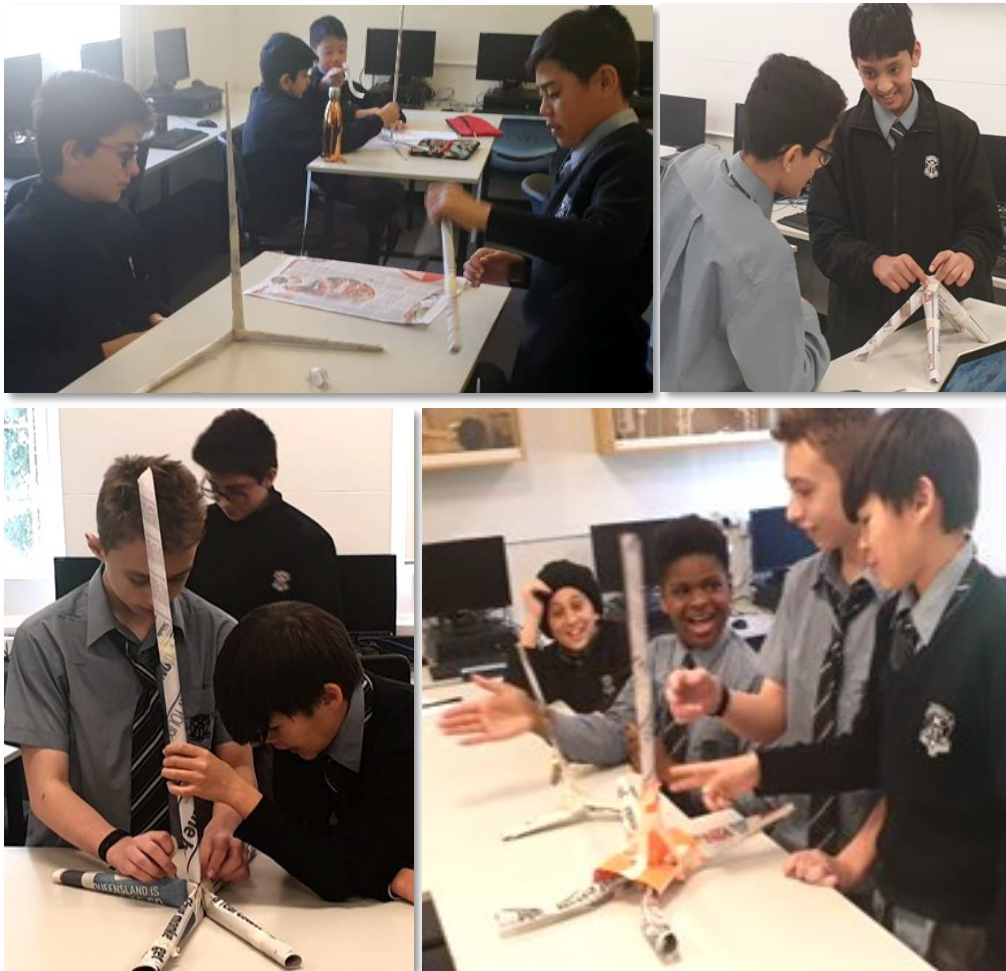


YEAR 7- TECHNOLOGY MANDATORY (ENGINEERED SYSTEM)

Year 7 student groups are challenged to design and construct model towers out of newspaper. They are given limited supplies including newspaper, tape and scissors, paralleling the real-world limitations faced by engineers, such as economic restrictions as to how much material can be used in a structure. Students aim to build their towers for height and stability, as well as the strength to withstand a simulated lateral "wind" load.



After this activity, students should be able to identify which designs can and cannot withstand the self-weight of the newspaper tower as well as a lateral wind load.

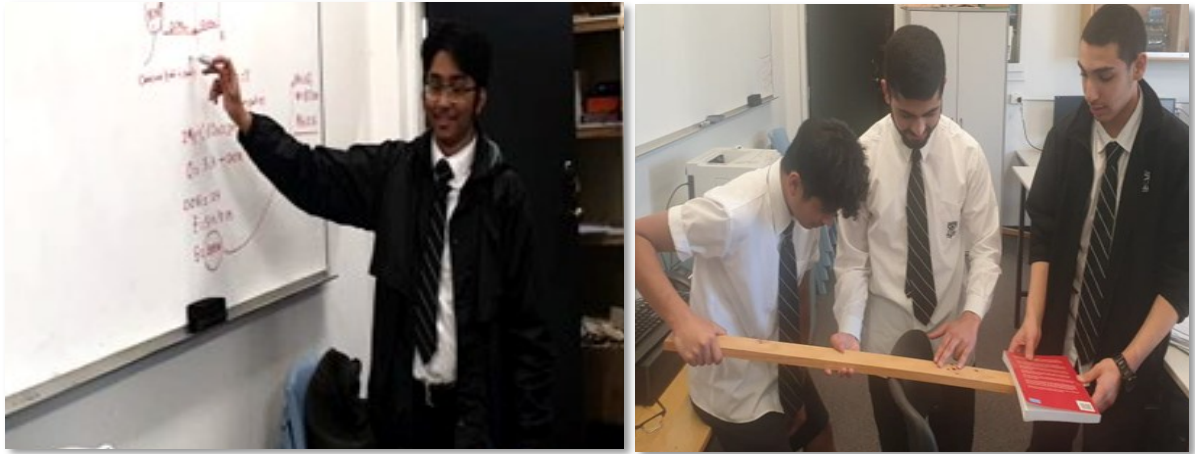


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YEAR 11 ENGINEERING STUDIES

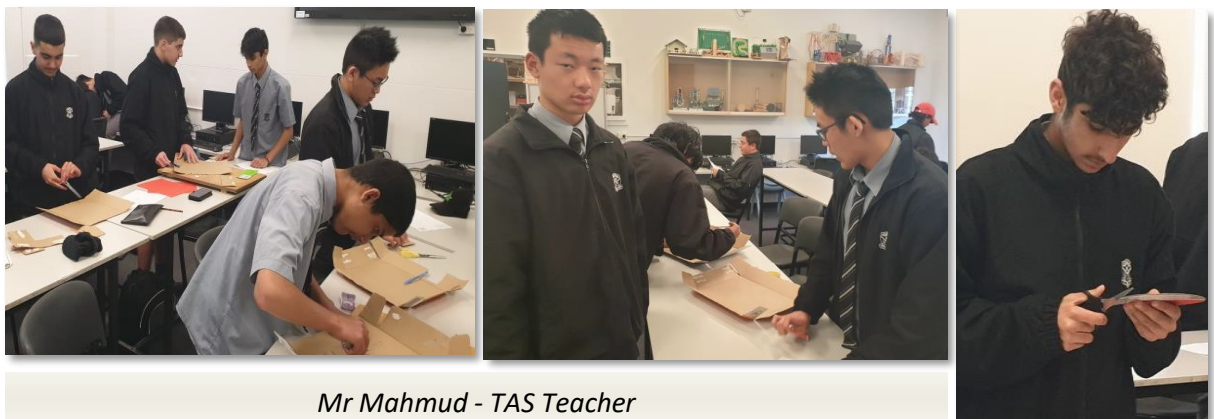
Year 11 engineering students conduct a series of experiments comparing the effects of changing load and effort force distances for the three classes of levers. Students discover that when the fulcrum is between the load and the effort (first class lever), moving the fulcrum closer to the load increases the length of the effort arm and decreases the length of the load arm.



Experiments focus on addressing areas pertaining to the relationships between effort force, load force, work, and mechanical advantage, such as: how simple machines change the force needed to lift a load; mechanical advantages relation to effort and load forces; how the relationship between the fulcrum, effort and load affect the force needed to lift a load; how mechanical advantage relates to effort and load forces and the length of effort and load arms.

YEAR 9 ENGINEERING

In this activity Year 9 engineering students are challenged to make a series of mechanisms to meet specific design briefs. This project will help the students to understand, design and prototype mechanisms (including levers and linkages).



Mr Mahmud - TAS Teacher



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ONE-ONE MENTORING OR TUTORING AVAILABLE FOR YEARS 7/8

**** TIMETABLE TO BE FINALISED SOON ****

Great opportunity for tutoring or mentoring for your Year 7 or 8 son for no cost.

As part of either the Senior Leadership Development program or Silver Duke of Edinburgh Awards, some of our senior students will be available to mentor or tutor your Year 7 or 8 son. The seniors will provide weekly one-one sessions to either tutor in a subject or mentor them to develop good study routines and organise their work and assessments. This program is provided at ***no cost to our students***.

The sessions will be supervised by a teacher and can occur on either Monday or Tuesday afternoon from 3.10 to 4.10pm or at a specified lunchtime or recess during the week (students can eat their recess/lunches during tutoring sessions).

The senior students are committed to providing this service for an extended period of time and as such the offer is for regular tutoring/mentoring sessions until Term 2, 2021.

Please note that there is no guarantee that we can accommodate all students, so the positions will be filled based on availability of seniors and their speciality.

Please email me for more details and include if your son is interested in tutoring or mentoring and in which subject(s) he needs assistance. Could you also include whether your son is available for Monday/Tuesday afternoons or lunchtimes or any time.

Mandy Marks

Mandy.marks1@det.nsw.edu.au



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UPDATE ON ABHS MUSIC ENSEMBLES AND TUITION

TERM 3 2020

Due to new Covid guidelines relating to singers and wind instruments the following changes have been made to music ensembles at ABHS.

Senior Band – The Senior Band will continue to rehearse on Thursday afternoons from 2.30 – 3.30. Wind players will play hand drums and miscellaneous percussion instead of their usual instruments. The band will be separated into stage groups and relevant sanitisation and social distancing requirements will be observed.

Intermediate Band – The Intermediate Band will continue to rehearse on Tuesday afternoons from 3.10 – 4.10. Wind players will play hand drums and miscellaneous percussion instead of their usual instruments. The band will be separated into stage groups and relevant sanitisation and social distancing requirements will be observed.

Percussion Ensemble – The Percussion Ensemble will continue to rehearse on Tuesday mornings from 8.10 – 8.45. The band will be separated into stage groups and relevant sanitisation and social distancing requirements will be observed.

Junior Band – The Junior Band will continue to rehearse on Tuesday mornings from 8.10 – 8.45. The band will be separated into stage groups and relevant sanitisation and social distancing requirements will be observed.

Vocal Group – The Vocal Group will be cancelled until restrictions on singing in groups is lifted.

Individual Tuition – Individual instrumental tuition will continue with relevant sanitisation and social distancing requirements and a Covid Safety Plan in place.

Mr Pieterse

ABHS Music Teacher/ Ensembles Coordinator



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YEAR 11 PARENT PHONE INTERVIEWS

Dear Parents

Year 11 Parent phone interviews will be held on **Thursday 27th August**. Staff will be available at various times throughout the school day to make calls to parents. Staff availability will vary, however, phone interview time slots will be available from 9.20 until 6.50pm.

We ask that phone calls are kept to a maximum of 10 minutes (as per booking), to ensure we stay on schedule. The majority of staff will call from a mobile with a No Caller ID, so please ensure that you answer No Caller ID calls.

To make a parent phone interview booking go to www.schoolinterviews.com.au and follow these simple instructions.

Bookings open on Monday 17th August at 3pm.

Enter your details, including your contact phone number



Select the teachers you wish to talk to



Select the appointment times that suit you



When you click **FINISH**, your phone interview timetable will be emailed to you automatically. If you do not receive your email immediately – **Check your junk mail folder AND make sure you have spelled your email address correctly**

You can return to www.schoolinterviews.com.au at any time, and change your interviews - **until the bookings close on Wednesday 16th August at 3pm.**

Any issues please email linda.henry@det.nsw.edu.au



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DUKE OF EDUCATION UPDATE



Participant Award Plans Due

On Tuesday last week, the Duke of Ed participants attended a Getting Started Meeting. At this meeting they were given:

- a Google Classroom code
- a Silver/Bronze Award checklist (for their own information)
- a Participant Award Plan (to be completed and returned to me)
- 3 copies of the Assessor Commencement Guide (to be completed by their Assessors and returned to me)
- where to find instructions on how to register for the Online Record Book in which they will log all activities.

The meeting also outlined information about their Award and some ideas of how to participate in some of their components within the school (the information is in a presentation loaded on to Google Classroom). Some ideas include helping with tutoring of younger students for the Silver participants, providing an IT help desk, participating in the school beautification project (gardening), helping run/manage school clubs and activities, and many other things.

Next steps:

1. Join the Google Classroom.
2. Follow the instructions on the Google Classroom to register for the Online Record Book. Note when registering that the fee has already been paid to Award Centre (Ashfield Boys) and Parental Permission provided as a hard-copy (given to me when you registered).
3. Complete the Award Participant Plan (if they are unsure whether their activities or assessors meet the requirements they should see me BEFORE Step 4).
4. Have their assessors complete the Volunteer Code of Conduct and return to me (this is found on the last page of the Assessor Commencement Guides).

There is an involved process of approving activities and assessors before participants can start logging their hours. Documentation need to be returned to me this week. Participants should speak to me if there are any issues in getting this done.

Many of the school activities will be organised and finalised very soon. Your son he needs to submit his documentation as soon as possible or he may miss out.

While the Duke of Ed Award is the responsibility of the Participant and as such all organisation and paperwork should be undertaken by them, we do understand that sometimes boys need a little nudge to get things done. Your help would be greatly appreciated.

Mandy Marks,
Head Teacher Student Leadership and Engagement/Duke of Ed Award Leader
Mandy.marks1@det.nsw.edu.au



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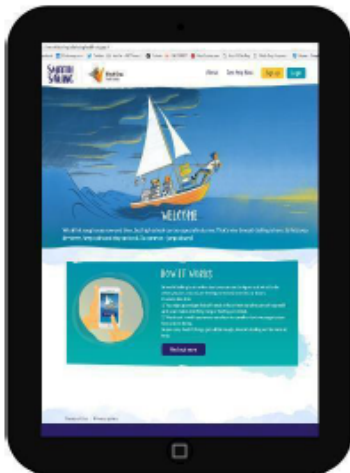


YEAR 8 MENTAL HEALTH SERVICE

Student & Parent Information Sheet



Smooth Sailing is now available at your school. The Black Dog Institute invites you to use this new and exciting service!



Smooth Sailing is a web-based mental health service for high school students. The service is delivered by the Black Dog Institute – one of Australia's leading mental health organisations. Smooth Sailing was built by a team of researchers at the Institute in partnership with young people, their parents/carers, school counsellors, and health professionals. The service has been shown to improve students' help-seeking for mental health and reduce feelings of worry.

All students in your year group will be able to use the service for two school terms.

This service gives students access to a range of internet activities, resources and online modules which include information about mental health symptoms and teaches young people skills to talk to their family, friends and trusted adults about their mental health.

What do I have to do?

Participation in the service is entirely voluntary, so if you decide not to take part, that's completely ok. Your relationship with the Black Dog Institute or the University of New South Wales will not be affected. It is important for all students and their parents/carers to read this form and discuss together what is involved.

If you decide you would like to use the service, you'll be asked to register on the Smooth Sailing website in class time. You'll create an online profile including your **name, email or mobile number, date of birth, gender, and state**. You can update this information at any time by clicking on "My Profile" in the home screen.

After this, you will also be asked to **answer some questions about whether you have felt down, sad, or worried** in the past two weeks. These questions are used to work out what types of activities and information will be most helpful to you. As you use the service, Smooth Sailing will record whether you complete the suggested online modules and activities. Smooth Sailing will also track your program usage and how long you spend on any of the Black Dog Institute programs or apps that are recommended by Smooth Sailing.

Parents or carers will not know or be provided with the answers of their child's responses to any of the surveys or activities included in the Smooth Sailing service.

Mandatory reporting requires that a parent or guardian is informed if a school counsellor deems a student to be at risk of suicide or self-harm.



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At the 6- and 12-week check-in, if you are feeling really sad or worried or have thoughts that your life is not worth living, **your school counsellor will receive a notification to have a private chat** with you about this information. Your school counsellor will only be able to see your total score, use of the program and any areas of your life that you indicate are not going well for you.

What happens to my information?

All the information collected by Smooth Sailing is called "your information". Your data which includes your **personal details, answers to questions and usage data of the online programs linked to Smooth Sailing** will be stored securely on the Black Dog Institute servers for 15 years. These servers use the same level of encryption as internet banking. Teachers, parents/carers, and other students are not able to view any of your information unless you choose to share it with them.



Your information will be used:

- To create a personal profile and work out the activities and information to suggest to you
- To give you access to the positive psychology program "Bite Back"
- To see whether you may benefit from a check-in from the school counsellor
- To see whether the service is helping students' mental health

All of your answers will be confidential and recorded in a way that will not identify you. At no point in time will your data be identifiable when used for any research purpose. Your information will never be shared or accessed by anyone other than authorised researchers at the Black Dog Institute. Any researcher who wishes to use your data will be required to contact and be approved the University of New South Wales Human Research Ethics Committee.

All of your personal information will remain confidential and all use of data will strictly comply with the Institute's privacy policy. To read the policy in full, please visit <http://www.blackdoginstitute.org.au/privacy/>

If there are any changes to these terms and conditions or our privacy policy, all students will be informed by email. If you have concerns about your privacy, please contact us.

What if I sign up and change my mind?

You can change your mind at any time and providing a reason is optional. You can remove all your information at any time by either:

1. Clicking on the withdrawal link on your profile page or at the bottom of any email sent to you by the service, or
2. You can also email your request to smoothsailing@blackdog.org.au.



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What if I or my friend needs immediate help for mental health?

Smooth Sailing is not a crisis service, so it can't provide emergency support. If you or a friend are faced with a crisis, we encourage you to tell a trusted adult such as parents/carers or a teacher. You can also visit the Get Help Now section of the website which has a list of all youth-friendly services.

Are there any risks involved?

Aside from your time, we do not think that there will be risks or costs associated with taking part. This service may identify mental health symptoms; however, this will be responded to accordingly and appropriate care will be provided.

What if I have questions or complaints?

If you have any questions about the service, you can contact the Smooth Sailing team via email (smoothsailing@blackdog.org.au) or by telephone (02 9382 8509).

If you wish to make a complaint, please contact the Human Research Ethics Committee by email humanethics@unsw.edu.au or by phone 02 93856222 and quote the HC reference number HC190382.

PARENTS/CARERS!

If you **do not wish** for your child to take part in the Smooth Sailing service – please contact your child's school as soon as possible. No reasons need to be given. You are also free to directly contact the research team smoothsailing@blackdog.org.au or you child's school to discuss any concerns you have about the service.

Students will provide their own consent to participate on the registration day which will be happening in two weeks from now. Your child can change their mind at any time.



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26th August- Grade Sport Organisation - Week 6

<i>Assembly Point (quiet area)</i>	<i>Sport</i>	<i>Venue</i>	<i>Coach</i>	<i>Assemble and Sit at:</i>	<i>Finish Time</i>
A	Badminton 2 nd & U15's	ABHS Gym	Wang	12:34	14:31
B	Football 2nd	Hammond Park	Richardson	12:34	14:31
C	Football 3rd	Hammond Park	Cauchi	12:34	14:31
D	Football U15's A	Hammond Park	Chu	12:34	14:31
E	Football U15's B	Hammond Park	Salucci	12:34	14:31
F	Football U14's A	Centenary Park	Bason	<u>12:20</u>	14:31
G	Football U14's B	Centenary Park	Payne	<u>12:20</u>	14:31
H	Football U14's C	Centenary Park	Lam	<u>12:20</u>	14:31
I	Football U13's A	Centenary Park	Kucheruk	<u>12:20</u>	14:31
J	Football U13's B	Centenary Park	Karagiannidis	<u>12:20</u>	14:31
K	Rugby U15's	Ashfield Park	Burford	12:34	14:31
L	Rugby U14's	Ashfield Park	Pearce	12:34	14:31
M	Rugby U13's	Ashfield Park	Chatwin	12:34	14:31
N	Table Tennis 2nd U15's & U14's	ABHS Hall	Tenefrancia	12:34	14:31
O	Tennis 1 st & U14's	Pratten Park	Stitt	12:34	14:31
P	Tennis U15's	Pratten Park	McCusker	12:34	14:31
Q	Lawn Bowls	Ashfield LBC	Tyler	12:34	14:31

			Start	Finish
E 3	Injured or sick with note	Executive / ?	12:34	14:31



RECREATIONAL SPORT – TERM 3 WEEK 6						
Assembly Point (year 7quad)	Sport	Venue	Coach	Assemble and Sit in Year 7 quad at:	Start Time	Finish Time
A	Badminton OP/ ABHS	ABHS Gym	J. Lu	12:34	12:34	2:31
C	Table Tennis	F Block	Pham	12:34	12:34	2:31
E	Futsal OP/ABHS	ABHS Oval	Morris	12:34	12:34	2:31
G	Volleyball	ABHS Canteen	Ahearne	12:34	12:34	2:31
K	Power Walk Years 7-8	Local area	Durand Pool	12:34	12:34	2:31
M	Power Walk Years 9-10	Local area	White Cini	12:34	12:34	2:31
15	Multi-Sport Years 7-8	ABHS Oval	Pieterse	12:34	12:34	2:31
1	Outdoor Fitness	Ashfield Park	Jovicic Mahmud H. Lu	12:34	12:34	2:31
3	Basketball Years 7-8	ABHS B'ball Outdoor Court	Curran	12:34	12:34	2:31
5	Basketball Years 9-10	ABHS B'ball Outdoor Court	Prasad	12:34	12:34	2:31
7	Karate	Library	Jones	12:34	12:34	2:31
9	Theatre Sport	D9	Whitting	12:34	12:34	2:31

			Start	Finish
E 3	Injured or sick with note	Executive / ?	12:34	14:31



STUDENT ADMINISTRATION UPDATES

CONTACTING THE SCHOOL ABOUT ABSENCES AND LATE ARRIVALS

1. Please only phone about your son's absence or late arrival to school if the matter is urgent.
2. If your son is absent from school, please reply to the SMS you receive. This is our preferred avenue of communication in regard to absences. Alternatively please email the school,
ashfieldbo-h.school@det.nsw.edu.au

The office will contact you, if we need to clarify anything.

3. In your SMS response please explain the reason for your son's absence and its duration.

CASH

In an effort to keep both our students and staff safe, can I please ask that you **do not pay with cash**. Please pay by eftpos (student counter) or preferably online.

Reminder

Student forms for example:

Change of Address and or details

Late or Absent Forms

Travel Exemption Forms

Are available on our website to download, hard copies are available at the Student Service Desk.

Thank you for your understanding.

Poppy Sotiriou
School Administration Manager



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