



# ASHFIELD BOYS HIGH SCHOOL NEWSLETTER

## TERM 3 WEEK 6 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
31 Aug - 04 Sept	<ul style="list-style-type: none"> <li>Year 12 Trial - last day</li> </ul>	<ul style="list-style-type: none"> <li>Year 9 Check-in Assessment</li> </ul>		<ul style="list-style-type: none"> <li>Year 9 Check-in Assessment</li> <li>Year 9 Premier's Debating Challenge</li> </ul>	
07 - 11 Sept	<ul style="list-style-type: none"> <li>Year 8 Blackdog Smooth Sailing</li> </ul>				<ul style="list-style-type: none"> <li>Year 10 Commerce Market Day</li> </ul>
14 - 18 Sept	<ul style="list-style-type: none"> <li>Year 11 Prelim Exams</li> </ul>	<ul style="list-style-type: none"> <li>Year 11 Prelim Exams</li> </ul>	<ul style="list-style-type: none"> <li>Year 11 Prelim Exams</li> </ul>	<ul style="list-style-type: none"> <li>Year 11 Prelim Exams</li> <li>Year 7 Parent/Teacher Phone Interviews</li> </ul>	<ul style="list-style-type: none"> <li>Year 11 Prelim Exams</li> </ul>

## PRINCIPAL'S REPORT

The first meeting of the Ashfield Boys Alumni Association came together to have its first (socially distanced) meeting on Tuesday evening. The group has formed a steering committee to create a successful and sustainable association that supports the school and the boys – both past, present and future.

I have been very keen to see this happen for quite a while and I am so grateful that Dr Sabin Zahirovic who is driving the steering committee. Sabin was Dux and School Captain in 2005 and is now a postdoctoral research associate in the EarthByte Group, School of Geosciences at the University of Sydney.

It was wonderful to see such a wide-ranging set of experiences and successful careers at the meeting. It was particularly great to have a large age range of men forming the steering committee. This spanned from Daniel Lahood who was Prefect in 2019 (Current Inner West Young Citizen of the Year and studying Law at UTS) and Logan Tuara who was to School Captain in 2017 (2017 Inner West Young Citizen of the Year and studying Economics at USYD) to Peter Kaye OAM who graduated in 1975, sent his son to ABHS, was a past P&C President and is currently the CEO of Duke of Edinburgh International Australian operation. It was fantastic to see the interaction and dynamic exchange of ideas within such a diverse group.

We know that they boys are hugely successful in the HSC. What we sometimes forget I think, is that they follow in the footsteps of a large volume of highly successful men who are eminent in their fields. I'm excited to see how this Association is going to support the success of the boys – past present and those who are still to come.



**Dwayne Hopwood**  
Principal



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# NATIONAL SCIENCE WEEK

The students celebrated National Science Week by learning about plastic pollution in the oceans as well as participating in the Deep Blue Sculpture and video challenges. Years 7 and 8 designed and created a sea creature made from recycled plastic bottles, aluminium cans and plastic bags and was exhibited in the G-block courtyard. The sculpture challenge was judged by a panel of judges including Mr Burford, Ms Longman and Ms Jovicic.

## Stage 4 winners

**First Prize:** Jem Faure-Brac, Samuel MacBeath, Minh Pham, Finn McCabe Wreford, Jake Dopierala, Jasper Chudleigh

**Runner up:** Nicholas Crawford, Thady O'Connell, Mahmoud Zreika, Charlie McQueen, Adam Williamson, Noah Mohamed

**People's Choice:** Tino Fusi, George Tourtouras, Otte Alessi, Aayan Mohammad, Anas Rana



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# #ASHFIELD



national science week



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Years 9 and 10 created and presented a video focusing on solving the current issues surrounding our oceans using innovative technological methods. The video challenge was judged by a panel of judges including Mr. Burford, Ms. Arya and Ms. Lu.

**Stage 5 winners**

**First Prize (tied):** Moazan Ali, Dominic Shapiro, Alexander Leung, Carlos Reyes & Luke Miller-Saford, Adnan Joud, Benjamin Munro, Charles Hilder, Daniel Ryu

**Second Prize:** Hal French Jenkins, Alfie Jellett, Dari Elhami-Manesh, Marlon Makin

**Third Prize:** Jason Nguyen, Suleiman Maruf, Sharafat Nawaz-Choudhury, Shafat Islam, Hashim Ali



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The Science faculty would like to thank all students for their tremendous effort in National Science Week and those students and staff who helped and organised the sculpture exhibition. We hope next year's science week will just be as fun!

*Science Faculty*



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## YEAR 9 ENGINEERING



This activity is a good introduction to a variety of mechanisms and an inventive way of exploring levers and linkages in the real world. Year 9 Engineering students learn about the lever and linkages and how they make our tasks easier. They plan and draw pictures of their designs, build their mechanism and then demonstrate them in the class.



## YEAR 10 ENGINEERING

Year 10 Engineering students are designing and building the model of a coal fired energy plant. As students conduct this activity, they are performing some of the classic steps of the engineering design process.



*Mr Mahmud  
TAS - Teacher*

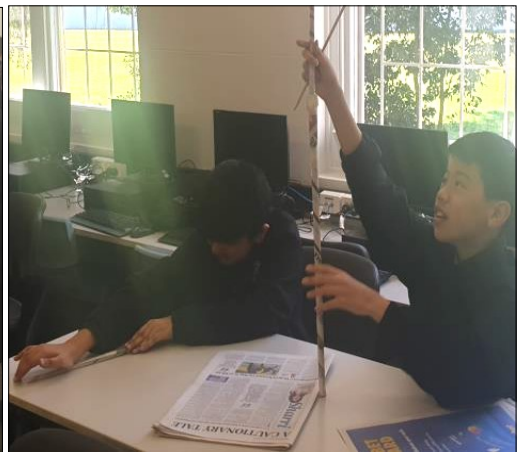


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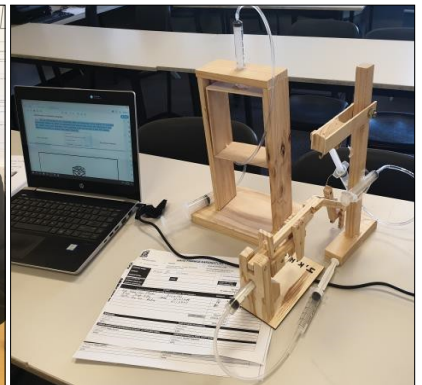
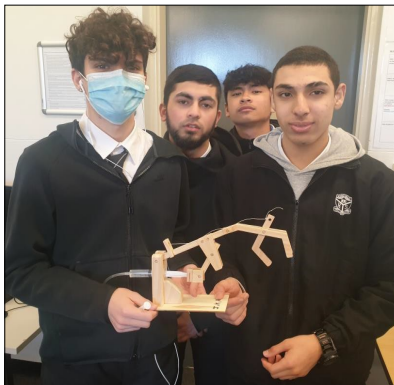
## NEWSPAPER TOWER CHALLENGE

The aim of the challenge is to build the tallest tower possible using newspapers and tapes. The tower must be free standing (i.e. not attached to the floor, a chair, the wall or a group member!) and must remain standing during judging. Year 7 students develop a design on paper, build their tower, present and test their tower to the class, evaluate their results and those of their teammates, and complete reflection sheets.



## YEAR 11 ENGINEERING STUDIES

Can you lift a car? No? You say you are not strong enough? True, our bodies are not built to lift heavy loads like cars. Fortunately, our brains are smart enough to harness the power of fluids, like water and oil, to create hydraulic lifts. By pushing a button on a hydraulic lift, a mechanic can easily raise a car with one finger. Lifts can also be used to raise lots of other heavy loads - even such massive things as steel girders to construct a skyscraper! In this engineering project, Year 11 Engineering student will get a firsthand look at the power of a hydraulic system by building your own working model of a lift.



Mr Mahmud - TAS Teacher



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# CHECK-IN ASSESSMENT

## Check-in assessment for Year 9

Dear parents and carers,

Year 9 students will participate in a new reading and numeracy Check-in Assessment in Term 3, 2020.

The Check-in Assessment is a NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor Year 9 student learning following the period of learning from home.

The Check-in assessments will supplement existing school practices to identify how students are performing in literacy and numeracy. It is another tool to help teachers tailor their teaching more specifically to student needs.

The assessment will be scheduled for our Year 9 students on 1<sup>st</sup> September and 3<sup>rd</sup> September 2020. The assessment will run over four periods and students should bring their books and equipment to school as usual.

Students will receive the same level of support during the assessment that they would normally receive in the classroom.

### Optional advice:

Students are asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB.

If your child needs earbuds provided by the school, please contact the school and speak to Ms Summers.

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



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# ONE-ON-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](mailto: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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# 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](mailto:Mandy.marks1@det.nsw.edu.au)



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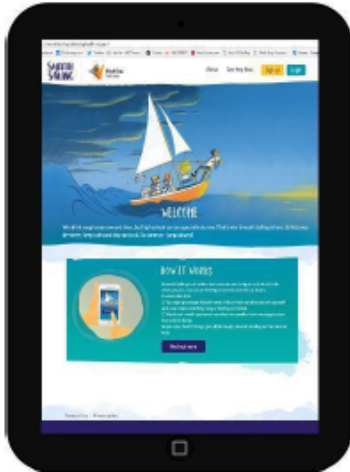
# YEAR 8 MENTAL HEALTH SERVICE

## Student & Parent Information Sheet



### SMOOTH SAILING

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](mailto: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](mailto: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](mailto:humanethics@unsw.edu.au) or by phone 02 93856222 and quote the HC reference number HC190382.

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## 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](mailto: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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## 2<sup>nd</sup> September- Grade Sport Organisation - Week 7

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

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



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RECREATIONAL SPORT – TERM 3 WEEK 7						
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](mailto: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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