

GUYRA CENTRAL SCHOOL



Newsletter

22 October 2019

ISSUE FIFTEEN



Principals Report



Important Information



Community



Term 4



Year 12 2019



Around the School



Term 4

Guyra Central School

<http://www.guyra-c.schools.nsw.edu.au/contact-us>

27 Marne Street

Guyra, New South Wales, 2365



Principals Report

Welcome back everyone

Is it really Term 4 already?

Last week, Thursday 17th October 2019, saw the commencement of the 2019 Higher School Certificate examinations. So far, so good. After discussions with our Year 12 students I am pleased to report that it would seem that the exams have been reasonable, with not too many surprises. Thank you to Ms Dorothy Lockyer and her team for their great support and administration for this important event at Guyra Central School. The students, staff and parents appreciate the terrific work that you do for us during the HSC examination period.

Welcome back to Raelene Doyle. Raelene has been cavorting around the world during Term 3, it is good to see her back at her desk this week.

We also welcome back and congratulate Sarah Brazier. Sarah, who assists in the front office and across the school, is back after her epic journey to Western Australia to compete in the Special Olympic Invitational State Games which were held from October 2nd to 9th October 2019. Sarah competed as part of the Hunter Special Olympic team in swimming and ten pin bowling and took home a Bronze Medal in 50m backstroke and 50m freestyle along with placing 4th in the 50m breaststroke and 25m butterfly. Sarah's achievements did not stop there, in Ten Pin Bowling Sarah achieved 5th in the singles and a Bronze in the pairs.

Mr Matthew Hobbs, our Director, Public Schools, was in the school for three days during our first week back. Mr Hobbs interacted with a range of programs and met with myself and our staff to discuss future planning for our school, we really appreciate the support and advice that was provided during his visit. Mr Hobbs was in the school during our STEAM Wednesday sessions and was also able to work with those staff and students, from our partnership primary schools, who attend Guyra Central School classes on Wednesday mornings.

Our dedicated team are currently spending considerable time in preparation for 2020. Our Year 8 into Year 9, Year 9 into Year 10 and Year 10 into Year 11 students have now chosen their preferred study pattern for 2020 and we are now doing our work, including organisation of staff, to ensure

that students are able to continue following their learning passions into 2020.

As a school we are always trying to provide additional opportunities for our students by applying for additional funding and resource grants. During October we have been notified that we have been successful with two grant applications. The Rural and Remote K-12 Careers Education Initiative provided the opportunity for us to submit an Expression of Interest. We provided a overview of what we could achieve in our learning space and invited our partnership primary schools to engage with some of the activities as Year 6 into Year 7 transitional activities. We were advised at the end of last week that we will be provided with \$20,000 to complete our project. Additionally two staff members will go to Dubbo for all expenses paid training, accommodation and travel. Thanks to Tim Lloyd, Deputy Principal and Michailee Nield, Careers Advisor for their contribution to this application. Our Deputy Principal, Mr Tim Lloyd and our Careers Advisor Mrs Michailee Nield will make the trip to Dubbo for the training.

Our second initiative is the Entrepreneurial Learning in Action Program, this program encourages and mobilises students to solve local/industry problems using innovation and entrepreneurial mindsets. We will be launching this program around Week 5/Week 6 of this term for a 2020 commencement date. Guyra Central School was one of 20 schools across the state to be successful with application. Year 9 and Year 10 will be working with this program as a 2020 elective subject. Thank you again to Mrs Michailee Nield and Mr Tim Lloyd for their work around this application and program. More information will be available relating to this program in the coming weeks.

The school welcomes Mrs Therese Suddaby to Guyra Central School. Therese is Maths/Science trained and will be working in the school during Ms Kirsty Malby's maternity leave.

Please come and see me or give me a call if you have anything at all that you would like to discuss.



Term 4

Term 4

HSC Exams - Thursday 17th October - Tuesday 12th November

Week 2

ALL WEEK - HSC EXAMS

Tuesday 22nd October - PATCH Information Session- 5pm - Library

Week 3

ALL WEEK - HSC EXAMS

ALL WEEK - 7-10 Yearly Exams

Friday 1st November - K-6 Assembly - Stage 2 Presenting - 2pm - Bill Wicks Gymnasium



Around the School

Primary and Secondary Creative Arts Night's

What a fantastic way to end Term 3 with our Primary and Secondary Creative Arts Night's! On Thursday, 12th September 2019, our Secondary department invited our community to attend their Creative Arts Night, our students entertained our audience with plays, gymnastics, dancing and musical items. Our Year 10 students did an amazing job catering for the evening to raise money for their Sydney excursion in Term 4.

Congratulations to each of our students who participated in our Secondary Creative Arts Night and to the students involved in backstage with props, photography, music and lighting.

A special thank you to Mrs Susan Dolby and all of our staff involved in organising this fantastic event.

It was Primary's turn to entertain their families and friends on Tuesday 24th September at our Primary Creative Arts Night. Our Primary Department also entertained families with musical items, plays, choir performances and dancing. We congratulate each of our students for their hard work in making their Creative Arts Night a success.

Thank you to Mrs Emma Vidler and our primary department staff for their work on creating a very entertaining event.

We would also like to acknowledge our P&C for catering for the Primary Creative Arts night.

Thank you to our families and community members for coming along and supporting both of our Creative Arts Night's.





On Monday the 9th of September Hayley Williams, Kayden Mulligan, Caitlin Montague and Lincoln Brown were selected to represent Guyra Central School at the Regional Spelling Bee at the Glen Innes Primary School. Hayley and Kayden were first to partake in the proceedings for the day and after lunch it was Caitlin and Lincoln's turn to shine, both sessions had approximately 20 participants from various schools in and around our region. Overall all these students showed true courage and some with a few nerves, all did an exceptional job, there were some extremely challenging spelling words to contend with. A special mention to Hayley who was runner up for the junior spelling bee and Caitlin who came 4th in the seniors competition.

Hayley, Kayden, Caitlin and Lincoln all displayed the schools core values and should be highly commended on their efforts, well done!

We would like also thank Glen Innes public school for their hospitality and hosting the event.

Mrs Rebecca Montague



Secondary Girls League Tag

On Wednesday 4th September 2019, our Secondary 14's and 16's league tag girls teams competed in a GALA day held in Bingara.

The 14 girls played 3 games against Glen Innes HS (1-1), McCarthy Catholic College (1-3) and Narrabri HS (0-1). The 16 girls played 2 hard fought games against McCarthy CC and Inverell HS. They came away from both these games with a 1-1 draw.

Each of the girls are commended for their efforts on the day, they competed with such enthusiasm and sportsmanship against some top competition around our region.

Mrs Linley Ryan



Project Green

Students participating in Project Green have been very busy. They have been mastering their basic sewing skills, learning how to construct a pattern, cutting out pattern pieces, product design and experimentation, organising/holding a fundraiser and most importantly having some fun along the way. Students have been working together as a group to achieve these goals.



Project Green

On the last day of Term 3 Project Green held a BBQ fundraiser to raise funds for equipment and fabric. We would like to thank the Guyra community for their support. The students involved in Project Green did a great job working as a team to provide catering for students.



Stage 2 Thalgarrah Excursion

On Thursday 26th September, Year 4 students travelled to Thalgarrah for our first overnight excursion. We were all very excited with anticipation for the activities to come as we boarded the bus. When we arrived, we were introduced to our host Matt who talked to us about what we would be doing over the 2 days and the rules at Thalgarrah before we took our luggage to where we would be staying for the night. After we unpacked, Matt took us out into the forest where we played our first of many games we would play over the 2 days called 'moonball'. After 'moonball' we explored deeper into the forest and we played another game called 'magic carpet'. Both of these games were lots of fun and we were all hungry so we went and had morning tea. After morning tea, we went into the classroom and we learnt about aboriginal culture and looked at traditional aboriginal artifacts such as fishing nets, plates which were traditionally used to hold berries in and stone axes.

After lunch, we played 'Tribes and Territories'. Matt painted our face in our team colours, this was so much fun and a great way to finish our day.

We then sat around the campfire singing songs, telling jokes and stories, we then went for a walk with Matt into the forest where we played a game that required us to turn off our torches and listen to our surroundings, we could hear bats and kookaburra's. After this we wound down for the day watching a movie before bed.

On Friday 27th September, year 3 joined us at Thalgarrah. During the morning Year 4 went one way and Year 3 went the other way. Year 3 spent the morning exploring Aboriginal rocks and bark while year 4 had a turn at traditional hunting game using a ball rather than hunting tools, these activities took us through until lunch time. After lunch year 4 broke up into three groups and went orienteering while year 3 participated in a hunt searching for things like koala poo.

Overall, we all had a fantastic time learning lots of new things, the food was amazing and we were all exhausted from our adventure. Thank you to our teachers and everyone from Thalgarrah for making our excursion so much fun.

Stevie McElroy and Brooke Clark



School Farm Visit

On the last Thursday of Term 4, Stage 1 and Kindergarten went to visit the school farm. We were able to see and pat the new lambs and piglets. The lambs were very soft and one gave Miss Amy a big cuddle, their mum was unable to look after them as she had triplets. The piglets were still a little scared of being around lots of students and Mr Miller was only able to catch one of them for us to look and pat. We also had a look at the alpacas and cattle through the fence. It was very exciting.

Mrs Trisha McIlwain



To all those who put in an order, to the volunteers who organised and gave up their time, to the school for your support, to local businesses that displayed order forms and to DRT Logistics for cartage.

Thank you everyone for making the Krispy Kreme donut fundraiser a success.

THANK YOU
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Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to [complete their schooling](#).

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

<http://www.schools.nsw.edu.au/studentsupport/programs/attendance.php>

The school leaving age:

<http://www.schools.nsw.edu.au/leavingage/index.php>

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement
Student Engagement & Interagency Partnerships

T 9244 5129
www.dec.nsw.gov.au
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NSW Department of Education and Communities

Supporting Children During Drought

1 Try to look after yourself

so you can look after your children

Parents play a vital role for children in times of drought. Your capacity to cope during drought impacts your children's response to stress and their wellbeing during and after the event. Self-care is vital so it is important that you seek out any help you need so you are better able to support your kids.

2 Try looking at things through your child's eyes

and see things from their perspective

If possible, try to imagine the drought from your child's point of view. This may help you to understand some of their reactions and behaviours. It may also assist connecting and supporting them.

3 Keep an open conversation

so they can come to you any time

Let your children know that you are available to talk with them when needed. Encouraging children to talk about their feelings will help them understand their experiences. Sometimes children don't have the words to describe their feelings, however you can reassure them that their feelings are normal and that they will come and go.

4 Be on the look out for changes in your child's behaviour

as this can indicate they need support

At times of stress, children can respond in different ways. While most have a natural resilience, a minority of children will find the impacts of drought more difficult to deal with. If you are concerned about your child, it may be helpful to link them in with additional support.

5 Support your child's social connections

with family, friends, school and hobbies

Children need positive time spent with family, friends and doing activities they enjoy. Most of all, they need time to be kids, which includes regular routines at home and school.

6 Give your child the opportunity to make decisions

and have their voice heard

Drought is notable for the sense of powerlessness it creates, which is why giving children choices and asking their opinions, can help them feel more empowered and positive.

7 Focus on the positive future

for you, your kids and your community

It is important to remind yourself and your kids that this drought will pass. Trying to do fun activities together or even making a list of things you are all looking forward to will help in keeping a more positive future in focus.

National Workforce Centre for Child Mental Health

Delivery partners



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program

emergingminds.com.au



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Additional Help Services

Lifeline -13 11 14
24/7 confidential crisis support

NSW Mental Health Line - 1800 011 511
24/7 telephone assessment and referral service.

Alcohol & Drug Information Service
1800 250 015 (24/7)
Information, support, referral and counselling on drugs (legal and illegal) and alcohol
And parents advice and assistance

Suicide Call Back Service 1300 659 467
www.suicidecallbackservice.org.au
24/7 telephone support and counselling for anyone affected by suicide

Beyond Blue -1300 224 636
www.beyondblue.org.au
24/7 mental health counselling, support and referral assistance

Men's Helpline - 1300 789 978 (24/7hrs)
www.mensline.org.au
information and referral services for men with family and relationship concerns

Kids Helpline 1800 55 1800
www.kidshelpline.com.au
young people 5-25 years old

DROUGHT SUPPORT PROGRAM

0477 322 851
HNELHD-DroughtSupport@health.nsw.gov.au

Drought Support Program

The drought support program provides free mental health and emotional support to farmers, farming families, local businesses and service providers affected by the drought.

The drought support program is designed to meet the needs of individuals, couples and families; whether they require short term conversations and information or ongoing formal counselling options.

The drought support program can also assist community members to access other mental health services they may require.

The **Drought Support Team** consists of Drought Counsellors and a Drought Peer Worker located in the Hunter New England Local Health District.

The **Drought Support Program** is designed to assist:

- Farmers and farming families
- Front line service/business providers
- Any other person who is experiencing stress from the drought throughout the drought affected area of Hunter New England Local Health District

Service Delivery

- The Drought Support Program is a free *mobile service* throughout the Hunter New England Local Health District
- Drought counsellors and Peer Workers are able to visit and provide service on farms, in homes and businesses
- Visits can also be arranged at any other place where confidentiality can be guaranteed

How to Access the Drought Support Program

- You can call or email yourself
- Referral by families, friends and service providers. To make a referral on behalf of someone else, you need their consent before contacting the Drought Support Team
- [Intake phone number 0477 322 851](tel:0477322851)
- [HNELHD- DroughtSupport@health.nsw.gov.au](mailto:HNELHD-DroughtSupport@health.nsw.gov.au)

Drought Support Counsellors and Drought Peer Workers work closely with the Rural Adversity Mental Health Program (RAMPH) who provide mental health training and workshops, as well as advice and information about local services. For more information visit www.ramhp.com.au

Good for Kids good for life

HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'





Year 12 2019

Year 12 Valedictory Assembly.



In 2007, many of our year 12 cohort commenced their first day of Kindergarten at Guyra Central School and today, Friday 27th September have their last day at school. Many firsts have been experienced.....first day of school, first disco, first running race, overnight excursion, and lots of lasting memories have been made.

Completing Year 12 is not just finishing secondary education, it's commencement. Our work is done and we couldn't be any more proud of you all.

Year 12, on behalf of the entire Guyra Central School community, thank you for all you've done to enrich our school. Well done on all you have

achieved. We have watched you all grow and admired your spirit, courage and drive for success. You have inspired us all. Year 12, as each of you enter this new next chapter, we wish you all the very best of luck for the HSC and beyond.

a sweet
ENDING
TO A NEW
beginning
 >>>>>>♥<<<<<<

A Farewell to Year 12 **Year Advisor Mr Terry Curran**

Good morning distinguished guests, parents, friends, teachers and of course "Year 12". The time has come for us to take our oldest and brightest students and let them loose on the world. Six years ago when Miss Hutton and Mrs Burgess asked me if I would take on the year 7 year advisors roll in 2014 I said to myself "SELF" "Are you insane taking on that responsibility?" However, I did take on the role and although it has at times been a rocky road with lots of highs and lots of lows. It has been a time I will long remember. In year 7, we had the biggest group for a long time and the kids did a great job fundraising for their year 7 camp at Coffs Harbour. I remember the joy on their faces when we arrived at the beach and everyone had a great time on the camp. Sadly that year was also one of sorrow, when we lost our little mate Andrew Bull. Throughout year 8 and 9 we had many students come and go with some it was a revolving door for others just moving on. Fundraising continued with the focus now on the year 10 Sydney excursion. Not all of our students chose to go on that trip but those that did were rewarded with friendships and a fabulous time. I thank Miss Sarah Steele for her help and looking out for our guys with me in the big smoke. Luckily the train was only half an hour late getting home that year.

Into year 11 and onto harder times in class for these guys. The rigger of senior study began to take its toll and we lost more of our group to work and other pathways.

Finally into year 12 and our little kids had become young adults, many with the added responsibilities of leading our school and the challenges that the HSC brings with it.

Having been a part of their lives as a teacher and a year advisor, I have been proud to have come to know each and every one of these wonderful young men and women.

I would also like to acknowledge Mrs Linley Ryan who for the last few years has been year 12's assistant year advisor, Linley has a great repore with year 12's and I believe she will miss them as much as I will.

Our year 12 students have learnt that to be successful you need to work hard and remain focused on what you want to achieve.

To quote E.M.Forster

"Spoon feeding in the long run teaches nothing but the shape of the spoon."

Finally year 12,

Wherever life takes you,

Whatever challenges you face.

Keep your dreams alive, never give up and reach for the stars.

Mr Terry Curran

Year 12 Year Advisor





Thank you to all of our wonderful parting Year 12 students who have purchased our school a trailer as a gift to our school. A trailer for our bus will allow our school to maximise the use of our new bus and will benefit all of our students for years to come.

Congratulations to Claire Davidson who was presented with the 'Positive Recognition Shield' during our Valedictory Assembly. Each year our departing year 12 students select a recipient from years 7-10 to receive the 'Positive Recognition Shield' for their positive contribution to our school and community.

