



Chifley College Senior Campus

NEWSLETTER

TERM 1 2021

Office Hours

Monday – Thursday 8.00am – 3.00pm

Friday 8.00am – 12.45pm

67 North Parade, Mt Druitt

P O Box 148, Emerton

NSW 2770

Ph: (02) 9625 9920

Fax: (02) 9832 2413

Email: chifcolsnr-h.school@det.nsw.edu.au

Principal's Message

I would like to extend a warm welcome to all parents of our 2021 Year 11 and Year 12 students.

Currently we have:

262 students enrolled in Year 11

250 students enrolled in Year 12

A number of our Year 11 students have chosen to attend Chifley College Senior Campus after completing Years 7 to 10 at schools outside the district.

I also welcome those students from Chifley College 7-10 Campuses and their parents to Chifley College Senior Campus.

Stephen Freeborn

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Important Dates Terms 1 & 2

25 th March to 1 st April	Year 11 & 12 Assessment Period
2nd April to 18th April	School Holidays
19 th April	School Development Day
20 th April	School Resumes
27 th April	Photo Day
1 st June	Year 11 and 12 Reports handed out at Meet the Teachers

HSC Dux 2020 Assembly

Thursday 11th February 2021

Chifley College Senior Campus DUX for 2020 is Grace Lo.



Grace achieved a Band 6 Mathematics Standard 2, and Band 5's in Biology, Food Technology, Investigating Science and Visual Arts.

Grace achieved an ATAR rank of 83.25 and has enrolled at the University of NSW studying a Bachelor of Science.

The HSC Medal is awarded to students who achieve 50% or more of their courses at Band 6 (90%) or Band 5 (80%).

The recipient of the HSC Medal is:

Grace Lo:

Band 6 Mathematics Standard 2,
Band 5 Biology, Food Technology,
Investigating Science and Visual
Arts, Band 3 English EALD.



The HSC Distinction Award is presented to students who achieve a Band 6, which is a mark of 90% or above in a subject.

The recipients of this award are:

Grace Lo Band 6 in Mathematics Standard 2

Jade Toleafoa band 6 in Music.

chifley College Senior Campus Newsletter



DUX 2020 GRACE LO

Good morning Steve, teachers, parents and the new Year 12 students graduating in 2021.

My name is **Grace Lo** and today I would like to share my HSC journey at Chifley College Senior Campus. I would like to start off my speech by introducing myself to you. I have been living in Australia for almost two years and migrated from Hong Kong in May of 2019. I had to leave behind my family, friends, and the delicious food in Hong Kong to start a new chapter in Australia. When I first arrived in Australia, I was extremely nervous, anxious and felt isolated because the culture was so foreign and unfamiliar. Considering that English is not my first language, one of the greatest challenges that I encountered was communicating with people in English.



When I transitioned to Senior High, I was amazed at how gentle, patient and kind my peers were towards accepting new students. One of my fondest memories was on my first day when I had English and was surrounded by my fellow peers who introduced themselves to me and made me feel welcome. At that moment, I knew this place was home! One of the common attributes that I shared with my peers in our English class is that we are all immigrants who are trying to assimilate into the Australian culture. It is this shared experience that attracted us to each other and allowed us to support and motivate one another in all our courses.

Most of you might be wondering how I faced the monster 'HSC' during COVID-19. My life was turned upside down when schools shut down due to the rising COVID cases, forcing all students to adapt to online learning. This unexpected hurdle became a barrier towards achieving success. I am a huge procrastinator and found it difficult to motivate myself at home. While I was not always consistent with my schedule, I maintained contact with my teachers so that they could give me additional support. Moreover, I was active with the zoom meetings as it allowed me to interact with my teachers and clarify concepts that I didn't understand. When we came back to school, I asked endless questions about DNA and the vaccine in my science classes, stayed back for extra tutorials and completed past papers. This is my formula to achieving success- hard work and determination.

Despite the interruptions caused by COVID, I wouldn't be standing here in front of you, without the support and guidance from my family, friends and teachers who pushed me every step of the way. Firstly, I would like to thank my family for their support so that I could stay focused on my studies without having to worry about the financial issues. I am so grateful because you gave me the freedom to choose the courses that I was interested in.

Chifley College Senior Campus Newsletter

Next, I would like to thank my teachers.

To Hansa, for patiently teaching me all the concepts in science and explaining difficult content in bite sized form. Her wisdom about science made me feel passionate about wanting to come every lesson.

To Amy, for your tasty food and interesting lessons that provided me with the mental and physical energy to stay focused in class. Hansa and Amy both inspired me to further explore my interest in food science. Now I am proud to say that I am enrolled in Bachelor of Science at University of New South Wales.

To Kris, for your extraordinary support to my body of work in Visual Art. Without your advice and persistence, I would not have finished my project. I really enjoyed investigating the life of different artists, especially Andy Warhol.

To Priyanka, for helping me build my English skills and pushing me to draft my essays after school. Also, thank-you for waking me up every lesson. To Subra, for teaching me in maths class and helping me find the solution to every math problem.

To Anne Baker, for showing me how to apply for universities in Australia. To my mentors Rob and Suzie, I am grateful that you supported me with ACE, helped me in my school life and assisted me with selecting the right university. I was like a flower and my teachers were like gardeners who watered me with their abundant knowledge.

To the new year 12, I would like to advise you that your ATAR is not everything, don't let it define who you are. There are many ways to success, so don't be so stressed about the HSC as long as you try your best. I recommend that you don't leave your studies and assessments till the last minute. Remember, Rome was not built in one day. The biggest regret is not getting a bad ATAR but, it is that you didn't strive for your best. That is why our school motto is 'At Senior we strive for our best'. Instead of having regrets later, just try your best now! No matter what, you are the only individual responsible for your own learning. Along the way, don't forget to have fun and enjoy your last year at school. Balance is essentially important because you need to be in a healthy condition to bear the pressure of the HSC.

Finally, thank you to everyone at Chifley College for helping me. To all new year 12, I would like to leave you with an analogy, your HSC journey is not a sprint it is like a marathon, be consistent, persevere and you will successfully cross the finish line. Good luck and all the best!

Thank you.

CONGRATULATIONS TO THE CLASS OF YEAR 12, 2020

In spite of a year of disruption with COVID 19 our students displayed resilience and determination.

59 offers were made to students for 2021 University study – 32 Degree Offers and 27 Diploma Pathways in areas of study. These were Arts, Business, Communications, Engineering, Health Science, Information Technology, Law, Medical Science, Music, Policing, Science, Security Studies, Social Science and Teaching.

This is the highest number of offers made to Year 12 students in the history of Chifley College Senior Campus.

Many industries faced an uncertain future with State lockdowns and border closures. The students were determined to secure their Career future by undertaking Tertiary Study in the chosen career path.

The Diploma Pathway is a good choice for transitioning from school to university. Smaller class sizes and supportive learning environment prepare students for success in the Integrated Degree or they can exit following a year's study in the Diploma for entry into the workforce. Students were offered Diplomas based on Year 11 ROSA results, Year 12 Band results and ATAR. Students were offered Degrees based on School Recommendation Scheme, Year 11 Grades, Year 12 Bands and ATAR.

TAFE enrolments were well represented, courses in areas such as Animal Studies, Business, Design, Laboratory Techniques and Medical Administration.

Employment was gained in careers including Boilermaker, Child Care, Demolition, Fencing, Retail, Postal Service, Plumber, Retail, Warehousing and Welfare.

Congratulations to Henrietta Adomako and Rebekah Petterson who were awarded Jim Anderson Scholarships. 5 Scholarships are awarded to local Year 12 students for further study at Western Sydney University and TAFE in memory of Jim Anderson. Jim Anderson was the former Member for Londonderry in the NSW Parliament and a former Mayor of Blacktown City Council. He passed away suddenly on 22nd March 2003. Mr Anderson worked tirelessly for public education and he was deeply committed to improving the future for young people in Western Sydney.

Henrietta has enrolled in Laboratory Techniques, Certificate IV at TAFE and Rebekah has enrolled in Bachelor Arts/Teaching at Western Sydney University.

Anne Baker
Careers Adviser
March, 2021



School Photo Day Tuesday 27th April, 2021

All Year 12 students must have photo taken for NESA ID

All Year 11 and new students will receive a School ID Card

Year 11 and 12 photos from 7.30am – 8.40am



**THIS IS A SMOKE &
VAPE FREE FACILITY**

A friendly reminder that Chifley College Senior Campus is a smoke and vape free facility in accordance with the NSW Department of Education Drugs in Schools Policy.

The use of such items whilst at school is PROHIBITED.

Students caught smoking or vaping on premises will face severe consequences and the items will be confiscated with the possibility of parents/guardians being contacted to pick the items up from the campus. It is simpler to leave the items at home!

School Council 2021

Meetings are held once a term.

As a member of our School council you will :

- Be a part of the direction that the Senior Campus takes in the future.
- Listen to informed reports on our school.
- Hear about the achievements of our students.
- Meet and work with other interested parents/caregivers.



The Chifley College Senior Campus School Council is an important part of our greater learning community. We warmly invite all community members of Year 11 and 12 in 2021 to become part of our School Council.

If you are interested please ring the school on 02 9625 9920 and leave your name and phone number with our front office. We look forward to working with you.

Chifley College Senior Campus Newsletter

HOW TO PAY THE SCHOOL USING A PARENT ONLINE PAYMENT

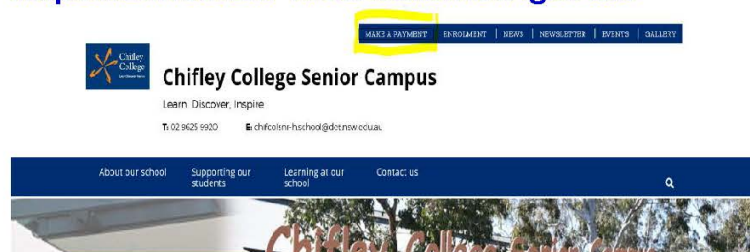
The preferred method of payment for all school-based activities is via the school website to a secure payment page hosted by Westpac. This is a secure and convenient way to make payments without having to come to the school office or send in money.

Always refer to your child's permission note or invoice when making an Online payment.

Making an online payment does not constitute permission. Please return all signed permission notes, including the Online Payment receipt number, to school.

HOW TO MAKE AN ONLINE PAYMENT

<https://chifcolsnr-h.schools.nsw.gov.au>



Enter the Chifley College Senior Campus website and select the "make a payment" tab

Make a Payment

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

Student Details

Student Registration Number if this 9 digit number is on the statement issued by the school it will be to the right of the student's name

* Given Name

* Surname

* Enter both Class/Year & Ref Number, or Date of Birth:

Class or Year

Ref Number This number may be on the top of the invoice or statement issued by the school. It may have the heading Ref.

Date of Birth DD/MM/YYYY e.g. 14/05/2010

If you wish to make a payment for another student, first complete this payment. There will be an option to re-use your details for another payment.

Enter the students first name, surname and date of birth

Make a Payment

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

Student Details ✓

Contact Details

* Contact Full Name

* Contact Phone Number e.g. 0249512345 or (02) 49512345

* Contact Email Address

Enter the parent / carers name, contact phone number and email address

Select the payment type e.g. "excursion"

Enter the "description" of the payment e.g. the destination for the excursion.

Enter the amount to be paid.

If you need to make another payment for this student click "Add Another Payment"

Make a Payment

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

Student Details ✓



Contact Details ✓

Payment Items

Chifley College Senior Campus Newsletter

Make a Payment

Enter your payment details below. Fields marked with an asterisk (*) are mandatory.

 Student Details 

 Contact Details 

 Payment Items 

 Card Details

* Cardholder Name

* Credit Card Number  


* Expiry Date /


* Card Verification Number (CVN) [What is the CVN?](#)

Enter your MasterCard or Visa card details.

Select
"Proceed to Confirmation"

Confirm Payment Details


 Student Details

 Contact Details


Date of Birth:

Phone Number:


Email Address:

 Payment Items

Payment Type	Description	Amount
Excursions	GGG	\$50.00 AUD
Total Amount		\$50.00 AUD

 Card Details

☒ Confirmation

☐ I'm not a robot 

Check that all details are correct.

Click on the tab "I am not a robot"

Once all details have been confirmed select
"Confirm Payment"

Your payment receipt will then be issued

Year 12 2021

Welcome Back

Time continues to fly by for Year 12. 2021 already! Welcome back for your final year at Chifley Senior. I hope you had a relaxing and refreshing summer vacation. Now it is time to get to business. There is a positive atmosphere within the Year 12 group this year. Uniform is looking great. Positive attitudes and active engagement are really important now as the next 2 terms will fly by and before you know it, HSC Trials and then Graduation Day will be upon us. Our goal is to help all students in Year 12 to achieve the best Higher School Certificate results possible.

Fast Forward

On Friday 26th of February 2021, Year 12 students involved in the Fast Forward program participated in the Western Sydney University Fast Forward Online Conference enrichment day. Students involved in this program had the opportunity to enhance knowledge that will benefit them as they transition to tertiary education after the HSC.



International Women's Day

Diversity was definitely in the air on Monday the 8th of March, as the Year 12 SRC members sold ribbons and refreshments to students and staff members, in celebration of International Women's Day. A special thanks to the SRC and Campus leaders.



Tutorials

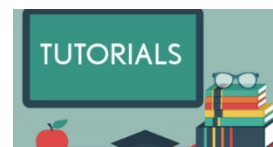
A reminder to Year 12 Board Developed course students that timetabled tutorials are now **compulsory**. During these tutorials, your teachers will share valuable knowledge of HSC preparation skills and techniques usable in your HSC examinations. Remember that some of the Tutorial days have changed since last year.

Line 1 – Tuesday Week B
 Line 2 – Monday Week B
 Line 3 – Monday Week A
 Line 4 – Wednesday Week A
 Line 5 – Wednesday Week B
 Line 6 – Tuesday Week A
 TAS – Friday Week A
 CAPA – Friday Week B

Tutorials run from 2.05pm – 3.00pm, Monday to Wednesday.

Homework Centre in the Learning Hub is on Thursday afternoon.

Please make sure that you organise work, social and family commitments around these times to ensure you do not miss out on important information, skills, hints and tips that can gain maximum marks in assessment tasks.



Work Placements

Many Year 12 Students are undertaking VET Work Placements this term. These work placements are an important part of these courses and must be completed satisfactorily. Remember it is up to the student undertaking the placement to ensure that work missed in other courses is caught up. Be organised.



Semester 1 Assessments

Semester 1 Assessment Tasks are due to begin on Thursday 25th March (Week 9) 2021. Each student has been emailed the timetable via the Department Portal. In the meantime, make sure you are up to date with your course work and set aside some time for each of your subjects in preparation for your at school assessments. The more effort you put in from now, will make the exam period less stressful.

School Photos

The School Photos are due to be taken at campus on Tuesday 27th April 2021 (Term 2, Week 2). **It is vital that ALL Year 12 students have a photo taken for NESA requirements.** Photo identification cards will be issued with NESA numbers for access to all HSC external examinations. Further information will be given at the time.



Meet the Teachers

On Tuesday the 1st of June (Term 2, Week 7), Senior Campus will hold *Meet the Teachers* evening from 5pm until 7pm. This is a chance for you and your parents to discuss your progress with your teachers and talk about what you can do to maximize your results. The more your parents know the more supportive they can be. The more support you get the better your results will be.

School Leaders

Year 12 students are the leaders of their school community. In the case of Senior Campus Year 12 students, they are expected to set a positive example to the new Year 11s and project maturity and dignity that is a credit to our school. To this end, it is important that all Year 12 students get the basics right:

- Behave appropriately when travelling to and from school.
- Arrive at school on time every day
- Arrive in class on time every lesson with the correct equipment.
- Wear our uniform with pride at all times.
- Clean up after yourself on campus grounds.
- Represent Senior Campus with pride in the wider community.

Year 12 Team

We hope that Term 1 is the start of a productive and successful year for all of Year 12. Remember that the Year 12 Team is there to help you in any way we can.



DP Eliya Naqvi



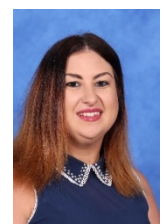
DP Paul Eldridge



Ben Coburn – Head Teacher Year 12



Michelle Whiddon



Kristena Oliveri

Year Advisors

Welcome Year 11 2021

First and foremost, welcome to Chifley College Senior Campus. The Year 11 Team are so glad that the majority of you have settled in nicely. We are now seven weeks into your Preliminary HSC year and are getting ready for your first assessments. We would like to take this opportunity to remind you about some things that have come to our attention

Assessments

The Mid-Course Assessments are fast approaching. You must ensure that all tasks are completed on time and if you are absent on a submission date, you must submit a medical certificate and see Rob or Suzie to obtain a misadventure form.

All assessments are listed in your assessment booklets and this was issued in LDI during Week 3. If you have not been issued with an assessment booklet, see Robbie Hillier in the Library. Get organised early and plan your year ahead of time to avoid unnecessary stress and anxiety.



The Mid-Course Assessment block commences **Thursday 25th March 2021** and concludes **Thursday 1st April 2021**. Please ensure that you read your exam timetable correctly and are punctual to all your exams, ie arrive 15-20 minutes before the scheduled Assessment time. If you are sick, you must phone the school and submit a misadventure form accompanied with a medical certificate on your next day at school. Failure to attend Assessments can lead to zero marks and will cause an unsatisfactory status in the courses missed. Assessment timetables are emailed to your student (@education.nsw.gov.au) email. Please ensure you check this account regularly. See Todd Rassack, in B-Block, if you cannot access your student portal prior to the Assessment period.

The examination timetable will also be posted on the School App so download it from the App Store or Google Play (search for Chifley College Senior Campus).

Lateness

Some of you have fallen into a bad habit of being late to school. Over this term so far alone there have been **756** recorded instances of Year 11 students reporting to school late. NESA specifies that your attendance must be over 85%. Constant lateness to school impacts this rate and some of you are borderline unsatisfactory due to being late. Please ensure that you arrive at school by 8.30am each morning, ready to enter all periods on time. Set an alarm and be on time, all the time. Take every available opportunity to learn and be a successful HSC candidate. However, should you have a valid reason for occasional lateness, please ask a parent/guardian to contact the campus to notify us of your pending late arrival.



School Photos



The School Photos are due to be taken at campus on **Tuesday 27th April 2021** (Term 2, Week 2). It is vital

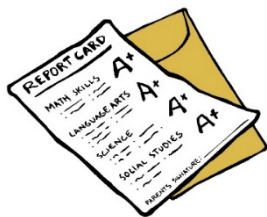
that ALL Year 11 students have a photo taken for updated identification purposes. Photo identification cards will be issued with NESA numbers for access to all HSC external examinations. Further information will be given as the time.

Interim Reports

Accompanying this newsletter is your interim report. This report shows you how you are progressing in your six chosen subjects in three key areas:

Punctuality, completion of course outcomes and classroom participation. If you are **unsatisfactory** in any of these areas, you need to approach your teacher to find out how you can improve on your current performance. If you changed your subjects

throughout the term, your attendance in your classes will be affected. For example, if you moved from Mathematics Standard to SLR during the change period, your attendance for SLR will reflect a lower value as you were not initially enrolled in that subject area. These reports were actioned on the courses that you were enrolled in at the commencement of Week 6. See Rob or Suzie if you have any concerns. A morning tea will be held in honour of the students with outstanding reports. You will receive an invite if this includes you.



Fee Invoices

Also accompanying this newsletter is an invoice for your child's schedule of course fees. Course fees enable your child to gain maximum benefit in their chosen pattern of study. The practical based subjects have fees payable for the use of consumables, whilst others have a small contribution. Payment would be greatly appreciated at your earliest convenience.

Attendance 101

Well done to those of you who have been acknowledged for excellent attendance. If you are absent for any reason, please ensure you submit your note or medical certificate into the Administration Office on your return to school. It is important that you explain your absences so that our records can be accurate and up to date.

Remember, you get out what you put into your education. There are no second chances at life!

Early Leavers

Early leave can occur for many reasons.

If you fall ill during the day, please seek permission to attend the clinic in the Administration Block. Our friendly office staff will contact home and allow you to go home. Please **do not** contact parents yourselves. It is easier if we all follow campus policy and allow the office staff to liaise with your parents/caregivers to organise your departure.

If you need to leave campus grounds for an appointment throughout the school day, please bring a note from home with a short explanation as to the reason and seek Deputy Principal approval. Once approved, the office staff will issue you an early leave pass.

Please **do not** leave the school premises any other way throughout the day. Your safety is paramount and our number one priority. Students found jumping the perimeter fences, will face possible suspension as a consequence of their actions.

Uniform

The majority of you are attending school in the correct uniform on a daily basis. Please remember that the only brand worn is **Brand Chifley**. No other logos are permitted and you will be asked to change into correct campus uniform.



Now is the time to organise your winter apparel.

The college jacket order is due to be placed in week 8. A temporary closure of the factory has forced production to be delayed. As soon as they arrive on campus, we will be distributing them to all students who ordered one.

Just remember that the Year 11 Team are here to assist you in any way that we can. Make use of us whilst you are here at Senior Campus. Your team consists of two Deputy Principals – Robert Pecovnik and Suzie Berry, a Head Teacher – Robbie Hillier, and two Year Advisers – Baneen Naqvi and Anita Pillai.

Literacy and Numeracy: *What parents need to know*



Your child will need to meet a minimum standard of literacy and numeracy to qualify for an HSC

How is the school supporting your child's numeracy and literacy?

- Providing personalised online support for literacy & numeracy
- Providing Minimum Standards classes
- Revising literacy and numeracy skills in every lesson

How can you support your child's numeracy and literacy?

- Ask your child about their HSC Minimum Standards Online Test results, given to them by their Literacy and Numeracy Teacher during class time
- Collect your child's Literacy and Numeracy Proficiency statement at Parent Teacher Night. Staff members of the Literacy and Numeracy Team will be available to discuss these results with you.
- Support your child to stick with their homework plan for revision
- Support your child's attendance - every lesson, every day



Learn – Discover – Inspire

Please contact the school if you have questions or concerns. Phone 9623 9920

HSC Minimum Standards Update

Year 11, 2021

From the Minimum Standards team, we welcome all of our new students and families to CCSC.

In order to qualify for the HSC credential, all students must meet and demonstrate Minimum Standards in Reading, Writing and Numeracy. This involves a series of online tests, where students must demonstrate their skills in line with national benchmarks. Students were able to attempt these tests four times in Year Ten and have four opportunities in Year 11 to demonstrate their ability to meet the standards.

We offer a range of support structures at CCSC. Students will have access to Minimum Standards classes, where they practice their skills in small group settings. Similarly, lessons across the curriculum focus on key literacy and numeracy skills. Students can also access SMARTER MATHS in order to practice their skills online.

We encourage you to talk to your child about HSC Minimum Standards.

In Term 1:

- Targeted students will access Minimum Standards classes
- All students who are yet to meet Minimum Standards will sit for an HSC Minimum Standards test
- Students will be issued with a supplementary Minimum Standards report

In Term 2

- Targeted students will access Minimum Standards classes
- Students will be issued with a supplementary Minimum Standards report
- Staff will be available to discuss Minimum Standards at Parent Teacher Night

Year 12, 2021

We are pleased to inform you that all students that are undertaking a mainstream pattern of study have been successful at meeting their Minimum Standards. Students enrolled in a Life Skills pattern of study are exempt from meeting these standards. Students will be issued with a supplementary Minimum Standards report in Term 2.

Meet The Teachers afternoon

Term 2

Tuesday 1st June 2021

Year 11 and 12 Semester One Reports will be available on the day; also meeting your child's six teachers to discuss teaching and learning.

VET @ SENIOR CAMPUS

Vocational Education & Training (VET) forms an integral part of Senior Campus Curriculum. We offer 7 courses with various qualifications. These include:

- **Business Services** with a Certificate II in Business
- **Construction** with a Certificate II in Construction Pathways
- **Hospitality Food & Beverage** with a Certificate II in Hospitality
- **Information and Digital Technology** with a Statement of Attainment (SOA) towards Certificate III in Information, Digital Media and Technology
- **Manufacturing and Engineering** with a Certificate I in Engineering with a SOA towards Certificate II in Engineering Pathways
- **Retail Services** with a Certificate III in Retail
- **Sport Coaching** with a Certificate III in Sport Coaching



Our school is part of a Registered Training Organisation (RTO). Our RTO is Public Schools NSW Macquarie Park 90222. This means the training received in VET courses must meet national industry standards and the qualification will be recognised nationally by employers and other training organisations.

VET Courses involve:

- Industry Training
- **Mandatory** work placement
- Competency Based Assessment
- HSC requirements
- Training Qualifications

Dual Accredited

This means the student can receive 2 qualifications

1. Australian Qualifications Framework (AQF) Certificate

AND

2. HSC

Course costs

You will have to pay for:

- ✓ Uniforms and personal protective equipment (PPE).
- ✓ Consumables used in your training.
- ✓ Some or all of the course costs for the General Construction Induction Card (GIT) as part of the Construction course and the First Aid Course for Sport Coaching.
- ✓ The costs of work placement travel.

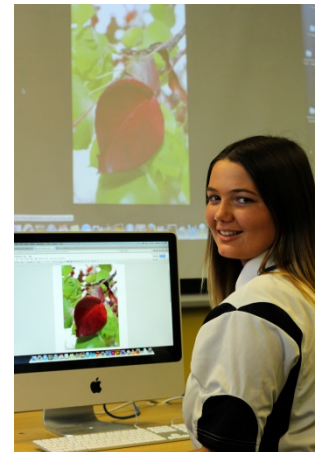


VET @ SENIOR CAMPUS continued...

Work Placement

Work placement is a **MANDATORY** component of all VET courses.

- Students must complete **70 hours** of industry work placement in all subjects except for Manufacturing and Engineering and Sport Coaching which must complete **35 hours**.
- Placements are sourced for the students.
- Students must make their own way to their work placement (which may involve additional travel costs).
- If a student fails to complete part of their work placement, a medical certificate must be provided and the student must negotiate with the teacher to complete the remaining hours.
- If a student has no medical certificate, but has missed work placement, they will be required to source their own placement and complete the time owed.



Competency based assessment

- This means the student must perform a task to **industry standard**.
- Students will be advised when and where their assessment cluster tasks will take place.
- Competence incorporates all aspects of performance; classwork as well as assessment tasks. There will be a range of tasks including practical work, case study, role play, and written tasks.
- The student will be deemed either **Competent** or **Not Yet Competent** by the qualified VET teacher.



The HSC Examination

The HSC examination is **optional** for VET students!

→ **UNLESS...** the student wishes to obtain an ATAR. ATAR students **MUST** complete the final HSC examination. (Only one VET course can be included in the calculation of the ATAR.)

If you have any queries about Vocational Education and Training at Senior Campus, please contact me.

Ben Coburn



100% ATTENDANCE

Congratulations to the following students in Years 11 and 12 for their outstanding attendance up to end of Week 6 , Term 1 2021

Katherine Atie

Kaitlyn Atkins

Matthew Beale

Owen Budahazy

Bree Esquilant

Charlie Fagafua

Holly Field

Moala Fifita

Robert Hayes

Jacob Hedges

Kiana Hillebrand

Karly Iveli

Amtul Kafi

Jacinta Kendall

Jacob Lansdowne

Jack Mullarvey

Martina Pazdjara

Patara Peckham

Montana Puckeridge

Zac Ryan

Sajed Safiq

Murray Schickert

Andrew Scott

Saifoloi Sila Tautaa

Rose-Lee Spiteri

A great way to start the year, keep up the good work.

Deputy Principals

The Chifley Grounds



The Chifley Grounds is into its second year as a dedicated student training facility for Hospitality students. By preparing and serving espresso coffee, tea, cold beverages and assorted food items, Chifley Brew Crew students have the opportunity to develop important back of house and front of house Hospitality skills. The café runs each Monday and Tuesday



during Recess 1. Coffee purchase cards are available to both staff and students and can be bought from the front office – a \$10 card will buy five items and a \$20 card will buy ten. Hope to see you at The Chifley Grounds soon!

Open Boys Basketball Term 1 Update:

The team played their first match in the Sydney West Knockout against Cambridge Park High School at the Penrith Valley Regional Sports Centre in Week 5.

The match started off very close and that trend continued for the entirety of the first half with Chifley taking a narrow 15-12 lead into halftime.

But the second half was a different story as early in the game Cambridge Park dominated possession points and the scoreboard, as they moved out to a commanding 8 point lead with 10 minutes remaining.

But the final 10 minutes belonged to Chifley as they rallied to win the match 38-28. Jason, Faamanu and Salesi led the charge and made some vital baskets late to seal victory. Congratulations to the team who will now progress to the next round in the state-wide competition.



Cambridge Park were a very fair, tough and competitive opposition who conducted themselves with class both on and off the court. The team will now face St Marys Senior High School in Round 2 of the Sydney West Knockout Tournament in Week 7 in the hope of progressing through to a match against St Clair High School. If the team can manage to win their next two games they will progress through to the State Tournament later this Term.



Term 1 2021 Chifley College Senior Campus Basketball is alive and well with the Senior Boys team winning their first round against Cambridge Park



BASKETBALL NEWS

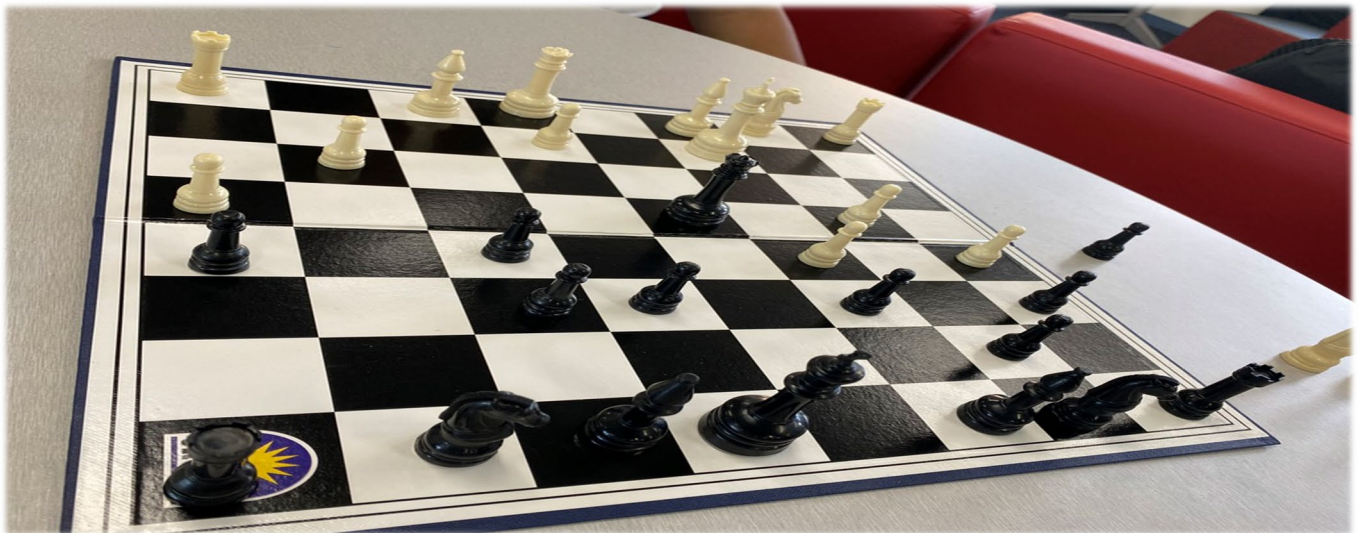




Touch Football Senior Boys Chifley College Senior Campus

The team played well, with minimal preparation, to beat a competitive Rooty Hill High school side 12-5. They will now face Plumpton High School in Round 2. The team in round 1 was:

Lonetona Leutele
 Isaac Jayo
 Raymond Cocking Penington
 Bryce Cocking Penington (1 try)
 Malachi Whitton (2 tries)
 Wesley Vaifale
 Sebastian Acosta (3 tries)
 Vaea Tagaloa (2 tries)
 Stanley Gibbs (3 tries)
 Krishaan Sene (1 try)
 Marcus Sioeli
 Isaac Kaivavanga



CHESS CLUB

COMPETITION TERM 1

The sign on form is in the Learning Hub, and the draw will be out Monday Week 8.

Top 4 place getters will make up our chess team and they will compete in a state-wide competition starting late April 2021.

Boys and Girls Volleyball Term 1 Update:

Boys - Chifley defeated Rooty Hill 3 sets to 2 in a thriller on Monday in Week 6, coming from behind on several occasions to win the match 17-15 in the fifth and deciding set. They will now play the winner of the Doonside and Blacktown Boys match.

Girls - Chifley defeated St Marys Senior 3 sets to zero on Tuesday in Week 6 in a dominant performance. They will now play the winner of the Cranebrook and Richmond match.

Congratulations to all of the players and a big thanks to Kevin Geyer who has given up his time to coach both teams.



Rugby League Program Term 1 Update:

During Term 1 the Chifley College Senior Campus Rugby League program have been busy preparing for the commencement of the respective competitions in which they participate:

- CHS St Mary's Cup which is a round robin which concludes with a Finals Day in Week 1 of Term 3.
- CHS University Shield which is a state wide knockout competition.
- GIO Schoolboy Trophy which is a knockout competition comprising of CHS, Catholic and Independent schools from across NSW, ACT and also VIC.

The program had some players participate in the Sydney West Rugby League trials in Week 6 at Hickeys Lane with Elijah Mataale selected to represent the College in the upcoming Sydney Gold selection trials, with the hope of progressing to the next level in schoolboy Rugby League.

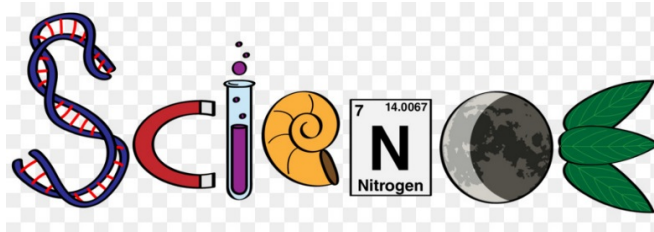
The program has scheduled matches against Bass High School away from home in Round 1 of the St Marys Cup and also against Illawarra Sports High School in Round 2 of the St Marys Cup which is a home game.

Term 2 promises to be the busiest term of the year for the program with more matches in the St Marys Cup competition and also the commencement of the University Shield competition.



In numbers we trust,
Suzie Berry Head Teacher Mathematics.

Welcome to Stage 6



Year 12 Investigating Science is completing a depth study to investigate the acceleration at different points of a boomerang's flight path using modern computer technology.

Before they completed their investigation, they were lucky enough to be taught the traditional purpose of the boomerang from community members and took the time to decorate their boomerangs to represent their journey.



Year 12 Science Students spoke to Amy Maslen-Miller about her scientific paper on Taro Leaf Blight, a disease impacting on Samoan Taro and the economy. The students used this opportunity to develop their understanding of how scientific research impacts society and the process of publishing a scientific paper.

Amy is a proud Samoan scientist who advocates for an increase in the number of females and Pasifika students pursuing careers in science. The students were an outstanding representation of the college and asked many insightful questions during the event.



Upcoming Assessment Tasks

All Year 12 Science Courses:

Literature review (10%)

Due 26th March via Google Classroom.

Biology, Investigating Science and Physics all have an Examination in the Assessment period. This is to help prepare students for their HSC Examination. This examination is compulsory but does not count towards the students' HSC mark.

Year 11 Biology & Investigating Science

Practical Assessment (25%)

To be completed in class and during the assessment period.

Year 11 Marine Studies

Info graph on Dangerous Marine Creatures (25%)

Due 30th March via Google Classroom.

Reminders

All students are required to be in class on time and prepared with their equipment. All Science students require:

- Pens
- Pencils
- Calculators
- A science book
- A ruler

Congratulations to all science students for a fantastic start to 2021.

Parent Guide to Supporting a Senior Student

Study Skills: Study is different to homework. Study is the work your child does at home over and above set homework. In senior school, your child needs to view study as an active process. Studying means applying oneself to understanding and remembering details for all topics covered in the Preliminary and HSC courses. Study involves:

- reading ahead about dot points outlined in the Preliminary and HSC syllabus;
- making topic summaries;
- reading through class notes for the day;
- mind mapping of key points and quotes;
- getting ready for tests and exams;

Your child needs to have a regular routine of studying each night.

Study Environment: Your child's study area needs to be organised so it is as free from interruption as possible. The study area should:

- be a permanent place;
- have a desk which is high enough to prevent stooping and a chair which encourages good posture;
- contain book shelves within reach;
- receive good ventilation;
- have good lighting.

Organising the best possible physical conditions for studying will ensure that your child will have a positive frame of mind. Sometimes it is better for the study area to be separate from where your child sleeps.

Parents can help make an effective study environment by:

- organising other family members to avoid disturbing your child whilst they are studying;
- avoiding having a radio, television or telephone point nearby;
- negotiating ways to take messages if someone rings whilst your child is studying.

Assessment Tasks Information: All students have been provided with a copy of their HSC Preliminary (Year 11) or HSC (Year 12) assessment schedules. Please ensure that you and your child read the booklet very carefully and discuss the key guidelines.

Students are given at least two weeks' notice of assessment dates. It is also your child's responsibility to find out if an assessable task has been issued during a time when they were absent from class. *In special circumstances the principal retains the right to alter this two week rule.*

Attendance: Your child is expected to attend all scheduled classes unless sick or on approved leave, including days leading up to examinations and at the end of the term.

Leave: Parents need to request leave in writing if their student needs to be absent for longer periods of time. Parents please do not plan holidays during term time as you place your child at a severe disadvantage and may in fact jeopardise the award of the Preliminary or HSC. Requests should be addressed to the Principal.

Concerns About Your Child's Progress: You should have a discussion with your child to identify concerns. Your child's course teacher or head teacher should be contacted to arrange an interview. Your child's classroom teacher in conjunction with the Year Adviser can give updates of your child's progress, work habits and areas that require attention.

Tutoring: If you are considering hiring a tutor for your child, it pays to do your homework first. Parents need to be aware of bogus offers and false or misleading advertising. The NSW Office of Fair Trading suggests parents exercise caution with overseas or interstate institutions promoting their services on the internet and to read any contract carefully before signing and be aware of any cancellation conditions.

Non Smoking Policy: All students are aware that our Campus is a non-smoking venue for all students, staff and visitors. Smoking is also not permitted in front of Chifley College, or TAFE. I am aware that many of our students smoke at home, however, we will not and cannot tolerate smoking on our campus as it is against the law.

Chifley College Senior Campus Newsletter

Uniform: Our uniform has a number of purposes:

- identification of students for their safety, security and care as intruders are easily identified when they are not in our uniform/dress code;
- positive image and public promotion of Chifley College Senior Campus in the community;
- provision of low cost, easy care and comfortable clothing for all students;
- assisting in the Campus aim of promoting a cohesive community and making students feel a belonging to the college.

We seek parent/caregiver and student support in wearing the Campus uniform each and every day.

Dropping Off and Picking up Students: Parents, I ask for your co-operation for the safety of all students. Please **do not** use car parks to drop students off in the morning or when collecting them in the afternoon, especially the eastern car park. North Parade is a busy road and requires care and correct use of the turning bays. Please do not do a U Turn in the car park driveway and the bus bay outside of CathWest College **MUST NOT** be used for parking, pick up or drop off.

TAFE Site: Our students have been directed to stay out of the TAFE grounds during the day. TAFE have their own security and will not tolerate our students loitering in the TAFE grounds.

Litter and our Environment: Our staff and student body have agreed that no one, including staff, will walk past litter. All students will and can be asked to pick up litter. We do not want responses about how and who put the litter there. We are all responsible for our environment.

Visitors to the College: Students are not to invite outsiders, friends or family members into the Campus. Again, safety is a prime concern for all students. Visitors are to report to the Administration Office (first building facing North Parade). Visitors will not be allowed to wander the Campus grounds. In cases of emergency, students will be requested to come to the Administration Office to meet visitors.

Staff and the use of the first name: As a full Senior site, staff have agreed to use, as an option, their first name with other staff and students. This is what happens in the adult world and our students have commented that this is an important positive feature of the Senior Campus.

Student Car Parking: All students must park on North Parade.

There is NO PARKING in the staff car park or TAFE car park.

Absent Students/Late Arrivals/Early Leavers: When students are absent from school they are required to have their absence explained by a parent or guardian. Chifley College preferred method is a phone call to the office on the day or bring a note the following day. The note should be signed by their guardian and explain the reason for their absence.

Students also require a phone call or a note to be sent with them if they have a legitimate reason for arriving at school after 8:40am.

Students also require a note if they need to leave school early. They need to have the note signed by a Deputy Principal and present the note just before the required time, to the front office. New legislation requires that all students who leave early must have a specific 'Leave Pass' which can only be obtained from the front office. Police and Home School Liaison Officers may ask young people for their pass from school if they are found out in the community during school hours.

Any student who is not 17 years of age is expected to be enrolled in school or TAFE or be working more than 25 hours per week.

Office Hours: The School Administration Office is open as follows:

Monday to Thursday 8:00am to 3:00pm

Friday 8:00am to 12:45pm

*Note: The office will be closed between 11.00am and 11.30am every Wednesday.

Mobile Phones and Other Electronic Devices in Schools

The Department of Education Legal Services Directorate has provided the following information to schools regarding mobile phones and other electronic devices.

Mobile phones may provide students travelling to and from schools or institutes with a degree of security. Students may also find that other electronic devices e.g. Tablets, iPods etc. may be useful in their lessons.

The use of mobile phones and other electronic devices in schools and institutes should not automatically be of concern. It is only if these devices are used inappropriately that action may be necessary.

Inappropriate use includes:

- using it in a way that disrupts or is likely to disrupt the learning environment or interfere with the operation of the school or institute
- bullying, intimidating or otherwise harassing others through SMS or text messaging or through photographic, video or other data transfer system available on the phone
- recording of conversations, including lessons, without the knowledge and permission of the teacher or those involved in the conversation
- downloading or otherwise accessing inappropriate material on the internet such as child abuse or pornographic or other offensive material
- filming of fights or other criminal behaviour involving students that occur at school or the institute, during school or institute activities or while on the way to or from school or the institute
- using it in a way that threatens or is likely to threaten the safety or wellbeing of any person
- use that is in breach of any law.



Students and parents are advised that they bring these devices to school at their own risk – the school will not accept the responsibility for their loss or damage.

A full copy of the Legal Issues Bulletin regarding Mobile Phones and Other Electronic devices is available on request from the school.

A reminder to parents to notify the school about your child's health and safety



At Chifley College Senior Campus, we have procedures in place to manage these situations. It is understandable that from time to time your son / daughter may become unwell at school. In this event:

- ✓ The school administrative staff will contact the parent / caregiver or emergency contact person.
- ✓ **Please be aware it is in breach of school policy when students use their phone from a classroom to ask a parent to come to school to collect them.**

In planning to support your child's health and wellbeing, our school asks for medical information when you enrol your child. It is important to let us know if your child's health care needs change or if a new health condition develops. We welcome information from you (as parents and guardians), even though you may not be requesting specific support from the school. This includes:

- ✓ Information in writing about allergies, asthma, diabetes or other health care related issues (including prior conditions such as medical procedures in the last 12 months) need to be provided to the school by parents.
- ✓ Notifying the school administrative staff of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son/ daughter's health needs or as otherwise required by law.

Finally, we have attached a form for you to fill out if you need to advise us of any changes to your details.

Should you require any further information please contact the school.

The Job Search Program

Students in the Job Search Program have taken part in a Hospitality, Cert III with White Lion. We are super proud of Jessica, Hope-May and Owen for their efforts in and commitment to this program. Well done!



Student code of conduct for school students travelling on Public Transport

It is every student's responsibility to behave in a manner that ensures the safety and comfort of passengers and drivers. This includes:

Behaviour on buses

- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency
- Do not play music at such volume that it may distract the bus driver or other passengers.

Safety on and near buses

- Obey reasonable directions from the driver (e.g. where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and keep a secure hand hold at all times
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available.

Legal considerations on buses

- Wear the seat belt properly adjusted and fastened, if one is available
- Obey the law that bans smoking on buses
- Ensure that buses are not vandalised - report any damage, e.g. graffiti and window etching, to the driver
- Do not interfere with bus property, equipment and signage
- Do not leave rubbish on the bus, or at bus stops or interchanges.

Using bus passes:

- Show travel passes or tickets to the driver on boarding and to Authorised Revenue Protection Officers, NSW
- Police Officers or bus company representative when requested
- Use the travel pass only for its intended purpose - do not lend your pass to other students or borrow a pass from them
- Swipe or 'dip' passes in ticket readers if available when boarding
- *If issued with a School Opal card, always tap on when boarding and tap off when leaving the bus.*

Disobeying these rules may lead to the withdrawal of bus travel passes, banning students from travelling on buses and/or police prosecution and court action.

Code of conduct for school students on metro and train services, and at stations

All students are to behave in a manner that ensures both their comfort and safety and that of other passengers in order to retain their School travel pass.

Students will:

- Obey all signage instructions on metro and train services and at stations.
- Behave safely at all times (e.g. avoid running or riding bikes, scooters or skates on metro and train services and at stations, keep off metro and train lines, keep arms, legs and other body parts inside the metro or train, refrain from touching metro or train doors, safety equipment or any part of a moving metro or train).
- Use non-offensive language and behave appropriately at all times on rail property (e.g. avoid swearing, spitting, fighting, throwing items, keep feet off seats).
- Protect rail property and report graffiti and vandalism.
- Keep yourself and anything you are carrying clear of aisles, steps, thoroughfares and behind the yellow line on platforms.
- Take your rubbish with you and dispose of it thoughtfully.
- Follow the instructions of station staff, drivers, guards, transport officers and Police officers.
- Carry your School Pass during all school-related travel.
- Spread out along the platform so as not to overcrowd one carriage. Avoid boarding carriages that are already overcrowded.
- Allow other passengers to get off metro and train services before boarding and then board without delay.
- Move inside the carriage and stand away from the doors during travel.
- Comply with all laws relating to conduct and behaviour while travelling on public transport.
- Not possess any prohibited items, such as knives, spray cans or other implement intended for use in damaging property.
- Adhere to the law that bans smoking and drinking alcohol at stations, and on metro and train services.
- Use the School Travel Pass only for its intended purpose.
- Keep their School pass for their own use - not lend their School pass to other students or borrow one from them

If issued with a School Opal card, students must always tap on at the beginning of their metro and train trips and tap off at the end, even at stations without ticket gates.

The School pass may be confiscated and a fine may also apply if these rules are not followed.

Vandalism is a serious criminal offence. Students caught tagging, etching or vandalising stations or trains will be arrested and may face criminal charges.

A full copy of Sydney Trains Code of Conduct, Offences and Penalties may be found on the Sydney Trains website at: www.sydneytrains.info opens in new window.

Consequences of inappropriate behaviour

Unacceptable behaviour such as using offensive or racist language, disobeying reasonable directions from the driver, smoking, spitting, damaging property, eating on the bus, distracting the driver with persistent noise and failing to show the travel pass may lead to:

- Loss of subsidised school travel privileges for up to two school weeks for a second offence, and up to 10 school weeks for subsequent offences.
- Permanent suspension of school travel privileges or banning from travelling on buses may apply for repeated offences.

Dangerous behaviour such as seriously bullying or harassing other passengers, fighting, letting any part of your body protrude from the bus, throwing objects inside or outside the bus, using matches and lighters, carrying dangerous items and group misbehaviour may lead to:

- Loss of subsidised school travel privileges for up to four school weeks for a first offence and up to 10 school weeks for subsequent offences - or if group misbehaviour is involved, permanent loss of school travel privileges.
- Permanent suspension of school travel privileges or banning from travelling on buses may apply for repeated offences.

Highly dangerous behaviour such as interfering with safety equipment, pushing students out of the doors or windows, assaulting the driver or other passengers and destruction of bus property may lead to:

- **Permanent loss** of subsidised school travel privileges, and possible court action or police prosecution
- Banned from travelling on buses.

The police will be called to deal with highly dangerous behaviour.

These penalties reflect the seriousness of the misbehaviour. They ensure that all students who misbehave on buses are dealt with in a fair and consistent manner, no matter which bus operator or school is involved.

If students are refused travel, parents/guardians/carers must make alternative travel arrangements and meet any costs of that transport. They will not be eligible for the Transport for NSW Private Vehicle Conveyance Scheme under these circumstances.

A group of school students behaving unacceptably may risk higher penalties if their conduct puts the safety of other passengers or the driver at risk.

The operator will inform Transport for NSW of its decision. Transport for NSW may inform an operator of a student's record of misbehaviour. Please refer to the Guidelines for Managing School Students' Behaviour on Buses for dealing with incidents of inappropriate behaviour.

If a student misbehaves on a bus, the bus operator concerned will contact the parents and the school.

- Depending on the gravity of the offence, students may be required to give up their school bus travel pass or may be refused travel on the bus for a period of time determined by the bus operator.
- Heavier penalties may apply to students involved in group misbehaviour.
- School principals have the right to take additional disciplinary action against a student under the school's discipline code or student welfare policy for any breach of the code of conduct.

The bus operator must provide written notification to the parents, guardians or carers before a student's school bus travel pass can be withdrawn.

What to do if you disagree

If parents, guardians or carers don't agree with a decision, they should contact the bus operator. If they are still not satisfied, they can contact the nearest Transport for NSW office.

Sydney: PO Box K659, HAYMARKET NSW 1240

Transport Concession Entitlement Card

All students that were enrolled at Chifley College Senior Campus as at Monday 22nd February 2021, a concession card has arrived for you and will be issued during week 8 or 9. Any student that has commenced after 22nd February 2021, please check with the office to see if a card has arrived for you. If not, an online application [Concessions application form](#) will need to be made by the individual student.

The Transport Concession Entitlement Card is issued free of charge.

If you're continuing to year 12, the card will be valid until 31 March the following year unless you enter full-time employment. Proof of age cards expire when you turn 16.

Eligibility, how to apply and replacement cards

To be eligible, you must meet one of the following criteria:

Enrolled in a NSW or ACT secondary school or non-government secondary school.
Registered with the NSW Education Standards Authority (NESA) as a full-time home-schooled or distance education (OTEN) secondary student.
An International school student who meets the criteria.

To apply, contact your school or educational institution.



For replacement cards, complete the [Secondary Student Transport Concession Card replacement form \(pdf 263KB\)](#). Upload and submit your completed application and any supporting documents online via the [Concessions application form](#).

SUPPORTING STUDENT HEALTH AT SCHOOL AND ON SCHOOL RELATED ACTIVITIES

Schools assist students who have health support needs at school by:

- providing emergency care and first aid when necessary;
- providing temporary care when students become unwell at school;
- administration of prescribed medications as required;
- developing individual health care plans if required – for students with severe asthma, type 1 diabetes, epilepsy, anaphylaxis and/or diagnosed as being at risk of an emergency.

Secure delivery and storage of prescribed medication is important for the safety of students requiring prescribed medication as well as for the safety and welfare of other students in the school.



- Parents/carers are responsible for supplying their child's prescribed medication and any associated equipment needed for the administration which is replaced after use (ie consumables).
- Students with asthma need ready access to their reliever medication when an attack occurs. It is important that students diagnosed with asthma carry their own asthma reliever medication with them while at school and on all school related excursions.
- Students at risk of anaphylaxis should carry their own adrenaline autoinjector (EpiPen® or Anapen®) for anaphylaxis on them while at school.

Please note: In cases where students are diagnosed with severe asthma, type 1 diabetes, epilepsy, risk of anaphylaxis and/or being at risk of an emergency, e.g. heart problem, parents/carers will be consulted to develop an individual health care plan for the student. Parents/carers will need to provide information from the child's doctor if this is the case.

Parents/carers are responsible for informing the school about any changes to the health needs of their child.

Parents/carers must ensure that all emergency contact details are kept up to date and inform the school immediately if there are any changes to these details.

Uniform

Congratulations to the vast majority of students who are now wearing appropriate uniform. With the winter weather due to commence, please remember that the only track pants are Chifley track pants. Students may also wear **plain** black / navy blue / grey dress shorts (not sport shorts) / dress style trousers / jackets and the Chifley skirt is the only one allowed for girls. Brand Chifley is the only brand we recognise in this campus.

The School Counselling Service

Information for Parents and Carers



Student Welfare

In every school, school counsellors, teachers, year advisers, careers advisers, the principal and senior teachers are available to assist students and their families. In some schools there are also Aboriginal Education Assistants or community liaison officers.

All work to create safe, caring schools, free from violence and discrimination.

All can help you or your child in different ways.

School counsellors are experienced teachers who have a degree in psychology and post-graduate qualifications in school counselling. They work with students of all ages, and their families, from pre-school to Year 12.

Every government school has access to a school counsellor.

School Counsellors

School counsellors work with students, parents or carers and teachers in a variety of ways.

Their work includes:

- counselling students
- assisting parents or carers to make informed decisions about their child's education
- assessing students' learning and behaviour
- assisting schools to identify and address disabilities that affect students' learning
- liaising with other agencies concerned with the well-being of students.

School counsellors are members of schools' student welfare and learning support teams. With the agreement of parents or carers, school counsellors will pass on to **teachers**, information that will assist them to better meet the needs of their students.

Students may refer themselves to the school counsellor or may seek an interview at the suggestion of a teacher, a parent or carer, or a friend.

A student's reasons for seeing a school counsellor may include worrying about school work, conflict with friends, being in trouble at school or just feeling "down".

Parents or carers may seek advice from school counsellors about their child's school progress, educational options, including access to special education services, behaviour and for information about help available from other agencies.

Except when students refer themselves to the school counsellor, parents or carers will be involved from the outset. Their consent is required before any psychological testing is undertaken.

Whether working with students, parents or carers, or teachers, school counsellors will explain how they work, listen carefully to what is said, help clarify options and encourage informed decision-making.

Confidentiality

School counselling is a confidential service and school counsellors will check with students, parents or carers before passing on information (such as the results of tests of learning difficulties) to others. Confidentiality will be maintained unless legal requirements, e.g. child protection legislation, override it. Nor will confidentiality be maintained where someone may suffer serious harm from information being withheld.

Referral

School counsellors are not at every school every day. It is necessary for parents or carers to make an appointment by telephoning the school.

Students will be told of the arrangements applying in their school as to how they can see the school counsellor.

Priorities for the school counsellor's time will be determined, in consultation with the school counsellor, by the principal.

Do you

- Worry about schoolwork?
- Struggle with workload?
- Need help with study skills and time management?
- Wish to improve your academic performance?
- Feeling "down"? Exhausted, unmotivated?
- Find it hard to relate to peers or argue with your friends or family?
- Have health issues, drug or alcohol problems?
- Struggle with decision-making skills
- Struggle with exams or overwhelmed with public speaking
- Find it hard to fit in.

STUDENTS**Who can help?**

Come and talk to your friendly school counsellor.

Shobha

Days: Monday, Thursday and Friday

How to contact:

1. Drop an email: shobha.yadav@det.nsw.edu.au
2. Leave a note under the door
3. Ask your teacher, year adviser or front office staff to make an appointment.
4. Phone me on school phone number (9625 9920) to make an appointment.

PS Duty of care overrides confidentiality. Before you disclose please clarify with me about confidentiality issues.

Look for these warning signs. Get Help!**FEELINGS**

Frequently feeling anxious, afraid or guilty
 Having bouts of depression and deep sadness
 Being unable to enjoy things you usually like doing
 Often feeling bad about yourself or your appearance
 Not wanting to do anything, go anywhere, see anyone
 Feeling distant, wooden, operating in 'slow motion'
 Being overly irritable, angry or aggressive
 Feeling tired and lacking energy much of the time
 Feeling extremely positive and full of energy
 Swinging between positive and negative feelings

THOUGHTS

Thinking about dying, suicide or harming yourself
 Having frequent negative or worrying thoughts
 Difficulty concentrating or making decisions
 Very rapid thoughts and ideas
 Hearing voices or seeing things that aren't there
 Thinking you're someone else (like a famous person or religious figure) or you have special powers
 Believing without reason that someone is spying on you, plotting against you, or trying to harm you
 Believing you're being harmed or controlled against your will, for example by TV, aliens or the devil

BEHAVIOUR

Becoming withdrawn, avoiding social contact
 Crying easily and frequently
 Showing a decline in academic performance
 Changes in behaviour, such as drug taking, alcohol abuse, aggression, crime, risk taking, promiscuity
 Changes in sleeping or eating patterns
 Going to extreme lengths to avoid certain situations
 Dieting all the time, refusing to eat in public
 Neglecting responsibilities or personal appearance
 Being very lethargic, or having a lot of energy
 Speaking rapidly and incoherently
 Spending extravagant and unrealistic sums of money
 Talking or writing about things that don't make sense

SITUATIONS

Worrying about study pressures or school failure
 Being bullied, teased or ostracised
 Family conflict or breakdown of a close relationship
 Sexual, physical or emotional abuse or neglect
 Worrying or being uncertain about sexuality
 Work pressures, losing a job, being made redundant
 Having financial or legal worries
 Being a victim of crime or violence
 Surviving a disaster or traumatic event
 Having a parent or carer with a mental illness
 Having a serious or chronic illness
 Serious or chronic illness in a loved one
 Experiencing the death of a loved one



Bite Back in the classroom with the **Bite Back Mental Fitness Challenge**

- The six week **Bite Back Mental Fitness Challenge** provides a fun, simple and accessible structure to help your students get the most out of Bite Back.
- Fully online, interactive, self guided format.
- Can be delivered as an in class or out of class activity.
- Covers several recognised domains of positive psychology, including gratitude, mindfulness, meaning and purpose, character strengths and social connections.
- Great prizes on offer to keep your students motivated.

Download your **free copy** of the Bite Back Youth Educator Handbook



Simple week by week introduction and wrap up.

Further background and links to related information.

Short, 5 to 10 min discussion activities including discussion prompts.

Engaging media materials that can be played in the classroom.

Download your copy at:


www.biteback.org.au/youtheducators

For more information please contact the Black Dog Institute
eMental Health Team:
Black Dog Institute
Hospital Road, Randwick NSW 2031
eMH@blackdog.org.au
(02) 9382 3719



**Black Dog
Institute**

**Bite
Back**



BITE BACK

An online program designed to improve the wellbeing and resilience of young people.

What is Bite Back?

- Black Dog Institute's **Bite Back** is an evidence-based, online positive psychology program.
- It contains **activities, quizzes, stories and videos** and a **six week challenge** relating to a range of positive psychology domains.

Bite Back in the classroom

Download a **free copy** of the Bite Back Youth Educator Handbook at:
www.biteback.org.au/Youtheducators

Who is it for?

Bite Back is appropriate for young people aged 12 – 18 years but with a particular focus on young people aged 13 – 16 years.

What does the evidence say?

Bite Back has been evaluated via a randomised control trial that explored program acceptability and its ability to improve the wellbeing and mental health of young people.

Results suggest that using **Bite Back** could decrease symptoms of depression and anxiety and increase wellbeing in young people.

Qualitative data indicated that acceptability of the **Bite Back** website was also high.

More info about the trial:
jmir.org/2014/6/e140/