

Barham High Newsletter



Find us at: Gonn Street Barham NSW 2732

Term 3 Week 2

23/07/2015

PRINCIPAL'S MESSAGE

Another term has started with a flurry of activity and everyone has begun work in earnest. Our Year 12 students are finishing off their last assessment tasks and are in the process of preparing for their trial HSC examinations that will commence at the end of Week 4. I encourage all to utilise the opportunities that arise in Term 3, build on the foundations that have been laid down in the first semester and engage in some really great learning.

Staff Development Day

We invited Dan Kettles to our staff development day on the first week of the term. He was able to provide us with valuable information about developing a curriculum that is closer tailored to student needs. He was able to present some strategies that could be used in the classroom and expressed some background information to clarify where students could improve.

As I have indicated before, I am extremely impressed with the level of commitment and dedication our staff display in the pursuit of increasing their professional knowledge. I thank all staff for their patience and attentiveness.

Year 10 into Year 11 Information Night

I would like to thank those parents, students and staff who braved the cold on Monday night to attend our information night. Together we discussed the requirements for the HSC and outlined the various pathways and subject types and choices available to our students. On the night, students were issued with their initial subject selection forms which are due back to Mr McConnell by the end of the week.

Lovebites

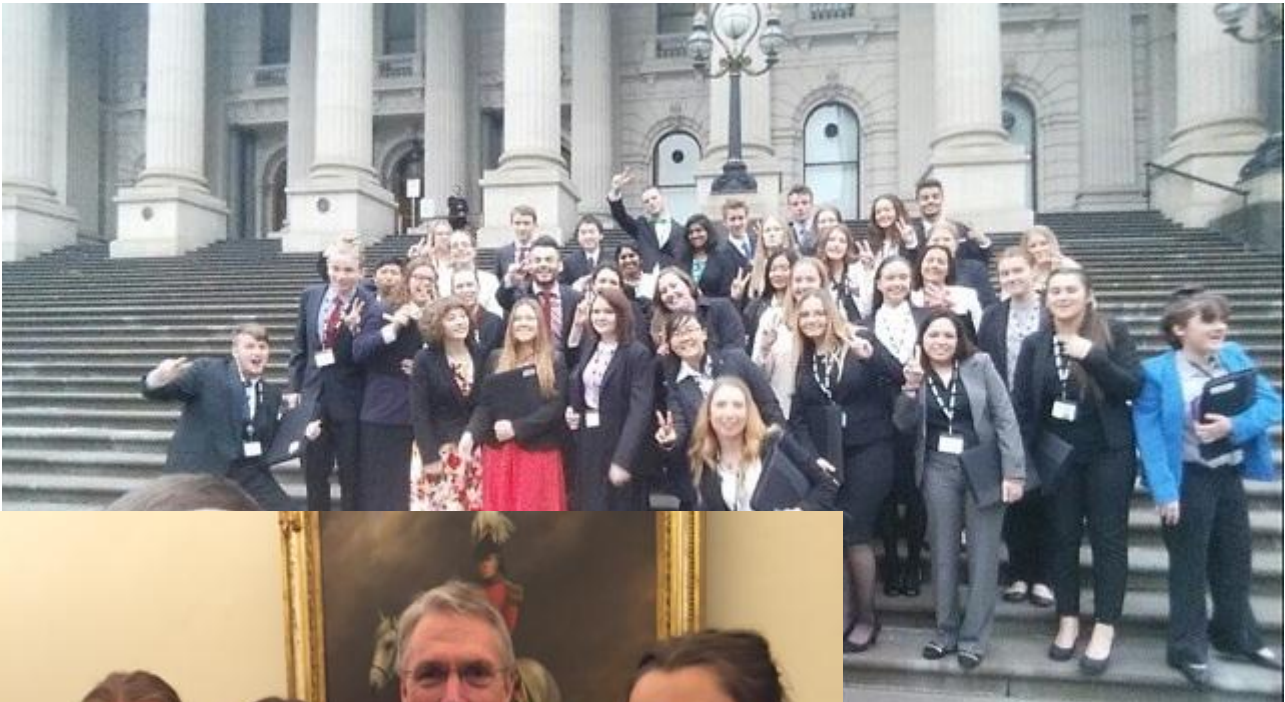
Year 10 students will be engaged in the Lovebites program next Tuesday. It is an opportunity to discuss a range of issues that are influencing our young people.

Glenn Buchanan

Relieving Principal

Youth Parliament

During the first week of the recent holidays, Kourtney, Abbey and Mikayla proudly represented our school and the Gannawarra Youth Council in the annual YMCA Victorian Youth Parliament. They sat in the Legislative of Assembly for three days of the week, debating bills that the youth of Victoria were passionate about. Their bill, entitled 'Increased Parole Conditions for Violent Offenders', was passed alongside the twenty other bills that the other passionate young people proposed. Overall, they had a wonderful time and even though Mikayla cannot participate again, they are keenly looking forward to being involved in the future.



Youth Parliament group photo

BHS representatives of Youth Parliament team having lunch with Peter Walsh



Debating a bill in parliament

BARHAM HIGH SCHOOL CANTEEN MENU ERROR

The latest Canteen menu has a pricing error on it.
Please note the price of chicken nuggets is 50 cents each.
A bag of 4 is \$2.00 (not \$1.50 as listed).

Apologies from the Canteen Committee

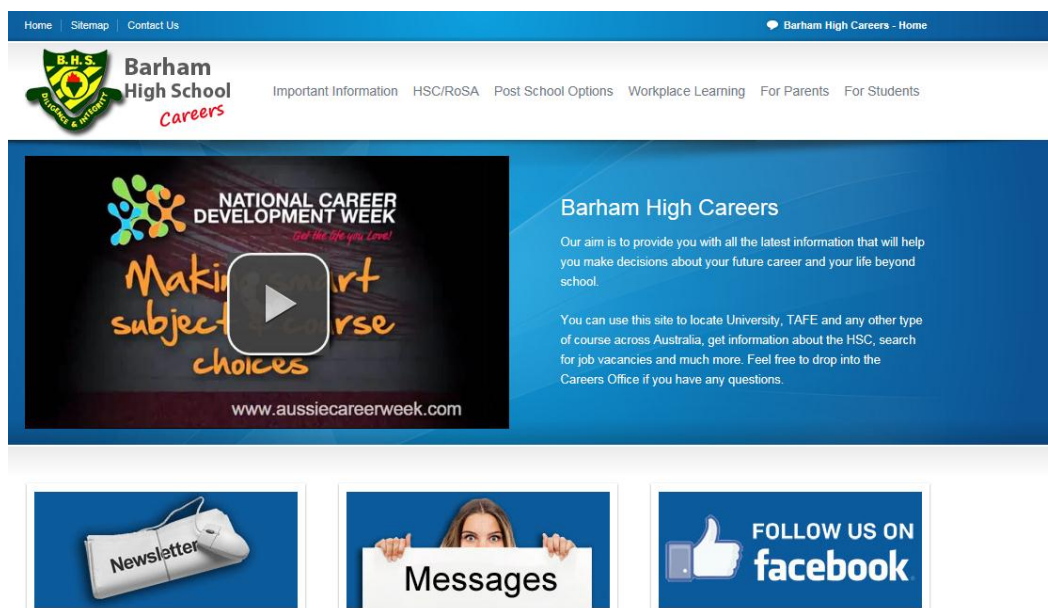
Communication at Barham High

Barham High School has a Facebook page

Like and follow our page for up to date information for students, parents and care givers.



All students are reminded about our Careers Webpage which has loads of useful information for students and parents. This will be particularly helpful to our Year 10 students to complete their initial subject selection (pink form) this week.



Reminder: There is a public meeting at the skate park today, Thursday 23rd @ 5pm. Be there to show your support of the upgrade and to have your say!! All welcome.

An 'Open Day' Opportunity

Did you know that research shows that students are making career decisions early - some as young as in primary school? Living in a small community we need to make a conscious effort to expose young people to a wide variety of post-school options. When young people have career goals it increases their motivation and can also improve school results.

Barham High has received funding to take a bus to Bendigo on **Sunday 16th August** to attend the LaTrobe University Open Day & Bendigo TAFE (BRIT) Open Day. Students from Years 7-12 and their parents are invited to attend. Information notes & expressions of interest have been handed out to all students this week and are due back to school **by Wed 29th July**.

*** Why should Years 7-9 students & parents attend?** Broaden & learn about career options, to help set career goals, early & link relevance to school & school subjects.

*** Why should Year 10 students & parents attend?** Help clarify HSC subject choices & career goals and learn about tertiary options.

*** Why should Years 11 & 12 students and parents attend?** Help clarify career/course preferences, learn about the VTAC application process, scholarships and tour accommodation options.

Please contact Mandy McConnell at school (54532322) if you would like further information.

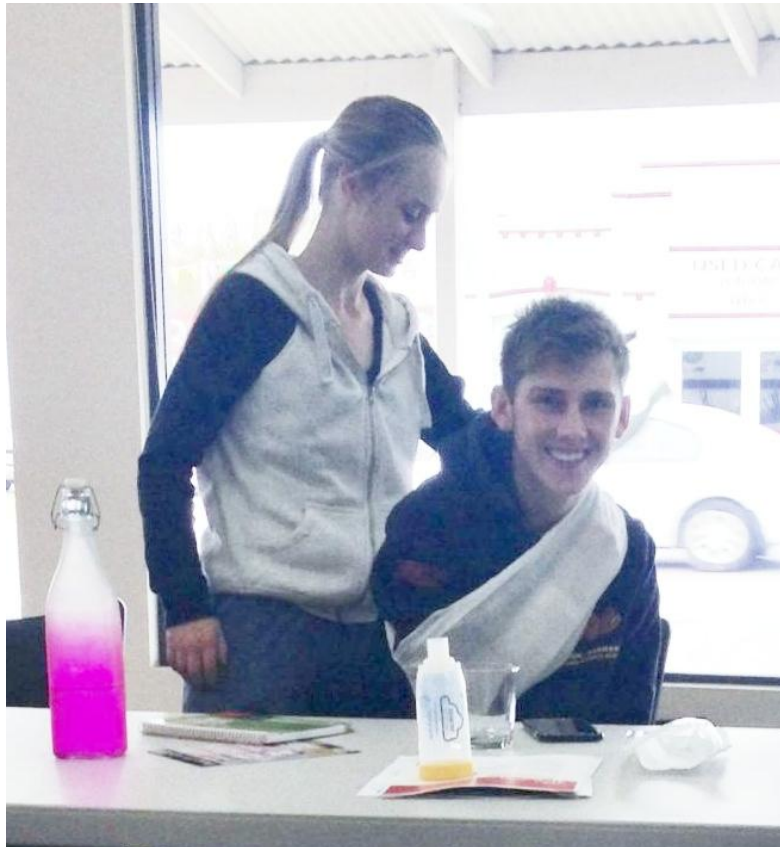
Year 12 Biology



The Year 12 Biology students enjoyed dissecting cow's eyes as a mandatory prac in class this week.
Can you guess who is in the photo??

GYC - First Aid course

On Thursday the 9th of July the Gannawarra Shire along with Freeza held a first aid course in Kerang. This course was for youth council and Freeza members and was held at the Northern District Health Centre. Jorja, Mikayla, Emma and Uli all attended the day. Throughout the day they learnt basic first aid skills as well as CPR and how to effectively use a defibrillator. At the end of the day we were awarded our Certificate 1 in First Aid. Thanks to the Gannawarra Shire and the Youth Council for hosting the day and providing this training at no cost to the participants.



Emma and Uli during first aid course

SCHOOL FEES

Invoices have recently been sent home as fees are now due.

ABSENTEE NOTES

Please send in a note when your child returns to school after being absent.

If a note (or phone call) is not received within 7 days of the student returning to school, we are unable to adjust computer records, thus showing these absences as “unjustified” on school reports.



Flu season is here!

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's [vaccination page](#).

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Parents, if your child is sick, please keep them home as illnesses such as influenza or gastroenteritis can spread very quickly through the whole school population.

Some tips to help prevent colds and flu:

Hand hygiene - can keep you from passing on cold viruses and from picking up viruses on surfaces in your environment.

Boost your immune system with nutrients - whole grains, bananas, sweet potatoes and garlic are all very good for your immune system.

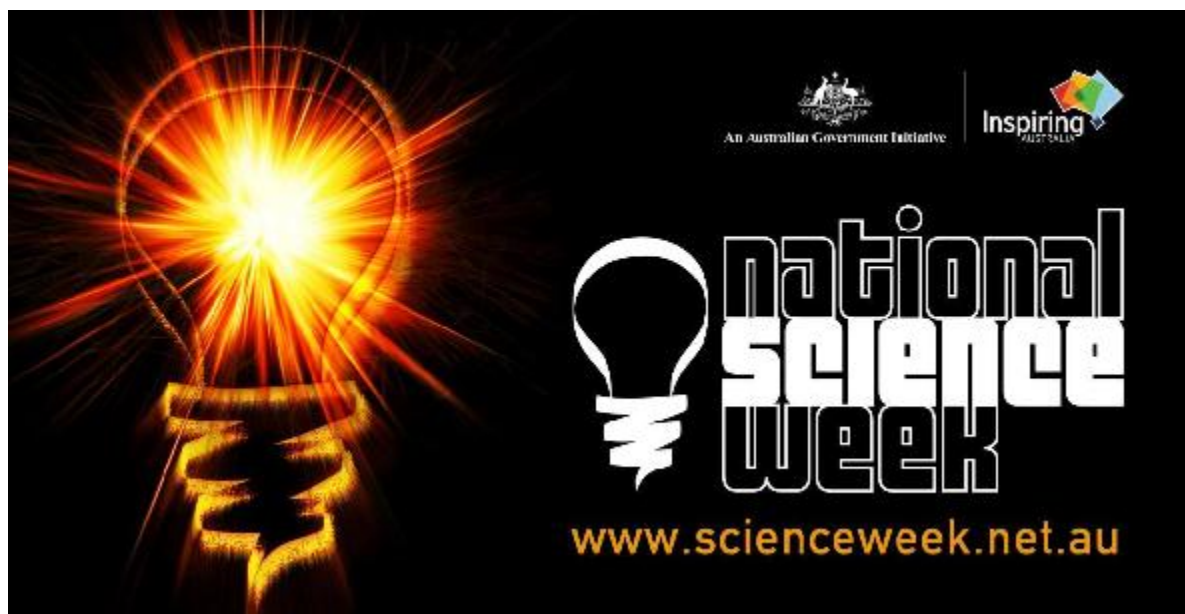
Keep your body moving - one simple way to strengthen your immune system is by exercising. Studies show that fitter, more active people are less likely to suffer colds in the cooler months. Their symptoms are likely to be less severe than in people who don't exercise.

Avoid contact – avoid close contact with those you know are sick .If you are sick stay home to prevent others from catching it from you.



TISSUES

Now the winter has arrived and noses are constantly running, it would be a good idea to please check that your child comes to school armed with tissues or carries a handkerchief. The school does not supply tissues for students.



SCIENCE OPEN NIGHT

WEDNESDAY 19TH

AUGUST 2015

5.00PM – 7.00PM

**BARHAM HIGH SCHOOL –
SCIENCE LABS**



**ALL WELCOME (ADULTS, KIDS, FAMILIES, GRANDPARENTS,
FRIENDS)**

Come along and celebrate the achievements of our students and have fun with science!

All community members are invited to Barham High School to take part in celebrations for National Science Week. There will be hands on activities, including lava lamps, bottle rockets, kazoos, microscopes, musical instruments, sensory experiences and more, as well as demonstrations including Liquid Nitrogen, chemistry, oranges and ice cream. There is absolutely something for everyone of all ages, so head on down and see what all the fuss is about!

For more information, please contact Amy Dennis at the High School on (03) 5453 2322 or amy.dennis3@det.nsw.edu.au

IGNITE YOUR IMAGINATION