

Barham High Newsletter

Find us at: Gonn Street Barham NSW 2732



Term 3 Week 10

22/09/2016

PRINCIPAL'S MESSAGE

Fairfax Festival

Barham High School again provided a small contingent of interested students to participate in the Fairfax Drama Festival held in Swan Hill. Many thanks go to Miss Smee who capably nurtured the students' creative juices to produce another entertaining performance. As usual, the students' behaviour was impeccable and they displayed considerable resilience, quickly adapting their performances. We really appreciate the value of the Fairfax Drama Festival, providing an opportunity for our drama minded students to have a creative outlet for their skills.

Year 10 mock interviews

Following on from the success of "Get That Job Day" where Year ten students learned all about presentation and interviewing skills, the students then engaged in mock interviews last week. Many thanks to all those involved, especially those local businesses who willingly gave up their precious time and allowed our students to enter the workplace and engage in this meaningful exercise. These events would not be possible without the generosity of the local community and we appreciate the relationships we have built over time. The students rose to the challenge and presented themselves as quality candidates for the fictional occupation they chose to be interviewed on.

Year 12

This week marks our Year 12 students' final week at school. The Year 12 formal farewell assembly will be held at cluBarham at 10:15 am on Friday morning and all are welcome to attend. This is our opportunity to wish our students all the best as they transition into their life post-school. Whilst their formalised lessons will conclude at the end of this week, they still have their HSC examinations to prepare for. These exams will commence on the first Thursday next term.

Cattle showing

A small but dedicated group of students have travelled to Melbourne this week to parade our cattle at the Melbourne Show. Congratulations to these students and many thanks to Miss Frizell and Mr Lang for the hard work that went into preparing the animals and for supervising the excursion.

Hats

Even though it doesn't feel like it at the moment, warmer weather is imminent and with the new term comes the requirement to wear a hat to school. Students are reminded to wear a hat both during the break times and during sport/PE. This is in line with our sun safe policy for Terms 1 and 4.

Holidays

I would like to wish everyone in our learning community a very happy and safe holiday. As I mentioned earlier, I wish our Year 12 students every success as they take the next few weeks to prepare for their HSC examination.

Glenn Buchanan

Principal



FROM THE DEPUTY'S DESK

As another busy term comes to an end the holiday should provide time for students to rest and recharge for next term. The holiday will provide an opportunity for students to make sure all of the day to day equipment they need is refreshed and replaced if need be. For Stage 5 and Stage 6 students I am referring to laptops, especially if they need to be repaired or replaced. All students need to make sure that they have diaries, pens, pencils, calculators and workbooks and whatever is needed period by period. Towards the end of term some students were arriving to class not fully prepared, which impacts on the whole group.

Students will be reminded early next term about our mobile phone policy, our ban on gum chewing throughout the school and the issues with latecomers.

Parents and caregivers are reminded that students are to attend school on each and every school day. Regular attendance at school is essential to assist students to maximise their potential. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. Parents and caregivers are required to explain the absences of their children from school promptly to the school. An explanation for an absence must be provided to the school within seven days of the first day of any period of absence. I will endeavor to contact parents promptly of an absence being unexplained, if contact has not already been made.

Year 11 are completing end of Preliminary course exams this week and we wish them all the best. It is hard to imagine that when they resume school after the holidays they will begin their Year 12 HSC courses.

At the same time, Year 12 students are finishing their courses this week. Hopefully no effort will be spared by them in preparing for their HSC exams. They should keep in close contact with their teachers for any support that they should need. At the conclusion of the Farewell Assembly on Friday Year 12 students, parents and caregivers are invited back to the high school for morning tea.

I look forward to Term 4 after a restful break.

Ian McConnell

Careers News.....

Year 10 Careers Events

In the last two weeks Year 10 has participated in both the 'Get That Job Day' and their Mock Interviews. They learned how to 'dress to impress', prepare and answer typical interview questions, enable 'small talk' conversations, present professional 'digital footprints' through their social media profiles, and how to improve their posture and other non-verbal body language tips to enhance their approach to job interviews. Mark Deckert from Horsham and ex-student Tara Green provided professional and well organised seminars during the day. Long Paddock Food Store also catered for our semi-formal setting where students could put their table etiquette and conversation skills to the test.

On Tue 13th September the majority of students managed to escape getting drenched by getting a lift with the very efficient Barham High School shuttle service to their Mock Interview locations. Thanks to Mr Buchanan, Mr McConnell and Ms Cunningham. The students received positive reports from all employers involved and all learned valuable skills and confidence from the experience. Thanks are extended to Mawson's Truck & Tractor, Elders, Redgum Country Kitchen, Barham Meats, Stanton Insurance Brokers, Koondrook-Barham Bridge Newspaper, Thule Trading, Canvas Coffee & Providore, Riverside Café and Purple Patch Skate'n'Surf for providing their time and commitment to the Mock Interview Program in 2016.

Work Experience: Term 4

Year 10 students are able to complete a second work experience placement and are being encouraged by Mrs McConnell to start getting organised as soon as possible. Paperwork closes on Mon 7th October. The placement dates are 28th Nov to 2nd December.

Year 12

Year 12 students have been extremely busy since the Trial Exams finalising tertiary preferences, applying for special consideration, early entry schemes and accommodation as well as updating their resumé and portfolio. Parents, carers and students are reminded that assistance is available to help with university, TAFE and job applications at any time.

Transition away from home can be a very daunting experience for all involved. Below are a couple of links to valuable resources:

Chances for Children Scholarship Fund & Tertiary Resource Guide: <http://www.chancesforchildren.com.au/>

Country Education Foundation of Australia – Survival Guide and Scholarship Guide

<https://cef.org.au/>



Dressed to impress for lunch at the Long Paddock Food Store



mock interviews



mock interviews



personal presentation seminar

Year 10 boys learning important skills:

top to bottom below - learning how to tie a tie, discussing shaving foam vs gel & refining their ironing skills



BARHAM HIGH SCHOOL P&C AGM

17th October 2016 @ 6:30pm

Barham High School – Room B1

EVERYONE IS MOST WELCOME TO ATTEND

Please consider attending the P&C AGM. We are a small group of parents who aim to assist with and improve the facilities and experiences within the Barham High School for students, staff and families. Our tasks are not hard, we do what we can and we have systems in place to ensure this continues into the future.

Our main activities include:

- Overseeing the running of the School Canteen
- Cleaning of the Reception Centre on behalf of AG Adams & Sons
- Assisting students and staff by improving school facilities in conjunction with the school
- Running the second hand uniform shop
- Small catering jobs as required

BECOME A CANTEEN VOLUNTEER TODAY

Volunteering in our canteen is a great way of assisting your children within their school environment. It's as easy as spending a few hours each term assisting the canteen manager with the day's operation. This will include serving the students during lunch and recess breaks, cleaning up a few dishes and stocking the drink fridge.

All you need to do to be able to help in your child's school is to obtain a Working With Children Check (WWCC) or sign a Working with Children Declaration at the canteen and provide a 100 point check and you're good to go.

To obtain a Working With Children Check, visit the NSW Office of the Children's Guardian website, complete the application form, have your identity verified at the Shire Office and provide your WWCC reference number and your date of birth to Sonya at the canteen for one final verification. If you would prefer to complete a Working With Children Declaration, call into the canteen, complete the declaration and provide your 100 points (passport/birth certificate and a drivers licence). The declaration and a copy of your 100 points will then be kept in the school office.

Kind regards,

Susan O'Neill

(BHS P&C – Canteen President)

[For students] ReachOut's top tips for beating stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress-deluge comes (exams). Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- ✓ All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively: au.reachout.com/taking-regular-me-time
- ✓ Feel like you're not achieving what you're capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused: au.reachout.com/how-to-set-goals
- ✓ When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies: au.reachout.com/building-better-coping-skills

Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:

- ✓ Tips on managing stress: au.reachout.com/im-always-stressed
- ✓ Helping someone with stress: au.reachout.com/helping-a-friend-with-stress
- ✓ Ways to relax: au.reachout.com/ways-to-relax
- ✓ Tips for problem solving: au.reachout.com/all-about-problem-solving
- ✓ Information on anxiety: au.reachout.com/how-to-manage-anxiety

[For parents] Help your teenager to beat exam stress

It's normal for teenagers to feel stressed out in the lead up to exams, particularly those teenagers in year 12. Your teenager may only get stressed about just one or two exams or it may be every exam leads to increased stress.

Stress around exam time can not only impact on a young person's general wellbeing, but it can also be difficult for the whole family. It's important to learn how to support your teenager during exam time to help them manage their stress and reduce tension at home.

ReachOut Parents has over 140 fact sheets and practical tools. Here are a few that will help you support your teenager with exam stress:

- ✓ Tips on helping your teenager manage exam stress: parents.au.reachout.com/Common-concerns/Everyday-issues/Things-to-try-stress/Help-my-teenager-manage-exam-stress
- ✓ Help your child develop coping skills for stress: parents.au.reachout.com/Common-concerns/Everyday-issues/Things-to-try-stress/Help-your-child-develop-coping-skills-for-stress
- ✓ Manage stress with relaxation: parents.au.reachout.com/Common-concerns/Everyday-issues/Things-to-try-stress/Manage-stress-with-relaxation
- ✓ Reduce stress with activity, good food and sleep: parents.au.reachout.com/Common-concerns/Everyday-issues/Things-to-try-stress/Reduce-stress-with-activity-good-food-and-sleep

For more evidence-based practical support and tips on mental health and wellbeing issues for parents head on over to ReachOut.com/Parents. The service also provides an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.

KOONDROOK - BARHAM JUNIOR BASKETBALL

MIXED SOCIAL COMPETITION: 11s, 14s, 18s & under Plus Aussie Hoops (5-8yrs)

Commencing 13 October at cost of \$50 per participant – 10 weeks to 15 December and recommencing start of Term 1 2017

REGISTRATION & PAYMENT:

1. On-line at www.koondrook.basketball.net.au – Select 'Register Now 2016 Summer Season' box for players OR 'Aussie Hoops' box

2. In person at courts on Thursday, 29 Sept at 5:30pm at Barham Recreation Reserve

If unable to register on-line or attend, please leave name on facebook page or at heffred@bigpond.net.au
Please let us know if you would be able to referee, coach or score – we will need you.

All welcome – no need to have played before.



JUNIOR INDOOR HOCKEY

SUMMER SEASON

STARTS: 12th October, 2016

WHERE: Indoor Hockey Centre, Kerang

COST: \$35 - Hockey Vic Members

*(If not already a member of Hockey Victoria,
membership can be purchased for additional \$41)*

**Lots of fun and a great opportunity to stay fit &
hone your skills in the off season.**



**For more information
and to register contact**

Mark: 0407 551 465

OR email:

kjha3579@gmail.com

MURRUMBIDGEE LOCAL HEALTH DISTRICT

2016 Community Survey

EVEN if you haven't been a patient at Barham Hospital, your feedback will help improve the way Murrumbidgee Local Health District (MLHD) communicates with you and the people in our community

Tell us at the Barham Hospital what services you would like to see ie: Women's Health

Surveys are available at the Barham Hospital OR alternatively you may complete one online at www.surveymonkey.com/r/MLHDyourview



WE WISH EVERYONE A HAPPY AND SAFE HOLIDAY.

*TERM FOUR BEGINS FOR BOTH STAFF AND STUDENTS
ON MONDAY, 10TH OCTOBER, 2016*