



2019 Term 2

Weeks 7-8

Newsletter

Barham High School



Enabling students to successfully transition to future learning and employment

Principal: Glenn Buchanan

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Calendar

Term 2, Week 9

Mon 24 th June	Yr 12 Maths task due
Tues 25 th June	Yr 11 English Advanced task due
Wed 26 th June	Yr 12 Maths Extension task due
Thurs 27 th June	Sem. 1 Merit Assembly Rewards Excursion
Friday 28 th June	Yr 11 Ancient History task due

Term 2, Week 10

Mon 1 st July	Yr 7 Excursion Yr 12 Maths St 1&2 task due
Tues 2 nd July	Yr 7 Excursion Yr 11 Std. task due Yr 11 Maths Ext task P3 Yr 12 Maths Ext. 2 due
Wed 3 rd July	Yr 7 Excursion
Fri 5 th July	Last day of term

Reminder:

Assembly – every Tuesday morning “A Weeks”

Year Meetings – every Tuesday morning “B Weeks”

Feature Photo



Title: Wellbeing Day

Looking for school documents?

Visit the school Website

<http://www.barham-h.schools.nsw.edu.au/>

Like our BHS Facebook page





Principal's message

As I mentioned in the last newsletter, I will be engaged in a new role for the remainder of the year. I will be mentoring Principal colleagues throughout the state on the new administration tools designed to allow Principals greater access to school data in order to make informed decisions related to school operations.

Whilst my new role will see me travelling far and wide to different schools, I will be still based in Barham and will be setting up a short term base of operations in an unused store room within the school.

Mr Brendan Yu will be taking over as the Principal of Barham High School in my absence and, of course, will be responsible for the continued operation of Barham High School for the remainder of the year.

Week GR8

This week, our SRC promoted Week GR8, an opportunity to provide a week of feel-good activities and experiences for the school community. Events included Limbo competitions, Bingo and a well-organised treasure hunt. Thank you to the tireless SRC representatives for all of your hard work in organising this week.

We were also very fortunate for the delivery of the Butterfly Effect and Good Fellas program to coincide with our week Gr8 celebrations. The Welfare committee at school provided a delicious lunch for the whole school, which was very welcome indeed. Whilst we had a small glitch with one the afternoon presenters for the boys, overall it was a Gr8 day.

Merit Assembly

Our merit assembly for Semester 1 will be held on Thursday the 27th of June at cluBarham. We really appreciate the fine facilities provided by the club and thank them most sincerely for allowing us to continue to hold our functions in their wonderful environment. Entrance to the auditorium for this event is best accessed

through the doors at the back of the club. At this time of year, it is fantastic to reflect on the amount of positive rewards our students earn. I would encourage all available parents and members of the community to attend this event. As a whole school community, we should all be proud of our students' achievements. Merit Assembly

Rewards Excursion

We are very proud of our students at Barham High School and the positive behaviour they exhibit. We have built a culture based on respect and care for each other. To recognise the fantastic effort our students put into their behaviour, the welfare committee organises rewards excursion events at the conclusion of each semester. This semester we have the opportunity to travel to Melbourne and watch an evening footy match. Thank you to Lakes Buses and our Welfare Team for organising such a fantastic event.

Reports

The reporting cycle is again upon us. Year 11 reports went home this week and teachers are busily preparing the Years 7-10 reports to be issued towards the end of term.

Glenn Buchanan

Principal



Deputy Principal's message

Wellbeing Day

This year the CARE/Welfare team have been busily planning and organising events for our students that target the development of the 'whole student'. Barham High School was able to provide to students free of charge this week, a Boys and Girls Wellbeing Day presented by Enlighten Education. Danni from Enlighten Education had previously co-ordinated the Butterfly Effect program for our girls back in 2010. The feedback from the students has been very positive, and I would like to encourage all students to take part in any events that are designed to improve their wellbeing. The benefits of attending these days are well worth it.

Semester 1 Rewards Excursion

This semester BHS is offering eligible students the opportunity to attend an AFL match on Thursday 27th June between GWS and Essendon at Marvel stadium.

To be eligible to attend students must:

- Have attended school more than 80% this semester
- Not have any un-submitted tasks
- Not have been suspended
- Not have had an unacceptable number of behavioural incidents

It is very pleasing to see a high percentage of students are being offered to attend the Rewards Excursion. The students' entry to the game and transportation is being subsidised, thus allowing this to be a free event. Students will need spending money to purchase their dinner.

Student Reports

As part of our school reporting procedures, students will be receiving their Semester 1 reports in Week 10. This is the perfect opportunity to gauge how students are tracking at the mid point of the year. We will be holding another parent/teacher/student afternoon towards the end of Term 3 to again provide feedback. If parents would like to discuss any concerns regarding the reports,

please arrange an appointment with the Classroom Teachers or Head Teachers.

Relieving Principal

I would like to congratulate Mr Glenn Buchanan on his position with CESE and I am looking forward to the challenges of relieving in the Principal's chair over the next six months. It is exciting times at BHS as the staff are thoroughly engaging with the School plan to ensure the delivery of the best quality education and programs for our students. Staff have completed professional learning this semester on Autism Spectrum Disorder, differentiation and data analysis. Staff are to be congratulated on the hard work they have done this semester in juggling excursions, professional learning, reports, carnivals and teaching.

Semester 1 Merit Assembly

On Thursday 27th June at 10:15am BHS will be holding our Semester 1 Merit Assembly at cluBarham. This is a terrific way to acknowledge the hard work and achievement of our students in both academic and extra-curricular achievements. Students are to be in full school uniform for the event and then they can get changed into casual clothing to depart for the Rewards Excursion. Students must be present at the Merit Assembly if they are attending the Rewards Excursion.

Brendan Yu
Deputy Principal



Science/Vis Arts/Careers Report

Students have been working very hard in this busy time of the year.

Year 7

Students have been busy learning about the different animal and plant groups and observing the features that are used for adaptations in their environments.

Year 8

Students have been conducting experiments to test the products of photosynthesis and how cells and tissues work effectively in plants.

Stage 5

Students produced some pleasing fact sheets on a chosen Biotechnology and have recently started a chemistry unit. They are reminded that their major assessment task for next term is their Student Research Project. This is an individual task that involves the students choosing, planning, conducting and analysing their own investigation. Students are encouraged to begin thinking about this early, especially if they wish to use plants.

Year 11

Students are continuing to plough through their demanding courses, which come to an end at the completion of next term.

Year 12

Students are reminded that they have an upcoming study day in Albury on Friday 28th June that requires them to return notes and money ASAP. This is a wonderful opportunity to get information and feedback about their HSC exams and revision/study techniques. If students have misplaced their notes, they can collect one from the front office.

TIPS FOR THE COLD AND FLU SEASON

How are colds and flu spread?

The main method of transfer is through respiratory droplets of coughs and sneezes when someone has a cold. But many times, we unknowingly touch these minuscule droplets of germs on surfaces and then infect ourselves with the same germs. So the tips below can help you keep cold and flu free this winter.

How can you help prevent sickness this winter?

Hand hygiene:

can keep you from passing on cold viruses – and picking up viruses on surfaces in your environment. Some viruses and bacteria can live several hours on hard surfaces like cafeteria tables, traffic light buttons, handrails, ATM's, telephones, computer keyboards, and doorknobs. One important way we can protect ourselves is by hand hygiene. Shaking hands with a sick person or touching the same objects he's touched can spread his cold.

Boost your immune system with nutrients:

Whole Grains – loaded with zinc, which is vital for maintaining a healthy immune system. Try whole-grain spaghetti with tomato sauce or brown rice.

Bananas – they contain vitamin B6, which helps your body fight infection. Because they are rich in potassium, bananas help the body's circulatory system.

Sweet Potatoes – they're one of the best sources of beta-carotene which your body needs to make white blood cells to fight off infection.

Garlic – Allicin, one of the active components in freshly crushed garlic, can zap viruses by blocking the enzymes that lead to infection.

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. Plus their symptoms are likely to be less severe than in people who don't exercise. Any type of movement is helpful, including bicycling, walking, yoga, swimming or playing golf. Try to take a quick walk during your lunch break.

Barham High School

Diligence & Integrity



Week GR8

It's been a big week at Barham High School with the SRC running all kinds of events for Week Gr8. Week Gr8 aims to lift students spirits as we approach the end of term, by running lots of fun activities at lunchtimes. This week the SRC has run Bingo and Limbo, as well as a riddle hunt and it will all culminate in a fair of activities on Thursday! Thanks to the students for getting behind these initiatives and the SRC for their awesome organisation!



BHS Wellbeing Day

On Tuesday we also celebrated our Wellbeing day, with male students participating in the GoodFellas Program and female students engaging in the Butterfly Effect Program. The students who attended got involved in the activities, learning some practical strategies to manage stress and look after their own wellbeing. Thanks to all the staff and students for embracing this great initiative.





**Black Dog
Institute**

Thanks to the students who donated generously to the Black Dog Institute. These vital funds will go towards supporting mental health initiatives in our country. Stay tuned for a final tally.



NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Is your child a worrier?

Part 5 of a 5 week series providing steps to help you manage your child's anxiety.



Get the fundamentals right

While you may not be able to stop anxiety-inducing events occurring or control situations that may cause anxiety in your child, there are things you can do to help your child experience less anxiety. These can include:

- Setting a regular bedtime so they wake get enough sleep and awaken naturally each morning,
 - Cut down their sugar intake
- take care of their gut health through good nutrition – ensuring they eat the recommended daily food intakes ([here](#))
 - encourage regular physical for optimal mental health

If you know that a particularly stressful event is coming up or your child is experiencing a period of more than usual anxiety then following these simple suggestions may help.

If your child's anxiety begins to interfere with their everyday life, seek the help of a professional or talk to the school or GP about further options.

For more information check out the Parenting Ideas website [HERE](#)

www.ndch.org.au

'YOMOVE'

YOUTH GROUP



ST JOHNS ANGLICAN CHURCH HALL BARHAM

FRIDAY 21ST JUNE, 2019

5PM

