



2022 Term 4

Week 6

Newsletter

Barham High School



Enabling students to successfully transition to future learning and employment

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Barham High School

Diligence & Integrity



Reminder:

Assembly – every Tuesday morning “A Weeks”

Year Meetings – every Tuesday morning “B Weeks”

Feature Photo



2023 School Captains

Looking for school documents?

Visit the school Website

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

Like our BHS Facebook page



BARHAM HIGH SCHOOL
P&C ASSOCIATION INC

THERMOMIX RAFFLE

LIMITED
TO
100
TICKETS



\$100
PER
TICKET

THERMOMIX TM6 (VALUED AT \$2,359.00)
WINNING TICKET WILL BE DRAWN ONCE ALL TICKETS ARE SOLD



<https://www.trybooking.com/CCXSQ>

Deputy Principal's message

Term 4

This term has started off very busily, and it is pleasing to see so many activities occurring even with the disruptions.

The HSC exams for 2022 have concluded and we have farewelled our class of 2022. The resilience and determination of these students is to be commended.



Our community has rallied together to assist in the preparation of flooding and the BHS students and staff have happily volunteered to fill sandbags and provide

lunch for the many volunteers who have kept our community safe. From everyone at Barham High School well done and thank you for everything everyone has done to keep Barham-Koondrook-Murrabit-Wakool-Moulamein safe.

2023 Planning

We have been busily working in the background on our curriculum offerings for our Year 11 students for 2023 as well as the Year 9 electives for 2023.

Students in Year 10 had the choice of 24 courses to choose from to study for their senior years.

Staff Farewell

Barham High School has been fortunate to have had Mrs Nicola Baldissera in the TAS Faculty since 2016, and we wish her, Max and Quinn all the best for the future and the safe arrival of baby number 2.

Nicola has taken a new position at Tumby Bay High School in South Australia as a permanent Food Technology Teacher. Congratulations to Mrs Baldissera on the appointment, you will be missed.

Mrs Nicola Baldissera's last day as a staff member was Friday 11th November 2022.

Brendan Yu
Deputy Principal

School Leaders for 2023

Elections for the school leaders for 2023 were held on Thursday 8th September. Those students who were nominated addressed an entire school assembly and their respective house meetings.

During period 2, the elections were conducted by the students in Mr Taylor's Year 7 maths class: Jason Currie, Henry Ivers, Jacobb Kriss, Karlton Monro and Isabella Pearce-Kemp.

They are to be congratulated on the efficient way in which they performed this task.

The school captains in 2023 will be Nathaniel Leonard and Ella Lodge. The vice captains will be Mason Laursen and Lily Molin.



Barimo House Captains



Cadelslee House Captains



Tullacoota House Captains



School Captains and Vice-Captains

The house captains will be:

Barimo – Nathaniel Leonard, Ella Lodge

and Ella Macauley

Cadelslee – Declan Jones, Angus Laskowski

and Emily Paterson

Tullacoota – Mason Laursen, Jade McMahon

and Lily Molin

All of these leaders will have roles to fill once the current Year 12 leave at the end of Term 3.

TAS

The end of the year might be quickly approaching, but all that does is motivate our students to work harder to complete projects before the year is done.

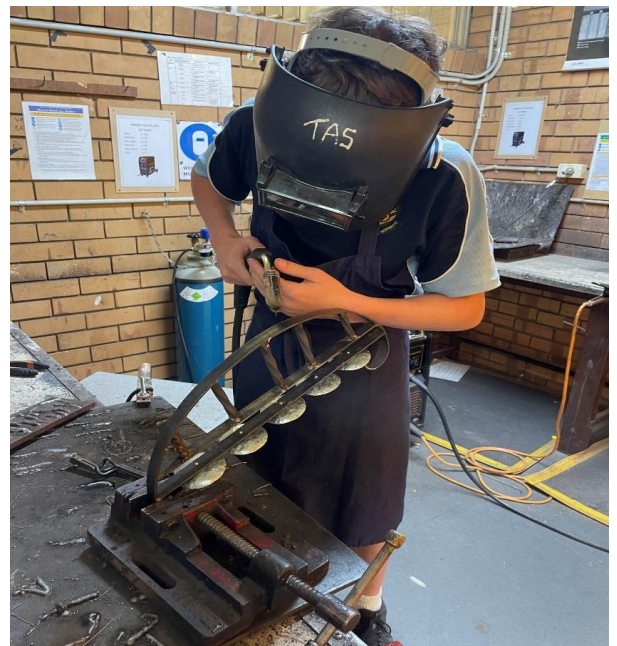
Stage 5 Timber are designing their own individual boats ranging from aircraft carriers, speed boats, fishing boats and pirate ships.

Stage 5 metal are making a range of candelabras along with a few spare sandbag stands for the SES for future flooding events.

Food technology have been working under the guidance of Miss Jackson over the past two weeks. The theme of this term has been "special occasions" they have produced dishes ranging from spring rolls, Thai noodle soup, sushi, and chicken nuggets.

Technology Mandatory are putting the finishing touches on pinball machines as well as fine tuning their skills on google SketchUp.

The food class is studying bees and incorporating honey into their recipes.







Primary Industries students have been perfecting their tractor driving and slashing skills. Lachlan and Katie can now slash the oval beautifully. Well done!



The school ewes have been shorn by Ian Sampson with Stage 5 Agriculture. They are looking good, and ready to enjoy some sunny days. To say thank you afterwards, the students cooked some bacon and egg sandwiches (eggs kindly provided by our school chooks).



St Vincent DePaul in Barham is a charitable organisation which operates in Barham and surrounds. Vinnies can assist with emergency accommodation, food and financial assistance.

If your family require support, Vinnies number in Barham is: 0499382885.

At present, Vinnies is urgently seeking new volunteers to assist with providing this valuable service. Please consider donating some time to this organisation who provide so much for our community.

Recently, Vinnies have made a commitment to donate fresh fruit and non-perishable food, milo and milk to the wellbeing program at Barham Highschool. These items are available in the wellbeing hub if anyone would like something to eat or drink. We are so grateful to Vinnies in Barham for this very kind donation which will continue every week of school term.

Please consider volunteering with Vinnies so we can keep this valuable service in our town.



Debating

Congratulations to our champion debating team, who argued their way to become Zone Champions. They defeated Albury High School and Murrumbidgee High School in Griffith to make it through to the Riverina final.

In the Riverina Final we were up against Aurora College who are a distance education school. The topic of the debate was 'That food delivery services such as Uber Eats and Deliveroo should be banned.' Our team took on the negative side of the argument and debated very well. The Aurora team also argued at their best and were awarded the debate in a tight finish. Remi, Max, Ella and Dan should be very proud of their efforts in making it this far in the competition against some very large Riverina schools. Thanks to Maddie Anthony for being a very effective team manager and emergency debater, as well as to Kynan for being a great chairperson and Sean for being the timekeeper.





Murrumbidgee, Parent/Carer webinar: navigating uncertainty and change

This webinar is for Parents and Carers supporting young people with their mental health while navigating uncertainty and change.

By [headspace NSW Parent and Carer Sessions](#)

Date and time: Wed., 23 November 2022, 12:00 pm – 1:15 pm AEDT

Location: Online

Bookings: <https://www.eventbrite.com.au/e/murrumbidgee-parentcarer-webinar-navigating-uncertainty-and-change-tickets-423840908567>

About this event

- 1 hour 15 minutes
- Mobile eTicket

headspace National is hosting a free mental health education session for Parents and Carers of young people to support their mental health.

The session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people

Following the webinar, all those who register will be supported by a digital pack of information that will be sent out via email within 5 days after the event.

Please note: these webinars are for Parents and Carers of young people between 12-25 years old.

This is a live online event and will not be recorded.

Once you have registered here, you will receive an automated email confirmation from Eventbrite that contains the Zoom meeting link to join on the day. Please check your junk email box if you do not receive the email shortly after registering.

For more information contact us at: programsupport@headspace.org.au

Proudly funded by the NSW Government and delivered by headspace National Youth Mental Health Foundation Ltd.

4 STEPS OF ASTHMA FIRST AID

1 Sit the person upright

2 Give **4** separate puffs of blue/grey reliever puffer
 – Shake puffer
 – Put **1** puff into spacer
 – Take **4** breaths from spacer
 Repeat until **4** puffs have been taken
 Remember: **shake, 1 puff, 4 breaths**
 OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3 Wait **4** minutes
 If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above
 OR give 1 more dose of Bricanyl or Symbicort inhaler

4 If there is still no improvement dial Triple Zero (000) for an ambulance
 Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
 OR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

Call emergency assistance immediately. Dial Triple Zero (000):

- If the person is not breathing.
- If the person's asthma suddenly becomes worse, or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If you are not sure if it's asthma.
- If the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid. Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

Protect yourself this pollen season.
 Managing asthma and allergies matters.
 Visit betterhealth.vic.gov.au or call 1800ASTHMA (1800 278 462) for more information.
Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne



PROTECT YOURSELF FROM THUNDERSTORM ASTHMA

- 1 Speak to your doctor or pharmacist about what you can do to protect yourself this pollen season.
- 2 Learn the 4 steps of asthma first aid.
- 3 Be aware of thunderstorm asthma forecasts during pollen season.

Protect yourself this pollen season.
 Managing asthma and allergies matters.
 Visit betterhealth.vic.gov.au for more information.

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PROTECT YOURSELF THIS POLLEN SEASON

managing asthma and allergies matters

Brought to you by NOCH

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the grass pollen season runs from October through December. As the season approaches, there are some things you can do to prepare and protect yourself and those in your care:

- **If you've ever had asthma** – talk to your doctor about what you can do to help protect yourself from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Remember, taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- **If you have hay fever** – see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer – which is available from a pharmacy without a prescription.
- **If you have hay fever, and especially if you experience wheezing and coughing with your hay fever**, it is important to make sure you don't also have asthma. Speak to your doctor today about whether you might have asthma, and if you do, get an asthma action plan.
- It's important for everyone in the community to know the **four steps of asthma first aid** so they know what to do if they or someone is having an asthma attack.
- And finally, where possible, **avoid being outside during thunderstorms** from October through December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it onto recirculate.

For more information visit the Better Health Channel:
www.betterhealth.vic.gov.au/thunderstormasthma

JAPANESE ENCEPHALITIS VIRUS (JEV) VACCINATION CLINICS



Gannawarra Shire and North Loddon residents eligible to receive a Japanese Encephalitis virus vaccine can now access the vaccine through local immunisation providers for free. Call to make a booking.

NDCH Medical Clinic
 Ph: (03) 5452 1366

Kerang Medical Clinic
 Ph: (03) 5450 8060

Boort Medical Practice
 Ph: (03) 5451 5220

Ochre Medical Centre Cohuna
 Ph: (03) 5456 2609

Gannawarra Shire Council
 Ph: (03) 54509333

JEV vaccine is now available for anyone aged two months or older who lives or works in any of the high-risk local government areas (Gannawarra & Loddon) AND:

- Spend significant time outdoors (four or more hours per day), for unavoidable work, recreation, education or other essential activities, OR
- Are living in temporary or flood damaged accommodation (e.g. camps, tents, dwellings exposed to the external environment) that place them at increased risk of mosquito bites, OR
- Are engaged in the prolonged outdoor recovery efforts (clean up) of stagnant waters following floods*

* Vaccination can be administered after arrival in flood affected areas to those from other regions deployed for prolonged recovery efforts

Residents are encouraged to avoid being bitten by mosquitoes by limiting outdoor activity when mosquitoes are most active, wearing long, loose fitting clothes, and applying a mosquito repellent to exposed skin when

RFCS Victoria West

GET TO KNOW YOUR LOCAL

Rural Financial Counselling Service



FARM OR SMALL BUSINESS OWNER IMPACTED BY FLOODS?



GRANTS AVAILABLE
- we can help -

Times of crisis can lead to a range of financial and wellbeing concerns.

Our counsellors offer confidential, independent and free business and wellbeing support to help navigate times of stress and uncertainty.

We're here when you're ready.

1300 735 578

RFCSVictoriaWest.com.au



Looking after your mental health and wellbeing during floods



Support is available for
Victorians affected by disasters

Call the Victorian Flood Recovery Hotline
on 1800 560 760

VICTORIA
State
Government

Check in on kids and teens



Provide support to the children and young people in your life.

- Listen and show empathy to their worries or concerns.
- Encourage them to spend time with friends and family.
- Limit their access to media coverage and join them in enjoyable activities:
 - playing board games
 - cooking
 - colouring in

It's okay to feel stress from an emergency. Support is available.

Flood Recovery Hotline: 1800 560 760

NDCH: (03) 5451 0200