

Blayney High Bulletin - Issue 4 - Term 1 - 28 March 2024

Principal's Report—Term 1 Week 9

Hello everyone. I hope you are all enjoying the beautiful weather that we are having at the moment. The central west certainly knows how to do autumn.

As I reflect on the past two weeks and look forward to the Easter break, I am feeling so positive about term one, the amazing work done by staff in the classroom and with extra-curricular activities, the great achievements of our students and how welcome I feel in the school.

Term 1 has been so enjoyable for me. I have loved getting to know the staff, students and parents of Blayney High School. Getting into the community, meeting local residents and business owners and attending local events has been so positive and rewarding.

I would like to acknowledge the staff and students who attended our first transition evening on March 18th. It was an enjoyable evening where we got to showcase our school to prospective students for 2025. This is the first of a number of transition events that will be held in 2024.

Week 8 saw us celebrate two important events. The school held a Boot Bash Day in support of the Country Education Foundation. This foundation supports rural students directly in pursuing post school pathways. We also celebrated Harmony week by wearing all shades of orange and acknowledging the wonderful inclusion and security in our school. The vibe in the school on both days was so positive and fun.

Four of our students attended an Aboriginal Student Leadership Initiative Workshop last Thursday in Bathurst. This event was a precursor to a camp being held later in the year. Thank you to the students and Mrs Swift for making it possible for BHS to be involved.

I would like to congratulate our Science Engineering Challenge team who came third in the competition held at CSU this week. I have been told it was a hard fought battle and a very successful day. Thank you to Mrs Dowsett and Mrs Stanbridge who made this opportunity available to our students.

NAPLAN has been completed for another year. The data that schools obtain from NAPLAN is a very useful resource that allows us to adjust teaching and learning to suit each students needs. We have been able to achieve 100% completion of NAPLAN in year 7 which is a great achievement. Thank you to Mr Tilburg who led the organisation and running of NAPLAN.

As I am writing this bulletin, the 'Girls can Too' program are on an industry tour at the Nestle factory. Just another amazing opportunity for our students to see world class manufacturing that happens right here in Blayney.

I hope everyone enjoys their Easter long weekend and is able to enjoy a joyful restful time with family and friends.

Happy Easter everyone.

Kind regards,

Narelle Beasley
Principal
Blayney High School



Upcoming Events

Term 1 2024

Fri 29 Mar Good Friday

Week 10

Mon 1 Apr Easter Monday

Fri 5 Apr Jamberoo Action Park

Week 11

Tues 9 Apr Athletics Carnival

Wed 10 Apr Year 7 Camp

Thu 11 Apr Year 7 Camp

Fri 12 Apr Year 7 Camp

Fri 12 Apr Last Day Term 1

School Holidays Mon 15 April to
Friday 26 April

ANZAC DAY 25 APRIL

Term 2 Commences

Tues 30 April 2024

Week 1

Mon 29 Apr Staff Development Day

Tues 30 Apr Students return



HSC Calendar Year 12 2024

Term 1 2024

Week 10 English- Advanced
English- Standard
English Studies
Mathematics- Advanced
Mathematics- Standard 1
Mathematics- Standard 2

Week 11 Biology
CAFS
Legal Studies

Term 2 2024

Week 1 Agriculture

Week 2 Music

Week 3 Assessment Free

Year 11 Assessment Calendar 2024

Term 1 2024

Week 10 Agriculture
Biology
CAFS
Legal Studies

Week 11 Mathematics (Ext 1)
Music

Term 2 2024

Week 1 English Advanced
English Standard

Dear Parents and Carers,

Blayney High School is excited to inform you that we have subscribed to the Resilience Project.

Throughout *2024* we will be working closely with The Resilience Project to support the wellbeing of our school community.

[The Resilience Project](#) delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude, Empathy & Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here:

Part 1: Meet Hugh and learn about The Resilience Project –

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit [The Resilience Project's Support Page](#).

We will be in touch fortnightly to share the remainder of the program, including research and wellbeing activities to integrate into day-to-day life.

Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters

RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

ABOUT THE PROGRAM

The Resilience Project is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity.**

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy** and **Mindfulness (GEM)** to life on **[TRP@HOME](#)**.

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The **University of Adelaide** and The **University of Melbourne**. Click the links or

scan the QR code to find out more about the impact the program has on **emotional wellbeing** and **behavioral changes**.



The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.





The Student Resilience Survey - Parent/Carer letter

Blayney High School

The Resilience Project and Resilience Survey

Dear Parents/Guardians/Carers,

Resilience and wellbeing are key factors to ensure a happy and fulfilling future for our young people.

We are proud to partner with The Resilience Project to assist our students in their wellbeing journey. In order to gain an accurate understanding of our students' strengths and challenges, we will be conducting a resilience survey developed by Resilient Youth Australia and the University of South Australia. In recent years, they have surveyed more than 500,000 Australian school students.

We will administer the Resilience Survey this year online in class time. Students typically take 30-50 minutes to complete the survey.

The data from the survey will be reported in aggregate descriptive form only, by year level and gender, and no individual student responses can be identified.

The Resilience Survey is completely voluntary and anonymous. The survey will provide valuable information to assist us to create and maintain the best culture of wellbeing and resilience that we can.

If you have any questions or concerns regarding your child's participation in this survey project, please contact Paul Hanman on 63682100.

We thank you for your support.

Kind Regards,

Paul Hanman
Blayney High School

P&C Announcement: Warm Winter Jacket – Order now!



Keep your kids warm this winter with the Anorak Coat. Features of the jacket include: Nylon Ottoman Shell (shower and wind proof); Anti-pill Polar Fleece Lining (super warm); Full Front Zip with Velcro Storm Flap; Two Zippered Front Pockets; Draw Cord on waist; Velcro Cuffs & Hidden Tuck away Hood; Embroidered BHS School Crest.

The BHS Clothing Pool is taking pre-orders for your BHS Winter Jacket until Friday 29 March 2024 at a bulk order cost of \$125 per jacket.

Three ways to order:

1. You can use the online store <https://bhs-canteen-clothing-pool.square.site> to place your order (please type your child's name and year in the "Note to seller" section).
2. Fill out the attached copy of the Winter Jacket Order Form and email it to BHSuniforms@outlook.com and pay via direct deposit to BHS P&C Clothing Pool Account BSB 882-000, Acct 100150848.
3. Drop the form off to the school office (or pick it up there) with your payment or again use direct deposit.

We will order your Jacket and it should be ready first week of term 2. If you miss the cut off date you can still purchase your jacket directly from Orange Clothing Company for approx. \$138 including school crest.

Instructions for website:

1. Website link <https://bhs-canteen-clothing-pool.square.site>
2. In the Pre-order section, select Jacket Icon.
3. Choose size.
4. Go to cart, then payment.
5. In Contact – please include Parent/Carer Name & details.
6. *Please type your **CHILD'S NAME AND YEAR** in the "Note for Seller" section.*
7. Add your payment details.
8. Then Place Order.

If your child needs to try on jacket outside school hours, the uniform shop can open if needed on Sunday afternoon 17 March 2024, at 2pm *only via email RSVP* to BHSUniforms@outlook.com. Please include your phone number in case we need to contact you.

It was lovely to see some new faces at the AGM and general meeting of the P&C. Sadly, we will need a new Secretary and Treasurer soon, so anyone with the ability to type and someone good with numbers who would be happy to start the handover process – we would LOVE to hear from you. Also, stay tuned with the P&C latest news and stay in contact with other parents via our FB page: BHS Parents Group <https://www.facebook.com/groups/360472237749692>

WINTER JACKET – ORDER FORM

Get ready for Blayney's cold weather and order your School Jacket today!



- Anorak Coat, Nylon Ottoman Shell
- Showerproof, Anti-pill Polar Fleece Lining
- Full Front Zip with Velcro Storm Flap
- Two Zippered Front Pockets
- Draw cord on waist
- Velcro Cuffs & Hidden tuck away hood
- Embroidered BHS School Crest
- Also available to order via:

<https://bhs-canteen-clothing-pool.square.site>

Orders will be accepted up to Fri 29th March 2024

DATE		FAMILY NAME	
EMAIL ADDRESS		PARENT PH NO.	

**Return completed form to
Email bhsuniforms@outlook.com or lodge at School Office**

**Sample sizes are available if you would like to try before you buy.
Visit the Clothing Pool between 10am to 2pm for assistance**

Student/s Name	Yr	Size Ranges								Qty	Price	Total	
		XXS	XS	S	M	L	XL	XXL	XXXL	4XL			
												\$125	
												\$125	
												\$125	
												\$125	
TOTAL PAYMENT													

***Please Note:** Prepayment is required. Payment must be received by to 29/3/24 for your order to be accepted. After that time, you can purchase directly from Orange Clothing Co., 4 MacNamara Lane, Orange. Ph: 02 6362 8572.*

Payment Method

CREDIT CARD CARD NUMBER EXP CVC

PLEASE EMAIL MY RECEIPT TO

EFT TO BHS P&C CLOTHING POOL ACCOUNT BSB : 882-000 ACCT NO: 100150848

EFT RECEIPT NO

CLOTHING POOL USE ONLY

CREDIT CARD PAYMENT PROCESSED EFT PAYMENT RECEIVED

**If you miss this opportunity, don't panic, the Jacket is available to purchase through
Orange Clothing Company at a cost of approx. \$138.**

Orange Clothing Company – 4 McNamara Street Orange – Ph: 63628572

The Blayney Anglican Book Fair and Trading Table will be held on Friday 26 and Saturday 27 April and Friday 3 and Saturday 4 May. All donations of books in good order and DVDs are most welcome and can be left in the porch of the side hall where they will be out of the weather. We do not want encyclopaedias or magazines. On Saturday 4 May we will have Kim Kelly from Millthorpe talking about the prize she won last year for her novella, and what she has been doing recently. Please let your pupils, parents and staff know. For enquiries please contact Elizabeth Russ on 0408 682122.

Transport for NSW

Free workshop for parents and supervisors of learner drivers

Helping Learner Drivers Become Safer Drivers

Free Online Workshop

To register visit: <http://bit.ly/YoungDriver10Apr24>

Wednesday, 10 April, 2024

6:00pm - 7:30pm





2024 Aboriginal & Torres Strait Island Talent ID Program

What is it?

WRAS, in partnership with Underwriting Agencies Australia (UAA), is again hosting a Talent Identification Day for young athletes of Aboriginal and Torres Strait Island descent.

What is Involved?

The day will provide a platform for athletes to engage in and demonstrate their abilities in the presented sports. The sport-stations will include a combination of skill-based and game based activities designed to provide a welcoming and fun environment for the athletes to interact in. The coaches present are all highly qualified and have significant experience in talent identification.

After the talent ID Day, students that have been identified will be asked to participate in 2 further training events to be hosted by WRAS. There will be one session in June and one in July. The sessions will focus on holistic athlete development in a field-based and a gym-based setting.

At the conclusion of these 2 follow up sessions, athletes may either be offered a WRAS Future Stars Scholarship and/or invited to the appropriate WRAS-program trial for the 2024-2025 season.

Details

When: **Wednesday 1st May, 2024, 9am - 2pm (approx.)**

Where: **Orange PCYC, 2-10 Seymour St, Orange NSW 2800**

What to Wear: Sports clothes/shoes

What to Bring: Water and snacks. WRAS will provide lunch.

Cost? **FREE**

How to register?

Follow this link <https://forms.gle/ATQ8tdtuQiHRbNbV7> to register.

Registrations close 12th April 2024.

If you have any questions, please contact dbunyan@csu.edu.au.

We look forward to seeing you there!

UAA

SCHOOL UNIFORM ORDER FORM

STUDENT NAME YEAR DATE

PARENT/CARER NAME PHONE NO.

Please lodge your order form with the School Office or Canteen.
Orders will be available to collect from the Office by 3:30pm of the next day.

Styles (Current Uniform)	Size Ranges															
Skirt	Available for purchase at Orange Clothing Company 4 McNamara Street Orange. Ph 02 6362 8572.															
	12Y	14Y	16Y	S	M	L	XL	2XL	3XL	4XL	Qty	Price	Total			
Sport Shorts												\$25				
Trackpants												\$40				
Polo Shirt												\$25				
	10Y	12Y	14Y	16Y	S	M	L	XL	2XL	3XL						
Hoodies												\$50				
	S/M	L/XL														
Bucket Hat												\$20				
Cap (one size fits all)												\$20				
					14	16	18	20	22	24						
Knitted Jumper (Y11 & 12 only)												\$85				
Total Cost																

THE P&C NO LONGER USES THE SCHOOL ONLINE PAYMENT SYSTEM TO PROCESS PURCHASES.
PLEASE TRANSFER FUNDS TO BSB: 882-000, ACCT No: 100150848 AND EMAIL EFT RECEIPT TO BHSpc2799@gmail.com.

Payment Method

Total Payment

Cash

EFTPOS

EFT BSB: 882-000
ACCT No: 100150848

Please email your EFT receipt to
BHSpc2799@gmail.com

Receipt No.

Order filled by

Date collected

Second-hand Clothing

Standard items for \$5 each
Seniors Knitted Jumper for \$25 each
(visit the Clothing Pool for available sizes)

Discounted Old Style

Black Tracksuit Pants \$20 & Shorts \$10
(visit the Clothing Pool for available sizes)

All Uniform enquiries to be directed to
BHSUniforms@outlook.com

Or you can Order Online

<http://bhs-canteen-clothing-pool.square.site>

Catch up with the latest news at our Facebook Page - @BHS Parent Group
Online Order site link featured at the top of the FB Page.

BHS 'Food For U' Menu 2024

Gluten Free, Lactose Free and Dairy Free Available

Monday

Assorted Pizza	\$5.00
Mexican Beef Burrito	\$6.00
Goujons (recess only)	\$3.50

Tuesday

Bolognese Pasta	\$6.00
Toasted BBQ Chicken Melt	\$4.50

Wednesday

Beef Nachos	\$6.00
Mini Nachos	\$3.00
Toasted Ham/Cheese Wrap	\$4.00

Thursday

Flame Grilled Chicken Burger	\$6.00
(spinach, carrot, tomato, mayo)	\$3.50
Garlic Melts	

Friday

Cheese Burger	\$5.00
Plus Salad (lunchtime only)	\$6.00
BBQ Chicken Melts	\$4.50
Goujons (recess only)	\$3.50

Drinks

Water - 600mL	\$2.50
Berri 100% Juice - 250mL	\$2.20
Flavoured Milk (choc/strawberry). - 300mL	\$3.00
Flavoured Milk (choc/vanilla malt). - 500mL	\$4.50
Lactose Free Chocolate Milk	\$3.00
Light Sparkling Water (Lime) - 450mL	\$3.50
Juice Bomb (watermelon, apple/raspberry, grape, orange/passio) - 250mL	\$2.50
Milkshakes (choc, strawberry, caramel, vanilla) - 300mL	\$3.00

Everyday

Premade assorted	\$3.00 - \$7.00
Rolls, wraps, sandwiches, salads	
Garlic Bread	\$2.50
Margarita Wraps	\$3.00
Chicken Caesar Wrap	\$6.00
Fresh Temptations	\$1.00 - \$5.00

Available to order

Sandwiches, wraps, rolls	
Baked beans	\$3.00
Egg and Lettuce	\$4.00
Cheese/Tomato	\$4.00
Chicken	\$4.00
Ham/Cheese/Tomato	\$5.00
Chicken/Lettuce/Mayo	\$5.00
Salmon/Lettuce/Mayo	\$5.00
Salad - carrot, beetroot, cheese,	\$6.00

tomato, lettuce, cucumber

Add egg	50c
Add chicken/ham/fish	\$1.00
Add corn/pineapple	50c

See Board for Weekly Specials

Snacks

Muffins, slices, biscuits	50c - \$2.00
Fruit cups	\$1.50 - \$2.00
Grain waves (sour cream and chives)	\$1.20
Seasonal Fruit	\$1.00

Frozen

Quelch sticks	50c
Chocolate Paddle Pops	\$2.00
Sauce	30c
Spoon/fork	10c

NB. Due to WH&S restrictions, we are unable to reheat or toast food not purchased from the canteen.