



## Blayney High Bulletin - Issue 5 - Term 1 - 12 April 2024

### Principal's Report—Term 1 Week 11

Hello everyone,

I hope everyone enjoyed a peaceful Easter. I know my wonderful staff and students at Blayney High School are eagerly awaiting the start of the school holidays tomorrow afternoon.

As I write this report, our Year 7 students and amazing staff are 2 days into the Year 7 camp at Lake Burrendong Sport and Recreation Centre. I have seen some great photos of all the activities that the students are participating in, and I must say the weather looks a lot warmer than here. Opportunities like this don't happen for our students unless we have staff willing to generously give of their time to plan, organise and attend excursions. I would like to acknowledge Mrs Mehmet for all her organisation and attendance at the camp and Mr Hanman, Mrs Bright and Mr Calveley who went along to supervise as well.

I must also mention the reward excursion that went to Jamberoo Water Park last Friday. Again, so many hours were put in by Mr Hanman and I thank him for his organisation and attendance and Mrs Dowsett, Ms McDonell (Ni) and Mr Vincze who went along to supervise. It is a mammoth effort from all of these staff to give so much of their time, this late in the term. Thank you on behalf of the students at BHS.

Bathurst Show starts tomorrow and our Sheep Showing team will be competing tomorrow and over the weekend. I wish them all the best of luck as they represent our school so proudly.

ANZAC Day occurs during the holidays this year and I would like to encourage all our students to attend the march held in Blayney on 25<sup>th</sup> April. Details have been advertised on Facebook and in this bulletin with times and instructions.

We will be commemorating ANZAC Day at the first assembly in Term 2. The assembly will be held on Wednesday 1<sup>st</sup> May.

At the end of term 1, one of the activities I had to complete was finalising the first stage of the Strategic Improvement Plan for the school. I am really looking forward to consulting with staff and the P&C about our plans for the future that will see growth and improvement in our school.

On behalf of Blayney High School, I would like to wish Evie Chungson all the best as she competes in the U15's Shot Put at the Australian Athletic Championships in Adelaide. The championships take place from 11-19<sup>th</sup> April. We eagerly await to hear her results and are so proud of her achievements. Congratulations Evie.

As I sign off the last report for term 1, I want to say a big THANK YOU to everyone who has made me feel so welcome at school this term. It has, for me, been the most rewarding term of my career and I can't wait to be back working with you all next term.

Have a very restful and safe holiday and I will see everyone next term.

Kind regards,

Narelle Beasley

Principal

Blayney High School



## Upcoming Events

### Term 1 2024

#### Week 11

Mon 8 Apr AFL—Bathurst

Wed 10 Apr Year 7 Camp

Volleyball-  
Canowindra

Thu 11 Apr Year 7 Camp

Fri 12 Apr Year 7 Camp

Fri 12 Apr Show Team-  
Bathurst

Last Day Term 1

#### School Holidays

Mon 15 April to Friday 26 April

25 April 2024 -ANZAC DAY MARCH

Please assemble at the Post Office at 10.30am in full school uniform if you are able to represent the school. Thank you.

#### Term 2 Commences

Tues 30 April 2024

### Term 2 2024

#### Week 1

Mon 29 Apr Staff Development  
Day

Tues 30 Apr Students return

#### Week 2

Tues 7 May Athletics Carnival

## HSC Calendar Year 12 2024

### Term 1 2024

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 11 Mathematics (Ext 1)  
Music

### Term 2 2024

Week 1 English Advanced  
English Standard



# ANZAC DAY MARCH THURSDAY 25TH APRIL

Students are invited to represent Blayney High in the community march starting at 10.45am.

Students need to assemble out the front of the Post Office at 10.30am.

Please wear full school uniform.

LEST WE FORGET

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.

Dear Parents/Caregivers

### **Information regarding payment and permission for activities/excursions and payment of school fees**

With the addition of Sentral Finance to our school you will experience a more efficient way to handle financial matters and stay connected. Via the Sentral Parent Portal or Sentral Parent App you will be able to pay for various school fees, some activities/excursions and give permission for some activities/excursions. We hope going forward that all activities/excursions will be payable through the portal. Payments can still be made at the school office by eftpos or cash. The previous parent online payment function on the Make A Payment tab on the school website is no longer available.

To access the new Sentral Finance you will need to log in to the [Sentral Parent Portal \(blayneyhs.sentral.com.au/auth/portal\)](https://www.sentral.com.au/auth/portal) or Sentral Parent App using the Sentral Access Key which was previously emailed to you. Please contact the school office if you need your access key re-sent. Parents that already use the Sentral Parent App will need the latest App update to view the new payment screen.

Subject fees, voluntary school contribution and P&C levy will be published and made available for payment through the Sentral Portal this week. If preferred, these payments can still be made at the school office.

The mobile app is a companion app to the Parent Portal and is free to download from the App Store or the Google Play Store.

### **Download the app now, to start the journey:**

<https://www.sentral.com.au/app-getting-started>



### **Download the Parents App**

The Sentral for Parents app allows you to monitor your child's school journey simply and efficiently. You will find numerous smart features that help streamline your day. Report absences, make payments for school activities and more. The Sentral for Parents app helps you stay connected and informed about your child's education.



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](https://www.theresilienceproject.com.au/TRP@HOME).

### EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](https://www.adelaide.edu.au) and The [University of Melbourne](https://www.unimelb.edu.au). 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



# We're coming to your community



## Our Mobile Service Centre is coming to

Blayney

Tuesday, April 16, 2024

10am - 3pm

Bringing NSW Government services to you.

Call **13 77 88** or visit [service.nsw.gov.au](https://service.nsw.gov.au)  
to check our latest timetable.

Severe weather may mean our timetable has to  
change at short notice, we strongly recommend  
you check on the day.



Find us at:

Blayney Shire Community Centre  
41 Church Street



# Are you interested in becoming a foster carer?



Are you able to provide a safe & nurturing home to a child or young person?

If you would like further information on becoming a Foster Carer with Veritas House, we would love to hear from you.

Please scan the QR code to complete an enquiry form and a member of our carer recruitment team will be in touch soon.



Call 1300 011 973

email [contact@veritashouse.org.au](mailto:contact@veritashouse.org.au)

or visit [www.veritashouse.org.au](http://www.veritashouse.org.au)





VERITAS  
HOUSE

## IT TAKES A VILLAGE...



### What is Permanency Support?

Permanency Support is about offering long term love and stability to vulnerable children and young people. Ideally this is with their birth and extended family, but where this is not possible, Veritas House works to pair children with foster carers who provide a safe, secure home, bearing the responsibilities of a parent, for however long a child may need care.

### What are the types of Foster Care?



Our foster carers provide a range of different care types including immediate, short-term, respite, restorative care and guardianship, depending on what is in the best interests of the child or young person.

### Who can become a carer?

People from all walks of life can apply to be a carer, regardless of their different backgrounds, beliefs, life experiences and family types. You must be an Australian citizen or a permanent resident in good health. You and your household will be required to pass a series of checks including Police and Working with Children Checks, and complete initial training prior to becoming authorised as a carer.



### Do I have what it takes?



There is no such thing as the 'perfect carer'. Every carer is different, just as every child is different and we take time to pair carers and children accordingly. Regardless of your age, income, employment, marital status, or otherwise, your commitment to caring for a child and providing a safe home is what matters most. Children enter care for a myriad of reasons. Generally, they have experienced a degree of trauma through no fault of their own, which required intervention and removal for their own safety and wellbeing. If you have an understanding of the impact of trauma on a child and a willingness to learn more about this, you can make an incredible difference in a child's life.

### Will I receive support?



Veritas House provides ongoing training, education and support to all of its foster carers, including help with maintaining birth family connection, a 24-hour telephone support line, some financial assistance and regular respite. Every child in care is paired with a dedicated caseworker who walks alongside them and their carer to provide practical and emotional support in a variety of different ways.

If you can give a child a safe and loving home and would like further information on becoming a Foster Carer, contact Veritas House.

**1300 011 973**

**[veritashouse.org.au](http://veritashouse.org.au)**

# 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															
<b>Skirt</b>	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			
<b>Sport Shorts</b>												\$25				
<b>Trackpants</b>												\$40				
<b>Polo Shirt</b>												\$25				
	10Y	12Y	14Y	16Y	S	M	L	XL	2XL	3XL						
<b>Hoodies</b>												\$50				
	S/M	L/XL														
<b>Bucket Hat</b>												\$20				
<b>Cap</b> (one size fits all)												\$20				
					14	16	18	20	22	24						
<b>Knitted Jumper</b> (Y11 & 12 only)												\$85				
<b>Total Cost</b>																

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.