

# BLAYNEY HIGH SCHOOL

Quality education opportunities in a caring environment



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## Blayney High Bulletin - Issue 6 - Term 2 - 10 May 2024

### Principal's Report—Term 2 Week 2

Hello everyone.

Welcome back to Term Two. As the days get shorter and colder, I hope everyone is ready for another busy term with lots of great learning and wonderful extra curricula activities offered to our students.

I would like to thank all our students who attended and represented our school at the ANZAC Day March. It was a wonderful event, and I was so proud to march with our school on such a solemn occasion.

Well, the term has started at a rapid pace. Week one started with the whole staff participating in professional learning focussing on Curriculum Review and Implementation. This was a statewide initiative from the Department of Education, and we were able to participate in very well planned and resourced workshops. Our aim is to provide the most engaging, relevant curriculum to our students to ensure "Success for every student".

During term one we have done a lot of planning for the next School Improvement Plan (SIP). The new SIP will run from 2024-2027. It is the document that sets out the school road map for the next 4 years and the improvements we are trying to achieve. As part of this process, I will be communicating and collaborating with parents at the Term 2 P&C meeting about the 2024-27 SIP, the school vision and the direction for Blayney High School for the next improvement cycle. I would like to invite you all to attend the P&C Meeting which is being held next **Wednesday 15<sup>th</sup> May at 6.30pm**. It would be great to have everyone attend and join us on the next journey of improvement for Blayney High School.

We have been lucky enough to have a new staff member start with us this term. Mable Omwela joins us from Kenya. We are so pleased to have Mable join our Maths team. She has settled in extremely well and I know she will bring expertise and professionalism to our school.

As usual our school goes above and beyond to support community and national initiatives. Today we are participating in "Do it for Dolly" day. This day is all about recognising the impact that bullying has on young people, encouraging everyone to be kind and empowering children to speak up if they are the victims of bullying. Our school is a sea of blue today. We have a special event happening each week for the next 3 weeks which is great.

Our term started with celebrations to mark Youth Week. I would like to thank Ni McDonnell and her team for planning and running activities all of last week to support the amazing youth we have in our care each day. If you have seen chalk artwork in the community that has been done by our talented artists as part of Youth Week activities.

Lastly, we held our Athletics Carnival on Tuesday. What a great day it was, and it was wonderful to see our students participating with so much enthusiasm. Thank you to the PD/H/PE staff who have organised the entire day and also to the staff for making such a great day possible for our students.

**Another final plug, if you are available to attend, please come along to the P&C meeting next Wednesday, 15<sup>th</sup> May at 6.30pm. The meeting is held in the staff common room.**

Kind regards,

Narelle Beasley  
Principal



## Upcoming Events

### Term 2 2024

#### Week 2

Fri 10 May Western Volleyball  
Knockout/Bathurst  
Do it for Dolly Day

#### Week 3

Thur 16 May Jump Rope for Heart

#### Week 4

Wed 22 May SES Recognition Day  
Wear Orange

#### Week 5

Mon 27 May Reconciliation Week

Wed 29 May Parent Teacher  
Evening Years 7, 11  
& 12

Wed 29 May Asthma Foundation—  
Awareness Day



## HSC Calendar Year 12 2024

### Term 2 2024

Week 2 Music

Week 3 Assessment Free

Week 5 SLR

Week 6 PD/H/PE  
Software Design &  
Development

Week 7 Visual Arts

### Year 11 Assessment Calendar 2024

#### Term 2 2024

Week 2 Business Studies  
Modern History

Week 3 Ancient History

Week 4 Work Studies  
Mathematics (Ext)

Week 5 Agriculture

Week 6 Assessment Free

Week 7 CAFS

## **Bullying advice for parents**

### **What can parents do to support their kids?**

- Teach our kids to recognise when they need help – when they can't solve a problem, or are feeling stressed, upset, scared, sleepless, or overwhelmed.
- Help them make a list of trusted adults they could talk to.
- Teach them the key steps to asking for help, including deciding who to ask, thinking about what to say beforehand, finding a quiet time and place to talk, and telling other people if the first person can't help them.
- Remind them that everyone needs help sometimes – including parents.

### **What to do if a child is bullied?**

- Children sometimes don't want to tell parents that they're being bullied because the parent might take their device away or the parent might go down to the school.
- If your child says they're being bullied, it's important to stay calm and let them know they've done the right thing by telling you.
- Ask them for the full story and explain that bullying is never ok and that's it's normal to feel upset.
- Don't respond to the bullying by becoming aggressive yourself, as this is likely to make things worse.
- Connect with your child's school to discuss the situation. Make an appointment and bring a list of the incidents mentioned by your child. Know the questions you want to ask ahead of time. Bring a support person if you're feeling overwhelmed. Make a time to follow up with the school later to check how things are progressing.
- Every school in Australia should have an anti-bullying policy which you can often find on the school's website. So prepare yourself by reading the document before your meeting.
- The school and teachers will also want the bullying to stop so remember that you're on the same team.

### **What to do about cyber bullying?**

- Bullying often takes place at and around schools. But it also happens online.
- Many parents might have experienced bullying when they were young, but home would be their safe place where they wouldn't have to deal with that anymore. Yet, for today's young people, the bullying can feel like it never stops. When they're at home, they might be receiving messages and seeing things online.
- If the bullying happens online, you can report it to the website where it happens, like Instagram or Facebook.
- If the content is not taken down, the eSafety Commissioner has an online reporting tool where they have a strong compliance rate and provide valued advice to families. Visit <https://www.esafety.gov.au/report>.

For more information or support:

### **Dolly's Dream Support Line**

Dolly's Dream in partnership with Kids Helpline provides a free bullying and mental health 24/7 support service. Call 0488 881 033 to connect with a qualified counsellor.

### **Beacon App**

Dolly's Dream has partnered with the Telethon Kids Institute on *Beacon*, the free cyber safety app which provides families with trustworthy, practical resources to help them confidently navigate their children's technology use and reduce associated harms.

Download Beacon now, for free, by scanning this QR code on your phone.





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.

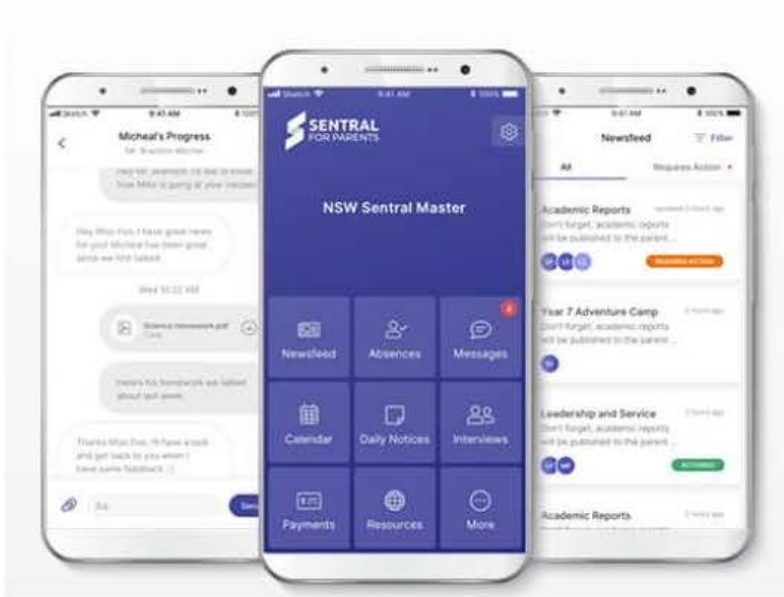
To access the new Sentral Finance you will need to log in to the [Sentral Parent Portal \(blayneyhs.sentral.com.au/auth/portal\)](https://www.sentral.com.au/auth/portal) or Sentral Parent App using the Sentral Access Key which was previously emailed to you. Please contact the school office if you need 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.



Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

### 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**.



### 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](#).

**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





# Receive up to \$500 from ANZ for your 2025 back to school costs

**Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:**

- ✓ Be 18 years or older
- ✓ Have a current Health Care Card or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

Terms and conditions apply.



**saverplus**  
saverplus.org.au



# 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)



# 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.