PICTON HIGH SCHOOL

PRINCIPALS NEWS

Term 4 Week 3

Week two of HSC examinations has now concluded. Well done so far to all our Year 12 students. Keep studying to ensure good preparation for the examinations ahead. You've got this!

With the weather warming up, it is not uncommon that we receive reports of snake sightings. In previous years there have been reports by students on their way to and from school, just outside the school boundaries and also on school grounds. We will be reminding students on tomorrow's assembly of the steps to take if they do encounter a snake. Please take the time to also run through the steps with your children. They are:

Remain calm and motionless in the first instance
Leave the snake alone and give it the opportunity to escape
Move slowly to a safe distance always observing the position of the snake
Alert a staff member if on school grounds and advise others to stay calm and keep away.

This term we are due to run our emergency evacuation drill. A suitable day and time will be selected in the upcoming weeks.

Congratulations to Ruby Carlyon of Year 8 for her selection in the NSW CHS U15 cricket team. She did exceptionally well at the Open age CHS trials last week opening the batting for Sydney South West, scoring an unbeaten 67 in a T20 and nearly 200 runs for the tournament. This is outstanding considering she is only in year 8. Well done Ruby!

The New South Wales Department of education will be providing students access to an AI based platform called educhat. Year nine students will be involved in a pilot program to educate them on the appropriate use of this platform and how it can assist them in their studies responsibly.

Special Religious Education (SRE) continues to run at Picton high school for students in year 7, 8 and 9. Currently the program runs on a Friday during periods one two and three. We are looking to continue this program into 2026. Please contact the office if you would like your child to participate.

The early morning fit for life program has started back up for the term. All students are welcome to attend this on a Friday morning down at Wollondilly Leisure Centre where our staff and PCYC members run our students through some fun and engaging activities. A barbecue breakfast is also provided to students. This program runs every Friday at 7:30 am. Please also be reminded there is a girls only gym session run by one of our staff members on a Tuesday morning before school at 7:30. If your child is interested in participating, please get them to see Miss Francis Reynolds in the PDHPE department.

Students who are catching buses in the afternoon are required to remain at school, in the playground supervised until the bus arrives. Please remind your children they are not to leave school grounds and then return to catch the bus later in the afternoon.

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What's happening in the PDHPE classrooms this term

Year 7 Year 7 Managing Safety and Risk (Theory) This unit explores positive and negative risk-taking behaviours and the way they affect health and wellbeing.

Year 7 (Practical) Water Safety & Net Court Games Throughout this term students participate in aquatics and net court games. For the water safety unit, students will head to the local pool and spend practical periods learning about water safety.

Year 8 (Theory) Celebrating Diversity: This six-week theory unit explores the importance of diversity, inclusion, and respectful relationships in society. Students will examine concepts such as discrimination, prejudice, and stereotyping, identifying their impacts on individuals and communities.

Year 8 (Practical) Target Games: Throughout this unit of target games, students will engage in the activities bocce, goalball, croquet and frisbee golf which are all focused on sending an object in specific directions towards a target while avoiding any obstacles. Using a range of small technique driven activities which focuses on developing game understandings for modified games towards the end of lessons.

Year 9 PDHPE (Theory) Physical Activity 4 Me This unit explores the impact of a lifetime of physical activity on overall health and well-being, emphasizing its physical, mental, and social benefits. Students adopt and perform a variety of roles, such as coach, motivator, and strategist, to enhance both their own and others' enjoyment and engagement in physical

Year 9 (Practical) Yalunga Games This unit introduces students to Yulunga Games, a collection of traditional Aboriginal and Torres Strait Islander games that promote cultural appreciation, teamwork, and physical activity. The unit begins with team-building activities that emphasize communication, cooperation, and respect for Indigenous cultural practices.

Year 9 PASS (Theory) Physical activity for health. This integrated unit emphasizes the importance of lifelong physical activity, aiming to equip students with the knowledge, skills, and attitudes necessary to maintain active lifestyles throughout their lives.

Year 9 PASS (Practical) World games. This term in PASS, students will explore a variety of world games, gaining insight into the cultural significance, rules, and skills of traditional and popular sports from around the globe.

Year 9 Outdoor Education - Mental and Physical Preparation. This unit explores the dynamic relationships between people and the environment through both on-site and off-site activities. Students will participate in snorkeling, a canoeing excursion, and related beach activities, allowing them to develop practical skills in water safety, navigation, and environmental awareness.

Year 10 (Practical) Calisthenics This unit provides students with the opportunity to enhance their fitness through calisthenics, circuit training, and modified games that incorporate calisthenic movements. Over six weeks, students will build their understanding of exercise principles, focusing on developing strength, agility, and overall physical fitness.

10 PASS- (Theory & practical) Opportunities and Pathways in Physical Activity and Sport This unit investigates the diverse career opportunities within the physical activity and sport sectors, including roles such as sports management, fitness training, and event coordination.

10 Outdoor Education- Survival in Outdoor Environments Students explore the challenges and risks associated with different outdoor environments. They identify ways to minimise risks associated with these challenges and prepare a risk management plan for a specific outdoor education activity.

Year 11 Community and Family Studies- Research methodology This term in Community and Family Studies, students will be focusing on research methodologies, learning how to effectively plan, conduct, and evaluate research.

Year 11 Sports Coaching- Strength and Conditioning & Coaching. This term, students will be assessed on their ability to design and implement strength and conditioning programs. These specific programs are tailored to client goals, sport or activity requirements, and various training phases.

Year 11 Sports Lifestyle & Recreation. Aquatics (Theory and Practical) This term, students in Sport, Lifestyle and Recreation will be focusing on aquatics through a combination of theory and practical lessons. The unit will cover water safety, swimming techniques, rescue skills, and the health and fitness benefits of aquatic activities.

THE WEEK AHEAD

27 OCTOBER – 7 NOVEMBER
HSC EXAMS CONTINUE

27 OCTOBER
GARDENS AND PICNIC EXCURSION: SUPPORT UNIT
MS VAN DIEMEN

28 OCTOBER
YEAR 6 TASTER DAY

29 OCTOBER
YEAR 9 OUTDOOR ED POOL EXCURSION
FISHERS GHOST ART EXCURSION
SLR AQUATICS EXCURSION

30 OCTOBER
SCHOOL SPECTACULAR EXCURSION

LUKE FARTHING PRINCIPAL

NSW GOVERNMENT Education