

# PLUMPTON HIGH SCHOOL



LINK-UP  
Term 2 2015

## PRINCIPAL'S MESSAGE

Term 2 at Plumpton has been rewarding for both students and staff with great achievements across the academic, creative and performing arts, sporting spheres as well as in other interests.

Students have been excelling in music with Elysa Villareal being selected for *The Voice*. Elysa has also been selected to perform as part of a feature item at the *Macquarie Park Region Arts Festival* at the Sydney Opera House in August. She will be singing with five other selected students from Western Sydney Schools and will be accompanied by the Western Sydney Region Big Band. Ten other students from Plumpton will be performing in the show as part of the Pulse Western Sydney Combined Secondary Schools Choir. Plumpton High also qualified for the final series of 'Bring it on' to be held in August

Sporting success at Plumpton has continued this term with the following outstanding results recorded. Maryanne Latu (year 11) started Wheelchair Basketball just last year and has travelled to Melbourne as part of the National Basketball league, the Year 7/8 Netball team are currently undefeated in the Netball NSW Schools Cup and have qualified for the next level. Jordan Dessent again attained a Combined High Schools swimming Gold Medal and competed at Open Nationals qualifying for the Pacific School Games to be held later this year. The following students were attained Age Champion status; Sonia Assunco and Tayla Martin. At the recent Zone Cross Country Carnival the following students were crowned Age Champions; Tayla Martin, Joy Tedeschi, Walter Crofts and Mitchell Guthrie. Plumpton High School was awarded 2nd Place in Mt Druitt Zone. Two other outstanding achievements include Maryanne Latu being selected to represent NSW in Wheelchair basketball and Rahim Nejah representing Sydney West in Basketball.

Continued extensive professional learning for staff at the school has seen the Positive Psychology team completing their training in Choice Theory over 4 days. This course will support the enabling of staff to work with students in establishing goals and developing pathways of success in learning. Also linked to this is staff working with students to support their overall wellbeing ensuring they develop positive relationships and have positive self-concept. The executive has continued a leadership program that is linked to the implementation of a platform across the school that targets the development of leadership capacity for students and staff.

### TERM 3, 2015

#### 21 July

Parent/Teacher Night

#### 22-24 July

Yr 7 Camp

#### 23-24 July

Sydney West Athletics

#### 19 August

Music Night

#### 31 August-8 Sept

Yr 11 Exams

#### 11 September

Yr 12 Excellence Ceremony

#### 16 September

Yr 12 Farewell Graduation

#### 18 September

End of term



## PRINCIPAL'S MESSAGE CONTINUED

Our Modern History students led by Ms Romeo and Ms O'Connor conducted an ANZAC ceremony that with great dignity. The ceremony captured not only the great sacrifice our forefathers made for our country, but also focussed on the contribution that relatives of our students and staff have made in the theatre of war. We were also privileged to have a representative of Rooty Hill RSL attend the ceremony to tell his story. The following students helped with the preparation of the days ceremony: Harman IKaur, Shanal Chand, Hagen Rieck, Deslyn Sinha, Maryam Kausar, Caitlin Pre-vett, Joshua Jenkins.

### Norta Norta Tutors

The school is seeking *Norta Norta* tutors to support our Aboriginal students in their learning. Should you be interested in applying for a *Norta Norta* tutor position, can you please submit a two page Expression of Interest outlining your skills and experiences that would support your ability to provide students support with their learning engagement and achievement.

Please submit your application to the principal either by 20 July 2015 in the one of the following ways:

**Email to:** [Plumpton-h.school@det.nsw.edu.au](mailto:Plumpton-h.school@det.nsw.edu.au) addressed to Tim Lloyd, the principal.

Or

**Post to:** Tim Lloyd  
Principal Plumpton High School  
141 Hyatts Rd.  
Plumpton, NSW, 2760

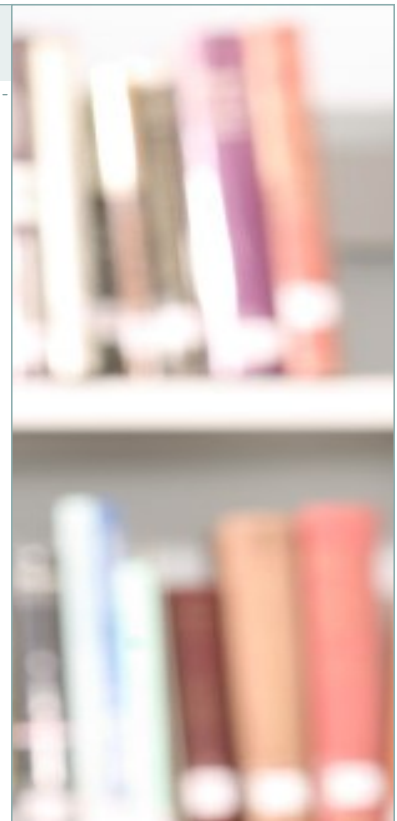
Or

**In Person to:** Tim Lloyd  
Principal Plumpton High School

### Parent Interest Groups

A parent interest group meeting/forum will be held on Tuesday evening 28 July at 6:30pm in the Staff Common Room of Plumpton High School. I would like to encourage you to attend this meeting. Please enter the school through the Hyatts Rd gate and the Front Office door.

The school is seeking greater involvement from the community to support the learning of students through involvement in Parent Interest Groups. The groups are an opportunity for the school to share the vision, direction and innovative initiatives being implemented that students are engaged in. The interest groups also provide a forum for parents to discuss topics that they are seeking information about and it provides the school an opportunity to plan and provide workshops for parents around contemporary issues affecting adolescents such as mental health and how parents can support student engagement in learning.



## TERM 4, 2015

### 5 October

Labour Day

Public Holiday

### 6 October

First Day Term 4

### 12 October 5 Nov

HSC

### 14 October

Yr 11 Production Night

### 2-9 November

Year 7-10 Yearly Exams

### 24 November

Yr 10 Beacon Signing

### 16 December

Students Last Day

### 17-18 December

Staff Development Day

# IMPORTANT INFORMATION

## ABOUT YOUR CHILD'S PROGRESS IN

### YEARS 11 AND 12

### AT PLUMPTON HIGH SCHOOL

The success of all of our students is important to all staff members at Plumpton High School, and we are committed to providing students with appropriate levels of support to assist them in their journey towards the HSC.

The Board Of Studies Teaching & Educational Standards (BOSTES) states that for a student to successfully move through years 11 and 12 to gain their Higher School Certificate they must show evidence that they have:

- (a) followed the course developed or endorsed by the Board by completing the course content
- (b) applied themselves with ***diligence and sustained effort*** to all set tasks and experiences provided in the course by the school
- (c) achieved some or all of the ***course outcomes*** for each subject

We recognise that some students find it difficult to meet the increasing demands of senior school, and this often leads to some students making choices that can affect their ability to achieve the above criteria. If this is the case for your child, all senior students at Plumpton High School have the opportunity to work towards resolving these issues with a range of support offered by the school, faculties and staff.

One level of support the school provides is the N Warning process in accordance to the requirements set out by BOSTES. This process is outlined in the diagram below, and is designed to identify early any issues your child may be having in completing or achieving the requirements for that course, in attempt to resolve it as soon as possible.

You will see that throughout this process there a variety of layers of support offered along the way to assist your child in resolving these issues in an attempt to ensure their success: student interviews, phone contact with parents, access to resources and facilities, warning letters, improvement plans and so on.

Unfortunately, some students may choose not access these support mechanisms and may find themselves in a position where they are at serious risk of not meeting the requirements for their courses, and therefore their ROSA or HSC. Our aim is to significantly reduce the number of students at risk by implementing this process and ensuring that all parents, staff and students are aware of their **responsibilities within it to ensure your child's success.**

**Should you as a parent have any concerns or notice anything out of the ordinary about your son's/ Daughter's progress please in the first instance contact their class teacher to discuss this.**

**STUDENT CAUSING CONCERN**

**IN RELATION TO:**

- Attendance (3 or more periods missed consecutively)
- No evidence of missed work being caught up
- Homework not being completed
- Class work incomplete regularly
- Truancy from class based on SENTRAL data
- Not participating in practical based activities that demonstrate the outcome skills & competencies
- No evidence of progress towards the completion of the assessment task

**PRIOR TO THE ISSUE OF AN 'N WARNING' LETTER TEACHER TO....**

- INTERVIEW the student identifying:
  - the issue
  - what they are required to do to address the issue
  - the supports that you are prepared to offer
  - the timeframe they are required to resolve the issue
  - the actions to be taken by the teacher should the issue continue or not be resolved
- RECORD interview notes on SENTRAL by:
  - Go into the WELL BEING menu option
  - Select the **NEGATIVE INCIDENT** (Red Box)
  - Select **WORK** from the options available
  - Find the student using the search bar
  - Enter the details from the options available
  - Select the action taken from the options available & add details of the interview in the space provided
- MONITOR the student throughout the timeframe

**EXAMPLES OF TEACHER SUPPORT**

- Tutorials
- Access to Senior Study
- Noorta Noorta Support
- Learning Support Assistance
- Lesson Differentiation
- Accessing Da Vinci Centre

**TRIGGER 1 LACK OF SUSTAINED EFFORT**

FOR ISSUES WITH: attendance (e.g. 10 periods), class work, homework, participation, practicals, VET work placement

(A: NOT followed the course developed or endorsed by the Board)

(B: NOT applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course by the school)

(C: NOT achieved some or all of the course outcomes)

**TRIGGER 2 ASSESSMENT TASK NOT SUBMITTED**

INCLUDES: malpractice

(A: NOT followed the course developed or endorsed by the Board)

(B: NOT applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course by the school)

(C: NOT achieved some or all of the course outcomes)

NOTE: a student who only attempts multiple choice **HAS NOT** made a 'genuine attempt'

**FIRST TERM SENIOR REVIEW PANEL TO...**

- REVIEW students with **TWO** or more N-word warning letters in a subject
- CONSIDER students for LST support
- MONITOR students in first term (ongoing)

**SECOND TERM SENIOR REVIEW PANEL TO...**

- REVIEW students with **TWO** or more N-word warning letters in a subject
- CONSIDER students for LST support
- MONITOR students in first term (ongoing)

**THIRD TERM SENIOR REVIEW PANEL TO...**

- REVIEW students with **TWO** or more N-word warning letters in a subject
- CONSIDER students for LST support
- MONITOR students in first term (ongoing)

**TEACHER TO... ISSUE N- AWARD WARNING LETTER**

- USING SENTRAL following sequential numbering
- OUTLINE work to be completed
- ATTACH assessment task
- SET completion date for work/ task to 3 weeks later
- COPY to student
- COPY to caregiver
- NOTIFY Positive Psychology Teacher
- NOTE: send letter in English **and** home language

**TEACHER TO... CLICK**

Resolved

**IN SENTRAL**

**WORK/TASK COMPLETED (within 3 weeks)**

**3 WEEKS LATER**

**WORK/TASK NOT COMPLETED (within 3 weeks)**

**TEACHER TO... Re- ISSUE N- AWARD WARNING LETTER**

- USING SENTRAL with same number as initial warning for this trigger
- Re-OUTLINE work to be completed
- ATTACH assessment task
- SET completion date for work/ task to 3 weeks later
- COPY to student
- COPY to caregiver
- NOTIFY Positive Psychology Teacher
- NOTE: send letter in English **and** home language

**FOURTH TERM DEPUTY TO...**

- REVIEW student progress in LST support and other information

**IF DP CONSIDERS COURSE COMPLETION CRITERIA NOT MET**

**FOURTH TERM DEPUTY TO...**

- RECOMMEND N-determination to the principal

**PRINCIPAL TO...**

- MAKE N-determination
- NOTIFY Board of Studies



## THE PREMIERS MULTICULTURAL MEDIA AWARDS NIGHT

The Premiers Multicultural Media Awards Night was an enlightening experience that I had the honour of attending in the last week of term two this year. The awards night saw the gathering of various representatives of different news and media groups from around NSW to recognise achievements in multicultural news as well as to form relations with people who would have otherwise been difficult to meet.

For me, the opportunity provided a chance to meet people who were passionate about their work and ensuring that Australian news represents the multicultural nature of Australia. I sat at a table with the ABC who explained to me some of the particulars involved in running a news story. A significant amount of work goes into making sure that a report shows all sides of a story equally, is unbiased and appropriate to be shown to the public. I was also made aware of the discrimination and racism that the ABC deals with regularly because of their ethnically diverse reporters and stories that cover a broad range of issues.

Upon watching the stories nominated for awards I noticed that many things are overlooked by mainstream media. The stories shown dealt with serious issues in the Australian community and brought to attention the problems of people who are under-represented in mainstream media. I look forward to working with the ABC next term so I can learn more about this problem.

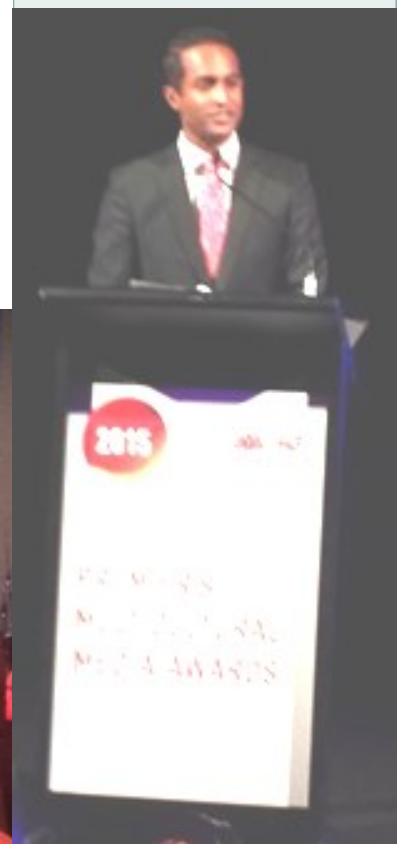
On a brighter note, the people I met at the award night were all very friendly and accommodating. I had the honour of speaking briefly with the New South Wales Premier Mike Baird who was also quite approachable. I was entertained by some beautiful cultural performances while I ate - both the dancing and the food were excellent. Overall the experience was very enjoyable and informative, something that I would happily do again.



ABBY FOSTER WITH  
PREMIER

MIKE BAIRD

JEREMY FERNANDEZ



COLUMBIAN DANCE GROUP- ABBY FOSTER



## BEING THE BEST WE CAN BE

*Our School Expectations*

*We want our students to be*

**Be Safe**

**Great Learners**

**Be Respectful**

**Responsible, Productive Citizens**

**Be a Learner**

**Leaders Now and in the Future**

**Kind and Respectful to ALL Others**

*Can I answer YES to these questions? Am I in the right place? Am I doing the right thing? Am I being fair? Am I being helpful? Am I being kind?*

ACHIEVING

HIGH BEHAVIOUR  
STANDARDS

TOGETHER

We all have a shared responsibility to help the learning and wellbeing of the large majority of students. To do this we need to re-establish our standards in a number of focus areas

**It must be clearly understood that there will be consequences for people who fail to meet the behaviour standards outlined in this document.**

We cannot accept behaviors which impact negatively on our school learning environment. We each have a responsibility to be the best learners, citizens and leaders we can be. We must respect the wellbeing of others and the learning of others.

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## All Actions Have Consequences

At Plumpton High School, we understand that all actions have consequences.

As a school, we work together in peaceful, helpful and kind ways so that the consequences of our actions are positive ones. There are many rewards for working together in such a way, including:

- ◆ Feeling good about ourselves and others
- ◆ Enjoying our lives at school
- ◆ Being able to participate in great learning and many school activities
- ◆ Being acknowledged for our work with merit certificates and other awards
- ◆ Being involved in leadership activities
- ◆ Being successful in our learning

Sadly, it happens that people sometimes lose their way and forget their responsibilities to themselves and to others in our school community. We have to make sure we have good systems in place to prevent such things from negatively affecting our lives at school and our learning. Some of the consequences for people behaving badly include:

- ◆ Warnings and action by your teacher if you fail to meet the behavior standards
- ◆ Referral to the head teacher for action if the problem persists. This means your behavior has reached a very serious level. It is a very strong warning to you that things must improve immediately.
- ◆ Referral to the Deputy Principal for possible suspension

***Plumpton High School Provides a Fair Go For All***

Focus Area	Behaviour Standard	Consequences
<b>Starting Lessons</b>	Arrive to your class meeting point within 3 minutes of the bell, with all food and drink away, and then: Be in 2 orderly lines —“ <i>In Line On Time</i> ” Move quietly into the room when directed Stand behind your chair Take your hat off Place your books, pens and equipment on your desk Place your phones and iPods in your bag Place your bag neatly on the floor under your chair Sit down when instructed by your teacher	<u><i>Things I Need to Remember:</i></u> Getting to class on time Being prepared for each lesson Keeping my mobile on silent Keeping my mobile and iPod, mp3, etc in my bag Finishing my food and drink at lunch  <u><i>Positive Outcomes:</i></u> Lessons commence quickly and peacefully Improved learning time Better learning results
<b>Ending Lessons</b>	When asked by the teacher at the end of the lesson: Stand behind your chair Make sure your chair is pushed in and your desk is tidy Make sure the room is tidy and secure Move quietly out of the room as directed by your teacher	<u><i>Things I Need to Remember:</i></u> The bell is the signal to the teacher, not to me To value our school equipment and facilities by looking after them and by keeping them clean  <u><i>Positive Outcomes:</i></u> Lessons conclude in a safe and orderly manner Rooms and property are valued
<b>Focusing on Learning In Class</b>	Be prepared for your lesson with correct books, pens and equipment “ <i>Packed For Learning (P4L)</i> ” Listen carefully to your teacher's instructions Complete all required work “ <i>In Class On Task</i> ” Do extra work if time permits Use any spare time productively	<u><i>Things I Need to Remember:</i></u> Always being prepared for every class Being the best learner, citizen and leader I can be Respecting the learning of all other students in my class Respecting the learning of other classes  <u><i>Positive Outcomes:</i></u> Improved learning time Better learning results Students benefiting from working productively with others
<b>Behaving with Respect &amp; Maturity</b>	Speak with respect at all times Listen and respond politely when spoken to by teachers Respond politely and promptly to teacher requests Keep out of the business of others  <i>“Fair Go For All”</i>	<u><i>Things I Need to Remember:</i></u> Speaking in a way which makes me feel proud Acting in a way which is helpful and kind Respecting my school  <u><i>Positive Outcomes:</i></u> Having positive relationships with teachers Having positive relationships with all other students
<b>Keeping People Safe</b>	Stay in class every period “ <i>In For 75</i> ” Behave with respect and maturity Avoid involving others in your own problems Encourage friends to resolve problems in a mature, peaceful manner and without an audience Stay well away from dramas or potential fights Always stay in areas which are “in-bounds”	<u><i>Things I Need to Remember:</i></u> Being calm, happy and kind Keeping out of drama, fights, etc Be the best person I can be  <u><i>Positive Outcomes:</i></u> Developing an ability to deal with all types of people in a positive, helpful way Having better problem solving skills Creating a school which is happy and peaceful

## Consequences for Unacceptable Use of Mobile Phones and MP3 players

Following are the consequences which apply to the inappropriate use of mobile phones and MP3s, as is consistent with the school's discipline policy.

Unacceptable Use	Consequence
A student who has a mobile phone or IPOD out during a lesson or other school activity.	The student will be <b>reminded to put the phone in their bag</b> immediately.
A student who has a phone in their bag which rings or beeps during a lesson or other school activity.	The student will be <b>reminded to turn the phone off</b> or to silent immediately.
A student who uses a mobile phone or IPOD without specific permission or for an unauthorised purpose during a lesson or other school activities.	<b>The device will be confiscated immediately by a teacher.</b> This will be recorded in the school's mobile phone register. The device will be returned to the student at the end of the school day.
A student who repeatedly has their phone or IPOD out during lessons or other school activities, or fails to have their phone turned off or on silent.	The student will be placed on <b>after-school detention</b> or will be required to complete <b>after-school community service</b> .
A student who does not follow the direction or instruction of a teacher in relation to the inappropriate use of a mobile phone or IPOD.	This is a serious offence. <b>The student will be referred to the head teacher</b> who will record the incident on the school's behaviour referral system. The student will be placed on <b>after-school detention in the first instance</b> . This will be much more severe in the case of repeat offenders.
A student who repeatedly uses a mobile phone or IPOD during lessons or other school activity. This will be apparent in the school's mobile phone register.	<b>The student's parents will be contacted and the student will forfeit their right to bring the mobile phone or MP3 to school.</b> The student will be required to complete after-school community service.
A student who uses a mobile phone or other device to record an illegal act, to bully or harass another school member, or to record people without their consent.	<b>The device will be confiscated immediately and may be referred to police.</b> The student's parents will be contacted and the student will forfeit their right to bring the mobile phone to school. The student will be suspended.
A student who has a device containing material which is offensive, illegal or pornographic.	<b>The device will be confiscated immediately and may be referred to police.</b> The student's parents will be Contacted and the student will forfeit their right to bring the mobile phone to school. The student will be suspended.

## LEARNING SUCCESS STARTS WITH “PACKING 4 LEARNING”

Coming to school prepared to learn is the first step in a successful educational experience. Whilst the vast majority of students are fully prepared we are concerned that there are still a number of students who are coming to school without even the most basic equipment such as a bag, pen and a book.

Students who come to school without the necessary equipment find it difficult to engage in the learning activities and risk not getting the most out of school.

It is the responsibility of all students to ensure that they come to school with the appropriate equipment.

Part of being prepared is to ensure that FULL school uniform is worn EVERY day. This includes leather shoes, school shirt, black pants or skirts (tartan skirts and shorts for years 10, 11 & 12 girls) and a school jumper. School uniform instils school pride and helps to provide a safe environment. It is extremely important that we are able to quickly identify who is part of our student body and who is not. The uniform shop is open every Tuesday morning and Thursday afternoon.

It is extremely important that both parents and the school work in a close cooperative partnership so that we can provide a safe learning environment where students can reach their full potential. To do this we need your support.

We ask that parents take time to ensure that their children are prepared on a daily basis to ensure that students have packed the necessary equipment for learning.

A brief outline of equipment requirements is outlined below.

Note: An individual exercise book is required for each subject. Five subject books are discouraged. Some subjects may require other items not mentioned in the above table.

If families are experiencing genuine financial hardships they are advised to contact the principal so matters can be discussed discretely.



English	Pens, ruler and individual exercise book.
Maths	Pens, ruler, calculator, geometry equipment and an individual grid book.
Science	Pens, ruler and an individual exercise book.
Geography	Pens, ruler and an individual exercise book.
History	Pens, ruler and an individual exercise book.
PDHPE	Pens, ruler and an individual exercise book. PE shirt and joggers.
Music	Pens, ruler and an individual exercise book.
Visual Arts	Pens, pencils, ruler and an individual art book.
Technology Mandatory	Leather shoes. Pen and pencil, cooking apron and cap.



# Year 7 Vaccinations



Our Ref: Trim No 15/3331

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious vaccine preventable diseases.

## Vaccines include:

- Human Papillomavirus (HPV) vaccine (3 doses)
- Diphtheria-Tetanus-Pertussis (dTpa) vaccine (1 dose)
- Varicella (chickenpox) vaccine (1 dose)

These vaccines are only provided free whilst your child is in Year 7.

NSW School Vaccination Program

SC1401090149

Parent/Guardian to complete. Please print in **BLOCK** letters using a black or blue pen.

**Student's Details**

Surname: STEVENS

Given name/s: RYAN

Date of Birth: 26/03/2003  Male  Female Grade/year: 7

Name of School: RIVERSTONE HIGH SCHOOL

Medicare Number: 2463 01736 6 5 Number beside your child's name on the Medicare card

Country of Birth: AUSTRALIA

Does your child speak a language other than English at home?  
 No, English only  Yes  
 If yes, what languages other than English are spoken at home? (Specify the actual language)

**Indigenous Status**  
 No  Yes, Aboriginal  Yes, Torres Strait Islander

**Your Details - Parent or Legal Guardian**

Name of Parent/Guardian (as per form): KAREN STEVENS

Home Address: 412 RIVERSTONE ROAD  
RIVERSTONE Postcode: 2765

Best Contact Number: 0464772498 Best Alternate Number: 0287214629

Date: 06/02/2015

Please turn over ▶

**Consent**

I have read and understood the information provided regarding the benefits and possible side effects of the HPV vaccine, Varicella vaccine and dTpa vaccine and note that I can withdraw consent at any time.

I agree that the information I have provided can be transferred to secure national and state registers.

I declare to the best of my knowledge that my child:

- Has not had an anaphylactic reaction following any vaccination
- Does not have an anaphylactic sensitivity to any of the vaccine components listed in the Parent Information Sheet.
- Is not pregnant.

Please sign for EACH vaccine you wish your child to receive.

**HPV Vaccine:** I hereby give consent for my named child to receive a 3 dose course. *[Signature]*

**Varicella Vaccine:** I hereby give consent for my named child to receive a single dose. *[Signature]*

**Diphtheria-Tetanus-Pertussis (dTpa) Vaccine:** I hereby give consent for my named child to receive a single dose. *[Signature]*

## What do you need to do?

- ✓ Read Year 7 Vaccination Information Kit
- ✓ Check your child's vaccination records for varicella vaccine: all students should receive 1 dose unless the vaccine has been given before or your child has had the chickenpox disease
- ✓ Complete the Consent Form in BLOCK letters using a BLACK or BLUE pen
- ✓ Sign the Consent Form for each vaccine your child requires
- ✓ Return the signed Consent Form to your child - return to school, as soon as possible
- ✓ Discuss the importance of vaccinations with your child
- ✓ Ensure your child has breakfast on the morning of vaccination

## More questions?

Please contact Western Sydney Public Health Unit on 9840 3603 or visit [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation) for further information and translated copies of the Year 7 Vaccination Information Kit



# Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

## What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

## The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

## What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





**My child won't go to school.  
What should I do?**

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

**What might happen if my child continues to have unacceptable absences?**

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

**What age can my child leave school?**

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to [complete their schooling](#).

**Working in Partnership**

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

**If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.**

Further information regarding school attendance can be obtained from the following websites:

**Policy, information and brochures:**

<http://www.schools.nsw.edu.au/goto/school/a-z/attendance.php>

**The school leaving age:**

<http://www.schools.nsw.edu.au/leaving/school/index.php>

**Do you need an interpreter?**

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

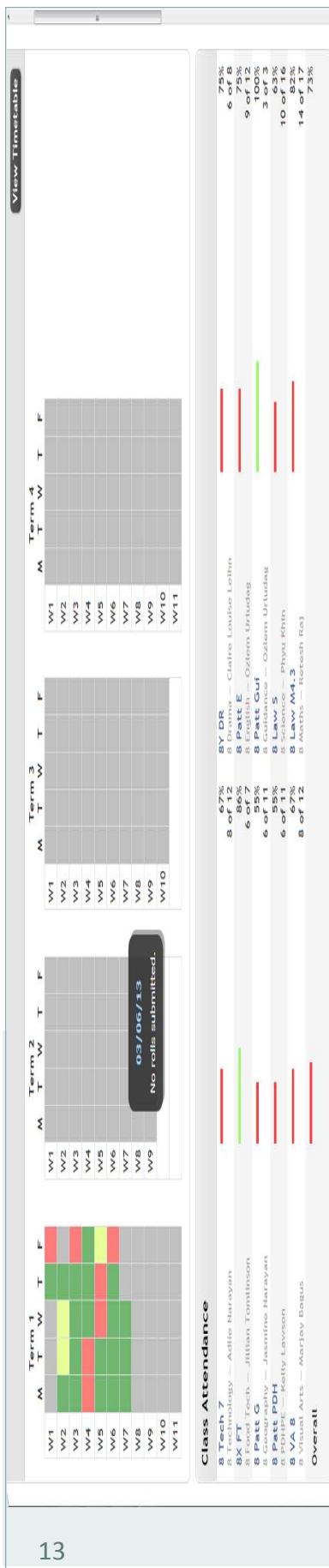
Student Engagement & Interagency Partnerships

T 9244 5129

[www.dec.nsw.gov.au](http://www.dec.nsw.gov.au)

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NSW Department of Education and Communities



# ATTENDANCE

## Attendance Updates via email & SMS

Dear Parents / Carers

If you would like to develop an email link with our Head Teacher Administration, Mr Holmes regarding your child's ATTENDANCE at Plumpton High School, please just send him an email at: [christopher.holmes14@det.nsw.edu.au](mailto:christopher.holmes14@det.nsw.edu.au)

The email should state your name and your child's name and year. He will then add you to his Parent / Carer contact list. This will enable him to send you a graphic (as shown below) displaying your child's attendance record for the term. The graphic will be sent as an email attachment (Word file). This will be a quick form of communication if he has any attendance concerns regarding your child.

In 2013, the school has introduced a new attendance tracking system, that has removed the need for paper rolls and runners to collect the

### Note:

Students may be deemed ineligible for these awards if they are regularly late to school.

rolls. Teachers are now marking the school instant data on student attendance in class (as shown below). The new system has been an instant success giving all staff access to an excellent attendance

Remember that there is a very close relationship between high attendance and student success. To encourage students to set high standards for attendance, 3 awards will again be presented at Presentation Day & Graduations in 2013: the Gold, Silver & Bronze Attendance Awards.

**Gold Award – 100% attendance (zero days absent)**

**Silver Award – 99% attendance (1-2 days absent)**

**Bronze Award – 98% attendance (3-4 days absent)**

## SMS Notifications

In 2015 you will have been receiving SMS notifications if your child is either absent from school or late to school. Please reply to these SMS notifications promptly so that your child's attendance record can be updated. If the school does not have your most recent **mobile number**, could you please contact the school on 9625 7020 or 9625 7525.





## NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2015 the following vaccines will be offered:

### Year 7 students\*

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

\* *The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.*

### Year 11-12 students

During 2015 most Year 11-12 students in NSW will be offered measles-mumps-rubella (MMR) vaccine as a single dose. This is part of a catch-up vaccination program for students who are not fully protected. In 2014 this program was rolled out at your school for all Year 10-12 students and therefore will not be offered again this year.

*Parent Information Kits* will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

*Parents/guardians who wish to withdraw their consent* for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)

*To improve vaccination completion*, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11<sup>th</sup> number beside the child's name) on the consent form, as this is required to record the student's information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

# DRAMA

## Drama Excursion

A selection of drama students from years 9-11 went on an excursion with their teacher, Miss Cross, on Tuesday 28<sup>th</sup> of May to see one of the most beloved stories of Australia: *Storm Boy*. The day was full of sun, selfies, and seagulls. We caught the train to Circular Quay and thankfully enjoyed beautiful weather as we took in the sights on our walk around to the prestigious Sydney Theatre Company at The Rocks. *Storm Boy* has been told in numerous mediums starting as a book, then a movie, and now as a play – touching the hearts of adults and children alike for decades past and probably decades to come. It was a schools-only performance of the show, and it was fantastic to see how enthusiastic the next generation is about not only the theatre, but also the sharing of Australian stories. The performance utilized a range of Dramatic Elements (key to the foundation of good drama) as seen in its amazing set design that transformed the stage into a soothing beach, a terrifying storm, a bird

sanctuary, and even a giant pelican. It was fantastic to see our students engaging with their learning in such a hands-on way, getting to see firsthand what we are experimenting with in the classroom. It was also particularly moving to see how respectful our students were not only of the other schools and the performers, but also of the story being told. Elements of Indigenous Australia were incorporated into the show, and our students really responded to this – some being quite moved by the particularly emotional parts (although not as much as their teacher who may have shed a tear or two!). The day was full of sun, selfies, seagulls, and stories – a brilliant opportunity for students to step outside of their familiar surroundings and connect with the world outside of Plumpton.



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## YEAR 8 DEBATING GALA DAY

On Thursday, 7th May, twelve Year 8 students, Christal Hipolito, Rikansha Ram, Miranda Morgan, Tahlia Benitez, Tenayah Fulmerwood, Amber Harsh, Jaimelee Judd, Ula Martin, Jessie Norman, Zoe Brown, Emily Potloka and Sheenal Prasad, joined Miss Romeo to Nepean High School for the Debating Gala Day.

The students competed in four debates on the day against four different schools, Kingswood High School, Colo High School, Glenmore Park High School and Nepean High School. For most of these students, it was their first time participating in a debating competition and they were faced with some difficult topics and experienced teams.

The students did a fantastic job at

representing our school and demonstrated great team work and good sportsmanship. It was extremely rewarding to witness our students support each other on the day and congratulate each team they were faced against. In one debate topic, Plumpton High was asked to argue the affirmative side that all junk food should have plain packaging. We competed strongly against Glenmore Park's negative team but we were thrilled to win this debate!

These girls did a marvellous job and should all be very proud of themselves. They all agreed it was a positive experience, one that helped increase their confidence and public speaking ability and they are very keen to take part in any other public speaking opportunities.



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**Emily Potloka**  
**Christal Hipolito**  
**Ula Martin**



**Tenayah**  
**Fulmerwood**  
**Tahlia Benitez**  
**Jamielee Judd**



**Miranda**  
**Morgan**  
**Rikansha Raml**  
**Prasad**



**Zoe Meza**  
**Jessie Norman**  
**Amber Harsh**



# INDUSTRIAL ART

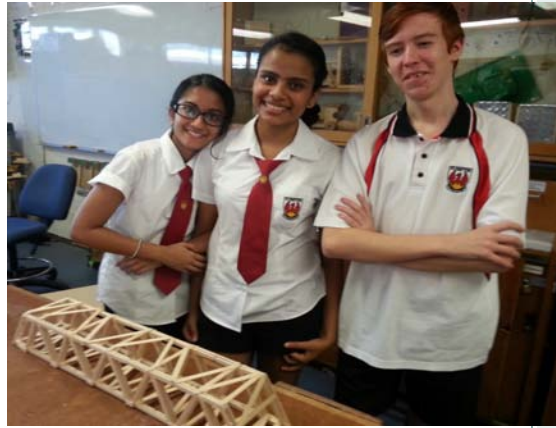
With the school year well on the way there are plenty of projects being produced in the TAS Faculty. At this time of year our students are working hard to build their skills and knowledge to be able to produce products of excellent quality.

## Stage 5 Engineering

The stage 5 Engineering class were asked to produce a bridge made from paddle-pop sticks. The bridge was only allowed to be glued together and it was not to contain any other components. The class produced an interesting array of bridges although they were mostly of the truss style. The workmanship demonstrated care and attention and the best bridge held a total of 39kg and was unbroken. This was an impressive feat indeed!



Above : The class set of bridges ready for testing.



Above : The winning team

Below: The winning bridge held 39kg



# AGRICULTURE

There has been a new addition in agriculture with the birth of a new lamb. This lamb is a mixed breed sheep and has Shaun as the father and Afro as the mother. More details will follow in the next newsletter

These pictures are from the Year 6 Information evening where we showcased agriculture.



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# ART

## C3West Art Camp

From the 9<sup>th</sup> of March 9 Plumpton High School Visual Arts students attended an art camp as part of the C3west project. Madang Gurrung Ngurra is a 3 day intensive Art workshop for secondary students to meet and work with artists, curators, aboriginal elders, and community members involved in the Blacktown Native Institution Artist Camps. They visited and learned about an important local site and developed skills in art making and studying. Workshops with the artists included weaving, storytelling and digital forms and were facilitated by MCA Artist Educators and Blacktown Arts Centre staff. On the third day students had the opportunity to visit the Museum of Contemporary Art Australia and bring their individual weavings together into an abstract collaborative artwork.

The students had an amazing time, and left the camp each day inspired. A huge thank you to the MCA education coordinators, Blacktown Arts

Centre staff, the talented workshop leaders and Aboriginal Artists and the Plumpton staff who supervised; Mrs Abrahams, Mrs Rex and Ms Pacey.



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# ENGLISH

## The Voice of Youth Speak Out!

On Tuesday the 24<sup>th</sup> of March students from Plumpton High School competed in the Rostrum Voice of Youth Competition at Penrith Anglican College. The school was represented by Christina Rathod of Year 10 and Sean Foster and Kharl Galea of Year 12.

The Rostrum Voice of Youth Speaking Competition is quite a prestigious, traditional and hotly-contested competition. It is the longest-running speaking competition in the world, stemming from the UK and starting in Australia in 1930. Over 3000 students from 500 schools participate each year.

Students had to speak on a subject chosen from a variety of topics and had several weeks to prepare. Plumpton High School was the only public school present on the night and all of its representatives acquitted themselves amicably.

Christina delivered a speech on the concept of a 'light bulb moment.' She shared a touching story about her sister's sickness and how her sister's significant health battles gave Christina the inspiration to become a doctor one day. Christina had spent a lot of time and energy on preparing her speech and it was a great chance for her to expand upon her speaking skills.

Kharl spoke enigmatically on the subject of mind

games played between human beings on a daily basis. While Kharl did not succeed in proceeding to the next round of the competition he gained special acclaim from a number of the teachers from other schools who applauded the original and humorous qualities present in his speech, labelling it 'the most entertaining of the night'.

Sean spoke during the last heat of the night and he displayed keen insight into the important role history plays in immortalising human beings and their achievements. Sean was in a tough heat with many quality speakers and astoundingly he won out amongst his peers taking Plumpton High School's first ever heat win in the coveted competition. Sean was commended for his mature and insightful speech with his composition displaying a level of wisdom that belied his young age.

He now gets to compete in a regional final where he will have to give another speech as well as a 3 minute improvisational speech made up on the spot. Sean's competition is on Wednesday, 20th May at Patrician Brothers College, Fairfield and the school genuinely wishes him well.

All students represented Plumpton High School with distinction and are to be congratulated on their achievements and efforts.

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## ENGLISH

### Modern History Excursion to the Australian War Memorial, Canberra

On Friday, 8<sup>th</sup> May, Mrs Reddy and Miss Romeo took their lovely Year 11 and 12 Modern History classes and six Year 10 students to the Australian War Memorial in Canberra. The main reason for this excursion was to give students an opportunity to explore this significant landmark and relate to the two core studies for this HSC course, “The World at the Beginning of the Twentieth Century” and “World War One.”

It was a big day for our students and teachers with everyone meeting at Plumpton High at 6:30 in the morning. We travelled for an hour and a half before stopping

at McDonalds for a quick bite to eat before we were back on the road again. We reached our destination at 11am where we were greeted by our two tour guides. We immediately started our tour of the World War One exhibition where the students engaged in Primary Sources and artefacts straight off the battlefields of Gallipoli. This was quite an emotional experience for some of our students, especially those who had visited Canberra and the War memorial for the first time. After our tour, the students had time to explore the rest of the memorial where they demonstrated a great level of respect and spent time reflecting on the sacrifices our men and women have made for the safety of our country.

Our tour guide thanked our students for their attendance and mentioned the many positive things he has heard about Plumpton High School; he continued to say that from the behaviour of our students, he clearly understood why so many people had great

things to say about our school. We left Canberra at 2:30 in the afternoon and made our way back to McDonalds for a quick afternoon snack. The day ended at 6:30 in the evening when students were returned to Plumpton High School. Every student agreed it was a great day, the following are quotes provided from our students:

**“It was really very interesting and fun today,”** Mar-yam Kausar.

**“Today was great. Thanks Miss Romeo and Mrs Reddy.”** Deslyn Sinha

**“Honestly, it was the best to share this experience with such a great group. You are all awesome.”** Tyrone Tiedemann

Miss Romeo and Mrs Reddy would like to thank each and every student for their fabulous behaviour on the day and both walked away feeling very proud to be part of the Plumpton community.



# ANZAC DAY CEREMONY 2015

## They are our ANZACs

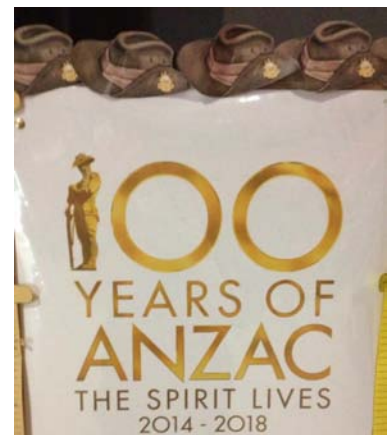
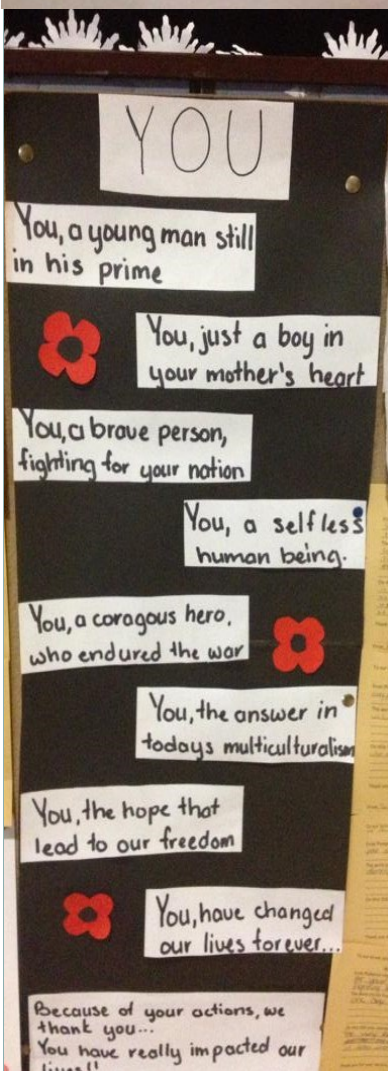
They were our brothers,  
 They were our sons,  
 They were our beloved,  
 And our friends  
 They died a death of a hero,  
 They sacrificed for us.  
 Living in the trenches  
 Day after day,  
 Fighting the enemy,  
 Even to their dismay.  
 Their country was to protect  
 Their country was to save,  
 These are our ANZAC  
 We remember to this day.  
 Thank you for your allegiance  
 Thank you for your sacrifice,  
 We will always remember you.  
 Lest we forget.

-Prabhjot Kaur  
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On Friday, 24<sup>th</sup> April, 2015 Plumpton High School held its annual ANZAC Day Ceremony to commemorate the 100<sup>th</sup> year anniversary of the Gallipoli landing. Miss Romeo, Ms O'Connor and the year 12 Modern History class played a significant role with our masters of ceremony being Hagen Rieck and Caitlin Prevett, with Deslyn Sinha, Harman Kaur, Maryam Kausar, Shanal Chand, Alex Bulan, Joseph Foley and Joshua Jenkins all making significant contributions to the organisation of the day.

We do not commemorate ANZAC day as a day of great military victory, as the landing and the battle on the shores of Gallipoli was not that. From the start, military plans reinforced by British generals had many flaws in them. At 3.03 am on a dark morning, the ANZAC forces landed on the wrong shoreline as the lack of light and guidance misguided them. Initially, they only really encountered light rifle fire from Turkish defenders situated at the top of the mountains, however, by midday the Australian and New Zealander forces were facing a torrent of machine gun, shrapnel and artillery fire from above. By the end of that day alone 2000 men lay dead for some mere gains of 1km inland, where they struggled desperately to maintain a strong foothold. Undoubtedly a military disaster, at the end of the Gallipoli campaign 250,000 men lay dead, of which, 10,000 were ANZAC troops.

And thus on ANZAC day, every Australian regardless of their religion or culture commemorates the selflessness of these men and women who gallantly participated in WWI, WWII, Korea, Vietnam and countless other wars for the sake of their people. We don't celebrate and honour the notion of 'war', for war is something which should not be glorified. Rather, we honour and celebrate the selflessness and bravery of those who in some form or another laid themselves down as the foundation for our generation today and continue to do so for the future generations to come.



## ANZAC DAY CEREMONY 2015



In order to mark this momentous day, we felt it was crucial to highlight how the war affected many of us close to home. We asked our staff and students to generously contribute photos of their family members involved in war over the past one hundred years. The results were astounding and heart wrenching as we displayed a continuous roll of photos making us proud to be part of the Plumpton Community. A special mention to three of our students, Ula Martin; who offered multiple photos and stories of her family involved in the war, Brendan Muir and Ryan Muir who not only contributed photos but donated a rare historical artefact to the HSIE staff, a copy of **their great grandfather's dairy while in the war.**

We were very pleased with our students who demonstrated a high level of respect on the day. This occasion clearly impacted on all of our staff and students, particularly on two year 8 girls, Rikansha Ram and Christal Hipolito who were inspired by the event that they chose to create a poem and present it to the school. The girls did a wonderful job at expressing their thoughts and respect towards our lost soldiers.

In addition to the significance of the centenary commemoration, we were honoured to welcome two special guests, Ken Clements, a Vietnam War Veteran from Rooty Hill RSL, and Lance Corporal Sean O'Malley, an ex student of Plumpton High School who now represents our country proudly in the Australian Defence Force. Both men provided personal insight into their experiences of war. Sean spoke to the students about his time at Plumpton High School and his ambition to join the army in a leadership role. Ken informed the students of his time in Vietnam and the many losses he endured. We felt extremely honoured and proud especially of Ken Clements who spoke about his experiences in a public forum for the first time in fifty years!

Overall this was a momentous occasion which struck the hearts of the staff and students at Plumpton High School - Yr 12 Modern History -





## OPEN BOYS BASKETBALL

The Plumpton High open boys basketball team travelled to James Ruse Agricultural High School on the 12th March. This team previously qualified for the final 16 gala day in Sydney West and with the addition of a new student, there was a sense of expectation amongst the boys. The team also comprised of a number of skilled students, who have previously represented the Mt DrUITt zone.

Despite conceding first points, Plumpton soon jumped to the lead. **Despite James Ruse's best efforts, they couldn't contain Plumpton's fast break**, which caught them off guard on numerous occasions. This fast game plan saw Plumpton go to the half time break leading by 8 points.

The second half started with James Ruse staging a come back. With their home court advantage and the Plumpton Boys tiring due to the heat, they managed to close the gap to within 4 points. Plumpton regained their composure and started to score again, however, James Ruse somehow managed to remain within a couple points of the lead. With one minute to go, James Ruse hit the lead. Plumpton were desperate to regain possession, however, the James Ruse boys held onto the ball and denied Plumpton a chance of equalising. When the final siren went, the score was 35-32 with James Ruse progressing to round 2. A disappointing result for the Plumpton High team, however, special mention must be made to the boys who also qualified for the Mt DrUITt zone team who were declared winners of the Sydney West gala day—Ryan Dumaguit, Lima Misa, Rahim Nejah, Venz Banting and Christian Hipolito. Congratulations to Rahim Nejah who qualified for the Sydney West team.





## BEACH TOUCH FOOTBALL

The Plumpton High boys and girls touch football teams recently competed in the NSW School's Beach Touch Football Tournament held at Maroubra Beach. This provided students with the opportunity for students to apply their touch football skills in a unique version of modified touch football.



With the rain pouring down on the Tuesday, it seemed highly unlikely that the event would go ahead, but as students arrived at school early on the Wednesday they were greeted by a clear blue sky. After spending over an 90 minutes stuck in traffic, we finally arrived at Maroubra Beach. The draw revealed the boys team would play 3 pool games and the girls would play 4.

With the rain pouring down on the Tuesday, it seemed highly unlikely that the event would go ahead, but as students arrived at school early on the Wednesday they were greeted by a clear blue sky. After spending over an 90 minutes stuck in traffic, we finally arrived at Maroubra Beach. The draw revealed the boys team would play 3 pool games and the girls would play 4.

## NETBALL NSW SCHOOLS CUP

Phase 1, Wednesday 3rd June 2015– Jamieson

Congratulations to the following UNDEFEATED Year 7 and 8 students: Tamika Rex, Lakiesha Jones-Talo, Giselle Sialeipata, Tahlia Hunter, Angel Mailata-Tolua, Rhonda Hickey, Stephanie Lachmund, Bella Coleman, Katelyn Chapman.

Game 1 Plumpton v Heritage Girls 29-0

Game 2 Plumpton v Richard Johnson 11-6

Game 2 Plumpton v Jamieson High 18-3

Game 4 Plumpton v Cambo Yellow 13-6

Game 5 Plumpton v Kingswood High 24-0

Thanks to Ms Donovan for Coaching and Ms O'Kelly for umpiring.

Regional Finals– Netball Central, Sydney Olympic Park Thursday 23rd July



Karlene Rex– Coach



## NSW TOUCH STATE CHAMPIONSHIPS—YEAR 9/10

The Plumpton High boys and girls touch football teams recently competed in the NSW Touch State Championships held at the Kingsway Playing Fields. The core of this team has been playing together for a number of years and always seem to put in an excellent performance. However, due to the recent poor weather and a number of other issues, the boys team had limited training sessions which was unfortunate as there were a number of students making their debut for the school.

The boys started strongly in their first game against Fairvale HS. Within the first 5 minutes the boys had scored and the pressure was off. The team used this game as an opportunity for their new players to become comfortable with the rules and tactics of touch football. The result was never in doubt and the final score finished 4-0 to Plumpton. Our second game saw us play our local rival, Chifley College Mt Druitt. This was an extremely tight contest with limited scoring opportunities. Despite some of the impressive talent of the Mt Druitt players, our defence held strong and denied them from scoring. We even had a number of opportunities to score ourselves, however, we couldn't land the final pass. After a nail biting 20 minutes, we were happy to settle with a 0-0 draw.

Our third timeslot was listed as a bye, however, due to a mistake in the draw, the boys were forced to play 3 games back to back with no break in between. This would definitely test their fitness levels. First up was Callaghan College who were extremely impressive from the start. It was obvious this was a well drilled team as they had set plays and were able to isolate our tired defenders. Despite a mini comeback in the second half, Plumpton were defeated 3-1. The boys literally had to run to their next game which was against MacKillop CC. The boys quickly put the disappointment of the last game aside and began strongly, scoring in the first couple of sets. Players were rotated regularly to keep them fresh and a number of players were able to cross the try line for a pleasing team performance in which Plumpton won convincingly 5-1.

Our final game was against Red Bend CC who were sitting second behind Callaghan College in our pool, so we knew we would be in for a tough match. The first 5 minutes had us defending our line and it was obvious the **boys were exhausted. After a lucky intercept it seemed we would be first to score, however, it wasn't to be. The boys fought with determination and at times their frustration seemed to work against them. Fatigue was setting in and we could not match it with this school, with Plumpton being defeated 3-1.**

Despite the loss, the boys unexpectedly qualified for the round of 16, however, we missed the announcement and arrived late, with 4 of our players already on their way home. This meant we had to forfeit the match. Overall it was a fantastic day with every single one of the players fulfilling their role. Congratulations to all the players involved.

Team list—Josh Ross, Abdul Zraika, Baden Smith, Muhsin Rawat, Griffin Jacobs, Dylan Bulpett, Harrison Moise, Justin Cox, Junior Panisi, Hassan Rauf.

- Mr Simonovski (Coach)



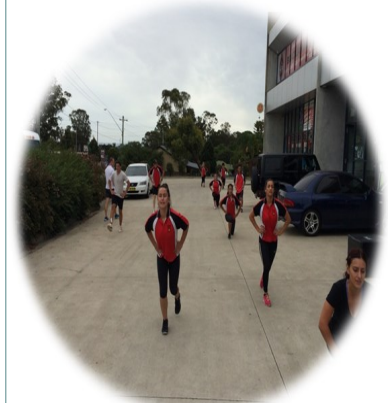
# SLR FITNESS EXCURSION

SLR students have recently been studying the Fitness and Resistance Training modules in class. These students were then provided with the opportunity to attend an excursion to The Good Life Health and Fitness Centre in Kings Park. Upon arrival, students were introduced to the owner and one of his trainers, who established links between content learnt in class and how it may be applied in a practical setting.

After this discussion, students then participated in a 45 minute training session. Students were required to utilise a range of fitness and resistance training equipment, often with intimidating names such as **The Prowler**. **It wasn't long before the students were sweating, grimacing in pain and eventually curled up on the floor in complete exhaustion.**

Once students had regained their breath and heart rates had returned to normal, the trainers then discussed and identified the theory underpinning the training session. Overall this was a fantastic experience for the students and it is hope it provided them with a positive insight into the Health and Fitness industry.

- Mr Simonovski (SLR Teacher)



# SALSA HEALTH SNIPPETS

**SALSA** (Students As Lifestyle Activists) is a peer-led program that aims to motivate students to eat well and be more physically active



## KIWI SMOOTHIE

(2 servings)

Place in a blender:

1 banana

1-2 kiwifruit

1 pear

1 orange



Blend and enjoy!

You might like to add some water to make the smoothie more liquid.

### BLEND & WIN!

Upload a photo of you making this smoothie on Instagram for a chance to win a \$50 grocery voucher! When posting your photo, simply:

Include the hashtag:

#SALSAcookingcomp15

Follow @studentsaslifestyleactivists

Terms & Conditions at:

[tinyurl.com/studentsaslifestyleactivists](http://tinyurl.com/studentsaslifestyleactivists)

## Fighting Winter Sniffles the SALSA Way

Winter is nearly here! With a drop in temperature and humidity, along come the sniffles. There are a number of things we can do to reduce the chances of getting sick.

Exercise in the fresh outdoor air and eating more fresh fruit and vegetables containing vitamin C is a fantastic way to fight off winter bugs.

Physical activities you can enjoy include cycling, walking, swimming or a game of soccer.

### DID YOU KNOW?

Kiwifruit are amazingly good for you and are also packed with fibre and a lot of vitamin C. They were originally called Chinese gooseberries and came from China.



## Have you visited [eatforhealth.gov.au](http://eatforhealth.gov.au)?

It is jam packed with healthy lifestyle info and tips including how to eat healthy on a budget, ideas for the school lunch box and lots of healthy recipes. Check it out:

<http://www.eatforhealth.gov.au/eating-well/tips-eating-well/healthy-meal-and-snack-ideas>

# LIBRARY

Our **2015 Library Monitor Team**, an enthusiastic and charming set of students, is as follows:

Year 8: Jacinta Gimenez and Rachel Douglas

Year 7: Maddy Kiaupa, Emily Cassin, Olivia Caragay, Nabaha Raza, Malwa Bajwa, Nafeesa Rishad and Sandra Brunt



We thank you for your interest so far, with your training time last term and good efforts this term in shelving duties. It is not an easy job, especially remaining responsible and helpful all the time.

Our Year 7's have at last received their **library ID cards** which they are to bring to school every day as part of their school equipment. This card is necessary to access full use of the library facilities. They are to use the same card for Year 8 as well. If the card is lost it will be **\$5 to replace** so take good care. **Year 9's and 11's** will get a new free card on request at the library front desk. Those students who put their names down earlier this term can come now to pick up their cards with updated photos. New students to the school need to

report to the library to arrange passwords and a library card as soon as they arrive at the school.

## CHESS

We held a successful Junior Chess Contest at the end of Term 1 and our Junior Champion for 2015 is Volkan Mert of Year 10. Runner-up was Azeal Pihema and Connor Hews was our Top Year 7. Well done to all concerned in this event who participated with maturity and showed sportsmanlike behaviour. It is important to develop good social skills through occasions like this and both the winning and losing as opportunities to grow. We have already begun our **Sydney Chess League Interschool Tournament**, our teams playing on a Friday afternoon. So far we have won most of our matches. We play both at home and also away at other schools, mainly private and selective high schools from Plumpton to the Blue Mountains. It is great to see our students representing their school so proudly. Parents are welcome to come to watch the Home matches in the school library.

### Literature Circle

The library is hosting a new interest discussion/ writing group of Year 9-10 students who would like to discover more about different literature genres, for their own enjoyment and education. The first few weeks we are looking at poetry and what its purpose is. At the same time we are reading a selection of classical novels, those that have stood the test of time, to add to the library of our minds. This Literature Circle is open to any student of Year 9 -10 who is keen to prepare themselves in this way low-key, relaxed fashion for their senior studies. Come and join us on a Tuesday after school for some literary fun.

**Don't forget to use the new Infobase Online Resource library** which can be accessed both at school and at home for student and staff use. Go to the Moodle homepage, scroll down, hit on the icon of your choice.

Thereafter: **Username = plumptonhs and Password= digital** . If this online resource is not well utilized we will not subscribe to it next year.



# INTERSCHOOL CHESS TEAMS

**Intermediate** (Year 9-10)L-R: Berkay Ertas, Jacob Weyman, Joel Willson, Volkan Mert, Nathan Hendry

**the Year 10's in our Reading Club** for this special year of commemoration.

Plus our Modern history classes.

**Junior** (Year7-8)L-R: Sean Bell, Connor Hews, Jacinta Gimenez, Asad Malik, Azeal Pihema

## Other Library Activities

This term we have begun learning and practising for the **Scrabble Contest** which will be held on **Thursday 11 June**. This is an excellent game to improve literacy skills and I hope that parents will encourage their children to participate as it is a lot of fun as well if you know how to play properly. There is still time to learn and practise if you come to the library and ask at lunchtimes.

We have finished the Sydney Chess League Friday afternoon contest now. Our two teams acquitted themselves pretty well, considering that there were quite a few 'newies' on the teams. Our Junior team only dropped 4 games out of 24 but our Intermediate dropped 8. The latter had Penrith Selective on their roster and a surprisingly skilful Katoomba HS knocked our socks off last week.



Our Wednesday **Reading Club** is well on its way with about 20 members from Year 7-10. Students come and read quietly at Lunch 2 while eating their lunch in the library and it is open to all, whether for a one off occasion or as a regular member. But coming in at lunch 2 must be arranged beforehand, at Lunch 1, as it is necessary that there is a good understanding of what Reading Club is all about so that our reading is undisturbed. The **Book of the Month** over the April period was to read any library book on a theme of War, to commemorate the 100<sup>th</sup> anniversary of Gallipoli. Students read in the holidays and reviewed their books. Below you can see the attractive display created by

Thank you also to Mr Wong, Ms Kaur and Mr Silva for making themselves available to help me with duty of care after school on a Friday for the past 7 weeks.



On the second Thursday of next term, 23 July, I will be taking a few teams to the Penrith RSL Interschool Contest. It is an all-day event and we are taking the bus - thank you Mr Hayes - with 12-15 students. In the past I have only taken 8, so this is a new adventure! In order to have the correct placing on the teams - an important but tricky decision - and finalise numbers I am having a play-off on Friday Period 1-2 of the students involved, Yr7-11.



Mrs Pitt Teacher-Librarian



# Managing My Pass-out Card Responsibilities

As a Year 11 or 12 student at Plumpton High School you have been provided with a 'Pass-out Card' that will allow you to enter and leave the school at different times to that of junior students (Years 7-10). Plumpton High School sees the Year 11 and 12 students as young adults and as such the school seeks to provide a level of responsibility equivalent. Outlined below are the expectations and guidelines associated with your Pass-out Card.



1. You will only be permitted to leave the school if YOU have YOUR Pass-out Card
2. If you do not have a class Period 1 you may arrive at 10am
3. If you have no class P4 you need to leave during lunch 2 (gates are locked at the end of lunch 2, if you are still here you need to be in the library)
4. All students to be present Period 2 and Period 3 = Senior Study or Library
5. You may attend the shops Lunch 1 and Lunch 2 with your card
6. You need to return before the bell goes at the end of Lunch 1 or Lunch 2
7. Food purchased at the shops is to be consumed at the shops (please do not buy for juniors).
8. If you attend TAFE you are to depart at 1:00pm unless alternate permission is granted.

N.B. The front gates are closed during the course of the normal school day. Please ensure you enter/exit at set times to reduce inconvenience to office staff.

Should you make decisions and take actions that contravene the expectations and guidelines associated with the Pass-out Card the privilege may be removed.

Regards,

Tim Lloyd  
Principal  
19 May, 2015

	<b>PLUMPTON HIGH SCHOOL</b>
<b>SENIOR APPROVAL CARD</b> (SEE REVERSE FOR CONDITIONS)	
NAME:	
VALID FROM:	

# FIRST AID—PLUMPTON HIGH SCHOOL PLAN

Ref: 16/05/14- Developed in consultation with the WHS Committee.

## Assessment of first aid requirements

### Type of work performed

- Teaching in the key learning areas.
- Conducting and supervising playground activities.
- Conducting office duties.
- General maintenance and related duties.
- Supervising school excursions.

### Resources, equipment, machinery and other issues which may present hazards

- *Fixed equipment e.g. band saws, stoves and ovens, bunsen burner outlets and kilns.*
- Portable equipment e.g. tractors, lawn mowers, ladders, power tools, science tools, food technology tools and PE equipment.
- Chemicals used in science, TAS, visual arts and food technology.
- Playground surfaces.

### Types of injury or illness likely to be sustained

- Abrasions, cuts and lacerations.
- Burns, insect/animal bites.
- Sprains, strains and crush injuries.
- Asthma and anaphylactic reaction requiring an emergency response.

### Number and distribution of people across the school

1045 students                      78 teachers  
24 office staff                      1 general assistant  
1 farm assistant

### Size and layout of workplace

Five hectares of land with eight buildings. Three of the buildings are two storeys and two are three storeys.

### Location of school

*The school is located near a main road approximately 100m from a medical centre and 3km from the nearest hospital.*

### First aid plan (Controls)

- All first aid kits at the school have a general use adrenaline auto injector. All staff are aware of the location of these kits.
- One first aid officer, Jodie Taylor. Two backup first aid officers, Naomi Donovan and Dimity Hunter, are trained to take role in periods of absence.
- All 3 hold current WorkCover approved first aid certificates.
- *A first aid allowance is paid to school administrative support staff who undertake the first aid role as per the Crown Employees (School administrative and support staff) Award.*
- *18 Teaching staff hold a current First Aid Certificate. All school staff are to be trained in Emergency Care. Teachers supervising excursions are trained in Emergency Care and those supervising water-related activities are trained in Cardio-Pulmonary Resuscitation (CPR).*

## First aid plan (Controls) continued

### Response procedures

- The first aid officer is called immediately after an accident or incident has occurred.
- The first aid officer attends to the injured person. The first aid officer coordinates medical assistance and emergency services, as required. If calling an ambulance, keep in line of sight with student if possible.
- The principal notifies the parent(s) (in the case of a student), next of kin or an emergency contact in the case of employees.
- The principal notifies the WHS Manager and WHS Directorate (if appropriate) and must follow the Department's *Incident Reporting Policy (PD2007/0362)* and *Incident Reporting Procedures*.

Where an individual Health Care Plan exists, the procedures in the plan must be followed.

### Sick bay and kit requirements and management

- Sick bay is located in lower level of Block B and has 1 type A first aid kit and 2 portable kits for excursions.
  - The A Block has 1 type A first aid kit, 1 portable kit for the Head Teacher on Playground duty and another portable kit for school bus, all located in the Vault on the ground floor:
  - The B Block has 3 portable first aid kits located in Science Prep Rooms 1, 2 and 3.
  - The E Block has 1 first aid kit each in the kitchen, TAS Metalwork & Woodwork.
  - The F Block has 3 first aid kits in the PE staffroom and 1 in the GA staffroom.
  - There is 1 portable first aid kit each in the Ag plot shed and canteen.
- A sign indicating where the sick bay, first aid officer and main first aid kit is located and where other first aid kits are kept is displayed in the staff rooms.
- The first aid officer maintains the main first aid kit and its backup supplies.

### First aid recording and reporting system

Register of injuries is located in the main administrative office and is completed by the injured worker or visitor as soon as practicable. The administration of first aid is recorded online in the sickbay register of Sentral Attendance system.

The register of medications is maintained by employees authorised to administer medications. This is kept in sick bay.

### Communicating the first aid plan

The plan is placed on the noticeboard in each staff room and in the main office. It is communicated to all staff, students and workplace visitors.

### Timetable for monitoring and review procedures for first aid

The plan is to be reviewed annually with the input of staff and the WHS Committee.

### Important contact numbers

Emergency **000**                      Plumpton Medical Centre **9832 8099**  
Mt Druitt Hospital **9881 1555**  
Poisons Information Centre **131 126**

# Plumpton High School

## Uniform Shop Special Opening Hours



2014 - 2015



### DECEMBER 2014

MONDAY	1 <sup>st</sup> . DEC (YEAR 7 INFORMATION NIGHT)	3.00pm – 8.00pm
TUESDAY	2 <sup>nd</sup> . DEC	8.00am – 12.00pm
WEDNESDAY	3 <sup>rd</sup> . DEC (ORIENTATION DAY)	8.00am – 3.00pm
THURSDAY	4 <sup>th</sup> . DEC	11.00am – 3.00pm
TUESDAY	9 <sup>th</sup> . DEC	8.00am – 12.00pm
THURSDAY	11 <sup>th</sup> . DEC	11.00am – 3.00pm
TUESDAY	16 <sup>th</sup> . DEC	8.00am – 12.00pm

### JANUARY 2015

MONDAY	19 <sup>th</sup> . JAN	8.00am – 2.00pm
TUESDAY	20 <sup>th</sup> . JAN	8.00am – 2.00pm
THURSDAY	22 <sup>nd</sup> . JAN	8.00am – 2.00pm
TUESDAY	27 <sup>th</sup> . JAN	8.00am – 2.00pm
WEDNESDAY	28 <sup>th</sup> . JAN	8.00am – 2.00pm
THURSDAY	29 <sup>th</sup> . JAN	11.00am – 3.00pm

**THEN EVERY TUESDAY:**

**8.00am – 12.00pm**

**THURSDAY:**

**11.00am – 3.00pm**

**During School Terms**

**PRICE LIST / ORDER FORM ON THE BACK**  
**MASTERCARD & VISA ACCEPTED EFTPOS NOW AVAILABLE**

UNIFORM SHOP

# UNIFORM SHOP

PLUMPTON HIGH SCHOOL AND DAYLIGHT SPORTSWEAR IS PLEASED TO ANNOUNCE THE LAUNCH OF THEIR NEW ONLINE ORDERING SYSTEM FOR THE PURCHASE OF SCHOOL UNIFORMS. THIS WEBSITE WILL ENABLE PARENTS AND STUDENTS WHO ARE UNABLE TO VISIT THE SCHOOL UNIFORM SHOP DURING OPENING HOURS TO PURCHASE SCHOOL UNIFORMS ANYTIME. THE ONLINE ORDERING SYSTEM IS QUICK AND EASY. SIMPLY CREATE AN ACCOUNT PROFILE, PLACE YOUR ORDER, PAY AND SELECT "WALK IN" TO PICK UP YOUR ORDER FROM THE SCHOOL UNIFORM SHOP ON THE NEXT OPEN DAY.

[www.daylightsportswear.com/plumpton](http://www.daylightsportswear.com/plumpton)



**Daylight Sportswear Pty Ltd**  
 ABN 76 069 733 455  
 35 Garema Circuit, Kingsgrove NSW 2208  
 Tel: (02) 9758 5588 Fax: (02) 9758 5566  
 Email: daylight@daylightcorp.com

**Plumpton High School UNIFORM SHOP**  
**Price List**

NAME: \_\_\_\_\_ YEAR: \_\_\_\_\_ DATE: \_\_\_\_\_ REC# \_\_\_\_\_

ITEM	PRICE	SIZE	QTY	TOTAL INCL GST
<b>Girls</b>				
Senior Tartan Skirt	47.00			
Junior Black Skirt	37.00			
Senior girls shorts	44.00			
Junior girls shorts	37.00			
Black Fitted bootleg slacks	39.00			
Senior Girls Blouse	27.00			
<b>Boys</b>				
Boys bitloop trousers	39.00			
Boys elastic shorts	29.00			
Senior Boys Button up Shirt	27.00			
<b>Unisex</b>				
V-Neck Sloppy Joe	28.00			
Junior Polo Shirt	27.00			
Sloppy joe	40.00			
Jumper	72.00			
<b>Sports</b>				
Sport Polo Shirt	35.00			
M/F Sport Shorts STD	26.00			
M/F Sport Shorts SUPER	26.00			

- CASH
- CREDIT CARD

TO PAY: \$ \_\_\_\_\_  
 PER.....

UNIFORM SHOP

## COMMUNITY



# Mental Health and Young People

## Depression, Anxiety and Self Harm

*With speaker: COLLETT SMART, Founder of Family Smart*

- Communicating with a young person you are worried about
- Types of self-harming behaviours, including digital self-harm
- Why youth self-harm ● The pressures faced by teenagers
- Signs of anxiety or depression in young people
- Recognising the triggers ● Practical strategies for offering support

**THURSDAY 11 JUNE 2015 . 7:30pm . Fusion Western Sydney - Youth and Community Centre. 12 Carsons Lane St Marys**  
⇒ \$15 pp or \$12 group of 10+ ⇒ **Bookings** [fusionwesternsydney.org.au](http://fusionwesternsydney.org.au)

*Collett Smart is the Founder of Family Smart, psychologist, qualified teacher, lecturer, writer and regular media commentator on parenting and youth mental health.*



## CLASSES FOR ALL AGES

Jazz • Ballet • Technique • Contemporary • Hip Hop

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Students will develop strength, grace, posture and musicality – learning to *live, love, dance!*



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# COMMUNITY NEWS



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TO BE WON



EVERY  
NOMINEE  
RECEIVES A  
CERTIFICATE

We are searching for NSW's best high school teachers to be part of an exciting new project that will change the face of teaching resources.

To nominate your teacher fill out the entry form at [www.nswteacheroftheyear.com.au](http://www.nswteacheroftheyear.com.au) and answer in 100 words or less why you believe your teacher should win the title of NSW Teacher of the Year.

Competition closes: Friday 19 June 2015 at 23:59 AEST. Our ABN: 261 939 077 91.  
Full terms and conditions can be found at [www.nswteacheroftheyear.com.au/competition:tcs](http://www.nswteacheroftheyear.com.au/competition:tcs)



## BUSINESS COURSE CERTIFICATE III IN BUSINESS ADMINISTRATION

@ Nirimba TAFE  
(Quakers Hill)

FOR SEMESTER 2, 2015  
Call/email us to register now

### Course Description

This course is for people who need to perform a range of mainly routine tasks using limited practical skills and fundamental operational knowledge in a defined context.

It will be suitable for:

- school leavers who wish to gain skills for work or university study
- small business owners to learn the skills helpful in running their small business
- the unemployed who need skills to prepare them to return to work
- existing workers who wish to update their knowledge and skills; and
- those who want to enhance current skills for promotional purposes or other goals.

It also meets the needs of those who wish to administer a small business.

### Duration:

18 weeks

### Attendance:

2½-3 days per week

**Cost:** The cost will depend on your personal situation. Please visit the Smart and Skilled website at [https://www.training.nsw.gov.au/smartandskilled/prices\\_fees.html](https://www.training.nsw.gov.au/smartandskilled/prices_fees.html). College staff will assist you if you need help.

## TO FIND OUT MORE



**Visit our Facebook Page:**  
<https://www.facebook.com/NirimbaBusinessServices>



**Email:**  
[myrna.seeruthun@tafensw.edu.au](mailto:myrna.seeruthun@tafensw.edu.au)



**Phone:**  
Myrna - 9208 7064



**Address:**  
Nirimba Education Precinct,  
Nirimba TAFE, T1C, Rm C.1.15  
Eastern Rd,  
Quakers Hill NSW 2763



NSW