

Deni High News



Principal: Glen Warren

Deputy Principals: Peter Astill and Robyn Richards

Harfleur Street, Deniliquin NSW 2710 T: 5881 1211 F: 5881 5115

E: deniliquin-h.school@det.nsw.edu.au W: www.deniliquin-h.schools.nsw.gov.au

Issue 8- Term 3 - Week 9

Friday 18 September 2020

CONGRATULATIONS TO OUR 2021 SCHOOL LEADERS.

CAPTAINS - ALEX POKA & ELLA HARVEY, VICE CAPTAINS - ELIZA BAKER & DUNCAN HUGHES



YEAR 12 STUDENT VOICE - REFLECTION OF THEIR TIME AT DHS

I have cherished my time at Deniliquin High School and am grateful for all the amazing opportunities and experiences I have been given. I am so thankful for the support from my teachers and fellow students over the years and have enjoyed playing a part in the school community. My plans for the future are to have a gap year, then commence study in the field of Veterinary Science. - **Bella White**

One of the roles I've enjoyed during my time at Deni High was being a member of the MAD Squad, the school's mental health awareness group. We did activities with organisations like Head Space & Intereach and even ran a sensory table activity day for a primary school event. It was great to see the kids leave with their little gift bags and big grins, chatting to their friends. These experiences have given me a better understanding of what a career in mental health would involve. - **Ella Mullins**

Wow! Deniliquin High School! What can I say? So many great achievements and good memories to share and treasure for a lifetime. The footy trips to Wollongong, sharing rooms with mates. Next year I hope to go to University to study physiotherapy or teaching or have a gap year. - **Harry Hillier**

Being welcomed into Deniliquin High at the start of year 10 was nothing but scary. However, the teachers and students could not have been more welcoming. Deniliquin High has allowed myself and all of my peers an endless number of opportunities that limit how disadvantaged we are as a rural school. Year 10 presented many opportunities e.g. Work Experience and Drivers Ed and to not only navigate our own way around Sydney but visit some of the highlights that Sydney has to offer. This trip gave us new insight of University potential in Sydney. This allowed us to endeavour into potential careers and a life outside of school. The Year 11/12 excursion to Melbourne was a great experience not only for the students interested in University, but also the students interested in TAFE and other future options. Our year level has had many bumps in the road that has shaped who we are and how we approach tasks in our everyday life. We are all extremely grateful for all of the effort our teachers placed throughout the home learning period, and specifically to Mrs Orman, Mrs Van Lieshout and Mrs Dunmore.—**Hayley Whitehorn**

PRINCIPAL MESSAGE

YEAR 11 EXAMS

Year 11 will be sitting for their end of course exams next week. These exams mark the end of Year 11 for these students. I wish them all the best in their exams.

THE SECRETARY’S AWARD

It is with great pleasure that I am able to announce that Deniliquin High School has won The Secretary’s Award for an outstanding school initiative. This is in recognition of the Sustainability 2.0 project that is running in Year 8 this year. This program involves a range of teachers working across faculties to deliver a program that is a combination of field lessons and digital lessons. Students study the concept of sustainability at the school farm as well as at the lagoon system in town. Congratulations to all of the staff involved in the development and delivery of this program.

HSC EXAMS

As a school we have developed a plan to keep our Year 12 students safe during the HSC exams. We will be isolating the room that the exams occur in for the duration of the exams and will have hygiene items in the room for student use. In the case that we have a positive test result among our Year 12 students the school will be closed for deep cleaning Deniliquin South Public School Principal Mrs Dudley has kindly allowed us to use their hall and library as an alternate exam site.

Further information will be sent home to the Year 12 and their parents before the end of term.

COVID-19 RESTRICTIONS

We still have COVID-19 restrictions in place. As a school we ask that parents avoid entering the school grounds unless an appointment has been made. We are trying to limit the risk of infection and adhering to the Department of Education guidelines which are very clear in what we can and can’t do. We are also unable to hold our normal Year 12 final assembly or formal at this point in time. The Department of Health has released strict guideline around year 12 formals and assemblies which we will need to comply with. Planning is under way for events to occur after the HSC Exams. The current advice limits attendance at these events to Year 12 students and supervising staff only. We are working within the restrictions to find a way to celebrate this important milestone for our Year 12 students.

END OF TERM

As we move towards the end of term I would like to thank all of those students who have been applying themselves diligently to their work and who have been regularly showing the school values of Respect, Responsibility and Co-operation. We truly have a great group of students at Deniliquin High School.

Glen Warren
Principal

BOOK WEEK QUIZ WINNERS

During Book week the DHS Library held a Literature based Quiz for three mornings where questions were read out during Roll Call and the first students with the correct answers received a Block of Chocolate.

Day 1 - Lachlan Baker (Winner)
Alex Rose (2nd)

Day 2 - Connor Hillman (Winner)
Bridie Blake (2nd)

Day 3 - Dottie Wilson (Winner)
Mr Loy’s Roll Call Class (2nd)

DATES TO REMEMBER	
TERM 3	
SEPTEMBER	
25	Last day of Term
ASSESSMENTS DUE TERM 3	
Week 10	
Yr 10 - English	
Yr 9 - PASS	
Yr 8 - PDHPE, Maths	
Yr 7 - Maths	
TERM 4	
OCTOBER	
12	Students return
20	HSC begins

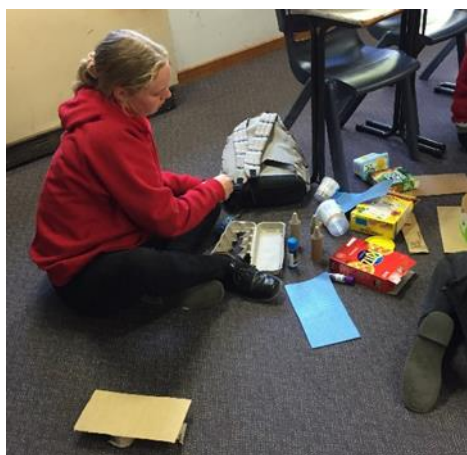
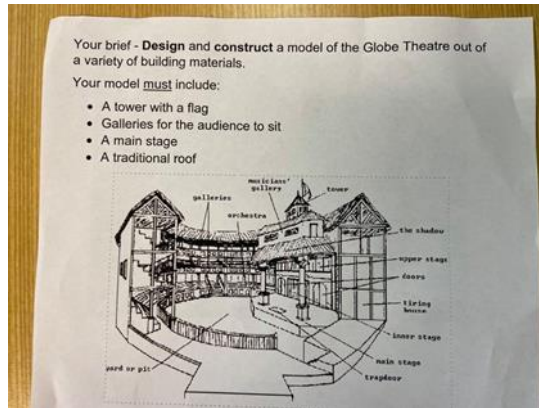
ENGLISH NEWS


We have had a busy end to Term Three! All our Junior classes have been working on their assessments. Year 7, 8 and 9 have now completed their tasks; Year 10 will submit their task next week. Year 11 have been revising for their End of Year Exams which begin next week.


In preparation for their assessment, Year 10 completed a group challenge, in which they built a model of the Globe Theatre. Mr Warren came to judge the winning team from a selection of well-constructed and creative designs. They were also lucky enough to have a Zoom session with locals, Michael Ladson and Julia Druitt, who spoke to the cohort about the intricacies of marketing and advertising design. The students had the opportunity to ask questions about their chosen form of advertising for their assessment and to examine some examples of a cohesive campaign.

Our Junior debating team have been busy this term competing against teams in the Riverina. They have chalked up one win and one loss so far. If they can achieve a win in their final debate they will continue on to the next round. We would like to congratulate them on their current efforts and wish them luck for their final debate.

Finally we would like to wish our Year 12 students completing the HSC exams good luck. You have been perfecting your skills for 13 years and revising thoroughly in class since your trial exams.




WRITE ON 




AMAZING TALES

BOOK 1

FEATURING STORIES FROM:- Connor Buckley, Max Coruso, Jess Dover, Will Dudley, William Edge, Sammantha Flanagan, Brad Freund, Etan Gray, Kasey Griffiths, Stella La Porra, Logan Leiper, Olivia Marchant, Tyler Marchant, Lacey Mather, Mia Parks, Ellie Rourke, Kahila Small, Paige Wall

WRITE ON 





AMAZING TALES

BOOK 2

FEATURING STORIES FROM:- Leroy Edwards, Koby Allitt, Bede Orr, Harry O'Brien, Raphael Nelley, Shane Bothma, Charlotte Hodgson, Luke Todd, Luella Astill, Phoebe Jefferies, Darby Watson, Trinity Larcombe, Mallie Maher, Brodie Park, Tahlia Peers, Lucy Pitt, Grayce Pratt, Madeline Weir

FIRST EDITION
BOOKLETS
OUT NOW!


WRITE ON 




AMAZING TALES

BOOK 3

FEATURING STORIES FROM:- Harry Way, Leasha Bartlett, Noah Bradley, Ben Cavallaro, Cory Leimuth, Ella Birt, Cooper King, Erika Martin, Hayden Bailey, Jarrah Fitzpatrick, Cameron Wills, Harry McIlwain, Jasmyyn McKenzie, Marcus Moorse, Jackson Muldoon-Leatham, Shaniqua Mitchell, Ben Monro, Dustin Lawson, Hayley Noonan, Olivia McCallum

WRITE ON 





AMAZING TALES

BOOK 4

FEATURING STORIES FROM:- Jess Andrews, Jack Coruso, Alvin Cooper, Connor Didcock, Trae Doidge, Brodie Elphick, Bella Fenton, Breanna Hobbs, Tahlia Johnston, Julia Kara, Kiedis Moore, Seth Morris, Brad Nowar, Santiago Murray-Harradine, Tanja Perwin, Anchi Rolfe, Tresh Salom, Shantiah Smith, Laura Sutherland, Tyson Willis, Angus Wright

Copies in: Library,
school foyer, Year 8
English classrooms


WRITE ON 




AMAZING TALES

BOOK 5

FEATURING STORIES FROM:- Kaili Anderson, Ben Baker, Jarrod Bashford, Abbie Blake, Masen Brain, Will Compton, Murray Clancy, Hayden Doncon, Liam East, Bonnie Everett, Jack Gavel, Jessica Hillier, Angus Hillman

WRITE ON 



AMAZING TALES

BOOK 6

FEATURING STORIES FROM:- Nathan Ho, Abbey Lawson, Kyla Learmouth, Shae Learmouth, Emily Marshall, Scout McKenzie, Luke Moadie, Benjamin Muirhead, Cooper Peers, Shawn Peh George, Theodora Schofield, Georgia Taylor, Isaac Thompson, Cormac Witty

YEAR 8 WRITE ON PROGRAM

The second writing challenge for students in Year 8 was: Your dog has dug something up. What is it and what happens next?

Here are just a few excerpts from the creative writing of some Year 8 students:

....but as I got closer to the hole I saw an impossibly, bright light which created a massive spotlight in the dark, cloudy sky, revealing a decently-sized alien spaceship soaring....

Sensational descriptive writing from Ben Baker (SY)

'Roof! Roof!' -My dog has not stopped barking at my old, next-door neighbour's house for at least a week. My neighbour, Shelly went missing last year and no one knows what happened to her. She was so nice and outgoing. Everyone thinks she ran away, but I know that she definitely didn't.....

Mysterious beginning from Mia Parks (80)

....I went to grab it out of my dog's mouth, and whatever it was started to pull me closer towards it. I felt it clamping around my fingers, and then I pulled it out. It was a magic knuckle duster, and suddenly my arm became powerful. I felt like I could lift buildings, planets, anything I wanted to. I was freaking out.....

Clever ideas and writing from J'ulio (SR)

"Ugggh!" That was the sound of relief. I just got home from school and I was exhausted.

I had only been sitting down for 4 minutes, and all I could hear was the screeching voice of my mother, telling me to walk the dog. Of course, I was annoyed! I hadn't been home that long, and she was already asking me to do things.

I stamped my feet all the way down the hall...

A bright start from Tahlia Peers (SB)

....I crept over to fill in the hole and I spotted something. It looked like something from a spacecraft. I picked it up, and by the time I realised what it was, it was too late!

The landmine exploded!

Fabulous ending from Cory Freimuth (BG)

"Hoy! Max! Come here mate!" the dog's owner is calling and whistling, and searching the property. Suddenly, he hears a racket and sees a mound of dirt that the dog is digging up. He goes over and finds an old, mine entrance....

A start that could lead anywhere from Angus Wright (SR)

(After Stan gets 5 million dollars for a gold coin!!) The museum owner took another look at his new exhibit piece, and noticed a small area of brown on the edge of the coin. Reaching a finger forward, the 'gold' peeled back to reveal,....chocolate wrapped in tin foil!

Clever twist in the tale from Cormac Witty (SY)

...(throwing a stick at the beach with his dog!) instead

he brought back a dirty bottle with something in it. I didn't think much of it, so I gave it back to him, and he went away to bury it in the sand.

I couldn't sleep that night.....

What's keeping Shane Bothma of 8B awake

WHAT HAS BEEN DUG UP-PART 1

*A landmine that is triggered, and injures two squad members (**Shawn Peh George-SY**)

*Gold in a hard safe, that is opened with a grinder bought from the store

(Connor Didcock-8R)

*A shoe attached to something that can't be easily yanked out (**Erika Martin-BG**)

*A birthday cake (not dug up!) with a dog paw on it for Josh who is celebrating his birthday (**Leroy Edwards-SB**)

*Aliens inside an alien ship that chase Bob and his dog to the highway (**Ethan Gray-80**)

*An amazing dinosaur bone (**Kylah Learmonth-8G**)

YEAR 8 WRITE ON PROGRAM

....(taking his dog for a walk!)...when he sniffed something. It smelt unusual, like gun powder, and he kept on sniffing until he found where the unusual smell was coming from. It was coming from a dot on the ground, a metal dot.....

Top effort from Marcus Moorse (8G)

It was Saturday, and the moon was just peeking through the clouds. Just for the fun of it, my dog and I went for a walk. The breeze blowing through my hair made everything feel peaceful and safe....

Is this the calm before a storm? from Tahlia Johnstone (BR)

Last Saturday afternoon, I went camping and motorbike riding, and when I came home, my dog, Billy was digging something up...

Excellent introduction from Will Dudley (80)

....Your pet has its head buried in a large hole, dirt coating its paws. It lifts its head at your presence and you cut a glance at what's taken its interest. Red, crimson strips colour your vision, pasting your eyes. Wafts of rotten flesh fill your lungs as you gag....

Extraordinary writing from Scout McKenzie (8Y)

During the Xmas holidays my dog Oscar was digging in the backyard of our house. I told him to stop digging, but he didn't care, and he continued to dig. So, I decided to investigate, and I found out there was a box in the dirt.....

A top story-starter from Will Edge (80)

....Veronica's family were very poor so they couldn't afford brand new clothes. They didn't waste money, and therefore Veronica didn't have any deodorant or toothpaste, and she could only have 2 minute showers. But, little did she know her life would change forever, as soon as she got home...

What will become of Veronica? from Hayden Bailey (BG)

....We are pretty far into the forest when Spike breaks free of the leash and bolts. I go after him, only to find him digging. I stand there and watch until I hear his claws scrape on metal....

Interesting build-up from Jess Hillier (8Y)

"Come on Hallie!" Josie yelled as she ushered her new puppy into her front yard. Josie had just gotten the pup from the local shelter. Hallie was a grey pitbull, and she'd only just turned one.....

'Ushered'!-What a great word! from Grayce Pratt (8B)

....The tide reached my feet and my stained, white dress was nearly taken by the ocean..../It was a deep, black crystal. It had jagged and rough edges and my hands were bleeding from holding it.

Samples of a few outstanding sentences from Theodora Schofield (BY)

...I could hear my dad's boat cover rattling, so I pulled it off to find my dog digging....

Excellent sentence from Ben Cavallaro (8G)

WHAT HAS BEEN DUG UP-PART 2

*My Grandad's gun that he fought with in the war (Jorja Perrin-SR)

*A box that Samm jumps out of, and then frightens me with balloons (Kasey Griffiths-SO)

*My sister who was buried in a coffin (Abbey Lawson-SY)

*A Malibu Response wakeboard dug up with a 2 horse power digger (Darby Watson-SB)

*A magic lamp with one wish left in it (Tyson Willis-SR)

*The front lawn revealing a massive hole that swallows Robber, the dog (Mosen Brain-SY)

*A bit of blue in my dog's mouth, that turns out to be a pair of blue chaps (Bradley Freund-SO)

*A time capsule containing a ship bracelet, shells, some old clothes and a photo of teenagers

Leisha Bartlett (SG)

*Grandmother's jewellery hidden deep in a box (Olivia McCallum-SR)

*A magic wand that makes things appear (Stella La Porta-SO)

WELL-BEING MATTERS

HUGE THANKS TO OUR YEAR 12 SRC MEMBERS

This time of year is always bittersweet. We celebrate with our Year 12 students that they have reached the end of their secondary schooling but we are sad because they are leaving our school community. The SRC would like to sincerely thank our Year 12 members; School Captains Georgina Mildren and Anthony Zielke, Vice Captains Bella White and Harry Hillier, and long-term SRC members Ella Mullins and Hayley Whitehorn. These students have provided great leadership during this strangest of years when there have been so many restrictions on our activities. They demonstrate our school values of Respect, Responsibility and Co-operation on a daily basis and are fantastic ambassadors for our school. We wish them and all of our Year 12 students the very best for their up-coming HSC exams and their future beyond Deniliquin High School.

BREAKFAST PROGRAM

It's safe to say that the Breakfast Program has been very successful since it began in Week 5. According to our records, our volunteer students and teachers have served:

981 students in all, providing
563 Cheese toasties
152 pieces of Banana bread
732 Hot chocolates

With very few students taking up the cereal option, we will be getting creative with our stocks of Weet-Bix, Sultana Bran and Cornflakes. If you have any easy breakfast recipes using these ingredients, please let us know. We will be adding more fruit to our menu next Term with oranges and fruit salad being available. It will be interesting to see what our students like to eat during the warmer months.

A new roster will be created for Term 4 so any students who would like to volunteer should contact Mrs Van Lieshout. There will be no Breakfast Program on the last day of Term 3 or the first day of Term 4.



WELL-BEING MATTERS CON'T

VINNIES PROGRAMS

After our successful Drumbeat (Discovering Relationships Using Music Beliefs, Emotions, Attitudes & Thoughts) and Rules in Relationships sessions, we are organising some new programs with our friends from Vinnies. Notes will be sent home next week in preparation for Term 4.

THE HUB

A reminder that our Hub is operating most days. Students and parents are able to make referrals to The Hub services by contacting the school and booking an appointment via Leah Robinson. The current services are shown below. If you would like to discuss any of the services offered through our Hub, please contact Mrs Van Lieshout, Head Teacher Well-being at school

Day	Service Provider	Service offered
Monday & Wednesday	Vinnies Services – Vanessa McKay, Tamara Sefton and Nick Robinson	Working with young people and their families to resolve issues and foster positive relationships
Tuesday & Thursday	Well-being Health In-Reach Nurse (WHIN) – Callie Learmonth	Assists young people and their families to connect with health services in the community and maintain mental health
Friday – Even week	Murray Mallee Training Company – Susie Stafford	Mentors students looking to make the transition into employment, part-time positions and School-based Apprenticeships & Traineeships (SBATS)

POSITIVE BEHAVIOUR FOR LEARNING – PBL

Positive Behaviour for Learning (PBL) is implemented to improve the learning and wellbeing of all students in all school settings.

PBL brings together the whole-school community to contribute to developing a positive, safe and supportive learning culture. The framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people.

For the second half of this term, we have focused on implementing our expectations when using Information and Communication Technologies (ICT). Students have developed their awareness of using devices safely to support their learning and wellbeing.

Respect

- Take care of computers/equipment,
- Obtain informed consent before sharing/posting
- Protect personal information

Responsibility

- Use resources safely and as a learning tool
- Protect your digital tattoo
- Use allocated time productively

Co-operation

- Report misuse/cyberbullying
- Share resources/equipment
- Right site, right time

WELL-BEING MATTERS CON'T

ART PROGRAM UPDATE

The end of Term 3 is upon us, with only slight disruption due to COVID-19. Border exemptions restricted Miss Parker from crossing the boarder for two weeks pushing the Term 3 Well Being mural unveiling until Term 4.

During the Term 3 holidays the next mural in the Well Being Arts Project will be hung outside of Henry St office, ready for student and staff enjoyment on their return in Term 4.

This mural is a fun and important work of art. It is playful in its design; students drawing inspiration from dreams and fantasy, embedding messages of kindness, support, and mental health awareness throughout the artwork. The colourful and playful mural will be displayed in the courtyard, just outside of the entrance to Henry St office and provide a happy backdrop to assist in revitalising the courtyard area along with the garden bed Marg Blake and her students have been establishing this year.

Term 3 has also seen the initial stages of development of an artwork being created by three year 7 students, Alishia Burchell, Grace Ball and Dakota McKenzie, to be gifted to principal Glen Warren. The three girls are pushing the boundaries of mixed media works of art by creating a drawn, Cubist styled artwork for My Warren with aspects of collage. The students are drawing on their skills in mathematics, in particular measurement, to divide a photograph of the school into even parts and conquer the image in a drawn medium. Miss Parker has been so very impressed with the girls enthusiasm and natural skill, with a real willingness to step outside of their comfort zone to attempt a new way of artmaking.

Lastly, Term 4 will see the completion of an Indigenous-inspired work of art, created by various Indigenous students from years 7 – 10. Students are currently focusing on refinement, pattern, and repetition to share their local and wider culture and history with the Deni High school community.



Jemika in the zone adding the final touches to her design, focusing on pattern and repetition with line.



Grace preliminary sketching her Cubist drawing in preparation for the final artwork.



Year 7 students Alishia, Grace and Dakota using mathematics to measure and divide the equal parts of a photograph to suit the dimensions of their Cubist inspired gift to Mr Warren

WELL-BEING MATTERS CON'T

STUDENT SUPPORT OFFICER

Hi My name is Kylie Andrews and I am the Student Support Officer at Deniliquin High School.

My role as Student Support Officer focuses on enhancing and promoting the wellbeing of students across the school while supporting them through any challenges that may arise. I work with the Wellbeing team to provide social and emotional support to students by ensuring they feel they are being heard and valued while enabling them to achieve their own personal goals. I will provide a safe drop in place where students are able to take time to talk or just check in.

I also work with external agencies to plan and organise suitable group or individual programs. This assists in ensuring students are engaged and feel connected in their learning.

Most importantly I find it valuable that a student is able to acknowledge their own wellbeing and focus on issues that enable them to build positive relationships. I'm here to help provide students with the opportunity to be happy and healthy during their journey through High School.



DHS FOOD TRUCK

The Deniliquin High School Food Truck commenced on the September 8. Hospitality students in Year 11 &12 will make use of the new space to complete simulated Work Placement hours and service skills training.

Special thanks go to The P&C committee, The Depot, 3G printing and Anthony Bradley for assisting us in this new initiative.



FIVE IN FIVE CHALLENGE

Channel 4 Change is partnering with the Deniliquin Mental Health Awareness Group (Deni MHAG) in a mental health awareness initiative, the FIVE IN FIVE challenge, during October which is Mental Health Awareness Month.

During the first week in October (5-9 October) a team of Deni teachers will complete at least a marathon a day, for five consecutive days, in their respective disciplines. Over the five days, Mr Mark Peterson (Principal of Deniliquin North Public School) will hike 212kms, Mr Perizzolo will cycle 800kms and Miss Norman will swim 100kms.

The FIVE IN FIVE challenge aims to get all community members involved. Individuals are encouraged to design their own FIVE IN FIVE physical or wellbeing challenge. It could include any of ReachOut's '5 ways to wellbeing'; connect, be active, keep learning, be aware and help others.

During October, community members are encouraged to engage in one of the '5 ways to wellbeing' for one day, one week or one month. Everyone is encouraged to upload their challenge to the Channel4Change Facebook page with the hashtag #deni5in5.

Follow the Deni MHAG Facebook page to stay up to date with information around this event throughout October.



FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

SUSTAINABILITY 2.0

As part of the Sustainability 2.0 project, all Year 8 students visited the Yarkuwa Indigenous Knowledge Centre. They learnt about Indigenous culture and language, specifically focusing on the Wamba Wamba and Perrepa Perrepa people. A highlight of the visit was all students attempting to speak the Wamba Wamba language.

During field lessons to the School Farm, students have been working with animals. They have tagged and weighed the new lambs, allowing students to monitor their growth rate. Students also attempted to milk cows.



During digital lessons, Year 8 classes have been busy compiling what they have been learning into a digital presentation. Each class has a specific focus area for the project;

- 8 Yellow – History
- 8 Orange – Soli
- 8 Red – Plants
- 8 Green – Water
- 8 Blue - Animals

TELL THEM FROM ME

This term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student engagement and well-being.

There are three components to *Tell Them From Me*; a student survey, a teacher survey and a parent survey. These three surveys complement each other to accurately capture student, teacher and parent voices, in order to provide reliable evidence to identify strengths and areas for improvement.



More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is conducted online, is completely confidential and will typically take less than 30 minutes to complete. Students have the opportunity to complete their survey at school and parents have online access to the survey. Participating in the survey is entirely voluntary.

All parents/carers have been sent a letter with the URL to access the survey. This URL can also be found on the Parent Portal. The survey window closes at the end of Term 3, Friday 25 September.

DUKE OF EDINBURGH NEWS

VOLUNTEER SPOTLIGHT:

NAME: Abby Whitehorn

SERVICE: Net-set-go

It is great to see many of our students beginning their original planned service activities with a lot of community based sporting activities starting back up again. Abby is working with a young netball team and is looking forward to passing on some knowledge and expertise to the next generation of netballers.



"It was our first time working with the young girls this week and it was a lot of fun. We focussed on the basics including how to pivot, calling names and learning about the different positions on the court. At the end of the session we played some games to make sure they enjoyed themselves as well as put their skills to the test."



Abby Whitehorn and Annie Harvey at Net-Set-Go earlier this month

TRAINING:

Our award staff have had the opportunity to access a weekly webinar delivered by The Duke of Edinburgh Award Australia to improve the delivery of the program in our school. Topics have included award sign off, Adventurous Journey reports and streamlining award administration. We look forward to using this professional development to improve the experience for our participants.

Josh Perizzolo

Duke of Edinburgh Co-ordinator

YEAR 11 WORK STUDIES

Throughout 2020, Year 11 Work Studies have been tasked with creating additions to the school to make it look better. The ideas we came up with include replacing the garden beds, planting native flowers and painting the seats near the MPC. We have learned skills such as personal finance, DIY techniques, communication and team building. Our latest projects include completing the interior garden beds near District Office and the raised garden beds near the MPC.



SCHOOL COMMUNITY INFORMATION



Deniliquin Amateur Swimming & Life Saving Club Inc.

Registration Night for 2020/21 will be held at the Clubrooms in Poitiers Street, on Tuesday 20th October 2020 between 5:00pm and 6:00pm.

Active Kids vouchers are to be claimed when parents complete the on-line registration.

Website - <https://deniliquin.swimming.org.au>

**P & C
MEETING
22 SEPTEMBER**

6pm

ALL WELCOME



**DENILIQUIN HIGH SCHOOL
TERM DATES**

Last Day Term 3 - 25 September

**Term 4
Monday 12 October - 16 December**



BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

YOUTH MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I found the course to be truly beneficial and useful to me as I interact with secondary school students on a daily basis. I have gained the necessary tools to recognize and help those in need." - Luca

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

HOW DO I SIGN UP?

email lourene@bigpond.com or text/call 0428281060
Numbers Limited

This activity has been made possible by funding received from Murrumbidgee Primary Health Network

DATES 8 and 9 October 2020

TIMES 9am-5pm both days

COST Sponsored

VENUE Deni RSL Club

FACILITATOR/S
Lourene Liebenberg



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook **Joss Cleaning**

or visit our webpage
www.jossgroup.com.au



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind