

Deni High News



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Issue 4 Term 2 - Week 3

Friday 13 May 2022



PRINCIPAL MESSAGE

ATHLETICS CARNIVAL

Monday saw our annual athletics carnival run. It was moved because of the industrial action which was taken on Wednesday 4 May. The weather was perfect and those students who attended had a great day. It was a shame that there were many students who did not attend on the day. These days often form the best memories of school, and they encourage house spirit and physical activity which is good for both our physical and mental wellbeing.

YEAR 6 INTO 7 SESSION MONDAY

Monday afternoon we will hold our Year 6 into 7 (2023) Evening. We normally run this earlier in the year but unfortunately COVID prevented this from occurring. This event will start at 4:30 and run through until 6:15. The Year Advisor for 2023 is Regan Benson and she has been busily working on the evening as well as planning her school visits. We look forward to welcoming along parents and students to see our school and what we have to offer.

RESTORATIVE PRACTICE

We are continuing to implement restorative practices into our everyday processes of the school. Students who have been involved in incidents are taken through the restorative process as we use the questions and language of restorative practices. All Year groups have now received training either in 2021 or at the end of Term 1.

The restorative process uses two sets of questions, one for the person who has done the wrong thing and one for the person who has been hurt.

These are the questions we ask the person who has done the wrong thing:

- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what you have been done? In what way?
- What do you think you need to do to make things right?

These are the questions we ask the person who has been hurt:

- What did you think when you realised what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

Feel free to try these out at home, the responses you receive may well surprise you.

Nyernangurrang nyumangurrang katimang nyuman Kurrek Wamba Wamba Perrepa Perrepa Kuli Pakaya-puk Mim kilayitya kiki.
We would like to pay our respects and acknowledge the traditional custodians of the land, the Wamba Wamba and Perrepa Perrepa people and also pay respect to Elders both past and present.

PRINCIPAL MESSAGE CON'T

ANTI-RACISM

Racism and racist behaviour are not tolerated in NSW public schools. Everyone in a NSW government school – students, staff, parents, carers and community members – is expected to treat others fairly and with respect, and to behave in ways which do not promote racism in the school community.

With your support, we do the very best we can to ensure that our students feel safe and are able to reach their potential.

The Department of Education rejects all forms of racism and is committed to the elimination of all forms of racial discrimination in NSW public schools. The Department's Anti-Racism Policy aims to ensure that no student, employee, parent, carer or community member experiences racism within the school environment

The policy asks all members of the school community to assist in countering racism by demonstrating respect for the cultural, linguistic and religious backgrounds of others, and by behaving in ways that promote acceptance and harmony in the school environment

Each school has an Anti-Racism Contact Officer (ARCO) who is trained to assist with complaints and countering racism. Our ARCO at Deniliquin High School is Ms Sinha.

Thank you for assisting us to maintain a positive school environment in which all forms of racism are rejected. Please contact me if you or your child experience any form of racism, witness anyone experiencing racism at our school, or if you would like further information or support.

ATTENDANCE

Attendance at school is important – students need to be here to learn and to make the most of the opportunities that school provides. If they miss one day a week that equals 8 weeks of school in a year which is almost an entire term – across the 6 years at Deniliquin High School, this equates to almost 1 and ½ years. If your child misses 5 minutes per day that equals 3 days per year, 30 minutes a day equals 18 days. Patterns of lateness can have a serious impact on your child's education.

As a school we are working on improving student attendance and ask for your support in ensuring that your child is at school on time every day that they are well enough to attend.

BUILDING WORKS

The Edward River Council works are still occurring in Wellington Street, and we are hoping that it will be finished before the middle of June. These upgrades are welcomed as the footpath and guttering has been a trip hazard for several years. While it is an inconvenience for now the benefits will far outweigh this.

Soon after this work is completed the Department of Education will be working on the replacement of the roof of E-Block. This is the block running from the canteen down to Henry Street. This is part of scheduled maintenance and follows on from the roof replacement over the HSIE area which occurred last year.

Glen Warren
Principal

DATES TO REMEMBER

TERM 2

MAY

- 16** 6 into 7 Parent Evening
4.30 to 6.15pm
18 Cross Country 1.30pm
25 Yr 12 Moving Forward Info Night
6.30pm to 7.30pm
26 Yr 9 Duke of Ed overnight hike
30 Yr 10 Work experience– all week

ASSESSMENTS DUE

WEEK 4

- Yr 7 PHHPE
Yr 8 Science
Yr 9 HSIE
Yr 10 Food Tech, Crimes & Mysteries
Yr 11 AG, Legal Studies, Music,
Investigating Science
Yr 12 Maths Extension 1

WEEK 5

- Yr 7 HSIE, Tech Man
Yr 8 Tech Man
Yr 9 Maths
Yr 10 Music
Yr 11 Food Tech, SLR, Physics
Yr 12 Biology

WEEK 6

- Yr 8 Music
Yr 9 Music
Yr 10 Work Experience
Yr 11 PDHPE, Business Studies
Yr 12 SLR, Business Studies

SPORT NEWS

DHS ATHLETICS CARNIVAL

The sun was shining, the sky was blue, and the smiles were wide – a perfect setting for our long-awaited Athletics Carnival! Due to COVID, we missed our annual sporting competition in 2021, so we were pleased to be back again this year, with students participating in the 100m, long jump, shot put, 400m, javelin, 400m walk, discus, 200m, 800m, and novelty events.

Records were smashed at the javelin this year, with Jess Dover, Bede Orr and Elena Mulham all convincingly breaking some long-held titles. Elena also set a new distance for the 17 Girls Shotput, while Laura Hayes, Connor Wilson and Willow Clancy earned new records for 800m, shotput and long jump respectively.

		Old record	New record
12 Girls 800m	Laura Hayes	3:35.54	3:25.00
13 Boys Shotput	Connor Wilson	10.59m	10.69m
14 Girls Long Jump	Willow Clancy	3.79m	4.03m
15 Girls Javelin	Jess Dover	26.18m	27.63m
16 Boys Javelin	Bede Orr	37.42m	40.26m
17 Girls Javelin	Elena Mulham	26.00m	28.39m
17 Girls Shotput	Elena Mulham	10.14m	10.8m

Congratulations on these superb achievements!

All around Memorial Park, it was fantastic to hear kids cheering on their peers, helping them across the line. That sense of sportsmanship is something I have always been proud to identify as being part of the Deni High spirit, and Monday's carnival was just another example of that spirit shining through!

Year 12, under the watchful eyes of Miss Hatton and Amanda Bode in the kitchen, produced a delicious spread, with recess snack boxes for staff and tasty burgers for all at lunchtime. When they weren't cooking up a feast, the Class of '22 decorated the field in their colourful costumes.

The traditional house relays were followed by the annual Staff versus Students race, with Mrs Treble, Mr Loy, Mrs Hayes, Mr Perizzolo, Mr Hird, and Mr Hood competing for the staff, and taking the victory in a nail-biting finish!

Huge thanks go to Mrs Jansen, and all of her helpers, for the organisation, set-up and running of the carnival. Events like these do not happen overnight and are the epitome of the adage, 'Many hands make light work'. We all had a great day out.

AGE CHAMPIONS

12 Girls – Laura Hayes
 13 Boys – Matthew Pitt
 13 Girls – Sarah Duffey
 14 Boys – Jesse Jervis
 14 Girls – Willow Clancy

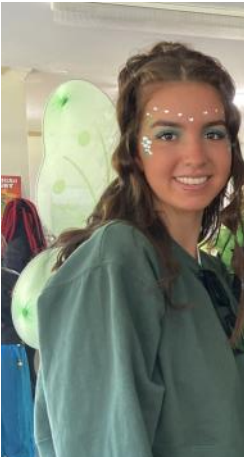
15 Boys – Oliver Fagan
 15 Girls – Jessica Dover
 16 Boys – Marcus Moore & Bede Orr
 16 Girls – Erika Martin
 17 Boys – Ty Ross-Gardam
 17 Girls – Elena Mulham

FINAL RESULTS

1 st place	<u>Colligen</u>	1194 points
2 nd place	Edward	1185 points
3 rd place	Nyrangi	1133 points
4 th place	Kyalite	856 points

Ms. Kermode





WELL-BEING MATTERS

Kylie Andrews, our Student Support Officer and Chantall Barnes, Wellbeing Support Staff, have been busy facilitating programs to the students during Term 1 and into Term 2.

RAGE

A program aiming to help understand and Redirect Angry & Guilty Emotions. This program has been extremely well received with our first two groups of Year 8 students learning how to 'TAKE A PIT STOP' and 'LET GO OF THE ORANGE'. Next round of RAGE will commence in Week 5 with two more new groups to be rolled out in Year 8.

FEELING FANTASTIC

This program helps us to understand our feelings, moods and emotions. The 6-week program has been received by a group of Year 9 Students in Term 1 and will be ran with Year 8 students this term.

ART PROGRAM

Jo and a wide range of students have been busy working on multiple projects during Term One and into Term Two. The boy's toilets are having a vibrant new feature wall and our indigenous students have been busy planning and commencing work on the school mural for NAIDOC week later this year. The theme is 'GET UP! STAND UP! SHOW UP!'. Students have identified indigenous leaders that highlight this statement and have BIG plans for the project. STAY TUNED!



COURAGE TO CARE

Last week, COGS students and Year 10 and 11 students attended the Courage to Care workshops in Echuca. Courage to Care is an educational program that teaches us all about the importance of standing up to discrimination, empowering each of us to confront prejudice and bullying. We were so proud of the students who attended. The genuine respect that they showed for the presenters and when faced with some confronting information relating to The Holocaust was a credit to them and our school.

"Courage to care was based around being an "upstander" instead of a bystander. Examples of this were shown through the horrible sad time of the holocaust, which we discussed and listened to a survivor's story that we very inspirational. I enjoyed every part of it and would definitely attend again".

Annie Harvey

"Courage to care was very confronting but a good experience. The speakers were really informative and taught us to be upstanders not bystanders. The videos were good and it bought tears to many people. Great day and would go again. #upstander!"

Henry Michael

"Courage to care was a really good experience hearing about Selena's story, it was heartfelt and made me tear up a little. It was an eye-opening experience that I would definitely recommend"

Abby Whitehorn

WELL-BEING MATTERS CON'T

FISH PARK

The Fish Park Program is a Year10 student engagement collaboration between DHS and the Koley Lagoons Landcare group. This program has run successfully at our school for several years, and the 2022 addition has just begun. The program centers around the maintenance and enhancement of the town's lagoon system and the Fish Park behind Deni TAFE.

The 12 Students involved have dived straight into action with a lesson on retrieving nets. Dan Hatton explained how the nets worked to collect and keep animals safe. We spent some time learning to identify the different breeds, discovering the difference between native species and those that have been introduced. We were even lucky enough to collect a turtle and we all learnt how to hold and correctly identify its gender. Then in the pouring rain, we had a complete tour of the lagoon system. Roseanne Farrant is a wealth of knowledge and explained the challenges of maintaining this natural series of lagoons through the centre of town and the balance that has to exist to create a pretty park and an area that wildlife can live and breed in.

The weather was far more pleasant for our second experience, however we got just as wet, removing the overgrown vegetation at Burchfield's Lagoon. Troy Bright joined us this week explaining why there is such a lot of growth beside our roads (excess nutrient runoffs) but also why it is important to leave a barrier of vegetation (acts like a filter before water reaches the inner ponds). Next week we look forward to heading to the Edward to replant some of the many varieties that we have been learning about.

Allana Moore



WELL-BEING MATTERS CON'T

ATTENDANCE MATTERS

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...	they miss days per year
5 mins per day 	= 3 days 
30 mins per day 	= 18 days 



Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight 	= 4 weeks 	= Over 1 year missed
1 day per week 	= 8 weeks 	= Over 2.5 years missed

education.nsw.gov.au


ACTION FOR HAPPINESS

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together



CAREERS NEWS

YEAR 10 WORK EXPERIENCE 30 MAY TO 3 JUNE – HIGH IMPORTANCE

This is a reminder to all Year 10 students to be organised, with necessary **paperwork and forms to be signed and returned** to the school by no later than **FRIDAY 20 MAY** (that is next Friday!) We urgently need students to secure their placements and return documentation asap. Congratulations to students who have secured unique opportunities outside of the above-mentioned dates, we still need for these students to engage in work experience during the set week, so that they are gainfully occupied during Week 6, as there will not be any classes running for this cohort.

CONGRATULATIONS To APRIL WEIR & ALYSSA TOWNSEND!!!

April and Alyssa are currently completing Year 12 and have been nominated for young State Trainee of the Year for their School Based Traineeships in Business Administration at ANZ Bank and Individual Support with Care South, respectively. They are off to Griffith on 9 June to compete in the regional selection process. April and Alyssa's selection is the culmination of an extensive selection process that sought to identify outstanding achievement in the Vocational Education and Training sector within the Riverina Region. The local award winners will have the opportunity to compete in the NSW Training Awards to be held in Sydney later in the year. We wish April and Alyssa all the very best for the regional finals.

SUNRICE EMPLOYMENT OPPORTUNITIES – TUESDAY 17 MAY AT THE RICEMILL

We have attached a flyer to this email from Sunrice Group, they are conducting a recruitment information session on Tuesday 17 May from 6.00pm – 7.30pm (light refreshment will be provided). All attendees will need to adhere to strict safety regulations before they will be permitted on site. Please read the attached flyer for full details.

UNIVERSITY ADMISSION CENTRE (UAC) FOR NSW – YEAR 12

UAC - Youtube How to Apply for 2023 for Current Year 12s

The quick video guide for Year 12 students applying for undergraduate courses through UAC.

To get started:

<https://www.youtube.com/watch?v=fxXSmZcXTJI&t=3s>

<https://www.uac.edu.au/future-applicants/year-11-and-12-students>

STUDENTS CONSIDERING COURSES IN THE MEDICAL FIELD

Thinking of applying for medicine in 2023? Get started with these online info sessions and key application dates. For a full run down on how the UCAT process works, log on to <https://www.uac.edu.au/media-centre/news/medicine-applicants-diary-dates>

Once the test has started it cannot be paused but each subtest is preceded by a 1 minute instruction section.

Candidates can apply for Access Arrangements to sit an extended version of the test if they have a documented medical condition or disability.

Information on scoring and marking can be found here.

<https://www.ucat.edu.au/about-ucat/test-format/>

UCAT AUSTRALIA AND NEW ZEALAND (ANZ) – YEAR 12 STUDENTS

The UCAT ANZ is a compulsory entry requirement for our Australia and New Zealand Consortium universities. You are required to sit the UCAT ANZ 2022 test (between 1 July and 12 August 2022) if you are intending to apply for entry in 2023 to a relevant course or programme listed below. UCAT ANZ results cannot be carried over from one year to the next. For example, results from UCAT ANZ 2022 can only be used to apply for courses commencing in 2023. The UCAT is a two-hour computer-based test which assesses a range of abilities identified by universities as important to practicing in the fields of medicine / dentistry / clinical sciences. The test consists of five separately timed subtests which each contain a number of questions in a multiple-choice format.

Some pathways to medicine/dentistry/clinical sciences will not require the UCAT ANZ. For some applicants, a different test may be required. You should always check the entry requirements for each course or programme using the websites of the universities to which you intend to apply before booking a test. There are no general exemptions from the test.

CAREERS NEWS CON'T

AUSTRALIA	
University	Course or Programme
The University of Adelaide	Medicine Dental Surgery Oral Health
Central Queensland University	Medical Science (Regional Medical Pathway provisional entry to UQ)
Charles Sturt University	Dental Science Medicine (Joint Program in Medicine)
Curtin University	Medicine
Flinders University	Clinical Sciences / Medicine
Griffith University	Dental Health Science
Monash University	Medicine
The University of Newcastle / University of New England	Joint Medical Program
The University of New South Wales	Medicine
The University of Queensland	Medicine (provisional entry pathway) Dental Science
University of Tasmania	Medicine
The University of Western Australia	Medicine (Direct Pathway) Dental Medicine (Direct Pathway)
Western Sydney University	Medicine (Joint Program in Medicine)

SUSTAINABILITY 2.2

During Sustainability 2.2, Year 8 students have been exploring biodiversity with local environmental experts and they investigated suitable sites at school to conduct a revegetation project. A site on the Junction Street side of the school, near the basketball courts, was selected. This area has been prepared and now it is ready for our native garden to be planted.

Later this term, students are going to engage in a waste audit at school and investigate recycling options in Deniliquin with a trip to the Deniliquin Waste Facility. They will then explore waste reduction options for the school.

Students have also been to the school farm where they have been learning about sustainable irrigation practices, as well as developing their animal handling skills. This term, students will be building their mathematical and mapping skills, using GIS technology to map the farm paddocks and input data, to help inform sustainable management decisions.



CULTURE PROJECT

In our culture lessons for TAS, we have been learning how to make rope and have begun to plan out a set of class wall hangings that will be designed and created at school. These wall hangings will be displayed down at the Yarkuwa Indigenous Learning Centre upon their completion.

Over the last few lessons, students have been learning how to manipulate and sew designs on fabric using the sewing machine. We held our annual threading races, where we timed how fast each student could thread up their machine correctly. It is safe to say that we are quite the competitive bunch, with one of our students finishing in just under a minute!

Once we had mastered our sewing skills, we went out into the field to collect some resources that could be used to tie dye our fabric. Students collected leaves of various colours, ruby salt bush and bark to use as the pigment base for our tie dye bath. We also grabbed leaves, bark and other textured material that could be used to create patterns.

Over the next fortnight students will be learning to fold and add texture to their fabric, before immersing it into the tie dye pot. This will sit for a few days to allow the pigment to adhere. We will then be on to the next phase where we will be designing a wall hanging each class using some of the symbols and Wamba Wamba Perepa Perepa language that students have learnt in their Art and Language classes.



YADABAL LAGOON REGENERATION PROJECT

On 3rd May, our students joined wetland ecologists, rangers and trainees to plant approximately 1000 wetland plants at Yadabal Lagoon in Werai. This was to build a future seed bank of plants currently not present in this lagoon due to changed water regimes and past grazing. Thanks to Murray Local Land Services, Murray Darling Wetlands Working Group, Yarkuwa Indigenous Knowledge Centre and the River Rangers, Rakali Consulting and Petaurus Education Group for enabling our students to be part of this project.



UNIFORM

- Plain black shorts (not sports shorts) OR
- Plain black skirt (with black stockings in winter)
- Black pants (not tracksuit pants)
- Plain White, black or grey socks
- Black leather enclosed shoes with black laces
- Black/red polo shirt with DHS logo
- White collared shirt
- Red polar fleece, woollen jumper or hoodie (with DHS logo)
- DHS logo black jacket
- Plain black or red hat or cap
- Summer dress

SPORTS UNIFORM FOR PD/H/PE AND SPORT SESSIONS

- Black/red polo shirt with DHS logo
- Red hoodie or red woollen jumper or red polar fleece with DHS Logo
- Plain White, black or grey socks
- Plain black sports shorts or Plain black tracksuit pants (no 'skins')
- An appropriate cap/hat is highly encouraged

Additional notes

- Shoes** - It is compulsory for all students from Year 7-12 to wear full leather shoes –shoes with 'holes in the top of them' or shoes that essentially only cover the toes are not acceptable. Shoes must have leather covered uppers as required by the Education Department for safety in **all** subjects.
- Hats** - It is highly encouraged for all students from Year 7-12 to wear an appropriate cap/hat when involved in outside activities such as at the Ag farm or on any excursion or activity where there is a lot of outside activity.
- In winter months, other layers underneath the jumper can be worn, although they cannot be visible

If there is a valid reason for your child not being able to wear the full school uniform, please write a note explaining the reason so your child can receive a uniform pass for that day. Please strongly encourage the wearing of correct uniform to ensure that notes are seldom required.

If you have any questions or concerns please ring the Uniform Coordinator, Nicole Jenkins on 0358811211

BELL TIMES

Period	Mon, Tues, Thurs, Fri	Period	Wed
Roll Call	8:50 - 8:58	Roll Call	8:50 - 8:58
1	9:00 - 9:50	1	9:00 - 9:50
2	9:53 - 10:43	2	9:53 - 10:43
Recess	10:43 -11:03	Assembly	10:43 - 11:03
3	11:03 - 11:53	Recess	11:03 - 11:23
4	11:56 - 12:46	3	11:23 - 12:13
Lunch	12:46 - 1:26	4	12:16 - 1:06
5	1:26 - 2:16	Lunch	1:06 - 1:46
6	2:19 - 3:09	Sport	1:46 - 3:00

COMMUNITY INFORMATION

**P & C
MEETING
24 MAY**

**6pm in the Admin
Building or on Zoom**

ALL WELCOME



**DENILIQVIN HIGH SCHOOL
HOMEWORK CENTRE**

In the Library
3.10 pm - 4.10 pm on Wednesdays
3.20 pm - 4.20 pm on Thursdays
Students put their name down at Henry Street Office
Great for homework and study
All students welcome and afternoon tea provided



**Share the care
with schools**

Changes in your child or young person’s mental health can affect their schooling and relationships, however support is available for school students experiencing mental health concerns.

Please let your school know if your child or young person has presented at or been admitted to hospital for mental health issues so they can discuss further support.

You or an advocate can talk to the Principal, Deputy Principal, Year Advisor, Head Teacher Welfare or School Counsellor/Psychologist to develop a plan.

Ask your school for help with:

- Keeping your child or young person safe.
- Returning to school following a mental health crisis.
- Identifying school staff your child or young person can talk to.
- Developing an individual support plan to help stay connected with school during tough times. This might include flexibility around school hours, homework or catching up with school work.
- Accessing support from the school and outside agencies.

**Services that
can help**

Ambulance, Police or Fire
Dial 000 (Triple 0)

MLHD Accessline
1800 800 944

Kids Helpline
1800 55 1800

Lifeline
13 11 14

**Riverina Medical And Dental
Aboriginal Corporation**
02 6923 5200

Suicide Call Back Service
1300 659 467

headspace (12-25 year olds)
1800 650 890 or eheadspace.org.au

beyondblue
1300 22 46 36

Online Chat:
beyondblue.org.au/get-support/get-immediate-support

Poisons Information NSW
13 11 26

