

# Deni High News



**Principal:** Glen Warren

**Deputy Principals:** Robyn Kiley & Michelle Hindriks

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Issue 7 Term 3 - Week 3

Friday 5 August 2022

## PRINCIPAL MESSAGE

### EDUCATION WEEK

This week is Education Week and the theme is Creating futures – education changes lives.

This year we continue to celebrate the journey students and learners take throughout the NSW Education system, focusing on how we are creating futures for our students, staff and families.

From the first days in childcare to post-school pathways, our education system is preparing young people to be agile thinkers and lifelong learners.

We celebrate all types of learning that occurs at all levels across our education system, and we have a shared responsibility in helping to shape the lives and create the future of today's learners.

Public education can change the lives of not just our students, but also the lives of our teachers, staff, families, and communities.

During our formal assembly last week, I had great pleasure in presenting the Director's Awards for Education Week 2022. There were two awards and two certificates to celebrate leadership. The awards went to Isabel Pearn of Year 7 for her efforts in learning to sing our national anthem in the Wamba Wamba language and performing this at the Reconciliation Week breakfast. Our staff recipient was Mrs Astill who received her award for going above and beyond in the running of the culture project and showing leadership skills with the support of students to learn the local language.

The recipients of the certificates were Tanaka Maunganidze and Jo Nathan. Tanaka received his certificate for his leadership skills which are always on display and Jo for her work in the art program to support our students and lead them in the development of their artworks and skills. Congratulations to these four individuals who received recognition. It was certainly difficult to select just four people for the awards.

### UNIFORM

Deniliquin High School supports the wearing of school uniforms by students. 2022 saw the full implementation of our new uniform after an extensive transition period.

The wearing of school uniforms by students will assist our school community in:

- defining an identity for Deniliquin High School within its community.
- developing students' sense of belonging to the school community.
- providing an opportunity to build school spirit and reflect our PBL values.
- enhancing the health and safety of students when involved in school activities by allowing easier recognition of students inside the school and in the community.
- promoting a sense of inclusiveness, non-discrimination, and equal opportunity.
- reinforcing the perception of the school as an ordered and safe environment.
- increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school.
- promoting positive community perceptions of public education.
- making school clothing more affordable for families and eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.

### DATES TO REMEMBER

#### TERM 3

#### AUGUST

- 9** Yr 10 Student information session for subject selection 1.30 - 3.00pm  
**10** Parent information evening for Yr subject selection 6pm in the MPC  
**8-12** Yr 11 VET work placement

#### ASSESSMENTS DUE

#### TERM 3

#### WEEK 4

- Yr 9 Mathematics  
Yr 12 Music, Work Studies

#### WEEK 5

- Yr 7 Tech Man  
Yr 8 Tech Man  
Yr 9 HSIE, Food Technology  
Yr 10 Visual Art, Science  
Yr 11 Agriculture, Investigating Science  
Yr 12 English Ext 2, Major Work.

#### WEEK 6

- Yr 7 Music  
Yr 8 HSIE  
Yr 9 Music  
Yr 10 HSIE, Food Technology  
Yr 11 Food Technology, SLR  
Yr 12 Trial HSC Exams

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

1. A school uniform consists of a limited range of clothing, including footwear and headwear. It identifies students as belonging to a particular school. Deniliquin High School expects students to wear the uniform during school hours, while travelling to and from school, and when engaged in school activities out of school hours.
2. Decisions about the school uniform are consistent with work health and safety, anti-discrimination, equal opportunity legislation and our PBL values. Aspects of the uniform related to NSW Departmental guidelines on safety, e.g., safe footwear, eye protection and hats, will be enforced.
3. Upon deciding on the school uniform, formal consultation occurred with students, teachers and parents or carers and the school community, including the Parents and Citizens' Association and the SRC. The school's uniform policy and uniform requirements were formally endorsed by the school community before implementation. The school uniform reflects school community standards and expectations.
4. This policy considers the diverse nature of our student population at Deniliquin High School and does not disadvantage any student. Economic, personal, social, and cultural factors affecting students and their families have been considered when deciding uniform items. Other considerations, such as gender accessibility, body shape or religious requirements were considered before making a final decision on the design and fabric of school uniforms. Items are affordable, comfortable, made from easy-care and easy wear fabrics and are appropriate for activity. The availability of items from local outlets and other retail outlets has been considered.

### DENILIQUN HIGH SCHOOL 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

Our Uniform Policy is to ensure the best outcomes for our students and the school. It was developed in consultation with our community, and we have a range of uniform options available. We ask for support in ensuring that all our students are in the correct uniform. If for any reason a student is not in uniform, then they should provide a note to their roll call teacher.

Glen Warren  
 Principal

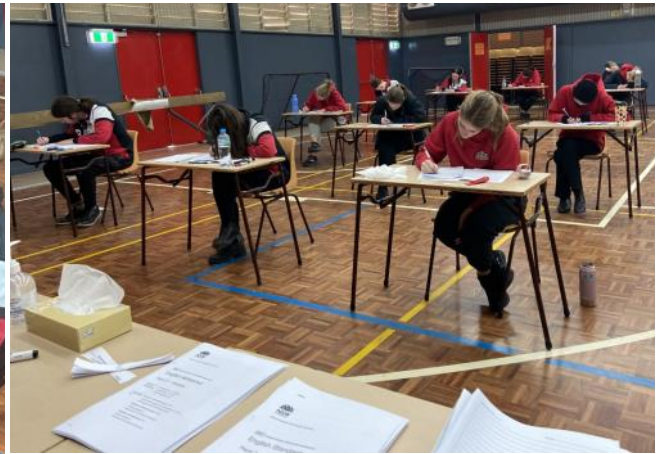
## ENGLISH NEWS

This term we are very excited to welcome Ms Keira Longstaff and Miss Jordan Latter to the English faculty. Both staff have made the tree change to Deniliquin with enthusiasm and have enjoyed getting to know their students and other staff members around the school. Please make them feel welcome if you see them around!



### YEAR 12

Year 12 have now finished the core of their course content and have begun their revision period in the lead up to their Trial HSC Exams. Advanced and Standard students were given the opportunity to sit a simulated exam on Wednesday afternoon; this was well received by the students, especially the pizza at the end! All students were thankful for this exam practice – although many walked out realising they still have a lot to do before their final examinations. We would like to remind Year 12 students and parents that after almost 13 years of schooling, the end is so close, and we are proud of how far you have all come so far.





## ENGLISH NEWS CON'T

### DEBATING

On Thursday last week, the Year 9 and 10 debating team had their last debate against Murrumbidgee High School. The team consisting of Teddy, Grace, Erica, Chelsea and Tanaka, were given the topic ***That policies specific to young people should be determined by a youth parliament.*** The team developed a series of arguments around gaining experience in making decisions prior to entering politics, older generations not understanding the needs of the younger generations, and the age group of the youth parliament being 16-25. At the conclusion of the debate, the adjudicator gave the students invaluable feedback to allow them to develop their skills in future debates. DHS were declared as the winners of the third round of the debating challenge. This means that DHS has won all three rounds within our local area, and they will go on to compete against winners of other regions later in the term.

### YEAR 8 DEBATING

The Year 8 Debating team consisting of Grace Allitt, Ella Hensley, Samara Watson and Eliza Johnstone have won their second round of the Premier's Debating Challenge against Albury High. The Topic was "We should make technology training compulsory for all Australians over the age of 60" DHS were given the Negative argument and were very convincing with their win; with the party line that it should be voluntary not compulsory. The girls will travel to Barham High School for their final debate - Lets hope they can make it 3 out of 3 to win this Regional Round.

Sue Laing  
Year 8 Debating Coordinator



### TYPING PROGRAM

All students in Stage 4 (Years 7 & 8) have commenced an online typing program called TypingClub. The aim of the program is to teach students how to touch type. Typing is an important skill that students need for both educational purposes (e.g. NAPLAN testing) and future employment opportunities.

As part of the typing program, students watch instructional videos, rehearse their typing skills and engage in typing tests. Grace Clark is currently on top of the leaderboard, typing 38 words per minute (WPM) with 100% accuracy, and Molly Bradley is second, typing 37 WPM with 98% accuracy



## MATHS NEWS

Term 2 was an incredibly busy term for all in Maths. Some year 10 girls together with the senior Mathematics Advanced and Extension girls participated in **UNSW's Girls do the maths** online workshop. They heard from special guest speakers and participated in maths activities that required working with other students from all around the Riverina. At the end of the workshop, we heard from inspiring young women studying mathematics at university. They talked about university life, areas of study and employment opportunities where mathematics is beneficial. Some light refreshments were provided on the day, as well as a goodie bag from UNSW.



Some action shots from term 2 can be seen in the photo's below.

The year 7's worked on Time zones and Algebra concepts. The year 8's designed survey's, collecting data on a topic of interest which was connected to aspects in the Data and Statistics topic. They also worked on Area and Algebra concepts.



The Year 9's worked on strengthening their skills in using Pythagoras' Therorem, Area and Perimeter, Rates and Ratios, Indices and huge amounts of Algebra.



The year 10's worked on Solving Equations, Surface Area and Volume, Perimeter and Area and Estimations with rounding.





## MATHS NEWS CON'T

This term the Mathematics Standard students in year 11 had the pleasure of listening to a guest speaker, Pat Barker, who owns Elders Insurance. Her knowledge that she shared was very important (not only from a personal perspective) as understanding the mathematics for purchasing, owning and maintaining a motor vehicle is one of the concepts in the Mathematics Standard course.

A shout out to Abby Whitehorn who represented the Mathematics Standard students, thanking Pat for her time and knowledge.



On a final note, could parents ask their children whether they need some pens, writing books and a working calculator. We have several students who are attending maths classes without the necessary equipment to participate in the learning activities teachers have set for them each and every lesson.

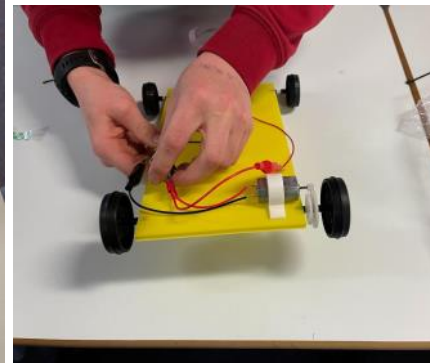
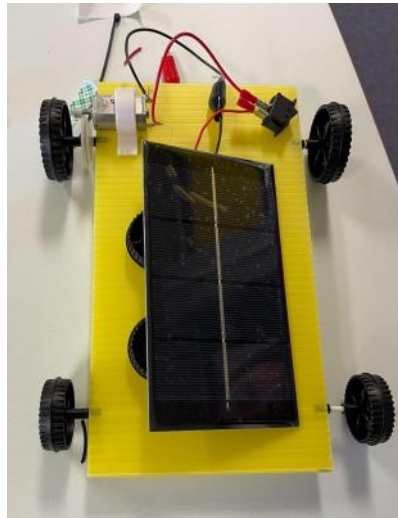
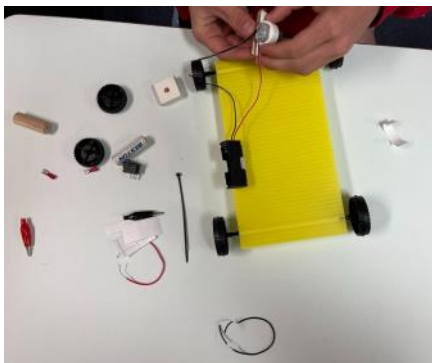
## YEAR 12 HOSPITALITY

Over the next term year 12 Hospitality students will be preparing a range of Dinner Boxes that have been ordered by staff. This week on the menu was Lasagna, Vegetable Risotto and Tiramisu. These students have worked hard to plan and prepare these dishes and we look forward to what they have in store.



## SUSTAINABILITY 2.2

During Term 3 as part of the Sustainability project, Year 8 students have been investigating renewable energy, specifically solar energy. Students have been given car kits with the brief to design a durable and efficient solar car. This hands-on activity has required students to consider variables such as friction, gear ratio, wheel size and power. Later this term, students will race their car on our school's 20 meter track in the hope to take line honours!



## CULTURE PROJECT

During Visual Art lessons students have been working hard to create an artwork that uses Indigenous symbols to tell a story about themselves and their community. Each student has drafted their artwork before moving on to painting the final product.



Can you guess what some of these symbols represent?

During Music Lessons students have been learning how to play the song Treaty by Yothu Yindi and From Little Things Big Things Grow by Kev Carmody.





## CAREERS NEWS

### CHARLES STURT ADVANTAGE – ROUND THREE EARLY OFFER APPLICATIONS OPEN

At Charles Sturt they want you to have the best possible start to your next chapter. With the Charles Sturt Advantage you can get a guaranteed spot in your course before you sit your final exams. Last year they made almost 4,000 early offers – and now it's your turn!

The Charles Sturt Advantage is your chance to get into uni based on work you've already done and skills you already have. Apply now for your chance to score an early offer to study in 2023.

Choose from the wide range of on-campus and online courses.

Take the pressure off with a guaranteed study offer.

Get exclusive support that will help you step into uni life full of confidence.

Be considered for exclusive scholarships based on your soft skills.

How it works

We'll look at two things: your Year 11 results and your soft skills. Soft skills are those personal attributes that will help you succeed at study – and life. Things like communication, resilience, empathy and motivation to create a world worth living in.

How to apply

Submit your Year 11 results with your online application and tell us the following.

How a Charles Sturt degree will enable you to be a positive influence in your community.

When you showed resilience during a difficult time.

A time when you demonstrated empathy and why you took the actions you did.

Apply now at: [https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage?cid=eDM\\_CRM|bnd|na|na|cus|M1280\\_CSA-2022-EM1C-CA|find-out-more&cldee=AeMroahhI5GgE8V0ON6JWg\\_2FKZxZ5YIbnBUMhwmaseiW6IY7JPC8tt7N553159h&rcipientid=contact-404781505156ec118f8f0022481009da-e355de91078541cf9efa6f6aedeffadf&utm\\_source=ClickDimensions&utm\\_medium=email&utm\\_campaign=MKT\\_Admissions\\_202330\\_M1280-CSA-Apps-Open&esid=d9e4421e-e1fc-ec11-82e6-000d3a6af5f0](https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage?cid=eDM_CRM|bnd|na|na|cus|M1280_CSA-2022-EM1C-CA|find-out-more&cldee=AeMroahhI5GgE8V0ON6JWg_2FKZxZ5YIbnBUMhwmaseiW6IY7JPC8tt7N553159h&rcipientid=contact-404781505156ec118f8f0022481009da-e355de91078541cf9efa6f6aedeffadf&utm_source=ClickDimensions&utm_medium=email&utm_campaign=MKT_Admissions_202330_M1280-CSA-Apps-Open&esid=d9e4421e-e1fc-ec11-82e6-000d3a6af5f0)

### UAC DIGITAL / LET'S CHAT – LAW 11 AUGUST 2022. 6PM

Thinking of applying for a Law degree? UAC will provide HSC students and their parents with information about additional selection criteria and majors, and your options if you don't meet the entry requirements.

In this session they'll give HSC students and their parents the information they need when applying for a Law degree in NSW and the ACT. University experts will discuss:

- which HSC courses are recommended for a Law degree
- available degrees and majors
- entry requirements and selection criteria
- work experience opportunities

Follow the link: <https://uacdigital.easywebinar.live/registration-lets-chat-law>

### YEAR 11 MOCK INTERVIEWS & THE NATIONAL CAREERS INSTITUTE

This year we will be conducting Mock Interviews a little differently to previous years. We have enlisted the assistance of the National Careers Institute who will be conducting the interviews via phone. To get through the 60 students, they are going to have up to five people interviewing students at appointed times across the two dates. Students will be notified of their appointment time and will have the option of an additional 45 min careers counselling session to follow up on their aspirations and general guidance (if they so wish). All resumes and cover letters must be submitted by Wednesday 17 Aug. Interviews will be conducted on 8 & 14 September (Wk 8 & 9)

On the appointed dates, students will need to have their Yonder pouches opened for them. Ms Werner will have a call schedule and will be able to unlock their phones for the purpose of the interview. The interview process from start to finish will be maximum 20-30 mins. Students will be interviewed in the Careers office, the HUB, LM and Connected Classroom. We sincerely hope that students and families take up the FREE opportunity to chat with the NCI advisers who will organise calls after school/work hours.



## CAREERS NEWS CON'T

### YEAR 10 SUBJECT SELECTION & NATIONAL CAREERS INSTITUTE (NCI)

With subject selection fast approaching for Year 10, a great service mentioned above, NCI is available to speak to students and young people from the ages of 15 to 25. They have asked the school to promote the **FREE** service to the student and parent community. They are only too happy to speak to young people about aspirations and pathways, moving forward into the HSC and beyond.

The School Leavers Information Kit, Your Career: "What's next for you?" is also available at [www.yourcareer.gov.au](http://www.yourcareer.gov.au) This is a downloadable or printable brochure providing you, your family and friends with tailored education, training and work options and information.

Are you a parent or guardian of a school leaver? They've developed a dedicated Parents and Guardian's Guide for School Leavers, just for you.

To speak with someone today or to learn more about the NCI's career services, you can:

Text **SLIS2022** to **0429 009 435** (Minimal call/text costs may apply)

Email: [schoolleavers.nci@dese.gov.au](mailto:schoolleavers.nci@dese.gov.au)

Call **1800 CAREER (1800 227 337)**

### AURORA COLLEGE - YEAR 11 & 12

Aurora College, the Department's virtual school, offers Stage 6 students in rural and remote government schools the opportunity to study a range of subjects not available in their home school.

- Applications for Year 11 (2023) **opened Monday 18 July 2022 and close on Friday 21 October 2022**
- Applications for Year 12 (commencing Term 4, 2022) **opened on Monday 18 July 2022 and close on Friday 9 September 2022.**

For further enrolment information, please visit <https://aurora.schools.nsw.gov.au/learning/senior-school/senior-enrolment-information.html> or contact Chris Robertson (Principal, Aurora College) on 1300 287 629.

### MACQUARIE UNIVERSITY RECEIVE UP TO 15 ADJUSTMENT POINTS FOR YOU

If you're a prospective student (current school leaver or non-school applicant) and you've included Macquarie in your preferences, you may be eligible to receive adjustments – additional points that can be added to your ATAR or equivalent admission rank.

These adjustments, which they used to refer to as 'bonus points', take into consideration your achievements, location and circumstance.

Combine adjustment factors

The maximum amount of adjustment factors a student can receive is 15 points combined across eight schemes. Please note that not all schemes apply to all courses. Please view the maximum amount of adjustment factors you can receive for each course by clicking on the link.

<https://www.mq.edu.au/study/high-school-students/getting-into-university/adjustment-factors/covid-19-impact-points>

### YEAR 10 SUBJECT SELECTION - SCHOOL BASED APPRENTICESHIPS/TRAINEESHIPS (SBATs)

Many students considering an SBAT as part of their course of study for the HSC (Yrs 11 &12) are doing a fantastic job of approaching employers willing to embark on the journey.

If students wish to start the process they need to approach an employer in the field of their interest now. We are happy to speak with employers about SBATs and how they work once a student has reached out to them.

### YEARS 10/11/12 – AUGUST 18 POLICE RECRUITMENT TALK @ DENI POLICE STATION - 2PM – 5PM

A reminder that select students have placed their names on the police recruitment talk list that is coming up in the weeks ahead. Your student will be receiving a local area excursion note to attend the Deniliquin Police Station to hear a presentation from the Police Recruitment Team who will be in town conducting testing and recruitment locally. This is an excellent opportunity for our students to gain first hand knowledge of the recruitment process for the force.

YES Program – For 15 years and over – Automotive and Beauty

## CAREERS NEWS CON'T

### HSC True Reward Early Offer Program – University of Western Sydney

#### APPLICATIONS FOR ENTRY THROUGH THE 2023 HSC TRUE REWARD PROGRAM ARE NOW OPEN.

The HSC True Reward early offer program will give school leavers much needed peace of mind, providing students with an early offer into most university degrees based on their Year 11\* or Year 12 results.

HSC True Reward was first launched in 2017, providing students with an early offer into Western based on HSC results, instead of a scaled ATAR, following analysis showing subject performance is a reliable indicator of student success.

<https://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward>

#### UNIVERSITY OF WESTERN SYDNEY EARLY OFFER TRUE REWARD DATES

14 August 2022 Apply by 11:59pm to be considered for the first True Reward offer round.

18 August 2022 True Reward conditional offers released (Round 1: Year 11 results)

6 September 2022 Apply by 11:59pm to be considered for the next True Reward offer round.

15 September 2022 True Reward conditional offers released (Round 2: Year 11 results)

9 November 2022 Apply by 11:59pm to be considered for the next True Reward offer round

17 November 2022 True Reward conditional offers released (Round 3: Year 11 results)

7 December 2022 Final closing date for HSC True Reward, apply by 11:59pm

15 December 2022 True Reward unconditional offers released (Final Offers: Year 12 results) Our HSC True Our HSC True Reward early offer program will give school leavers much needed peace of mind, providing students with an early offer into most university degrees based on their Year 11\* or Year 12 results.

<https://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward.html>

Reminder – Western Sydney University Scholarships

Scholarships and Important Dates. (Current as of 25 July 2022)

Western Sydney University offers \$25 million in scholarships every year. This includes a generous range of University and donor-funded opportunities. Scholarships available for application. Please refer to the tables below to review the eligibility criteria for available scholarships. The list of available scholarships for 2022 will be continuously updated. Please continue to check these pages or contact the team on 02 9852 5501 and [scholarships@westernsydney.edu.au](mailto:scholarships@westernsydney.edu.au), to find out the opportunities available for you.

- Catholic Education Diocese of Parramatta Teaching Scholarship OPEN Value: \$7,500 per year for duration of degree. Course/s: Any undergraduate degree or Master of Teaching (Secondary)
- Eucharistic Community Scholarship for Aboriginal Women OPEN Value: \$10,000 year for two years
- Hawkesbury City Council Scholarship OPEN Value: \$5,000 per year for the duration of the degree
- John R Marsden Memorial Scholarship for Gay Men and Lesbian Women OPEN Value: \$5,000 per year for the duration of the degree.
- Knox Family Scholarship OPEN Value: \$7,500 per year for the duration of the degree
- Orro Scholarship in Engineering & IT OPEN Value: \$7,000 per year for up to four years
- Walker Family Foundation Aspire Scholarship OPEN Value: \$7,500 per year for three years
- Western Sydney University Community Scholarship OPEN Value: \$6,000 per year for the duration of the degree

<https://www.westernsydney.edu.au/opportunities/scholarships/important-dates>

#### MONASH UNIVERSITY - OPEN DAYS

> 6 August – Peninsula campus

> 7 August – Caulfield campus

> 7 August – Clayton campus

> 21 August – Parkville campus

[https://www.monash.edu/open-day?](https://www.monash.edu/open-day?utm_campaign=MUPDAT_BRA&utm_source=Newsletter&utm_medium=email&utm_content=99901_category_3_edition_5_general_updates_cta_1)

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## NATIONALLY CONSISTENT COLLECTION OF DATA



Dear parents, guardians and carers

### Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0\)](https://www.dese.gov.au/about-us/resources/department-education-skills-and-employment-complete-privacy-policy-0).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

Principal





### SKI TRIP

34 students spent 2 days at Falls Creek in Week 1, for many it was their first trip to the snow and they were fortunate to experience perfect conditions.

All students spent their mornings in ski and snowboarding lessons, and their afternoons refining their technique. Students demonstrated great persistence in trying to master new and challenging skills! Students are to be commended on their exemplary behaviour. They truly demonstrated respect, responsibility and co-operation on the slopes!





## COMMUNITY INFORMATION

# upcoming sessions

Parents, Carers, and Community Members in Murrumbidgee are invited to attend a free mental health education session in Term 3.



### The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge & understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



### Navigating uncertainty and change

Date: Monday, 18 July 2022  
Time: 6:30 pm – 7:45 pm AEST  
Location: Online webinar  
Registration: <https://bit.ly/3uNpJkm>



### Connecting and communicating with young people

Date: Tuesday, 16 August 2022  
Time: 12:00 pm – 1:15 pm AEST  
Location: Online webinar  
Registration: <https://bit.ly/3uHsUKz>



### For more information

Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)



## COMMUNITY INFORMATION CON'T



A Day in the Life of Deniliquin 2021, photograph of Riley, Will, Bo and Kyle by Kerri Munnerley

**a day in  
the life of  
Deniliquin**

An exhibition of images from A Day in the Life of Deniliquin 1990, 2001, 2011 and 2021, a community photography project that has been recording snapshots of local life for 31 years.

**Deniliquin Library  
Throughout August 2022  
View from inside or outside**

[www.dayinthelifeofdeniliquin.com](http://www.dayinthelifeofdeniliquin.com)

This project is proudly supported by



**Edward  
River  
COUNCIL**



**OUTBACK  
THEATRE  
FOR YOUNG  
PEOPLE**



**Deni  
rsi**




COMMUNITY INFORMATION CON'T

**P & C  
MEETING  
23 AUGUST**  
6pm in the Admin  
Building or on Zoom  
**ALL WELCOME**



**DENILQUIN 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



**Year 11 2023**

- Senior prospectus will be issued to students on Thursday 4 August.
- Information session for students regarding TAS/CAPA and TAFE/SBAT options is Tuesday 9 August during school.
- Parent information evening at 6pm on Wednesday 10 August in the school MPC. Head Teachers and Teachers will be available to discuss study options and suitability of subjects in the Senior School.



**DHS  
BREAKFAST PROGRAM**

Monday, Wednesday & Friday out of the MPC kitchen.  
8.20am to 8.50am

**Altruistic August 2022**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|--|--|---|--|--|---|---|
| 1 Set an intention to be kind to others (and yourself) this month  | 2 Send an uplifting message to someone you can't be with           | 3 Be kind and supportive to everyone you interact with        | 4 Ask someone how they feel and really listen to their reply   | 5 Spend time wishing for other people to be happy and well       | 6 Smile and be friendly to the people you see today                   | 7 Give time to help a project or cause you care about           |
| 8 Make some tasty food for someone who will appreciate it          | 9 Thank someone you're grateful to and tell them why               | 10 Check in with someone who may be lonely or feeling anxious | 11 Share an encouraging news story to inspire others           | 12 Contact a friend to let them know you're thinking of them     | 13 No plans day! Be kind to yourself so you can be kind to others too | 14 Take an action to be kind to nature and care for our planet  |
| 15 If someone annoys you, be kind. Imagine how they may be feeling | 16 Make a thoughtful gift as a surprise for someone                | 17 Be kind online. Share positive and supportive comments     | 18 Today do something to make life easier for someone else     | 19 Be thankful for your food and the people who made it possible | 20 Look for the good in everyone you meet today                       | 21 Donate unused items, clothes or food to help a local charity |
| 22 Give people the gift of your full attention                     | 23 Share an article, book or podcast you found helpful             | 24 Forgive someone who hurt you in the past                   | 25 Give your time, energy or attention to help someone in need | 26 Find a way to 'pay it forward' or support a good cause        | 27 Notice when someone is down and try to brighten their day          | 28 Have a friendly chat with someone you don't know very well   |
| 29 Do something kind to help in your local community               | 30 Give away something to help those who don't have as much as you | 31 Share Action for Happiness with other people today         |  |  |   |   |

**ACTION FOR HAPPINESS** Happier · Kinder · Together

