

Deni High News



Principal: Glen Warren

Deputy Principals: Robyn Kiley & Michelle Hindriks

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 9 Term 3 - Week 9

Friday 16 September 2022

WELCOME TO OUR FINAL NEWSLETTER OF TERM 3

I would like to acknowledge Robyn Kiley who stepped up into my role on short notice after an accident led to me having time off work throughout the term. In combination with Michelle Hindriks and the fantastic staff at the school she led the school in an efficient and effective manner. It certainly helped with my recovery knowing the school was in such good hands. This incident once again proved to me the quality of the staff we have at the school and their willingness to go above and beyond to ensure the best educational experience for our students. I will also be absent for the first three weeks of Term 4.

NAIDOC DAY

Last week we were honoured to host a celebration of indigenous culture at Deniliquin High School. A packed program, put together by Aboriginal Education Officer Chantall Barnes and our Wellbeing Team, which educated and entertained the audience of students, community members and staff, all of whom were uplifted by the experience. Thank you to all our special guests and student speakers. What a coup for the school to secure Adam Goodes to address the many questions we had for him. We looked on with pride as Elders took the stage to Welcome us to Country and students performed traditional dances and sang the National Anthem in Indigenous language. The unveiling of the NAIDOC mural was also an impactful event that Adam and the audience all applauded, recognising the toil and effort of all involved under Jo Nathan's expert tutelage. This event was another example of the commitment that DHS has in embracing Australia's true cultural heritage.

PUBLIC HOLIDAY 22/09/2022

As I am sure you are aware the Prime Minister Anthony Albanese has declared a public holiday for Thursday 22nd September to mourn the passing of Queen Elizabeth II. As a result, there will be no school and arrangements for Year 11 exams and the Year 12 farewell assembly have been altered. Students were informed of these changes on Monday.

YEAR 12 PLANS

Week 10 is the last school week for our wonderful Year 12 students. Monday students will have an end of year excursion to Fun planet in Shepparton as a last whole group gathering before their exams. Tuesday will be their dress up day. Wednesday morning at 9am we will hold their final assembly. This provides us with the opportunity to celebrate the culmination of 13 Years of schooling.

The HSC Exams begin on Wednesday 12th October and continue through until the 4th of November. Sign out day will be on November 4th from 9am to 12pm. The Year 12 Formal will then be held on Friday November 18th. The HSC results will then be released on Thursday December 15th.

I would like to take this opportunity to wish them all the best for the short term with their exams and longer term with their future careers. I am sure that they have developed a strong range of skills to assist them to become positive members of our community.

BUILDING WORKS

Work will commence on our new Food Technology room next week. This work is expected to take about 12 weeks and will see Room 1 out of action. The short-term pain will be rewarded with a great facility for our school. We have also been informed that the four Science Labs in J

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.

Block will finally see an upgrade. This work will commence in the Christmas Holidays and take a considerable amount of time. The plan is to do two labs at a time so that we still have access to two labs for teaching and learning.

FAREWELL TO MR PERIZZOLO

It is with sadness that we farewell Mr Perizzolo at the end of this term. He has received a transfer to a school in the Highlands. We wish him all the best and I would like to thank him for his contributions in a variety of roles to our school. I am sure that he will settle in quickly to his new school. As a result of his move, we have now appointed both Mrs Ingram and Ms Sinha in the role of Senior School Coordinator to support our students.

COVID UPDATE

Last week you may have heard that National Cabinet announced that the isolation period for positive COVID-19 cases would be reduced from 7 days to 5 days from Friday 9 September with the following conditions:

- This would apply to people with no symptoms at 5 days.

7 days isolation would remain for workers in high-risk settings including aged care, disability care and those providing care in the home.

In line with the National Cabinet announcement, the following requirements will apply at our school.

All staff, students and visitors who have tested positive to COVID-19 must:

- complete 5 days of isolation from the date they tested positive
- be symptom-free before returning to school, if symptoms remain after Day 5, they must continue following NSW Health guidelines to self-isolate and undertake a rapid antigen test
- complete a rapid antigen test (RAT) and return a negative result before attending school on Days 6 and 7 after testing positive to COVID-19, and wear a mask on Days 6 and 7 when attending school (for all staff and those students 12 years and older).

Staff and students may use the RAT kits supplied to them by our school early this term for the purpose of testing before attending school on Days 6 and 7. If you require additional RAT kits for this purpose, please get in touch with our front office who can provide or organise additional kits.

Due to the higher risk associated with some school settings and activities, the 7-day isolation period will remain for staff, students and visitors who have tested positive to COVID-19 in:

- schools for specific purposes (SSPs)
- support units
- assisted transport

overnight excursions.

Staff, students, and visitors may return to these higher risk settings after isolating for 7 days if they are symptom-free on their seventh day of isolation.

All staff, students and visitors who have tested positive to COVID-19 entering our 'support unit' must continue to complete 7 days of isolation and be symptom-free.

Due to the higher risk or severe illness for some students and staff members in our school, the 7-day isolation period will also remain for assisted transport and overnight excursions.

All staff, students and visitors who test positive to COVID-19 should continue to follow the [NSW Health guidelines](#) in addition to the department's [Response protocols](#) and [Advice for families](#).

Finally, please be reminded that anyone displaying even the mildest of symptoms should stay at home, even if they return a negative RAT or PCR test. By staying home if unwell you will help keep our school community safe and help us prioritise face-to-face learning throughout the rest of this term and into Term 4.

Principal
Glen Warren

A MESSAGE FROM ABORIGINAL EDUCATION OFFICER – CHANTALL BARNES

What a busy Term 3 we have had – the excitement has been building all year as we watched the NAIDOC inspired mural coming together. Finally last week, in one of our schools' proudest moments, we were able to unveil and share with the entire community.... BRILLANT!! So many people have been involved with this project over many months that we simply could not have succeeded the outcome we did without each of you. So, a massive collective – THANKYOU.



As part of our schools Indigenous Personalised Learning Pathway analysis, we have recognised that students are seeking more opportunities within education to connect with culture and country. This has led to an exciting opportunity in conjunction with Deniliquin Local Aboriginal Lands Council where students are interacting with elders. Our male students attending a weekly afternoon at Four Posts with Uncle's and female students fortnightly with the Aunty's enjoying lunch and yarns. This program is allowing our students opportunities to connect with local people, culture and form a sense of belonging within our community. Fantastic to see the students embrace this special time.





BIRANG DRIVING SCHOOL

The Birrang Driving School visited Deniliquin early in Term 3 and joined forces with DHS to engage many of our students looking to educate, attempt and gain their licences. Brett from Birrang was fabulous with those he assisted, and we are proud to share those 2 students obtained their learning permits, 1 student received a provisional license and 12 different students received lessons. Well done to all involved.

Earlier in the term I was lucky enough to spend a day with our current attendees at **Tirkandi**, enjoying a personalised tour of the grounds and facility. A fantastic experience and something that well exceeded any expectation I had. I encourage anyone who has an opportunity to attend or tour this facility to do so. Current students graduate next week, and I look forward to sharing these proud moments with the boys.

Our students will be involved in leading a Youth Cultural event in community during November and much of the preparations are already in full swing. Thankyou to Karen from Deniliquin Local Aboriginal Lands Council and the committee who are allowing the students to take the lead on this exciting event. Stay tuned for more updates on this....

Along with a special musical performance that will be coming to DHS next Term!!
Exciting times



YEAR 6 HALF DAY TRANSITIONS 2022

In Week 8 of Term 3 2022 Deniliquin High School welcomed the future Year 7 students for 2023 to Deniliquin High School for a half day transition from 12:00pm- 3:09pm. This involved students from

- Deniliquin South Public School and St Michael's Primary School- Tuesday 6/9/222
- Deniliquin North, Edward, Mayrung, and Blighty Public Schools - Thursday 8/9/22.

Their day revolved around following around their Year 10 guides (Abbie Blake, Hayley Noonan, Erika Martin, Shane Bothma, Jarrah Fitzpatrick, Mia Parks, Cooper Peers, Mollie Maher, Hayden Doncon, Cooper King, Harry Way and Murray Clancy) and completing a range of subjects that they would normally undertake when commencing high school. They were also involved in a scavenger hunt that took them to various locations in the school to learn where buildings and classes were. Although Thursday's weather was a bit wet and wild, overall both days seemed to be a big hit and students enjoyed themselves. We are looking forward to welcoming the Year 6 students back to our school in Term 4 for their Full Day Transition.





CIVICS AND CITIZENSHIP NATIONAL PILOT PROGRAM

Each school in NSW was allowed to nominate one student to write a response to the question 'Does Australia have a strong and resilient democracy'. DHS nominated Year 10 student, *Theodora Schofield*, to write a submission and she has successfully earned her place amongst 30 students who will attend workshops at NSW Parliament in October.

This is an impressive achievement and Teddy is looking forward to sharing more of her ideas with other young leaders. The following is Teddy's essay, a great read and a thought-provoking viewpoint.



AUSTRALIA HAS A STRONG AND RESILIENT DEMOCRACY AND THAT IS A PROBLEM.

By Theodora Schofield

Picture this; there is a new prime minister and big change is coming, but instead of the change needed there is a strong push back forcing this country to stay the same. Australia has a strong and resilient democracy and that's the problem. Our strength and resilience leads to a dormant and stagnant country. By not fixing past mistakes and failing to change their views, and pretending to make changes to get votes, the general population is forcing our government to keep everything the same.

The government avoids fixing horrible things we've done as a country. For example, refusal of various governments to acknowledge and compensate for the Stolen Generation, the White Australia Policy and Invasion Day. Our strong and resilient democracy, through scaremongering and nativist populism has guaranteed ongoing injustice.

Our strong and resilient democracy constantly promises to make change but it never happens. They make "apologies"- empty statements that don't change the impact that the past has on disadvantaged people in this country. Closing the Gap has been put on the back burner, only mentioned when campaign season arises but First Nations peoples are still vulnerable to alcoholism, heart disease, adult illiteracy and lower education than the rest of the community. As well as First Nations People, the broader community knows very little about First Nation Peoples customs and traditions. Australia avoids productive change as a direct result of its resilient and strong democracy.

Our democracy promotes lying and empty promises to try to get votes and appease the powerful and become elected. This harmful cycle of promising change and reneging is stopping our country from moving forward. It is also preventing us from becoming one of the best countries ever. How many times have you heard a politician promise to cut emissions? Or to close the gap? Have you ever seen them actually take the actions necessary to do that? I haven't. This world won't change, unless politics promotes it.

The general population of Australia puts pressure on our democracy to resist change. Despite everyone begging for change, when it actually happens people are scared of it and self-interest motivates our population to resist meaningful change. It's human nature to find change challenging and is usually unpopular as a result. This is why our strong and resilient democracy prevents the change necessary to promote the interests of all in the country, even those who are under the age of 18 and are ineligible to vote. When change is for the better and will actually benefit the country, people reject and protest against it. Our strong and resilient democracy allows our politicians to avoid change as much as possible.

Australia has a strong and resilient democracy and that's the problem. Australia has a democracy resilient to change. Our political environment avoids fixing mistakes and does not inspire our country in a productive way, rather making empty promises to try and get votes, and to keep their party in power.

In conclusion, yes, Australia is a strong and resilient democracy. As a result, it ignores the needs of those unable to vote and allows a perennially unjust society as a result.

WELLBEING MATTERS

NAIDOC

As previously mentioned, last week we celebrated NAIDOC Week with the unveiling of our Indigenous mural. We are so proud of all our students who contributed to this cross-cultural event, preparing the mural and/or participating in the ceremony in some way. The whole school community displayed incredible respect and were captivated by the proceedings, despite getting rained on at times. Our Indigenous boys who have spent time at Tirkandi, connecting more closely to their Indigenous culture, honoured us with a dance performance. It was truly mesmerising to watch the skill and passion of these students. Isabel Pearn showed her amazing talent by singing the Australian national anthem in local language and English, accompanied by Stella Bashford, Mr Kiley and Shane McGrath.

We are so grateful to our special guest, Adam Goodes who joined us via Zoom. He was so open and interested in all that we have done. His work continues to pave the way for a more inclusive Australia.

We also sincerely thank Jo Nathan, our Art Therapy mentor, and Chantall Barnes, our Aboriginal Education Officer. These ladies were the driving force behind this program, and we are very fortunate to have them as part of our team. We also thank Mr Craig Chessells, our GA and Mr Steve Harris, our IA teacher, and the many students who helped with the erection of the mural, and Mr Matt Kiley and Mr Shane McGrath who managed our technology and all things musical.

Our NAIDOC Week ceremony provided an opportunity for so many members of our community to come together and see the wonderful things that are happening at our school. We are very proud of our collaboration with the Deniliquin Local Aboriginal Lands Council, Yarkuwa Indigenous Knowledge Centre and Living Murray Partnership Program, who are working with 3 Yr 11 Indigenous students and Ms Sinha on the wonderful school-based traineeship initiative.

FAREWELL MR HOOD AND MR PERIZZOLO

It is with heavy hearts and much gratitude that we say good-bye and thank you to Mr Matthew Hood and Mr Josh Perizzolo as they move on to other schools and new challenges.

Mr Hood has been the Year 7 Adviser for 2022, overseeing the transition of our students from Year 6 to 7. He has been always available to assist his students, arranging excursions, talking to many parents, and being fully involved in school programs, like the Breakfast program. We wish him every success as he ventures to Sydney.

Mr Perizzolo has had many roles in Wellbeing during his time at Deniliquin High School. He was Boy's Adviser for several years, creating programs and many opportunities for our students. In recent years, he has taken on the role of Senior School Co-ordinator, assisting our Year 11 and 12 students through the challenges of their final years of secondary school. Mr Perizzolo has also been a driving force behind the PBL program at Deniliquin High School. We thank him for his contribution to the wellbeing of our students and wish him every success for his next adventure in Bowral.

BREAKFAST PROGRAM

Our Breakfast Program continues to provide a positive start to the day for roughly 80 students each session. Current favourites are cheese toasties, banana bread and hot chocolate but as the weather warms up, Up & Go and yoghurt with fruit will come to the fore. We would like to thank our generous sponsors, Central IGA, Baker's Delight and the P&C, for supporting the program, as well as the many staff and students who have been volunteering their time to serve our school community.

FEELING FANTASTIC- FACILITATED BY KYLIE ANDREWS

We have had another successful term with some of our Year 7 students and the Feeling Fantastic program. The students have learnt how to express and name their emotions and while doing this they have learnt how to disrupt intrusive or negative thoughts. Naming our emotions enables us to reduce stress and lessens the power it has over you! We have done this with interactive storytelling and activities. We will have our final session in the last week of term 3 as we celebrate the student's participation with a party.



RAGE PROGRAM -

Term 3 has seen the successful completion of two more Year 8 groups, facilitated by Chantall Barnes and Kylie Andrews. The program helps students identify and re-negotiate feelings of ANGER and the actions that sometimes follow. This will continue to be delivered to students in Term 4.



CONDOLENCES

We would like to offer our deepest sympathy to our staff members, Leah Robinson, Paula Parsons and Chantall Barnes and their families, on the sad passing of their mother and grandmother, Lorraine Tasker. They are all in our thoughts.

AUSTRALIAN DENTAL HEALTH NSW

Australian Dental Health NSW will be visiting the school in December to conduct dental health checks for **all** students. Consent forms have been distributed today and need to be returned to the Front Office by Monday October 24.

Some general information:

1. All students who return their consent forms will receive a basic dental health assessment and a fluoride treatment if required.
2. X-rays and fillings will only be completed if students are **eligible for the Child Benefits Dental Scheme** and required. Medicare will cover these costs and there will be no 'out of pocket' costs.
3. Eligible students can receive dental work up to the value of \$1000 over 2 years.
4. We will receive a list of eligible students prior to the visit (consent forms are collated by ADHNSW).
5. Students not eligible for x-rays and fillings will receive a general oral health report that they can take to their regular dentist for further treatment if required.

This is a great opportunity to be up to date with our oral health checks, regardless of eligibility for free treatment.

2022 CHS STATE ATHLETICS

Deniliquin High was well represented at CHS State Athletics last week. Seven competitors qualified through the Riverina Championships earlier this term, earning themselves a trip to Sydney Olympic Park, as usual, our students have their unselfish parents to thank for making it possible for them to travel to Sydney.

All students competed to their best with outstanding performances by Jessica Dover (2nd in Javelin) and Connor Wilson (1st in Shot Put and 5th in Discus). His first place in Shot Put qualifies him for the NSW All-Schools Championships (again in Sydney). Best of luck, Connor, and congratulations to all DHS students who attended State.



Results follows:

Remi Baulch - 14YG Javelin – 13th (21.70m)

Jessica Dover - 15YG Javelin – 2nd (30.79m) 15YG Shot Put – 18th (8.12m)

Alex Harvey - 15YB Discus – 18th (28.14m)

Emily Harvey - 13YG Discus – 18th (17.24m)

Luke Moorse -13YB Long Jump – 14th (4.47m)

Bede Orr - 16YB Javelin – 12th (36.97m)

Connor Wilson - 13YB Shot Put – 1st (13.33m) 13YB Discus – 5th (31.61m) 13YB

Javelin – 4th (32.13m)

ENGLISH NEWS

7 Red have enjoyed delving into the magical world of Harry Potter this term. Through their close study of the first novel, they have explored the plot, structure, characterisation, themes and setting. They began the term with personal invites arriving at their year meeting, accepting them into Hogwarts School of Witchcraft and Wizardry. They had to find their way through the brick wall at Platform 9 3/4s, before they were met by Professor McGonagall (aka Mrs Ladson), and were sorted into their houses. Through these they have been earning points to see who the winner of the House Cup will be at the end of the term. For many students, this was their first experience of the extraordinary world of Harry and his friends, and we are pleased that plenty are now happy converts, making their way through the rest of the series and enjoying the films.

We would like to wish Year 11 the best of luck with their exams next week; many have displayed dedication to their studies all year and their efforts are sure to be rewarded. It is with mixed emotions that we farewell Year 12 next week. It has been wonderful to watch them grow and mature into the upstanding young men and women they have become. In only a few short weeks, your schooling ventures will be over, and the world at your feet. Good luck, and don't forget to come back and visit us!

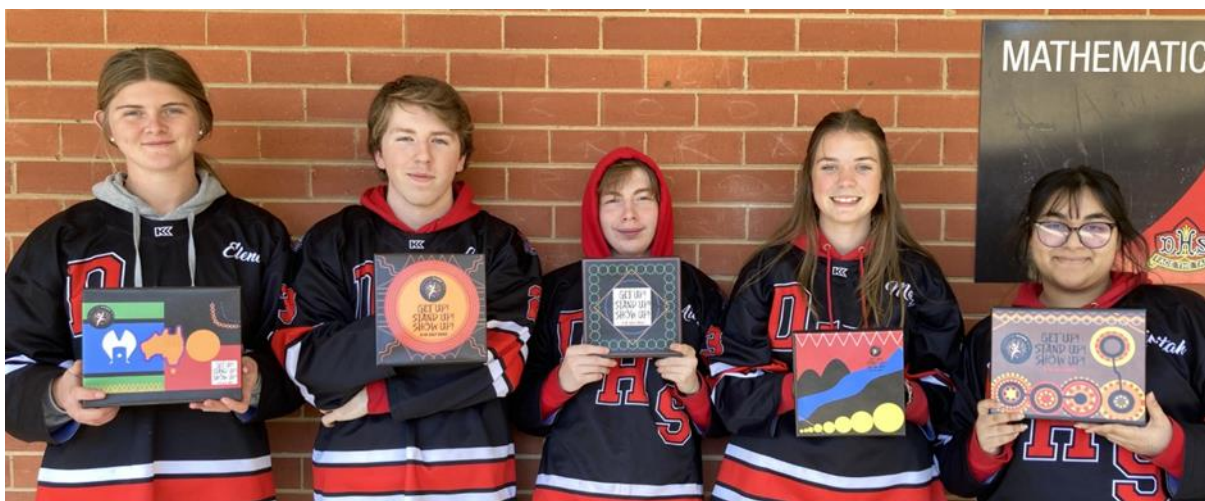


MATHEMATICS FACULTY TERM 3 WRAP UP

The end of this term brings sadness in seeing our Year 12 students in Mathematics Standard 1 and 2, Advanced and Extension 1 for the last time in a classroom setting. This has been said before and will be said again 'Our students do not do the HSC because it is easy; they do it because it is hard, challenges them and provides them with the opportunity to pursue future aspirations'. The Mathematics Faculty would like to congratulate them all for their hard work, persistence, and resilience. We wish them all success in their future pathways.

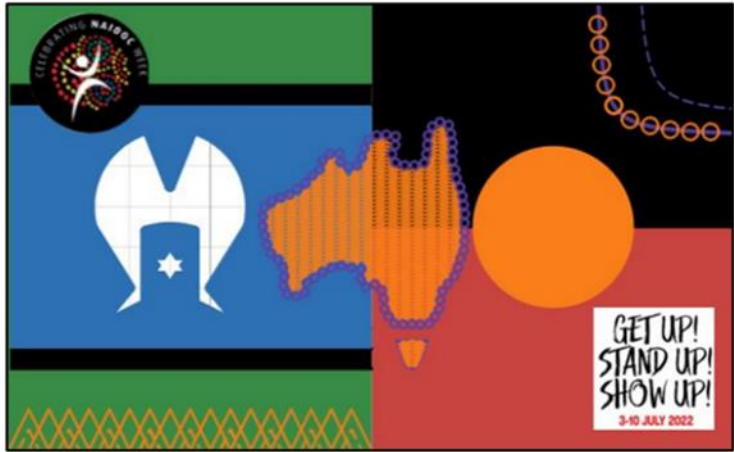
In Week 7, Year 12's participated in a study day, which was run by Stuart Palmer from PD4MATHS, via Zoom. The students were able to revise Year 11 and 12 content, learn quick tricks and devise a plan for approaching study for the HSC examination. A huge thank you goes out to the teachers who sacrificed their free lessons to supervise this event.

Year 11 Mathematics Extension 1 used Desmos, with a variety of equations, to create a NAIDOC week image relating to the motto 'get up, stand up, show up'. The work was so impressive we have printed the works onto a canvas and framed. The prints can be seen on display in the Wellbeing Centre until they will be permanently displayed on show outside of the Mathematics Faculty for generations to view.





By Aiden Baker



By Elena Mulham



By Marisa Hovenden



By Nikitah Prasad



By Connor Clayton

CAREERS NEWS

CAREERS NSW – PILOT PROJECT – FREE CAREERS COUNSELLING

Careers NSW is trialling careers guidance services for our school's students, parents and guardians that complement the existing career advice available. Visit the **Careers NSW Schools Hub** to find out more.

<https://education.nsw.gov.au/inside-the-department/directory-a-z/careers-nsw-schools/careers-nsw-virtual-services>

The last appointments will be held on Friday 30th September (appointments need to be booked by Wednesday 28th September 2022). Student Careers Appointment (a parent or nominated adult needs to attend the appointment virtually – doesn't have to be in the same room as the student)

<https://book.service.nsw.gov.au/categories/student-career-evaluation>

Parent Information Session (Parents and Guardians can book this service – student doesn't need to attend) <https://book.service.nsw.gov.au/categories/parent-guardian-information-session>

Regarding services such as interview preparation and resume feedback, Careers Practitioners are able to assist with this in a one-to-one capacity, the student or parent will need to book or request this.

5 steps to managing HSC stress

Stress and anxiety are incredibly common for students studying their HSC. While we need a certain level of stress to motivate us and help us achieve our goals, it's important to know how to manage it and seek support when things become overwhelming.

<https://www.uac.edu.au/media-centre/news/5-steps-to-managing-hsc-stress>

SCHOOL BASED TRAINEESHIP WITH THE ELSA DIXON ABORIGINAL EMPLOYMENT PROGRAM

Indigenous students interested in doing an SBAT with the Dept of Education in 2023, in a range of areas, including; Certificate III in Business & Certificate III in School-Based Education Support, please contact Ms Sinha in the Careers Office.

YEAR 11 MELBOURNE EXPERIENCE EXCURSION - 25TH OCTOBER THROUGH TO FRIDAY 28TH OCTOBER (Wk3 T4)

An excursion to Melbourne for our Year 11 students has been organised to take place from Tuesday 25th October through to Friday 28th October (Wk 3 of T4). Students who have submitted their forms and paid their deposit have had beds reserved for them at YHA North Melbourne. A full itinerary of each day's activities will be distributed to students early next term. We ask that **full payment** of the excursion is completed by **Friday 14th October**

YEAR 11 MOCK INTERVIEWS

Yr 11 students at Deniliquin High School were given the opportunity to participate in mock interviews for jobs they researched and applied for. However, this year's cohort experienced the program in an entirely different format than previous years.

Post covid we have had to get creative with ideas. A phone call to the National Careers Institute (NCI) at the Australian Government Department of Employment and Workplace Relations (DEWR), set the wheels in motion for our students to be interviewed by qualified Careers Advisers from across Australia.

Students were taken through their paces with a range of questions to test their knowledge about the positions they applied for, which spanned from Childcare, teaching through to a range of scholarships. We are very proud of the ten students who took advantage of the opportunity to improve and add to their skill set. All Year 11 students were required to select a job advertisement, for which they then had to prepare a cover letter and resume. On completion students emailed these to the DEWR staff.

This was an effective lesson for all our students on a range of "soft skills," including initiative, communication, self and time management. The students who participated appreciated the opportunity to practice their skills in a supportive mock situation. They were able to experience all the physiological reactions to the interview process before the real deal! This provided students with insights into their ability to manage nerves and the like.

Post interviews, students were given feedback on their ability; to meet and greet at the commencement of the phone interview, to understand employer needs, actively listen and provide information about their positions. The NCI offered students constructive feedback and a range of resources to assist them with their future career development and aspirations.

PATHWAYS TO YOUR DREAM DEGREE – YR 12

Applying for uni next year but worried that you won't meet the ATAR requirements for your dream degree? Most institutions offer pathway options for applicants who don't meet the standard entry criteria for their courses. Often, you'll be able to find a different avenue into the course you're aiming for.

If you don't get an offer into your chosen degree because you haven't met the required lowest selection rank, you could start an alternative undergraduate course with a lower entry rank. Once you've successfully completed the first year of that degree, and have results that will improve your selection rank, you can then apply again for the degree you really want. (See how to transfer to a different degree.)

<https://www.uac.edu.au/media-centre/news/pathways-to-your-dream-degree>

CSU - ARE GOING LIVE FOR STUDENTS & PARENTS - TUESDAY 20 SEPTEMBER 2022, 6.30-8.00PM

Join CSU for a virtual event that will keep parents in the know about uni. They will step you through getting into uni (there's more than one way), building a career (not just a job), what life on campus is like and the costs to consider (the inclusions will surprise you!). Plus, experts will be there to answer all your uni-related questions.

Experts will be there to help you, as a parent, get ready for the uni experience – giving you the answers to all of your questions so you can spend your time thinking about converting their bedroom into your dream space (hobby room, den, walk-in-wardrobe...whatever you want!).

<https://cvent.csu.edu.au/event/644b8d99-38d6-4336-b48a-029d8ab72ceb/summary>

FREE ONLINE HSC HEAD START & REVISION LECTURES 26 - 30 SEPTEMBER, 2022

Join thousands of students that tune in to these live-streamed lectures. Sessions in this series cover a huge range of subjects for all audiences, including; students, parents and teaching staff. You can register now for all available sessions - don't miss out! <https://atarnoteslectures.com/nsw/#lectures>

SYDNEY OPERA HOUSE – WORK EXPERIENCE OPPORTUNITY

The Opera House is committed to providing artistic, cultural, educational and employment opportunities that build capacity and understanding. The Opera House believes creating these opportunities is essential to nurture the next generation of artists, audiences and visitors. The Opera House employs over 900 people working across a range of vocations to maintain its status as a world-class performing arts venue, a world heritage listed site and a tourism and entertainment provider. Participants will interact with a range of employees and visitors throughout the week. Wherever possible, students are given practical experiences. The experiences on offer will vary each work experience week and depend on what is happening at the Opera House at the time. As the Sydney Opera House is primarily a performance venue, the work that happens here focuses on getting the show on stage rather than producing the show. If you are interested in creating, making and performing in shows, you may wish to explore work experience opportunities with the Resident Companies.

Applications available at:

<https://www.sydneyoperahouse.com/general/careers/work-experience.html#openprogram>

Resident Companies:

<https://www.sydneyoperahouse.com/events/resident-companies.html>

SUSTAINABILITY 2.2

Year 8 Sustainability classes have been building solar cars and putting them through speed tests. Students have needed to apply their problem solving skills to improve the performance of their cars in the 20 meter time trial challenge. Each group's car differs slightly through variables such as wheel size, solar panel placement, gear cog size and aerodynamics. Michael Richards, designer of the solar car kits, worked with all classes via Zoom to get them to think about the impact of all the variables on performance.

Students have enjoyed this practical learning opportunity and have become very competitive in racing their car. The leaderboard will be published in the next newsletter.



**NAIDOC MESSAGE FROM THE ANTI RACISM CONTACT OFFICER (ARCO) –
Ms PAM SINHA**

It is a heart-warming statistic that the census has highlighted an increase in the number of people identifying with their indigenous cultural heritage. There is a shift in our cultural thinking, and it is a direct result of our younger generations pointing out to us that “the system” no longer supports their needs. The Department of Education is working towards making schools culturally safe places for all students, by recognizing that things need to change. Schools are about people and not all people can conform to a system that does not serve them.

Our challenge as educators is to spark interest, to help students move toward the thing that they didn't know existed, or thought was out of their reach. We want to help all students to GET UP, STAND UP AND SHOW UP!

At Deniliquin High School we are very proud of the achievements of our Year 11 Yarkuwa School Based Trainees who have done just that! Kobi Baxter, Coby Smith and Ty Ross-Gardam have pledged to themselves that they want to see how far they can go with their education.

Kobi, Coby and Ty have smashed the glass ceiling; they are heading to become the first in their families to commence the HSC. Some of you may say; so what, so am I! However, just know, your experience of education will never be the same as that of indigenous students.

Education is free, knowledge is power, literacy is freedom.

CULTURE



We have finished our semester of 'Design on Textiles' as part of the TAS component of our Year 7 Culture project. Students used natural resources such as leaves and bark to tie-dye calico. Each student produced a quilt square with the design brief to incorporate a word from the Wamba Wamba language, a traditional Aboriginal symbol and a native animal/plant/



item. They also had to include machine or hand stitching and colour using paints made from ochre (rock) and beeswax crayons. The finished products will be joined to form a wall hanging for each class.

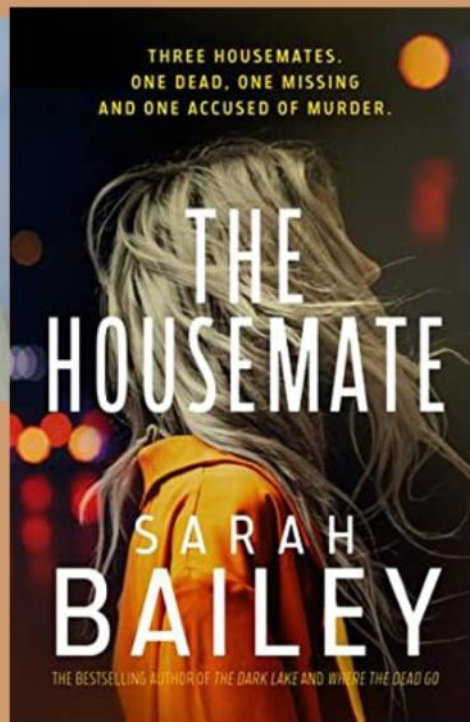
This semester students have been developing their culinary skills. We started our cooking with a trip to Yarkuwa Indigenous Knowledge Centre to make damper, wrapped in foil and cooked on the campfire coals. These were lathered in native jams made from rosella fruit, quandongs, and finger limes. Students also made quandong smoothies, which is a fruit that has 50 times the vitamin C as an orange. Last week they made choc chip lemon myrtle cookies, that hopefully made it home for families to try! Next term, students will be making burgers flavoured with native bush spices.



LIBRARY READER SNAPSHOT

WHAT I'M READING

Mrs Van Lieshout

**Genre & Format:**

Crime/mystery. I am old-school and love the feel of a book, not an iPad. Plus the fact, I can read more comfortably whilst lying in bed every night.

What you like about it:

I wasn't too sure if I was enjoying the book because it was a little slow with twisting storylines, but the second half was much better and things came together. It was worth persevering with.



**AVAILABLE IN
THE LIBRARY**

UNIFORM

A decision has been made by Executive that we need to put some further measures in place to encourage your child to wear correct school uniform.

1. If a student is wearing a non-DHS logo black jacket, they will be asked to remove this jacket whilst in classrooms, as they are in a climate-controlled comfortable environment.
2. If your child is asked to take part in a local area excursion, subject excursion, sporting excursion or any other excursion where your child is expected to be in school uniform, they must be wearing the appropriate full school uniform to take part. Please be aware that your child will not be able to take part in this excursion if they are not wearing the correct uniform to be identifiable as a DHS student. If your child arrives ready to take part in the excursion, out of uniform, other arrangements will be made for your child to stay at school.
3. Students are also expected to be in full school uniform to accept awards at assemblies or whenever they are representing the school.'

Our uniform policy states *"Deniliquin High School supports the wearing of school uniforms by students and the upholding of high standards of dress by students and staff. 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, reinforces the perception of the school as an ordered and safe environment and promotes positive community perceptions of public education"*

CENTRAL IGA

The end of an era has descended upon us as we farewell our community champions at Central IGA, as the business changes hands this week. On behalf of all our students and school community, who have benefited from the tireless support for many of our major fundraising events and social enterprises, we would like to thank the outgoing management, **Rob Hallum, Glen** and **Corina Beames**. Without your consistent donations over the years, many programs like the breakfast program and countless fundraisers would not be possible. The opportunities for employment and work experience have also benefited our school community immeasurably. We wish you all the very best for your future endeavours. Thank you, thank you, thank you.

DATES TO REMEMBER	
TERM 4	
OCTOBER	
10	Staff and Students return
11-14	Yr 9 Excursion Howmans Gap
24-28	Year 11 Excursion Melbourne

DENILQUIN HIGH SCHOOL

ASTRONOMY NIGHT

With Emma Barnett

**Astronomy Enrichment Programs
Coordinator**

Victorian Space Science Education Centre
VSSEC



*Wednesday 21st
September
6pm DHS MPC
Everyone Welcome*

Join us for a night amongst the stars to listen to past DHS student Emma Barnett educate us on all things astronomy and teach us how to use our new Telescope donated by ASTRO3D!

COMMUNITY INFORMATION CON'T



**NEXT P & C
MEETING
25 OCTOBER**
**6pm in the Admin
Building or on Zoom**
ALL WELCOME



**DENILIQUN 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

Self-Care September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it
12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you
 26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing
			29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are		

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

Ask



Have a conversation using these 4 steps

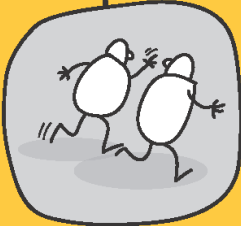
No qualifications needed



1. Ask R U OK?



2. Listen with an open mind



3. Encourage action



4. Check in



Learn more at ruok.org.au