

# Deni High News



**Principal:** Glen Warren

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Issue 1 Term 1 - Week 5

Friday 24 February 2023

## PRINCIPAL MESSAGE

Welcome back to 2023. We have hit the ground running with plenty happening at the start of the year. It has been fantastic to welcome 88 new Year 7 students to our wonderful school. They are comfortably navigating their way around the school and are engaging with their learning.

### SWIMMING CARNIVAL

Last week we had our annual swimming carnival. It was a fantastic day which was enjoyed by those who attended. The carnival saw great participation rates from those in attendance with a few records being broken on the day. Year 12 added colour and entertainment to the day as well as ensuring that everyone was fed with their BBQ. Thank you to Dom Jansen for the mountain of work that she put in to ensure that the carnival was well organised and ran smoothly along with her team of helpers. Well done to those who competed at Zone level earlier this week.

### CANVAS AND BRING YOUR OWN DEVICE

We are introducing Canvas into Years 7 & 11 in 2023 with plans to roll this out to all years.

What is it?:

Canvas is a web-based learning management system.

Why are we using this?

It will streamline all current learning platforms including OneNote and Google Classroom so that navigation is easier for students.

What are the benefits?

Easier navigation for students

Ability to extend learning in the classroom and at home

Easy methods of communication with classes and students

Ability to monitor student engagement and application more effectively

Staff have been busily learning this program and developing their units of work to be on Canvas. To support this, we have asked parents of Year 7 and 11 students to provide their child with a laptop.

### STAFFING

Like most schools, we have had trouble attracting teachers. Sadly, we have had to remove Construction from Year 11 as we do not have a qualified teacher to take this subject and as it is a Vocational Education and Training Course there are minimum standards in facilities and teacher training that need to be met. We were hoping to have one of our current teachers retrained but this was not approved. The Year 12 Construction class will be supported by an external agency to complete their studies.

We are a few teachers short this year. We have not been able to secure a new Head Teacher HSIE and have been looking for additional staff in English, HSIE, PDHPE, a General Assistant and a permanent Student Learning Support Officer. We are continuing to work through Departmental processes to try and fill these vacancies.

### VAPING IN SCHOOLS

I have included a fact sheet from NSW Health on the issue of vaping. This is causing concerns across the nation and Deniliquin High School is not immune to this disturbing trend. Please take the time to read over this information and either visit <http://www.health.nsw.gov.au/vaping> or use the QR Code in the header of the next page to gain a greater understanding of the dangers of vaping.

Glen Warren  
Principal

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.

FOR PARENTS AND CARERS

# THE FACTS ABOUT VAPING



Do you know what they're vaping?  
For more information visit [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)



## DO YOU KNOW WHAT THEY'RE VAPING?

Deniliquin High School, like many other schools, has seen a recent spike in young people vaping.

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

## VAPING FACTS

- Many vapes contain nicotine making them very addictive. The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.
- Vapes can leave young people at increased risk of depression and anxiety.
- Young people who vape are 3 times as likely to take up smoking cigarettes
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes can cause long-lasting negative effects on young people's brain development.

## SIGNS YOUR CHILD MIGHT BE VAPING

Tell-tale signs that your child might have started vaping include the symptoms of nicotine addiction such as feeling irritable or anxious.

## THE LAWS AROUND SELLING VAPES

Young people often purchase vapes online, from retail stores or from friends and contacts on social media.

- It is illegal to sell vapes to anyone under the age of 18 years.
- It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime. If you suspect someone is selling vapes to minors, you can report it to NSW Health [via its website](#) or by calling the Tobacco Information line on 1800 357 412.

## TALK TO YOUR CHILD ABOUT VAPING

Whether you suspect your child is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready.

## FOR MORE INFORMATION

Get the evidence and facts at [www.health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)

## ENGLISH NEWS

Welcome to 2023! We are back into the full swing of things in English. We would like to welcome Ms Vy Pham into our team. She has been a fantastic addition to our faculty, and she is settling in well in her classes and amongst the wider staff. We would also like to wish Ms Beth Kermode all the best for the impending arrival of her baby boy! Mrs Krista Ladson will be the Acting Head Teacher for the year.

The units that students are learning about are as follows:

Year 7 - Yours, Mine & Ours  
Year 8 - Journeys  
Year 9 - Global Conflicts  
Year 10 - Digital Storytelling  
Year 11 - Reading to Write and Achieving Through English  
Year 12 - Module A and We Are Australian

We would like to remind everyone to keep an eye out for texts that have been studied in the past and have been taken home. It is important that these are returned to allow for the next year group to study these novels.

Year 10s are reminded that their first assessment task will be completed in class next week, Thursday 2nd March. If you are unwell and unable to attend school, you must contact Mrs Ladson as soon as possible.

## WELLBEING MATTERS

Welcome to 2023! Our Wellbeing staff remain the same as 2022 with:

Karen Andrews – School Counsellor  
Kylie Andrews – Student Support Officer  
Chantall Barnes – Aboriginal Education Officer  
Callie Learmonth – Wellbeing Nurse  
Jo Nathan – Art Paraprofessional  
Leah Robinson – Wellbeing Reception Staff  
Donna Van Lieshout – Head Teacher Wellbeing

We also have a range of services operating out of The Hub; Vinnies Services, Luke Egan (NSW Police ACLO), My Step, CAHMS to name a few.

If you would like your child to access any support through Wellbeing, please contact the Wellbeing Reception and speak to Leah.

As usual, we have lots of programs starting up again this year, including:

### WELLBEING ART PROGRAM

Nominated students attend the Art Shed for one period a week to work with Jo Nathan on a range of artworks. School murals and NAIDOC artworks are high priorities this term.

### RULES IN RELATIONSHIPS

A 6-session program being facilitated by Vinnies Services, this course teaches students about the importance of respect in our dealings with others. We are planning to offer this course throughout the year, starting with Year 10 boys.

### FISH PARK PROGRAM (as outlined by Mrs Moorse)

### BREAKFAST PROGRAM

Our Breakfast Program continues this year with some new additions to the menu. Along with the crowd favourites, cheese toasties, banana bread, hot chocolates and Up-N-Go, we have cornflake cookies, chocolate cereal (gluten-free) and oat cakes. To celebrate 'Do It for Dolly Day', we will also add pancakes to the menu. We are grateful to our sponsors, Foodbank and Baker's Delight, the Support Class as well as staff and students who help us every week. The Breakfast Program operates Monday, Wednesday, and Friday from 8.15 – 8.50am.

## WELLBEING MATTERS CON'T

### YARNING WITH THE AUNTIES AND FISHING WITH THE UNCLES

We are grateful to the Deniliquin Local Aboriginal Land Council for supporting our Aboriginal students and offering opportunities for them to interact with our local Elders. These popular activities will kick off again very soon.

### TEEN MENTAL HEALTH FIRST AID

We are very excited that Kylie Andrews, our SSO, has been trained in this important program. She will be facilitating this course next term.

In addition to these programs, we will be running RAGE, Feeling Fantastic, Seasons of Growth as well as a range of new programs.

### LAUNCHING THE 2023 YEAR 10 FISH PARK PROGRAM

Every Wednesday morning, a select group of Year 10 Students will be given the opportunity to join with members of the community to enhance and maintain the natural lagoon system that runs through the centre of our town, Deniliquin. It is a program designed to give students the opportunity to be involved in learning about ALL aspects of a healthy ecosystem.

It is a hands-on program where students will spend time transplanting a variety of reed species from the lagoons to areas needing vegetation along the Edward, as well as planting different native terrestrial plants and learning how they work to benefit the animal and birdlife. General maintenance will also be a part of the program, where invasive species are removed.

The program is also about taking care of our native fish and aquatic species, and we will be learning how to identify them, how to monitor their numbers and health, and how to help them thrive.

If you are a Year 10 student with an interest in being outdoors, learning about the environment and how our local ecosystem works then this might be a program that would really suit you. Please be assured that this is not a program of free labour. It is about learning, just without the need to pick up a pen. I'm looking forward to working with the Yr10 students who choose to take up the opportunity to be part of this program.

Thanks, Mrs Allana Moorse

### MARCH ACTION FOR HAPPINESS

**Mindful March 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

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

## WELLBEING MATTERS CON'T

# Support is here for you. Anywhere, anytime.

Sometimes we don't think our own problems are 'serious' enough to get support. But support is here for everyone, even you.

You don't have to put up with feeling low, sad or worried when things seem like too much. Sharing how you're feeling can help.

You can chat anywhere, anytime with helplines that are free and confidential.

Scan for helplines



Learn more about services that can help at [denimentalhealth.org.au](http://denimentalhealth.org.au)



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### CONFIDENTIAL AND FREE HELPLINES AVAILABLE 24/7

(unless other hours are listed)



#### ACCESSLINE 1800 800 944

Professional help and advice in the Murrumbidgee LHD.



#### LIFELINE 13 11 14

Crisis support for anyone experiencing emotional distress.



#### KIDS HELPLINE 1800 55 1800

Phone counselling service for young people aged 5 to 25.



#### SUICIDE CALL BACK SERVICE

1300 659 467

Free telephone, video and online counselling.



#### MENSLINE 1300 78 99 78

Telephone and online counselling service support for men.



#### 1800 RESPECT 1800 737 732

Support for people impacted by sexual assault, family violence and abuse.



#### BEYOND BLUE 1300 22 4636

Information and counselling support for anxiety, depression and suicide prevention.



#### FAMILY DRUG SUPPORT

1300 368 186

Support for families and carers in crisis due to alcohol and other drug use issues.



#### 13 YARN 13 92 76

Aboriginal & Torres Strait Islander crisis support line.



#### OPEN ARMS 1800 011 046

Support for veterans and families.



#### QLIFE 1800 184 527

3PM TO MIDNIGHT - LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies or relationships.



#### BUTTERFLY FOUNDATION

1800 33 4673

8AM TO MIDNIGHT - Counselling support for anyone concerned about eating disorders or body image issues.



#### PARENTLINE 1300 1300 52

M-F 9AM-9 PM WEEKENDS 4PM-9PM  
Counsellors to help those caring for a baby, child or teenager.



#### PANDA 1300 726 306

MONDAY TO SATURDAY  
Support throughout pregnancy and for new parents.



## DHS TAKES A DIP!

Our first whole school sporting event for the year, the 2023 Swimming Carnival, is done and dusted.

Last Wednesday, February 15<sup>th</sup>, swimmers, sunscreen, hats, caps and goggles were donned, with participants proudly representing their houses. Mr. Kiley and Miss Grocott shared the MC duties on the mic with Year 12's Grace McMahon, who showed off her eclectic musical knowledge, bursting into song regularly throughout the day.

It was fantastic to see so many students taking the plunge into the cool blue water in the name of house spirit, and to hear these students being urged on by their teammates and House Patrons as they made their way down the pool. By the end of the day, some students had even lost their voices, they had cheered so strongly! Just a great display of respect, community and mateship – well done, Deni High!

The day had many highlights, including regular Continuous Swims (providing welcome opportunities for everyone to cool off); the Support Class' water relays, T-ball game, and bucket challenge; Year 12's BBQ, Song Dedications and Zooper Doopers; Year 12's Lap of Honour with Year Adviser John Lethbridge, the Handicap Races featuring the fastest swimmers in the school; Deni High Poolside Just Dance; the Biggest Bomb competition; and the annual and highly anticipated contest – the Staff versus Students Relay.

Six teachers – Mr. Michael, Miss Riccardo, Mr. Loy, Ms. Norman, Mr. Edwards and Mrs. Moorse - took their positions, determined to notch up another win for the staff. The race, however, was tightly contested from the beginning, with Edward House keeping time with the teachers. In the end, it came down to a fingernail's difference, with Edward taking home the 2023 title for the student body and a message to the staff – 'Better luck

### **FIVE RECORDS BROKEN!**

#### **Boys**

William Steenholdt – 12 years  
100m Freestyle old 1:56.19 new 1:40.87

Lucas Thompson – 13 years  
50m Backstroke old 45.64 new 44.13

Jai Park – 14 years  
50m Butterfly old 40.44 new 37.81

#### **Girls**

Elena Mulham – 17 years  
50m Butterfly old 34.91 new 33.78  
50m Breaststroke old 41.93 new 41.22

#### **Age Champions**

12 Boys - William Steenholdt  
13 Boys - Luca Caniglia  
13 Girls - Elka Connolly  
14 Boys - Jai Park  
14 Girls - Phoebe Newman  
15 Girls - Maddison Nicholls  
17 Boys - Marcus Moorse  
17 Girls- Elena Mulham

#### **Overall Results**

1<sup>st</sup> Edward 500 points  
2<sup>nd</sup> Colligen 351 points  
3<sup>rd</sup> Nyrangi 288 points  
4<sup>th</sup> Kyalite 147 points

Special thanks go to Mrs. Jansen for ALL of her organisation; to Mrs. Hindriks and Mrs. Ingram as our chief recorders; to Mr. Lethbridge and Year 12 for keeping us fed, watered and entertained throughout the day; to Ms. Norman and Mrs. Moorse, our stroke judges; to Robyn and Ellie Marshall for sustaining the staff with delicious snacks; and everyone who helped to make the day a wonderful success!

Ms. Kermode





## CAREERS NEWS

### YEAR 10 WORK EXPERIENCE

Work experience assist students in their transition from school to work and aims to: provide students with an opportunity to relate school studies with a workplace, give students an insight into the diversity of employees in the workplace and prepare students for the demands and expectations of the working world. Students in Year 10 will be going out for a week block of work experience in Week 5 of Term 2, May 29 through to June 2. This seems a fair time away, however, it is important to act now and secure a place with an employer given the number of Year 10 students who will be competing for placements around town. First in best dressed! Whilst there are prohibited activities on work experience, students have been advised that they are only limited by their imagination. They are not limited to the confines of Deniliquin and they can be seeking placements further afield, however, all costs associated with the work experience must be met by the student (and/or family).

### WHITE CARD COURSE

We are looking to run the White Card Course in early Term 2 and are seeking expressions of interest from students. We have 20 places, and they are filling fast. If there are any students in Year 10 wishing to work on building sites for work experience, they will need to get a white card. Students are encouraged to put their name on the sheet outside the Careers Office in the library.

### USI – UNIQUE STUDENT IDENTIFIER

Students in Year 10 are being advised that they should be applying for a USI. A USI is their individual education number for life. It also gives them an online record of any vocational education and training (VET) undertaken in Australia. If they're at university, TAFE or doing other nationally recognised training, they will need a USI. It is a simple 10 minute online (Google Chrome) process with a government ID such as a driver's licence, Medicare card, passport or birth certificate. If you do not have sound internet at home, simply take a photo of the Medicare card and we can apply for the USI at school.

### YEAR 12 EARLY ENTRY SCHEMES

Early Entry Programs have commenced at some Victorian and NSW universities and students need to start looking at the entry requirements to ensure they qualify for these schemes. Students will be given an information sheet in their Wednesday year meeting (which they are all expected to attend).

La Trobe ASPIRE is now open for Year 12 applicants as is Charles Sturt University Advantage and UNE Early Entry Scheme. Students can start applying now.

### CHARLES STURT EXPLORE DAY

Students have been asked to register their interest for the CSU Explore day which will be happening on 21<sup>st</sup> March. If we get enough interest from Year 10, 11 & 12 students we will organise a bus. The Explore Day gives school students the opportunity to hear from current students about their university experience. They will also explore the areas of interest that they nominate on their application form. All students wishing to attend need to register their interest with the Charles Sturt Explore Day which they can google.

### CHARLES STURT ADVANTAGE EARLY OFFER ROUNDS OPEN FOR 2023

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 6,000 early offers.

- Round 1 Apply by midnight 7 April 2023 Receive an offer by early May
- Round 2 Apply by midnight 30 June 2023 Receive an offer by late July
- Round 3 Apply by midnight 31 August 2023 Receive an offer by late September

Apply now for your chance to score an early offer to study with CSU in 2023 . Choose from a 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.



## CULTURE PROJECT

The Year 7 Culture project aims to empower students to engage in reconciliation, respect and recognition of the Aboriginal and Torres Strait Islander culture. Students are learning from local Indigenous community members about Wamba Wamba / Wemba Wemba and Perrepa Perrepa / Barapa Barapa country, culture and people.

Year 7 students have been learning about different nations and languages. They can already speak some Wamba Wamba language! Students have also been exploring Indigenous music, artists and instruments.



## SUSTAINABILITY

As part of the Sustainability project, Year 8 students have been exploring the concept of biodiversity. They have completed a biodiversity audit of the school, specifically focusing on flora, fauna and soil quality. Students have identified how the school grounds could be improved to better support habitat for wildlife. Later this term, they will have the opportunity to implement some of their ideas to improve the school's biodiversity score.

Students have also been to the school farm where they have been learning about sustainable practices. They have had a farm tour and inspected the irrigation recycling system to develop their understanding of how excess water is kept and reused.



### COMMUNITY INFORMATION

DATES TO REMEMBER	
<b>TERM 1</b>	
<b>FEBRUARY</b>	
28	P & C Meeting 6pm
<b>MARCH</b>	
6	Year 7 Family Welcome hour 6pm
8	TAFE Jobs Connect/Careers Expo
13-15	Year 7 ADANAC Excursion
<b>ASSESSMENTS DUE</b>	
<b>TERM 1</b>	
<b>WEEK 6</b>	
Yr 11	SLR
Yr 12	Visual Arts
<b>WEEK 7</b>	
Yr 11	Business Studies, Industrial Tech (Timber)
Yr 12	Maths Adv, Maths Standard 2, Numeracy.
<b>WEEK 8</b>	
Yr 11	Ancient History, Chemistry, Exploring Early Childhood, Work Studies
Yr 12	Music, Maths Ext 1.

## PARENTS, CARERS AND EDUCATORS

### JOIN OUR ONLINE GROUP



**SUPPORT FOR PARENTS AND CARERS to help**

**TODDLERS CHILDREN YOUTH YOUNG ADULTS**

**INFORMATION, RESOURCES, PROGRAMS, WORKSHOPS AND SUPPORT**

**MENTAL HEALTH AND WELLBEING FOR ALL AGES**

Ask questions in a safe space  
Share experiences and resources  
Increase knowledge and skills




**Families Stronger Together in Deni**

[www.facebook.com/strongfamiliesdeni/groups](https://www.facebook.com/strongfamiliesdeni/groups)

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Group moderated by Mental Health Professionals  
[www.denimentalhealth.org.au](http://www.denimentalhealth.org.au)



**DENILIQUIN 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

# NEXT P & C MEETING

## 28 FEBRUARY

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

**ALL WELCOME**



**DENILIQUIN HIGH SCHOOL**  
**TERM DATES 2023**

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**TERM 1**  
LAST DAY OF TERM - THURSDAY 6 APRIL

**TERM 2**  
WEDNESDAY 26 APRIL - FRIDAY 30 JUNE

**TERM 3**  
TUESDAY 18 JULY -FRIDAY 22 SEPTEMBER

**TERM 4**  
MONDAY 9 OCTOBER - MONDAY 15 DECEMBER



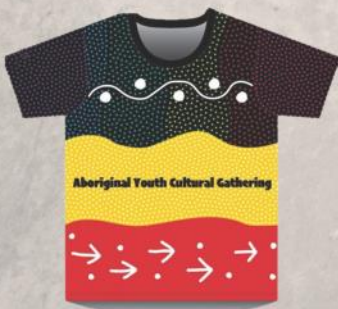
## DHS BREAKFAST PROGRAM

**Monday, Wednesday & Friday out of the MPC kitchen.**

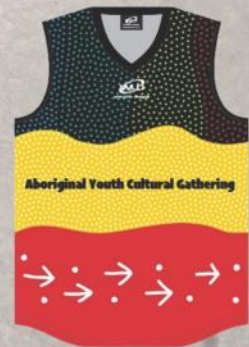
**8.20am to 8.50am**

# Aboriginal Youth Cultural Gathering

Four Post Deniliquin  
28th & 29th March 2023



Basket Weaving  
Tool Making  
Cultural Heritage Walks  
Yarning with Elders  
Cultural Dancing  
Choice of Free Shirt  
Free Cap  
Lunch Provided



**10am to 3pm**

Please contact Karen @ Deni LALC  
03 5881 4891