



## Building Harmony and Success

*We acknowledge the traditional custodians of this land and pay our respects to elders past and present*

Phone: (02) 49450600 Fax: (02) 49477531 [www.belmonthigh.com.au](http://www.belmonthigh.com.au)

### FROM THE PRINCIPAL

#### Building Upgrade

The first meeting of the Belmont High School Project Reference Group (PRG) for the proposed building upgrade was held during the recent holidays. It was exciting to hear that this project will provide a substantial general upgrade to the facilities and amenities for staff and students at Belmont High School. The PRG will meet on a regular basis and will be seeking consultation from all sections of the school and wider community to guide the design process. A dedicated website will be established to provide relevant information to the community and will include a Frequently Asked Question (FAQ) section. Information on this website will be provided to parents shortly.

#### P&C Meeting

This month's P&C meeting will be held on **Wednesday 19 October** commencing at 5.30pm in the school library. Special guest for this meeting will be Senior Constable Darren Martin, School Liaison Police Officer and he will be talking on the topic of **Cybersafety**. Parents are welcome to attend this meeting and gather some useful information on this important topic.

Please note that the date of the November P&C has been moved to **Wednesday 23 November** to avoid a clash with the Year 12 Farewell.

#### Year 12 Graduates!

Congratulations to our Year 12 students who celebrated their graduation from Belmont High at the Graduation ceremony last term. Students were presented with academic and sporting awards together with their graduation portfolios. Special congratulations go to those students who were awarded with major awards on the night, as outlined on the following pages.

Good luck year 12 with your HSC exams and all the very best for a happy, healthy and successful future!

#### Another student fundraiser

Congratulations to incoming school vice-captain Anderson Magri who recently had his head shaved at a school assembly to raise funds for the Heart Foundation.

Students and staff donated a gold coin towards this worthwhile cause raising \$628 in the process. Thanks to Kylie Haigh who gave up her time to come and shave Anderson's head.



### DATES FOR YOUR DIARY

#### October

- 13 First day Year 12 HSC exams
- 19 P&C Meeting
- 24-28 Year 10 SES Program
- 25 Year 7 Vaccinations

#### November

- 4 Last day HSC exams
- 15 Year 8 Positive Lifestyle Day
- 16 P & C Meeting
- 16 Year 12 Formal
- 21 Year 11 into Year 12 interviews
- 23 P&C Meeting
- 24-28 Year 10 SES Program

Geoff Robinson  
Principal

### P&C MEETING

**The next P&C meeting will be held Wednesday October 19, 2016 at 5.30pm in the library. Everyone welcome to attend**

## YEAR 12 GRADUATION CEREMONY

### MAJOR AWARDS

**The P&C Award for Academic Excellence** is based on the HSC assessment schedule and is awarded to a student who has excelled in all courses studied. This award was presented to *Ethan Laity*.

**University of Newcastle Award for Academic Excellence** comprises a certificate and scholarship from the University of Newcastle to the value of \$2000 and is presented to a student who has excelled in all courses studied in year 12. This award was presented to *Georgia Beeton*.

**The Deadre Ham Citizenship Award** is for a student who has displayed outstanding citizenship qualities, and has also had major involvement in, and made a contribution to, school and community life. This award was presented to *Taylor Vaipulu*.

**The Des Payne Quantum Potero Award** is presented to a Year 12 student who has worked to the ideal of our motto, "Quantum Potero – I will achieve my potential". This award was presented to *Emily Bourke*.

**The Reuban F Scarf Award for Commitment** is presented to a student who has demonstrated outstanding commitment, consistent effort and the desire to improve. This award was presented to *Gillian Armstrong*.

**The Caltex Best All Rounder Award** is presented to someone who has displayed citizenship and has been successful in both the academic and sporting fields. The award was presented to *Tiffany Law*.

**The Australian Defence Force Long Tan Leadership and Teamwork Award** is for a student who demonstrates leadership and teamwork within the school and broader community, while also displaying strong values. This award was presented to *Brittany Harvey*.

**The Pat Conroy Excellence in Science and Technology Award**, donated by Pat Conroy, Federal Member for Shortland, was presented to *Ethan Laity*.

**The Doug Cruckshank "Esprit de Core" Award** or School Spirit Award recognizes a student whose conduct, and relationship with staff and students exemplifies the spirit of Belmont High School. Mr Cruckshank retired at the end of 2002 after fifteen years as Deputy Principal of Belmont High School. The Esprit de Core Award was presented to *Luke Sweeney*.

**The Brad Moran SRC Award** recognises leadership within the school. This Award is named in Honour of Brad Moran who was School Captain of Belmont High School in 1993. Brad served his country with distinction in the Special Air Services and unfortunately lost his life in an accident in Thailand. This award was presented to *Dominic Mulley*.

**The Terry Smythe Award** for Vocational Excellence recognizes the efforts of a student who has excelled in both the practical and theoretical areas of vocational education. This award was presented to *Jorja King*.

**The Year Adviser's Award** is presented to a student who best exemplifies the school values; work together; learning is power; give respect get respect; be the best you can; accept people are different and be responsible in all we do. This year there were 2 recipients of this award, presented to *Matthew Lindus* and *Jenny Taylor*.

**The Commitment Award for Music** is presented to a student who has consistently participated in one or more school ensembles and is recognized as the most dedicated ensemble member. This award was presented to *Bree Young*.

**The Music Leadership & Mentor Award** is presented to a student who has consistently demonstrated leadership in their ensemble groups and has been an exemplary role model to other Belmont High musicians. This award was presented to *Tom Johnson*.

**The Special Education award** is presented to a student who has made consistent achievements in all areas. This year there were 2 recipients of this award, presented to *Sharnae Furner* and *Mathieu Muddle*.

The following awards are provided by the Belmont High Ex-students Association, introduced to recognize student performance in a number of areas.

**The Ex-Students Association Award for Excellence in Mathematics** was presented to *Ethan Laity*.

**The Ex-Students Association Award for Promoting Harmony and Success** was presented to *Daniel Ilievski*.

**The Principal's Medal for Academic Achievement** is awarded to students who gain first place in two or more HSC Subjects. The awardees were: *Connor Anderson; Gillian Armstrong; Georgia Beeton; Brittany Harvey; Ethan Jardim; Ethan Laity; Logan McElhone and Mollie McGuinness.*

Congratulations to all these students on their outstanding achievements!

## FIRST IN SUBJECTS

SUBJECT	STUDENT	SUBJECT	STUDENT
Ancient History	Georgia Beeton	Mathematics Extension 2	Ethan Laity
Biology	Grace Chensee	Mathematics General 1	Luke Blackburn
Business Studies	Gillian Armstrong	Mathematics General 2	Brittany Harvey
Chemistry	Ethan Laity	Modern History	Georgia Beeton
Community & Family Studies	Brittany Harvey	Music	Tom Johnson
Engineering Studies	Ethan Jardim	PD/H/PE	Logan McElhone
English Advanced	Brittany Harvey	Physics	Ethan Laity
English Extension 1	Georgia Beeton	Senior Science	Ryan Kentish
English Extension 2	Georgia Beeton	Society & Culture	Tiffany Law
English Standard	Olivia Hodgson	Sport Lifestyle & Recreation	Lachlan Yates
English Studies	Mollie McGuinness	VET Construction	Connor Anderson
Geography	Connor Anderson	VET Hospitality	Jorja King
History Extension	Hannah West	VET Retail Services	Jordan-Lee Barker
Industrial Technology	Ethan Jardim	VET Sports Coaching	Logan McElhone
Legal Studies	Gillian Armstrong	Visual Arts	Georgia Beeton
Mathematics	Gillian Armstrong	Work Studies	Mollie McGuinness
Mathematics Extension 1	Joshua Bates		





YEAR 12 2016



## FROM THE DEPUTIES

Welcome to Term 4 everybody, a time of the year that can bring a sigh of relief as the weather warms, our days lengthen and we see an end to another year in sight. But of course everything comes at a price in this world and there's much to get done before we all earn that Christmas break.

I suspect reading Quantum is far from the minds of Year 12 students and their families at the moment. The HSC is here, just as we promised it would be. Year 12 are an amazing group of young people and we would like to pass on best wishes for your exams and again congratulations on how you have represented yourselves throughout your high school years and the graduation process. Mr Allenby is sorry he missed the graduation ceremony but is looking forward to catching up to everyone at the Formal. As always commendation must also be awarded to the parents, carers, family and teachers of Year 12 for supporting them throughout. Special thanks must go to Alison Murphy and Melinda Avery for their support as Year Advisors and also Kass Bangle for additional help leading into the end of the year.

The Year 11 preliminary course has been completed and students will commence the HSC course this term. Students will attend interviews Friday week 2 to discuss their pattern of study. During this time they will be eligible to drop a subject. They must do English (2 Unit Course) and have a minimum of 8 other units to be eligible for their HSC, subject to courses they are enrolled in.

Year 10 are entering their final stages of assessment for the award of RoSA grades and it is important students are mindful of any assessment tasks they may have owing. If students fail to meet assessment requirements in any one subject faculties issue an N-Award Warning letter, which may be connected to failure to submit formal assessment, failure to complete adequate class work, insufficient attendance, or a combination of all of these. Once a faculty has issued two warnings, and student performance is deemed insufficient enough, a final N-Determination may be awarded. This means the school will not award a grade in this subject and that award of the RoSA and progression into Year 11 is in jeopardy. Of course this applies to a tiny proportion of students but if previous warnings have been ignored chances are Mr Allenby will be visiting for a chat soon. If you have any concerns in this area please do not hesitate to contact the school and remember The Learning Hub is open every Thursday afternoon to support students in rectifying these issues.

Everyone in Year 10 should have completed subject selections by now for Year 11 and also don't forget that student attendance at the final Rewards Night is on the condition that they are on '0' or higher portal points when checked on December 5<sup>th</sup>. Any investment students/families make towards the formal (dresses etc), on the assumption that attendance is a given, is done so at own risk.

Year 9 students attended a cyber-safety presentation during the last week of term 3. This was presented by our School Police Liaison Officer Senior Constable Darren Martin. Senior Constable Martin was able to show students the importance of protecting their privacy and the dangers that can occur if you post inappropriate information and/or photos and how this can affect future employment opportunities.

Year 8 deserve continued praise for their outstanding behaviour and attitude. Of course when managing such a large volume of young people there will be the occasional hiccup but in general incidents are reported quickly and there is a genuine culture of seeking support and heading off trouble before it escalates. A quick check of Year 8 behavioural referrals in comparison to another year group showed they had 50% less incidents – a significant number. Outstanding Year 8; however, you have a bit of work to do to catch up to Year 7, who are leading the school in modelling best behaviour. Of course 2017 sees Year 8 become Year 9, when the work and expectations become a little bit more serious. But more on that next year.

It is great to see Year 7 modelling best practice in behaviour. We encourage students to continue this and those who maintain positive portal points may be eligible for the end of year rewards excursion.

Just a reminder as we head into the warmer months that black short shorts are not school uniform. They are out of school wear only. A number of girls have presented wearing large hoop earrings which are a WHS (work health and safety) issue. This will result in students being asked to remove earrings and/or parents being called to bring in appropriate earrings to ensure student safety at school.

Michele Spinks (Deputy Years 7, 9, 11)  
Michael Allenby (Deputy Years 8, 10, 12)



## P&C REPORT

Every six months or so the P&C will be aiming to bring in outside speakers to help us better understand how the partnership of school, parents and students are a great way to give our families the best opportunity to thrive in our modern world.

To this end at **5:30pm on Wednesday 19<sup>th</sup> October** we have invited Constable Darren Martin to come **to the school library** to speak to us about **Cybersafety**. Our modern world is changing quickly and so to better understand the issues that our students are facing online is a very important one.

Constable Martin has considerable expertise in this field and regularly teaches on this subject. His presentation will be for approx. 30 minutes with time for questions to follow. If you wish you can stay for a brief P&C meeting afterwards. The whole night should be finished by 6:45pm. Everyone is invited. I hope to see you there.

Stephen Taylor  
P&C President

## SPORT

### Trampolining News

Congratulations to the Belmont High School trampolining team who backed up their success as Regional Champions for 2016 to win their 23<sup>rd</sup> consecutive CHS State Champion school point score.

For the first time since 1992 Belmont High was NOT the largest team at the championships and had to work very hard for every point earned.

Dominic Sutherland and Olivia Sweeting did very well in the Special Athletes section to earn 4<sup>th</sup> place and Jessica Pickering and Charlie Haigh were outstanding winning state titles.

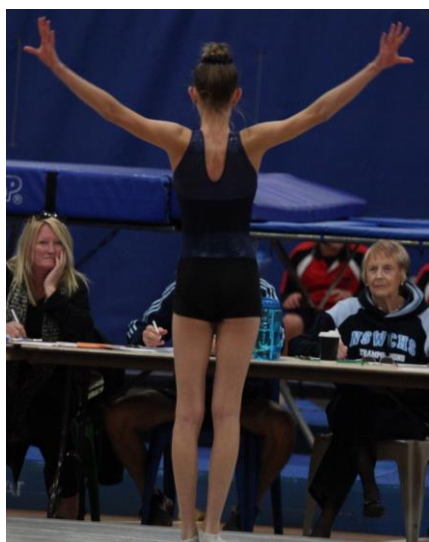
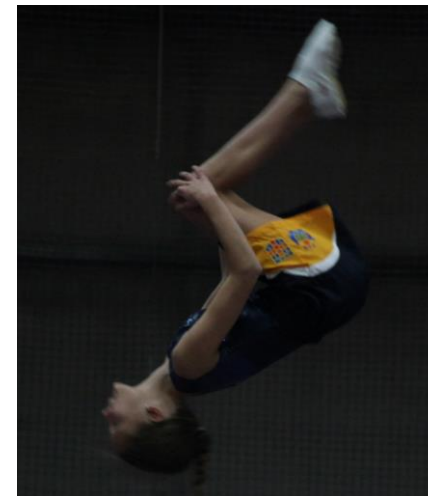
Other medallists were:

Tayah Moody	-	2 <sup>nd</sup> in Tramp and 3 <sup>rd</sup> in Double and Single Mini
Zali Sales	-	2 <sup>nd</sup> in Tumbling
Laura Abell	-	1 <sup>st</sup> in Tramp, 3 <sup>rd</sup> in Double and Single Mini
Jessica Pickering	-	1 <sup>st</sup> in Double and Single Mini and 2 <sup>nd</sup> in Tramp
Dominic Sutherland	-	2 <sup>nd</sup> in Single Mini
Jackson Hunter	-	3 <sup>rd</sup> in Tramp
Charlie Haigh	-	1 <sup>st</sup> in Double Mini and 3 <sup>rd</sup> in Tramp and Tumbling
Lochie Green	-	2 <sup>nd</sup> in Double Mini and Tumbling
Jayden Futcher	-	3 <sup>rd</sup> in Tramp
Kaine Baxter	-	3 <sup>rd</sup> in Tramp and Single Mini
Jacob Williams	-	2 <sup>nd</sup> in Tramp and 3 <sup>rd</sup> in Single Mini.

Congratulations to all students involved and Mr Austine for all his time and effort put into coaching, organising and providing this opportunity for our students.

Thanks also to Mr Lambkin, Mr Rodgers and Mr Daley for their help in supervising and organising.







### Year 7 and 8 Touch Football Gala Day

We had two teams compete in the year 7 and 8 Touch Football gala day held at Broadmeadow Race Track. Both teams played hard and had their fair share of wins and losses. Special mention goes to Gail Seu, Abbey O'Toole and Emma Young in the girls' team for outstanding effort.

Well done to all for attending and having such a positive and keen attitude. Let's hope it continues to build a strong team for the upcoming years. Thank you to Lily Unterrheiner and Griffin Keeton for their help in refereeing the teams.



### Student Sport Achievements

#### **FISAF Aerobics**

Goodluck to all our students representing Australia at the World Aerobic Championships held on October 19 in Vienna. We are sure you will all do well and wish you a successful and enjoyable trip. Good luck to Siennah Pirona, Mackenzie Glover, Madison Dodds, Ella Douglas and Emma Hodgson.

#### **National Trampolining**

Big congratulations to Jessica Pickering who came 2<sup>nd</sup> at the All Ages National Trampolining Championships during the holidays. A massive success for a hard working student, well done!



#### **Baseball**



Shai-Lee Reeves is a very talented Baseball player, playing for her home club, Charlestown Phoenix. Shai-Lee has gone on to compete at the National Championships twice, the Jag Series and more recently has pitched for 1<sup>st</sup> grade alongside Australian players.



A scary and amazing feat at such a young age! Congratulations Shai-Lee and hopefully we will see you compete at Nationals again in 2017!



**Lawn Bowls**

Kate Matthews (pictured far right) in Year 11 has had recent success in the Australian Lawn Bowls National Championships representing NSW. NSW were the overall champion state and Kate was part of the Girls Four's team who won gold in this event.

Kate was named in the Australian Jackaroos Squad and will go into camp for this early next year. We wish her luck in hopefully going on to be named in the Australian team.

Kate is to be congratulated on her success.

**Upcoming Hunter Region Trials/Important Dates**

Hunter SSSA Basketball Trials - November 16  
Hunter SSSA Girls Softball Trials - November 23  
Hunter SSSA Girls Cricket Trials - November 24  
Hunter SSSA Boys Cricket Trials - December 1  
NSW CHSSA Blues Presentation - December 2

**House Captains 2017**

With year 12 finishing up, it is now time to elect our new House Captains for 2017! Please see Ms Fagg in the PE Staffroom if you are in Year 10 or 11 and are interested in nominating yourself or a peer for this important duty. It is a great position and looks great on your CV!

**Carnival Certificates**

I have a lot of awards leftover from the Athletics and Cross Country Carnivals. If you placed 1st, 2nd, 3rd or 4th and did not collect your certificate, please see Ms Fagg. If they are not claimed, they will be thrown out.

Mel Fagg  
Sports Organiser

**NSW SCHOOL VACCINATION PROGRAM 2016**

School vaccination clinics continue into term 4  
Final Vaccination date for Belmont High is the 25<sup>th</sup> October 2016

**WHAT IF MY CHILD HAS MISSED A VACCINE?**

If your child has missed any vaccinations they will be offered any missed doses at the next clinic at their school.

**WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2016?**

Any year 7 student with missed doses of HPV vaccine can be caught up in 2017

**Additionally – any Year 8 student** who commenced HPV vaccination while in year 7 and are yet to finish all 3 doses of HPV (and who has not received any from their local doctor) can still receive these at the next clinic at their school.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

# Digital mental health self-help services critical for young people

Sep 20, 2016 | [Media Release](#)



**A [new report](#) by leading online youth mental health service ReachOut Australia and EY shows that digital self-help is an effective and engaging means of mental health support for young people.**

Releasing the report today, ReachOut CEO Jono Nicholas urged Health Minister Sussan Ley to continue her work in implementing reforms aimed at integrating digital self-help with broader mental health services.

Mr Nicholas said young Australians would benefit greatly from implementation of the Government's promised reforms. 'When seven out of ten young people who experience mental disorders don't get the help they need, this new report is a powerful illustration of how innovative technology can improve access to critical services at reduced cost,' Mr Nicholas said.

'This report shows why the Government needs to continue its work in implementing long-overdue reforms to mental health service delivery, and calls for full integration of scalable digital self-help with broader mental health services as an essential component of the stepped care model.

'We acknowledge the Government's increased investment in digital self-help and we look forward to sharing our expertise with the Government as it carries out these reforms.'

*One Click Away? Insights into mental health digital self-help by young Australians*, a report by ReachOut and EY, surveyed 2000 young people aged 16–25 who accessed the ReachOut service four times over a three month period for a range of issues, with the majority coming for support with anxiety (30 per cent) or depression (35 per cent).

Of the young people who participated in the study:

- 68 per cent of young people said that ReachOut helped them work out what they needed
- 7 in 10 reported that ReachOut made it easy for them to help themselves
- two out of three said ReachOut gave them practical suggestions and tools
- 64 per cent said it helped them understand their experiences.

Mr Nicholas said that only half of young people who had sought help from other services said that service provided the help they needed – which is why these results are so compelling.

'Young people face a number of barriers to accessing traditional mental health services including negative attitudes towards help-seeking, cost, transport, waiting times, fear of breaches of confidentiality and a preference for self-reliance.

'Instead of asking young people to overcome all these barriers in order to get help, it makes more sense to deliver help to young people in a private, convenient, low-cost and timely setting via digital self-help.



'A trusted digital service like ReachOut.com which is accessed by more than 1.31 million people per year means that young people can get help without having to worry about cost, transport or finding the time and waiting for an appointment.

'Young Australians spend a lot of time online and see the internet as an important source of information and advice, so technology is a great way to engage them in the treatment and management of their mental health.

'Online self-help services are also relatively low-cost and scalable, which means they can help large numbers of young people at the same time at a low cost compared to traditional mental health services.'

The report also looked at the role of digital mental health self-care for young people who are especially vulnerable to mental ill health and who are likely to lack access to appropriate services. The results for these young people included:

- 33 per cent of the young people who completed the study were from regional and rural areas. Of this group, 32 per cent indicated that they were depressed, with more than half of that 32 per cent indicating that they had not sought help despite knowing they needed it.
- 63 per cent of these participants agreed that ReachOut made it easy for them to help themselves, with 68 per cent agreeing that ReachOut gives them a range of practical help, actions and tools.
- Around two-thirds of the young people surveyed identified as LGBTQI. Of these, 97 per cent said that ReachOut provided them with a safe and supportive community.
- Around one-fifth of the young men who completed the cohort study accessed ReachOut to address anxiety issues. Of these young men, 53 per cent had anxiety scores which placed them in the severe or extremely severe range. Just over half of the young men who participated said ReachOut made them feel less alone, while 85 per cent rated the content as relevant to them.

Tony Johnson, CEO of EY, said, 'This report shows just how effective, scalable and accepted digital mental health self-help is for young people. We now need to see digital self-help fully integrated into the mental health services system.'

*One Click Away?* is the fourth in a series of reports examining the current and future state of mental health and mental health service provision in Australia. It examines the benefits of digital self-help in the context of the Government's recent mental health reforms. It uses longitudinal data of young people accessing ReachOut's digital mental health services to demonstrate its benefits with a specific focus on at-risk groups including young men, LGBTQI young people and young people living in rural and regional areas.

The full report can be accessed [here](#)

#### **About EY**

EY is a global leader in assurance, tax, transaction and advisory services. The insights and quality services they deliver help build trust and confidence in the capital markets and in economies the world over. EY develops outstanding leaders who team up to deliver on promises made to all of their stakeholders. In so doing, they play a critical role in building a better working world.

### **CLASS REUNION!!**

Class 1A of 1957 is having a class reunion at the Belmont Golf Club on Friday March 24 2017. 60 Years since they started.

For more information please contact John Lambkin

Ph 49454336 or 0431975074



Belmont High School

Building Harmony and Success



### What is the Learning Hub?

The Learning Hub is a dynamic learning environment designed to promote communication, collaboration, and creativity.

This initiative, developed within Belmont High School, aims to assist the young people that attend this school to engage with and feel supported in their education. The Learning Hub has been designed to provide students with opportunities to develop their confidence and creativity, to think critically and to further develop communication between the school and families.

Students are supported through the engagement of tutors and teaching staff, to develop their understanding and extend their learning in relation to lesson content they may be struggling with.

Students will have the opportunity to develop study skills with an individual focus as well as in their peer environment and will be given the opportunity to work collaboratively to develop their content knowledge.

The goal of the Learning Hub is to ensure students develop the skills needed to be successful, passionate life-long learners in a supported and safe environment.



'My child never has any homework!' Book into the Learning Hub for progress review.



The Learning Hub offers the following services:

**One-on-one tutoring** – Tutors will be available to students who book ahead of time. Tutors may be in the form of classroom teachers or private tutors who have been employed by the school.

**Group tutoring** – Students may book themselves into the Learning Hub along with their fellow students for a group study or tutoring session. Students will have the support of a teacher at this time who will encourage and assist them where needed.

**Supported Individual Study Time** – Senior students may book into the Learning Hub for a study block which will be supported by the Learning Hub Coordinator.

**Group study time** – Senior students may book in with other students for specified and supported study time

**Study Skills Support** – Senior or junior students may book into the Learning Hub for assistance in developing study skills, creating a study timetable or simply to talk through aspects of their study they may be struggling with.

**Classroom catch-up / Homework Help** – Students who are away from school for any of a number of reasons may book into the Learning Hub to catch up on their missed work. A teacher will be available to assist them if needed . '

### Learning Hub Session Times

The Learning Hub will be open to students between 10am and 4pm each Thursday.

**Senior students** may book in during their free periods or any time after 12:50pm.

**Junior students** may attend after school hours between 3pm and 4pm for home work assistance.

### Learning Hub Location

The Learning Hub will be located upstairs in the Library behind the ALC.



#### There's an option to suit everyone!

One-on-one Tutoring	Study Skills Support
Group Tutoring	Class-room Catch-up
Supported Individual Study Time	Homework Help
Group Study Time	

**For further information or to make a booking please contact:**

**Ms Emma Terry—Learning Hub Coordinator**

**Mr Michael Allenby—Deputy Principal**

**PHONE: (02) 4945 0600**

## Country Feeling<sup>at</sup> "THE CAGE"

Belmont High School Uniform Shop

### Opening Hours

#### Term 3

<b>MONDAY</b>	<b>12.40pm - 1.20pm</b>
<b>TUESDAY</b>	<b>3.00pm – 4.00pm</b>
<b>THURSDAY</b>	<b>8.15am – 9.15am</b>

EFTPOS available

All cheques to be made payable to  
COUNTRY FEELING

Entry outside school hours via Albert Street  
Contact Email: [country.feeling@bigpond.com](mailto:country.feeling@bigpond.com)

 <b>Belmont High School</b> <b>Uniform Shop Price List</b> 	
<b><u>Girls Uniform</u></b>	
Blouse - Junior and Senior	\$31.00
Skirt - Junior and Senior	\$45.00
Rugby Sports Shorts	\$22.00
Dress Shorts	\$40.00
<b><u>Boys Uniform</u></b>	
Blue Polo	\$32.00
Sports Shorts	\$29.00
Senior S/S Shirt	\$26.00
Senior White Polo	\$26.00
<b><u>Unisex Items</u></b>	
Sports Polo	\$30.00
Jacket	\$56.00
Polar Fleece Jumper	\$35.00
Sloppy Joe	\$30.00
Knit Jumper - size 8	\$65.00
Knit Jumper - size 10/12	\$70.00
Knit Jumper - size 14/16	\$75.00
Knit Jumper - size 18	\$80.00

## SCHOOL SHOE REQUIREMENTS

The school must abide with the WH&S safety rules that are now law in all DEC schools across the state. When purchasing your child's footwear, use the following images as a general guide.

All shoes **MUST** be full leather, black shoes. Our uniform code states that these shoes are to be worn on all school days except Thursday, when full leather sports shoes must be worn.

- **Correct Footwear** – for use with our school uniform – **black leather, lace up shoes**. Must not extend over the ankle or have a platform. The leather must cover the whole foot for safety.



- **Incorrect Footwear** – Due to WH&S policy and the safety of your child slip on shoes and shoes that do not cover the whole foot are **NOT** acceptable.



- **Correct Footwear for Sport** – Sport shoes should be predominantly white, either lace up or Velcro. Shoes should be supportive of the feet during exercise. The whole of the upper foot must have a solid cover.



- **Incorrect sports shoes** - Slip on sports shoes are **not permitted**, these include canvas shoes as they are not supportive or appropriate for sport and PE.





# Footwear Guidelines for NSW government schools



Education  
& Training

## OHS Directorate

### Introduction

The Department, through its [Safe Working Policy](#), is committed to providing a safe working and learning environment for all staff, students and visitors, in accordance with statutory and regulatory obligations and corporate objectives.

Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents such as slips, trips and falls from occurring. Footwear can also protect feet from damage caused by accidents such as falling objects or chemical spillages.

These guidelines have been developed to assist NSW government schools in providing a safe working and learning environment. Schools which already have risk management controls in place in relation to footwear should refer to these guidelines when reviewing and evaluating those controls.

### Areas where safe footwear must be worn

In accordance with the [Safe Working Policy](#), the Department has identified areas of its workplaces where appropriate footwear must be worn by staff, students and visitors to ensure their safety.

Areas where enclosed leather footwear (or other material confirmed by the manufacturer to be suitable, refer to Australian/NZ Standard 2210: *Safety Protective and Occupational Footwear*) is required are:

- Industrial Arts and trades workshop areas
- Science laboratories
- Canteen or Food Technology (Kitchen) areas

Sandals, open footwear or high heeled shoes are not permitted in these areas. If students present for a class or activity with inappropriate footwear the student should be offered alternative educational activities until they are wearing appropriate footwear.

The above list is not exhaustive. Appropriate safe footwear may also be identified as a requirement in relation to other areas or activities, documented procedure or a documented risk assessment .e.g. in work situations where floors can't always be kept dry or clean, the right footwear is especially important, so a slip resistant shoe may be required. Another example is wearing enclosed leather footwear (or suitable safe alternative) in agricultural areas/activities.

In addition, other sites on which the Department provides services may have specific requirements which should be adhered to, for example, Education Training Units in Juvenile Justice settings.

### Footwear for staff in the general school environment

The Department strongly recommends school staff consider wearing footwear that is suitable for walking on a number of different surfaces during the working day (e.g. stairs, playgrounds, grass and sports fields).

Footwear which is suitable for the general school environment means enclosed shoes, which are flat shoes or shoes with a minimal heel, that have a good grip and fit well.

For some staff, such as general assistants and farm assistants, wearing enclosed leather footwear throughout the working day is important. This is because their responsibilities for ground maintenance and other activities mean that they need footwear that will assist in preventing slips, trips or falls or protect their feet from falling objects.

### Implementation of guidelines

School principals, as workplace managers, are responsible for ensuring procedures are in place to maintain a safe work environment in accordance with the [Safe Work Policy](#) and these guidelines. In accordance with OHS legislation, principals have the authority to determine that staff and students wear shoes that are appropriate to ensure occupational health and safety for the planned activity. This includes identified school activities (see "Areas where safe footwear must be worn") and excursions.

However it is not appropriate for schools to require students, through the use of a general term "occupational health and safety" to wear particular shoes as part of a uniform policy.

Principals should communicate the reasons for these decisions to staff and students i.e. that the decision has been made for their safety and the safety of others.

### Further advice

Departmental policies and procedures:

- [Safe Working Policy](#)
- [Code of Conduct](#)
- [Student Discipline Policy](#) and [School Uniforms in New South Wales Government Schools](#)
- [School Uniform Policy](#)

### Further Information:

- Your [Regional OHS Liaison Manager](#)
- [OHS Directorate Support Site](#)





## Fact sheet: School Opal card

The School Opal card provides free travel to school aged students between home and school on weekdays under the School Student Transport Scheme (SSTS) across the Opal public transport network.

### School Opal card can be used:

- On approved travel on school days between the student's home and school, and
- For travel between 06:30 and 19:00 weekdays (21:30 for TAFE school students).



### Who is eligible?

To be eligible a student must be a resident of NSW plus:

- Infant student (K-2) older than 4 years and 6 months who lives any distance between home and school; or
- Primary student (Years 3-6) who lives more than 1.6km (straight line) from school, or 2.3km or more by the most direct practical walking route; or
- Secondary student (Year 7-12) who lives more than 2km (straight line) from school, or 2.9km or more by the most direct practical walking route; or
- TAFE student under 18 years of age at 1 January of the year of application and enrolled in a full-time TAFE course for a minimum of 20 hours a week, and is not employed, lives more than 3.2km from the college by the most direct practical walking route, and attends the college closest to their home where enrolment is available.

### School Opal Cards enable a student to travel on:

- Mode(s) of transport most applicable for the student's travel requirements; train or bus or both. For bus travel, cards are restricted to individual or a combination of bus operators. For approved ferries; and
- School days only.

For travel outside school hours or days a Child/Youth Opal card is available and provides concession fares and other Opal benefits.

### How do parents/students get a School Opal card?

Students with school travel passes this year will be not need to apply for a School Opal card *unless* they are changing schools or their home address or moving from year 2 to 3 or year 6 to 7.

Those students who do not need to apply will have a School Opal card sent to their school for the beginning of the first term in 2016.

For new applications or for students with changing circumstances, the parents, guardians or students over 16 years are required to fill in a form online at [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

After filling in the online application they print it off and take it to the school to endorse. Transport for NSW has the data online from the application and waits for the school to then endorse the application and will mail the School Opal card to the applicant's home address.



# SCHOOL ZONE PARKING OFFENCES

Increased penalties for School Zones. Current as at 1 July 2016



Means that in the area in the direction of the arrow, you must **NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

## Maximum Penalty

**\$433**

**+ 2 Demerit Points**



Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.

## Penalty

**\$180**

**+ 2 Demerit Points**

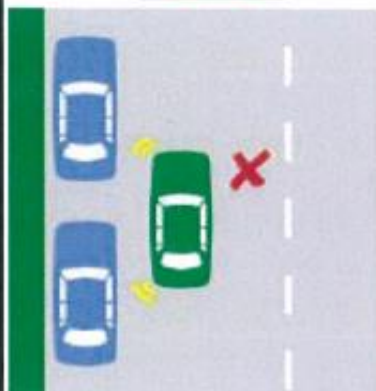


Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

## Penalty

**\$325**

**+ 2 Demerit Points**



## DOUBLE PARKING

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

## Penalty

**\$325**

**+ 2 Demerit Points**

- **STOP** in a **NO STOPPING** zone: **\$325 + 2 Demerit Points**, or **STOP** on or near a Children's or Pedestrian Crossing: **\$433 + 2 Demerit Points**
- **STOP** on path/strip in built up area: **\$180 + 2 Demerit Points**
- **STOP** or **Park** in a Disabled Marked Area without a permit: **\$541**

Please Note: fines subject to change without notice. Current to 30 June 2017.  
These penalties apply to offences in school zones during posted school hours.

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