Quantum

August 2020



RESPECT REPSONSIBLITY RESILIENCE

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

Phone: (02) 49450600 www.belmont-h.schools.nsw.edu.gu

FROM THE PRINCIPAL'S DESK

Hello to all our parents, carers and members of our wider school community. I was hoping to announce the appointment of our new Principal but at this time there has been a delay in making the official announcement. I am pleased to say this is imminent and we will announce via social media when cleared to do so.

The Department of Education has introduced more strategies to keep our students safe. This situation is ongoing and we have to make adjustments accordingly. As the advice changes and affects the school community, we will keep you informed.

Schools are operating full time whilst actively maintaining operations in line with Australian Health Protection Principal Committee (AHPPC) and NSW Health advice. All students should be learning on campus unless they are unwell or have a medical certificate to support their absence.

If a student has been absent due to flu like illness or develops flu like symptoms while at school, they are not to return to school until they have a negative COVID-19 test and are symptom free. The negative COVID-19 test result must be sighted and received by the school for students before their return to school.

Hygiene practices continue to be of high importance and we are still being supported with additional targeted cleaning hours to high use (toilets) and high touch (railings, bannisters, door handles) areas. All students have access to hand sanitiser, antiseptic wipes and tissues in classrooms, school library and the main office area and are encouraged to utilise these resources.

Year 12 have recently completed the Trial HSC and staff are working hard with their students to support them in their final weeks of schooling. Unfortunately, during this current pandemic Year 12 are going to miss activities that have been a rite of passage to previous groups of students coming to the end of their schooling. Due to not being allowed to have parents at the Year 12 Graduation we will be meeting soon to discuss our plans regarding the Year 12 Graduation and Formal. We will endeavour to have some in-school fun activities to mark the final week of schooling during week 10 of this term.

DATES FOR YOUR DIARY

September

1 Vaccinations Year 7 & 109 Sport Choices - Term 4

10 RUOK? Day

14 Visual Arts Bodies of Work due

14-25 Year 11 Preliminary Exams

14-18 Work Experience Week

17-18 CHS Trampoline Championships

18 HSC Music Performance Exam

25 Last day Term 3

October

12 First day Term 4

20 HSC exams commence

26-30 VALID science exam - Year 8

November

13 HSC exams finish

23-27 Work experience week - Year 10

Staff continue to work very hard to support all students at BHS in both their well-being and academic studies. Teachers continue to develop resources and upload them to CANVAS as well as teaching in a face to face environment. Students are encouraged to continue to log in to CANVAS at this time as there are resources to support both their class work and well-being needs.

I would like to encourage our parents and carers to continue to access our Facebook page, Skoolbag app and school website to keep informed about what is happening in our school and for any Department of Education updates.

Stay safe Michele Spinks Relieving Principal

P&C NEWS

Many thanks to those who attended our monthly P&C meeting via ZOOM. It was great to talk together about the key issues that affect our school community including the appointment of a new Principal, how the school is coping with the COVID pandemic, operation of the canteen and the need for more volunteers, student safety on Evan Street, HSC issues, funding for student welfare positions and many more items of business.

Please join us at our next meeting on Wednesday 16th September from 5:30-6:30pm to continue the discussions.

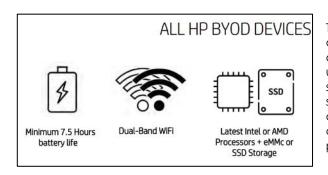
Stephen Taylor P&C President

TECHNOLOGY REPORT

As part of our BYOD program, Belmont High School have partnered with HP to provide a customised online BYOD store. Buying direct from the store ensures you purchase a product for your child designed to suit the technology requirements of students at BHS and the Department of Education. All devices purchased through the BHS BYOD portal include 3-year onsite support with the option for 3-year Next Business Day Onsite Support and Accidental Damage Protection.



All HP BYOD devices available on the portal have a minimum of 7.5 hours battery life which means the device won't run out of charge throughout the school day.



The portal includes: entry level devices, mid-level devices and high-level devices, as well as accessories. You can also receive an additional 5% discount at checkout by using the eCoupon available on the website. The website sells the same ProBook that we use with the laptop trolleys so you know you are purchasing a quality product. If you are thinking of purchasing a device for your child, or considering it as a Christmas present, please visit the portal to look at the options available.

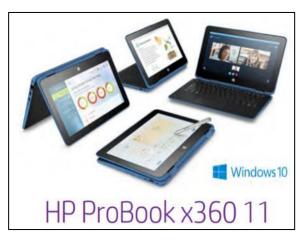
Copy and paste the following URL to visit the store: http://www.hpshopping.com.au/belmontbyod (ensure you use Chrome browser to access the portal). The link can also be accessed on the school website via the technology tab.

Please note: there is no obligation to purchase through HP or the portal.

HP BYOD Program Use eCoupon: beimont5% to get an additional 5% discount at checkout. Any questions? Please call or email Katrina Parker your dedicated HP Account Manager M: 0438 898 814 E: katrina.parker@hp.com Shop Now Interest Free Finance

Other technology news

Thank you to the P&C for their valuable contribution to help with the purchase of 15 HP x360 laptop devices and a new laptop charging trolley to store the devices. This resource is available to be booked by teachers to utilise in their lessons. The trolley is a welcome addition to our mobile technology resources. The school now has 3 laptop trolleys consisting of 15 devices each and 2 laptop trolleys consisting of 30 devices each. These trolleys are a wonderful resource for the school and help to supplement students who do not have their own device. They are a limited resource and are in demand by teachers wanting to incorporate technology into their lessons and utilise CANVAS - our school's learning management system. Naturally, the more students who BYOD, the greater the ability for teachers and students to effectively integrate technology into their classroom.



Kristen Gee Technology Coordinator



EVERY MINUTE COUNTS....

When your child misses just	that equals	which is	and therefore, from Kindy to Year 12, that is
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

9.00am
DON'T BE LATE!



EVERY DAY COUNTS....

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

When your child misses just	that equals	which is	and therefore, from Kindy to Year 12, that is	This means that the best your child can achieve is
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



BHS GYM CLUB

The gym was very busy early this term with students enjoying the opportunity to participate in gym club at both recess and lunch each day. This opportunity was only made possible due to the generosity of both Mr Austine (snr) and Mr Austine (jnr) giving up their break times to support the many enthusiastic students involved.







CAPA

Talent Development Project success

Huge congratulations to Chloe Gill of Year 11 who, after a gruelling audition process, has been successful in gaining a place in the NSW Arts Unit Talent Development Project known as TDP. This is a prestigious achievement which many exceptional musicians aspire to, but few achieve. Past graduates of TDP include Human Nature, Paulini, John Foreman and Kimbra. A multi-instrumentalist, Chloe plays guitar, trumpet and piano, sings and writes songs. She is well-known here at BHS as our current Last Post trumpet player on ANZAC assemblies. Chloe now will travel regularly to Sydney to be mentored and coached by industry professionals, with a view to graduating TDP and opening up recording contract opportunities. We wish Chloe every success as she pursues her music career.



Thanks to Musos Corner we now have a fully operational sound and LED lighting system in the school hall. Thanks to Mr Gill and Mr Lambkin for identifying the technical needs of our school and coordinating the installation of the new equipment. Assemblies, functions, ceremonies and concerts will never be the same!



BCOS (Belmont Community of Schools) Singers

After a disjointed start to the year, the very talented and delightful singers from our feeder schools of Belmont, Belmont North, Floraville and Jewells re-convened every Thursday afternoon under the direction of Mrs Johnson. These students have discovered their voice type, learnt four songs as well as choral warm-up pieces and enjoyed being inspired by each other's unique talents and confidence. We can't wait until the BCOS Singers can present their first concert, post-COVID!

Class Capers

This term Year 7 students are having great fun learning to play the blues on guitars and jamming on ukuleles, all whilst learning to read pitch notation on the staff. Year 8 semester elective students have formed a class band and are enjoying playing new songs.

Year 9 students are immersing themselves in all things Aussie and preparing for their performance task which incorporates one piece written by an Australian composer or band. Year 10 students are having fun watching old and new musicals and analysing the genre of Musical Theatre. Year 11 students are studying music of small ensembles and preparing for their upcoming preliminary exam, incorporating performance and an aural paper. Year 12 musicians are on the home stretch before their practical examination in Week 9 of this term, and are busy refining their final pieces and aural skills.

Best Wishes

Music staff wish to take this opportunity to thank our practicum teacher from Newcastle University, Cain Haggett, who has been with us for the past month. Mr Haggett, a trumpeter and guitarist, has thrown himself into the role of music teacher, spending nearly every period in classes teaching and assisting teachers, and most breaks with students in individual, small and large ensemble rehearsals. It has been a pleasure to work with such an enthusiastic young teacher.

Year 12 Showcase- new venue

In order to be COVID safe we had to make the difficult decision to cancel Lizotte's this year. Year 12 were still able to perform on August 20 in our school hall with a small audience of interested Year 7 classes with the concert recorded (with instructions on releasing recording to be announced).

We know Year 12 music students were disappointed they didn't get to perform on the stage of Lizotte's but the concert in the hall still provided them with valuable performance practice and enabled their teachers, parents and friends to hear their programs.













We also take this opportunity to wish Year 12 all the very best in their upcoming performance examination. We acknowledge the parents and families of Year 12 for the lifelong support they have offered their children. May music continue to make each life richer and more meaningful.

Yours in music, Mrs Johnson, Mrs Gill, Mr Gill

SENIOR STUDY

2020 - A Year of Firsts for HSC Students!

Year 12 students are heading into their final weeks of High School, a time to consolidate as much learning as possible before their HSC exams commence in October.

2020's Year 12 students have been confronted with a lot of firsts with their HSC learning.

- First to learn from home;
- First to have all subjects available online;
- First to have a Senior Learning Hub, a dedicated study area that is staffed with help available every lesson, every school day;
- First to have access to Edrolo, an online platform of lessons that cover every topic in 17 HSC subjects offered at Belmont High School;
- First to have to adapt to changes on a weekly and daily basis.

In presence of all these Firsts, 2020's HSC students have shown amazing resilience and adaptability to continue working with their teachers to complete their learning utilising whatever method is available on the day.

We encourage students to access all the help that is available between now and their HSC:



Edrolo

https://edrolo.com.au/

Elevate Study Support

https://au.elevateeducation.com

CANVAS

https://belmont-hs.instructure.com/

Syllabus Documents

https://www.educationstandards.nsw.edu.au/wps/portal/nesa/11-12/Understanding-the-curriculum/syllabuses-a-z

Art of Smart HSC Support https://artofsmart.com.au/

https://www.hschub.nsw.edu.au/

HSC Hub Link

Donna Edwards Senior Hub Coordinator Belmont High School

TAS

As part of the Year 9 Child Studies elective course students have the opportunity to participate in the 'Reality Care Baby Program'. This involves students learning to care for a newborn and attending to the baby's needs over the weekend. The course also helps students to view parenting in a more realistic way.

The baby is programmed similar to a 3-day old baby, so the students face the challenging times of a new parent. After the simulation program the students are required to complete a journal entry outlining their experiences. The students do achieve a score from the program, of how well they provided care and the times they neglected to give care in terms of missed feeds and missed nappy changes.

The students have also experienced the 'Pregnant Belly' program, where they get to strap on a wearable pregnancy vest. The simulator replicates the third trimester of pregnancy and helps students understand the impact of pregnancy on a woman's body.



Mrs Jones Child Studies









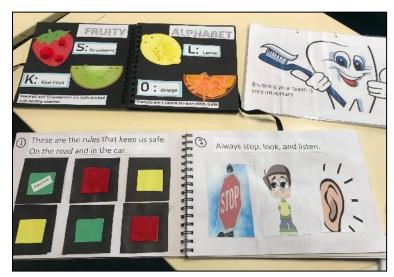


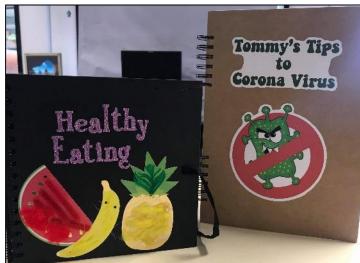


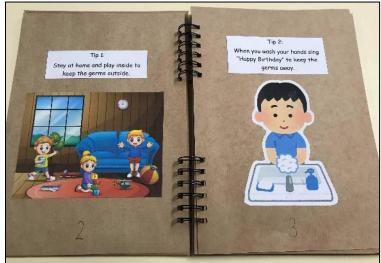
Year 10 Child Studies

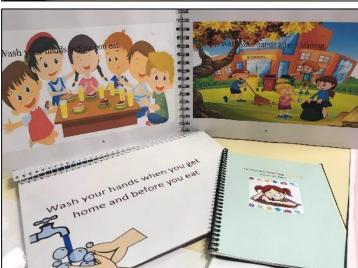
Students have been working on the Health and Safety unit of work. The latest assessment task involved them creating/making a story book for a 4-5-year-old child to teach children about an issue related to health and safety. The students' books looked most impressive and they thoroughly enjoyed this task.

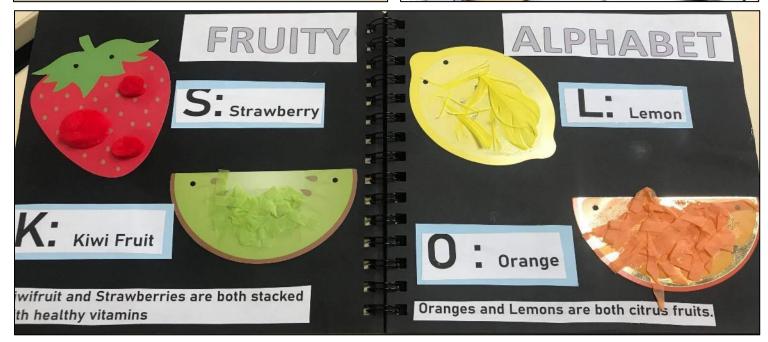
Mrs Jones Child Studies











SCIENCE

To acknowledge Science Week 2020 experiments were conducted as part of the practical component of the Year 11 Biology module: Organisation of Living Things. These experiments enable the students to physically examine the transport systems in plants (celery experiment) and animals (pluck). Transport systems enable the delivery of water, essential gasses and nutrients to all the cells of the organism. They also facilitate the removal of wastes such as carbon dioxide in animals. The celery experiment demonstrates the movement of water through plants via the xylem which is stained by the food colouring.

The pluck consists of the major organs of both the respiratory and circulatory systems: trachea, lungs, heart and liver. Using the tubing, students are able to inflate the lungs and simulate inhalation of oxygen which is taken up by the circulatory system via tiny blood vessels surrounding the alveoli at the ends of the branching bronchioles inside the lungs.

The heart then pumps the oxygenated blood around the body where it is used by cells, along with glucose, in the process of respiration to generate the energy required for all living functions. These practical activities enable the students to have "hands on" experience with the structure and function of biological systems, which deepens students' understanding of core biological concepts.





Carmen Heggs Science

CAREERS REPORT

Careers News

2020 has certainly been a different year, but here in Careers we are pushing along as normal as possible and looking to provide as many opportunities as we safely can for our students. Current Year 10 students have been actively applying for School Based Traineeships for 2021, while Year 10 and Year 11 has submitted their EOI for TAFE-TVET courses for 2021.

COURSE UPDATE - Term 3

White Card Construction Safety Course - Friday September 11 - \$110. Notes outside Careers - get organised and get qualified.

Barista Course – FULL - currently postponed due to COVID-19 restrictions – date to be advised. First Aid Course – FULL - currently postponed due to COVID-19 restrictions – date to be advised.

YEAR 12

UAC is open for University applications for 2021. UAC information and guides were handed out late Term 1. All Year 12 students have completed their Senior Transition-EXIT plan interviews and should have some direction for the future. If University is an option, please complete the UAC application ASAP and also apply for SRS (School Recommendation Scheme). Any questions please see Mrs Hilder. Early bird (\$70) applications close September 30.

Year 12 Career HUB - Google Classroom has all University information for students.

Year 12 recently completed their HSC trial exams and most students with the intention of going to University have successfully completed their UAC application and SRS application. Sixty-six Year 12 students have completed their 'Senior Transition Interview - EXIT plan' which focused on Future Directions and 2021 planning.

One hundred Year 11 students completed Future Direction Interviews, which focussed on well-being, subjects, employment, and extra-curricular activities with the aim to identify students in need of assistance or support heading into Year 12.







YEAR 12 - Teaching as a CAREER

TEACH NSW - Get paid to study and a secure a permanent job at the end of Uni! https://www.teach.nsw.edu.au/getpaidtostudy

- Teacher Education Scholarship Open to HSC students, university students and career changers.
- Teacher Education Scholarship Aboriginal Open to HSC students, university students and career changers. This scholarship is an identified scholarship for Aboriginal people and Torres Strait Islanders.
- Teach Rural Scholarship Open to HSC students and university students.

YEAR 11 and 12 - UNIVERSITY OF NEWCASTLE Ask a student

Want to know more about a University course? Ask a student.

Want to know more about studying at UoN? Current students can give you their perspective on student life, courses and the exciting opportunities you could experience with us! https://www.newcastle.edu.au/study/ask-a-student



Ask an academic

Want to know more about studying at UoN? UoN academics can give you their perspective on courses, areas of study, and campus options.

https://www.newcastle.edu.au/study/ask-an-academic?

University of Newcastle OPEN DAY- A different kind of Open Day

Register now via https://www.newcastle.edu.au/study/open-day



Open Days are an exciting time for prospective students, their friends and families. While the current COVID-19 restrictions mean they are unable to welcome you to campus just yet, they can't wait to 'see' you all virtually, for our Open Week Online from 14 to 18 September 2020.

Throughout our week-long virtual event, you'll have access to over 40-degree webinars, live information webinars including sessions with our admissions, pathways and scholarships teams, live tours and loads more.

YEARS 10, 11 and 12

Students should regularly check their school email. All importance correspondence from Careers is sent to YOUR SCHOOL EMAIL ADDRESS. Apprenticeships, traineeship, casual jobs, University & TAFE information. Be proactive, and get organised-check your email and read what is relevant and delete what is not!



YEAR 11

ADF CAREER OPPORTUNITIES

https://app.defencejobs.gov.au/static/influencer/data/DFR Students Guide.pdf

Officer entry



HOW TO APPLY Applying for ADFA is a competitive, dual application process that can take up to 12 months. It's preferable you apply in Year 11, but you can still apply in Year 12.

Choose from a range of UNSW degrees, each of which leads directly to an Officer role in the Navy, Army or Air Force. https://www.defencejobs.gov.au/students-and-education/australian-defence-force-academy/studies-and-training/ - Engineering - Technology - Science - Arts - Science Get paid a salary (\$40K) and get your University course paid for - all while completing military training. If you are in Year 11 and want to look at Officer entry, you need to start your application NOW!!!

Please contact me for any Career related questions or queries
Regards
Mrs Hilder
Natalie.hilder@det.nsw.edu.au







Belmont High School Building Harmony and Success





Is your child struggling to settle into high school?

Are they feeling overwhelmed with the amount of homework they have?

Do they have an upcoming assessment task they just can't get their heads around?

If you or your child is feeling a little overwhelmed with their workload, the Learning Hub is a safe and supported environment for them to turn to for a little extra help.

The Learning Hub is a dynamic learning environment designed to promote communication, collaboration, and creativity. This innovative initiative offered to Belmont High students 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 creativity, to own their learning, to think critically, to have access to educational support within the school environment outside of the classroom and to assist the students of Belmont High in developing and maintaining their connection with the school.



- Study support
- Tutoring one-on-one/peer group
- Homework assistance
- Access to technology
- Group study space
- Classroom catch-up
- Student support services



The Learning Hub runs each Thursday as follows
Senior students – 1.30pm – 4.00pm
Junior students – conclusion of sport until 4pm

Senior students are now welcome to work with the Senior Study Coordinator every other day
Should you require further information please contact
Sarah Googe – Learning Hub Coordinator (Thursday)
Donna Edwards – Senior Study Coordinator (M, T, W, F)
Michael Allenby – Deputy Principal
PHONE: (02) 4945066

BELMONT HIGH	SCHO	OL CANTEEN PRICE LIS	Т	
HOT FOOD		SANDWICHES (White/Multigrain)		
Lean Meat Pie	\$3.00	Salad	\$3.50	
Lean Potato Pie	\$3.00	Ham, Cheese, Tomato	\$3.00	
Lean Sausage Roll	\$2.00	Egg, Lettuce	\$3.00	
Cheese & Bacon Sausage Roll	\$3.00	Chicken, Lettuce, Mayo	\$3.00	
Spinach & Ricotta Roll	\$3.00	We can also make sandwiches to order		
Spring Rolls	\$2.00	LAVASH WRAPS 1/2		
Hot Dog	\$2.50	Carrot, Lettuce, Chicken, Grated Cheese	\$3.00	
Gluten Free Nuggets (5) (Must be pre-ordered)	\$2.50	Wraps can also be made to order		
Chicken Fingers (5)	\$2.50	SNACKS		
Chicken Burger	\$4.50	Large Chips	\$2.00	
(Lettuce, mayo, 100% breast fillet)		Small Chips	\$1.00	
Sweet Chilli Burger	\$4.50	J.J.'s	\$1.00	
(2 chilli tenders, lettuce, mayo)		Pretzels	\$1.00	
DRINKS				
Icebreak	\$3.50	ICE BLOCKS	•	
600ml Plain Milk	\$1.60			
600ml Flavoured Milk	\$3.00	Frozen Juice Cup	.80c	
300ml Flavoured Milk	\$2.00	Zooper Doopers	.50c	
Small Juice	\$2.50	Moosies	\$1.00	
Large Juice	\$3.00	Frozen Yoghurt	\$2.00	
Up and Go	\$2.00	SAUCES	<u>'</u>	
Poppers	\$1.20	Tomato	.30c	
Regular Cans – Diet Drinks	\$2.20	Barbecue	.30c	
Waterfords	\$2.50	Sweet and Sour	.30c	
Water	\$1.00	FRESH FRUIT	\$1.00each	
Powerade	\$4.00			

BURGER OF THE WEEK (Rotational)

CHICKEN BLT \$5.50 / CHICKEN PARMA \$5.50 McBURGER \$5.50

PLEASE CHECK OUR BOARD FOR AVAILABILITY

PLEASE SEE WEEKLY AND TERM SPECIALS ON THE BACK

TERMS 1 and 4 ONLY

Chicken Caesar Salad Tub \$6.50 Salad Tub (GF) \$5.00 / with Chicken or Ham \$6.50 Chicken Caesar Wrap \$4.00

Matermelon Tub \$2.00

Fruit Salad Tub \$2.50

TERMS 2 and 3 ONLY

Soup of the Day with Roll \$3.50/\$4.00 depending on soup
Spaghetti Bolognese \$4.50
Pasta Carbonara \$4.00
Fried Rice \$4.00

MONDAY and WEDNESDAY

Nachos \$5.00 Vege Nachos \$5.00

Ham and Cheese Toastie \$3.00

TUESDAY and THURSDAY

Homemade Rissole and Gravy Roll \$5.00

FRIDAY

Burrito \$5.00

Chicken and Gravy Roll \$5.00

THESE ITEMS ARE AVAILABLE ON A WEEKLY ROTATIONAL MENU – TERMS 1 and 4 ONLY PLEASE CHECK OUR BOARD

Homemade Vietnamese Rolls (2),(GF,V) with dipping sauce \$3.00 Homemade Sushi (GF) \$4.00 Bruschetta (V) \$3.50

dia anno di da di

Dip Box (dip, vege sticks, rice crackers (GF)) \$3.00

We also have Gluten Free bread available for orders only at an additional charge.





OPENING HOURS

Terms 1, 2, & 4

Mon 12.30 – 1.30pm Tues 3.00 – 4.00pm Thurs 8.15 – 9.15am

Term 3

Mon 12.20 – 1.30pm Thurs 8.15 – 9.15am



Blouse Junior/Senior	\$31
Skirt Junior/Senior	\$45
Unisex Shorts – Reg Length	\$25
Unisex Shorts – Longer Length	\$25
Unisex Everyday Polo	\$32
Unisex Hoodie	\$40
Chino Navy Long Pants – Male	\$45
Chino Navy Long Pants – Female	\$45
Microfibre Trackpants	\$38
Fleece Trackpants	\$38
Sloppy Joe	\$30
Polar Fleece Jumper	\$15
Knit Jumper	\$65-80
Hospitality Polo	\$30
Jacket	\$56

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- Years 3 12, all levels

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- HSC specialists

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Term 2 Winter Holiday School Term 3 Spring Holiday School Term 4

27 Apr - 3 Jul 13 - 16 Jul 20 Jul - 25 Sep

6 - 9 Oct

12 Oct - 18 Dec

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