

Term 2 Week 1

3 May 2024

Principal Matters by Nathalie Bodley

St Ives High School acknowledges the Darramuragal people, traditional custodians of the land on which our school is built, where quality teaching and learning continues to take place.



Welcome back to an exciting start to Term 2! I hope everyone had a refreshing break and is now geared up for a new phase of learning. On our recent staff development day our focus was on enhancing curriculum delivery, with explicit teaching methods taking centre stage. Teachers participated in various professional development activities tailored to their subject areas, as well as broader themes such as HSC High Level Strategies, Purposeful Assessment and Supporting Students with Disability. Along with specialist staff from across the North Sydney Network, our school learning support officers participated in a condensed Trauma Informed Practice professional learning program to better support our students. It was a highly productive day overall.

Our students returned on Tuesday, beginning their day with a respectful ANZAC assembly (more details on this in the upcoming newsletter). We also took the opportunity to remind everyone of our 'no touch' policy, emphasising the importance of respecting both staff and peers while fostering a culture of kindness throughout our school community.

Exciting news awaits us as we anticipate the completion of the A-Block kitchen conversion early this term. Additionally, you can find a detailed update on the progress of our new Sports Complex in the online link provided below. Unfortunately, adverse weather conditions have led to some unavoidable delays, but rest assured, we are working diligently to bring these projects to fruition.

https://www.schoolinfrastructure.nsw.gov.au/content/dam/infrastructure/projects/s-stives-sports-centre/2024/april/St_Ives_indoor_sports_centre_-_Project_Update_-_April_2024.pdf.

Thank you to all those involved in the magnificent update to the school hall. Over recent weeks the stage has received new curtains, paint and carpet on the stairs.



Dates for the Diary

2024

May 8 Athletics Carnival

A reminder that the Athletics Carnival will be held on Wednesday 8th of May at Bannockburn Oval. The carnival is compulsory for all students in years 7, 8 and 9, and students in years 10, 11 and 12 are competitors only. This means that school will be running as normal for those years. Students competing on the day should be wearing full sports uniform and can wear items of clothing which reflect their house colours, as long as it doesn't hinder them whilst they compete. **If the carnival is cancelled due to poor weather, check the school website after 7.00 am. In case of cancellation be prepared for normal lessons.**

Parents of students in years 11 and 12 have received an email detailing how to book a conference time to see teachers on Tuesday 14th May. Bookings close Sunday 12th May at 6pm.

The **Bushcare** group meet once a term, would love more helpers (kids and adults) and everyone is welcome to come and lend a hand anytime between 9am and midday on either June 2, August 4 and December 1.

Congratulations to all the students who have been successful in their sporting endeavours over the school holidays. Please see reports later in the newsletter.

Best wishes

Nathalie Bodley
Principal

CONGRATULATIONS TO OUR SIHS LIFE SAVERS

I would like to take this opportunity to congratulate our students Oscar E and Mitchell D (Year 10) for their heroism in rescuing young adults from the surf at Long Reef Beach. I would like Mitchell and Oscar to be aware of the significance of their actions and the gratitude of those you have saved. Your selfless actions will live with them for their rest of their lives.

Please see letter from Greg Halford, Patrol Captain at Long Reef Beach below.

Nathalie Bodley
Principal

I would like to take a moment to acknowledge and commend two remarkable individuals, Oscar E and Mitchell D, for their heroic act of saving two young adults from a dangerous rip at Long Reef beach last month. These two young men have recently obtained their Bronze life saving qualifications and have already proven themselves to be invaluable members of our community.

Their actions demonstrate not only their exceptional skill and training, but also their unwavering commitment to the safety and well-being of others. On behalf of the beach going community we want to thank them for their quick thinking and selflessness. We are proud to have them as members of Long Reef.

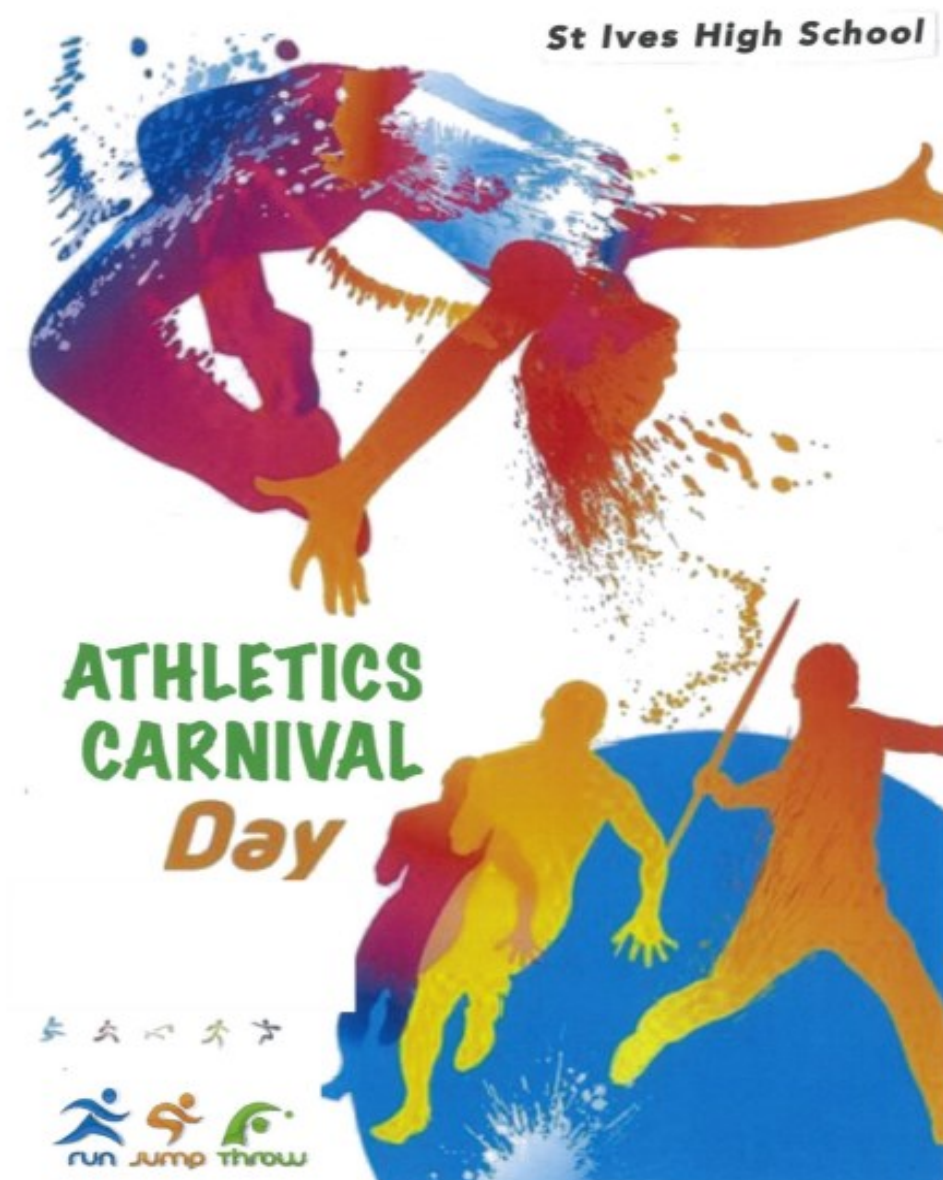
*Greg Halford (Patrol 10)
Patrol Captain*



St Ives High School Athletics Carnival

Wednesday 8th May, 2024

Bannockburn Oval



Year 10-12 Nomination Form:

<https://docs.google.com/forms/d/e/1FAIpQLScpK84dxtJ2-szaSztUBp7iVv-68iLZfWP0Ib6vXBOVgEzqg/viewform>

ATHLETICS CARNIVAL - WEDNESDAY WEEK 2: 8TH MAY. BANNOCKBURN OVAL

- Compulsory for Years 7-9. Years 10-12 wanting to attending to sign up via <https://forms.gle/e1BgcTeJnccESL5MA>
- 800m and 400m races will take place early and will require students to make their own way to Bannockburn Oval. 800m race will being at 8:30am and 400m will begin 9pm.
- Years 7-9 and any 10-12 students attending will meet in the hall for roll call at 8:50am
- There will be no Discus, 1500m or Triple Jump Events. Students will need to nominate for Zone via <https://forms.gle/PpMRhWaGhbWfXeCX8>
- A BBQ/small canteen will be available . CASH ONLY
- Competitor numbers will available during the day and are also on grade Google Classrooms. These will need to be written on your arm in permanent marker.
- Program and important info attached
- Please note events will be held in a rotation style (the same as last year). Each age group will be at an activity for 40 minutes and then rotate. Rotation attached
- Participation in events is suggested but not compulsory.

Michael Giuffre
Sport Coordinator

8:30	9:00	10:00	10:40	11:20	12:00	12:40	1:20	
800M / 400M		LONG JUMP	JAVELIN	200M	HIGH JUMP	100m	SHOT PUT	
	12 BOYS & 15 GIRLS							
		SHOT PUT	LONG JUMP	JAVELIN	200M	HIGH JUMP	100m	
	13 BOYS & 17/18 GIRLS							
		100m	SHOT PUT	LONG JUMP	JAVELIN	200M	HIGH JUMP	
	14 BOYS & 12 GIRLS							
		HIGH JUMP	100m	SHOT PUT	LONG JUMP	JAVELIN	200M	
	15 BOYS & 16 GIRLS							
		200M	HIGH JUMP	100m	SHOT PUT	LONG JUMP	JAVELIN	
	16 BOYS & 14 GIRLS							
	JAVELIN	200M	HIGH JUMP	100m	SHOT PUT	LONG JUMP		
17/ 18 BOYS & 13 GIRLS								

STUDENT INFORMATION — ATHLETICS CARNIVAL

1. Compulsory School Day for Years 7, 8 and 9. Must attend in house coloured shirt or PE shorts (not mufti)
2. N.B. - 800m will be held at 8:30am and will require competitors to make their own way to the venue early. 400m races will take place at 9:00am and will also require competitors to make their own way to the venue.
3. Roll Call is at school at 8:50am in the sports hall. Competitor numbers will be available in the sports hall corridor as well as at the carnival. They will also be available on Grade Google Classrooms. Buses will then be loaded via roll call – 400m onto the first buses, then Yr7, Yr8 etc.
4. Please note that there will be 2 tracks running at the same time. 100m sprint track and the circular track for 200m, 400m and 800m
5. Students who arrive at the venue via parents will need to report to the sign in desk.
6. Senior students will not be permitted to drive to and from the carnival.
7. Competitors age groups - the age you turn this Year by 31st December 2024.
8. Programs will be available to download from Google Classrooms.
9. A canteen will be in operation. Please note only cash will be accepted.
10. **If the carnival is cancelled due to poor weather, check the school website after 7.00am. In case of cancellation be prepared for normal lessons.**
11. Students who break a school record at the zone carnival will have their record honoured as a school record. No records will be honoured at Bannockburn
12. First and second place will be expected to represent the school at zone level. Third and fourth will also be expected to attend the zone carnival as a reserve/part of the relay team.

ANZAC COMMEMORATION

On Tuesday 30th April, students at St Ives High School commemorated ANZAC day. Students participated with respect and understanding and observed a minute of silence. Their involvement showcased our commitment to honouring the sacrifices of our ANZAC soldiers.

Thank you to all students and staff involved for a meaningful commemoration, as well as a special thank you to Claudia (Year 9) and Elke (Year 9) who performed The Last Post, The Reveille and sang the national anthem.

Adrian Zaboklicki, Rel. HT HSIE



MILLENNIUM MARCHING BAND AT THE ANZAC DAY MARCH

On ANZAC day in the holidays, some SIHS students participated in the Sydney ANZAC Day March in the city as part of the Arts Unit's *Millennium Marching Band*. Congratulations to Violet (Y9), Clementine (Y7), Claudia (Y9) and Louis (Y11) who marched alongside other student and adult marching bands in an event that brought the Sydney CBD to a standstill as over 10,000 current serving members and veterans of the Australian Defence Force filed past the Anzac Memorial to pay their respects to the fallen.

The band accompanied the march playing marching band versions of Woodley & Newton's "I am Australian" and Men at Work's "Down Under", and the drumline section kept a cadence between pieces.

It is an incredible honour to be selected to be part of the march and at the end of the day, the Millennium Marching Band were informed that they have been chosen to lead the Lord Mayor's annual Christmas Parade for the lighting of the Martin Place Christmas tree on November 28th this year.

A big thank you to the parents of these students as well for their support and photography skills - It is always great to see what our students are getting up to outside of school!

Kristen Welling, Music Faculty



Sold Out



Mothers Day Breakfast
Friday 10th May 2024
7.30-8.40 am
St Ives HS Hall

Thank you to all those who accepted our invitation to celebrate Mother's Day at breakfast on Friday May 10. The event has been fully subscribed.

Please bring \$5 cash at door (per person) and a gold coin for the raffle.

We were overwhelmed with the response to our invitation and apologise to those who wished to join us but we were unable to accommodate on this occasion.

Genevieve Andresson
CAPA Teacher



STUDENTS COACHING STUDENTS PODCAST

Earlier this year, we were invited by the international podcast, Coaching in Education, to talk about our Students Coaching Students program. Initiated in 2018 thanks to the generous support of the St Ives HS P&C, the St Ives High School Students Coaching Students program has continued to evolve and thrive to become a global leader in this field. Through ongoing training and experience as coaches, our students develop their ability to creatively problem-solve, build meaningful relationships with their peers and develop a deeper sense of empathy and understanding for their fellow students.

Last term, we trained our newest team of student coaches and they have recently begun working with selected students in Years 7 and 8.

To hear more about our Students Coaching Students program and how it has evolved, listen to Head Teacher Teaching and Learning, Natasha Mercer, talk about it here:

<https://podcasts.apple.com/us/podcast/students-coaching-students-with-natasha-mercer-st-ives/id1361782549?i=1000653989899>



Coaching in Education Podcast Series: Students Coaching Students with Natasha Mercer – St Ives High School on Apple Podcasts

Show Coaching in Education Podcast Series, Ep Students
Coaching Students with Natasha Mercer – St Ives High School
- Apr 29, 2024

podcasts.apple.com

WORLD'S GREATEST SHAVE

The SRC are hosting the World's Greatest Shave on the 15th of May 2024 to raise money for the Leukaemia Foundation, a charity which supports people fighting blood cancer. If you want to participate and shave, please raise a minimum of \$40 to the St Ives High School 2024 World's Greatest Shave account and complete the consent letter and email it to Ms.Siddiqui by 13th of May 2024 : Rubyna.Siddiqui1@det.nsw.edu.au:

<https://secure.leukaemiafoundation.org.au/registant/TeamFundraisingPage.aspx?teamID=145350&langPref=en-CA>

Thanks
SRC

STIVES HIGH SCHOOL
respect | perseverance | growth

**EVERY DAY,
53 AUSTRALIANS ARE
TOLD THEY HAVE
BLOOD CANCER**
Let's raise money to fight
blood cancer!
**WEEK 3
Wednesday**

**Sign Up!
Check Your Email!**

Leukaemia
Foundation
**World's
Greatest
Shave**

ROBOTICS CLUB THANKS THE P&C

The Robot's club has been moving from strength to strength thanks to the funding help from the P&C this year. New students to the club begin by working on developing their knowledge of electronic components through building simple circuits on a "bread board". As their understanding grows, they move onto soldering and testing their knowledge by building circuits with a printed circuit board. This week students were very excited when a wide range of electronic kits arrived through which they can test their growing electronics skills.

Alan Lawrance
Biology and Earth & Environmental Science Teacher



YEAR 12 FUNDRAISING

In Term 1 of 2024, Year 12 chose a charity to which they would spend the remainder of the year raising awareness for. This charity was Monika's Doggie Rescue; a local charity that has devoted many years to rescuing cats and dogs and finding them their forever homes. As part of their initiative to raise awareness for Monika's Doggie Rescue, Year 12 students arranged a bake sale selling delicious treats from cupcake to donuts and dog-shaped cookies. The bake sale was a massive success having raised more than \$100 in donations. With this donation, Monika's Doggie Rescue asked the Year 12 students to choose the name for their next rescue dog. With much deliberation, the name 'Loki' was chosen.

Please meet Loki, Monika's newest rescue dog named by the Year 12s of St Ives High School!

Whilst Loki is not yet listed for adoption on the website, there are many dogs that are currently awaiting their fur-ever homes. If you are considering adopting a dog or cat, please visit Monika's Doggie Rescue at <https://doggierescue.com/adopt-a-dog/#more>.

Emily Hung
HSIE Teacher
Assistant Year 12
Adviser



SIHS RUN CLUB

Run Clubs are all the rage at the moment - Instagram and Facebook are filled with posts of happy people pounding the streets with their mates.

As always St Ives High School is well ahead of the trend. The SIHS Run Club is into its 6th year of operation. Anyone can join and all abilities are welcomed. Walkers, joggers and runners tackle between 1 and 4 loops (each loop is about 2km) through the suburb around the school.

Our run clubbers are enthusiastic, supportive and always finish off with a smile!

We meet every Tuesday at the front gates at 7:25am for a 7:30 SHARP start. For those who like a challenge, the Lindfield funrun is taking place on the 19th of May. This is a great event for the whole family with distances of 2km, 5km and 10km on offer. <https://www.lindfieldfunrun.org.au/>

Nicole Frykberg
Mathematics Teacher and Run Club Coordinator

[Lindfield Fun Run | 19 May 2024 | A Rotary Initiative](https://www.lindfieldfunrun.org.au/)

Run, walk or stroll your way on our 2km, 5km or 10km Lindfield Fun Run on 19 May 2024. Perhaps even challenge yourself and enjoy this great day out raising money for Rotary projects in our community.

<https://www.lindfieldfunrun.org.au/>

TALENTED ATHLETE PROGRAM UPDATE

In the last week of Term 1, the first Talented Athlete Program (TAP) workshop was held, providing the school's athletes with an opportunity to come together and develop skills needed to grow in their respective sports. Students from Years 7-11 participated in the workshop undergoing fitness testing and theory-based sessions. The students developed individual goals for the year, analysed their strengths and opportunities as an athlete, and learnt about the importance of prehab prior to training, games, and competitions. As part of TAP, students have access to the Fitness Lab on Monday mornings where they are able to work on skills to improve their athletic performance. Mr Leggatt and I look forward to working with the TAP students again next term.

Aaron Leggatt and Ashleigh Fong
TAP Coordinators



CONGRATULATIONS TO OUR STUDENTS FOR THEIR RECENT SPORTING SUCCESSES

Success in CHS Basketball

It has been a busy year for the Basketball teams at St Ives as both teams won through their pool rounds to progress to the Sydney North Finals held in Terrigal. It was here that both teams overcame adversity to qualify for the CHS Tournament held in Port Macquarie.

The Open Boys were victors over a really strong Terrigal High School team 72-69, then were too good for Epping High School 60-52.

The Open Girls easily accounted for Killara High School 55-4 but were made to earn their place in the top 20 with a gutsy win over McKellar Girls High School 38-36 with only four players left on the court.

This week, the Open Boys team travelled to Port Macquarie on Monday for games to be played the following day. They won a hard fought match against Farrar Memorial Agricultural High School from Tamworth 73-68 though the loss of Kevin Y was going to question the depth of the team later in the day. The second match which would qualify the team into the top 8 tournament was against Hastings Secondary College and our team again proved they were a force to be reckoned with, coming out victors 69-58.

At the time of writing, our Open Girls team will be playing in their competition, travelling up on Thursday to play Friday morning. They have matches against Ballina Coast High School, Quirindi High School and Hunter Sports High School. More to come with results.

Congratulations to all the students involved in both teams. They both sit in rarefied air as it is very difficult to compete against Sports Schools across the state. To both earn Top 20 placings in the CHS competition is truly an amazing feat and will be looked back upon in years to come.

A huge thank you must be made to the coaches of the teams, Mr Kettels and Miss Tomlinson for giving up their time to take the teams, Mr Peterson and Ms Moss for travelling with the teams, and to our parents for working with the school to ensure we have all students available to play at very short notice.

Aaron Leggatt
HT PDHPE



Australian Athletics Championships

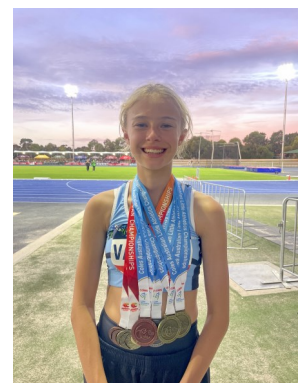
Sienna V (year 7) competed in two Australian Athletics Championships over the school holidays .

The first week (16th-19th April) she competed at the Australian Junior Athletics Championships in Adelaide in the U/14 Girls. She won Gold in Long Jump, Bronze in Shot Put, 4th in 200m & 7th in 100m.

The last weekend of the holidays (27th-28th April) she competed at the Australian Little Athletics Championships for the U/13 NSW State team also in Adelaide. She was very successful at these Championships:

Gold - 4X100m Relay, Gold - Medley Relay (100m, 300m, 200m & 400m) Sienna ran the 200m leg, Silver - Long Jump, Bronze - 200m and 4th - 100m.

Congratulations Sienna



APA National Powerlifting Competition

The APA National Powerlifting Competition was held on 26th April in Newcastle.

Last year Jayden M (year 11) won 2 World weightlifting titles in Rome. This year Jayden entered the competition platform in a new weight class 66 kg & just turning 16 entered as the youngest in this category - congratulations to Jayden who achieved such success last weekend

- National Record in Squat 2nd attempt
- Beat his own National Squat record on 3rd attempt 175 kg
- National Record in Deadlift 208.5 kg
- 95 kg Bench.

Jayden now awaits the APA Australian Powerlifting Federation to announce his place on the Australian Team for the 2024 World Competition being held in Malta in November.

Congratulations Jayden, we wish him all the best.



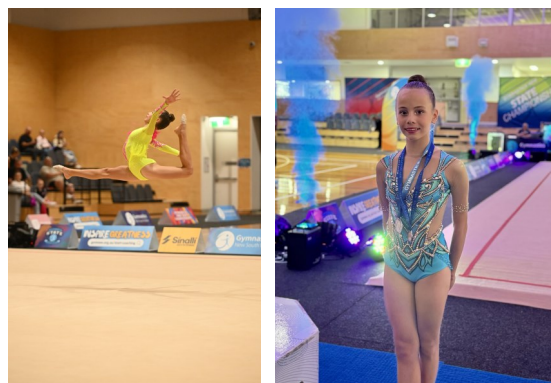
Rhythmic Gymnastics

Mia successfully competed at Rhythmic Gymnastics NSW State Championships held at Shoalhaven, NSW on 13-14 April.

She won Silver Medal for her routine with Ball in the Pre-Junior Elite division.

Mia was selected to be a member of Gymnastics NSW team and to represent NSW State at Australian Nationals Championships held on Gold Coast between 17 and 23 May.

Congratulations Mia, we wish you all the best.



Welcome Back to Term 2

Hope you all had a wonderful break and got to spend time away from the day-to-day grind. Or maybe you're just glad the kids are back to school and things are back to "normal".

Quick Links to important items at school:

<https://stives-h.schools.nsw.gov.au/quick-links.html>

This will take you to the Calendar, Absentee notices, Canteen info, Bus timetables etc.

Have you subscribed to the P&C mailing list yet?? As a subscriber, you'll be kept informed and up-to-date on your year's latest events and activities. Please visit this link >>>

bit.ly/PnCSubscribe

Podcasts and Webinars of Interest

Coaching at St Ives High

Listen to our Head Teacher, Teaching and Learning, Natasha Mercer as she discusses the concept of the **Alumni training** that is one of the projects that the P&C supports.

Click here for the link:

[Student_Coaching_Webinar](#)

P&C Federation Webinar

Vet for Success: Understanding **vocational educational** pathways and benefits.

The P&C Federation will be holding a Webinar tailored for parents, carers, and high school students navigating the landscape of subject choices, career pathways, and future endeavours.

When: Wednesday, 15 May, 2024 from 7:00pm - 8:00pm AEST

Click here for [registration](#)

Next P&C Meeting

The next P&C Meeting is 23 May on site at the School.

This is a wonderful chance to find out first-hand what is going on at the school and how you can be involved.

The meeting will be held in the MFS in the Admin block starting at 7:30 pm. Bring your own mug for a cup of tea/coffee and meet some other parents and some staff. I know you'll love it.

Careers Corner: week 1 Term 2

Key Dates:

- University of Sydney: Year 12 Information Evening | Wednesday 22 May | 4-7pm

Explore our iconic campus and learn more about university entry, scholarships, study options and more at our information evening for Year 12 students and their caregivers. Don't miss this opportunity to explore your options and ask any questions you have about joining the Sydney student community next year.

Our on-campus event will include a tour, course advice exhibition and information sessions on curriculum, scholarships, student support, campus life and Aboriginal and Torres Strait Islander study pathways. If you can't make it in person, don't worry – our online session on the 23rd will cover everything you need to know!

<https://www.sydney.edu.au/study/events-for-prospective-students/undergraduate.html>

•Macquarie University Seminars

Tuesday, 7 May

6-7pm

Year 12 Guide to Uni

Tuesday, 4 June

6-7pm

Early Entry Info Session

Wednesday, 11 September

6-7pm

Transitioning from School to Uni

<https://page.mq.edu.au/year-12-webinar-series-2024.html>

Under 17s Year 10 Equivalent

EARLY SCHOOL LEAVER PROGRAM

TAFE Statement in Introduction to Yr. 10 Study Skills (800-000542)

Certificate II in Career Preparation (11039NAT)

Course description:

- This pathway is tailored for students under 17 years old, currently in Year 10, who are not on track to receive their ROSA. It is important to emphasise this program is not a "shortcut" for individuals below Year 10.
- This nationally accredited re-engagement program aims to inspire disengaged students to pursue their career goals as they learn fundamental study and workplace skills equivalent to a Year 10 level.
- Successful completion paves the way for further studies, apprenticeship or employment opportunities.
- Attendance and participation require a minimum of 80% attendance and satisfactory completion of all assessment tasks.
- TAFE NSW is an adult learning environment and expectations of students, and their responsibilities reflect this.

How to get involved:

Express your interest by completing an Expression of Interest form and submitting by close of business on Friday, May 31, 2024. For further details, please contact:

LOCATION

TAFE NSW St. Leonards
Pacific Highway, St. Leonards

ATTENDANCE

Face to face

START DATE

August 2024

DURATION

Semester 2 2024

COST

***Free** This training is subsidised by the NSW Government. Eligibility criteria apply.

ELIGIBILITY:

- Applications for the St Leonards Semester 2 intake are now open. Please email lucas.depalo3@det.nsw.edu.au if you would like more information or the EOI's. Students that undertake the year 10 Equivalent have more chances to connect in an adult learning environment and follow their career paths through TAFE NSW. The course prepares students to go into Full time work, Apprenticeships, or an HSC pathway through TAFE.

SEMINARS @ SIHS

- Subject Selection seminar for all year 10 – 15th May period 1-4
- Educational Pathways for all year 11- 19th June period 1-4
- UAC, SRS, EAS and ATARs for year 12 – 20th June period 1-2

Please be sure to check your emails for the permission notes through School bytes.

KNOX CAREERS EXPO.

When: Tuesday 28 May 2024

Time: 6pm-8pm

Where: Great Hall and Wenkart Theatre, Knox Grammar School, Wahroonga

Work Experience offers

National Fashion College | Work Experience Applications Now Open Work Experience Program for 2024 is now open. Students can expect a week full of fun fashion-based tasks on campus in Sydney. If any students have a passion for fashion, send them for work experience. <https://www.nationalfashioncollege.com/>.

AABT Beauty Therapy, Salon Management, Laser and Dermal Therapies | Work Experience Discover AABT's year-round work experience weeks at North Strathfield, Rockdale, or Bella Vista campuses. Tailored for students in Years 10-12, these immersive programs offer a unique blend of learning and fun in a college environment. Experience hands-on skills training firsthand, providing valuable insight into potential career paths. Register here: <https://shorturl.at/jrDMV>. Contact amy@aabt.com.au.

Work Available

Aquabliss Pymble has a number of casual Swim Teacher positions available for students who are 16+ years old.

Aquabliss will pay for the training course to become a qualified Swim Teacher and also pay for completed in-water training hours.

We offer flexibility and a very supportive working environment.

If you're interested, please contact Greg, the Coordinator of Aquabliss Pymble via email at coordinators.pymble@aquabliss.com.au OR call OR text on [0432 210 421](tel:0432210421).



What to do if you see distressing content online

Online spaces should be safe for everyone, but you may sometimes come across content that is distressing – for example, because it depicts harm or violence.

Violent or pro-terror content may also be illegal.

Under Australian law, the eSafety Commissioner can issue a takedown notice to a platform to remove the content, or block access to protect Australian users from viewing this content.

If you see violent or terrorist content posted in a public place online, don't share it further – even if your intention is to help or raise awareness. You may cause distress to others.

Report

If you see violent, distressing or harmful material, make a report to the platform or service where it is available. Reports to the service help get the material removed quickly. Your actions could protect you and others from seeing that content again.

If the material is not removed, or if it's seriously harmful, you can make a report online by visiting ['eSafety - how to make a report'](#).

Reports about terrorist and extreme violent content can also be made over telephone to the National Security Hotline on 1800 123 400.

Protect

Parents and carers may feel that they want to take extra precautions against their children seeing disturbing content online.

The eSafety Commissioner's website has helpful resources on how to get started with [parental controls in social media, games, and apps](#) and [on devices](#). These controls can help parents restrict access to places online where there is a higher risk of seeing disturbing content.

There is also [advice for young people](#) on what they can do themselves.

Get help and support

If you or your child have seen disturbing content online, talking to someone can make it easier to decide what to do and how to deal with its impact.

Some places you can seek help include:

- Lifeline on 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Beyond Blue on 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au)
- Kids Helpline, for 5-25 year olds, on 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au) (webchat is also available)
- Headspace, for 12 to 25 year olds, on 1800 650 890 or [headspace.org.au](https://www.headspace.org.au).



More support services, including state-based services aimed at parents, are listed on [eSafety.gov.au/counselling-support-services](https://www.esafety.gov.au/counselling-support-services).

MEDIA RELEASE – March 2024

BOOK BARGAINS GALORE!

Lifeline's \$2 Book Clearance Sale

Hornsby War Memorial Hall

Sat 25–Sun 26 May 2024

8am to 4pm each day

Lifeline Harbour to Hawkesbury Sydney's famous \$2 Book Clearance Sale is back, and it's bigger and better than ever! Explore a treasure trove of over 40,000 pre-loved books, DVDs, and CDs, all priced at \$2 or less!

Whether you are seeking to replenish your personal collection, gather educational resources for school, or simply explore new interests, this sale ensures that quality literature is within reach for all.

Organised and run by a team of dedicated volunteers, the \$2 Book Clearance Sale will once again be held at the Hornsby War Memorial Hall, 2 High Street, Hornsby. The venue is conveniently located next to Hornsby RSL Club and close to public transport (across from Hornsby rail station and bus terminus).

Explore a wide array of genres to suit every taste, from fiction and non-fiction to children's books, young adult reading, textbooks, collectibles, DVDs, and CDs. With each item priced at \$2 or less, this unbeatable offer ensures exceptional value that's hard to find elsewhere!

Lifeline H2HS looks forward to welcoming you to the \$2 Book Clearance Sale from Saturday 25 to Sunday 26 May. Remember, every purchase will go towards Lifeline H2HS's support services - including the 24/7 Telephone Crisis Line 13 11 14, Community Aid, Counselling and Psychological Services, Support Group and Treatment Programs, Emergency Relief, Financial Counselling, Lifeline Connect and much more.

Event: Lifeline \$2 Book Clearance Sale
Venue: Hornsby War Memorial Hall, 2 High Street, Hornsby
Dates: Sat 25–Sun 26 May 2024
Times: 8am to 4pm, both days
Payment: Card/Eftpos & Cash accepted



\$2 BOOK CLEARANCE SALE



40,000 books & nothing over \$2	Huge range of fiction & non-fiction	CDs, DVDs & vinyl records	Easy-access categories to explore
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SAT 25 to SUN 26 MAY
8am–4pm
Hornsby War Memorial Hall
2 High Street, Hornsby



MORE DETAILS

Lifeline Harbour to Hawkesbury Sydney – supporting your community

HORNSBY WAR MEMORIAL HALL
2 High Street, Hornsby

PLEASE BRING YOUR OWN BAG



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FREE PARENT SEMINAR

Coaching to Connect



Responding to Big Emotions

This engaging and practical seminar is for parents to better understand and support your child to regulate through big emotions. This seminar will offer practical skills to begin emotion coaching and support connection with your teenager.

Centred on the evidence-based program 'Tuning in to Teens' by the University of Melbourne, this seminar will cover:

- The adolescent brain
- Emotional intelligence and it's importance
- Emotion coaching in practice
- Strategies for connection

Where:
Online, Zoom

When:
Monday, 6th May

Time: 6:30pm -8pm
Cost: Free

Register:
Register
<https://forms.office.com/r/UUNUrYEzHA>



Contact:
Sally Hodges
e: sallyho@ransw.org.au



**AN EXCITING OPPORTUNITY AWAITS....HOST A FRENCH STUDENT
IN YOUR HOME !**

St Ives High School is fortunate enough to have 21 French students from Bordeaux coming to visit us at the end of May! So, we are going to be billeting these students to 21 families!

The students come from a co-ed school in Pessac which is 6 kms from the centre of Bordeaux. Their school caters for students from Kindergarten to Year 12 and the students visiting us will be about 16 years old. We hope this relationship will grow and enable our French to flourish!

The dates are: Monday 27th May till Wednesday 5th June 2024 (9 nights)

What is required? You will be asked to provide the student with a place to stay and integrate them into your family activities for the 9 days they are here. They will need lunch each day and will travel together with your son/daughter to school each day. Every day they will spend some time in their own lessons and some time visiting lessons within St Ives H.S.

Important to note: There is no payment for this, however, should your son/daughter wish to participate on the exchange trip to Bordeaux in January 2025, they will not be charged for the homestay period!!

So, what do you need to do next ? Simply print off and fill in the form below as an expression of interest and return it to Mrs Crooks in the Languages staffroom in E block.

I, of roll class
(your name- printed)

would love to host a French student from the 27th May till Wednesday 5th June, 2024.

I am very interested in hosting a French student from the 27th May till Wednesday 5th June, 2024, but would like more details first.

Signed : NAME:
(parent/guardian)

SIHS SUPPORTS STEWART HOUSE DONATION DRIVE

This week your child will have received an envelope for the Stewart House Donation Drive.

Stewart House provides a safe haven for hundreds of needy young public school students every year helping them develop their social and emotional skills. To find out further information about this amazing organisation please go to <https://www.stewarthouse.org.au/>

02 9938 3100



WELCOME TO STEWART HOUSE

Every year, 1,600 public school children attend our safe haven next to Curl Curl beach at no cost to their parents or carers. During a 12-day stay, they are provided with dental, optical, hearing and medical screening and treatment.

Children participate in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall wellbeing.

This experience provides children with a much-needed break from their current circumstances. Our children are inspired to see beyond the present and to have real hope and positive aspirations for their future.

Children in the care of Stewart House attend a specific purpose school onsite for 10 days of their 12-day stay. The NSW Department of Education provides infrastructure and staffing support for this school.

All other costs associated with the children's stay are met from charitable donations.

[DONATE NOW](#)

This year, St Ives High School encourages families to support the Stewart House Donation Drive and have the chance to win a \$4000 gift voucher.

Please return envelopes to school by **Thursday 16 May** so that donations can be processed and envelopes returned to Stewart House in time for the draw.



STEWART HOUSE Donation Drive 2024

Please distribute the attached raffle envelopes to your families and ask them to donate \$2 for a chance to win a \$4,000 GIFT VOUCHER.

DRAW: 12pm on Friday, 24th May 2024

Completed envelopes (with legible name & contact phone number), empty of cash, must reach Stewart House by 5pm on Thursday, 23th May 2024, in time for the draw at 12pm on Friday, 24th May 2024.

We will reconcile envelopes to payments received. **Unused envelopes may be appropriately recycled.**

**Instructions
for:
Families &
Supporters**

- STEP 1...** Take home the envelope and fill in their name, address, telephone number and school.
- STEP 2...** Insert a donation of at least \$2 into the envelope and seal it.
- STEP 3...** Return the envelope to your school / office.

3 May 2024

Dear community members

St Ives High School has been advised that members of the school community have recently tested positive to COVID-19.

Students in all years and staff may have had contact with a person who was infectious with COVID-19.

While testing and isolation is no longer mandatory for being exposed to someone with COVID-19 in school settings, NSW Health has provided advice on testing and isolation requirements for our school communities following **exposure to COVID-19** that should be considered when making decisions for your child and family if this situation arises at your school.

You are reminded that students and staff cannot attend school if they are showing any **symptoms of COVID-19**. These include fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting, extreme tiredness, unexplained chest pain or conjunctivitis (eye infection).

If symptoms occur at any time, your child should not attend school and should undertake a rapid antigen test. If the rapid antigen test is positive, your child should isolate as someone who has tested positive to COVID-19. If you cannot access a rapid antigen test, you can attend a PCR (nose and throat swab) testing clinic.

You must register any positive test on the **Service NSW website** or **Service NSW app** so that you can be linked to important health care support and advice. Parents and carers are reminded to please ensure that you select your school name when prompted when registering a positive test for your child.

The safety and wellbeing of our students and staff across NSW are paramount at all times. As such, we will continue to ensure that all necessary health advice is closely followed.

Thank you for your support.

NSW Department of Education



ARE YOU LOOKING TO IMPROVE YOUR LITERACY? DO YOU WANT TO FEEL MORE CONFIDENT ABOUT YOUR WRITING SKILLS?

Come to the Writing Centre Workshops!

Each week, we focus on troubleshooting common issues that students encounter when writing.

**FROM 3.15 - 4.15PM IN THE LIBRARY
ON THE FOLLOWING DAYS:**

MONDAY (YEAR 7 - 9)

WEDNESDAY (YEAR 10 - 10)



