

Term 4 Week 6

23 November 2018



Help fill boxes for our

CHRISTMAS TOY AND FOOD DRIVE



See flyer in the newsletter for details.

As the Salvation Army are packing hampers early we need your donations by Friday, 7 December.



Deputy Principal Matters by Nathan Lawler



Year 11 High Achievers' Morning Tea



Each semester we run a morning tea for the top ranked 20 students from each year group. These students are recognised for their efforts across all of their courses. It has been interesting to see the different students who have been invited from year to year. Some students will feature in the top 20 places each year whereas for some this might be the first year they reach this level. In writing this week's report, I have tried to uncover the 'secrets to success'. Talking with Daniel P (our school captain), he said that he was reasonably confident that he would be asked to go along this year as he had put in a huge effort. However, he did say that he wasn't entirely happy with his performance in the final examinations. This is an area that Daniel has addressed and he has tweaked the way he prepares for examination blocks. Daniel has attended nine of the 10 high achiever morning teas since he was in Year 7. Isabella W (Yr 11) in her words said she was *quite taken aback by the letter as I wasn't really expecting to have done well enough to be near the top. Really, it was a pleasant surprise.* This was Isabella's first high achievers morning tea, showing how through consistent effort and application one can surpass others. When asked if she could identify the reasons why her grades improved, Isabella responded with *I think I became more dedicated to my subjects as I was more interested in the specific ones that I had chosen and I thought aiming higher this year would prepare me for good habits in the HSC.*

Congratulations to Lily C, Kian T, Meru S, Hilary R, Kate F, Lauren N, Mina K, Rojina P, Morne K, Catherine N, Amin H, Daniel P, Abbey C-J, Mitchell R, Alana C, Isobel N, Samiz M H, Megan D, Sophie A, Aidan O, Isabella W who attended this morning tea.

Parent Portal

As you may know, we are using Parent Portal more frequently when communicating information related to your child's learning. We are asking teachers to communicate examination notifications via the student and parent portal. This can be helpful, especially if your child is prone to losing handouts.

To access the Portal you can follow these steps:

1. Go to the school website
2. Click on 'Parent and Student links'
3. Select Parent Portal
4. Click on 'classes' and select the courses where there is a notification.

It is hoped that this will be helpful for both you and your child.



School Magazine

Our 2018 school magazine was distributed to many students on Monday. There are still magazines available for families who may have initially indicated that they would not be keen on receiving one. The cost is \$16 and they can be purchased directly through the school office. Many thanks to Mrs Melville for the huge amount of work she does in putting this together.

Water Polo

On Monday 19 November a group of students embarked upon a journey to Glenbrook pool in the lower Blue Mountains to participate in a water polo competition. The girls involved were from years 9 and 10: Sunee B, Georgina F, Nashua H, Sidney B, Sophia T, Maggie M, Iris L, Gabriella M. The girls were guided by Mr Cullen and Mrs Moss, who led two after school training sessions at Ku-ring-gai pool. Many of the girls had never played water polo before, so it was great to see them taking a chance. By the end of the day they had played four matches, winning two and losing two. The girls never gave up and showed much fortitude. Many thanks to Mr Cullen and Mrs Moss for coordinating the event.



Key Dates

The closing weeks of the term will be filled with many activities. Here are some key dates to mark in your diary.

- **Performing Arts Unit Showcase:** On the evening of **Friday 30 November at 7.30 pm**, students in the PAU will be delivering their end of year performance called "New Dimensions" in the School Hall. Tickets can be purchased through trybooking.com \$20 / \$12
- **Year 10 Work Experience – 3 to 7 December:** Work experience week is fast approaching for our Year 10 students. This is an opportunity where every student temporarily moves into the workforce. For many students this can often lead to part-time employment and greater clarity around future career paths.
- **Year 7 Water Awareness – 3 to 7 December:** St Ives High School's 'Water Awareness Week' at Balmoral Beach is fast approaching. Mrs Terrey and the PDHPE team do a fantastic job in organising this worthwhile event. The program will cover: water sense and water confidence; water safety practices; teamwork and social interaction between staff and students and swimming technique and endurance. Students should be dressed using sun safe principles – hat, rash vest, t-shirt. Having attended this each year over the past eight years, I can confidently say that this is a real highlight for our Year 7 students.
- **Year 8 and 10 camps – 10 to 12 December:** Year 10 will be travelling to Wyee and Year 8 will be camping along the Colo River. The focus of the Year 8 camp is building resilience, while students on the Year 10 camp will be focusing on team building. It will also be an opportunity where our Year 10 students can dress up in their formal attire and have a great time at the Year 10 formal.

Running Club - Each Tuesday from 7:00 to 8:00am

We have been lucky to have Mrs Frykberg working in the Mathematics department this term. You may recognise the name 'Frykberg' from last week's newsletter as the whole family were key contributors to our result in the Bare Creek Trail Run. Mrs Frykberg will be continuing the running group each Tuesday morning, meeting at 7:00am. Everyone is welcome to join.

Opportunity to donate

We are running a Christmas food and toy drive, with all proceeds passed onto the Salvation Army. If willing to donate, please do so before Friday 7 December. All donations are greatly appreciated. See flyer in the newsletter.

Congratulations to Jeff L (Year 9) who has made the NSW Deaf Soccer Team. The team will play the Victorian team, compete in the Pan Asia Games and the most successful players will represent Australia in the Deaf Games in Brazil.



Expectations until the end of the term

The final day of school for students is Wednesday 19 December. Students are expecting to be in class and working at a level that is commensurate with their ability. Students are also expected to be in full school uniform.

The final school day for 2018 is Wednesday 19 December.

Best wishes

Nathan Lawler
Deputy Principal



More photos



***The P&C
Environment
and Grounds
Group
installed
additional
sandstone
seating in the
main quad last
week.***



We hope you like
the new gardens
and 2018 school
improvements!
Your ongoing
support is
appreciated.

CAREERS UPDATE



Anonymous note left on my door

Ask yourself: "What problems do I want to solve?"

Then, think about a career choice.....

Year 10 Work Experience in Week 8

I have issued students with a Safety & Emergency Procedures Card, which they must carry with them at all times in case of an accident and give to their treating Doctor. My name and the school number 9144-1689 needs to be written on the card as well as parent/guardian contact and Medicare number. I also gave out a booklet so students can keep a daily journal and have the employer write an evaluation report for their resume. If any student didn't receive these documents please send them to see me. They are however on my Google classroom.

Careers Advisory Service

The Careers Advisory Service is a phone, web chat and email service for NSW students who have completed the HSC and need further career or tertiary education advice. The service is provided by the Department of Education and is staffed by experienced Careers Advisers. Open on 14,17 & 18 December 2018 Phone 1300 300 687 and webchat 9am—5pm Email 24 hours. www.careersadvisoryservice.com

University course comparison site

The Department of Education and Training in partnership with the Tertiary Admissions Centres across Australia, have developed a new national higher education admissions information platform. The new website 'Course Seeker' contains a national course comparison tool which allows students to search, select and compare up to four higher education courses nationally across different institutions and/or study areas. The website also allows students to filter course search results by ATAR, mode of study, study area and location. 'Course Seeker' will provide prospective students with transparent information about Australian higher education admissions. This information will assist students in making choices regarding their tertiary education study. Visit the website at www.coursesseeker.edu.au.

UAC tool for choosing university courses

UAC has developed a brief new tool to assist students to choose university courses based on their school subjects and estimated rank. <https://www.uac.edu.au/course-compass/>

Google Classroom -for careers information and discussion

I have created a Google Classroom for each year group for careers information and discussion as an alternative to emails, daily notices, newsletter articles, year meetings and interviews. The code to join has been sent to student's school emails. Please encourage students to join.

Applying for university timeline

November 15 -SRS early offer round 1.

November 29 -SRS early offer round 2.

December 6 -SRS early offer round 3.

December 13 -HSC results released.

December 14 - ATARs released on UAC site and Year 12 Pizza & Poppa lunch at school.

December 20 -December Round 2 offers.

January 11 -January Round 1 offers.

For more information on any of these or other careers matters visit the Careers Adviser or email Mr Holmes at neil.holmes@det.nsw.edu.au or call the school on 9144 1689 ext 116.

Visit my free careers website at <http://www.careeradvicensw.com> to view career videos, take career tests, view subject selection resources, links to all universities on bonus points, scholarships, elite athletes schemes, alternate entry to university, the job market, SRS and more.

INVITATION TO THE SCHOOL COMMUNITY

Year 9 Enrichment Program Cultural Studies Presentations

When: Week 7 Term 4, 11.30am - 12.30pm on Wednesday 28 November

Where: St Ives High School Library

Here are some of the topics students will be presenting:

- ◆ How does body image impact on our culture?
- ◆ What effect does musical theatre have on society?
- ◆ What will the consequences of Brexit be and how will it impact on the Commonwealth?
- ◆ How much longer till we reach our personal limits?
- ◆ How has the European Union contributed to the refugee crisis?
- ◆ Is global warming something we should be worried about?
- ◆ Yugoslavia: before, during and after.
- ◆ Why is China investing in the Balkans?
- ◆ What can we do to help the Rohingya people?
- ◆ Is the airline industry going where it should be?

Further details: peta.regan@det.nsw.edu.au



Year 10 Parent Social Night

**Come along for our final 2018 catch
up!**

7.00pm Friday 30 November
St Ives Bowling Club

Please RSVP to grad2020@stivespandc.com

CHRISTMAS FOOD AND TOY DRIVE

WILL YOU HELP US PROVIDE A



Hamper
of



HOPE

THIS CHRISTMAS?

CHRISTMAS HAMPER FOOD CAN INCLUDE:

Tinned salad /vegetable items– beetroot, pineapple, corn kernels, bean mix, asparagus, carrots, potatoes, peas, beans.

Desserts –jelly, custard, tinned fruit, pudding

Snacks– chips, pretzels, lollies, biscuits, crackers.

Other – Christmas cake, milk, fruit cordial, tea, coffee, bon bons, cereal.

TOYS ... should be unwrapped



**BRING YOUR FOOD AND TOYS TO THE
SCHOOL OFFICE BY FRIDAY, 7 DECEMBER 2018.**

Year 7 Parent Volunteers Needed

SIHS has a tradition of welcoming new students and their parents at Orientation Day and providing a special morning tea.

This year Orientation Day is on
Tuesday 4th December

Can you help provide some slices, cup cakes or scones or something savoury for the new parents to enjoy?

Please let us know if you can help – send us a message here:

<http://signup.com/go/bdPUTiH>

Please bring your yummy treats early to school (before 9.00am) and leave them in the Trade Training Centre and include a note which describes what you've baked and what's in it.

THANK YOU!!!!



ST. IVES PERFORMING ARTS UNIT
PRESENTS

NEW DIMENSIONS



30TH NOVEMBER ~ ST. IVES HIGH SCHOOL HALL
7:30PM ~ TICKETS VIA TRYBOOKING.COM ~ \$20/\$12

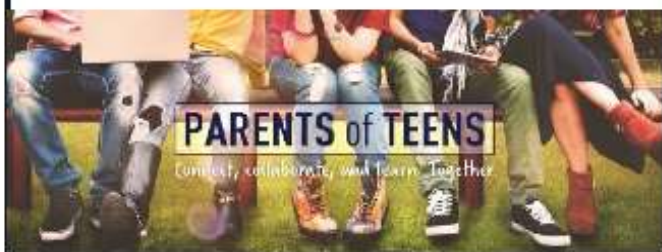


Loving and accepting ourselves as parents

FREE Weds. Nov 21st 6:30-8pm
10 Holtermann St. Crows Nest
Bookings essential:
wende@phoenixhouse.org.au

The greatest gift we can our young person is unconditional love and acceptance... it's what they crave.
Come explore how you see yourself as a mother or father or carer through new eyes...

This interactive session is open to all parents (sorry no childcare) and will give you some real tools for growth... and maybe help you smile a bit more about it all.



tuning in to kids together

emotionally.intelligent.parenting

NEW FREE 8 WEEK PARENTING PROGRAM FOR BOTH PARENTS OF CHILDREN AGED 3 – 10 YEARS

Benefits for you and your family:

- Learn about children's brain development and emotions
- Gain skills to assist your child manage difficult feelings
- Learn to help your child prevent / reduce challenging behaviours
- Develop strategies to stay calm when responding to emotions and challenging behaviour

Parents are invited to participate in this parenting program research, which is being run as part of a PhD project.

Study approved by UoSA HREC (10-200349)

WHEN: 5 February until 26 March 2019

Tuesdays: 6:00pm to 8:00pm

WHERE: The Northern Centre
Ground Floor, 3-5 Anthony Road, West Ryde

BOOKINGS: If you and the other parent / caregiver of your child can commit to this 8-week program, please contact Christina Ambrosi (PhD Candidate):
christina.ambrosi@mymail.unisa.edu.au

MORE INFO: Rowena Stulafer, 9334 0117

Limited free childcare available. Bookings essential



the northern centre
where parents grow, our community

2019 terms 1-2



parenting program timetable

Tuning in to Kids	Korean 13 February until 20 March Wednesdays: 10:00am to 12:00pm Limited childcare available	Tuning in to Kids Together – English 5 February until 26 March Tuesdays: 6:00pm to 8:00pm Limited childcare available
Triple P	Mandarin 19 February until 12 March Tuesdays: 10:00am to 12:00pm Limited childcare available	Triple P Seminar Series – English 11 June until 25 June Saturdays: 10:00am to 12:00pm
123 Magic	English 19 March until 2 April Tuesdays: 9:30am to 12:00pm Limited childcare available	English 23 March until 6 April Saturdays: 1:00pm to 3:00pm Limited childcare available
Circle of Security	English 7 May until 25 June Tuesdays: 10:00am to 12:00pm Limited childcare available	
Tuning in to Teens	Korean 7 May until 11 June Tuesdays: 6:30pm to 8:30pm	

Programs held at The Northern Centre
3-5 Anthony Road, West Ryde

View further program
details over page.

[Click here to register your interest](#)



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parenting program overview

Circle of Security

8 week program for parents of 0 to 5 year olds

Circle of Security is a highly successful 8 week evidenced based program that focusses on how you can strengthen your relationship with your children through understanding and responding to your children's needs and behaviours. For further information, see www.circleofsecurity.net

Tuning in to Teens

5 week program for parents of 11 to 18 years olds

Aims to help parents and their adolescent manage the many emotional challenges of this stage of life. By learning these skills, parents are less likely to have as much conflict within their family and their teen is more likely to talk to them about the challenging issues they face.

Tuning in to Kids

6 weeks program for parents of 3 to 10 year olds

Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

Tuning in to Kids Together

8 week program for both parents of 3 to 10 year olds

Parents are invited to participate in parenting program research, which is being run as part of a PhD project. Learn about children's brain development and emotions; gain skills to assist with their difficult feelings; help reduce challenging behaviours; and strategies to stay calm.

123 Magic

3 week program for parents of 3 to 8 year olds

Helps teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signaling system to manage children's difficult behaviour. The signaling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

Triple P

5 week program plus 1 phone call, for parents of up to 10 year olds

Triple P is designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing.