

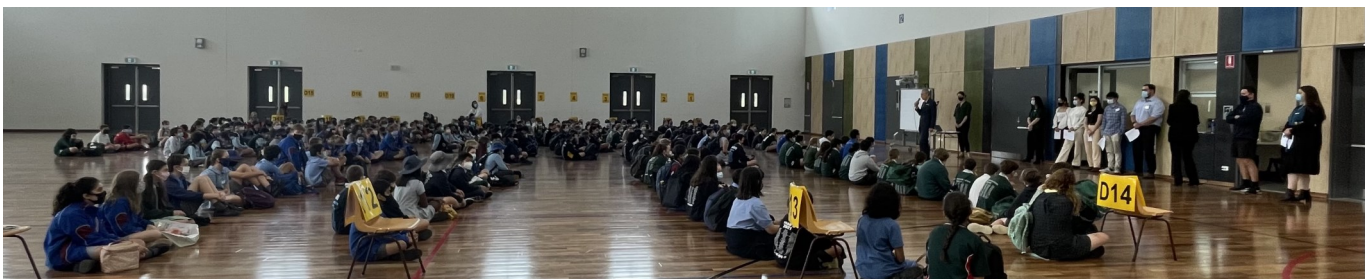
Term 4 Week 8

26 November 2021

## *Deputy Principal Matters Nathalie Bodley*

### **Year 7, 2022 Orientation Day**

On Tuesday we welcomed approximately 300 Year 6 students to experience their first taste of high school. Usually, we invite their parents into our hall to listen to a variety of speakers; however, for the second year, we have had to maintain our Covid bubble and keep them outside the school gate as they waved their nervous and excited children inside. Instead, the Year 6 students heard from Ms Samantha Nisbet, their Year 7 Adviser and other relevant staff who alleviated their initial apprehension and fears of high school. All students were taken on tours around the school, and many were excited by the woodwork rooms, industrial kitchens and science labs as they move into 'big school'!



School uniforms for our 2022 year 7 students can only be ordered online. Please note that orders need to be placed prior to November 30 for guarantee of fulfilment. Pre-purchased uniforms can be collected from the uniform shop window which can be accessed via Gate 3 on Yarrabung Road as per the following schedule.

Monday 6 December	Tuesday 7 December	Wednesday 8 December
Surnames A-C 4.00 – 5.00 pm	Surnames J-L 4.00 – 5.00 pm	Surnames S-U 4.00 – 5.00 pm
Surnames D-F 5.00 – 6.00 pm	Surnames M-O 5.00 – 6.00 pm	Surnames V-X 5.00 – 6.00 pm
Surnames G-I 6.00 – 7.00 pm	Surnames P-R 6.00 – 7.00 pm	Surnames Y-Z 6.00 – 7.00 pm

Due to relaxation of Covid rules, exchanges can now be made at the uniform shop on 9 & 10 December between 4.00 and 6.00pm. You will need to QR in and wear a mask. If you have any queries, please email Nicky Nolan the Uniform shop manager at [uniforms@stivespandc.com](mailto:uniforms@stivespandc.com)

### **Congratulations to Rhys - the overall winner of the International Democracy Day Short Film Award**

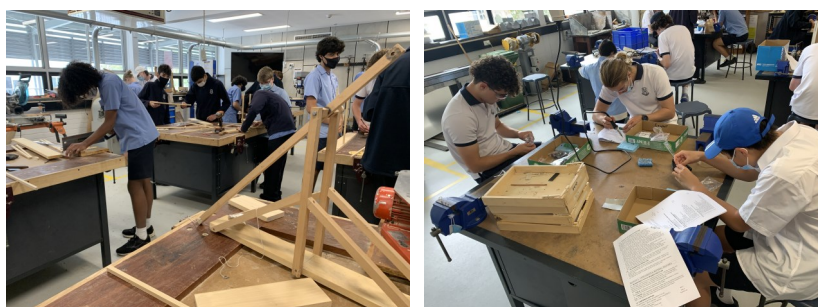
On Wednesday, Rhys H (Year 8) visited NSW Parliament to accept his prize as the overall winner for the International Democracy Day Short Film Award. Accompanied by his parents and his Year Advisor, Rhys received a detailed tour of NSW Parliament and then his achievements were recorded in the Hansard in the Lower House. The President of the Upper House and the Speaker of the Lower House joined them for afternoon tea. You can view his video here <https://www.youtube.com/watch?v=2rWC1VkJYEg>



### **Stage 5 Engineering powering forward!**

This week in Year 10 Engineering, students are feeling the pressure of their time running out! With only four weeks left in the year and a week of work experience thrown into the mix, students are attempting to build a complete infra-red remote-controlled vehicle. Here we see them soldering their transmitter and receiver circuits - a challenging task as the components and circuit boards are very small.

In Year 9 Engineering, students have completed the design and calculations associated with their Trebuchet build. Again, time is short; so it's heads down to construct their working model to throw a projectile the furthest distance possible. And, of course, the glory that comes with first place.



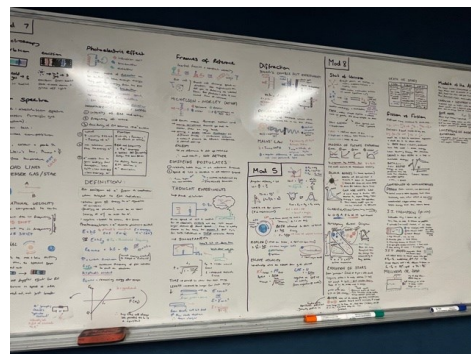
### **Who said Mathematics wasn't creative!**

'The Australasian Problem Solving Mathematical Olympiads' (APSMO) is a mathematical competition for students in Years 7 & 8. The programs are unique in that they focus on the students' ability to solve mathematical problems in a creative manner – as opposed to simply reaching a solution using a prescribed method. The competition normally takes place in 5 rounds each consisting of 5 questions; however, due to COVID students only participated in 3 rounds this year. 48 students from SIHS took part in the competition this year. They were split into 1 team of Year 8 students and 2 teams of Year 7 students. There were some excellent results, with 16 students finishing in the top 25% of the state and 4 students finishing in the top 10% of the state. Congratulations to everyone who participated in the APSMO this year!



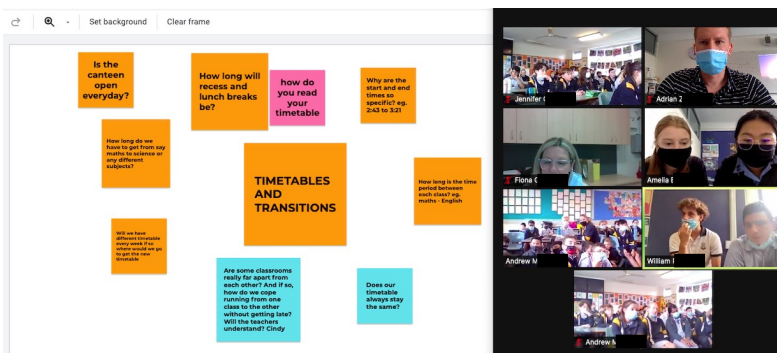
## Finally...the last week of the HSC! Studying in the school library after hours – so good!

Year 12, 2021 are finally in that last week of exams. Many students have been diligently studying, debriefing, and supporting each other in the school library from Monday to Thursday up to 7 pm. We have been keeping the library open for them to have a COVID safe and quiet place to study. As I wandered around tonight, I noticed one student who expressed to me how using the whiteboard to mind map her learning has been invaluable for her preparation and study. She has attended every night since the beginning, and I've enjoyed the rigorous discussions we've had about texts in English just before the English exams. Others have shared study tips and motivated each other in groups and often used a game of chess to de-stress. There was also one student who had finished his exams but told me that he just loves the library. Almost there...just one week to go!



## St Ives Primary get advice from the experts before coming to high school!

On Monday 22<sup>nd</sup> November, a small group of Year 10 Peer Leaders had a Zoom question and answer session with students from Year 6 at St Ives Primary School. Questions ranged from friendships, places around the school, homework and classwork, excursions and camps, teachers, stress and wellbeing, organisation, timetables, school rules and general high school life. The Year 10 Peer Leaders were able to share their experiences of St Ives High School, to provide valuable information to the incoming students on high school life and strengthen the partnership between our two schools. A special thank you to the peer leaders involved – Amelia B, Shelly Z, Scott L, William P and Jordan H – and St Ives Primary School for assisting in facilitating this event.



## We applaud the Year 11 High Achievers

Congratulations to our Year 11 high achievers of 2021, Joshua B, Isabella B, Annabelle C, Emily D, Jacob H, Hana J, Haegwang K, Sehaj L, Gemma L, Oscar L, En-Ting L, Hanako M, Cate M, Aryan M, Winnie M, Kiera N, Shruti R, Emma R, Claire R, Ethan R, Alice R, Shayyan S, Yiwen S, Portia S, Zoe T, and Zoe Y. Many of these students have consistently been high achievers since year 7 and clearly have the stamina and fortitude to keep at it. Well done to everyone who has worked so hard to get here, we are so proud of you.



**SIHS Supports the less fortunate this Christmas – please donate!**

*At St Ives High School we like to give back to others who are less fortunate, especially around Christmas time. This year we have a Christmas tree setup in the office. It would be greatly appreciated if your family could donate. New toys, gift cards and non-perishable food items are all welcome; however, no old or used items. All donations will go towards Mission Australia's goal of aiding vulnerable and disadvantaged children and families. If you decide to donate, bring your items to the office and place them under the Christmas tree. SRC*

**Prac is back! Bring on the Music!**

With the return to face-to-face teaching in Music, it's wonderful to be able to offer practical lessons to students again. Year 7 are doing well with their violin playing this week.



**Reminder of upcoming excursions for each year group**

Just a heads up on what's to come for students at the end of the year. Students need to please check their emails and whole grade Google Classrooms for information about excursions. Permission notes have been emailed to parents and uploaded to the google classrooms.

Year 9 - Sydney Zoo - Mon 6 Dec

Year 8 - Raging Waters - Mon 13 Dec

*Best wishes*

**Nathalie Bodley**  
**Deputy Principal**



---

**Thank You!**

**to all the Year 7 & Year 12 Parents Who Participated in Our Surveys**

**The Year 12 Parent Survey had a response rate of 43%, which is the best to date, and the Year 7 Parent Survey 51%.**

*Thanks to all the parents who took the time to complete their survey, the school has a large and reliable data set to help them understand what is working well at St Ives High and what could be improved.*

*A copy of the survey report will be emailed to Year 7 and Year 12 families before the end of term. A feedback session on actions arising from the survey reports is on the Agenda for the first P&C Meeting of 2022.*

---

## YEAR 11 VISUAL ARTS EXHIBITION OPENING

A celebration of Year 11's Visual Arts bodies of work were on display this week in the upper C Block gallery space. Based on the theme of 'Tension and Discord', each student explored an individual approach to the concept in an art form of their choice. The students created their body of work during online learning in Term 3, using materials that were available to them. The amazing talent of the students, evident in the range of artworks on display, reveal a strong potential for next year's HSC bodies of work. To mark the occasion, Year 11 Visual Arts students and staff had a special art opening on Monday afternoon.

Sue Melville  
Visual Arts Teacher



## YEARS 9 AND 10 ENJOY ELECTIVE SURF SCHOOL

Over recent weeks years 9 and 10 students have been experiencing the surf as an optional sport on Thursday afternoons. In a program organised by Manly Surf School students have participated in surf safety, surf education, surfboard riding, body surfing and body boarding. Although the weather has not always been our friend, the students have still been learning an enormous amount and enjoying themselves.



# SRC DONATION CHRISTMAS TREE

**BRING DONATIONS TO THE FRONT OFFICE**

**NEW TOYS, BOOKS, GIFT CARDS AND NON PERISHABLE FOOD ITEMS ARE ALL WELCOME, HOWEVER NO OLD OR USED ITEMS**



ALL DONATIONS WILL GO TOWARDS MISSION AUSTRALIAS GOAL OF AIDING VULNERABLE AND DISADVANTAGED FAMILIES AND CHILDREN.



Donations accepted until 16 .12.21

# PULSE WELLBEING

St Ives has been trialling the Pulse Wellbeing tool this term with the aim of making data-informed decisions in the Welfare structure of the school.

## What does Pulse look like?

Students complete a 60-second survey every Wednesday that captures data about individuals and cohorts. It gives students a voice in the Welfare structure at the school. There are two sections:  
How Are They Feeling – a 5-point scale on how students are feeling that week  
School Sentiment – a mixed bag of anonymous questions about different aspects of wellbeing

## What is the data used for?

Members of the Welfare Team have used the data to identify and support students who have been feeling negative or have asked for help. We use the HATF data to identify students who may be struggling so that we can intervene and provide support early. This is done week by week, so that students who need help can get it before they hit crisis mode. The School Sentiment data is used to identify trends across cohorts and the entire school. The Welfare Team is using this data to identify strengths/issues within year groups, and plan supports and interventions for 2022.

## What does the School Sentiment data look like?

Each week, we get a snapshot of student wellbeing in a variety of domains. These divided bar graphs show the Student Voice of students across the school. From this, we could conclude that our school does a reasonably good job at involving students in decisions that affect them.

I have a say in the decisions that affect me at school.



I have a say in the decisions that affect me at home.



This sample of data shows Engagement and flow in activities, and shows that our students are still settling into classroom routines after online learning.

When I do an activity, I enjoy it so much that I lose track of time.



I get completely absorbed in what I am doing.



I get so involved in activities that I forget about everything else.



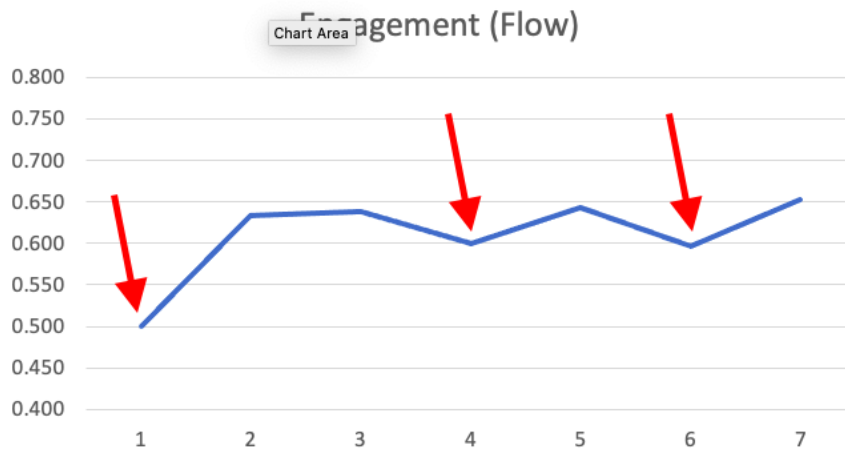
When I am learning something new, I lose track of how much time has passed.



## Is the data actually valid?

HATF data has already been used for early intervention by the Welfare team for students across the school, which means the right students are getting the right support at the right time. The school sentiment data also reflects what teachers are seeing in the classroom. The graph below shows student engagement in the classroom, related to one's ability to start and maintain focus on a task. Note the low values immediately after the holidays, the week we returned face-to-face, and the week after most exams had finished.





### Why should I do the Pulse check-in?

There are two main reasons you should do the check-in:

**Safety net** – Pulse keeps track of how you are feeling across several weeks. If you regularly check-in, you can let a trusted teacher know that you are struggling in a convenient way, and get the support you need.

**Student voice** – Pulse asks you questions about our school, and we will use this data to make decisions about where the school goes next. By regularly checking in, you get to contribute your voice to these future programs to ensure they are tailored to your needs.

### How can I help?

Great question! Make sure you check-in every week, and remind your friends and teachers to use the first 5 minutes of Wednesdays for Pulse. The more data we have, the better we can support you and the whole student body.

Kiatin Williamson  
Mathematics Teacher

*"You don't have to control your thoughts. You just have to stop letting them control you."*

~ Dan Millman

## Mental Health Day

- Friday 3<sup>rd</sup> of December
- Zooper Doopers will be sold for \$1 each
- Drinks will be sold for \$3 each
- Selling at breaks 3 and 4
- Located in year group areas

**Mental Health Helplines:**

Lifeline: 13 11 14  
 Beyond Blue: 1300 22 4636  
 Kids Helpline: 1800 55 1800  
 Open Arms: 1800 011 046



# St Ives High School

## Parents & Citizens

# Calling all Presidential Candidates!! Are you the next P&C President or Vice President?

**These positions are currently vacant**

**This is a great opportunity for interested parents and carers to take up leadership roles with the P&C**

Have you ever thought to yourself “What does our voluntary contribution go towards each year?” or “How are funds from the uniform shop allocated?” Now is your chance to contribute to the discussion and help answer these questions and so much more!

The P&C provides parents and carers in the community the opportunity to actively participate in discussions and make decisions about how P&C funds are used to support the school. P&C members work together on many projects and help deliver the extra resources that enrich our children’s high school journey.

If you want to find out more about how you can become involved please contact Rebecca Lyster at [secretary@stivespandc.com](mailto:secretary@stivespandc.com) or attend the next P&C meeting on Thursday 2 December at 7.30pm (details are included in the school newsletter and on the P&C website: [stivespandc.com](http://stivespandc.com))

### **Top 4 reasons to join the St Ives High School P&C:**

1. To **hear** the inside scoop on happenings at SIHS.
2. To **volunteer** for a role and join a passionate and committed group of parents.
3. To **meet** other members of the SIHS community.
4. To **shape** the future of SIHS.



**St Ives High School P&C Meeting**  
**Zoom / In-person Meeting in Multi-Function Space**  
**Thursday December 2nd 2021 - 7:30-9:30pm**  
**Meeting Agenda**

- 1. Welcome, Acknowledgment of Country and Introduction** **7:30**
  
- 2. Formalities** **7:35**
  - a. Attendees
  - b. Apologies
  - c. Approval of Previous Draft Minutes (AGM & 4th November 2021)
  - d. Correspondence
    - i. Letter regarding "More Than Thanks" campaign from Amelia Kerr
  
- 3. Items for Discussion/Voting**
  - a. President / Vice President nominations 7:40
  - b. Principal's Report (20 mins) 7:50
  - c. Vice President's Report (Chris Kirk) (5 mins) 8:10
  - d. Treasurer's Report (Kim McAdam) (5 mins) 8:15
  - e. Pulse Wellbeing Program (Maria Miller) (15 mins) 8:20
  - f. End of Year Gifts (Rebecca Lyster) (5 mins) 8:35
  - g. Grant updates (Tracey Wallbridge) (5 mins) 8:40
    - i. Pulse Wellbeing Program
  
- 4. Items for Noting**
  - a. Update from NSW Teachers' Federation "More Than Thanks" Campaign (Julie McMullen) (10 mins) 8:45
  - b. Uniform Shop Report (Andrea Lanyi / Nicky Nolan) (5 mins) 8:55
  - c. School facilities (priority areas that need resources) 9:00
  - d. P&C projects for 2022 9:10
  
- 5. General Business**
  - a. Open question time 9:20
  - b. Outstanding Actions
  
- 6. NEXT MEETING: Thur 24 Feb 2022 at 7:30pm**
  
- 7. CLOSE**

# MENTAL HEALTH DAY:

*"There is hope, even when your  
brain tells you there isn't."*

*~ John Green*

- **Friday 3<sup>rd</sup> of December**
- **Zooper Doopers will be sold for \$1 each**
- **Drinks will be sold for \$3 each**
- **Selling at breaks 3 and 4**
- **Located in year group areas**

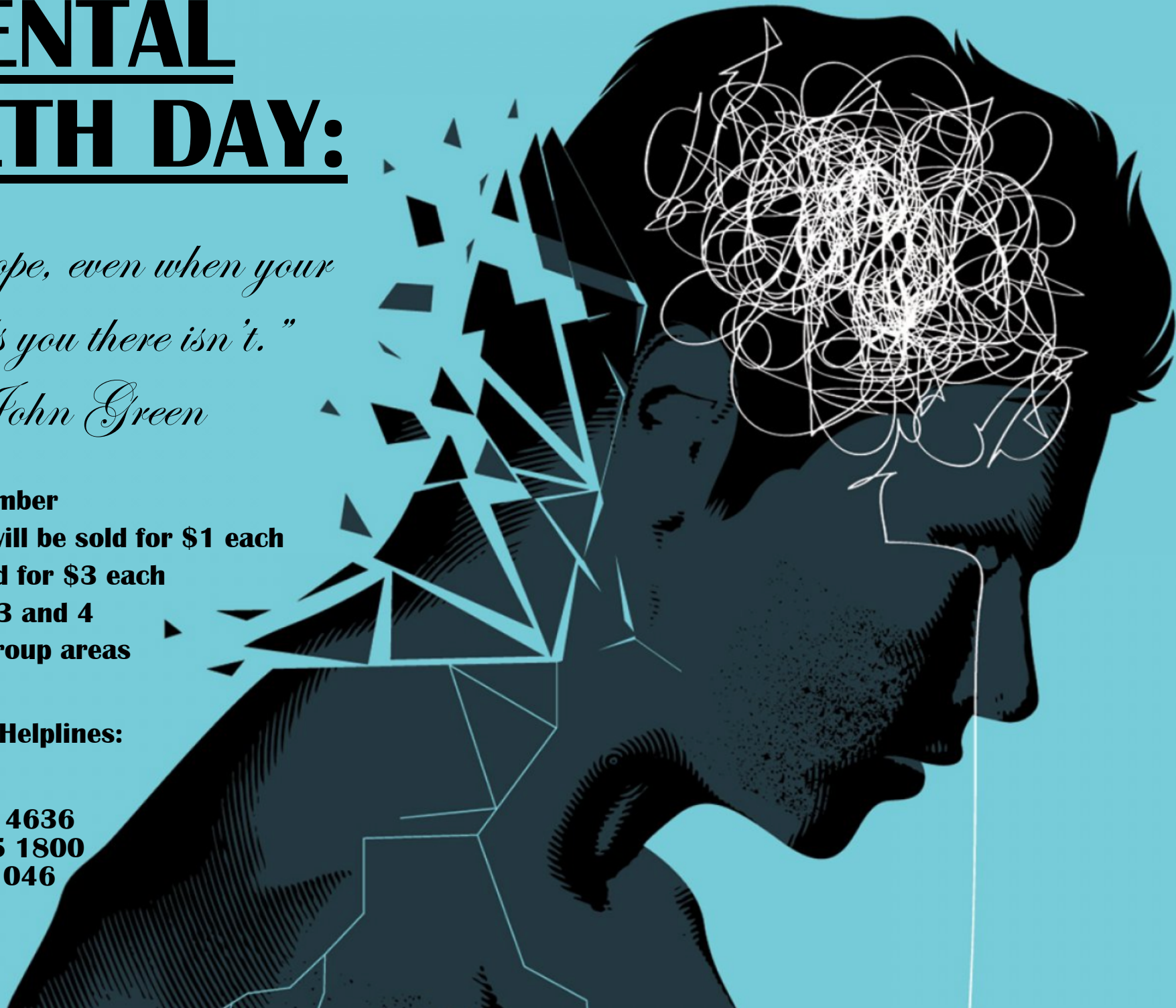
## **Mental Health Helplines:**

**Lifeline: 13 11 14**

**Beyond Blue: 1300 22 4636**

**Kids Helpline: 1800 55 1800**

**Open Arms: 1800 011 046**





Australian Red Cross  
**Lifeblood**



**St Ives High School**  
Parents & Citizens



**Do you have any spare time to donate blood?**

**7,000 donors are needed over the next fortnight.**

**If you're a student 18+ years old, school staff, or parent you can help save someone's life by giving blood or plasma.**

Donated blood and plasma can be used to help people in all sorts of life-giving ways — it could be for a person fighting **cancer** or going through a difficult **pregnancy**, or they could be someone who relies on regular **transfusions** to stay healthy.

**Did you know that blood can only be stored for 42 days.**

Call your local Lifeblood Centre **13 14 95** or for more information  
[www.donateblood.com.au/lifeblood-teams](http://www.donateblood.com.au/lifeblood-teams)

If you're a regular blood donor let the Red Cross know that you want to be part of the SIHS P&C Lifeblood TEAM.

And if you've been thinking about giving blood and would like moral support, take a friend with you and save lives together.

**For more information about SIHS P&C Lifeblood TEAM email [communications@stivespandc.com](mailto:communications@stivespandc.com)**

# Pulse Alive 2021 (March 2022)

## Showband

### Information

Pulse Alive is a large-scale performing arts event, celebrating talented students from NSW public schools in Greater Sydney and beyond. It provides high quality opportunities in music, dance, drama, visual arts and public speaking to students from all over the state.

Pulse Alive 2021 was to be held in September 2021, but will now be held on Monday 14 and Tuesday 15 March 2022 at Ken Rosewall Arena, Sydney Olympic Park.

### Instruments required

We are seeking performers on the following instruments to audition for remaining positions in our showband, which will accompany a number of the items for Pulse Alive.

- Violin
- Viola
- Cello
- Double Bass
- Flute
- Clarinet
- Saxophone (Alto, Tenor and/or Baritone)
- Trumpet
- Trombone
- Guitar (Electric and/or Acoustic)
- Bass Guitar
- Drum Kit
- Percussion

If your instrument is not listed, please email [pulse@det.nsw.edu.au](mailto:pulse@det.nsw.edu.au) before submitting your application as there may be opportunities for other instruments to be included.

---

## Eligibility and standard

Auditions are open to students in Years 7-12 in 2022 who will be enrolled at NSW public school in 2022.

Students should be confident on their instrument, with an indicative minimum standard of AMEB Grade 5.

## Audition process

To audition, students need to submit a video of themselves performing a 1-2 minute excerpt of their own choice of two contrasting pieces using [this form](#) by 5pm, **Monday 6 December 2021**. These excerpts can be either accompanied or unaccompanied and should be chosen to best demonstrate the student's ability on their instrument.

Students may audition on more than one instrument, but must submit a separate online application and audition video for each instrument they wish to be considered for.

To be accepted, nominations must include a video audition link. Videos should be either be uploaded to YouTube (as an unlisted link) or Vimeo with a password (please be sure to include the password to your video on your application form).

Students will be notified of the outcome of their audition by Wednesday 8 December and will need to obtain endorsement from their school principal to participate.

## Rehearsal and performance dates

Students in the showband will need to commit to ALL rehearsals and performances listed below.

Rehearsal / Event	Location	Date	Time
Showband rehearsal #1	The Arts Unit, Lewisham	Saturday 29 January 2022	10am – 4pm
Showband rehearsal #2	The Arts Unit, Lewisham	Sunday 30 January 2022	10am – 4pm
Showband rehearsal #3	The Arts Unit, Lewisham	Saturday 5 March 2022	10am – 4pm
Showband rehearsal #4	The Arts Unit, Lewisham	Sunday 6 March 2022	10am – 4pm
Sitzprobe	Ken Rosewall Arena, Sydney Olympic Park	Saturday 12 March 2022	9am – 5pm
Sound checks	Ken Rosewall Arena, Sydney Olympic Park	Sunday 13 March 2022	11am – 9pm
Final rehearsals and performance #1	Ken Rosewall Arena, Sydney Olympic Park	Monday 14 March 2022	10am – 5pm (rehearsals) 7:30pm – 10pm (performance)
Final rehearsals and performance #2	Ken Rosewall Arena, Sydney Olympic Park	Tuesday 15 March 2022	10am – 5pm (rehearsals) 7:30pm – 10pm (performance)

## Further information

For further information, please contact the Pulse Alive team at [pulse@det.nsw.edu.au](mailto:pulse@det.nsw.edu.au).

Please note, all rehearsals and performances for Pulse Alive will be conducted in accordance with the NSW Department of Education's COVID-safe guidelines and will take place within any restrictions that are in place at the time.





# THE RUN BEYOND PROJECT



**STIVES**  
HIGH SCHOOL  
respect | perseverance | growth

St Ives High School is participating in  
the BEYOND'21 VIRTUAL RUN (DEC 1-21)

Join our team or donate to help empower young people in need!

<https://www.beyond21virtualrun.com/event/virtual-run/about-run-beyond>

\*Note this link will not work if you are connected to the DEC internet

# WHAT IS THE RUN BEYOND PROJECT?

**THE RUN BEYOND PROJECT EMPOWERS HIGH SCHOOL STUDENTS IN NEED BY ASKING THEM TO GO BEYOND THEIR COMFORT ZONE.**

Our participants aren't runners. They're regular students from a variety of circumstances who commit to undertaking this program in order to develop personal and social capabilities that see them not only get to the finish line of their Goal Race, but thrive beyond this, personally and as contributing members to their communities.

Central to our model are teachers. The project is delivered by the students' own teachers within their school setting. Teachers know their students better than any external provider. Teachers with a passion for not only running - but also for ensuring their students thrive - volunteer to implement Run Beyond in their school in their own time.

We provide teachers with the training, curriculum materials, and support. Teachers provide their passion and their time. After completing our training day, students are selected and training commences, geared towards the completion of a challenging but achievable Goal Race.

Throughout the training, students complete a curriculum which explores how the capabilities needed to complete this goal race, including goal-setting, commitment and resilience, can be used beyond the finish line and beyond the context of running.

Run Beyond has produced 168 students so far, including 32 indigenous students, 29 students from refugee backgrounds, and 11 who have been in out-of-home care, as well as students impacted by numerous other factors such as exposure to discrimination and long-term parental unemployment.

# HOW IS ST IVES HIGH SCHOOL GETTING INVOLVED?

## ST IVES HIGH PARTICIPANTS ARE COMPLETING THE 'LIGHTNING RIDGE BOLT TEAM CHALLENGE'

Together from December 1 until December 21, we will accumulate 685km - the distance it takes to get from the Run Beyond founding school - Chester Hill High School - to the furthest school to implement Run Beyond in 2021 - Lightning Ridge Central School.

Join us! Together we will help to empower more students in more schools beyond '21!



# HOW DO I JOIN THE ST IVES HIGH TEAM?

1. Go to <https://www.beyond21virtualrun.com/fundraisers/StIvesHighSchool>

\*note this link won't work when you are connected to the DET internet

2. Click on the 'Join us' link



3. Entry is \$30, (all participants will receive a Run Beyond buff)
4. Set up your profile and make sure you connect Strava or fitbit to your personal profile

(You can also upload your kms manually)



5. Spread the word to your friends and family and help us hit our target donation goal of \$1000+



**ST IVES**  
**HIGH SCHOOL**

respect | perseverance | growth

# FREQUENTLY ASKED QUESTIONS



## What is our team's goal?

Our team's goal is to collectively raise \$1000+ for the Run Beyond Project

## Do I have to run?

Participants can clock up the kms by walking or running!

## Who can join the St Ives High Team?

Any student, staff member or community member of St Ives High can join our team

## Where can I go to donate?

<https://www.beyond21virtualrun.com/fundraisers/StIvesHighSchool>

\*note this link will not work if you are connected to the DET internet

**For all other FAQs please follow the link to** <https://www.beyond21virtualrun.com/event/virtual-run/faqs>

\*note this link will not work if you are connected to the DET internet