

We are a Respectful, Responsible, Safe and Successful School



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Week 10 Term 4, Wednesday 18 December 2019

Mural Magic





Principal's Message



Principal

Mr Darren Hamilton (Rel)

Deputy PrincipalMrs Anna Brain (Rel)

Head Teachers Secondary Studies

Mrs Catherine Doyle Miss Lucy Dempsey (Rel)

Administration Manager

Mrs Tanya Stanford

Aboriginal Education Officer Mrs Vicki Sharah

Assistant Principal
Miss Grace Stewart

Head Teacher Access

Mrs Crystal Stanford

P & C Committee

President

Mrs Kelly Dart

Secretary/Treasurer

Ms Kim Dern

2019 has been a whirlwind year for Peak Hill Central School. As I read back through the newsletters and social media information for the year, I reflect on the many fantastic opportunities that have been offered to students throughout the year. Staff this year have invested a great deal of time to developing students and themselves to increase their potential in the classroom. As part of this support, students have also had some great opportunities to represent the school in activities that have hopefully built a greater understanding of themselves and how they fit into the wider community of Peak Hill and beyond.

Students have had a number of external groups visit and support the school as initiatives associated with the ongoing drought. All of these have been greatly appreciated and have had a significant impact on the students throughout the year. One of the most important is the continued Belrose excursion, this year marked its 25th year, and I would publicly thank the wonderful Belrose Rotary volunteers for donating their time to support the senior students in the development of their personal goals for life and work.

Students throughout the year also have had the opportunity to represent their school, district and region in various sporting events and competitions. These have covered all three sporting carnivals of Swimming, Athletics and Cross Country, Rugby League, Girls' League Tag, Soccer, Cricket and lawn Bowls. All students have been fantastic ambassadors for the school in this representation and I commend them for the way they have participated in each event.

Two of the main sporting highlights this year was the outstanding performance of the Peak Hill Central School mixed team that were named State Champions after competing in the State Small Schools Championships in Dubbo this year. Congratulations to Kerryanne Watson, Cooper Dart and James Robinson. Additionally, James Robinson showed an excellent individual performances at Combined High Schools (CHS) State Championships and being named in the CHS state team that competed at the National Championships on the Gold Coast in Term Three.







We have started organising some major building planning for a new school bus and shed, small gym and teaching space and new play equipment for Primary. This follows the completion of the Cooler Classrooms project that has reverse cycle units in all teaching spaces and significant larger solar panels that will support the decrease in the use of electricity.

We welcomed new staff to the school including, Miss Tiarne Mcleod and Mr Luke Watt. They have been great additions to the staff of Peak Hill CS. I look forward to following their careers in the future and have enjoyed watching their development in the classroom this year.

Our staff have been involved in the External Validation process, a measure of school

Principal's Message Continues

performance, and will be a major platform that the staff will use for the development of improvement structures for the school into the future. There will be a new School Plan be developed next year for the 2021 – 2023 planning cycle, I encourage all parents to become involved in this process and have a voice in the development of Peak Hill CS into the future.

I would like to publicly thank Ms Kim Dern, P&C President and the wonderful team of helpers for their ongoing support throughout the year. I hope that more parents can become involved in the P&C and the programs, policy and development of stronger platforms of support for the students at Peak Hill CS.

We have commissioned a mural of a goanna by Scott Towney which is in the final stages of completion. I look forward to unveiling this hopefully before the end of the year. This will also form part of our Aboriginal Education team's planning for increased cultural content for students into 2020. I would like to thank those parents and department staff from Dubbo Schools Office who have supported the implementation of the Aboriginal Education Team and the planning involved for increased cultural content into the school.

Our students have been supported throughout the year with a Literacy Project designed to increase the amount of support for all students in the development of improved literacy across all classes. I thank the staff in taking on additional professional learning opportunities for improved teaching and learning and look forward to seeing continued improvement in students reading and writing ability. I encourage all parents to become involved in these support structures at home, in the development of every child and their literacy.

Presentation night Principal's Welcome

Principal's Welcome

Peak Hill Central School Presentation Night 2019
Today, we celebrate the achievement of many students and staff, the many ways they have grown and how the school continues to grow. I wish to congratulate our award recipients tonight for taking a strong hold of the opportunities that have led to your achievements. I am proud of you and proud of our staff that continue to help and support you. As I say goodbye, I proudly look back at the growth and achievement of the school and what has been

achieved throughout the year. Congratulations on your achievements this year. We have a school of passionate, engaged and enthusiastic young people who display their talents in so many different ways. It has been wonderful to see the confidence and pride grow in each of you over the year. This is developing through the opportunities that you seize, opportunities your teachers inspire and opportunities that this school offers you. Whether you are receiving an award today or not, always work to your best and you can be very proud of your achievements. Take advantage of the opportunities before you and set high expectations of what you can achieve.

All the very best and I hope that everyone has a very Merry Christmas and Happy New Year Darren Hamilton

In closing, I would like to publicly thank all parents, students, community members and staff for their ongoing support and hard work throughout the year. In my first role as relieving Principal I have enjoyed watching the growth in all areas for both students and staff and look forward to hearing about this continuing into next year from Mr Olsson who will be returning in 2020 as Principal.

Wishing all a very Merry Christmas and a happy New Year

I would like to wish all students, staff and families a safe and very Merry Christmas and prosperous New Year and holiday break. I look forward to following each and everyone's progress in 2020.

Mr Darren Hamilton Principal (Rel)



Deputy Principal Report

The two terms that I have been here have flown by. I can't believe that we will all have a break from coming into school over the summer holidays. I know some of you will go on holidays with family, friends or others. Some of you will hang around town while some teachers will holiday and then prepare for next years teaching and learning programs.

I know I am looking forward to a little break with my own beautiful family, and then a more relaxed time to start developing lesson plans and get a head start on various programs and activities for 2020. Yes, I will be back in Term 1 and very excited to be coming back.

The recent few weeks have been busy with visits galore and a fantastic artwork unfolding in Area 2. I look forward to seeing the final product.

I have enjoyed my time working with Mr Darren Hamilton, who as you are aware will be shifting seats for Mr Scott Olsson to return. During the year Mr Hamilton has been ensuring that the school is still running like clock work and providing opportunities for staff to embed great quality learning opportunities for students through various programs and activities in 2019. We wish Darren all the best, and to be safe and successful in his next adventure.

While on break I do hope all students and staff remain safe while having fun. Please be careful during activities you participate in and make sure you take care of those around you too. I hope to see all first day back, bright eyed and ready to go.

Wishing everyone happy holidays.

Mrs Anna Brain Deputy Principal (Rel)



Head Teachers' News

2019 A Year of Change and Growth at PHCS

The year began with the school completing its external validation process, which was an active but also reflective process, which made staff identify all the processes that we could put into place to begin a new cycle for improvement across the school. From this process we have put into place a number of new school based procedures to support the Department of Educations Policies, we have introduced a Literacy program in every lesson, every day, we have formulated an active Aboriginal Education Team and a new Team for School Improvement. With these foundations now firmly in place we look forward to the leaps and bounds that we can make in teaching and learning for every student at PHCS in 2020.

Success Through Effort

A very sincere thank you to the Staff, Students and incredibly supportive Parents and Carers of Peak Hill Central School. 2019 has shown what a difference we can make when we all come together for a common goal. For the Students of PHCS I want exactly what I want for my own children. I want every student at PHCS to be happy, to interact positively with peers and staff, to make real progress in learning everyday and to have a dream of what they want to do when they leave school. I want PHCS Students to live the school motto, "Success through effort", in every lesson, every day. This "success" needs to be our collective goal for 2020. Home, School and Community need to continue to work together and to support each other to support every child in our care to reach their true potential.

Year 6 Graduation

On Wednesday 4 December, we had the pleasure of hosting a farewell supper for the students in Year 5/6. It was a fabulous afternoon, filled with beautiful decorations, delicious food, wonderful company and supported by a room full of super helpful staff and teachers. I want to publicly acknowledge and thank Mrs Melanie Naden, Jada Read, Tia Cohen and Tijuana Keed, each of whom made a significant effort to prepare the room and food for this very special occasion. I would also like to take this opportunity to thank the Secondary Staff for contributing an additional collective 14 hours above their normal teaching loads to prepare and deliver a brilliant range of Transition lessons from across each of the Key Learning Areas to the students in Year 6 this term. The Transition was phenomenal this year and we are all looking forward to welcoming Year 6 into Year 7 in

Head Teachers' News Continues

Scott "Sauce" Towney - Local Artist and School Legend

Over the past three weeks "Sauce" Towney has worked tirelessly to design and complete a commissioned artwork on site at PHCS. It is an incredible honour to have a past student who is also a distinguished and recognised Artist in his own right, complete such an inspirational piece of work. Sauce's passion for his work, his work ethic and his positive interactions with both staff and students have made his contributions to our school community something that we have all be proud to be part of. Students and Staff have all been eager to get to school each day to see what the artwork looks like, since the day before! Thank you in advance Sauce, for making our year finish on such a positive note.

2020 School Equipment List Kindergarten to Year 12

Please find included in this Newsletter, a copy of the student equipment list for 2020. It is expected in Secondary that every student has their own pencil case with writing equipment, that they are responsible for in every lesson, every day. Students in Year 11 and 12 will store notes and classwork on a laptop that they use at school. However, they will still need an A4 Exercise book or loose leaf pages and a folder for each of the six subject they study. We encourage students to have a student diary, as this is important to record homework, assessment task due dates, excursions and other important messages and dates in.

Work Experience

Congratulations to Akayla Hando and Tijuana Keed for participating in the Work Experience opportunity at the Peak Hill Preschool this week. Both students have been so excited to have this opportunity and we sincerely thank Narelle and her staff for making this experience so worthwhile and enjoyable. A very big thank you also to Mrs Melanie Naden for escorting the students each day.

Random Acts of Kindness

During 2019 we have been blessed to have so many individuals and groups who have selflessly donated their time, energy, resources and goodwill to improve the lives of our students at PHCS. On Monday this week, we were showered with kindness from a group of friends from Sydney who came together to plan a way that they could make a real difference to the Peak Hill community. Graeme Baker who lives in the Northern suburbs of Sydney came to Trundle and Peak

Hill over a number of days and stayed and spent money in local businesses as well as purchasing supplies to provide a BBQ lunch, water bottle, beautiful fresh fruit and overflowing boxes of pens and exercise books and markers for 2020. Graeme was supported by his 13 year old daughter Katie and her friend Mia, along with Simon and his son Will. Thank you to Mia and her family for purchasing the water bottles for our students and Simon and the families who purchased and donated the school supplies. Your kindness and generosity are deeply appreciated.

Peak Hill Friendly Grocer

A huge thank you to the Peak Hill Friendly Grocer, our friendly supermarket, where Graeme Baker purchased the high quality sausages for our BBQ on Monday. Thank you for your incredibly kind donation towards the cost of the sausages. Your generosity is sincerely appreciated by our school community. The students had a wonderful treat with this beautiful lunch on Monday, one of our Year 2 students said that the sausages were so delicious that he "felt like a King"!

Year 12 WAP Hospitality Assessment Day

Congratulations to the Year 12 students who participated in the practical task on Wednesday 11 December, and to all the Staff and Community members who supported the students by being customers. I would like to personally recognise the staff from each of the school who transported the students to Peak Hill and then stayed and worked with the students during the day. Your dedication and support of the students helped to make the learning experience so much more productive and successful.

Year 10 WAP Orientation Day

It has been a very big Western Access Program week in the Hospitality Room last week! On Thursday 12 December we welcomed the Year 10 students from across the Program to Peak Hill to familiarise them with the expectations of Year 11 in 2020. Students had the opportunity to meet classmates from each of the other schools, they learnt how to operate videoconferencing system, they were inducted into their chosen Vocation Education Training (VET) subjects and even had the change to work with some of the Course Coordinators. Miss Natasha Freeth from Yeoval will be delivering Hospitality next year and we were both very impressed by the high calibre of the students in this class when they came to the Hospitality room to prepare lunch for the staff and students. It was an

Head Teachers' News Continues

absolute pleasure working with each of the students and I feel that the staff are all very excited about catching up at the WAP Camp in February next year.

Wishing you and your family a peace filled, safe and happy holiday.

I am already looking forward to another fabulous year at PHCS in 2020!

Take care.

Mrs Catherine Doyle Head Teacher





Wingara Mura - Bunga Barrabugu Summer Program at Sydney University

Last week I travelled to Sydney with Lamia Bell, Summah McMaster and Kerryanne Watson attending the Wingara Mura Summer Program at Sydney University.

Over 180 Indigenous students from all over Australia stayed at Wesley College at University, studying Health Science and Nursing, Education and Social Work, Law and Humanities, Music, Medicine and Dentistry, Business and Economics.

Lamia studied Music, Summah studied Education and Social Work and Kerryanne studied Nursing and Health Science. The girls were given a "week in the life of a university student" experience, as well as participating in a range of cultural activities.

Highlights of the week included Indigenous weaving and dancing workshops, cooking with traditional grain such as Kangaroo Grass flour from Wee Waa, a Live & Loud Karaoke Night at the Conservation of Music and attending a Q&A event with influential Indigenous speakers such as Joe Williams, Nioka Tyson and Corey Tutt.

The students moved out of their comfort zone, formed life long friendships and developed their confidence to attend University after school if they choose to do so.

Well done Lamia, Summah and Kerryanne!

Miss Lucy Dempsey Head Teacher (Rel)



Assistant Principal

As we come to the end of 2019, I would personally like to thank all primary students for a positive and productive year.

This week I took the time to look back at the year of programs and events and I wondered how we managed to fit it all in! This year we introduced new programs and events, as well as keeping successful ones. Highlights include: Nanyabura, Macquarie Sports, Beach to Bush, Carols at Koinonia, Life Education Van, weekly Primary Assemblies, Pink Up Peak Hill, Zumba, Harmony Day and plenty more.



Students participating in Zumba



Students participating in Pink Up Peak Hill

In 2019 we also revamped our PBL program and introduced acknowledgement days at the end of each term. This year we've held a PBL Fete, Colour Run, Movie Night and next week we will be holding a Water

These events and programs are not possible without the tireless efforts from my primary team. I would like to thank Elsie Woodley, Lisa Levick, Georgia Stewart, Teagan Heraghty, Tiarne McLeod and Michelle Ross. This team is incredible! They all go above and beyond for students here at PHCS and I thank them for this.

This year we had a successful primary department with two teachers per class structure, with three classes.

Next year we are going to have the following teachers with four classes:

K/1/2: Miss Elsie Woodley Year 2/3: Miss Tiarne McLeod Year 3/4: Ms Michelle Ross Year 5/6: Mrs Lisa Levick

Miss Teagan Heraghty will be returning as a relief teacher three days a week and my role will be to work across all classes providing intervention support, teacher relief and dedicated Library lessons. This model will create smaller classes for intensive support around literacy and numeracy, but in particular our whole school writing focus.

I wish all students, staff and the community a Merry Christmas and I can't wait to see everyone back in 2020 for another productive year.

Miss Grace Stewart Assistant Principal



School Calendar

Term 1 Calendar 2020

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	27 January	28	29 Heat Week —	30	31
Week 2	3 February	4 SDD	5 Students First Day	6	7 Swimming Carnival
Week 3	10	11	12 Year 11 & 12 WAP Camp to Burrendong	13	14
Week 4	17	18	19	20	21 Gobondery/NARRAF Swimming Carnival
Week 5	24	25 Junior AECG Meeting, Parkes	26	27	28
Week 6	2 March	3	4	5	6
Week 7	9 Anti Bullying & Harmony Day Year 11 & 12 VET Work Placement, Dubbo	10	11	12	13
Week 8	16	17	18	19	20
Week 9	23	24	25 Year 12 Hospitality Assessment Task	26	27
Week 10	30	31	1 April	2	3
Week 11	6	7	8	9 Last Day of Term	10 Good Friday

Carols at Koinonia

Christmas Carols

On Thursday, 5 December students from Kindergarten to Year 6 performed Christmas carols for the Peak Hill community at Koinonia House.

Miss Grace Stewart Assistant Principal



More photos are on the last page.



Women's Health

Last week Pam, Marli and Annie visited Peak Hill Central School to talk to the Year 9 and 10 Girls about women's health.

This is the beginning of an ongoing partnership between Community Health and PHCS which will involve a variety of health workers coming to talk to our students about being educated and in control of their health.

Thank you so much to Marli, Pam and Annie for chatting to our students today.

Miss Lucy Dempsey Head Teacher (Rel)











Warren Wright Visit

Beyond Blue

On Wednesday 11 December we had a visit from Warren "Wazza" Wright who is walking from Tamworth to Adelaide and back, raising money for Beyond Blue.

Miss Grace Stewart Assistant Principal





Beach to Bush

Surf Lifesaving

On Friday, 22 November two lifesavers from Surf Lifesaving NSW came to Peak Hill Central School to give a presentation to students in Years K-6.

The presentation covered topics about skin cancer prevention strategies, rip and wave identification, sea creatures, first aid and rescues, and getting help and safety in other aquatic environments eg pools, creeks, waterholes and rivers.

Miss Grace Stewart Assistant Principal



More photos on next page.

Beach to Bush Surf Lifesaving





















School Presentation Night

Thank you to our dedicated award sponsors for your continued support and commitment to Peak Hill Central School

Frank Stewart

The Stanford family

The Lindner family

Rueben F Scarf

Caltex

Miss Amanda Crain

NSW CWA

P&C Association

Cathy and Tim Goodwin

The Mackay family

The Allen family

The Hando family

Peak Hill Men's Shed

NSW Farmers Association

Golden Peak Motel

Peak Hill Masonic Lodge — Mr R Baxter

Rotary Club of Belrose

Rotary Club of Dubbo South

Australian Defence Forces



School Presentation Night





























School Presentation Night























School Presentation Night Continues





















Quit B Fit

















Random Acts of Kindness

Graeme Baker Drought BBQ

PHCS students and staff were the recipients of an incredible act of kindness and generosity on Monday 9 December, 2019.

Graeme Baker, his daughter Katie and her friend Mia, along with Simon and his son Will, visited PHCS to treat us with a delicious BBQ lunch, fresh fruit, water bottles and boxes of pens, exercise books and school resources for 2020.

Graeme's goal was to spend money locally to support our community in this time of devastating drought. He stayed over the weekend and then together with his support team, shopped locally and then showered our school community with incredible kindness.

We would like to publicly acknowledge the generosity of Graeme and his family and friends who joined with him to purchase the food, water and resources for our students. May we also extend our thanks to the Management and Staff of our local Supermarket who made a significant donation to help cover the cost of the sausages for the BBQ. Monday was a wonderful day at school and it was so rewarding to see the genuine respectful interactions between our students and our guests.

A sincere thank you to everyone involved in the organisation of this event.

Mrs Catherine Doyle Head Teacher



(L-R) Lauren, Mia, Katie and Mrs Doyle

















Visit from Wahroonga Public School

Wahroonga Public School, also known as the Bush School is located in the Northern Sydney Suburbs. The school is well known and respected for its music program and it currently has a number of school bands which annually win various musical competitions.

Last week we had the pleasure of welcoming staff and students from Wahroonga Public School to perform in our school hall for the students in Kindergarten to Year 6.

The students in Year 5 and 6 from Wahroonga Public School were on a Drought Relief Band Tour of Western NSW. The staff and students of PHCS felt very privileged to be an audience for such an accomplished and talented band. The magical music coming from the hall during the bands visit was simply spectacular.

A very sincere thank you to the staff and students from Wahroonga Public School for sharing their music with us and for their very kind donation of hampers with our school.

Mrs Catherine Doyle Head Teacher



Bubble Soccer

PCYC from Parkes visit our school every Monday morning to provided students with structured activities and a hot breakfast.

Our delighted students were introduced to the magic of Bubble Soccer last week. How fun does this look? Next week I am definitely doing this!

Mrs Catherine Doyle Head Teacher







K/1/2 with Miss Grace Stewart & Miss Elsie Woodley

Stage 2 with Miss Tiarne McLeod & Miss Georgia Stewart

Mathematics in K/1/2

In Mathematics we have been learning about 2D and 3D shapes. We found examples of 2D and 3D shapes in the classroom before making shapes using playdough and match sticks.

Miss Grace Stewart and Miss Elsie Woodley **Classroom Teachers**











Merry Christmas from K/1/2

Stage 2

Last Wednesday Stage 2 had a fantastic morning in the Agriculture plot. We picked carrots and tried mint tea, made from the mint we grew ourselves.

Stage 2 have been learning about shapes. We have studied 2D and 3D shapes and made 3D shapes using marshmallows and skewers. Students had to use their problem-solving skills to make the shapes balance.

Stage 2 would like to wish all the staff, students and their families a very Merry Christmas.

Miss Tiarne McLeod and Miss Georgia Stewart **Classroom Teachers**











Stage 3 with Mrs Lisa Levick & Ms Michelle Ross

Year 6 Graduation & Farewell

On Wednesday afternoon last week Year 6 students celebrated their farewell. Starting with a supper in the Hospitality Room for Year 5/6 students, followed by a Disco in the School Hall for all primary students to enjoy. A great afternoon was had by all.

On Friday 6 December Year 6 students attended a Graduation Assembly which they held to ransom with items they had borrowed from school staff to auction off. The students raised \$287.50 which will go to the Epilepsy Foundation. Thank you to everyone who purchased back their items which had been held for ransom.

Congratulations to all Year 6 students on their Primary School Graduation.

Well done Year 6, we wish you all the best as you embark on your high school education in 2020.

Ms Michelle Ross and Mrs Lisa Levick **Classroom Teachers**

































Stage 5 - Belrose Excursion

From the 22nd – 27th November students in Year 10 attended the annual Belrose Excursion. This trip provides students with the opportunity to visit and explore Sydney as well as learn about career paths available to them in the future.

They visited Taronga Zoo, walked across the Harbour Bridge, did a tour of North Fort & North Head, went out for a night of bowling and participated in a tour of the Blackmores Factory.

On Monday the students visited the Blackmore's Factory in Warriewood. The students were given a presentation about the importance of sustainability as individuals and in business. The students toured the factory to see where their products were made and how they are distributed.

On Monday afternoon students met Peter Ord, a founder of Device Technologies. Peter spoke about his life and the importance of embracing your passions. This was an eye opening experience for the students.

On Tuesday the students started the morning by visiting Device Technologies. Students had an amazing opportunity to operate a 3 million surgical robot known as the da Vinci Surgical System. It looks like we have a few future surgeons among our students. The students then had lunch at Narrabeen Lake where the Hon. Mrs Bronwyn Bishop met them to discuss the importance of resilience and achieving your goals in life. That afternoon the students visited Brookvale TAFE and the Gawura Indigenous Learning Centre and learnt about the courses they can study through TAFE. Unfortunately, this visit was cut short by the severe storm that tore through Sydney that afternoon.

To finish the trip the students had dinner with their host families at a Thai Restaurant, which was a first for each of the students.

We could not be more grateful for the Belrose Rotarians for their ongoing commitment and contribution to our school. These trips are life changing and provide so many opportunities for our students to expand their horizons and build partnerships outside of Peak Hill.

I am so proud of our students for getting out of their comfort zone and trying new things, meeting new people and representing our school in such a positive way.

Well done Jada, Billy, James, Lamia, Akayla and Goran!

Miss Lucy Dempsey Head Teacher (Rel)







WAP Orientation

Yesterday Year 10 students from across the Western Access Program had the opportunity to meet some of their Course Coordinators for 2020.

The future Year 11 Hospitality class worked with Miss Natasha Freeth and Mrs Catherine Doyle to prepare and serve a spectacular lunch for students and staff.

Mrs Catherine Doyle Head Teacher



Food Technology

Students in Stage 5 Food Technology were inundated with fresh produce last week to bring together a range of flavours, textures and colours to make their amazing Asian Chicken Salad.

Well done, Stage 5!

Mrs Catherine Doyle Head Teacher





Hospitality Practical Assessment Day

On Wednesday, 11 December, a Year 12 WAP Hospitality Practical Assessment Day was held at PHCS.

Students from Yeoval, Tottengam, Trundle and Tullamore Central Schools, travelled to Peak Hill to complete a practical assessment task with Mrs Doyle.

The students are to be acknowledged and praised for their high level of competency and their excellent time management skills. The quality of food produced was commendable and all students worked efficiently to maintain the smooth running of the commercial kitchen for two service periods throughout the day.

Well done to each of the students who show every lesson how engaging and rewarding the study of a practical VET subject really is!

Mrs Catherine Doyle Year 12 VET Hospitality Course Coordinator







Learn to Swim

Primary Swimming

For the last two weeks all primary students have participated in the Learn to Swim Program at the Peak Hill Pool.

All students had a fantastic time learning new water skills.

Miss Grace Stewart Assistant Principal







Holiday Information & Helplines

Ensuring students have a range of service support information is helpful for the holidays. There are a variety of after-hour phone services in addition to apps that students can download on their phones to provide support. Here are a few:

- My Compass https://www.mycompass.org.au/
 This is a resource created by Black Dog which creates personalised support for mental health. This is focused on providing psychoeducation and skill development.
- Mood Gym https://moodgym.com.au/ An online resource that can help support and manage symptoms of mental health challenges.
- headspace https://headspace.org.au/
 eheadspace/, 1800 650 890 Online access to a mental health clinician via telephone or webchat.
- Reachout https://au.reachout.com/ Tools and resources for stress management and mental health support strategies.
- CalmHarm https://au.reachout.com/tools-and-apps/calm-harm support develop strategies to deescalate when feeling distressed.
- Lifeline <u>www.lifeline.org.au</u> 13 11 14
- Kidshelpline <u>www.kidshelpline.com.au</u> 1800 55 1800
- Parent line NSW http://www.parentline.org.au/

Miss Corina Barnes Learning & Support Teacher





Farm Safety Week in Yeoval

Tocal College delivers accredited training at your doorstep to improve farm safety. Most training is fully funded to eligible participants.

Courses

Operate Quad Bikes - SafeWork NSW course

Operate Side by Side Utility Vehicles - SafeWork NSW course

Safe tractor operation and maintenance

Machinery Hygiene

Licence to Operate a Forklift

Off-road Four Wheel Drive (4x4).

Working Safely at Heights

Working Safely in Confined Spaces

WHS Supervisors and Managers

SMARTtrain Level 3 Chemical Application

Thrive

16-20 March 2020

Interested in participating?

Contact:

Sharon Leach, Tocal College Yanco Campus

T 02 6951 2695

E sharon.leach@dpi.nsw.gov.au

Staff of Tocal College will work with you to tailor a program to meet the training and skills needs that you, your workers and your business require.



Tocal College is a Registered Training Organisation (RTO 91166) and a leading Australian provider of specialised training to rural industries. It delivers nationally recognised training through the CB Alexander Campus at Paterson, the Yanco Campus in the Riverina, and branches at Tamworth, Trangie and Wagga Wagga.









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PRIMARY 2020 EQUIPMENT LIST

2020 Kindergarten to Year 6 – Stationary and other requirements
Students will be required to provide their own stationary and equipment as listed below
Please ensure that all personal items and equipment are clearly labelled with your child's
name

Kindergarten to Year 2

- School Uniform
- School Hat
- School Bag
- Lunch Box
- Drink Bottle
- Library Bag
- Art Smock
- Tissues

Years 3 to 6

- School Uniform
- School Hat
- School Bag
- Lunch Box
- Drink Bottle
- Library Bag
- Art Smock
- Tissues
- Pencil case with coloured pencils, 3 lead pencils, rubber, ruler, sharpener, glue stick & coloured textas

YEAR 5 TO 6 (items in addition to those listed above):

- Pens: 3 Blue Pens
- 3 Red Pens
- Black Leather School Shoes necessary for Science and Technology. Departmental regulations require to use of fully enclosed leather shoes for Science and Technology classes. Shoes with fabric on the side or shoes that allow parts of the foot to be exposed are not suitable.







2020 EQUIPMENT LIST FOR YEARS 7 – 10

Subject	Requirements A4 128 page exercise book		
English			
Mathematics	A4 128 page exercise book + Geometry set & Scientific Calculator		
Language (LOTE)	Supplied		
HSIE	A4 128 page exercise book		
PDHPE	A4 128 page exercise book		
Science	A4 128 page exercise book		
TAS	A4 128 page exercise book		
Visual Arts	A4 128 page exercise book + coloured pencils		
Electives	A4 128 page exercise book + Display Folder		

All books should be covered and labelled with the student's name.

Students should have a scientific calculator, pencil case, pens, scissors, glue stick, ruler (plastic or wooden), eraser, pencil sharpener, lead pencils and coloured pencils. Calculators are available from the Administration Office for \$25.00.

Leather shoes MUST be worn!

Departmental regulations demand the use of fully enclosed leather shoes for:

Science and Technology

Shoes with fabric on the tops or sides are NOT SUITABLE.

Footwear that has any part of the foot exposed, such as open-toed sandals etc. are **NOT** permitted.





SANTA CLAUSE IS COMING TO TOWN!!

Santa will be in Peak Hill on Sunday 22nd December after 3pm.



Santa will be driven around in Station 419 Fire Truck
His Fire Fighter Elves will be handing out lolly bags.





GIRLS RUGBY 7'S

Dubbo Junior Rugby Club invites all girls aged in the U13's, U15's, U17's to join a Friday Night Rugby 7's Competition.

- 14 Week competition and training
- Registration Cost \$100 Includes training shirt, shorts and socks (Active Kids Voucher Accepted)
- Registration opens 1st February 2020
- Merchandise/welcome days Friday 7th & 14th February at Golden West Holden 4.30-6pm

For any inquiries please contact Rachel Williams - thomasandrachel@bigpond.com



Peak Hill Vinnies Centre/Shop

Peak Hill Vinnies will close (except for the dates listed below) for the period Sunday 22 December 2019 and reopen Tuesday 14 January 2020

During this period the store will be open on the following Saturdays

> Saturday 04 January 2020 9am to 12 noon. Saturday 11 January 2020 9am to 12 noon.

We wish all of our kind supporters and customers a Merry Christmas and a Happy New Year



Family Coach

Temporary up to June 30, 2021 Location: Dubbo and surroundings Competitive Remuneration

Directly support the families and contribute to keeping children, young people and families safe by fostering core life skills and undertaking tasks which support case planning and documentation, referrals and appointments, case visits and day to day team priorities. The objective of Wirrimbirra is to offer practical in-home supports with the aim of preventing family breakdowns and enabling Aboriginal children, young people and families to continue living together in their local communities and on country.

About the role

This role will report to the Family Worker and will provide support to Aboriginal families by fostering life skills and assisting with various tasks that support the case planning and documentation process. In addition, the Family Coach will also be responsible for:

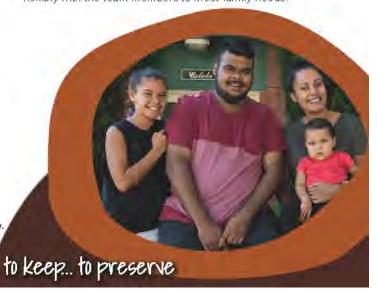
- Engaging with clients, advocates and other support staff to provide assistance with programs that are aimed at achieving families goals and aspirations.
- Providing support with logistical arrangements family meetings supervised visits and appointments that involve decision-making children and young people.
- · Providing in home practical support and coaching to families.

This position is open to Australian Aboriginal and Torres Strait Islander applicants only. The Child Potection (Marking with Children) Act 2012 requires persons engaged in children related work to have Working with Children clearances if successful in this role you will be required to provide a Working with Children Check clearance number prior to commencing in the role.

Department of Justice considers that being an Australian Aboriginal or a Torres Strat Islander is a genuine occupational qualification for this role in accordance with Sections 14 and 21 of the Anti-Discrimination Act 1977 and under Clause 26 of the Government Sector Employment (General) Rules 2014.

About you

- · Applicants must be of Aboriginal or Torres Strait Islander descent.
- Ability to conduct work in a compassionate and culturally capable manner, consistent with the case management processes and standards to improve safety, welfare and wellbeing of children, young people and families.
- Knowledge and understanding of the issues affecting Aboriginal communities, families and children.
- Knowledge and understanding of the impact that Drugs & Alcohol, Mental health and Domestic Violence has on families.
- Willingness and ability to work flexible hours (Mon-Fri) and may include weekends on a fortnightly scheduled roster and work flexibly with the team members to meet family needs.



Carols at Koinonia















