



Peak Hill Central School Newsletter

We are a Respectful, Responsible, Safe and Successful School

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Term 3 Week 10 - Wednesday, 15 September 2021

Celebrating Book Week 2021



PHCS VIRTUAL BOOK PARADE

**Principal**

Mr Peter Neilsen

Deputy Principal

Mrs Catherine Doyle

Assistant Principal

Miss Tiarne McLeod
(Rel)

Secondary**Head Teachers**

Mr Joshua Brown
Miss Lucy Dempsey
Ms Brenda Stewart

Head Teacher**Western Access****Program**

Mrs Crystal
Stanford

Aboriginal**Education Officer**

Mrs Vicki Sharah

Administration**Manager**

Mrs Tanya Stanford

P & C Committee**President**

Ms Kim Dern

Vice President

Mrs Kelly Dart

Secretary

Ms Kim Dern

Treasurer

Miss Renae Keed
Mrs Kelly Dart

**THANK YOU**

This fortnight we are sending home a sincere thank you to our families and community who have respected the Department of Health's, "Stay at home orders", which have helped keep us all safe during the recent pandemic.

Thank you for understanding the importance of keeping our precious students and families safe by supporting your children with "Learning from home". We understand the pressures of parents and carers both supervising learning from home as well as completing their own work. There are some helpful wellbeing tools available on the Department of Education site to help look after yourself and those around you, if you would like to look at these.

We have missed teaching and interacting with our incredible students every day. Thank you for all the completed work and beautiful photos that you have sent to us at school. We have loved following your learning from home journey.

CONGRATULATIONS

This term we are proud to announce that Mr Michael Labone has been appointed as a permanent English teacher to our school. This is Mr Labone's third year at PHCS and the dedication, professionalism and commitment to his role has been exemplary. We are certainly very fortunate to have such a talented and competent teacher on our staff. Congratulations Mr Labone!

**FAREWELL**

It is with a heavy heart that we farewell Mrs Karen James who has been working as an SLSO at PHCS over the past year. On behalf of our staff and students I would like to take this opportunity to thank Mrs James for her selfless and tireless efforts for our students. She has recently completed her Masters in Mental Health and has been offered and accepted a role as the Student Support Officer at Great Lakes College, Tuncurry Campus High School, which begins next term. This is a promotion position for Mrs James, that has resulted from her continued study, her diligent work ethic and determination. Mrs James is an outstanding role model to our students. We are so proud of you Mrs James!

**2021 HIGHER SCHOOL CERTIFICATE**

The HSC exams for 2021 have been rescheduled to start from Tuesday 9 November. The revised timetable has been released by NESA. There is new information regarding the HSC being released every week, so students are reminded to regularly check their school email accounts. It is important that parents and students regularly access this information on the [NESA website](#) and the Department's [HSC Hub](#).

Thank you again for your understanding and support of our school. Please do not hesitate to reach out if we can do anything to assist you and your family to help us all get through these challenging times.

The [2021 HSC exam timetable](#) is now available.

Personalised timetables are available this week via [Students Online](#).

- Exams will start on **9 November** and finish on **3 December**.
- HSC results will be released to students from **6am on the 24 January**.

ATARs will be released by UAC on **20 January**.

The [COVID safe HSC written exam protocols](#) outline the measures that will be in place to

protect students, exam and school staff involved in the HSC, including:

- Mandatory face masks for students and staff, indoors and outdoors
- Check-in and health screening protocols for students and staff
- Physical distancing between students and staff at all times
- Well ventilated exam rooms
- Hygiene marshals and regular cleaning of exam rooms.

HSC students are strongly encouraged to get fully vaccinated before exams start. (Bookings can be made via the [COVID-19 Vaccine Eligibility Checker](#)).

BOOK WEEK

Last week our families celebrated Book Week from home. The theme for 2021 was, "Old worlds, new worlds and other worlds". We were overwhelmed by the stunning work our students and families put into the students costumes this year. Thank you Miss McLeod for making the very creative and professional slideshow for our Facebook page, it really was an exemplary example of our students, *"Success through Effort"*.

VACCINATIONS FOR ALL SCHOOL STAFF

To ensure a COVID-safe return to school, all NSW public school staff will be required to be fully vaccinated. Any contractors, volunteers or people on site who require a Working with Children Check will also be required to have 2 doses of vaccination before returning to our school. Our staff have been encouraged to make use of the various routes for priority vaccination available to them and to book appointments for whatever vaccine is available as soon as possible. We will continue to work with NSW Health to prioritise vaccinations for all staff, as all NSW school and preschool staff will be required to be fully vaccinated by 8 November.

The Department's COVID-19 webpage is constantly being updated, and outlines the restrictions in our schools as well as other useful information and resources to keep you up to date and supported.

STUDENTS RETURNING TO SCHOOL

Looking ahead, the Premier will announce the return to school roadmap for students in NSW. Students will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health

conditions in our local Government area as we get closer to Term 4. We will keep you updated via our school Facebook page.

I want to personally thank each of you for your ongoing support. During this time, we urge each of you to stay safe, stay connected and to stay in touch with family and friends. Enjoy the school holidays with your beautiful family and we look forward to seeing our students back at school as soon as it is safe to do so.

Mrs Catherine Doyle
Deputy Principal

Head Teachers News

TERM 3

Term 3 presented challenges for our school community as it did for the entire state. I appreciate the support and the way the community has gone above and beyond to support our students with learning from home, Year 11 Yearly examinations and Year 12 Trial examinations. It is amazing to hear the progress our students have made over the course of the term, and the swift transition they made in these final few weeks of the term.

LEARNING FROM HOME

Thank you to all our wonderful students, parents and carers who have been completing their learning from home. We understand this is a difficult time for all, and encourage you to contact the school if you have any concerns or require support in any subject area. Our staff are more than happy to assist.

YEAR 11 EXAMINATIONS

Well done to our Year 11 students who completed their Year 11 Yearly examinations last week. It was great to hear and see the level of effort and application you put into these examinations.

SAFE HOLIDAYS

As Term 3 has flown by I would like to wish you all a safe holiday and hopefully a return to face to face teaching in the near future.

Mr Joshua Brown
Head Teacher Secondary Studies

LEARNING FROM HOME AND THE IMPORTANCE OF SCHOOL HOLIDAYS

As Term 3 comes to a close it is important to remember to enjoy the school holidays and encourage students to take a break from their work.

Some ideas for keeping students engaged during the holidays are:

- **Schedule activities:** Each activity is only meant to engage your child for 30 minutes - 1 hour, this means you'll need to create a schedule to involve a few different activities to keep your child engaged throughout the day. This doesn't mean you need to plan every minute of every day. Allow for flexibility, for example if your child wants to do something else or wants to keep doing an activity for longer.
- **Be prepared:** Some activities might require ingredients or supplies, so you may want to prepare for these activities ahead of time.
- **Take a break:** Create solo activities that ensure your child is engaged in something but doesn't require your constant involvement. This will allow you to take a break as well.

SOCIALISING DURING STAY-AT-HOME ORDERS

Normally, during the school holidays your children would be spending time with their friends and family. This school holiday it may not be possible to the same extent, but you should still schedule time for your child to catch up with their loved ones. For example, you can:

- **Set up online play dates with friends:** Not only will your child love seeing and spending time with their friends, but it'll also give you some down time.
- **Online bonding time:** Video chat with grandparents or extended family to ensure everyone remains connected and spends time together.
- **Virtual story time with grandparents:** This could be a fun way for your children to spend time with their grandparents and ensure their grandparents feel and stay connected.

The activities in this list are general suggestions. You will know which activities are best suited to your child and their interests.

Considering how much time we all spend in front of a

screen these days, it's important to keep that balanced with some offline activities. Here are a few ideas you can incorporate into your child's daily or weekly schedule:

- **Board games:** You can stick with the classics including Monopoly, Chess, Scrabble and Jenga or explore new, online versions. Board games can help with developing your child's literacy and numeracy skills...
- **Have an indoor or garden picnic:** And indoor or outdoor picnic in your garden or local park will help to break the monotony of the routine and just add some fun and whimsy to meal times.
- **Build a puzzle:** This is an easy and simple way to keep little ones busy or even create an entire family activity.
- **Teach your child or teen to cook:** Getting your child or teen to cook a few basic meals during the holiday for themselves or the family is a great life skill. It'll also help them feel a sense of accomplishment once they've successfully created a meal by themselves.
- **Teach your child or teen to bake:** Getting your child or teen to bake a few basic desserts or baked goods during the holiday for themselves or the family is a great life skill. It'll also help them feel a sense of accomplishment once they've successfully created a meal by themselves.
- **Origami:** All this requires is square pieces of paper. There are numerous online tutorials that can teach you and your child how to create all sorts of interesting objects through paper folding.

Start an art project: Suggest to your child to create a drawing, painting or craft something. This will help them to use their creative brain. You could also schedule time to work on the art project over multiple days.

Find some more ideas at <https://education.nsw.gov.au/parents-and-carers/wellbeing/school-holidays>

Kind regards,

Miss Lucy Dempsey
Head Teacher

I am sure everyone is looking forward to the holidays, and here is hoping we will be out of this level of lockdown soon, and we can all be back at school.

However, the holidays are a perfect time for catching up with our reading. During the lockdown I have been reading *The Book Thief* every day and we are up to the part where the Nazis burn all the books that were considered bad for the German people to read; books by Jewish or Communist authors and others. Throughout history, often authorities have done this to keep people uneducated so they can control them, and to stop them thinking thoughts that are considered “against the government”.

It has been hard during this time to get to a library or a book shop to find such a book. However, if anyone would like a book to read over the holidays, please contact the school and we will try and find a suitable book for our students to read.

As a teacher, it was very hard staying at home and not seeing our students except on a Zoom or Facetime class or catch up. I guess I am lucky living in town as I do get to see some of our students as I take my Covid safe walk with my dog.

Last week when I had my turn of minimal supervision at school I had the pleasure of working with some of our students. I felt like a real teacher again!

This week the Executive have been examining our NAPLAN data and it is pleasing to report that most students across the school have improved in their Numeracy, Writing and Reading. The importance of reading and thinking about, and discussing, what we read is still so important. Lets try and read more over the break. Parents and carers, please read to your students as often as you can. Modeling good reading is so important.

Have a restful holiday and we are very much looking forward to coming back to school and seeing all our wonderful students.

Ms Brenda Stewart
Head Teacher Student Growth and Attainment

ASSISTANT PRINCIPAL REPORT

This week brings the end of Term 3 and I cannot believe we are this far through the year! Time sure does fly when you are having fun.

Our NAPLAN results were released last week and students in Year 3, Year 5, Year 7 and Year 9 should now have received their results via school delivery. If you have not yet received your child’s results, please contact the school. The overall results are incredibly exciting and show impressive growth. You and your children should feel proud of your collective efforts in the lead up to the assessments. If you have any questions or queries in relation to your child’s results, please do not hesitate to contact me and we can explore them together.

We have now successfully completed five weeks of learning from home, and in case it isn’t sinking in, please let me remind you of how proud the Peak Hill Central School staff are of the efforts of all students and families. Your commitment to your child’s learning is beyond what we could have anticipated. So from the bottom of my heart, thank you.

They say it takes a village to raise a child. After the last five weeks, it is clear that it certainly takes a village to educate one! It has truly been a team effort and we have loved working so closely with you to support your child’s learning.

With the school holidays approaching, we ask that you take the time to relax and unwind. Take two weeks to forget about the pressures of school routines and learning, and just enjoy the time with each other. Term 4 is an eleven-week term, so we will need to be refreshed and reset, ready for a big term of learning and fun. We cannot wait!

Stay safe, happy and well.

Miss Tiarne McLeod
Assistant Principal



PBE

Every term we hold a rewards day for your children, to acknowledge their respectful, responsible, successful and safe behaviours. These have involved events such as colour runs, mini-fetes, pool parties and movie nights.

Due to the current stay at home orders, we have not been able to organise an acknowledgement day for your children while they are learning from home. This term, we are giving each student a \$10 voucher to spend at participating businesses in town, as a way of saying thank you. Thank you to the students for your positive behaviours this term, and thank you to our local businesses for keeping our town above water during these challenging times.

Each voucher will have a student name on it, and that student must be the person to use the voucher. Food, drinks and gifts are the only items permitted to be purchased using the voucher. Students will need to spend the whole amount in one transaction, as no change will be given. Vouchers cannot be exchanged for cash. Vouchers will be laminated with student names on them and will be delivered this week.

We hope that this small gift from us brings your family a brief moment of joy or excitement in lieu of our usual acknowledgement day.

A very special thank you to participating businesses who are kindly accepting our vouchers:

- Peak Hill Deli Fresh
- Peak Hill Licenced Post Office
- Peak Hill Newsagency
- The Friendly Grocer
- Temple Lion's Antiques, Collectables and Lolly Shop
- Melady's Woolshed Café
- Peak Hill Caravan Park

On behalf of the PBE team and the entire PHCS staff, have a beautiful holiday and enjoy a special treat on us.

Miss Tiarne McLeod
PBE Coordinator



LIFELONG LEARNERS



Congratulations to Year 9 student Zac Read, who has spent the last week working with DW Rural Agencies, gaining valuable experience in lamb marking. He helped with ear marking, tagging and picking up 5369 lambs! Zac has received great admirable feedback on his eagerness to work, follow instructions and learn new skills. We are so proud of your work ethic during lockdown.



Congratulations to Year 10 student Regan Barlow, who has been offered a Traineeship at the Peak Hill Hospital next year as an Assistant in Nursing (AIN). Regan will complete this Traineeship by working one day a week at the Hospital while studying a Certificate III in Human Services - Nursing through Dubbo TAFE. Regan will complete this certificate as part of her pattern of study in Year 11 and 12. Well done, Regan. This is a fabulous opportunity to have in our very own community.

Mrs Catherine Doyle
Career Advisor

KICKSTART KINDERGARTEN

I miss seeing each of our Kickstart students. The Kickstart packs have been a big hit for our students. In this week's packs there is bubbles, biscuit decorating items, a scavenger hunt for outdoors, name writing practice and some flower seeds you can plant in your gardens.

If you are looking for extra activities to do with your students coming to school in 2022, practice writing their name with them in the dirt, on paper or think of other fun ways to create their names. Another skill handy to start school with is scissor control. Grab some paper and cut some wiggly lines. I have included a picture below of a fun shadow activity you could do!

Enjoy being outdoors in this beautiful sunshine.

Remember to send through photos of your fun activities at home to me. I love seeing your happy faces, engaged in learning from home.

Mrs Georgia Watt
Kickstart Kindy Coordinator



Book Week Virtual Parade



Book Week Virtual Parade



Year 1/2

KINDERGARTEN LEARNING FROM HOME

Kindergarten have had a busy fortnight learning from home. They have been working hard and applying effort with home learning. Mrs Watt and Miss Woodley have been very proud of each of their efforts. Thank you to the parents and carers for all your efforts in supporting your child's education. Without you, this process would have not been as easy.

Students have been working hard at continuing their sound development independently at home and via Zoom. Kindergarten have been focusing on simple writing structure to continue their writing development while at home. With the use of Reading Eggs, students have been embedding their reading, writing and sound knowledge.

In Mathematics we have been focusing on Measurement and applying this knowledge around the house.

Wishing everyone a happy and safe holiday break!

Mrs Georgia Watt and Miss Elsie Woodley
Classroom Teachers



Thank you for a beautiful fortnight of learning from home. From my contact with families, it seems we are getting into some good habits and routines, and finding balance that works for us individually.

Congratulations to all families. You have done a fabulous job.

This fortnight in Writing we have read about gorillas and walrus. We took notes, organised them, and then used them to write informative texts with paragraphs.

In Mathematics we have revised place value and addition processes to solidify our number knowledge. Practice makes perfect and it is exciting to learn different ways of solving problems, so we can never have too much revision!

I have received amazing feedback about the Science and Technology work Mrs Westcott provided in packs, so thank you for your engagement with this.

I am so grateful to work with families who truly value education and the success of their children. Thank you so very much.

I hope you all have a restful break.

Miss Tiarne McLeod
Classroom Teacher



WHAT'S HAPPENING IN 3/4H?

As we come to the end of another term, I have chosen to use this difficult time to reflect on the growth and development of each child in 3/4H.

I couldn't be more proud of each and every one of the students for how hard they have worked, the growth they have made, and the maturity they have shown, especially due to learning from home.

We have covered a range of topics this term including informative texts, multiplication and division, volcanoes, the environment, waste, dance and a variety of topics during Technology lessons. We welcomed new students, choreographed our own dance, conducted an experiment which made a volcano erupt, learnt new skills in kick tennis and helped the environment by recycling.

I would like to wish you all a safe two week holiday and hope that we can return to the classroom soon to engage with more fantastic learning experiences.

Miss Teagan Heraghty
Classroom Teacher



HOME LEARNING WITH 3/4M

Wow! What an incredibly crazy rollercoaster we have been on with being busy at school earlier in the term, to then adapting and moving to learning from home. I feel this term has been a "blink and you will miss it" term and I am sure everyone is looking forward to a well deserved break over the holidays.

I am so incredibly proud of each and every one of you for being so flexible and adapting to home learning with such ease. We have had Zoom check ins as well as lots of phone calls to try and keep our learning as consistent as possible. I have missed you all so much, so I have been very glad to get to talk to you all either via Zoom or phone calls.

We have been working on informative writing in Literacy and I have seen some fantastic work be returned to school for marking.

In Mathematics we have had lots of fun looking at maps and coordinates, and different positions of objects in our house or backyards. I hope you have enjoyed the various scavenger hunts I have set for you. I know I enjoyed getting outside and having some fun as well.

Our Geography unit was wrapped up with the opportunity to make a diorama of an environment using any materials at home. I have seen some incredible photos and I am very proud of all of your efforts.

I cannot thank all of our parents and carers enough for their amazing efforts that have gone into home learning! Without your understanding and support all of this fabulous learning would not have been able to take place!

I hope you all have a safe and happy holiday, and I look forward to seeing all of your smiling faces when we can return to school.

Miss Lyndal Matthews
Classroom Teacher



WELCOME TO WEEK 10

It is really hard to believe that we are in our last week of Term 3. What a whirlwind it has been.

Over the last week, Year 5/6 have been enjoying Zoom lessons and participating in Kahoot challenges. They are becoming really competitive and I'm sure they are keeping a tally around who has been winning the most challenges. It has been great to see a whole new side of learning and the kids have also taught me a thing or two, especially in Geography and Music (from today's era).

Give yourselves a pat on the back and know that you are doing the best job that you can in these tricky circumstances.

I hope everyone has a safe, relaxing and enjoyable school holiday and I am looking forward to seeing you all in Term Four.

Mrs Bec Jones
Classroom Teacher



Cooking with Mrs Watt

I am loving seeing everyone's pictures of their home cooking. It is wonderful to see students spending time in their kitchens, building upon their skills.

In the past fortnight, Stage 6 Hospitality have been working on trials and Yearly Examinations. Well done to each of the students for applying effort during this tough time. You should all be proud of your achievements.

Stage 5 have been loving their practical packs that have been sent home. In the past fortnight, I have sent home the ingredients for chocolate crackles and pasta bake. Well done, Stage 5!

As you know I love sharing recipes with you. Here is one of my favourite scone recipes. It is made from lemonade and does not require many ingredients.

Mrs Georgia Watt
Stage 5 & 6 Hospitality Teacher

Lemonade Scones

Ingredients:

- 3 ½ cups of self-raising flour
- 1 cup of thickened cream
- 1 cup of lemonade

To serve:

- Jam
- Whipped Cream

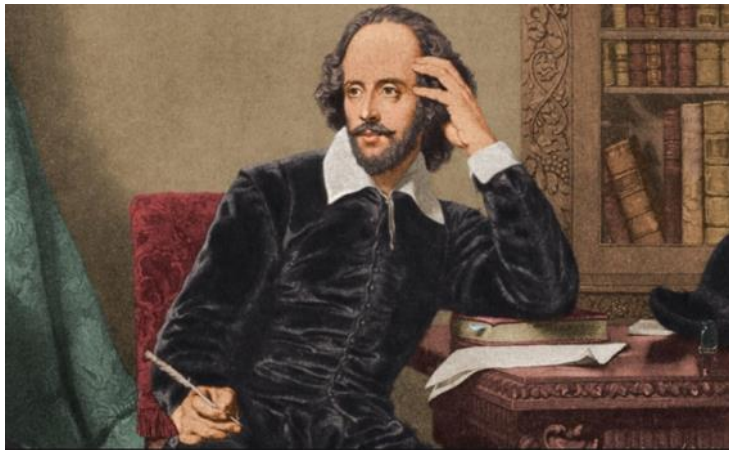


Method:

1. Preheat oven to 200°C/390°F (180°C fan). Line tray with baking/parchment paper.
2. Combine the flour, cream and lemonade in a bowl and mix until flour is mostly combined. Do not over mix, it will make the scones dense! The dough should be soft and fairly sticky.
3. Turn out onto a floured surface, and knead gently just 3 – 5 times to bring dough together, then gently pat into a disc shape.
4. Use round cutter to cut rounds – press straight up and down (don't twist), flour cutter in between.
5. Use a knife or similar to scoop up (avoid touching sides) and place on tray, slightly touching each other (they help each other rise).
6. Brush the tops lightly with milk.
7. Bake for 15 minutes until golden on top. Place on rack to cool. Place tea towel over them to stop the tops from getting crusty.
8. Serve with copious amounts of cream and jam, and of course tea.

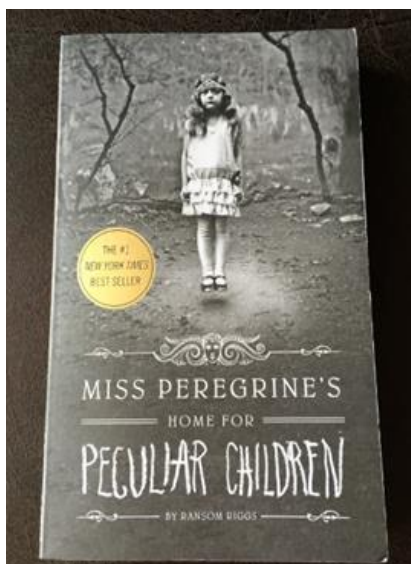
ENGLISH

At the end of this term we finish up our Shakespeare study for both Stage 4 and Stage 5. Stage 4 students were introduced to the life and times of William Shakespeare and Stage 5 studied *The Taming of The Shrew*. Some might wonder why we still study Shakespeare since he wrote so long ago. It is important to understand his work since so many of our modern stories are based on the plays he wrote. A few examples of his work being modernised include *The Lion King*, *10 Things I Hate About You*, *West Side Story* and *She's The Man*. Students have been working well from home and it has been great to see the fantastic work that has been returned to the school.



Next term Stage 5 will be engaging in a genre study and will be reading the book *Miss Peregrine's Home for Peculiar Children*. Stage 4 will be undertaking a Survival study, reading and viewing a range of stories that show how well humans are able to survive and overcome difficult circumstances.

Mr Michael Labone
English Teacher



SURVIVAL

YEAR ADVISOR REPORT

It has been great to see all the hard work and successful learning being done at home by our students. This week we ran a Zoom check in for Stage 4 and Stage 5 to check in on their wellbeing. Our students have shown great resilience in such uncertain times and should be applauded for all their great work. Next term we will be reviewing students' Personalised Learning Pathways which is where we can build goals and implement support for each of our students. If you have any ideas for programs or initiatives you would like your child to be involved in, please get in touch by phoning the school or you can email me at Michael.labone3@det.nsw.edu.au

Have a restful holiday and I look forward to all the great things we will do in the term ahead!

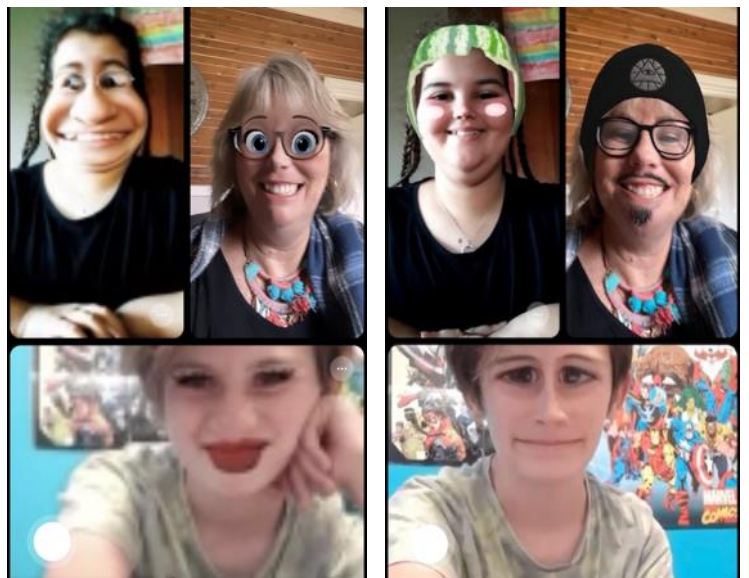
Mr Michael Labone
Year 8 & 9 Year Advisor

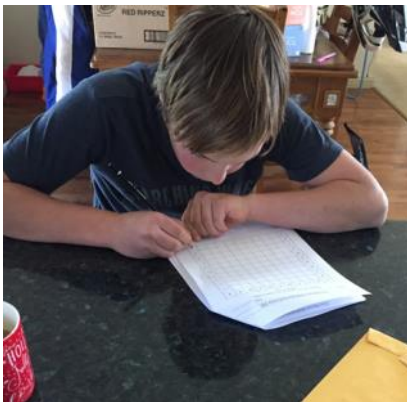
Literacy with Mrs Lyndal Edge

LITERACY LESSONS WITH A TWIST!

Sharntelle, Michael and I enjoy finishing a reading session with some special effects and a good laugh!

Mrs Lyndal Edge
Literacy Teacher





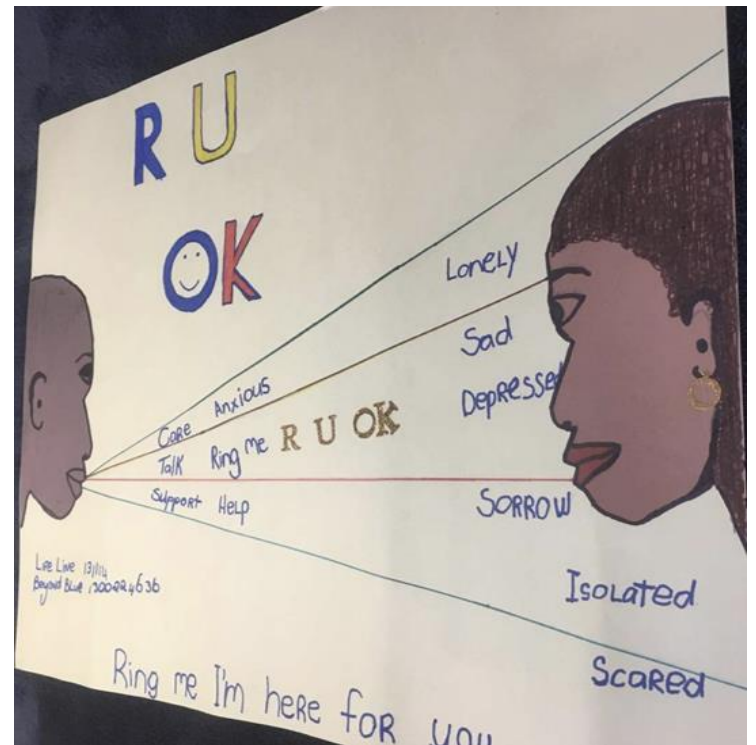
WINNERS!

Sharntelle and Shaquillie are the winners of the R U OK day poster competition.

They can look forward to receiving prizes from me on their return to school.

Well done on a super effort and congratulations!

Mrs Lyndal Edge
Literacy Teacher



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself to set the standard.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy
Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money
Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks

BlessingManifesting

PHCS COVID COOKBOOK CHALLENGE!

Please accept the challenge! Calling all past & present staff, students & community members Let's make the most of lockdown and make a Peak Hill Central School Community Cookbook.

Please share your favourite recipes, memories, stories, history, family photos or kids artworks Start sharing today!

Contact us:

Peak Hill Central School

Caswell Street Peak Hill NSW 2869

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02 6869 1776

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