



NEWSWORTHY

HOLSWORTHY HIGH SCHOOL

Website: <http://www.holsworthy-h.schools.nsw.edu.au>

TERM 3
2020

PRINCIPAL'S REPORT

The challenges presented by COVID-19 continue to impact a number of activities and events that would normally take place between now and the end of the year. Significantly, some of these activities involve students at critical transition points in high school i.e., students in Year 12 about to complete high school and students in Year 6 preparing to start high school. Although things are not ideal, we are doing our best to support these students in particular to remain focussed and to prepare them for the future.

The end of Term 3 each year usually signifies the end of school for our Year 12 students in terms of attending timetabled classes. This year, however, Year 12 will return to school next term for one week of classes. At the end of that week we will have an assembly for Year 12 to celebrate the end of their schooling. Unfortunately at this stage we will not be able to have any parents or other guests due to COVID-19 restrictions. I would like to congratulate Year 12 and wish them all the best for their upcoming HSC examinations. While a number of Year 12 students have already gained early entry into courses for next year including Criminology, Law, Medical Science, Nursing, Psychological Science, Social Work and Primary Teaching, many are hopeful of achieving an ATAR that will allow them to enrol in a particular tertiary

course. No matter what their ambitions, I encourage all students to do their very best to achieve a result that they deserve. This can be a stressful time, so please remember that there is support available here at school. On that note, I would like to thank their Year Advisors, Ms Booker and Mr Spyroulias, who have provided excellent support especially this year with all the uncertainty that they have faced.

Finally, I am very happy to announce that Holsworthy High School will introduce three new support classes next year – one for students with mild intellectual disabilities (IM) and two for students with autism. This will be a fantastic opportunity to provide appropriate support for these students in specialised classes. We will welcome some new staff including a Head Teacher who will manage these classes from the beginning of 2021.

Mr Watkins

***OUR SCHOOL - COMMITTED TO QUALITY AND
EXPECTING THE BEST FROM EVERY STUDENT***

Deputy Report

Students settled back into the classroom environment and our established school routines this term. Year 7 have done really well adjusting to the demands of high school and have come together as a cohesive group despite the challenges of remote learning in Semester 1. Students across year groups have been doing an excellent job wearing full school uniform throughout the winter months and as we move into spring. Year Advisers have worked hard to encourage students to take pride in their uniform and the uniform pool has been a real asset for students who have been unable to access uniform for various reasons. Donated uniform items are much appreciated and can be dropped in at the office throughout the year.

An important technology trial conducted at our school, will conclude early next term. Selected classes in Year 7 and Year 8 were alternatively issued Chromebooks and iPads to trial over a 6 month period. Teachers undertook training in the application and use of each device in the classroom. The University of Western Sydney worked in partnership with our school to conduct research into the effectiveness of technology in improving student engagement and learning outcomes. Staff and student surveys will provide feedback about learning experiences, potential applications and preferences in relation to each device. This trial will inform future planning in the use of technology at our school.

The use of E-cigarettes or 'vapes' amongst young people has become a significant issue confronting most high school communities. Unfortunately, many e-cigarettes come in fruit, mint and candy flavours that are deliberately targeted at young people. We have been talking to students about the negative health impacts of 'vaping' at year meetings, assemblies and through our wellbeing lessons. We have made it very clear that it is against school rules to bring vapes to school and it is illegal for students under the age of 18 years to buy vapes in the community. We hope that with increased awareness, education and parental

support, students will be encouraged to make good choices about their health and wellbeing.

Finally, after a very challenging year, our Year 12 students will face their final HSC exams early next term. They are currently refining and consolidating their skills and understanding of coursework. They need to try to maintain balance in their lifestyle and study patterns during this period and remember to access their support network if they are finding things overwhelming. We hope that all of their effort and strong commitment throughout the year will be rewarded. Many students have already gained early entry into universities across a wide range of courses. We wish them well in all of their future endeavours.





We would like to welcome all new students who have recently enrolled at Holsworthy High School and congratulate the new members of the student leadership team.

This term has been eventful with education week taking place. This week was dedicated to learning new skills and working together to accomplish a common goal. Over a five day period students from all year groups participated in a range of activities including soccer shootout, cupcake decorating, tower building and tug of war. The week concluded with four students from each year group participating in a Student Focus Group with our principal, Mr Watkins. We would like to thank all students and staff who took part in the week's challenges and congratulate both Huon and Heathcote in placing first. We would also like to thank the house captains, Leon, Sally, Claire, and Mikayla for organising each event and ensuring that the week ran smoothly.

Finally, we would like to applaud the Year 12's for completing their trials and wish them all the best in their upcoming HSC exams.

Courtney Brunner and Yousef Ahmed



9357



8827



7672



8645



The English Faculty has been extremely busy with an array of creative, literacy based assessments and class units across all year groups this term.

HSC English Trials

The HSC Trials occurred in weeks 5 and 6 and from all indicators English students sat for them confidently with a solid effort in all questions. Year 12 are in the final stages before the HSC examinations. The Trials were a journey of determination and tenacity covering work commenced in Term 4, 2019.

HSC English is a compulsory subject in NSW and students choose which level they would complete commencing the course in Term 4.

HSC English Studies (ATAR and Non ATAR) completed a 2 hour Trial paper that addressed mandatory components and electives. Students will elect to sit the HSC if they wish.

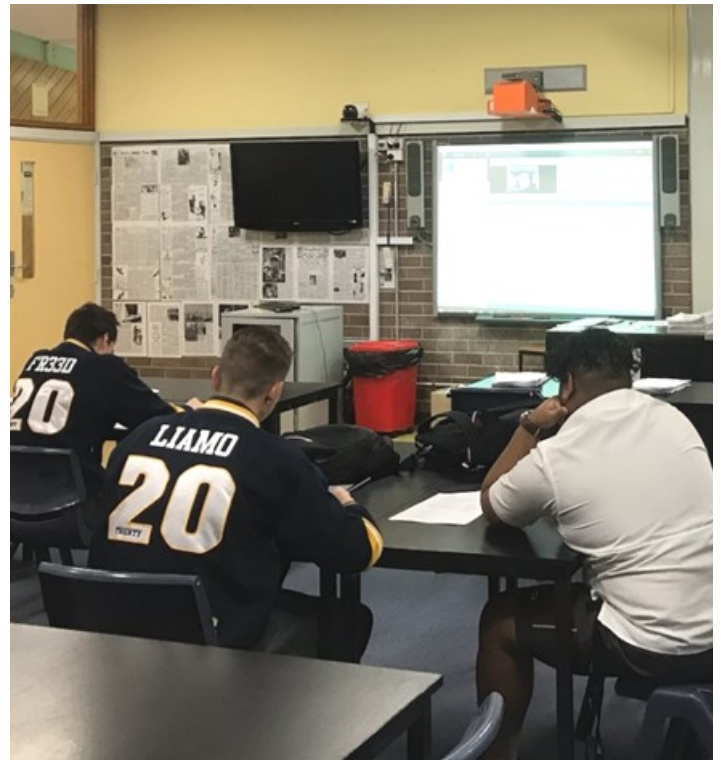
HSC English Standard students sat a 1.5 hour paper with 10 minutes reading time on Day 1 and on Day 2 completed a 2 hour with 5 minutes reading time paper. English Standard shares a common module with Advanced and Studies called *Texts and Human Experiences* along with a shared Module called *Craft of Writing* yet with different prescribed texts along with a Module titled *Close Study of Literature and Language, Culture and Identity*.

HSC English Advanced also sat the same time frame as Standard students on Day 1 and day 2. As with English Standard students in the Advanced course, students took a study of *Texts and Human Experiences*, and three modules titled; *Textual Conversations*, *Critical Study of Literature* and the *Craft of Writing*.

HSC Extension sat for a 2 hour and 10 minute reading paper covering the Common Module *Literary Worlds* and the Elective which they chose which is *Worlds of Upheaval*.

Aurora Study Day Incurion Wednesday 3 September

Year 12 English Standard had the opportunity to participate at school in an online study day Wednesday 2nd September. This year we again provided our students with an opportunity to connect and revise with other students from across the state. A range of experts, experienced teachers and HSC markers presented HSC examination advice and up to date information on course content. All sessions were online via Adobe Connect and students had the opportunity to ask questions and seek answers in real time. They also provided teachers with resources to download and present to the students. This day was invaluable to all our students and we appreciated the dedication of students who attended.



English HSC preparations continue

Students will continue preparations for the HSC over the next few weeks as they refine their responses, make additional study notes, re read mandatory texts, complete past papers, seek clarification of terms etc. They now have 4 weeks left of formal class work in preparation for the HSC in October / November. It's a time of focused energy and the English Faculty wishes them the very best as they continue this voyage to the HSC next term. It is important that they

still need to maintain their focus with their studies. Additionally, making sure they enjoy the last days of their schooling here at the Holsworthy and in English!!

Year 10 Media and Advertising unit

Year 10 English completed a Media/ Advertising unit examining and learning about media language in visual and in printed form to successfully advertise a product or get one to use a certain service. They examined AIDA; short for attention, interest, desire and action of advertising. They focused on target audience, language to sell and buy, consumer approaches etc. culminating in students producing an ad campaign to sell a product through the medium of a pitch and poster. Student campaigns were original and creative with a focus on visual and literary techniques to sell their product.



Year 9 Speaking Unit

Year 9 have been working hard on a public speaking unit that examined a variety of contemporary global issues. By looking at both

landmark historical speeches that are still relevant today (such as Martin Luther King's "*I have a dream*") as well as moving contemporary pieces, students were able to deeply reflect on the world around them. They analysed what an effective use of rhetoric looked like, and did their best to emulate that as they presented their own speech on a global issue of their choice in front of their class.

Year 8 Informative speaking unit to a Film unit

Having weaved through the majestic world of fairy tales Year 8 then bravely marched in to the world of informative speeches. Students were given the chance to wow their classmates for three minutes on their given topic. A vast range of topics were heard across the allocated week of presentation from the serious (poverty, mental illness, etc.) to the funny (my favourite type of donut). We will finish term three immersed in film wrapping ourselves in warm familiar characters, delighting in elaborate settings and comforted by the knowledge and understanding of the techniques so perfectly integrated by the director.

Year 7 Film Study

Year 7 are currently working hard on a film study unit. The unit is comprised of learning film techniques, learning how to analyse film and appreciate the meaning and value behind films and film-making. The analysis of films is an important skill required in English as it combines literary, theatrical (dramatic) and cinematic aspects. An understanding of these aspects allows students to make their own judgements, critique and analyse elements exclusive to film such as themes, motion, sound, composition, sequence and lighting.

Did you know that you can make payments to our school online?

We launched a new online payment portal last year linked to our school's website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

Voluntary School Contributions
Subject Contributions
Excursions
Sport
Creative and Practical Arts
Sales to Students
Other

How?

Log onto the school website on www.holsworthy-h.schools.nsw.edu.au
Click on "Make a Payment" and follow the prompts to make a payment via Visa or MasterCard.



HSIE NEWS

LEGAL STUDIES GUEST SPEAKER

Year 11 Legal studies students listened to a presentation from a guest speaker on the topic of domestic violence which is related to Topic 3 *The Law in Practice*. The presenter was Julieanne Lilley, who is an Adolescent and Family Case Manager with *Reconnect* in Cabramatta.

Julieanne spoke about the issues surrounding domestic and family violence and the prevalence of it in our society today. She informed students of its impact on family life and the nature of support services which exist in the community.

The class also prepared a set of questions to ask Julieanne to improve their knowledge about the topic.

The presentation was extremely valuable for our legal studies preliminary course.

Here are some of the insights that students in the class shared after the presentation:

- *I learnt about the domestic violence cycle. It starts off with tension, then the violence, then reconciliation, then calm and then back to tension.*
 - *Listening to Julieanne gave me further insight and a different perspective into the issue of domestic violence*
 - *It's very helpful and valuable to the course and helped me understand the impact of domestic violence in society*
 - *We got insight into the different point of views of a male compared to to female and different age groups, and how people will look at the topic differently depending on these factors*
We learnt about the patterns of behaviour behind domestic violence as well as the cautionary signs to look out for in advance
- Overall, the presentation provided insight into the issue of domestic and family violence and enhanced students' understanding of the topic.

Zoom Interview with Mr Reg Chard

On the 24th of August, Ms Carr and Ms Walker organised a Zoom interview with a selection of students and Kokoda Veteran Reginald Chard. We were asked to create a number of interesting questions to ask Reginald about his time at Kokoda.

Ms Carr helped conduct the interview from Reginald's house while the students interacted through zoom from the learning centre. All the students had a specific question to ask. We asked questions about his time at the Kokoda Track and what he did after the war, as well as emotional questions about how he felt when his friends died in front of him. He spoke about the Kokoda track and his time in boot camp recounting memories good, bad and sad that he shared with his fellow comrades before and after the battle. The students were very focused when listening to Reginald and loved hearing the stories he told. Reginald told his stories in a very engaging way and at times we wanted to cry with him, especially when he told us the story of his two friends who got shot in the head right next to him. We learnt so much about the war and Kokoda from Reginald's immersing and historical accounts.

We are very lucky to be able to share the experiences with him. Thank you Reginald for joining us and telling us about your time at the Kokoda Track, we would love to hear from you again soon.



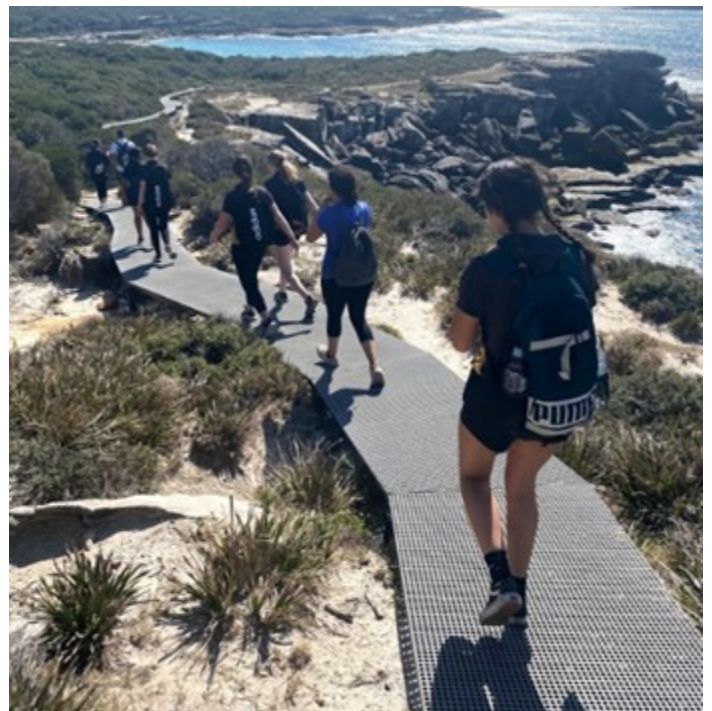
PDHPE NEWS



What a year it has been so far! Thankfully teaching and learning has been uninterrupted this term allowing us to provide students with face to face teaching and learning again. Students and parents can rest assured that the PDHPE faculty have implemented a range of measures to minimise the risk of COVID-19 transmission in both practical and theory lessons. We will continue to stay up to date with the current advice provided by the DoE and adapt our practices as circumstances change. Unfortunately in the meantime though this means there is still no interschool sport and physical activities and students are not allowed to travel out of their local community area. Despite the restrictions our staff will do our best to provide meaningful and enriching learning opportunities to all students.

Fortunately Year 11 PDHPE were given the green light to complete their course work field trip (day hike) from Wattamolla to Wedding Cake Rock. This was a great opportunity for students to experience our local Royal National Park in all its glory. Thank you to the students involved who managed to complete the 13km

without complaint. Hopefully we will be able to conduct our usual 4-day outdoor recreation experience for Year 11 PDHPE in 2021.



Additionally this term Year 11 PDHPE were able to complete their Provide First Aid qualification through REVIVA First Aid Training allowing them to become the “Nominated Workplace First Aider” under the Work Health and Safety (WHS) Act 2012. The core elements of the course included:

- Responding to an emergency situation
- Applying appropriate first aid procedures
- Communicating details of the incident
- Evaluating the incident and their own performance.

Students are now well equipped with knowledge and skills to managed a range of first aid situation they may encounter.

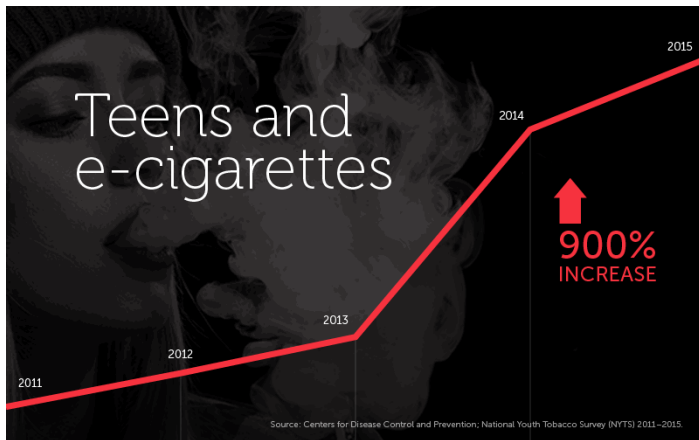


To finish off our staff would like to wish our current Year 12 cohort the very best in the last few weeks of school as they approach their HSC exams in early term 4. There is still plenty of time to significantly impact your overall result. Stay fit and healthy, well hydrated and try your best to maintain your sleep cycle during these busy times, the hard work and sacrifice will all be worth it!

Mr Papac



Public Health Message – Teen vaping is on the rise!



Marketed as an alternative to help adults quit smoking tobacco, vaping or inhaling vapour from an electronic cigarette has skyrocketed among teenagers across the nation. Many items are fruit-flavoured and marketed in bright colours to attract our youth.

A recent ABC report states, “that e-cigarettes risk undoing decades of work in reducing the appeal of cigarettes to children; they worry it’s a ‘gateway’ to conventional smoking”.

Holsworthy High School staff and administration has made it very clear to students that if they are caught vaping, have a vape in their possession or are selling vaping devices at school, there will be serious consequences.

The following information has been taken from the NSW Cancer Council website.

Electronic cigarettes

What are electronic cigarettes?

Electronic cigarettes, or e-cigarettes, are battery operated devices that heat a liquid (called “e-liquid”) to produce a vapour that users inhale. They are designed to deliver nicotine and/or other chemicals via an aerosol vapour directly to your lungs (also referred to as vape or e-liquid nicotine). E-cigarettes do not generally contain tobacco and products vary in terms of ingredients and designs.

Some e-cigarettes look a lot like traditional cigarettes while others look like everyday items such as pens, USB memory sticks, and larger cylindrical or rectangular devices. Some e-cigarettes and e-liquids contain nicotine while others do not.

All e-cigarettes have three basic components: a battery, an atomiser and a fluid cartridge. The fluid used in e-cigarettes usually contains propylene glycol, glycerol, nicotine and added flavourings.

Are electronic cigarettes legal in NSW?

E-cigarettes that do not contain nicotine are legal in NSW. Adults can buy and use e-cigarettes that do not contain nicotine.

The sale and use of e-cigarettes and e-liquids containing nicotine is illegal under the NSW Poisons and Therapeutic Goods Regulation 2008 without approval from the NSW Ministry of Health.

The following regulations also apply to e-cigarettes in NSW:

- The sale of e-cigarettes to minors under the age of 18 is banned
- E-cigarette advertising and in-store promotions, including displays, are banned
- The use of e-cigarettes in cars with minors under the age of 16 years is banned
- Businesses wanting to sell e-cigarettes are required to register with the NSW Ministry of Health
- The use of e-cigarettes in indoor and outdoor areas where it is illegal to smoke tobacco products (e.g. in workplaces, on public transport, in restaurants, near children’s play equipment) is banned

Are electronic cigarettes safe?

The short and long-term health effects of e-cigarettes are currently being researched. As e-cigarettes are relatively new it means that there is not enough data available to determine the long-term health effects.

E-cigarettes are not risk free. They may expose users and bystanders to chemicals and toxins such as propylene glycol, glycerol or ethylene glycol that cause adverse health effects, and may increase the risk of developing cardiovascular, cancer and respiratory diseases. E-liquids or vapour may also contain potentially harmful chemicals which are not present in smoke from tobacco cigarettes.

E-cigarettes are often labelled incorrectly and may contain nicotine, even when they claim not to contain nicotine. E-cigarettes may contain

high levels of nicotine, which may cause poisoning if swallowed.

Do electronic cigarettes help smokers quit?

The evidence for e-cigarettes as cessation aids to help you quit smoking is inconclusive. The Therapeutic Goods Administration has not approved any e-cigarette product as a cessation aid to help with quitting smoking. The Therapeutic Goods Administration has approved many other products such as patches, gum, lozenges, mouth spray and inhalators as quitting aids that are safe to use and are shown to increase chances of quitting smoking.

Alternatively, smokers can get help and support to quit from GPs or pharmacists, the free telephone based counselling service NSW Quitline at 13 7848, and the iCanQuit website.



The Year 7 Enrichment Class participated in the **Game Changer Challenge**. Students had to produce a short video answering the question “how might we use technology to bring everyone in our community closer together?” The Challenge, which is open to all NSW public schools, requires students to follow the Design Progress in order to develop a tangible result that could solve this real-world problem. One of our groups was successful in making it through to the Semi-Finals to be held early Term 4. Congratulations to Caine Botha, Mitchell Knott, Daniel McMahon and Sam Schmierer.

Ms Stoppino

TAS FACULTY

Recipe of the month

Omelette Muffins

Servings: 12 muffins Prep Time: 10 minutes

Cook Time: 20 minutes

Baked omelette muffins. These muffins are easy to make, store well, and are portable.

Ingredients

- 8 large eggs
- 1/2 cup milk I use skim or low fat, but whole milk also works
- 1 cup shredded cheddar cheese
- 1 cup bell peppers diced (I used a mix of red, orange and green)
- 1/2 cup baby spinach roughly chopped
- 1/4 tsp salt
- 2 scallions thinly sliced

Instructions

- Preheat oven to 350°F. Grease the interior of a nonstick muffin pan.
- In a medium bowl, add eggs and milk. Whisk until uniform. Stir in cheese, bell peppers, spinach, salt, scallions and any other omelet ingredients you are adding.
- Scoop batter into muffin tin, filling them almost to the rim. You should have enough batter for 12 muffins.
- Bake for about 20-25 minutes, or until eggs are cooked. The muffins will initially be very puffy, but will sink back down when they cool.
- Use a thin spatula to loosen edges of muffins to remove them from the pan. Eat while warm.
Store uneaten muffins in fridge or freezer.

Notes

- Use a nonstick muffin pan and grease it before adding the batter. The egg muffins do stick to the pan, but using a nonstick muffin pan and greasing it will make it easier for you to release the muffins from the pan.
- Cut all the omelette ingredients into very small pieces. For example, bell peppers should be around 1/2 inch squares. This will allow them to cook quickly.
- I did not include meat in this recipe, but you can add ham or bacon. If you are using any meat, make sure the meat is already precooked before adding it to the muffin batter.



HOLSWORTHY

cafe

HIGH SCHOOL

2173

HOT BEVERAGES

Cappuccino	2.8
Latte	2.8
Flat White	2.8
Espresso	2
Long Black	2.3
Macchiato	2
Mocha	2.8
Hot Chocolate	2.8
Assorted Tea	2
Large	+0.5
BYO Cup	Save 30c!

COLD BEVERAGES

Iced Coffee	3
Iced Mocha	3
Iced Chocolate	3
Apple, carrot & ginger juice	3

SMOOTHIES

Vibrant Bliss 4

Banana, pineapple, strawberry, spinach & oats

Blueberry Phantom 4

Blueberry, banana, honey, cocoa powder & spinach

Summer Storm 4

Banana, mango & honey

BREAKFAST

Hash Brown	1
English Muffin	1
Plain muffin with your choice of jam or vegemite	
Vegetarian egg muffin	3
Slow roast pumpkin, feta & basil	
Add chorizo	
B & E muffin	3
Classic bacon and egg, with your choice of tomato sauce, BBQ sauce or aioli	
BLT muffin	3
Bacon, lettuce tomato on an English muffin with aioli	
Croissant	3
Ham and cheese	
Cheese & tomato	

2020 YEAR ADVISORS



Ms Gorgovski Yr7



Mr McCafferty Yr7



Ms Stoppino Yr 8



Mr Dasic Yr8



Ms Siqueira Yr9



Mr Al Khuzai Yr 9



Mr Di Martino Yr10



Ms Fenech Yr10



Mr Judge Yr 11



Mr Spyroulias Yr12



Ms Booker Yr12

Year 7

As you are aware, Mr Pilja has left, and Ms Gorgovski and Ms O'Neill have happily taken over the role of Year Advisor. Until Ms O'Neill's return to Holsworthy High school in 2021, Mr McCafferty will be acting Year Advisor in her absence. So far this year has been a fantastic opportunity to get to know each student and their parents. We are so lucky to have gained such a great group of kids.

Term 3 has been more settled for students as regular classes, and everyday routines have returned. Year 7 has responded very well to our merit system as many students have reached yellow and blue awards throughout the term, and I encourage all students to be the best they can.

We would also like to congratulate the entire year group on their outstanding effort wearing their school uniform every day. We are by far the best group for uniform so far, and hopefully, we can continue this into 2021.

As part of our welfare lessons, Year 7 have been focusing on bullying; different types of bullying, how it can impact us, and how we should address it. There was also a major focus on cybersafety and cyberbullying.

As year advisors, we are constantly reminding students about the 3R's (our expectations), i.e. being **ready**, **responsible** and **respectful**. Being ready ensures students have all the correct equipment, timetable and uniform needed for each class. When they are in class, students should be ready to learn and have the right attitude. The next R is about being responsible students and accepting the consequences for their actions. Students should think before they speak and act to avoid negative consequences. The final R is about being respectful towards fellow peers, staff members, and the local community. We always remind students that when they are at the local shops or in the community wearing their school uniform, they are representing HHS and should always be proud and respectful.

As the holidays approach we wish all Year 7 students and families a happy, restful and safe break and hope they return ready for their final term of year 7.

Ms Gorgovski and Mr McCafferty
Year 7 Advisors

Year 8

Year 8 have done an incredible job this term!

The technology trial is well under way with the enrichment class already completing their iPad trial. The integration of technology into the classroom will be a valuable experience for our students at Holsworthy High School. The class is continuing the trial with Chromebooks until term 4.

Our uniform has been excellent! We have had an increase in students wearing the correct full school uniform and sports uniform on sport days. We need to continue to bring our sport uniform for practical lessons.

In welfare, our lessons are continuing on from the High Resolves Peak Experience with lessons that assist our students becoming global citizens. Through our interactive lessons we see our students develop negotiation skills, learn about skills for life, investigation, use of emotive language and individual goals/projects.

If you are feeling stressed or overwhelmed, remember to use your support network at school and at home. Seeking help is an important aspect of our lives and we should do so when needed. Additional supports are in place at school to help you. See Mr Dasic or Ms Stoppino for more information.

We are looking forward to seeing you after a much-deserved break. Let's start term 4 off the right way by being prepared with our books and equipment fully packed.

Ms Stoppino and Mr Dasic
Year 8 Advisors

Year 9

Term 3 has been a quieter term for year 9 however, it has been fast paced and challenging due to external circumstances. Year 9 has had the opportunity to participate in a zoom meeting with Reginald where he shared stories of the Kokoda track and his experience in the war.

Here is a summary of what students thought of the zoom meeting with Reginald.

“We were delighted to be part of the experience and talk with Reginald. Only a selection of students went up to the Learning Centre and had an online zoom call with Reginald. The students asked questions about his time at the Kokoda Track and what he did after the war. He spoke about the Kokoda track and his time in boot camp recounting memories good, bad and sad that he shared with his fellow comrades before and after the battle. The students were very focused when listening to Reginald and loved hearing the stories he told. Thank you Reginald for joining us and telling us about your time at the Kokoda Track, we would love to hear from you again soon.” The meeting was organised by Miss Carr and the Defence

Coming to the end of Term 3, Year 9 students will be preparing for their yearly exams early next term. This will be the focus over the next few weeks where teachers will be assisting students develop a structured study regime.

We wish all Year 9 students and their families a safe term break and return ready next term with the same positive approach they have had this term.

Mr Alkuzai and Miss Siqueira
Year advisors.

Year 10

Term 3 has been both busy and productive. The students did an excellent job of making important decisions about their subject selections for Year 11 and Year 12. Many of the students sought out advice from their teachers and parents, and engaged in mature conversations about their future with Mr Watkins, Mr Grew and Ms. Brown when finalising their options. Students will be advised shortly about the subjects that they have been enrolled in for Stage 6.

As part of their well-being lessons this term, the year group participated in a workshop run by High Resolves. The program’s objective is to engage and empower young Australians to take part and be active in their communities. The students collaborated and considered the impact of their choices in a scenario situation on the wider community. The students also considered their own personality traits, and how that impacts on who they are as a person, and how they can contribute to the wider community.

Finally, we have been very proud of the students efforts in improving their uniform this term. Further to this, many of our year group have been actively working towards improving their Student Responsibility Average. We encourage the students to stay focused on achieving their daily goal, whether that be to maintain focus in class, or complete all assessments to a high standard. We have no doubt that their efforts will be reflected in their final report for the year. We are looking forward to our final term as junior students, and are excited for the opportunities senior school will provide in 2021.

Mr Di Martino and Ms Fenech

Year 11

Being in Year 11 has always been a different experience as we only have three terms while everyone else continues on in their four term worlds. So now while everyone else is looking forward to a peaceful last two weeks we are faced with exams. These are our first exams where we will be in the hall and allowed to go home after exams.

It is in these free moments that we must ask ourselves the difficult question of how will we spend our time? The answer will hopefully come back as making notes, creating flashcards and studying for each of our exams. While we are studying and sitting our exams we should also be reflecting on the coming journey of Year 12. So good luck in your exam Year 11, enjoy your holiday break and I will see you when you return as Year 12 students

Mr Judge
Year Advisor

Year 12

Year 12 I would like to start by thanking you for the calm and mature way you have conducted yourself during our last weeks of school.

We appreciate your patience at this challenging time with so many decisions that have been made that are out of the schools control in regard to our traditional celebrations and how things appear to be constantly changing. It has been difficult for all of us to adjust as it is not always easy to accept when situations change. Please be aware that we are considering all possible scenarios and working towards the safest and most appropriate outcomes.

I understand that it is nearing the end of term and the end of your official days of learning at Holsworthy High which will bring with it days of joy and hope and days tinged with sadness but be proud of the wonderful young people you are and embrace the Journey that is about to begin.

I would like to congratulate you and you families for being part of our wonderful Holsworthy High School community and wish you well with your future endeavours.

REMINDER: Year 12 return week 1 of Term 4 with a Graduation ceremony at the end of week 1 with details to come.

Year 12, we have reminded you previously but to reinforce:

BE READY

- Continue to prepare for each lesson and subject area.
- Make sure all units of work are completed and you have study notes.
- NOW is a good time to have a structured study plan.
- Talk to or email class teachers if unsure of content.
- Practice past papers to be familiar with format and time allowance.
- Check your exam HSC timetable.
- During your HSC exams -
 - * Know what exam is on and at what time and where.
 - * Please arrive early for each exam and be organised with equipment.
 - * Know your student number.

BE RESPECTFUL

- Full school uniform and NO HOODIES continues.
- Remember we are all in this together and support each other
- Everyone has the right to a safe and pleasant experience, everyone is valued and as important as each other.

BE RESPONSIBLE

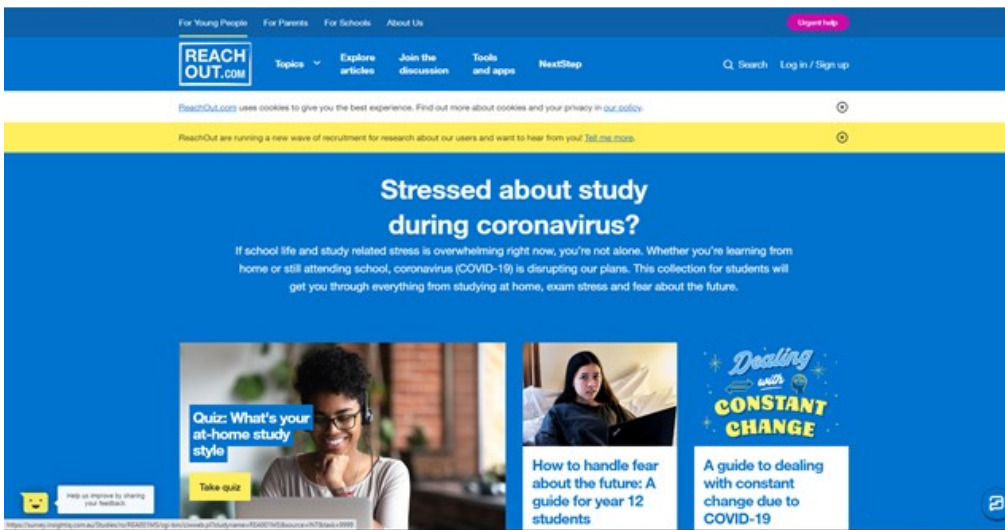
- Your focus is completing your senior schooling and achieving the best result you can.
- The focus is on your education.
- Look after your physical and mental health.
- Be proactive ask for help as needed we are here to help support you

Good Luck and Take Care
Mr Spy and Ms Booker

Continued on next page

I have attached a link to the NESA website check it out it has some information regarding your HSC exams - WHAT DO I DO IF.....?

- <https://educationstandards.nsw.edu.au/wps/portal/nesa/covid-19/coronavirus-advice/hsc/covid-19-safe-hsc-exams>
- <https://educationstandards.nsw.edu.au/wps/portal/nesa/covid-19/coronavirus-advice/hsc/student-wellbeing>



Resources for parents of HSC students

This year's HSC is different due to COVID-19. Information is available on the NESA website to clearly answer parents' questions about the HSC exams.

- [COVID-19 advice for HSC](#)
- [COVID-19 safe exams](#)
- [COVID-19 illness or misadventure](#)

<https://au.reachout.com/collections/stressed-about-study-during-coronavirus>



Chapter 1: Essential HSC information

In this chapter: messages from the NESA chief executive and Minister for Education; key dates for major works and exams; understanding moderation; and disability provisions.

<https://www.smh.com.au/hsc-study-guide-2020>

Defence Transition Mentor Term 3 Update



This link explains how important Legacy is to Defence families <https://www.youtube.com/watch?v=DV2WrEpr-iA> Interview with Prime Minister and Legacy Families.

Holsworthy High School is happy to report that we raised \$600 for Legacy. Thank you to the students that helped me every lunch time, Korey, Madi, Justin, Andrew, Seinna and Charlotte. A big thank you also to the staff, students and families who supported Legacy this year.



To compliment Year 9's history lessons on WW2– **KOKODA EXPERIENCE AND CONDITIONS**. Reginald Chard WW2 Kokoda Veteran was generous enough to let us ZOOM with him into school from his home in Villawood. The

students had questions that they had prepared to ask Reg about his life and time on the Kokoda Track. One by one they took their turn to ask questions which were answered in full and honestly. Such a wonderful opportunity for these students!

We also discovered that one of our families from Holsworthy High School is a relative of a soldier and friend that died next to Reg during WW2. Reg was able to talk to that family and tell them what he knew about their relative and show them some photos from his photo album. There were some very moving moments between Reg and the students and I thank you all for participating.



Defence Transition Mentor Update continued

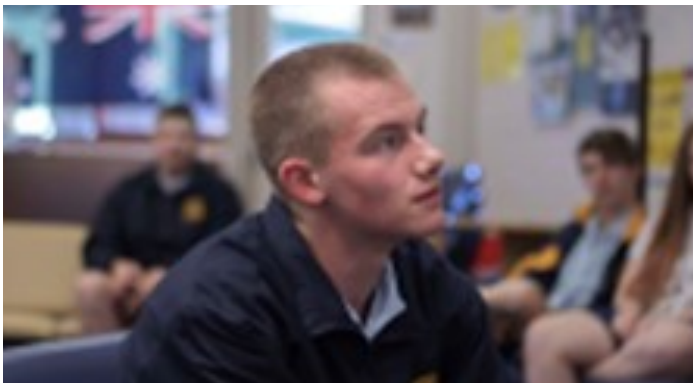
Fast forward to the 75th Anniversary of the end of the Second World War which is commemorated by Victory in the Pacific Day on 15 August. Our Year 9 History classes were lucky enough to talk with Reg via Zoom from his home and ask him questions about his WW2 experiences which complimented their class topic - Kokoda conditions and experience.



Good luck to Year 12 in their upcoming HSC exams.

Parents/caregivers please remember to phone me, email me or come into the school if I can be of extra assistance to your child/children while a parent is away on training, deployment or living away from the family. Enjoy your holidays and I will see you in term 4.

Tracey Carr
Defence School Mentor
Tracey.carr5@det.nsw.edu.au or
Ph: 9825 2888



AN ENGLISH SPEECH BY CHLOE FROM YEAR 9 -TOO GOOD NOT TO SHARE

As you scroll through your social media platforms, do you ever compare yourself to the images that you see? Looks don't matter, your perfect the way you are, beauty is only skin deep. We hear these sayings, and yet we live in a society where they don't follow these statements. If looks don't matter, why do people edit, use filters and wear makeup in photos, because it hides the flaws that they have? If looks don't matter, why do people have to be ashamed or insecure, because they are unhappy with their physical appearance. They are influence by the way society is promoting body image.

The use of social media has grown dramatically in last decade, making body image issues even a bigger problem. Is social media bad for your self-esteem? Studies show that 40% of the world uses social media platforms at least 2 hours per day. With social media playing a big part in our lives this is most likely going to affect your mental health. Social media offers the change to connect with others, but unfortunately hurts your self-esteem. At a young age we are trained that we have to look a certain way and have to wear certain things to be beautiful and pretty this is because we are influenced by what is displayed on our screens. What are displayed on our screens?. Images that highlight perfection and ignore flaws.

What is the ideal body type?. In society there is an ideal body type and shape that people are convinced that they need to follow to feel and appear attractive. Everyone can and might feel insecure about their appearance at times. Studies show that body image issues are mainly associated with girls, but boys can be affected by it, too. Most people I know or spoken to have told me that they want to appear attractive by being slimmer, having abs and a smaller waist. I have had an experience when a younger girl has weighted a bit more than me, and they asked me why are you so skinny?, how are you so skinny?. I had to explain why I have an appearance like I do in the best way possible so she grows up knowing that no matter what you look like you're like that for a reason. Although i don't have bad mental health when it comes to body image issues, I do received bad comments such as, "you're too skinny", "eat more meat", "eat something", "are you anorexic". This is the reason why this world issues is a big problem because it affects peoples mental health and nobody, no one should have the right to shame or criticise someone appearance.

Do you ever have a feeling that you're not or will never be good enough? I admit that i have. I want to show people that it's alright having little insecurities but in the end you have to be proud in your own skin. In Australia 30% of women are concerned about their body image issues but boys have a lower percentage of 15.4%. You look and appear like that for reason, not matter what people say you're beautiful and no one should have the right to tell you otherwise. Social media might affect your thoughts about yourself but remember they only highlight perfection and ignore flaws. This is why social media plays a big role in peoples body image worries because their comparing themselves to what is shown on that platform and often think and judge themselves to be the worst.

Body image is a issue that needs more attention and help to prevent peoples mental health from drowning in the future. This conversation needs to happen now.

Chloe Year 9

ART CLUB

The Visual Arts department will be running an **Art Club – Art Extra** every Thursday afternoon from 3pm until 4pm in the art block.

Permission notes can be collected from the Art department.

For further information please see Ms R Booker

TEMPORARILY POSTPONED

P & C Meeting Dates 2020

Due to Covid-19 restrictions all P&C meetings have been temporarily postponed



Calculators

**fx 82AU Casio
Scientific**

Cost:\$25.00



**If you're 12 to 18 & interested in:
Life Skills Workshops
Leadership Training
Mentoring
Volunteering &
School Holiday Activities**



**Join us
Mondays 3pm at
Wattle Grove
Community
Centre**

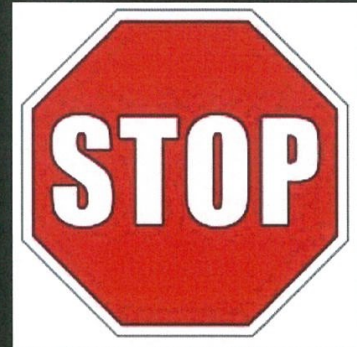


Contact :
Fernando Drogo 0403 136 099
Come talk to Youth Clicks members at Holsworthy HS Breakfast Club on Fridays

TEMPORARILY POSTPONED



STAFF CARPARK



School grounds must be secure and safe for students despite various areas being available for use by vehicles.

Due to pedestrian safety and traffic congestion issues, parents are asked to refrain from driving onto the school grounds unless they have official business ie. an appointment with staff.

The staff carpark is for the use of staff and delivery vehicles only and not for use by parents and students to drop off and pick up children.

Parents are encouraged to use the appropriate areas out the front of the school when needed.

We would like to thank the majority of families who take care to behave responsibly and park in safe and appropriate locations outside the school.

School Zone Penalties

- Effective 31 January 2020, penalties apply in school zones -
(minimum fines, subject to change)

* these values are doubled during designated holiday/long weekend periods

Offence	Minimum Fine	Minimum Loss of Demerit Points
Stop on or near: <ul style="list-style-type: none"> • A pedestrian crossing • A children's crossing 	\$457 \$457	2 2
Double park	\$344	2
Stop on or across a driveway	\$344	2
Make an illegal U-turn	\$344	3
Use a mobile phone while driving	\$457	5*
Not give way to a pedestrian on a pedestrian crossing	\$572	4
Not reverse vehicle safely	\$268	3
Park on path/strip	\$344	2
Parallel park close to dividing line/strip	\$344	2
Exceed 40km/h in a school zone in a light vehicle: <ul style="list-style-type: none"> • 10 km/h and under • Over 10 km/h • Over 20 km/h • Over 30 km/h • Over 45 km/hr 	\$200 \$360 \$599 \$1,161 \$2,635	2* 4* 5* 6* 7*



The minimum penalty for disobeying 'No Parking' is **\$191** and **2 demerit points**.
You may only stop here for **2 minutes** and must stay within **3 metres** of your vehicle.



The minimum penalty for parking in a 'Bus Zone' is **\$344** and **2 demerit points**.

You cannot stop here at all.



The minimum penalty for disobeying 'No Stopping' is **\$344** and **2 demerit points**.

You cannot stop here at all.



Style includes: Karate/Judo/Ju-Jitsu/Self Defence

Location: Holsworthy High School

Class times: Tuesday - 6.30p.m to 7.00p.m.
5yrs – 16yrs old

Instructor: Brian Coman 3rd Dan Black Belt

For all enquires please call Brian on 0417 220319



Please ensure Student
and Family information
is up to date

Holsworthy High School



DATES TO REMEMBER - 2020 / 21



Friday September 25	Last Day of Term 3 for students
Monday October 12	First day of Term 4 for students
Thursday 15 October	Year 12 Graduation
Monday 19 - Friday 23 October	Book Week
Tuesday October 20 - Wednesday November 11	HSC 2020 written exams
Monday 2 - Friday 6 November	Years 7 + 10 Exams
Monday 9 - Friday 13 November	Years 8 + 9 Exams
Thursday 12 November	Remembrance Day Ceremony
Tuesday 1 December	Year 6 into 7 Orientation Day
Wednesday 2 - Friday 4 December	Pathfinders
Wednesday 16 December	Last day of Term 4 for students
Thursday 28 January 2021	First day of Term 1 for Yrs 7,11 +12
Friday 29 January 2021	Whole school in attendance

Reminder: Students need to arrive at school by 8:40am for roll call each day.

All Students must carry their Library ID Card with them at all times.