



Junee High School

Newsletter



Swimming Carnival Glamour

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To Dream. To Create. To Succeed.

Junee High School

52 Lydia Street

Junee NSW 2663



Education

A PROUD MEMBER OF THE





Junee High School

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 52 Lydia Street (PO Box 141)
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■ 2018 ■ Term 1 ■ Weeks 4 & 5

■ Newsletter

Calendar

Term 1, Week 4

Fri 23 Feb Zone Swimming Carnival @ Tumut

Term 1, Week 5

Fri 2 March Colour Run

Term 1, Week 6

Tue 6 Mar Year 7 Immunisations
 Riverina Swimming
 Year 12 CSU Visit
 Fri 9 Mar – 11 Mar Rhythm & Rail Festival
 Sat 17 Mar Junee Fishing Classic

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Feature Photo

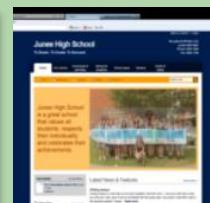


Swimming Carnival Glamour

Looking for school documents?

NEW! Download the Junee High School Skoolbag App

Please note that most of our school documents such as newsletters, excursion notes, information booklets etc can be found on our school website:



You can find us at: www.junee-h.schools.nsw.edu.au

EVERY DAY COUNTS....
A day here or there doesn't seem like much, but...

| When your child misses just... | that equals... | which is... | and therefore, from Kindy to Year 12, that is... | This means that the best your child can achieve is... |
|--------------------------------|-------------------|-------------------|--|---|
| 1 day each fortnight | 20 days per year | 4 weeks per year | Nearly 1 ½ years of school | Equal to finishing Year 11 |
| 1 day a week | 40 days per year | 8 weeks per year | Over 2 ½ years of school | Equal to finishing Year 10 |
| 2 days a week | 80 days per year | 16 weeks per year | Over 5 years of learning | Equal to finishing Year 7 |
| 3 days a week | 120 days per year | 24 weeks per year | Nearly 8 years of learning | Equal to finishing Year 4 |

Give your child every chance to succeed...

Every day counts!

Principal's Message

Welcome to another great JHS newsletter.

We have seen groups and classes settle into their learning, with students establishing good routines of bringing equipment, completing class learning and preparing their first assessment tasks. There has been minimal "storming" and more "norming and performing"

I congratulate the students who are able to last the period without checking their phone. This has been a big improvement, allowing students to focus on learning and manage their distractions, like all workplaces need!

All students received in week 1 their "Assessment Booklet", outlining the course topics, assessments and the due dates. This is practical to have on hand so students don't miss assessment submission dates, can be well prepared and also understand what their learning journey consists of this year. These booklets can also be found on our school website and Student & Parent Portal. If any parent needs assistance with the portal, please contact me.

Term 1 Interim report for students in Years 7 to 11 will be distributed in Week 7. Parents will receive these in the mail, in time to read and discuss with teachers at the first of the Parent – Teacher evening, held on Wednesday evening 21 March. Bookings are available now through the Student & Parent Portal

School Photos were smoothly coordinated with students looking great on the day. Congratulations to our 2018 SRC class that will be inducted at the Week 5 Whole school assembly. Ms Emma Meale is the SRC Coordinator and has big plans to utilise the student's skills and to garner their thoughts and ideas for continuing to strengthen our school.

Empower PM continues on Wednesday evenings from 5pm. I thank each staff member who is able to assist students by volunteering their time. Well done also to students displaying maturity and perseverance in using their time well.

Swim Carnival: Again a great success due to staff organisation and student participation. Thank you to all students and parents who contributed to the day, making it a success of school unity and culture. Best wishes to the students selected to represent our school at the Zone Swimming carnival held in Tumut on Friday.

P&C – I thank the parents who have been helping our school by their involvement in the P&C. P&C fundraising events go to assisting student's learning and opportunities, as well as supplying uniforms and a delightful canteen. P&C have kindly agreed to continue supplying funds to assist the cost of transport for students representing the school, as well as paying for Year 11 students to access the HSC Atomi resource.

The first fundraisers for the year are:

- Cake stall, held on Friday 23 March near the Junee chemist. You are invited to contribute to the cake stall, depositing your goodies at school before 9am that morning or directly to the stall down town.
- AG Dinner, raising funds for AgVision this year. A special dinner with two course meal, guest speaker and entertainment will be held on Friday 6 April in the quadrangle at our school. Please contact Julie Shepherd to book your place or table of 10

Be your best. Be respectful. Be responsible

Mr Scott Frazier
Principal





P&C Update

Welcome back to everyone. Our first fundraiser for 2018 is our street stall on Friday 16 March outside the Chemist in the van. We are looking for donations of Cakes, Slices and other household goods. All food donations can be left at the JHS canteen or delivered to the stall on the Friday morning.

Our Easter Raffle consists of lots of chocolate.

1st Prize: \$100 of Easter Eggs.

2nd Prize: \$50 of Easter Eggs.

3rd Prize: Licorice Pack.

Tickets are on sale for \$2- each at the stall and if you would like a book to sell please contact Julie 0400559402. The raffle will be drawn at the school assembly.

Thank you to those who have already offered to cook for the stall. We hope to have lots of yummy cakes and slices to sell as well as other goodies.

We are also conducting an Agricultural Dinner and it will be held on Friday April 6. This is to raise funds for the upcoming AgVision. We are looking for a donation of legs of lamb, if anyone can help out or donate please let me know. Dinner will be \$50 per head and bookings can be made to:

julieanneshepherd@outlook.com

The P&C Annual General Meeting (AGM) will be held Wednesday, March 21. All positions will be declared vacant. We look forward to support from all parents and carers and please feel welcome to attend and support our school and students.

Thank you to all parents and the community who have already helped out this year. We appreciate any support or contribution that can make Junee High School students.

Julie Shepherd
P&C Secretary



School Based Traineeship

Congratulations to Declan and Harrison our latest School Based Trainees.

Harrison will be completing his Certificate II in Business Services with The Crossing Motel.



With Declan signing with the Marrar Sales and Service to complete his traineeship in Automotive.



Congratulation to both boys and thank you to Marrar Sales and Service and The Crossing Motel from offering these Traineeships

Mrs Bunyan
Careers Advisor



Swimming Carnival Wrap Up

Well done to all students who attended and participated in the recent JHS school swimming carnival. There were some great individual and team performances, and it was good to see many students attempting to participate in both the competitive and novelty events

on the day. The slide was a popular addition during lunch time, as an acknowledgement for student's participation during the carnival.

Hammond again continued to dominate in the pool, comfortably claiming the House trophy yet again. Congratulations to Oliver Phillips who broke a 15 year old record in the 15 years boys 50m freestyle. Our King of the pool was hotly contested, with Zyon Shepherd claiming the title. In the Queen event, Breanna Stoddard was too hard to catch, claiming the title comfortably. The best dressed award was shared by the Smythe girls who put in a bright yellow team effort, with Jack Lynch and Juliette Hart also receiving a prize for their colourful team outfits.

Age Champions

Pictured below are the students who received medallions for receiving Age Champions. Due to a small recording error, we would like to apologise to Tristan Field who was mistakenly left off the 17 years boys' age champion. He will receive his medallion at an upcoming assembly. Congratulations to everyone who participated in an event on the day. It was fantastic to see so many having fun and enjoying the atmosphere.



Congratulations to the following students who participated in 5 or more individual events on the day – a tremendous display of students challenging

| Year 7 | Year 8 | Year 9 |
|---|---|--|
| Macey Crane Evi Duck Annabell Eccleston Claire Foley Lachlan Knowles Chloe McNamara | Juliette Hart Nick McNamara Mia Phillips Natalia Shimpf | Connor Barrett Brooke Harris Campbell McDevitt Oliver Phillips Bella Willis |
| Year 10 | Year 11 | Year 12 |
| Rhys Diggins Shaun McLaughlin Lachlan Richards Bailey Robertson Bree Scott Sunny Zhao | Zyon Shepherd Ben Turner | Kacie Ball Tristan Field Miranda McLaughlin |

themselves in the pool.

Special mention of thanks also to the staff who took on the students in numerous events throughout the day, particularly Mr Hands who is continuing to chase the records he missed out during his time at high school.

Zone Swimming

Zone Swimming will be held on Friday 23 February at Tumut Swimming pool. We have 26 students representing our school, and we wish them all the best in their events. Students who finish first or second in any event will be eligible to qualify for Regional Swimming, which will be held on Tuesday 6 March in Leeton.

Permission Notes

We are raising our expectations of students to be more responsible with permission notes. Permission notes will no longer be accepted late for future sports events. If your child receives a note to represent the school please support us in ensuring they are being responsible and returning by the date listed.

Riverina School Sport

All parents and students are reminded that in order to be eligible for trailing for a Riverina Representative School Sport team, they must follow procedures and be nominated on behalf of the school. This is done by seeing the PE staff to nominate when the trials are advertised via the morning notices in roll call. This is an important duty of care issue, so that selecting teachers from other school have the required information about students involved in these trials.

Upcoming Regional trials will include:

- Riverina 15 years Touch Football – Friday 2 March
- Riverina Swimming – Tuesday 6 March
- Riverina Open Girls Basketball trials – Monday 12 March
- Riverina Open Girls Football (Soccer) trials – Tuesday 13 March

Volleyball Success

Congratulations to Alen Cheung in Yr 11 who was successfully selected in the Riverina Boys Volleyball team. We wish him all the best for this training and preparation for the upcoming State Carnival which he will compete in during week 9 of this term.

Wellbeing Day – Friday 2 March



We have planned an exciting day to coincide with the JHS Colour Run next week. On Friday 2 March, we will be hosting a series of workshops for students to learn valuable skills which will focus around positive mental health, developing resilience, learning mindfulness and self-defence strategies, as well as important life skills.

We are excited to share that we have Joe Williams coming to speak to the students during the day. Apart from being involved with professional sport for over 15 years, Joe spends his time working to inspire youth through motivational speaking workshops.



Students will also have access to a panel of support staff during the morning, who will share what their role is at JHS and how students can access their support for a range of different issues. This will involve short presentations from the school Psychologist Sarah Zimmerman, school Chaplain Lucas King, a representative from Family Referral Service Samantha George, our Wellbeing Co-ordinator Miss Biggar, Police Youth Liaison Officer Troy Fisher, and a representative from the Community and Recreation department of the Junee Council Nicole Barton.

Further information about this day, and a permission note to participate in the Colour Run will be provided to students over the coming days.

Mrs Francis
PDHPE Head Teacher



Active Kids Sport Voucher

Commencing 31 January 2018, the NSW Government will allocate \$207 million over four years to establish Active Kids. Active Kids is a program to help NSW families meet the cost of getting their kids into sport and active fitness and recreation activities.

The NSW Government will provide a \$100 voucher to parents/guardians of school enrolled children. The \$100 voucher can be used for registration and participation costs for sport and fitness activities.

The initiative aims to reduce barriers to participation and help change the physical activity behaviours of children and young people in NSW.

<https://sport.nsw.gov.au/sectordevelopment/activekids>



Wagga Crows Junior Rugby 2018
All age groups from Under 7's to Under 16's
Viva Touch 7's for Under 10's to Under 16's Girls
Season starts Friday March 9th
Friday evening training and games and Sunday SIRU competition
To Register: <https://goo.gl/8jVTqg>
For more information :
<https://www.facebook.com/wwcrowsjru/> or email
waggacrowsjru@gmail.com



Monthly Agenda 2018

- February - What is headspace?
- March - A typical headspace session
- April - Anxiety in young people
- May - Self-esteem in young people
- June - Self-harming behaviours & suicidal ideation
- July - How parents can support young people

Family and Friends Support Group

Are you a family member or friend of a young person between the ages of 12-25 years who is going through a tough time?

Come along to headspace Wagga Wagga's monthly family and friends meet up!

It can be helpful to meet others going through a similar situation to your own. The group is an opportunity for you to meet other families, get accurate information, share strategies and have a voice in regards to the services available at headspace Wagga Wagga. The group is free to attend and supper is provided.

Each month a different headspace staff member will attend the group and provide a short information session about a topic relevant to young people. Check out the monthly agenda to find out what's coming up!

When
 Last Wednesday of each month
 7 for 7:30PM until 8:30 PM

Where
 2/185 Morgan St, Wagga Wagga

Contact
 Sarah Groves - Community Engagement Officer
 E: sarah.groves@headspacewagga.org.au
 Ph: 69 233 170

Registrations are essential - please email or call Sarah at [headspace Wagga Wagga](mailto:sarah.groves@headspacewagga.org.au) to book a place.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

eating well

Some studies suggest that what you eat affects your mood. A good, balanced diet will ensure you have all the essential nutrients needed for your brain to function well, helping you to keep both physically and mentally healthy.

You may get tired when studying a lot, but eating junk food and drinking excessive caffeine can interfere with your ability to concentrate and get adequate sleep.

getting enough sleep

A good night's sleep is vital for our mental and emotional wellbeing. Sleep disruptions can increase negative thinking and heighten our stress levels. Try to maintain a regular sleep-and-wake schedule.

When possible, use your bedroom for its core purposes, and avoid using distracting and stimulating devices such as a television or electronic devices when you are in bed. We know this is a tough one, but trust us - it's best!

here are more ideas you can try

keeping in touch

We are social creatures, and social relationships are really important for our general wellbeing. It's okay for you to take time out for yourself, but try not to stay shut in for long periods as it will probably make you feel worse.

Keep your social relations strong when you are feeling stressed, overwhelmed or depressed, as your friends and family can help you through these times.

taking time to study

When it comes to assignment deadlines or exams, setting time aside to study can, in turn, help reduce your stress and anxiety.

To reduce pressure on yourself during peak study periods, it's still good to have a balance between social life and study time: plan rewards for yourself after handing up assignments or completing exams, study actively, try to test yourself with past exam papers, and develop and stick to a study routine at home.

help seeking

A problem can sometimes be too hard to solve alone or even with friends and family, so it's important to seek professional help when needed. If you think you need additional support, you can see your family doctor, psychologist, social worker or counsellor. At school, you can also talk to a trained teacher, the Student Wellbeing Coordinator or school counsellor who can provide advice, or direct you to the right person if you need further support.

headspace supports 12-25 year olds and can also help you and your friends who are going through a tough time. We can help students with general health, mental health and wellbeing, work, school, study, and alcohol and other drug services.

headspace headspace.org.au

Stage 4 Food Tech

Stage 4 technology 2 (and our guest Jacob from Year 11) had their first practical lesson in Food Technology. They made hamburgers as a part of "What's for Lunch?" unit they are studying. They did a fabulous job and enjoyed eating their yummy hamburgers.

