



WILEY MATTERS

WILEY PARK GIRLS HIGH SCHOOL

June / Volume 2
2020





WE inspire

WE motivate

WE care

WE teach!

PRINCIPAL ADDRESS

WILEY MATTERS



2020 has been a different and difficult year, it is exciting to see that we are returning back to normal operations. However the differences are still here with us. Firstly please look at the changes to the HSC. As a result of COVID19 the best way to see these is to visit the NESA website (<https://educationstandards.nsw.edu.au/wps/portal/nesa/covid-19coronavirus-advice>) and look at the changes with your daughter. Please contact the school if you need further clarity.

We are now preparing for reporting to parents and moving into the second half of the year. Firstly, reports will be simplified this year and sent home as soon as they are complete.

The Parent teacher evenings we would normally have cannot occur due to the COVID 19 restrictions. Please do contact the school and arrange phone interviews if you would like an update on your daughter's education. Teachers will be contacting parents and carers if they have concerns with students.

We are hopeful that the Covid restrictions will be eased in Term 3 and we are planning for all are regular events such as formals and graduation ceremonies at this stage.

At present student are choosing their courses for 2021. Year 10 should in particular must be realistic and careful in choosing the correct course for their ability and future direction. Students should discuss this with their teachers and choose courses they like and can do well in.

I would like to congratulate our School Captains as they recently gained recognition of their leadership at our Federal Member for Parliaments officers and received a government document acknowledging this leadership. We are proud of our students and families and know we will achieve positive results this year as we always do.

In addition, our website, our Twitter@WileyparkGirls and Facebook @wileyparkgirlsHS pages are updated regularly by the Department of Education. Information is well sourced, from experts, and contain links to further detail should you wish.

I look forward to working with you all in Term 3.

Thank you,

Principal

Grahame Steigler-Peters

Keep up to date with WPGHS on our social media!



@WileyParkGirls



@WileyParkGirlsHS

DEPUTY ADDRESS

WILEY MATTERS



Thank you students, staff and families as we work through the “new normal” in schools. Whilst we understand this has been a very challenging time for you all at home, we have worked hard to maintain a great sense of positivity to make Wiley Park Girls High School the dynamic hub of education that it is and always will continue to be.

Changes in our school environment:

Whilst students were working from home we have given the school a whole new look. This includes innovative STEM Learning spaces and the redesign of the Mathematics class rooms into more exciting environments with stimulating resources to learn Mathematics and STEM courses. I thank Mrs Gu for working

with me on this project. Mrs McEwan and I have been working on a new Administration Office entry with a more corporate look welcoming you into our magnificent school.

Changes in the way we teach and learn:

Throughout 2020 and beyond you will note a huge shift in the way your daughter learns as we merge into the implementation of online learning globally and across the school. Teachers and students are increasingly engaging in online learning including the Google classroom, Zoom and Screencastify to ensure education and our lines of communication remain open with students whether working from home or at school.

Curriculum and Wellbeing:

Throughout the year we have been focusing on all aspects of curriculum to meet NESA and HSC requirements with continued Professional Learning for our staff to ensure your daughters have the best learning possible. To support our students with Wellbeing, Mrs Bobokis and Ms Southern have launched the Wiley Park Girls High School “Wellbeing Hub”. This site has been created to provide you and your daughter with a range of useful links and resources aimed at supporting student wellbeing at Wiley Park Girls High School. Please take the time to view this link: <https://bit.ly/wpghswellbeing>

Our Future - the new school plan – “Strategic Improvement Plan” - Strengthening NAPLAN, HSC and Minimum Standards

I have been working with our Literacy and Numeracy Team and Department of Education Curriculum Consultants to strengthen numeracy results in NAPLAN and Minimum Standards testing. We are in the process of developing innovative resources to support your daughter in this achievement for higher standards. Literacy and Numeracy continues to be part of our whole school targets and will be embedded into the new Wiley Park Girls High School 2021 -2024 “Strategic Improvement Plan”. We will be discussing this more with our staff and inviting parents for any input into this plan at future P&C meetings.

School Leaders visit Hon Tony Burke MP

On Thursday 25 June our School Captain, Alham Arja and Vice Captains Natasha Hamdy and Mariam Elcheikh received special recognition and School Leaders Awards by the Hon Tony Burke MP and Sophie Cotsis, Member for Canterbury. So proud of our school leaders in the giving of their time and commitment to the students in our school.



Best wishes and good health to you all. I hope you have a very relaxing and safe holiday break.
Ms Agapitos

DEPUTY ADDRESS

WILEY MATTERS



Congratulations to our students, staff and community on their wonderful efforts over Term 2. The challenge of the COVID-19 pandemic has resulted in our learning community showing ingenuity and determination in order to continue learning via a "distance education" model. To acknowledge the achievements of those individual students who showed exceptional commitment to their learning during Term 2, a letter a commendation will be sent home early in Term 3.

For any of our students and their families who may still be feeling anxious about their return to school, please contact the school so that we can discuss how to help move forward. The Department of Education has a web page of information for the community about COVID-19 at <https://education.nsw.gov.au/covid-19>.

Return to Learning at School

Now that we are back at school, it is important that students remember and follow the fundamental beliefs of the WPGHS school community. These beliefs are listed below:

Everyone has the right to:

- Feel safe, cared for and respected
- Learn and teach without disruption

Everyone has the right to:

- Be responsible for their own behaviour
- Respect the rights of others

Support for Stage 6 Students (Yrs 11 and 12)

The Departments of Education (DoE) has committed additional assistance to help our Stage 6 students as they move towards the completion of their HSC courses for 2020. Some of the projects are listed below:

1. **DoE Laptop Loan Devices** - This project is designed to support Stage 6 students who are experiencing difficulty gaining computer access and or Wifi at home. Teachers have nominated students (and students have been given the opportunity to nominate themselves) to receive a loan device and/or Wifi connectivity if they are in need at home. There are still some devices available for Stage 6 students, so please see me if you would like to be part of this program.
2. **Edrolo support materials** - These comprehensive online HSC resources have been made available for teachers and students of many of the Stage 6 courses at no cost. All Stage 6 students have been notified of this project and have been provided with log in instructions via their DoE email. Please encourage your daughters to access and use these resources.
3. **HSC Study Guide** - for tips, advice and course study materials for the HSC is now available online <https://www.smh.com.au/hsc-study-guide-2020>
4. **The DoE online HSC HUB** - Resources, support, study advice and other tools to help you in preparation for your upcoming HSC. These are available at <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/hsc-central/hsc-student-hub>

Congratulations and Thank You

Congratulations and welcome back to Mr Murray Henstock as he returns to our Science faculty from the start of Term 3. Mr Henstock returns to Wiley Park Girls High School to commence as the new Head Teacher Science after recently being appointed through a merit selection process. Mr Henstock is well known to our WPGHS community and is excited to start his new role as part of the school executive team.

Many thanks are extended to Mr Alex Kwong for his work as Relieving Head Teacher Science in 2019 and at the start of 2020 during this particularly challenging period of distance education. Mr Kwong will continue to provide exceptional service to WPGHS as he resumes his position as Year 9 Adviser.

Condolence Note

It is with great sadness that we pause to acknowledge the passing of our much loved Yr 8 student Yasmine Yassin on Tuesday 2nd June. We continue to convey our heartfelt sympathies to her family and friends. We wish you peace to bring comfort and courage to face the days ahead and loving memories to hold forever in your hearts.

J Fitzpatrick
Deputy Principal

- WPGHS Facebook: @WileyParkGirlsHS
- WPGHS Twitter: @WileyParkGirls

PB4L EXPECTED BEHAVIOURS

TRANSITION BEHAVIOURS	
SAFE	<ul style="list-style-type: none"> - Move quietly, sensibly and safely around the school - Avoid unsafe physical contact with other people
RESPECTFUL	<ul style="list-style-type: none"> - Move around the school with respect & courtesy - Respect the personal space of other people
LEARNER	<ul style="list-style-type: none"> - Arrive to class on time & prepared to learn

OUTSIDE BEHAVIOURS	
SAFE	<ul style="list-style-type: none"> - Stay in the supervised areas - Avoid unsafe physical contact with other people - Use safe behaviours appropriate to the different areas
RESPECTFUL	<ul style="list-style-type: none"> - Keep the school clean - Use appropriate language & tone - Be a respectful school & digital citizen - Queue & wait patiently in the canteen area
LEARNER	<ul style="list-style-type: none"> - Be on time to lessons following breaks

LEARNING SPACE BEHAVIOURS	
SAFE	<ul style="list-style-type: none"> - Line up sensibly & enter learning spaces when instructed - Follow all learning space safety instructions - Keep all personal items safe
RESPECTFUL	<ul style="list-style-type: none"> - Use appropriate language & tone - Allow & support all students to learn - Maintain a clean learning space - Hand up & wait for your turn
LEARNER	<ul style="list-style-type: none"> - Be a positive & engaged student - Use electronic devices appropriately for learning - Be organised & prepared to learn - Complete all class work & homework - Work collaboratively - Always do your best - Ask for help if needed

COMMUNITY & CYBER BEHAVIOURS	
SAFE	<ul style="list-style-type: none"> - Move safely around the community - Be cyber-safe - Report hurtful behaviour, conflict or harassment
RESPECTFUL	<ul style="list-style-type: none"> - Treat others with respect, courtesy and consideration - Always be a positive representative of the school
LEARNER	<ul style="list-style-type: none"> - Value the opinions of others

FROM WELLBEING

WELLBEING @ WPGHS

Welcome back to term 2! It has been so nice to see students returning back to school after our online learning journey.

Zonta Women's International Citizenship Award

Our year 10 student Vivian Li was the recipient of a Zonta Citizenship award celebrating her involvement in many projects in the school in which she has shown great resilience, leadership and character. Vivian had to prepare a speech and present it in front of many other schools and students via Zoom on the 23rd of June. Congratulations Vivian on such a great achievement!



Cyber Safety Police Talks

On Tuesday the 30th of June, Kylie Marinello our new Youth Engagement Officer from Campsie Police presented Cyber safety talks to students in year 7-10. These were aimed at raising awareness of dangers associated with technology and legal implications of inappropriate use of the internet.



Launch of our Wellbeing Hub Online

Term 3 will see the launch of a new WPGHS Wellbeing Hub, designed to assist students and parents in easily assessing relevant information, services and apps in relation to their wellbeing. This is an online tool that can be used to find information while at home and will be updated regularly. A link will be added to the school website and can also be directly assessed by this link: <https://bit.ly/wpghswellbeing>

Belmore Youth Resource Centre: Tutoring

Belmore Youth Resource Centre are offering free online tutor support every Wednesday via Teams for students struggling with classwork and assignments. For more information please see the flyer on the next page.

Welcome back to Mr Kwong as Year 9 Adviser in Term 3

I would also like to take the opportunity to thank Ms Southern for all her hard work while filling in for Mr Kwong as the Year 9 Adviser and would like to welcome Mr Kwong in this position starting as of Term 3. Ms Southern will continue to shadow Mr Kwong in this role.

Nationally Consistent Collection of Data on School Students with Disability (NCCD) - 2020

Schools across Australia are participating in the collection of nationally consistent data on school students with a disability. We will be collecting information already available in the school about the support that is being provided to students with a disability. Better data will help the Government plan for students with a disability. The data collection will have no direct impact on your child and they will not be involved in any testing process. The NSW Department of Education and Communities will provide the data collected to the Australian Government from all NSW public schools in such a way that no individual student or school will be able to be identified. In this way, we will ensure privacy and confidentiality of all students. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information.

- To find out more about these matters, please refer to the Australian Government's Privacy Policy (<https://www.education.gov.au/privacy-policy>).
- Further information about the NCCD can be found on the NCCD Portal (<https://www.nccd.edu.au>).
- If you have any questions about the NCCD, please contact the school and the learning and Support Team.



FROM WELLBEING

ATTENDANCE

Attendance –When is being away OK?

It's very important that you ensure your daughter is at school every day and on time. Sometimes it's hard to decide when it is acceptable to keep your daughter home from school.

Below is a list of acceptable and unacceptable examples:

Acceptable

- Unavoidable medical, specialist or dental appointments (Try to encourage appointments outside school hours, or close to home time.)
- Religious holidays
- Urgent family situation (E.g. funerals)
- Sick or infectious disease (E.g. conjunctivitis)

Unacceptable

- Shopping
- Sleeping in
- Working around the house
- Minding siblings/other children/older relatives
- Minor family events (birthdays)
- Hair cuts
- Weather conditions: Rainy/Windy/Hot
- Frequent car problems
- Frequent late train/bus
- Airport/Visitors from overseas or other states
- Other member of the family is sick
- Hospital visits to relatives or friends

Lastly I would like to wish everyone a safe and happy break. Looking forward to a productive term 3.

Rel. HT Wellbeing,
Ms Bobokis

**Tutoring at
Belmore Youth Centre**

Every day counts.

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

When your child misses just...	That equals to...	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 1.5 years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2.5 years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years if 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!

**BELMORE YOUTH
RESOURCE CENTRE**

ASK THE TUTOR!

Are you stuck with an essay, need homework help or just aren't too sure how to work your way around a mathematical formula?

Get help from a tutor! We are running an online student studies support program with tutors who can offer high school and university level subject support.

When: Every Wednesday during school term

Where: Microsoft Teams Online

Time: 3.30– 5.30pm

Register: cb.city/BYRC one time only, stating your preferred time.

Are you stuck on a subject or formula and want to fast track your learning?

Send your question to us at BYRC@cbcity.nsw.gov.au and our BYRC tutor will respond to your questions the following Wednesday!

For more information call **9718 9848** or email Michelle.O'Connor@cbcity.nsw.gov.au



FROM THE FACULTY

LEARNING & SUPPORT

Term 2 has been busy for our classes in Support. The gradual return to school has been welcomed by students and teachers alike! We have certainly missed their enthusiasm and smiles.

Visual Arts

Yellow and Pink class have been working on building drawing skills. Students chose different leaf shapes, drew and decorated leaves using different media. They attached the leaves to a branch, making a colourful autumn tree. Students built a number of skills and made individual decisions about their leaves decoration and placement. The two classes work is displayed in the corridor near our Support staffroom.



Music

The Pink class has been learning about the seven basic pitches of music notes (do re mi...) and the piano notes for 'Twinkle Twinkle Little Star'. See below our Pink class in the music room playing the Twinkle Twinkle Little Star on the piano keyboards.



Food Technology

The students in the Green class are learning to plan and prepare delicious meals. Below, the left photo pictures Hajar carefully slicing tomatoes for toasted cheese sandwiches.

History

Hajar and Claudia in the Green Class have assembled their new globe of the Earth so they can find different countries in HSIE. This term they have learnt about Ancient Egypt and can locate the River Nile on a map. Below, the right photo shows Claudia and Hajar inspecting the globe. Head Teacher Support, Ms Dalrymple.



Food Technology

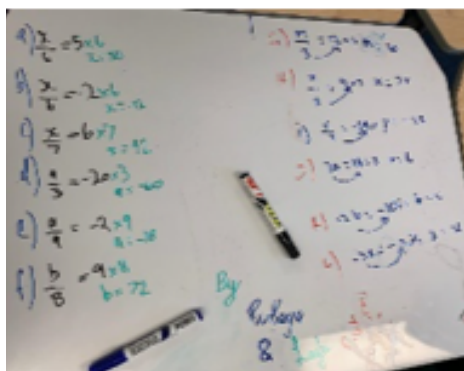
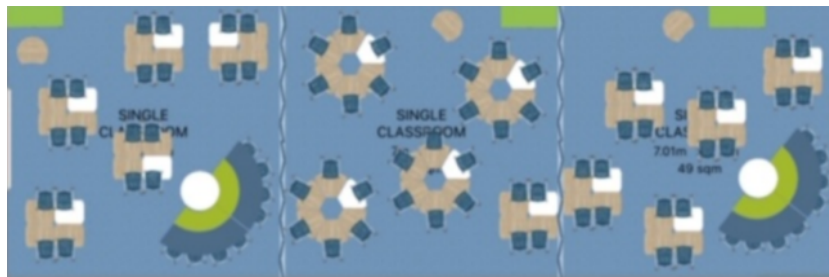
In the Green class, students Claudia, Mariam and Hajar have been developing their cooking skills in TAS. We recently made delicious pumpkin soup. They would like to thank Ms Edwards, Ms Johnson, and Ms Lavite for their help in our culinary endeavours.



FROM THE FACULTY

MATHEMATICS

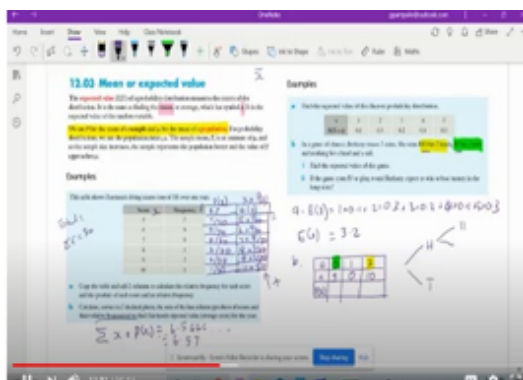
We are so excited to welcome students to our future learning space in rooms 248, 249 and 250. The Mathematics faculty and Mrs Agapitos have been working very hard on this project since Term 4 2019. The innovative learning space is mobile, flexible, varied and connected. Students have choice in where and how they learn. Opportunities for students to learn independently and in small and large groups have been optimised.



Term 2 has been a rapidly changing term. We had many challenges, but we learned and taught a lot with our students at school and home. We are grateful for that.

Online Teaching & Learning

Mathematics teachers have been creating learning packages containing explicit teaching activities with self-guided videos to assist students to learn at their own pace. We have developed content and activities through the use of Google classroom, Zoom, Screencastify, Adobe Connect, OneNote, Youtube videos, textbooks and worksheets to cater for the diverse range of learning needs that our students desire.



FROM THE FACULTY

TAS

At the beginning of Term 2, TAS classes continued with the remote learning and I would like to take this opportunity to thank all students who took on this huge challenge to engage online and also thank the courageous parents who supported their daughter throughout this difficult time.

In this article, I would like to showcase some examples of the wonderful efforts that the students have made when completing set tasks through the distance education mode and use this platform to congratulate them on their achievements.

Some Year 7 students worked on the 'Worth the Weight' engineering unit via working from home and their task was to make a bridge that could withstand weight. Outstanding work was produced by students and thank you parents for the support in helping their daughters to construct their sturdy bridges.



Year 8 students continued to work from home on their 'Rags to Bag' textiles unit. The assigned task was to make a bag out of recycled materials. The students took to the challenge and made very creative tote bags. Students used their old jeans, t-shirts and pillow slips to create their recycled bags.



Year 9 Food Technology students worked seamlessly on google classroom online and completed two digital tasks; the first activity was using google slides to present their research findings on native bush foods and the second activity was to design a brochure for a healthy food magazine on a diet related disease (left photo).

Year 10 Food Technology students were given virtual cooking lessons online through google classroom and they were asked if they could make particular recipes at home and take a photo to show their teachers. The Food technology students took on the task and here are some examples of exceptional rainbow cakes that covered the topic; Food Trends (right photo).



Year 10 Textile student's online assessment task was to design a bag inspired by upmarket company Spencer & Rutherford. With cultural influence as the main contributor to their designs our Year 10 students were enthused and came out with these fabulous designs (bottom left photo). Stage 6 Exploring Early Childhood Studies assessment task was make a sensory play toy for toddlers using recyclable materials whilst working from home. The students came up with brilliant ideas such as alphabet dice, jig-saw puzzles, and musical items like maracas (bottom right photo).



Over all I would like to congratulate our students who completed fantastic projects whilst working remotely, the TAS staff and I commend you on your splendid achievements.

Head Teacher TAS,
Ms Lavite

FROM THE FACULTY

ENGLISH

We have endeavoured to ensure the continuation of learning for students in Year 7-12. With the first five weeks of term occurring mostly online, it was important to provide opportunities for students to catch up on missed work due to lack of technology, and to engage them in class work.

This period of time has been particularly stressful for our senior students, and we have worked hard to ensure that they have not been disadvantaged in their studies. This has included the continued use of Google Classroom, for blended learning, teachers engaging in professional development, and the provision of free webinars by the English Teachers Association, for students to deepen their skills and knowledge, as well as utilise as a revision tool.

From My Window Project

We have collaborated with Story Factory, and Out Loud, two youth-focused organisations in the South West Sydney area, on a 13 week project titled, "From My Window". This project aims to use the arts as a way for young people to express their views and voices on issues affecting them.

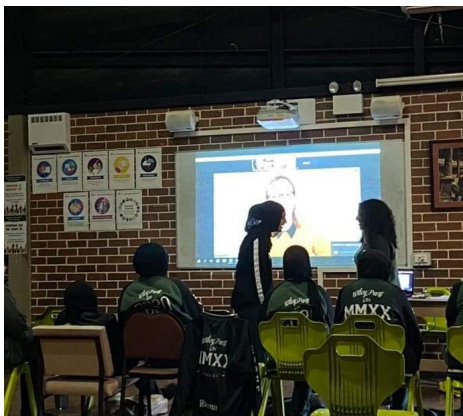
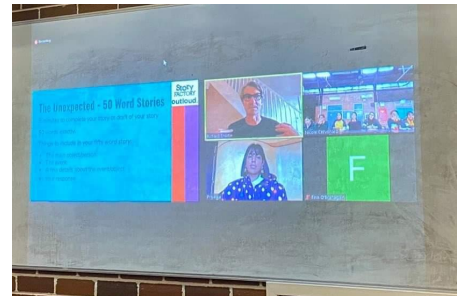
Slam Poetry

A small group of WPGHS students in Year 9 and 10 have had the opportunity to voice their experiences of the COVID crisis, as a young person, through slam poetry. The focus is Term 2 has been to develop their skills as writers. Each week, the students have participated in a workshop via Zoom, with professional writers. Next term, students will have the opportunity to work with film directors, editors, and musicians, resulting in a polished film of their self-devised slam poem. It has been a joy to watch these students developing their literacy skills, confidence in expressing their own experiences, and forging friendships with students in different year groups. I look forward to the continuation of the project next term.

Belvoir Workshop

We have a strong relationship with Belvoir's Education team, and, despite their own hardships this year, they have reached out to our students to assist them in their HSC Drama studies. This included access to archival footage of the plays being studied, and a free workshop, focusing on their Individual Project.

Students had the opportunity to work with a well-respected theatre writer and director, Anna Houston, via Zoom, to develop their performance skills. All of the students were grateful for the opportunity, as well as the knowledge Anna imparted to each of them.



I hope that Term 3 provides more stability for our students, and we will continue to work hard to engage every student, to achieve their potential in English.

Head Teacher English,
Ms Cervonaro

FROM THE FACULTY

MUSIC & VISUAL ARTS

MAC students and teachers are working hard preparing for the HSC in Visual Arts and Music. Ms. Michael and Mr. Gardiner are running weekend and holiday workshops to assist our HSC students with completing their HSC portfolio of work. This year our students are showcasing their talents across a broad range of artistic art forms and genres.

In Visual Arts, students are creating Bodies of Work using photomedia, sculpting and painting. In Music, students are composing original works borrowing from 19th and early 20th century aesthetics. They are also preparing diverse portfolios of work which contain Viva Voce analysis and solo performances.

In addition to this, our junior classes are working hard and exploring a diverse range of Art making and Music creating. Ms Michael and Ms Begetis are teaching our students to work with clay and the theory behind Artistic movements in history.

Mr. MacDonald is teaching the junior Music classes the Ukulele and Mr. Gardiner is working on a recording project with the year 9 Music elective class.

Lastly, the music department was fortunate enough to receive a new Kawai upright piano. This new piano is a professional grade instrument and will assist our HSC and elective students greatly in developing their performance technique and general appreciation for music as an art form. This year, our HSC students will be able to perform with confidence knowing they have such a superb instrument to showcase their work and talent.

Head Teacher MAC,
Mr Gardiner



SCIENCE

This term has been very exciting for our students as they continued to learn through their science curriculum.

Years 7 - 10

Year 7 have been learning about states of matter in their chemistry topic, and as part of that they created saturated solutions of copper sulfate, which then slowly evaporated away to form large blue crystals. The year 7s were extra dedicated as these require maintenance over a long period of time to produce large crystals.

Year 8 students took part in dissecting cow hearts as part of their 'Living Systems' topic to learn about the different parts and functions of the circulatory system. They successfully found the four chambers, major arteries and veins, valves and correctly identified the left and right sides of the heart. They had a lot of fun and we were very proud of their knowledge and skills. The teachers also demonstrated the dissection of a cow pluck (lungs, heart, stomach, intestines, liver all intact). Students saw the teachers 'breathe' air into and out of the lungs, and they saw how the liver break down toxins.

Year 9 have been doing 'The Periodic Table' topic, and have been able to witness some unique elements such as gallium which is a metal that melts in their hands, and sodium, another metal which explodes when it contacts water.

Year 10 have been looking at 'Energy Transformations' specifically looking at how energy is used by society. They produced some beautiful presentations on different forms of electricity production, and have proven themselves to be a confident and well spoken year group.

Stage 6 Science

Stage 6 biology dissected rats to learn about body systems. They got to see the respiratory and digestive systems and were able to compare them with the body systems of other species. In Science we have a new document camera which we used for the first time to demonstrate the rat dissection to stage 6 Biology and some junior classes.

Relieving Head Teacher
Science,
Mr Kwong



FROM THE LIBRARY

CAN TOUCH THIS!

The Library Re-opens To All Students

This year has been a rollercoaster for staff and students alike, but in the Library we're almost back to normal! Borrowing resumed in Week 3 Term 2, although there were some changes that students have adapted to brilliantly – cleaning hands at the door, limited numbers inside, and constant cleaning to make sure our space is always safe.

The best part is that we're back to our normal routines, which means that Year 7 and 8 are back in the Library once a fortnight for Wide Reading. This term we've focused on comprehension strategies, and what it means to be a good reader; it's important to remember that every student is capable of being a good reader, no matter their reading level or confidence.

We were lucky enough to have both Miss D Saisanas (Library) and Miss C Saisanas (Learning and Support) teaching lessons with us this term.



Top Borrowers

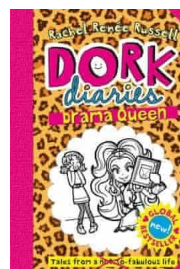
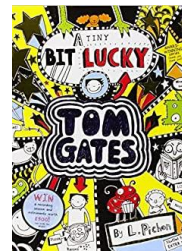
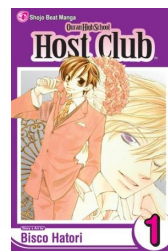
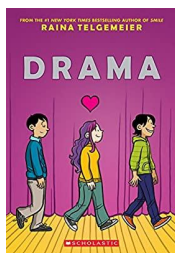
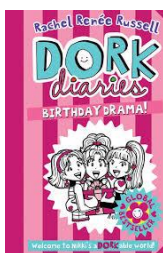
Our top 10 borrowers for Term 1 and 2 are:

1. Melhem, Sarah
2. Mohamed, Rania
3. Rehman, Maneeza
4. Al-Farouky, Saja
5. Makhoulouf, Mariam
6. Habibah, Habibah
7. Hafda, Amara
8. Ismail, Loubna
9. Utomo, Kamila Hafiza
10. Hasna, Najah

Top Borrows

Our top 10 books for Term 1 and 2 are:

- Stepping on Roses, by Rinko Ueda
- Dork Diaries: Birthday Drama, by Rachel Renee Russell
- Drama, by Raina Telgemeier
- Dreamin' Sun, by Ichigo Takano Orange
- The Complete Collection, by Ichigo Takano Ouran
- High School Host Club, by Hatori Bisco
- Tom Gates: A Tiny Bit Lucky, by Liz Pichon
- Dork Diaries: Drama Queen, by Rachel Renee Russell
- The Gentlemen's Alliance Cross, by Arina Tanemura
- Library Wars: Love & War, by Kiiko Yumi



An important message about our response to COVID-19

The health and safety of our staff and students is of the utmost importance to our school.

We have implemented a range of measures to help keep our school healthy and reduce the spread of infection and illness. Some simple measures we ask that you adopt include:



Before entering our school

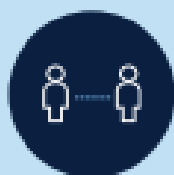
If you have been unwell, with symptoms such as a high temperature, cough, sore throat, and/or shortness of breath, please don't visit our school. Please contact our office to speak to one of our staff.

Ph:



Increase hygiene practices

We request that all staff, students and visitors follow increased personal hygiene practices through regular and thorough hand washing and coughing or sneezing into your elbow or tissue, and disposing of tissues.



Maintaining a healthy distance

For the health and wellbeing of our staff and students, please stand at least **1.5 metres** apart while waiting in our office. Our visitors are encouraged to wait outside for their turn to speak with our office staff. We are also applying social distancing requirements across all areas of the school as is reasonable and practical.



Support for our staff

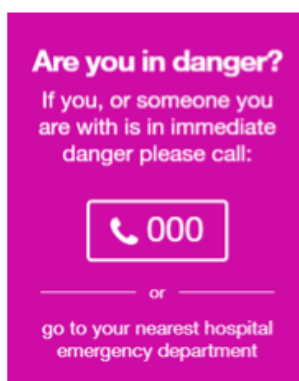
We appreciate your patience and support while we work together to minimise the impact of COVID 19 in our community.

We know this is a difficult time and we are doing all we can to support our staff and students.





Search Inside the Department for up-to-date information and resources.

FROM THE SCHOOL

Resources for families



If you or your child needs to talk to someone...

Name	About	Phone	Online
Kids Help Line 	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline 	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Suicide Call Back Service 	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
Youth Beyond Blue 	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/

FROM THE SCHOOL

SANE Australia 	<p>SANE Australia supports people living with complex mental health issues and the people that care about them</p>	<p>1800 187 263 10:00AM – 10:00PM</p>	<p>Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane</p>
Headspace 	<p>ehespace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	<p>N/A</p>	<p>Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/ehespace/</p>
QLife 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	<p>1800 184 527 3PM - Midnight</p>	<p>Webchat 3PM – Midnight https://www qlife.org.au/resources/chat</p>
1800RESPECT 	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</p>	<p>1800 737 732 24/7 Interpreter: 13 14 50</p>	<p>Online Chat 24/7 https://chat.1800respect.org.au/#/welcome</p>
Carers NSW 	<p>Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members</p>	<p>1800 242 636 9AM – 5PM Monday - Friday</p>	<p>http://www.carersnsw.org.au/how-we-help/support/carers-line/</p>
Mental Health Line 	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people</p>	<p>1800 011 511 24/7</p>	<p>https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</p>
	<p>Child Protection Helpline</p>	<p>13 21 11</p>	<p>https://reporter.childstory.nsw.gov.au/s/mrg</p>



FROM THE SCHOOL

If you are looking for an app to support you or your child...



Name	About	Website
Calm Harm 	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
Clear Fear 	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time 	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe 	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
Smiling Mind 	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind 	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

FROM THE SCHOOL

If you are seeking additional information...

Name	About	Website
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

See our website for more details on mental health support for students:
<https://wileyparkg-h.schools.nsw.gov.au/news/2020/3/online--support-for-students.html>



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