

Newsletter

TERM 3 :: Week 8 :: 2nd September 2021



From our Principal

And then.... *'we were learning from home.'*

The announcement from the Premier on the 11th August, that the Gilgandra LGA School would stay-at-home orders and Gilgandra High School would commence learning from home, came suddenly, but not unexpectedly.

As a school, our staff and students were well prepared to transition. A plan was in place, staff were ready to transition at any time and students had been briefed and had practiced logging onto their Google Classrooms.

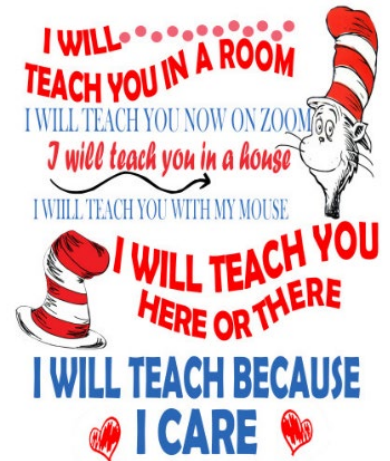
By Friday, the school was operating with a skeleton staff and work was being prepared for a Monday collection. Thank you to our community for working in tandem with us to keep routines and learning as a focus for our students. During Learning from Home, the Department of Education's *Situation Report* became the *Source of Truth* for schools, delivering clear guidelines for schools to follow.

During this time, we have not lost focus on our main goal of delivering quality teaching and learning to our students. Staff have continued to deliver lessons, mark work and provide feedback. I thank them for their efforts and the efforts of our parents, carers and students.

Our progress to provide a quality learning environment for our school community will see the beginning of the installation of the COLA (Covered Outdoor Learning Area) during Term 4, the steel has been ordered; new seating for the hall has been purchased and we are awaiting delivery. We have also been successful in securing a demountable bathroom for the Agriculture Plot, reducing time away from class to access the bathrooms during lesson time. This will be a great asset to this location in the school.

Please enjoy our *Learning From Home Edition* of the Term 3 Newsletter.

Erica Burge
Principal (RLG)



Google Classroom





Thank you

Gilgandra High School Parents and Citizens Association thanks you for your kind donation supporting the Cancer Council's Daffodil Day fundraising appeal 2021.

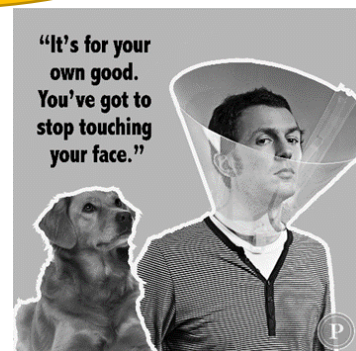
Gilgandra High School's Daffodil Day Collection was over \$70

We will continue to keep you updated with the latest COVID advice for families via our Facebook site in order to provide active links. The latest advice can also be found on our school website, by clicking on the link below, or by entering the following link into your search engine. <https://education.nsw.gov.au/covid-19/advice-for-families>

R U Okay Day

R U Okay Day is Thursday 9th of September. It's our national day of action when we remind Australians that every day is the day to ask, "are you OK?". If someone in your world is struggling with life's ups and downs. This year the message is: **Are they really OK? Ask them today.**

Join the online R U OK? Webinar and learn when and how to ask R U OK? so you can start a conversation that could change a life. Thursday 9th September 12:30pm to 1:30pm. Register by clicking on the image below, or go to www.ruok.org.au






Learn when and how to ask



Date: Thursday 9 September 2021

Time: 12:30 pm – 1:30 pm (AEST)

RSVP: ruok.org.au

Ask them today

R U OK?
A conversation could change a life.

Online Reading

ePlatform is an online borrowing facility for students to read on their digital devices. Students can download the free app or follow the link, <https://gilgandrahs.eplatform.co/>

You can also click on the image below to take you to the Gilgandra High School page.

By students using their DoE computer logon to access and borrow from over 2000+ books, this is a wonderful addition to our already plentiful choice of books available.



[Students](#) [Schools](#) [Shared Collections](#) [How It Works](#) [Pricing](#) [Content](#) [More](#)

Find Libraries

Gilgandra High School



Wear It Purple Day

On Friday 27th August, staff on site wore purple in support of 'Wear it Purple Day, 2021'. The theme this year is 'Start the Conversation', a significant theme and a timely reminder of the importance of supportive conversations with those around us and our loved ones.



Students and our community are reminded that even during this trying time of remote learning, we are here for you. If you need to reach out, please do so.

Uniform Shop

Sloppy Joes	-	\$40
Sport Shirts	-	\$25
School Shirts	-	\$25
Track Pants	-	\$25
Shorts	-	\$25
School Jackets	-	\$60
Sports Socks	-	\$30
Calculators	-	\$30

OUR UNIFORM MATTERS

To find out more, head over to www.wearitpurple.org



Check Your Emails Regularly!

Just a reminder that all Gilgandra High School students should be checking their school email regularly for information that is being communicated.

In particular, Years 11 & 12, have important emails with regard to HSC Trials and Year 11 Examinations.



Around our School



Genes for Jeans Day

On Friday the 6th of August Gilgandra High School celebrated Jeans for Genes Day. Jeans for Genes Day is a nationwide fundraising initiative to support families and children with birth defects and incurable genetic diseases. Many staff and students wore jeans and denim clothing to demonstrate their support for this great cause and contributed to our fundraising efforts by donating generously and supporting our SRC run BBQ.

In total, we were able to raise a massive \$682! This is a fantastic achievement by our school and a huge thank you has to go to all staff and students who supported our fundraising efforts. I would also like to thank the hardworking student members of the GHS SRC who distributed promotional material, made assembly announcements, collected donations, and ran the BBQ on the day.

Well done Gilgandra High School!!!

Mr Will Godber



Principal

Mrs Erica Burge (RLG)

Deputy Principal

Ms Sheryn West (RLG)

HEAD TEACHERS

English/HSIE:

Mrs Fiona Lambell

Mathematics

Mrs Michelle Keogh (RLG)

Science

Miss Ilana Austen (RLG)

TAS

Mr Russell Woollams

Support:

Mrs Di Irvin

Wellbeing

Mrs Meredith Schier

YEAR ADVISORS

Year 7

Mrs Nadine Wilkin

Year 8

Miss Nicola Murphy

Year 9

Mr Andrew McCutcheon

Year 10

Ms Madde Jewell

Year 11

Miss Breanna Patton

Year 12

Mrs Stacey O'Neill



P & C President

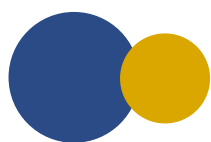
Mrs Chantel Chandler

AECG President

Ms Deidrie Naden

ARCO

Mrs Meredith Schier



From our Deputy

Welcome to our *Learning From Home Edition* of the Term 3 Newsletter.

During learning from home parents/carers can drop off and pick up work packs each Monday from 9.30am. Remember to QR code sign in, wear a mask, practice good hygiene and social distance.

Whilst learning from home, family's parents and carers in areas under stay-at-home rules must keep children – across primary and secondary school – at home unless they need to be at school. Our school has minimal supervision on site for those students who cannot be educated at home, for example if their parent or carer is an essential worker. If you are working from home, and your child can be educated from home, please keep them at home.

Some guidelines to help promote success when learning from home include:

Stay connected - Keep in touch with your teacher and classmates during this challenging time. Reach out to your parent, carer or teacher if you need additional help. Call us on 6847 2276 if you have any questions or require some help.

Set up your workspace - Work in a quiet area, at a desk or table and try to limit distractions.

Your normal routine - Eat breakfast, brush your teeth and get dressed in the morning.

Build in fun - Take some time to be creative or tune into the daily NSW Education livestream. Check out Gilgandra High Schools' Wellbeing Hub Google Classroom for some tips.

Ask questions - If you don't understand something, ask your teacher or classmates.

Take breaks - Take breaks away from your work. Move around and try not to sit down all day.

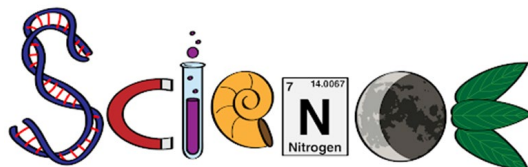
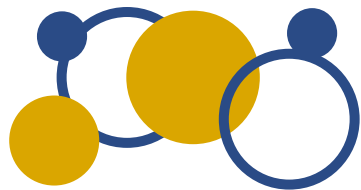
Check your emails and Google Classroom – this is the most efficient way to contact your teachers. Our staff will be sending out communication via your school email address.

One-way Gilgandra High School is staying connected with students and families is by making regular check - in phones calls. If you receive a phone call from the school or a private number please answer, the likelihood is that it is a teacher of your child/ren checking in to see how you and they are going.

Stay safe.

Ms Sheryn West
Deputy Principal (RLG)





Science

Well, suffice to say lockdown interrupted our plans for National Science Week. However, we hope you took the opportunity to engage in at least one of the free virtual science opportunities that were being posted on Facebook for the whole school.

Miss Austen took the opportunity to get lockdown creative and turn National Science Week into a competition.

It is with great pleasure that I announce Miss Kailee Edwards the winner of Gilgandra High School National Science Week competition. Kailee wrote an outstanding essay, which has been entered into the UNSW BRAGG competition.

Congratulations Kailee. Your essay is awesome and we can't wait to see the outcome of your efforts.

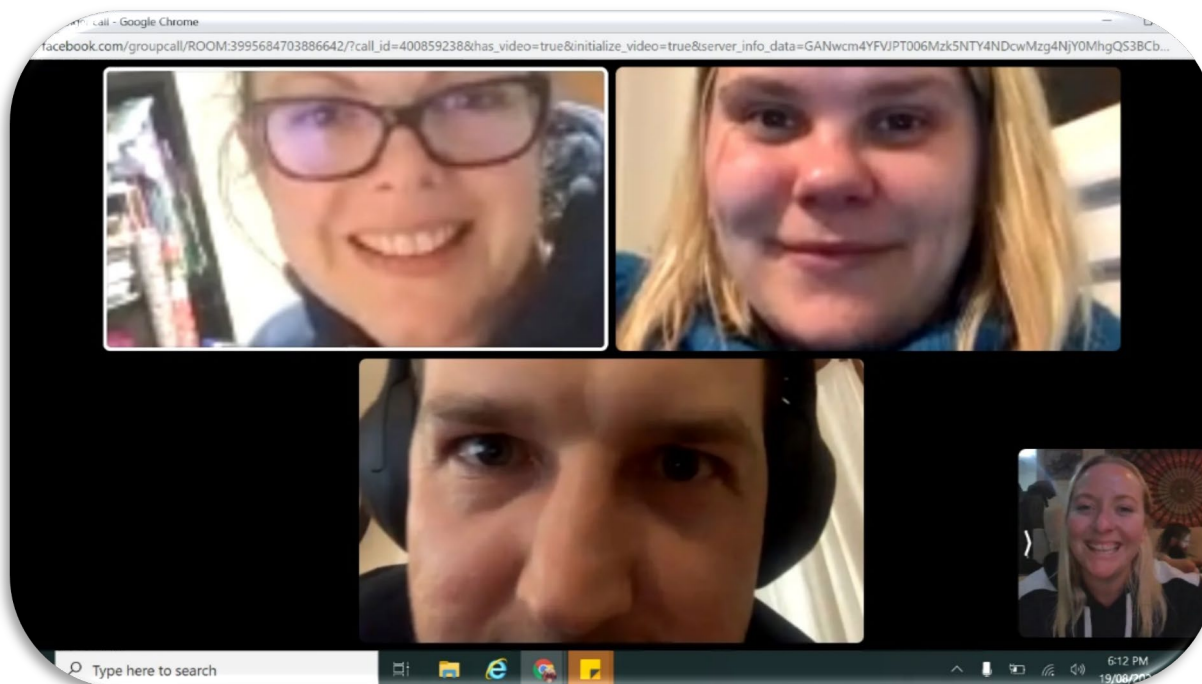


Paper Plane Challenge



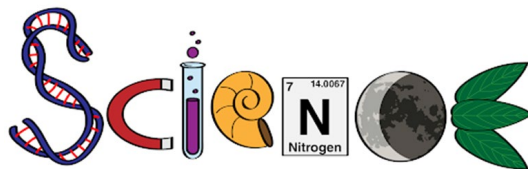
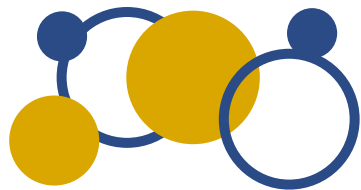
Our planned Paper Plane competition will still go ahead at the school level. This will be reorganised by Miss Hoy once the COVID situation has settled and we look forward to sharing the results of our students' efforts with you.

The National Science Quiz was held on Thursday 19th of August and Miss Austen is happy to announce she was not left by her nerdy self to complete the quiz. Miss Austen was joined by Miss Murphy, Miss Jewell and Mr Godber via zoom and each participant competed against each other, whilst also competing against the nation. Miss Austen finished a not too shabby 386th and hopes to improve her ranking in next year's National Science Quiz.



Miss Austen, Miss Jewell, Mr Godber and Miss Murphy all participating in the National Science Quiz 2021

Thank you to those staff for your support of the Science faculty and the virtual activities of National Science Week. It is great to work with such a supportive and enthusiastic team of teachers.



The Science faculty has been working hard this year to ensure that Lab 3 is now a fully outfitted and updated senior laboratory. What does this mean? Well, all Stage 6 Biology and Chemistry students have all the required equipment to be able to carry out all necessary practical tasks. This has been a lengthy and costly task, but one that is of great benefit to our students. This opportunity will see our students be able to engage in practical tasks readily and easily, with enough equipment for all benches and students, as well as updated equipment, which will see our students prepared for further studies at TAFE and university. The Science faculty would like to extend its gratitude to the senior executive staff of Gilgandra High School, who have supported this vision and without whom, this vision would not have been possible.



Left: Enough equipment has been purchased throughout the year to ensure that each bench in the 2 junior laboratories is kitted out with everything the students will need to perform the majority of their practicals.

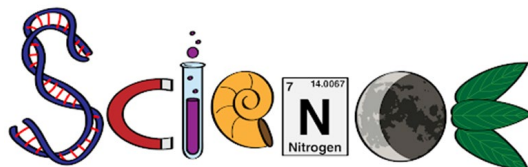
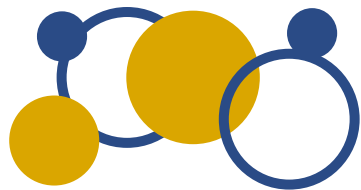


Left: Brand new senior thermometers and brand new senior pipettes and pipette stand, ready for student usage.

Right: Extra glassware has been purchased to support the increase in practical which have occurred this year, which is FANTASTIC!



Left: Brand new Senior Molecular Model Kits have been purchased to support stage 6 chemistry. These are vital in supporting students understanding of molecular structure and construction of atoms, molecules and compounds.



Year 12 Museum of Human Disease UNSW Virtual Tour

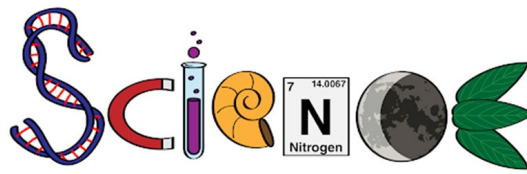
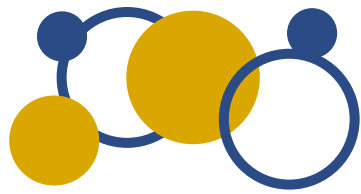
Year 12 Biology completed their mandatory curriculum-based incursion on Tuesday 27th July. The tour was conducted by an expert in the field of Pathology. The tour was educational and a wonderful combination of all the modules that Year 12 have covered. It began with disease including both infectious and non-infectious with a close look into Cirrhosis and Jaundice (liver failure), followed by a close look at both healthy and unhealthy Aorta's linking with Atherosclerosis. The disease section of the tour ended with a lung from an 1898 patient afflicted with Tuberculosis.

Following a short break, the class then engaged in a review of the Heredity and Genetic Change modules linking these to disease using Mutations of both the Single Nucleotide nature and chromosomal abnormalities. The UNSW disease expert was grateful for the active participation, with all of the students making an effort to answer questions. Overall, a very enjoyable and educational experience for all.

National Chemistry Quiz

Prior to lockdown, a number of students competed in the International Chemistry Quiz. These students answered 60 questions and competed against students from 21 other countries. This is the first time that Gilgandra High School has competed in the International Chemistry Quiz and all students involved are to be commended on their effort and application. Congratulations to you all.





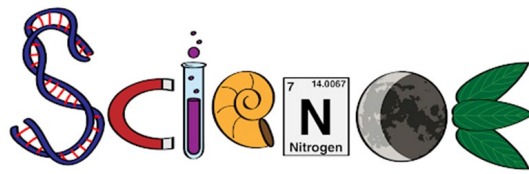
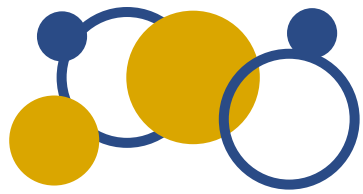
Year 10 Science

Studied a unit called *Life Goes On!*, which is Biology based. Learning about cells, cell replication, DNA (Deoxyribonucleic Acid), Natural Selection, Evolution and much more. During this practical, students simulated Evolution using coloured counters, with different selective pressures occurring from generation to generation.

Year 9 Science

The students studied a unit called *Invisible Waves*, a Physics unit. Learning about all the different waves that create the world in which we live. Here students are performing a practical investigation to determine the speed at which light and sound waves travel.





Year 11 Biology

As part of their final module 'Ecosystem Dynamics' in preliminary Biology, Year 11 biology went on an excursion to the Warrumbungle National Park Environmental Education Centre.

On the excursion, students got to do the work of professional ecologists, sampling different areas using quadrats and transect lines and predicting how a variety of factors would affect the abundance of different species within the national park.



Students also took part in discussion about potential strategies for managing the national park and controlling introduced species. It was a valuable learning experience and a great way to round out the final module.





Single Cup 2021

The 2021 Single Cup between Gilgandra, Coonamble and Coonabarabran High Schools was attended by many students at Coonabarabran on 4th August. It was the 50th Anniversary of the Cup named in honour of Ken Single - a prominent Gilgandra businessman.

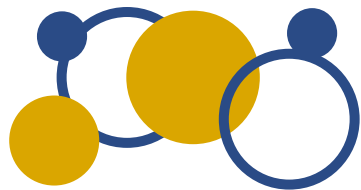


Unfortunately, we missed out on returning the cup to GHS with the points tally falling Coonabarabran High School's way by 71 points to Gilgandra High School's 58 points, and Coonamble High School on 22 points.

The weather was very chilly at times; however, our students enjoyed a great day and were terrific ambassadors of our school.







AUSTRALIAN 真 HISTORY COMPETITION

History

Congratulations to those students who sat the Australian History Competition during Term 2.

This is a national competition designed to promote the interest and love of History amongst students and to reward excellence in the subject.

The results have been distributed to schools and amongst our students there were some impressive results.

We look forward to the opportunity where all who participated will receive their results in person.

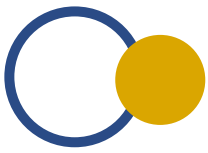
PDHPE

Students in our Health and PE classes demonstrated Lifelong Learning skills throughout Education Week 2021.



The benefits of being physically active as young people has tremendous benefit now and into the future. The PE classes enjoyed some gym skills whilst the Year 11 PDHPE class learnt how to sling and bandage, as they prepare to obtain their First Aid certificate.





COVID ILSP (Individual Learning Support Program)

As last year was a hard year for students (due to lockdown), the Government funded small group tuition for 2-5 participants. The focus was on Literacy and Numeracy skills, which students can then translate to other subject areas.

This semester just gone, students from grades 7 to 10 again engaged with the program. The students attended on a weekly basis (3 times a week for 30mins).

What students learnt during this time, focussed on a number of factors; the classroom teacher's goals, their own personal goals, and teacher identified goals.

The literacy lessons comprised theory (the how and why), as well as practical based components. These ranged from sorting activities, how to write a paragraph, as well as reading from a wide range of text types, across a number of KLAs, in order to build up fluency in reading and vocabulary.

The Numeracy lessons comprised quick revision of timetable and division facts, with a focus on strategies to support quick recall of number facts, as well as other key mathematical concepts (used across the KLAs). Students' used a variety of methods to complete their work from; whiteboards and markers (using dice and playing cards), to computer-based programs such as Hit the Button and Mathletics (with student assigned tasks).

The results of the program have provided students with confidence in their learning (with a can-do attitude), as well as complementing what they are learning within the classroom environments.

Coming Up

9th September
R U OK? Day

15th September
Footy Colours Day

17th September
Last day of Term 3

9th November
HSC Written Exams

January 2022
HSC results released

Child Protection Week – *The United Nations Convention on the rights of the child* can be found by clicking on the picture below.

United Nations Convention on
the rights of the child

CHILDREN'S WEEK

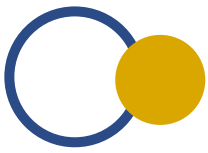
A collaborative Children's Week Project between Meerlinga Young Children's Foundation Inc., the Department for Communities and the United Nations Association, WA Branch.
Children's Week acknowledges UNICEF for kindly permitting the reproduction of their original text and poster design.

'Rights' are things that every child should have or be able to do. All children have the same rights. These rights are listed in the UN Convention on the Rights of the Child. Almost every country has agreed to these rights. All the rights are connected to each other, and all are equally important.

Sometimes, we have to think about the rights in terms of what is the best for children in a situation, and what is critical to life and protection from harm.

As you grow, you have more responsibility to make choices and exercise your rights.





Support

Support students have been engaged in daily virtual bingo games on their Google Classroom. The lucky winners have had prizes in their work packs and even a special Birthday Bingo was played to celebrate a student's special day!

Work packs have been sent out each week with many engaging activities to learn from. The last couple of weeks have seen us continue to learn about Fantasy in English and Australian History in HSIE, alongside lots of wellbeing, Art and Science discoveries.

We also still have our aquaponics system running at school. The fish are happy being fed and checked on by Mrs Neeves and Michelle. We have some new experiments happening with growing celery from it's base, by using the water from the aquaponics system.

The next couple of weeks continue with learning from home and we are excited to see what our students will be challenged by with their schoolwork. Some Science experiments are coming the students' way and lots of engaging learning through our core subjects as well.



Left: Ashaya's Art



Above: Ashaya has been busy making mask with her Grandmother.



Left: Jazz and the bird feeder craft.

Right: Jazz and her mum, Susie, made a beautiful origami butterfly.



Right: Growing celery.





Below is the timetable expectation for students engaging in learning at home.

Stage 4

Total hours per day:

**3.5 hours
per day**

Key focus areas – core teaching:

- **30-45 minutes** of English activities.
- **30-45 minutes** of mathematics activities.
- **90-120 minutes** of activities from creative arts, HSIE, languages, PDHPE, science and technology and applied sciences.

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 5

Total hours per day:

**3.5 hours
per day**

Key focus areas – core teaching:

- **30-45 minutes** of English activities.
- **30-45 minutes** of mathematics activities.
- **90-120 minutes** of activities from HSIE, PDHPE, science and electives.

Additional learning:

- Other activities such as wellbeing, sport and physical activities, where social distancing allows.

Stage 6

Total hours per day:

**Students in
Year 11 and
12 will follow
their usual
pattern of
study**

Major project requirements:

- Changes have been made to the requirements for major projects in some practical subjects.
- NESA will continue to provide updates around changes to major projects and/or assessments for specific subjects.



Click on the image below to register for this special broadcast for public school parents and community.



**our students
our teachers**

A SPECIAL BROADCAST FOR
PUBLIC SCHOOL PARENTS AND CARERS
IS BEING HELD ON TUESDAY SEPTEMBER 7 AT 7PM

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

Focusing on the impact of COVID-19 and looming teacher shortages, this is a great way to learn more about what's happening in our public schools in these challenging times and how parents and teachers can work together for the benefit of students.

TRACEY SPICER AM
AUTHOR AND BROADCASTER

ROBYN EVANS
PRESIDENT NSW PRIMARY PRINCIPALS' ASSOCIATION

CRAIG PETERSEN
PRESIDENT NSW SECONDARY PRINCIPALS' COUNCIL

ANGELO GAVRIELATOS
PRESIDENT NSW TEACHERS' FEDERATION

NATALIE WALKER
PRESIDENT NSW FEDERATION OF PARENTS AND CITIZENS ASSOCIATIONS

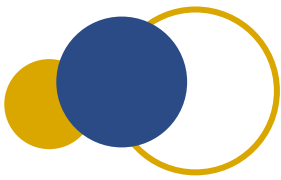
DATE
SEPTEMBER 7

TIME
LIVESTREAM COMMENCES 7PM

DURATION
30MIN

REGISTER
AT WEB ADDRESS OR VIA QR CODE

Authorised by: Maxine Strickland, General Secretary, NSW Teachers' Federation, 25-26 Macquarie Street, Sydney NSW 2000. 21/09/20



Visual Arts

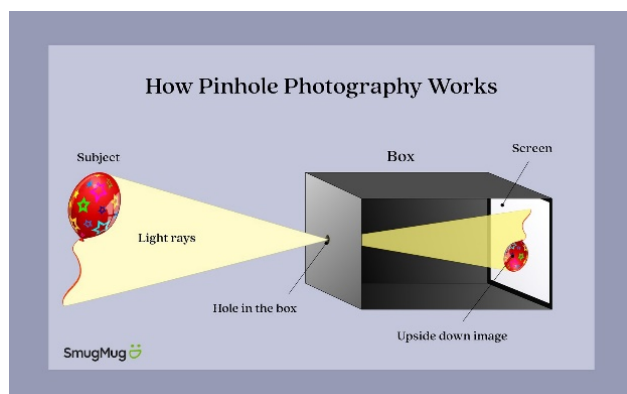
Year 7 have unfortunately not been able to continue their clay pottery at home, so have spent the time finishing their exploration of the work of artists Thancoupie and Pippin Drysdale. They have also been selecting and recreating famous artworks as photographs, during lockdown. We look forward to being able to share student examples in the next newsletter. In the meantime, enjoy these examples!



Year 12 have been using the time at home to revise artists they have studied in the last year or so, focussing on the information they will need to complete the long answer response required in the HSC Visual Arts paper. They are also rushing to complete their artworks for their Body of Work which is due extremely soon, and we look forward to seeing the finished artworks when they are handed in on the 6th September.

Photography

Year 11 have also been busy finishing their film projects, with short films including a fairy tale retelling, an ad selling photographs of Willem Defoe's face, a story about losing a family member in the bush, an instructional video with sport tips, or an ad selling cars. They have also been examining famous black and white photographers, researching their style and techniques before attempting to create their own interpretation and photos exploring one of these aspects. This will lead to students creating their own pinhole cameras and analogue photos when we are finally able to return onsite and use the dark room at Gilgandra High School.



Mathematics Faculty

It has been pleasing to see all the junior Mathematics assignments being handed in when students have completed them. Well done. We are expecting all assignments to be returned by the end of Week 10.

Well done to Casey Gaff and Lachlan Riley for their regular contact with their mathematics teacher. Please remember that teachers are here if you need assistance. Contact us through Google Classroom or ring the school.

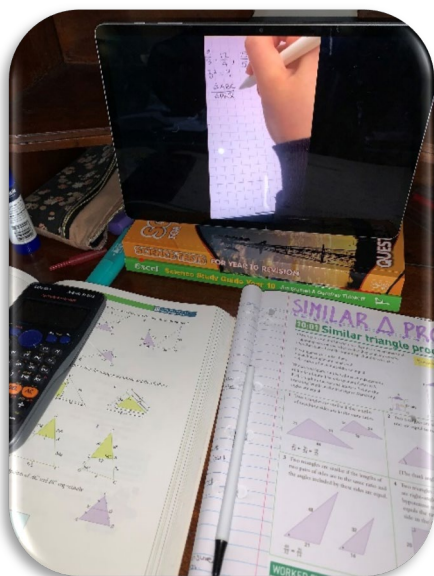
Mrs Keogh's stay at home classroom has seen Year 12 Mathematics Advanced working solidly on revision activities, with the Year 11 Advanced class wading through logarithms and exponentials. Year 10 have been working on the surface area of solid figures, volume and are moving into statistics in the near future. Year 8 have completed 'Ratios and Rates' and move onto 'Circles' as their next topic to tackle at home, with Year 7 working on 'Fractions'.

Junior Mathematics classes always begin with ten short questions at the start of each lesson. Enjoy a different type of ten questions this time with answers supplied.

- | | |
|--|--|
| 1. How do you make time fly?
<i>Throw a clock out the window!</i> | 7. Why was the fraction worried about marrying the decimal?
<i>Because she would have to convert.</i> |
| 2. What did the spelling book say to the math book?
<i>"I know I can count on you!"</i> | 8. Why is the obtuse triangle always so frustrated?
<i>Because it's never right.</i> |
| 3. Are monsters good at math?
<i>Not unless you Count Dracula.</i> | 9. What do you call dudes who love math?
<i>Algebras.</i> |
| 4. What is the butterfly's favorite subject in school?
<i>Mathematics</i> | 10. What do you call a number that can't stay in one place?
<i>A Roamin' numeral.</i> |
| 5. What did one math book say to the other?
<i>"Don't bother me, I've got my own problems."</i> | |
| 6. Why is six afraid of seven?
<i>Because seven eight nine!</i> | |

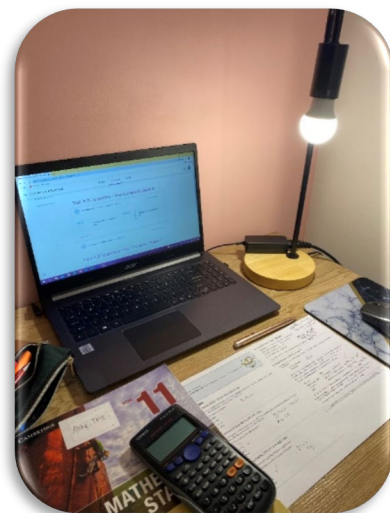
Year 11

The Year 11 Mathematics Standard class have recently finished the course's content and have spent the last few weeks revising topics of concern. Students completed a Google Quiz identifying particular topics that they found challenging and revision activities were created to allow for them to develop their skills in this area.



In addition to this, some students have been preparing for their final alternate assessment tasks by engaging with past-HSC questions that are taken from the Year 11 content.

Right: Year 11 student, Abby Tate's, learning from home workspace



Year 10

To assist Year 10 students with the 5.3 course, Miss Patton has been uploading relevant YouTube videos to assist students with their understanding. This week she has also supplemented this by uploading videos of herself working out some of the questions from student's work packs.

Left: Olivia McClelland's remote learning set up with Miss Patton's video explanation in the background to assist Olivia.



Music

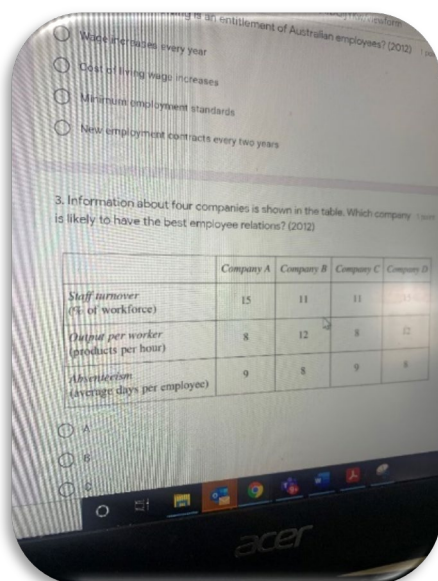
Music students from Year 7 to Year 12 are working diligently at home on their tasks. Music is a subject that has both practical and theory components, so it is a good opportunity for students to refresh these aspects while at home. For those that have access to an instrument, they are encouraged to share what they have been practising for their peers on Google Classroom. Miss Murphy will be posting optional practical tasks on Google Classroom for any Music student that wishes to engage.

Business Studies

The Year 11 Business Studies class this term completed their final unit: Business Management. This required them to investigate the different ways that companies choose to manage their staff and the benefits and limitations of each. This unit has allowed them to engage with many hands-on activities. One task required them to create an assembly line in small teams in which they produced birthday and Christmas cards. Mid-way through production, Miss Patton announced changes to the required design. This gave them an understanding of the changing nature of business operations and required them to respond by using the contingency management approach.



This unit was finished during lockdown and in preparation for their final assessment tasks, students have engaged with daily Google Quizzes that provide them with instant feedback.



TAS Faculty

The current remote learning structure is not an easy one for students studying technology-based subjects. These subjects are mainly practical in nature and it is difficult to create practical lessons for these students at home.

We encourage students to continue to develop skills in their technology subjects while away from school. Look for those opportunities around you. This may be in the form of attempting some cooking for your family, learning some sewing skills, or making something from timber or metal in the back shed. You may also choose to learn how to create something on your computer. It may involve coding, photo editing or even making a level or map for your favourite game. These are all skills that will help when you return to the classroom.

We know that many students have part finished projects at school and we are looking for ways to allow these to be completed when you return. I can confidently say that your teachers will be keen to get you into as many practical lessons as they can when we finally return.

Mr R Woollams
Head Teacher TAS

"We look forward to the day when our workshops will be buzzing again with activity."



Year 9 Textiles Technology

Abbey selected a beautiful floral fabric to construct her full skirt that drapes elegantly to the ankles. She learnt how to construct a waistband with zip, button and buttonhole.

Molly has repurposed a cotton doona cover, cut it into sections, tie-dyed it and will then be converting it into a bean bag cover with zip inserted. We can't wait to see the finished product.

Tyrone has converted a traditional hoodie pattern to construct a sleeveless hoodie with kangaroo pocket. His fabric selection was perfect for his style of garment.

Bailey constructed his t-shirt out of stretch camouflage fabric. It features professional double top-stitching around the hems.



Year 8 Food Technology

Term 3 saw the Year 8 Technology course rotate into the different streams. This term, it is 8TEC2's turn to tackle the Food Technology, "Fantastic Foods", program.

After an introduction to the kitchen in Year 7, the program encourages the students to evaluate what they eat, and how best to prepare their food, relative to the nutritional needs of adolescents.

The practical component of the program is essential in developing the students' kitchen skills.

There's nothing like a nutritional hamburger, full of essential nutrients, to get the class keen to participate in the preparation, cooking and eating of their creations.

The class are disappointed that the practical lessons have ceased due to remote learning. Let's hope they are all helping in the kitchen while at home.



Photos: Here we see Elten and Jace slaving over the stove, and Isla and Indiana enjoying their final result.



Agriculture

Our Year 10 students spent the day at 'Carlinda' undertaking several sheep husbandry operations on the school's Merino lambs.

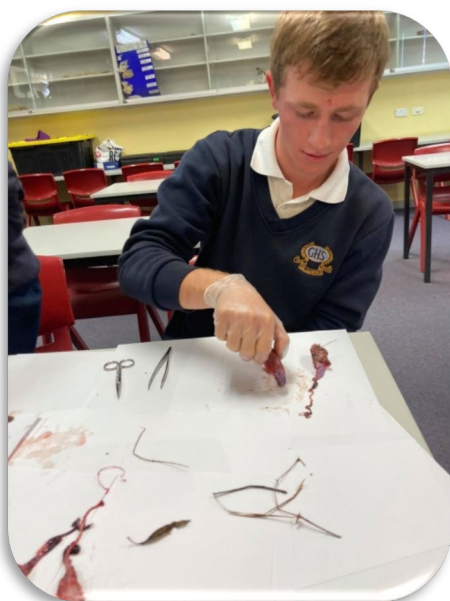
Alison and JB Tancred who manage 'GRASS' Merino stud and Willy Reddington from Quality Wool, took the students through vaccinating, tail docking, chemical application, ear tagging, castration and DNA sampling. The students also had the opportunity to learn about the importance of genetics and the environment and their impact on wool quality and growth. It was a fantastic day and we are very thankful for the opportunity to have such an educational and valuable experience provided to us. A big thank you to Alison and JB Tancred and Willy Reddington for giving us their time and knowledge and for allowing us to use their equipment.

Also, a big thank you to Greg and Di Peart and Stan and Ginny Doyal for their continued support in allowing our sheep to run on their properties. Without this, we would not be able to participate in great days like this.



After Year 10 students lamb-marked the school merinos, our Year 11 Senior Agriculture, who are currently learning about livestock reproduction, spent a lesson dissecting the lamb testicles.

The students were able to correctly locate and identify the epididymis, Vas deferens, blood vessels and main testie. They then explained the function of each part in regards to its use and application for reproductive purposes.



7 top tips for a healthy headspace

Try just one each day to help yourself keep in a healthy headspace.

1. get into life



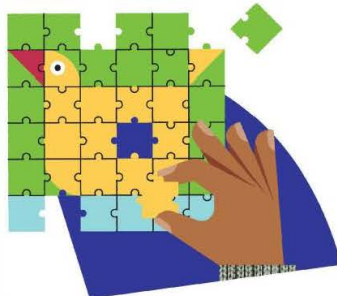
- Take 5 minutes to read something fun - a chapter of a book, a comic, or magazine.
- Feel the groove and let it show - listen to music that makes you smile.
- Try something new - a new food, a new hobby, you won't know unless you try.

2. Learn skills for tough times



- Something on your mind? It can help to write it down.
- Slow your breathing and take 20 deep, calming breaths.
- Practice Mindfulness - acknowledge your thoughts both good and bad and let them pass. Focus only on what you can control.

3. create connections



- Find someone you trust to talk with about your feelings
- Spend time with your family playing a board game or doing a puzzle.
- Spend time with a pet or animal that makes you feel safe and comfortable.

4. Eat well



- Try eating a meal without any processed foods - e.g. cold meat and salad.
- Get creative and make a nutritious meal with a friend or family member.
- Notice how you feel after eating both nutritious and less nutritious meals and make the right choice for your body and your mood.

5. stay active



- Go for a walk to the park with your family and play a game of frisbee.
- Breathe and flex - take a moment to stretch your muscles.
- Aim to get up to 40mins of moderate exercise each day - it releases chemicals in your body that boost your mood.

6. get enough sleep



- Set an alarm and try to get up at the same time each day.
- Practice a few minutes of deep breathing in bed before you drift off. Turn off all screens at least 30 mins before bed.
- Young people should get between 8-10 hour sleep each day to help their body and minds grow.

7. cutting back on alcohol and other drugs



- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.
- Remember that relying alcohol and other drugs as a coping strategy may work in the moment but will not help you work through things long term.