



NEWSLETTER

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30th October 2020

Term 4 – Week 3

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FROM THE PRINCIPAL

HSC

The 2020 HSC Examinations commenced on Tuesday 20 October. Many of our students have now completed at least half of their examinations and we continue to wish them well throughout this period.

Attendance

Regular attendance helps students achieve their educational best and increase their career and life options.

Model Farms High School, along with all NSW public schools, has a target for student attendance from 2021 to 2024. This target specifically relates to increasing the percentage of students attending school at or above 90% of the time.

One of the roles of all schools is not only to educate but to prepare students for life beyond school. In most vocations, the paid entitlement for adults is 10 days per year for combined sick and carers leave.

For students to attend 90% of the time (205 school days in a year), this means that the individual is actually absent 20 days a year, twice that of the entitlement for most adults.

I certainly understand that we all have years, where sickness or misadventure requires us to be away for extended periods, and this is certainly beyond our control. 2020 has also made everyone in Australia, and around the world, aware that if we are unwell, it is important to stay away until the symptoms resolve.

However, on the whole, there are good reasons why a high level of attendance is so important. Regular attendance helps students to:

- develop a sense of belonging
- develop and maintain friendships
- be more engaged at school
- progress with their learning
- be more aware of career and life options.

It is important also, to fully understand the impact of non attendance. The visual below demonstrates the impact of missing one day per fortnight and one day per week across a student's school lifetime.

Every day counts. Missing just one day a fortnight can amount to four weeks of lost learning over a year. Over their school life, this can equal one year of missed learning.



So, how can we work together?

For this to be effective, every stakeholder needs to work in partnership in supporting positive school attendance. As a school, we need to closely monitor student attendance and have systems in place to communicate non attendance with parents and where necessary, have conversations and meetings to enhance attendance.

As a parent, when your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

Parents and carers can help foster positive attendance habits by:

- helping their child learn the importance of punctuality and routine
- ensuring their child arrives on time from the start of the school day, ready to participate in learning
- reducing disruption to learning where possible, by planning any necessary appointments outside of school time
- promptly communicating any absence to the school (within 7 days of the first day of any absence)
- working with the school to encourage and support regular attendance.

As a student, regular attendance at school helps you to maximise your potential.

You can help by:

- knowing what class activities are on which school day (for example, which day is sport or library) or having a copy of your timetable
- making sure you're ready for each school day: uniform, books, bag, lunch
- chatting with family, a friend or teacher if you have concerns about attending school, or something is making it difficult to get to school
- asking a teacher for help if school work is challenging.

Year 12 Graduation

- At the end of last term, we were able to hold a very enjoyable Year 12 Graduation Evening. Like many other events, 2020 presented challenges in the organisation and the delivery as parents were unable to attend due to COVID guidelines.
- However, the night was livestreamed, enabling families to gather together, at home and watch their children/grandchildren graduate in the comfort of their living room. The feedback regarding the evening has been extremely positive, and we look forward to now providing families the opportunity to obtain a copy of the filming from the evening.





Camps, excursions and large events

We continue to plan many events for later this year and early next year, with considerable uncertainty of guidelines, availability and parameters we need to work within and follow.

Although the planning for events such as Presentation Evening are well underway, the format of the evening is still uncertain. Later this term, we will have updated guidelines from the Department of Education, however, in some instances, we have to make complex decisions before these guidelines are available due to the organisational timeframe and the commitments of key personnel. We will keep you informed as the Term progresses.

We, as a school, also have to be very careful when entering into any arrangement with an external provider (e.g. Camps, guest speakers) during COVID, as often, within the contracts, the cancellation of events close to the date incur very large fees. These contracts are signed by both parties one year prior (to secure the necessary booking), and no one foresaw the complexities that COVID has brought.

A recent example of possible cancellation would have incurred a \$33 000 cost to the school. Fortunately, we were able to proceed with the arrangements and work with the provider. As we can't expect families to pay for an event that eventually doesn't run due to the change in COVID guidelines, the cost comes solely back to the school. For that reason, we are proceeding with great care, and working with providers to alter their existing contracts for situations that may be out of our control (e.g. outbreak of COVID). We may also be informing parents of events much later than normal as we are unable to commit to an earlier booking. We trust that you understand these unusual circumstances.

Best wishes for the week ahead,

Mark Grady

FROM THE DEPUTY PRINCIPAL – MS PLEDGER

Year 11 Students commencing the HSC

Last week Year 11 students were issued with their HSC Assessment Procedures and Calendar for 2020-2021. It is important that all students read this information carefully and make sure they fully understand all procedures for submitting assessment tasks. Unfortunately, during the Preliminary course I had to issue a number of zeros for tasks because students failed to follow the correct procedures. To avoid a repeat please read this important document. It is compulsory reading for students and parents alike.

During Week 4 Model Farms would normally hold the HSC In Focus Evening for both students and parents. Due to COVID we are unable to hold this information evening. I am in the process of recording videos of the presentations. Next week, I will email all Year 11 parents with information on how to access these videos.

The following website contains some fantastic information for both parents and students to help ensure that they start the HSC course the best way possible. https://education.nsw.gov.au/parents-and-carers/a-z-parents-guide#Homework_16

Study Periods

As Year 11 students begin to amend their patterns of study, it is likely they will have study periods (no allocated class) appear in their timetable. It is essential that students use these periods productively to maximise their performance in the HSC. During these times, students are able to access the library or they are able to be in the outdoor senior COLA. Students are not to disturb the learning of other classes.

Senior Student's and Cars

PLEASE stress to your child the importance of driving safely when leaving school of an afternoon. While I can appreciate their desire to race home and study (or attack the fridge) it is essential that driving is very careful around school zones.

All students who drive a car to school should have returned the "Permission to Travel to and from School by Private Vehicle". A copy of this form has been included in this newsletter if your child still needs to return this to school.

Yr 11 Recognition Assembly

At present we have our annual Year 11 Recognition Assembly scheduled for Tuesday 17th November 2020. We are awaiting updated advice from the Department of Education about parent attendance. This advice is expected to be issued next week.

Once our plans have been finalised in line with current restrictions, we will update families via email.

World Teacher's Day

Friday 30th October was World Teachers Day. It is a day to celebrate the efforts of teachers across the country. This special day has been an annual event now for more than twenty years and is one of the very rare ones which is recognised globally. We have a fantastic group of teachers and support staff here at Model Farms High School and every



day they do things with individuals or classes which show their great love for your children and the passion they have for their profession. The day is an opportunity to thank and recognise the efforts of these special people for making a difference in our students' lives.

2021 start date

The Department of Education has made a change to when school development days (SDDs) are scheduled. During SDD teachers meet to undergo professional learning and planning will occur from next year. Instead of the allocation of one day at the beginning of term 1, there will be two SDDs for teachers on the first two days of term 1. This will be compensated by a reduction from two days to one day at the end of term 4.

Therefore in 2021:

- Wednesday 27 January and Thursday 28 January will be Staff Development Days for teachers and staff only
- Friday 29 January – Years 7 and 12 will return to school
- Monday 1 February – Year 11 will return to school
- Tuesday 2 February - Years 8, 9 and 10 will return to school

Have a good week,

Jennifer Pledger
Deputy Principal

FROM THE DEPUTY PRINCIPAL – MS KENNON

Welcome to term 4 – a very busy term ahead. Students are undertaking exams and finalising assessments and teachers are writing reports to communicate the achievements of students to parents.

Year 12

After a different year, Year 12 students are now completing their HSC examinations. Many precautions are in place to enable the exams to go ahead safely and I congratulate all of the students for complying so well with these changes. I wish Year 12 all the best with the remaining examinations and look forward to seeing their results on 18th December. I also look forward to joining Year 12 students to celebrate the end of their schooling at the Formal on 17th November. It is wonderful that this event can go ahead. Students are also reminded that they will need to sign out of school on the 16th November. All text books need to be returned and outstanding fees will need to be paid in order to complete this process.

Year 10

Over the last few years we have been transitioning to the 'Bring Your Own Device' (BYOD) program– Year 10 are the only Year group that have not yet been required to bring a device to school. As of next year, 2021, BYOD will apply to all students. This means that all students across all years will be required to bring a device to school each and every day. Now might be the best time to start planning for this. The device will be of your child's and your own choosing and ownership but must meet the specifications set out by the school. The school makes available a purchasing portal to assist families by providing a selection of devices which meet these requirements.

See the Model Farms High School website technology pages for further information.

<https://modelfarms-h.schools.nsw.gov.au/byod-program.html>

Uniform

Now might also be the time to start planning to purchase the senior uniform for next year. Parents are reminded that the uniform shop will not be opening over the Christmas holiday break and so you will need to purchase the senior uniform before the end of this term.

Year 8 and 11 Subject Choices

Students will be informed of their elected subjects for 2021 in the next week. They will have the opportunity to make changes to their selections, within the limits of the lines offered and the numbers of students in each class. Further instructions for this process will be announced to students in the next week but we ask students to make these changes as soon as possible. It is important to have classes finalised to ensure a smooth commencement of the 2021 school year.

Have a great week,

Kerrie Kennon
Deputy Principal

TERM 4

Week 4

Monday 2 nd November	<p>Yr 10 Science Yearly Examination Yr 7 Science Yearly Test Paper 2 Yr 9 Music Written/Aural Exam 8Japanese1 – Personal Profile Task Yr 9 Textiles Examination YES Program Blacktown TAFE</p>
Tuesday 3 rd November	<p>Yr 10 Science Yearly Examination Japanese URA Forum (TBC) Yr 9 Agriculture Yearly Exam Yr 7 Science Yearly Test Paper 2 Yr 7 Geography Yearly Exam 7V Only YES Program Blacktown TAFE</p>
Wednesday 4 th November	<p>Yr 10 Science Yearly Examination P & C and School Council Meetings Japanese URA Forum (TBC) Yr 10 Dance Performance Yr 8 English Reading and Language Assessment Yr 9 Commerce Yearly Examination Yr 9 Elective History Yearly Exam Library closed for HSC Examination YES Program Blacktown TAFE</p>
Thursday 5 th November	<p>Yr 10 Science Yearly Examination Yr 7 Geography Yearly Exam Yr 9 Commerce Yearly Exam Yr 9 Dance Performance Yr 9 Japanese – Task 3 Yr 10 Graphics Technology, Architectural Drawing Assessment Task YES Program Blacktown TAFE</p>
Friday 6 th November	<p>Yr 10 Maths Yearly Exam Yr 9 Electronics Etching Projects and Portfolio Yr 9 STEM Alternate Energy Yr 10 Electronics Robot Project and Portfolio YES Program Blacktown TAFE</p>

FROM THE MATHEMATICS FACULTY

From the Faculty that Counts!

Virtual Merits:

During the remote learning period in Term 2, Model Farms High School started transitioning to a new system of issuing merits called 'Virtual Merits'. This means that merits are recorded in our online system and when they accumulate to 15 virtual merits, then a bronze award is issued by Year Advisers. Faculty merits are no longer being issued, so will no longer be published in this section of the newsletter.

This week's news:

Welcome back for the final busy term of 2020. What a year it has been! We hope that you had a relaxing holiday period.

HSC Mathematics:

Year 12 sat nervously for their Mathematics exams in Standard 1, 2, Advanced and Extension 2 on Monday 26th October. There were some mixed reviews, particular on the very first Advanced and Extension 2 new course HSC papers. We are sure they all did their best and wish the Extension 1 students the best of luck for their exam on Friday 30th October!

Yearly Mathematics Exams:

Years 7 and 8 completed their Yearly Examinations in Term 4 Week 2 and Year 9 will sit their Yearly Examination on Friday in Week 3. Teachers are busy marking exam papers and preparing reports for the end of the year.

Year 10 students are preparing for their Yearly Examination, to be held on Friday 6th November. They should also be preparing in their home study time by reading over their notes and revising their work. Students can ask their teachers for extra help at recess and lunchtimes.

A reminder to Year 9 and 10 students that they must bring their own calculators to examinations. Teachers are not permitted to loan calculators or any other equipment to students for examinations.

When students are absent for their Yearly Examinations, they must submit an Appeals Form. The forms are available outside the Maths Staffroom in the top of block 8. Students will be required to complete their examinations on their first day of return to school after the period of absence. The rules for this are outlined in each of the Assessment Guides. Below is a summary of the requirements:

If a student is absent from an assessment task, the student has the responsibility of reporting to the Class Teacher of their course on their arrival at school to arrange to complete the task. An Illness/Misadventure form must then be completed.

Re-sit of Yearly Examinations

Students in all years who score less than 30% for their Yearly Examination in Mathematics will have to 're-sit' their exam. Students will be informed and letters sent home with the dates of the res-sit exam.

The Results for the Mathematics Competitions for 2020:

ICAS:

The ICAS Mathematics Competition was held in September with 30 students from Years 7 to 10 participating in an online assessment. The results are as follows:

- 1 high distinction
- 4 distinctions
- 9 credits
- 4 merits

Congratulations to Thomas Latimore who was also awarded the Principal's Award.

The Australian Mathematics Competition (AMC):

This competition was held in August with 143 students from Years 7 to 12 competing. The results are as follows:

- 15 distinctions
- 35 credit
- 75 proficiency
-

Once again, congratulations to Thomas Latimore who was awarded the Best in School Award.

Calculators:

Please make sure that all students have their own calculator. The Casio fx-82AU PLUS II is sold at the uniform shop for \$35. Different brands of scientific calculators have different layouts and it is important that everyone in a class has the same calculator. Students need this calculator from Year 7. It is vital for their progress that students are familiar with their calculator and know how to use the different functions.

Have a Mathematical week,

Kellie Lumley

Head Teacher Mathematics

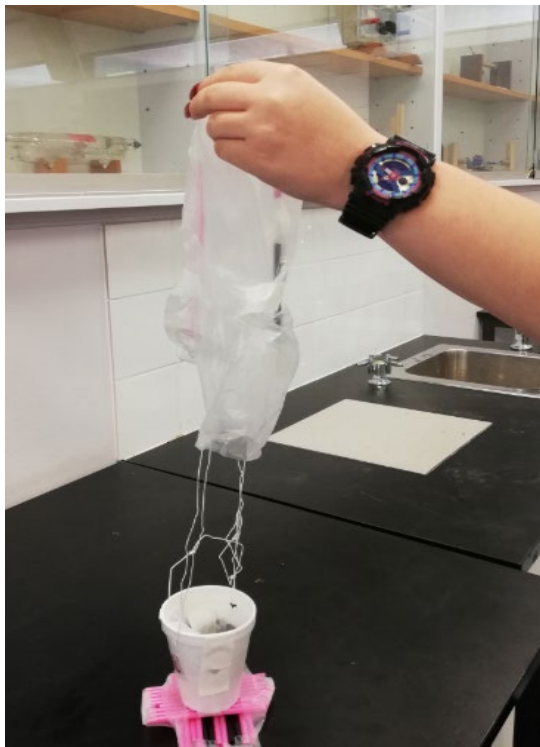
FROM THE SCIENCE AND AGRICULTURE FACULTY

Welcome back, Model Farms High School, to an exciting last term of 2020. It is going to be a busy end to the year.

Model Farms budding Scientists have been busy



Year seven have been productive in planting and taking care of their lettuce



Year 8 created capsule(s) that protected the egg when it made impact hitting the ground. This relates to the topic on Forces



Year ten are doing the topic on evolution, they created models of strata and fossils.

Busy start to term 4!

- Year 10 have a yearly exam in week 4 and will start the new topic "The Universe". Year 10 agriculture have a yearly exam in week 3.
- Year 9 have a yearly exam in week 3 and will start the new and last topic "Ecosystems". Year 9 agriculture will have a yearly exam in week 4.
- Year 8 are to sit for a yearly exam in week 3 and are starting a new topic "Body Systems II".
- Year 7 are sitting for a yearly exam in week 3 and 4 and have just started the topic "Sort it Out".
- Year 11/12 Agriculture have a task due in week 10.

From the Science Faculty

PDHPE FACULTY

SPORT REPORT

GRADE SPORT

Summer Grade Sport has resumed with our Touch and OzTag teams performing exceptionally well and Grade Basketball enjoying the new Courts.

REC SPORT

Students have been able to return to Rec Venues, some still with limited numbers.

YEAR 7 SPORT

Year 7 Sport have made their Term 4 selections through School Bytes and are now training in their teams for the annual Gala Day later this term. More information will follow on how, when and where this day will run for 2020.

HILLS ZONE

Hills Zone have started to announce upcoming trials for Zone representative teams.

[Keep up to date with Sport by following on FB or online:](#)



DANCE

We have made it to Term 4. The HSC is in full swing and we wish our Dance students the very best for their written exam.

We have not been able to run our extracurricular groups since Term 1 pre-Covid so I'm really looking forward to when we may start these back up again in 2021 - fingers crossed. Thank you to all those students who have been asking to be our Dance Leaders in 2021. It is so good that your interest has not waned and the passion is still there. It has been frustrating with zero performance opportunities. Use your final assessment task to deliver all that Performance Quality.

Year 12 Dance

GOOD LUCK! One last exam to go.

We welcome Ms Jeftha our Practicum Student who will be working with Mrs Middleton's lesson for the duration of Term 4.

Year 11 Dance starting the HSC Course:

Core Performance: being assessed in Week 6. Don't forget to prepare for the interviews too.

Composition: plan, think and plan some more. We will throw ourselves into this Week 7.

Appreciation: interpret the Prescribed Works "Sarabande" and "Terrain" and understand the choreographers, their background, training and influences.

Years 9 & 10 Dance

Performance: Musical Theatre – the final assessment. Make sure all your booklets have been completed and handed in for the year.

All work can be found in our Google Classroom.

Go to the Classwork tab at the top and go to the relevant folder (Performance, Composition, Appreciation) to find the work.

FROM THE ENGLISH FACULTY

Model Farms High Book Club – Let's Talk Books!



The first book club meet was held recently. Students from Years 8, 9 and 10 joined the club through an expression of interest. Having completed a survey about their favourite genres, it was decided that we would begin with a fantasy novel. Leigh Bardugo's novel 'Six of Crows' was welcomed as the choice. The students gathered in our beautiful new gardens at the front of the school to share their thoughts. The discussion flowed and it was great to see these book lovers contribute so freely and listen with interest to hear what others thought. Below are just a couple of lines from each. They are now eagerly awaiting the arrival of the sequel 'Crooked Kingdom'.

If you are keen to read 'Six of Crows', the novels are in the library and with multiple copies, many of you can enjoy the novel at the same time.

Mabel R - Year 10

"'Six of Crows' is a thoroughly enjoyable read with its terrific characterisation and captivating descriptions. I recommend this novel to anyone who wants to get lost in a world of thieves, magic, love and betrayal."

Sophie B – Year 8

"I really enjoyed the book, particularly the plotline. It was a true page turner. I also liked listening to the others and hearing their views.'

Matthew B - Year 10

"The novel is a classic enjoyable heist story packaged in a uniquely intriguing fantasy setting and delivered by loveable complex characters. With incredible thrills, it all comes together to create a fun but also very dark story."

James K – Year 9

"I loved 'Six of Crows'. I liked how the setting worked with the dark characters of this world. I also liked how they worked together in the heist but also worked for their own benefit. The meeting was interesting and fun and a great social experience. The people at book club are great listeners and have interesting opinions."

Jessica B – Year 8

"The novel was really interesting, especially the Grishaverse which was populated with characters that have distinctive powers. It's got me itching for the sequel."

Sebastian B – Year 10

"The novel 'Six of Crows' is a truly masterful narrative that uses the well-known heist story to drive the characters. It was a well-written and delightful read that I was unable to put down. I highly recommend it."

Wellbeing News – What is Resilience?

How do we teach our children to be resilient? Lucy Hone (TEDX Christchurch) spent many years as the expert on this topic, till she faced personal tragedy. She outlines three important principles which resilient people have come to understand well.

1. *Bad stuff happens to all of us at some point*

We live in an age where we are led to believe that life should be about living (almost) perfect lives. Everybody else seems to have it made and goes to great places with wonderful friends! FOMO really exists! It is no wonder “entitlement” is a curse of the age! When tough times come along, they are hard to face as we feel let down and that someone else needs to step up/apologise/be blamed for the suffering we face. Resilient people are aware that life isn’t always easy-going and care-free, and then they find support in others who can possibly help, or at the very least provide comfort.

2. *What can I change, if anything, in this situation?*

Resilient people are good at choosing where they focus their attention. It might be choosing to change an attitude towards another person; forgiving old grievances, or choosing to let go of things we simply cannot change; things out of our control. Choosing to “tune into” good things in your life or being grateful for what you have will shift your focus from negative thought patterns ...It won’t change what happens TO us but it helps build a mindset to cope. We have so much to live FOR and not AGAINST!

3. *Is what I am doing helping me or harming me?*

Taking stock of our own situation in reflection takes practice – something we get better at as we get older. Our kids need to see modelled behaviour of this in us. Is continuing to argue with that person helping me? Is this group of friends a good influence on me? Is that hour spent on social media uplifting or promoting positive mental health/allowing me to reach my goals in my next assessment/for the future? It is a relevant question for so many situations!

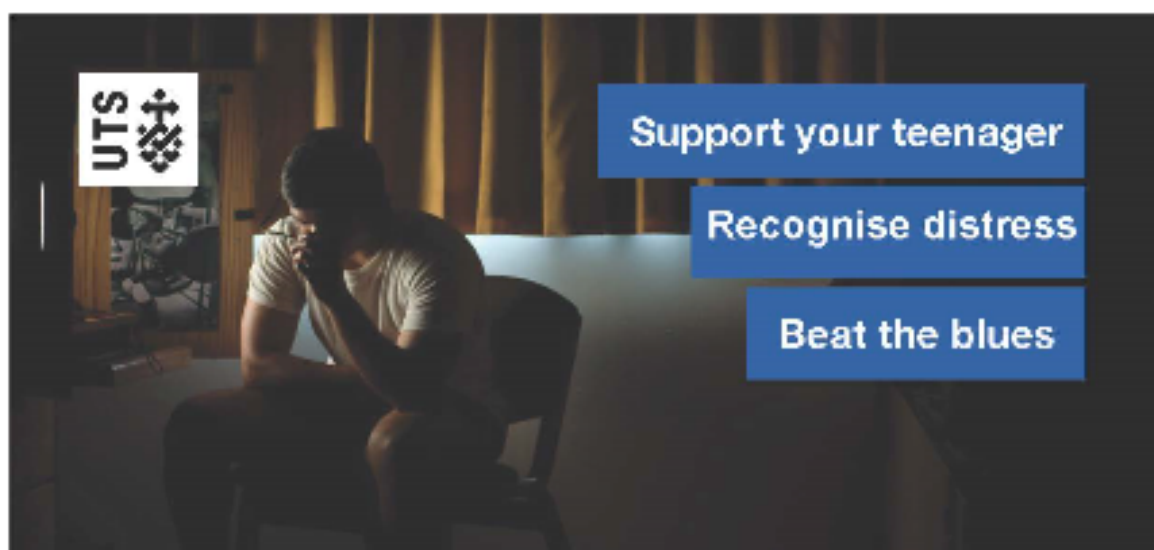
High school remains a great place to learn and grow...but it also provides many opportunities to build resilience. There are many wonderful people at Model Farms dedicated to helping students through the tough times this year with COVID and continual change; Year Advisers, Class Teachers, Counsellors and many more. It is important to reach out if you are needing that reassurance or support.

Mrs V Leghorn
Head Teacher Wellbeing

Recognising Psychological Distress in your Teenager

Who: Parents

When: Wednesday 4/11/2020 at 6-7pm



THE KIDMAN CENTRE UTS

Free Online and Face-Face 'Taking Charge' workshop for parents: Recognising Psychological Distress in your Teenager

Are you a parent or caregiver who would like to understand the difference between 'normal' teenage emotions compared to significant psychological distress?

Teenagers are known for experiencing strong emotions and having difficulty regulating themselves. But what are signs that your teenager may be experiencing symptoms of anxiety or low mood?

To understand this, The Kidman Centre UTS is offering a FREE one-hour online or face-face workshop on Wednesday 4th November from 6-7pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understanding 'normal' teenage emotions,
- Understanding and recognising anxiety and low mood indicators,
- Parent management skills, and
- External resources to support your teenager.

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.



Workshop and Booking Details

When
6:00pm to 7:00pm on Wednesday 4th November 2020

What
1-hour workshop for parents and caregivers.

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick, Parkas Building, Level 10 East High Street entrance, Randwick (video on how to find us) or [Online \(via Zoom\)](#). An email link will be sent closer to the date.

Who
Presented by Clinical Psychologist, Jennifer Hawken

Bookings essential
Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>

Teens Taking Charge of Exam Stress

Who: Teens

When: Wednesday 11/11/2020 at 4.30-5.30pm



THE KIDMAN CENTRE UTS

Free Online and Face-to-Face workshop for high school students: Taking charge of exam stress

Are you a high school student that experience mind blanks during exams? Do you freak out before an exam? Or, do you procrastinate and avoid preparing at all for your exams?

Now is a perfect time to develop your own practical and personalised plan for how you manage exam stress.

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a **FREE online and face-to-face 'Taking Charge with Teens: Managing Exam Stress'** workshop on Wednesday 11th November, from 4:30pm to 5:30pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

Bookings are essential as numbers are limited.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will focus on practical strategies and cover the following topics:

- Identifying common sources of stress students
 - The fight-or-flight response
 - Understanding the symptoms of acute and chronic stress
 - The three step approach to managing stress:
1. Challenging unhelpful thinking (cognitive therapy skills)
 2. Taking action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Self-care (diet, exercise, breathing techniques, time out, sleep strategies)
- Sources of further help



Workshop and Booking Details

When
4:30pm to 5:30pm on
Wednesday 11th November 2020

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick, Parkes Building, Level 10 East, High Street, Randwick (See here for a [video](#) on how to find us or Online (via Zoom)

Who
Presented by Clinical Psychologist, Jennifer Hawken

What
1-hour workshop for high school students

Bookings essential
Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://takingchargeworkshops.eventbrite.com.au/>

Teens Coming Back Stronger after COVID-19

Who: Teens

When: Thursday 12/11/2020 at 4.30-5.30pm



THE KIDMAN CENTRE UTS

Free Online and Face-to-Face 'Taking Charge' workshop for teens: Coming Back Stronger after COVID-19

Are you a teenager who is feeling stressed, unmotivated or ambivalent about your future?

After such a stressful and unusual year, now is the perfect time to increase your motivation, adopt healthy habits, build resilience, and create a positive mindset, so that you can come back stronger in 2021.

To help you to do this, The Kidman Centre UTS is offering a **FREE** online or face-to-face one-hour workshop on Wednesday 12th November, from 4.30-5.30pm.

The workshop will be run by Jennifer Hawken, an experienced Clinical Psychologist.

The workshop will provide practical, evidence-based strategies, and cover the following:

- Understand the impact of COVID-19 on our motivation and stress levels
- Problem-solve barriers,
- Identify and challenge unhelpful thought patterns,
- Set goals based on what is important to you and assist you to live these out, and
- Build resilience and improve your mindset.

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 16 to 25, so that they can thrive through their formative years.



Workshop and Booking Details

When
4.30-5.30pm on Thursday 12th November 2020

What
1-hour workshop for teenagers.

Where
The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick, Parkes Building, Level 10 East High Street entrance, Randwick (View on how to find us) or
Online (via Zoom)

Who
Presented by Clinical Psychologist Jennifer Hawken

Bookings essential
Phone: (02) 9514 4077 or Email: kcm@kcm.uts.edu.au or via Eventbrite, <https://takingchargeworkshops.eventbrite.com.au/>

Tackling the topic of suicide with your child

A guide to having the conversation

Talking to your children about their mental health when you suspect there is an issue can be a challenging task for any parent.

You may have noticed your child's behaviour change and they've become more withdrawn. Preparation is key before asking them how they are feeling.

Parents should not be afraid to use the word 'suicide' or use terms like 'thoughts of death' or "being better off dead" when talking to their child who they suspect is struggling with their mental health.

There is no evidence to suggest that they will put the idea in their heads which is often a concern for parents. Research has shown that acknowledging and talking about suicide may in fact reduce, rather than increase, suicide risk.

Asking is much safer than not asking or not asking directly enough.

Preparing yourself for the responses you might get are just as important as the preparation to ensure your child opens up to you and trusts you to help. Parents should be prepared if their child does admit to having suicidal thoughts and to respond with empathy. It is not their job to try and fix the problem for their child. Allowing the child to be heard is really important.

There are ways to prepare to ensure you get the most out of the opportunity to talk to your child.

Things to think about before approaching your child

1. Time and location

Choose a private, comfortable place, with enough time.

Don't do it during a family mealtime, or late in the day when they are tired. Instead find a time when it's just the two of you and you can talk as long as you need without having to rush off.

2. Start the conversation

If you are stuck with how to start the conversation, mention the change in behaviour you've noticed and add something positive, for example, 'I know you're usually so cheerful and lately I've noticed that this has changed. I just want to make sure that everything is going okay with you.'

Encourage them to talk by using open-ended questions like, 'What can you tell me about it?'

If they're reluctant to talk, ask more questions or agree to speak again at another time.

3. Listen and understand

Listen actively and allow them to talk. Don't interrupt or offer advice straight away.

Avoid the temptation to fill the silences.

When appropriate, reflect on some of what you've heard to show you understand.



**Black Dog
Institute**

4. Encourage help-seeking

Encourage your child to seek help by asking them what they feel comfortable in doing. Are they ready to talk to a GP for a referral to a clinician? Would they rather look at digital support?

Help them decide on the first step towards a solution.

Offer your practical support at this stage. Discuss what you can do to help towards a solution.

5. Finish the conversation

Tell them you will find the support they have asked for and that you will be by their side as they seek support.

Arrange a time to check-in again in the not-so-distant future. This can become a regular catch up if needed.

Make sure you follow up on the ideas you came up with together – even if things change, it's good for your child to know you are true to your word.

Helpful resources and online resources

Kids Helpline | 1800 55 1800
kidshelpline.com.au

Beyondblue | 1300 22 4636
beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace
headspace.org.au/eheadspace

Brave online
brave-online.com



This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the Black Dog Institute website.

SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS

Please indicate preferred pass:

- A 5 trip pass for \$37.50 No. of passes _____ Total \$ _____
- A 10 trip pass for \$75.00 No. of passes _____ Total \$ _____

Name of Student/s _____ Year/s _____

Payment by: CASH CHEQUE

UNIFORM SHOP

Trading Days and Hours

Monday, Wednesday and Friday
7.45 am until 9.15 am

Payment Options

Cash - Eftpos - Visa - Mastercard

~~~~~.

## **UNIFORM SHOP**

### **INFORMATION**

The Uniform Shop is run by the P&C Association and therefore separate from the school. All payments in relation to uniforms, book packs and any uniform related matters are required to be made directly to the Uniform Shop, NOT the school office.

Payments using the Parent Online Payment (POP) service are NOT permitted and CANNOT be used for Uniform Shop purchases at any time.

If you wish to pay on-line please register and use the Munch Monitor website.  
Students will still need to collect items from the Uniform Shop.

The Uniform Shop is conveniently open so that Students can try on and purchase their requirements themselves. It is important to note that our uniform items are not standard sizes and need to be tried on.

Please note that phone orders are not accepted.

The Uniform Shop is open Monday, Wednesday and Friday mornings from 7.45 until 9.15 am. The accepted forms of payment are cash and eftpos transactions and on-line via the Munch Monitor website.

If your child is running late and needs items relative to the Uniform Shop please advise them to still come to the shop.

There are measures in place to deal with this situation and they will not be marked as late or absent.

Thank You





**Model Farms High School P&C Association  
Uniform Shop News  
October 2020**

Due to the recent update from Mark Grady and the Education Department in regards to Parents and Visitors entering school grounds, the Uniform Shop asks that if you wish to purchase uniform to please place an online order via [www.munchmonitor.com](http://www.munchmonitor.com). The order will be available for collection the next day the Uniform Shop is open. Students may purchase uniform items in person with cash or card. No phone orders accepted.

**Senior Uniforms** are now available to purchase. Please consider purchasing a tie at the same time if you have a boy, to avoid the rush at the beginning of Term 2 2021 and a uniform detention! Year 10 families have already been emailed and reminders will be also placed in the School Newsletter.

**Year 7 – 2021** - Uniform Shop Open Days will not take place this year. This is due to the constantly changing guidelines around Covid 19 and access to the school. If you are a current parent/caregiver of the school and have another student starting in 2021, please feel free to place an order in the older siblings name for collection by the MFHS student at any time. Details for ordering uniform for new families to Model Farms will be advised through the Orientation Packs which will be sent to students via their Primary Schools shortly.

**Year 8 Book Packs** purchased in Term 3 will be distributed shortly. There are a small number of extra packs which are available from the Uniform Shop on a first in basis. These can be purchased for \$50.

**Volunteers** – A huge thank you to all those that have volunteered to assist in the Uniform Shop. Our Uniform Shop runs solely on the support and generosity of volunteers to provide this important service to teachers and students.

**NEW - School Jacket & Tracksuit Pants** are coming in early 2021. Pre- orders may be placed online via MunchMonitor in advance. These will be regular stocked items in the uniform shop. The existing Tracksuit Jacket & Pants have been reduced and will be available until sold out.

**Old Style Girls Blue Blouses** are reduced to \$5.00 with sizes 18 – 32 available.

**Exercise, Music & Maths Books** can be purchased individually from the Uniform Shop for a few dollars each, all year round.

If you have any queries or questions regarding uniform purchases, online orders, returns/exchanges or any other questions, please send an email to the Uniform Shop and we will be more than happy to help you. Munchmonitor also provide a customer assistance service for registering and placing orders and can be contacted on **1300 796 190** and by email at [help@munchmonitor.com](mailto:help@munchmonitor.com)

Kind regards  
**P&C Uniform Shop**

## **News from the P&C Uniform Shop**

### **Uniform Survey**

Thank you to all parents who participated in the uniform survey last term. We had an excellent response rate and we really appreciate your time.

I would like to share the results of the survey with you and how the P&C Uniform Committee is responding to them.

### **Jacket and Track pants**

There was 82% support to change the tracksuit to the new design. These items will be available at the start of Term 2 next year. The old style jackets and track pants will be able to be purchased while stock is available and to be worn as uniform for the next three years in addition to the new uniform.

### **Senior Girls Skirt**

60% of responders were in favour of the blue tartan skirt being worn for senior girls. Given the lower level of support, and some strong comments in favour of the grey skirt, we have decided that no change will yet be made and students will be surveyed next term to see if the students have a strong preference of skirts in senior years.

### **Sports Shorts**

There was 77% support for the new sports shorts. They will become available from Term 2 next year, and the old style sports shorts will be able to be purchased while stock is available and remain a part of the acceptable uniform for the next three years.

Current 12/10/20

# **REDUCED!!!**

**Tracksuit Jacket**  
**\$60.00**  
Sizes 12 – 30  
|  
\*\*\*\*\*

**Old Style Tracksuit Pants**  
**\$35.00**  
Sizes 12 – 34  
  
\*\*\*\*\*

**Old Style Girl's Blue Blouse**  
**\$5.00**  
Sizes 18 – 32

Orders to be placed Online @ [www.munchmonitor.com](http://www.munchmonitor.com)  
Stock Available Until Sold Out!

**MODEL FARMS HIGH SCHOOL**  
**UNIFORM PRICE LIST**  
**TRADING DAYS and HOURS**

Monday, Wednesday and Friday - 7:45 am until 9:15 am

**PAYMENT OPTIONS** - Cash - Eftpos - Visa - Mastercard

**Email:** [mfhspandc.uniformshop@gmail.com](mailto:mfhspandc.uniformshop@gmail.com)

| <b>ITEM</b>                                                          | <b>PRICE</b>                          |
|----------------------------------------------------------------------|---------------------------------------|
| <b>BOYS</b>                                                          |                                       |
| Shirt - Blue (Junior)                                                | \$35                                  |
| Shirt - White (Senior)                                               | \$35                                  |
| Shorts - Grey                                                        | \$35                                  |
| Long Trousers - Grey                                                 | \$45                                  |
| Tie (Senior) Compulsory for Terms 2 & 3                              | \$20                                  |
| <b>GIRLS</b>                                                         |                                       |
| Blouse - Blue - Old Style - Limited Sizes                            | \$5                                   |
| Blouse - Blue - New Style (Junior)                                   | \$40                                  |
| Blouse - White (Senior)                                              | \$40                                  |
| Skirt - Check (Junior)                                               | \$65                                  |
| Skirt - Grey (Senior)                                                | \$65                                  |
| Long Pants - Grey                                                    | \$40                                  |
| <b>SPORT</b>                                                         |                                       |
| Polo Shirt                                                           | \$40                                  |
| Shorts                                                               | \$35                                  |
| Tracksuit Pants - <b>New Style 2021</b><br>(Pre-order Only)          | \$60<br><b>INTRODUCTORY<br/>PRICE</b> |
| Tracksuit Jacket - Limited Stock                                     | \$60                                  |
| Tracksuit Pants - Old Style - Limited Stock                          | \$35                                  |
| <b>JACKETS &amp; JUMPERS</b>                                         |                                       |
| School Jacket - Soft Shell<br><b>New Style 2021</b> (Pre-order Only) | \$80<br><b>INTRODUCTORY<br/>PRICE</b> |
| Fleecy                                                               | \$45                                  |
| Wool - (Australian Wool)                                             | \$85                                  |
| <b>MISCELLANEOUS</b>                                                 |                                       |
| Apron (Compulsory for Cooking)                                       | \$15                                  |
| Calculator (Compulsory)                                              | \$35                                  |
| Exercise Books - i.e. Maths, Music, Standard                         | \$Various                             |

**Online Orders to be placed @ [www.munchmonitor.com](http://www.munchmonitor.com)**  
**2020/2021 - Prices subject to change without notice - includes 10% GST**

**CHANGE OF CONTACT INFORMATION  
MODEL FARMS HIGH SCHOOL**

**Name of Student:** \_\_\_\_\_ **Year** \_\_\_\_\_

**New Address:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Correspondence:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**New Home Phone No.** \_\_\_\_\_

**Mother Mobile:** \_\_\_\_\_

**Mother Work:** \_\_\_\_\_

**Father Mobile:** \_\_\_\_\_

**Father Work** \_\_\_\_\_

**Emergency Contact if changed:** \_\_\_\_\_

**Phone No.** \_\_\_\_\_

**Any change in Medical Condition e.g. Allergy, Asthma etc.**

**Details** \_\_\_\_\_

**Bus Pass:** YES / NO



# MODEL FARMS HIGH SCHOOL

*"Achieving Personal Excellence Through Quality Teaching"*

I give consent for my child \_\_\_\_\_ to drive  
a **car/motor cycle to school.**

The vehicle's registration number is \_\_\_\_\_.

I have read and discussed with my son/daughter the conditions below:

### Conditions of Agreement

- Students with their Drivers Licence who wish to drive to and from school, drive to a study venue during study periods and/or drive to TAFE, do so only with the permission of their parents.
- If you drive to and from school you must do so in a responsible manner.
- You are NOT permitted to go to your car during the school day, including recess and lunch.
- Please respect our neighbours and be conscious of young pedestrians and other road users near the school, especially at the start and end of the day.
- Under no circumstances are drivers to take other students with them in their car.

STUDENT NAME: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

**TAEKWONDO  
WORLD**



# Martial Arts for Kids



**Free  
Uniform &  
2 weeks**



**5 Gladstone Rd,  
Castle Hill**

**8850 7771**