



# THE ponds REFLECTION

Issue number 15  
month september  
year 2021

## DEPUTY PRINCIPAL'S REPORT



### End of Term

The end of Term 3 has been a busy one for our school and others throughout the state. We are happy to say that together we made it through what has been a constantly changing and sometimes difficult term. We could not have done it without the commitment from all our families who supported learning from home, and from our fantastic teaching and school staff. I want to thank you all for your efforts to continue to keep our school community safe – I know everyone has faced different challenges at different times through the Term. Wishing you a safe and relaxing spring holiday.

### Holiday Period

I hope everyone enjoys a break over the holidays and is looking forward to the COVID-safe return to school sites that we are planning for in Term 4. Please read through the following updates before the start of the school holidays and don't hesitate to reach out for support or with any questions. SCHOOL EMAIL with attention Mrs Weal.

### Return to school roadmap for Term 4

Schools in LGAs that are no longer operating under stay-at-home rules will move to Level 3 operations and a full return of all students with reduced mingling and on-site activities. Masks will be required on site for all staff and students Year 7 and above, indoors and outdoors.

<https://education.nsw.gov.au/covid-19/advice-for-families/level-3-schools>

In Term 4, where stay-at-home rules are still in place, but high community vaccination and low transmission conditions are met, students will return to school in a staggered approach for prioritised cohorts, with no mingling or on-site activities.

### **Order of return under staggered approach where we remain under stay-at-home rules**

Students will return to face-to-face learning with NSW Health-approved COVID-safe Level 3 plus settings on school sites in the following order:

|                       |               |
|-----------------------|---------------|
| From 25 October 2021: | Year 12       |
| From 1 November 2021: | Year 11       |
| From 8 November 2021: | Years 7 to 10 |

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our Advice for families' page. It is also dependant on the organisation of the HSC as NESA has given Principals the responsibility and flexibility to ensure these examinations run safely.

<https://education.nsw.gov.au/covid-19/advice-for-families>

## **HSC**

Congratulations to our HSC and Year 12 students! You've nearly made it to the end of a unique and very tough year. Your resilience and work ethic through this time are to be admired.

From the beginning of Term 4, Year 12 / HSC students may be invited to attend school for revision, learning and wellbeing support and to have access to their teachers in a limited way.

HSC exams will proceed for all students from 9 November 2021 in a COVID-safe way, in line with NSW Health advice.

### **Vaccinations for students aged 12 years and over**

Young people aged 12 years and over are now also eligible to receive the COVID-19 vaccination. You may book in your children for Pfizer now, or Moderna from Monday 20 September.

<https://covid-vaccine.healthdirect.gov.au/eligibility?lang=en>

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in coming weeks.

## **Learning from Home**

For families who are continuing to learn from home next term, the learning from home page has a wide range of curriculum-based activities to further support your child's learning, if needed.

<https://education.nsw.gov.au/covid-19/wellbeing-for-students-and-families.html>

Thank you again for your understanding and support. We hope you and your family enjoy a safe and very well-deserved break over the holidays. Please take some time over the break to check out our wellbeing resources for students and families. You'll find useful tools for mental health and Term 4 preparation. Please do not hesitate to reach out if we can do anything to help you and your children to prepare for Term 4 or if you have any concerns about the return to school. I will be in touch again soon with further information and any updates for you and your children.

## SASS recognition week

SASS Recognition Week. Last week was SASS Recognition Week. The SASS staff in schools are staff in non-teaching positions. It includes our Front Office Staff, General Assistants, Technology Support Officers, Kitchen Assistants, Laboratory Assistants, Library Assistants and our SLSOs who support student learning in the classroom.

Without them, the school would not survive. We have relied heavily on our SASS team during lockdown. They have had to be adaptable, flexible and take on new roles during this time as we have had to redeploy several of the SASS staff to support what is now really a virtual school.

We sent out thank you packs last week; however, it would have been much nicer to do it in person.

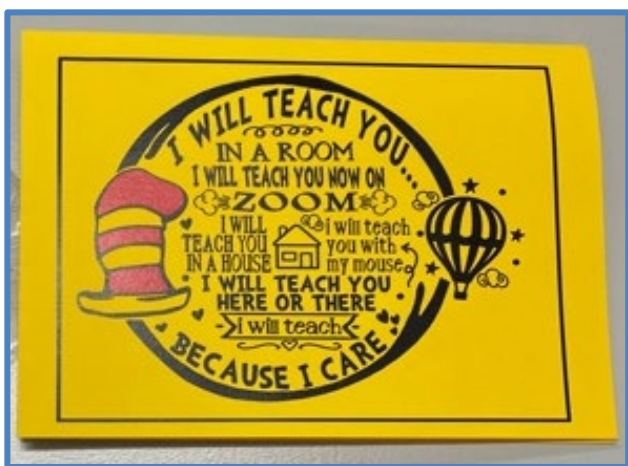
On behalf of the whole school community, I would like to thank our SASS team for the vital role they play in running our school.



## Fantastic teachers and RUOK presents for teachers

Teachers cannot be forgotten when we talk of going above and beyond in this virtual world. There are too many examples of exception teaching to list in this newsletter.

Mrs Weal sent out RUOK cards with a chocolate as a small gesture to recognise their effort and application during this stressful time.





Students from different year groups have also sent in "Let's talk terrific teacher" thank you notes to a teacher who has helped them during lockdown, some examples are below.

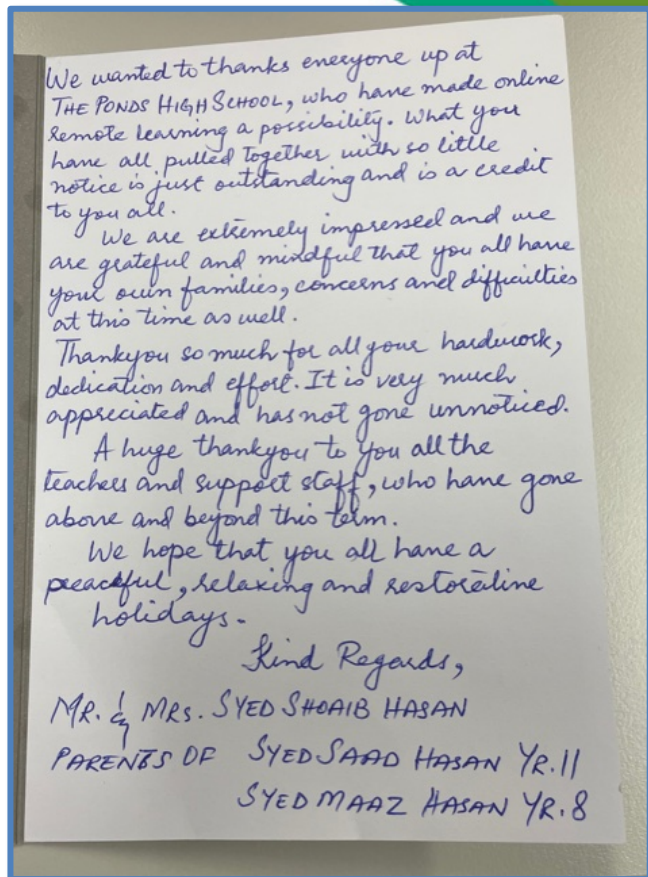
*"Thank you, Miss Ding, for believing in me. Thank you for guiding me and pushing me to be the best version of myself. Your encouragement, compassion and support will forever be remembered and cherished. You have always been there for me and you are my source of support and inspiration. You are like no teacher I have ever had and I know for a fact that a lot of students think so too. I am so thankful to have an amazing mentor, teacher and friend like you."*

*"Thank you, Mr Andrawis, for hosting zoom lessons every single lesson and making math work easier for me to understand."*

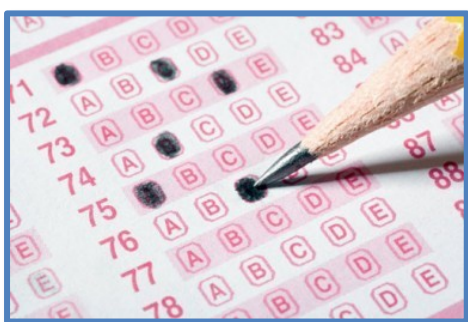
*"Mrs Caro, thank you for supporting, guiding and nurturing us during this tough and uncertain situation. The journey from face to face to online learning was a roller coaster ride but your constant guidance led us to our destination. Thank you once again and have a safe and wonderful break."*

*"Thank you so much for supporting just everyone in general during lockdown, the weekly Zooms, no matter how awkward, are always fun and I'm pretty sure that everyone in the class agrees when I say that we're all happy to be ourselves in your class :) you're one of my favourite teachers by far and I'm so thankful to have you as my PDHPE teacher."*

*"I'm really thankful because all the work you set for us is either quite easy or fun. They are the best lessons and I'm always happy when I have Science. Your lessons are better than every other subject combined. Also, I love how every Friday when we have Science, we have a cahoot and play games. Thank you, Sir, and keep doing what you do, BEST TEACHER EVER!"*



## Year 11 Assessment Week



Year 11 have just finished their End of Course Assessment period. This signals the end of one part of their educational journey and the start of another. They officially start HSC syllabi next term. Teachers have been extremely busy setting up quality teaching and learning activities to guide them and ensure there is continuity of learning during these times. I wish every Year 11 student success in the start of their Year 12 endeavours. As I say to my classes "Let's smash this HSC thing together".

## Year 7 games arvo and Year 10 Kahoot Quiz

Some year groups have had a range of initiatives to support student wellbeing. These will continue into next term. Year 7 had a successful games afternoon last week. Year 10 will have had their Kahoot quiz afternoon by the time this newsletter comes out. Many thanks to Year Advisors who have organised these events.

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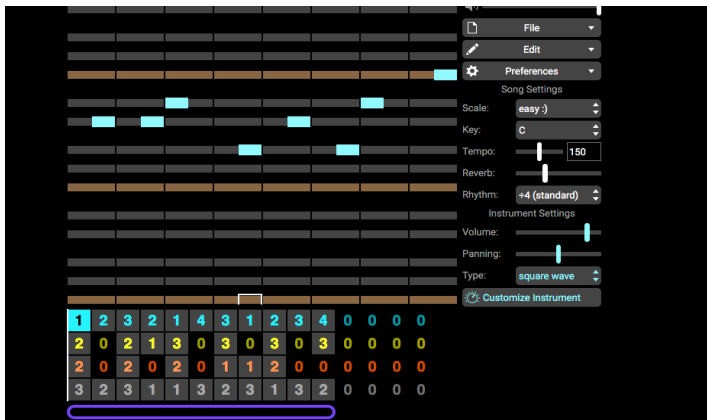
# CAPPA

## Year 8 Music

This Term in Year 8 Music, students were exploring the wide world of video game music.

From the early 8 Bit creations of Tetris and Super Mario, all the way through to modern classics such as Halo & Journey.

### 8 Bit Composition - Pakhi



A big part of their home learning was the composition of short motifs for a larger composition using 'Flat.io', an online music notation program.

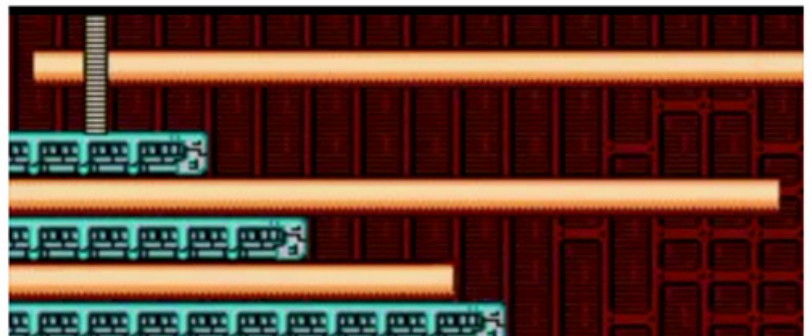
Students then transferred these motifs into a special program called 'Beepbox' which gives the user authentic 8-bit style instrumental sounds.

The students worked incredibly hard on these motifs and combined them with some creative sounds from 'Beepbox' to make a full composition. Finally, they combined their audio with some silent videos from some classic video games for brilliant final product!

*Mr Nick Macfarlane*  
Year 8 Music Coordinator

### Video 5 - Mega Man vs Quick Man

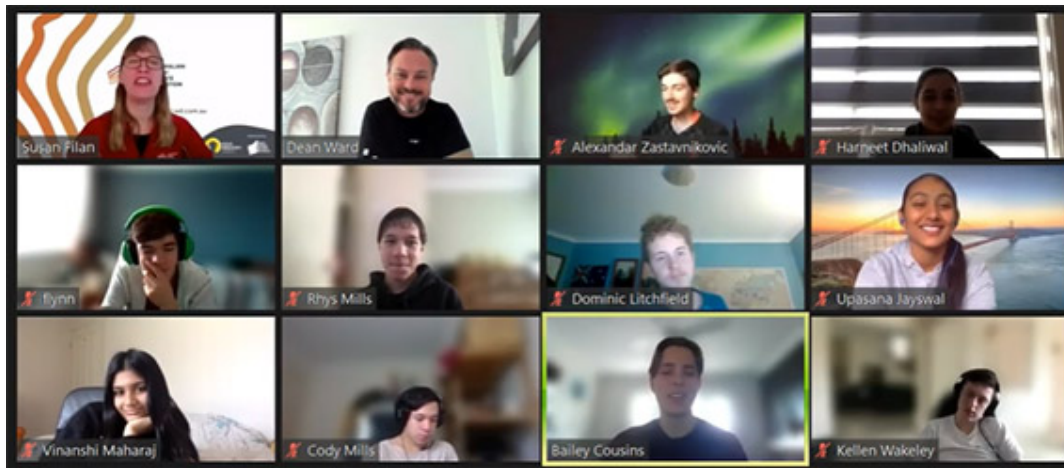
The highly successful Mega Man series gave us many memorable battles, including this classic enemy, Quick Man!



# SCIENCE

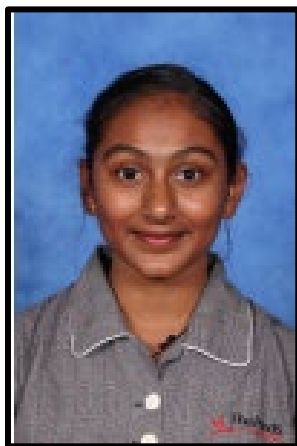
## Accelerated Earth & Environmental Science

Over the past few weeks Year 10 Accelerated Earth & Environmental Science students participated in a series of revision sessions in preparation for their first End of Course Examination. The lectures, delivered by Susan Filan- an Education Officer at Australian Earth Science Education, provided students with an opportunity to refine their understanding of Year 11 course content studied over the past 3 terms.



## AUSTRALIAN SCIENCE OLYMPIADS

A number of students further pushed themselves out of their comfort zone during Term 3 by competing in the Stage 6 Earth Science Olympiad. Well done to all students who participated in this competition. Congratulations to Upasana, Dominic, Syed Mujtaba and Harneet for achieving High Distinctions and Distinction!



**CONGRATULATIONS**

**Upasana Jayswal**  
The Ponds High School

is awarded a  
**High Distinction**

**Ea**  
Earth and Environmental

**2021 EXAM**

*Greg McNamara*  
GREG MCNAMARA  
PROGRAM DIRECTOR

**Australian Science Olympiads**

**AUSTRALIAN SCIENCE INNOVATIONS**

WITH THE SUPPORT OF Australian National University

Australian Government  
Department of Industry, Science, Energy and Resources



CONGRATULATIONS

**Dominic Litchfield**  
The Ponds High School

is awarded a  
**High Distinction**

**Ea**  
Earth and Environmental

2021 EXAM

*Greg McNamara*  
GREG MCNAMARA  
PROGRAM DIRECTOR

Australian Science Olympiads

AUSTRALIAN SCIENCE INNOVATIONS WITH THE SUPPORT OF Australian National University Australian Government Department of Industry, Science, Energy and Resources

CONGRATULATIONS

**Mujtaba Shah**  
The Ponds High School

is awarded a  
**Distinction**

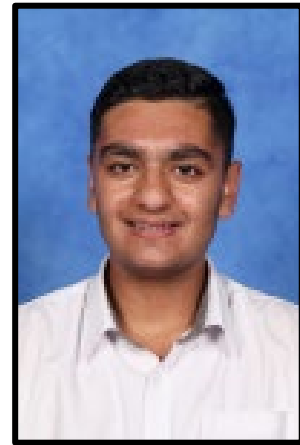
**Ea**  
Earth and Environmental

2021 EXAM

*Greg McNamara*  
GREG MCNAMARA  
PROGRAM DIRECTOR

Australian Science Olympiads

AUSTRALIAN SCIENCE INNOVATIONS WITH THE SUPPORT OF Australian National University Australian Government Department of Industry, Science, Energy and Resources



CONGRATULATIONS

**Harneet Dhaliwal**  
The Ponds High School

is awarded a  
**Distinction**

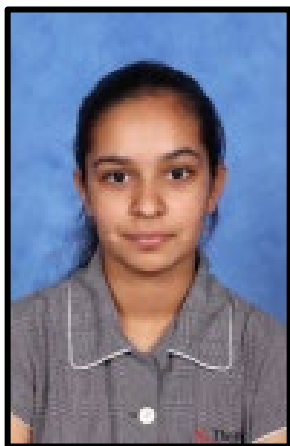
**Ea**  
Earth and Environmental

2021 EXAM

*Greg McNamara*  
GREG MCNAMARA  
PROGRAM DIRECTOR

Australian Science Olympiads

AUSTRALIAN SCIENCE INNOVATIONS WITH THE SUPPORT OF Australian National University Australian Government Department of Industry, Science, Energy and Resources

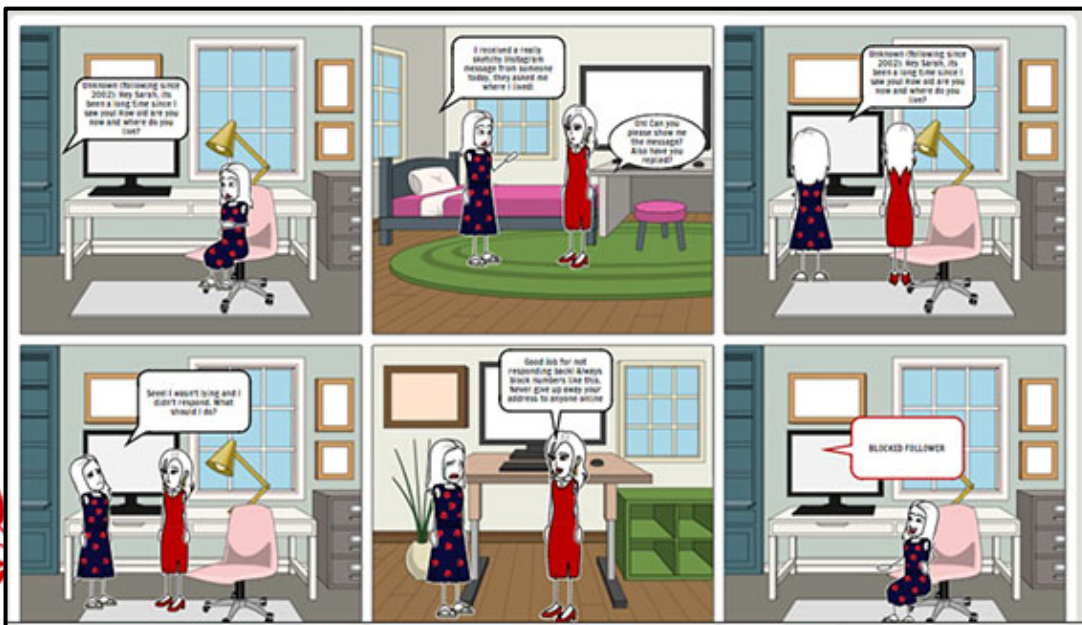
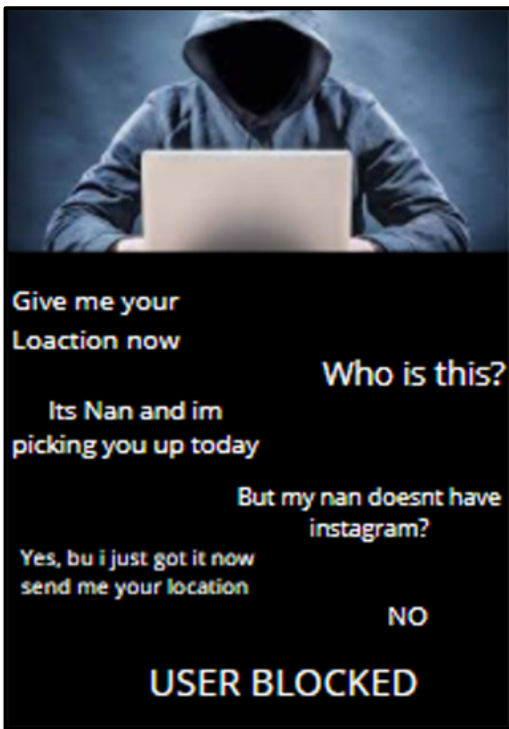




# YEAR 8 ONLINE TASKS

## TASK 1: Online Safety

This term, Year 8 students learned about online safety. Students were given a presentation about online safety and were asked to create a story board or comic strip about one of the scenarios from the presentation. The story board or comic strip had to include images that depict the incident and a respectful and effective way to respond to that situation or students could create an online poster using Canva. Here are some of the tasks.



How to be safe online

## Online Safety

Skya Montgomery 8.1

Inappropriate photos or messages?

Block the account instantly and report the account for inappropriate images/hudity that way someone will be notified about this account doing these actions

How to stay safe while posting:

- 1 Avoid standing next to a street name sign or in front of your letter box which could possibly expose where you live
- 2 Have your location turned off on snapchat so people can't track down where you go throughout the day
- 3 It is recommended to not post locations on story's or a status nearby your house because someone one could go there, see you and follow you home

How to respond to hate:

Take a photo or screenshot of the message or comment so you have proof of what they said before you block and report the account. Show a parent or teacher the screenshot that way they can deal with it themselves.

SCENARIO- YOU ARE ON INSTAGRAM AND SOMEONE WHO YOU DO NOT KNOW SENDS YOU A DIRECT MESSAGE ASKING FOR YOUR AGE AND LOCATION. THEY HAVE BEEN FOLLOWING YOUR ACCOUNT FOR A WHILE; HOWEVER, THEY HAVE NEVER ATTEMPTED TO CONTACT YOU BEFORE.

## Cyber Safety Tips

NEVER SHARE YOUR PASSWORD TO ANYONE AND CREATE STRONG ONES

BE CAREFUL OF WHAT YOU POST AND COMMENT ONLINE

KEEP PERSONAL INFORMATION PRIVATE AND KEEP YOUR PRIVACY SETTINGS ON

ASK FOR PERMISSION TO POST OTHERS ON YOUR SOCIAL MEDIA

ASK FOR HELP IF SOMETHING ON THE INTERNET MAKES YOU UNCOMFORTABLE OR YOU SEE SOMETHING DISTRESSING

Stay safe online!

HELPFUL WEBSITES:

[HTTPS://KIDSHPLINE.COM.AU/TEENS/ISSUES/STAYING-SAFE-ONLINE](https://kidshepline.com.au/teens/issues/staying-safe-online)

[HTTPS://WWW.ESAFETY.GOV.AU/KIDS/I-WANT-HELP-WITH/BEING-SAFE-ONLINE](https://www.esafety.gov.au/kids/i-want-help-with/being-safe-online)

[HTTPS://WWW.ESMART.ORG.AU/NEWS/TOP-10-CYBER-SAFETY-TIPS/](https://www.esmart.org.au/news/top-10-cyber-safety-tips/)

## TASK 2: Lockdown Challenge

In their home group lessons, students could pick some of the activities from a matrix of different challenges. The activities were: 1. Exercise, 2. Escape from lockdown, 3. Help at home, 4. Get creative and 5. Stay connected. Points were then awarded for different activities. Prizes will be given in Term 4 to all students who have accrued points. This challenge was run across the whole Year 8 in the latter part of Term 3.

*Miss s Ding, Mrs r Jack and Mr O Sikahele*







**Lesson Complete**

Nice!

Add Personal Touches   Practice Again   Share with Friends

**My drawing**

hand as you learn to draw step-by-step. Check back every day for a new free drawing. Want even more art? ShadowDraw offers a monthly and yearly subscription plan. Just visit any course page to see how you ca... more

**Lesson's drawing**

**Start Drawing**

**Free Online drawing lesson:**



**Origami: the scavenger hunt**

The challenge was for my sibling to find all 10 of the cranes.

Draw/paint something outside





While it hasn't been the easiest school term it has been wonderful to see students engaging in online spaces and events such as the Pen & Paper Google Classroom, Australia Reads - Stories that Matter event and the Premier's Reading Challenge. Here are some activities that have been happening remotely in The Learning Hub:

## Australia Reads - Stories that Matter

Australian Reading Hour is an annual event celebrating the power of reading – to relax, unwind, learn, and share important stories. To celebrate Australian Reading Hour – Stories that Matter, Australia Reads ran an online event for teens. Many students participated in the event which was a fantastic exploration of the power of stories.



You may have noticed some of the wonderful TPHS staff getting into the Australia Reads spirit on the social media channels by sharing what they have been reading lately, pictures of their favourite reading buddy, and even a shelfie! The owner of the shelfie is Miss Olivia Nicholls.

I hope they brought you a smile or two or maybe even a recommendation for a weekend read. See the next page for a few photos and reading recommendations.

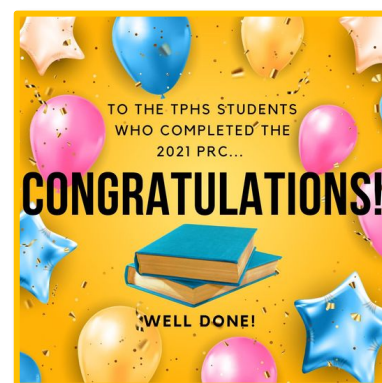


## The 2021 Premier's Reading Challenge

Congratulations to the students who made a great start on the 2021 Premier's Reading Challenge and those who were able to finish the challenge. With everyone's routines thrown out during lockdown it was definitely more 'challenging' than usual, but it is wonderful to know that all is going well, we will celebrate with certificates and medallions in Term 4.

## LearnPath

Ms Kelly and I have been busily learning about a new addition to the Library *LearnPath*! This new software will allow us to curate useful resources to assist students with their assignments and reading interests. The great thing about LearnPath is that each page is posted within the TPHS library's catalogue so students will be able to access the resources via their student portal. As we create new guides, we will upload them and share what is new via the newsletter and TPHS social media.



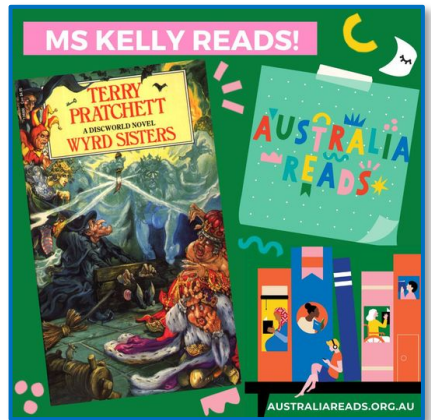
## Public Libraries

It is wonderful to see that reading has been an activity that has supported our school community during our extended time at home. Public libraries staff members are working hard to continue offering programs and services so be sure to check out the wonderful online events for students and adults alike. There are a range of art and craft activities for young people of all ages, author talks, and panels about pertinent issues (all at low or no cost) available throughout the school holidays and next term. The variety of events really is a testament to the positive impact of libraries and library staff—keeping us connected.

Have a safe and restful holiday break! [#happyreading](#)

*Ms K Bryant*  
Teacher Librarian

# THE PONDS HS READS







## Spring School Holiday Guide

### LOCKDOWN EDITION

### SPRING SCHOOL HOLIDAY GUIDE AVAILABLE NOW



#### Looking for activities to do at home these school holidays?

Due to the current COVID-19 restrictions and stay at home orders, Blacktown City Council has had to close a number of venues and facilities. As such, we were unable to run our school holiday programs as normal.

If you're looking for something to do at home with the kids these school holidays, our Spring School Holiday Guide has something for everyone!

[View the digital School Holiday Guide](#)

<https://www.blacktown.nsw.gov.au/News-Media/2021-Spring-School-Holiday-Guide>





**SOCIAL JUSTICE**  
@ The Ponds High School

## Operation Christmas Child

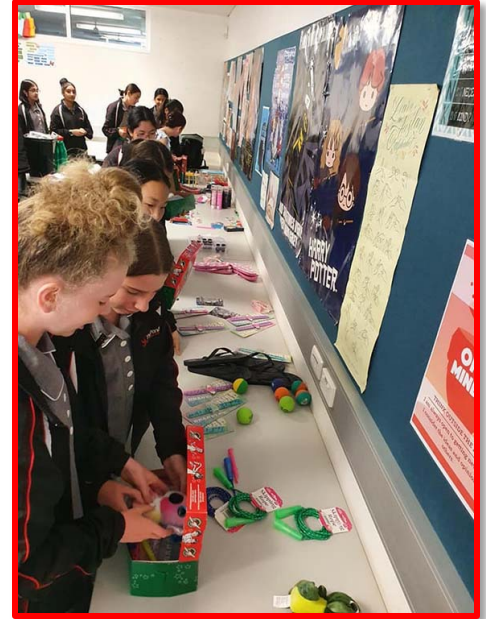
Over the last few years, we have been collecting donations for the Operation Christmas Child boxes that have been putting smiles on the faces and love in the hearts of children in need around the world.

Last year we raised over \$800 with the help of our school community. That's fantastic! Our goal this year is to reach \$1,000 to go towards the filling and posting of Christmas boxes that will be sent overseas to children in disadvantaged areas.

We are looking for your support of this wonderful initiative again this year. Please keep an eye on our school social pages, there will more details to come shortly of how you can help.

Thank you!

*TPHS Social Justice Team*



“No One Can Do Everything But Everyone Can Do Something”

Max Lucado

# Father's day in lockdown



Father's Day in lockdown could be a hard thing to pull off, normally you would send you father outside to get something as you wrap the gift or decorate the house. However, in lockdown when everyone is confined to the same household, things were a bit more challenging.

5/9/2021

## Morning

Me and my mum woke up at 8:47am. We had to be quieter than a mouse without vocal cords. Because my dad can wake up to the smallest noise. We had to go as fast as a V8 car and as quiet as a Duracell battery powered R/C car. When we reached the downstairs area, we started making breakfast. Homemade croissants, poached eggs, toast and haloumi cheese with fruits. All the baking, cutting, cooking, poaching and toasting had to be done at full tilt, yet discreetly.

## Dinner

Our dad was already aware that everything was being done by his sons, so he stayed upstairs, away from the kitchen. Meanwhile, we knew what we were making: honey soy chicken. Here are the steps we followed: get the chicken and cut it in half, marinate it with salt and black pepper, cover it in flour, heat the pan with the butter and carefully place the chicken inside, now shower the briefly cooked chicken with  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup soy sauce,  $\frac{1}{2}$  cup honey and more butter. Each side was cooked for 5 minutes. We cooked the rice and cut cucumbers. The final plate contained the chicken with sauce on top of the shaped rice and cucumbers covered in paprika.

So, there we have it, this Father's Day was kind of similar, it may not have been the same, however, there is one thing it was, memorable!

*Syed Maaz*  
8.6 Publicity Officer





THE PONDS HIGH SCHOOL

# WANTED: VOLUNTEERS TO BE HSC READERS AND WRITERS

*Make a positive difference to a student's life by acting as a reader or writer for the 2021 HSC Period*

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**ARE YOU INTERESTED?  
PLEASE EMAIL  
LAINIE.SHIMELL@DET.NSW.EDU.AU  
TO SIGN UP**

This is a great opportunity for our ex-students, university students or families and carers with students at the school. If you have a relative that is currently completing the HSC you are unfortunately not eligible but don't stress there is always next year. For our ex-students and university students this is a fabulous opportunity to gain some volunteer work to place on your CV's and to our families and carers it is a wonderful way to part of the school community and support our students. You don't need to be available everyday and you can choose whether you would like to read to a student or be a writer for a student or both.



E-NEWSLETTER

# What's on at Western?

September 2021



Recently, the NSW Government announced their approach to a staggered return-to-school plan commencing 25 October. With the HSC exams delayed due to the disruptions, Western's HSC True Reward early offer program, our informative Discover Western Webinar Series and the Aboriginal and Torres Strait Islander Pathway Program have had date changes to coincide with the new schedule and to support schools and students to attain their HSC without added stress.

Due to the latest Government advice and information, we have been advised to cancel all on-campus events for the remainder of the year. While it is disappointing that we can't welcome students onto our campuses in Term 4, we still have some exciting new upcoming online events that aim to provide students with inspiring information and assist them with their next steps on their educational journey.



## Free Online HSC Study Sessions

Western is offering free online HSC Study Sessions run by highly qualified teachers and HSC markers covering 14 subjects. The online sessions, running from **20-24 September**, will assist students with their final HSC preparation. Students can visit the [webpage](#) to find out more on subjects offered and to register.

[Register now →](#)

[https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions?cid=em:EGMT-HSC-SS-Link\\_Sep21&did=DM10900&bid=23211761](https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions?cid=em:EGMT-HSC-SS-Link_Sep21&did=DM10900&bid=23211761)

# CAREERS

## UAC Updates

There are no changes to the SRS timetable, and offers will be released on November 12. Year 12 students will not receive ATAR-based offers in December. The first ATAR-based offer round for Year 12 students will be January Round 2 on 26 January 2022.

### UAC timetable

- ATARs released Thursday, 20 January 2022.
- Change of preference deadline midnight Friday, 21 January 2022.
- HSC results released Monday, 24 January 2022.
- Offers released Wednesday, 26 January 2022.

Changes to the UAC timetable will be available on the UAC website every soon.

### ATAR Q&A. What Next?

January is just another month in the summer break for current tertiary students, but for recent school leavers it means one thing — [university offers](#)

## UNIVERSITY

### University of Wollongong Important Audition Information

Entry into the Acting major of the Bachelor of Performance and Theatre is based on a combination of both academic results and audition. Due to the ongoing COVID-19 pandemic, all auditions for 2022 entry must be submitted as links to a digital recording.

### CSU Doctor of Medicine

Applications for Session 1 2022 close 30 September 2021. Due to the COVID-19 pandemic, UCAT ANZ testing has been disrupted, which will affect our admission process for entry into the Doctor of Medicine. We remain committed to a multifaceted entry approach; however, please be advised that the assessment process is likely to be modified this year. We will advise of any modifications as soon as possible.

### Behavioural Economics at UTS

12 October 2021. 5.30pm to 6.30pm. Discover everything you need to know about Behavioural Economics and its application in the real world. The Behavioural Economics program introduces you to this dynamic field bringing together psychology and economics to better describe and predict what people will do.

### Financial Planning at UTS

19 October. 5.30pm to 6.30pm. Financial planning is a profession undergoing considerable growth. Find out where a career in financial planning can take you with our FASEA accredited programs in discussion with our course director Kathy Walsh. She discusses career prospects, skills and qualifications needed to be part of this growing profession.

### Southern Cross University STAR Early Offer Remains Open...

Till 30 September 2021. Schools' Recommendations are now due by October 13, 2021. Given the current situation in NSW, Southern Cross University has extended its Early Offer Program (STAR) to remain open for applications.



### Southern Cross University

Our guide to uni for parents and caregivers has compiled the most important information about applying to university, information on pathway programs, scholarships and more.



### [The College – Western Sydney Course Options](#)

Apply for one of our courses and you could be on your way to completing a uni degree in no time! Arts: Arts, Education, Interpreting and Translation . Business , Law Criminal and Community Justice. Design , Social Science, Psychology and Policing, Medical, Health Science, Nursing Building, Engineering and IT, Building Design Management , Construction Technology, Engineering, Information and Communications Technology.

### **Reminder - [Western Sydney University Online HSC Sessions](#)**

20-24 September

Western is offering free online HSC Study Sessions, run by experienced teachers, in some of the most popular HSC subjects. This is a great opportunity for students to revise their learning to tackle their exams with confidence.

### [UNSW Food Science at UNSW](#)

Friday 17 September 2021. 12:30pm - 1:00pm (online) Food scientists are the innovators of all things edible, from creating new products and flavour combinations to learning how to process foods to reduce food, energy and packaging waste. Increasingly Food Scientists get involved with health as it relates to food intake and also with planetary health as it relates to our food systems.

### [UNSW Co-Op Updates](#)

Check the latest updates from the UNSW Co-op Scholarship Program

### [UNSW Girls in Engineering Update](#)

Club for high school girls interested in STEM It's the fun, inspiring community for high school girls wanting to explore the diverse fields of engineering. Membership is FREE and students receive a monthly newsletter packed with engaging content and activities, invitations to events and workshops, and the opportunity to be mentored by current UNSW engineering students.

### [UNSW Undergraduate Scholarships Listing 2021](#)

Many deadlines coming up on 30 September. Scholarships for areas such as: Sport, Rural, Women, Arts, Design, Science, Mathematics, International, Engineering, Business, Computing, Built Environment and for academic merit. Values between \$2,000 to \$19,000

### **The University of Sydney - [Inspired By Business Scholarship \(Business\)](#)**

Applications close 19 September 2021. Why apply for the Inspired by Business program?

Successful applicants will receive financial support through the [Inspired by Business scholarship](#), valued at \$10,000 per year for each year of their undergraduate business degree.

### **The University of Sydney**

#### [The David Stuart Hicks Scholarship \(Law\)](#)

Applications close 19 September 2021. The scholarship is valued at \$8000 and will be paid in two equal instalments after the census date of each semester.

This scholarship is administered through the [Early Offer Year 12 \(E12\) Scheme](#) application process.



### [The University of Sydney Science Extension Mentoring Program](#)

Student applications for the Science Extension Mentoring Program will open in Term 4. Linking high school students with PhD mentors to support their science investigation skills development during the HSC Science Extension course.

### [The Women's College within The University of Sydney](#)

Closing date 5 October. We have multiple scholarships for academic merit, leadership, co-curricular talent and financial need.

### [University of Tasmania Paramedicine and Nursing](#)

Paramedicine & Nursing Webinars available to students UTAS are looking forward to running webinar sessions on the Paramedicine & Nursing Accelerated Degrees. Speak with current students, academics and find out what it's like to study at the Rozelle campus based in Sydney. Book your places at the following links: Paramedicine: <https://bit.ly/3BIIWWG> Nursing: <https://bit.ly/38FV5y0>

### [Inspired by Business Gadigal scholarships](#)

Applications close 19 September 2021. Australian Aboriginal or Torres Strait Islander descent students, may be eligible for the [Inspired by Business Gadigal scholarship](#). In addition to the financial and career support offered by the Inspired by Business program, you will receive: access to mentoring, tutoring, pastoral care and culturally safe spaces through the [Mana Yura student support team](#) assistance with access to university services such as accommodation and orientation academic advice and student mentorship.

### [The University of Sydney Science Extension Mentor Program](#)

15 or 22 October 2021, 9am-2:30pm. Cost: free Online Zoom. Audience: HSC science extension  
Spend a day learning about the HSC science extension course exploring best scientific practice, experimental design, research techniques and reviewing statistical analysis of data.

### **Macquarie New Undergraduate Diplomas**

[Diploma of Marketing and Media](#)

[Diploma of Business Analytics](#)

[Bachelor of Arts](#)

[Bachelor of International Studies](#):

### [CQ Creative Auditions - Theatre or Music](#)

Complete the following audition request form for CQUniversity theatre and music courses. This form should be completed after you submit an application for a theatre or music course. Before completing this form, please review the [course information](#) available on our website, as well as specific audition/interview requirements for each study area.

### [Apply to CQUni Webinar](#)

Tuesday, 22 September 4 - 5 pm. If you're thinking about studying with CQUni, let us help you find out the right way for you to apply. CQUni is hosting a live webinar to help you understand each of the Tertiary Admission Centres (TAC), how you can start your application with your relevant TAC, and if you're eligible to apply direct through our website.

### [Institute of Health and Nursing Australia](#)

No ATAR no worries! We bring to you an opportunity to study Healthcare Certificates and Diplomas completely online with guaranteed placements. This means you may have a job in your hand even before you complete your course. Call +61 2 8228 6400 to enquire about the course or write to [enquiry@ihna.edu.au](mailto:enquiry@ihna.edu.au). Do not miss a satisfying career in nursing, health, and community services.





# TAFE

## Supporting You Every Step of the Way with TAFE NSW

TAFE NSW offers free counselling about education and careers to current and future students.

TAFE counsellors can help you to: clarify your career goals, find a course that meets your needs, identify obstacles you may be facing – and help you to deal with them, and develop skills to manage your career into the future.



## Apprentice Traineeship Literacy and Numeracy Quiz Questions

Select your favourite apprenticeship or traineeship and do the fun quiz. Put your skills to the test and check you have what it takes to have the main qualities to begin an apprenticeship or traineeship. Having the main skills will allow you to settle in to the training and work for your chosen apprenticeship or traineeship position. Answers are at the end for you to check your effort.

## Special Loan fee exemption – (COVID 19) VET Student Loans for Your Training at TAFE

The loan fee exemption for Higher Education FEE-HELP students has been extended to 31 December 2021. This exemption will continue for FEE-HELP debts incurred until 31 December 2021.

# COLLEGES

## Torrens University – Early Entry Program

Closing 30 September. Apply now to secure your place at Torrens University through our Early Entry Program. A conditional offer is open to all Year 12 students in NSW and applying is easy. Give yourself some peace of mind as you go into your exam period. No cost to apply, no obligations and can be deferred.

## Essential Knowledge for a Career in the Music Industry

27 November. 2pm to 5pm. In this three hour seminar, you'll learn valuable information from a range of music industry experts with decades of experience. Participants will learn how to navigate the complex music industry landscape; you'll learn where the money is generated in a 21st century digital world and the essential skills needed to succeed in the business. The course is delivered online, live via Zoom, so a computer with audio, camera and good internet connection is required. The seminar is recorded and will be available for all participants.

Presented by Ed St John: former CEO of Warner Music, Chairman of ARIA – and current Chairman of AIM, Tim Kelly: former senior executive of Universal Music, Sony Music, Inertia and Rough Trade. Cost: \$25

## SIBT Virtual Class Experience Arts, Engineering, Communications, IT.

13 through to 16 September 2021. Join our teachers to have an interactive experience in a real class. They'll teach you how to protect your accounts from hackers, the marketing secrets of Australia's biggest brands, and will play with IT and engineering principles to show you how they take the students' mind beyond their imagination.

Learn more about our Foundation and Diploma programs with guaranteed progression into Western Sydney University, Sydney City Campus. Please reach out to us at [study@sibt.nsw.edu.au](mailto:study@sibt.nsw.edu.au) if you have any questions.

### [AFTRS Talks](#)

Check out the amazing past presentations from all specialists in the film, TV and radio industry.

### [AMPA 2022 Scholarships Music or Dance](#)

Applications are due by 20 September 2021. The Academy of Music & Performing Arts (AMPA) is offering six scholarships to support the training of musicians and dancers interested in undertaking the Bachelor of Music (Performance) and Bachelor of Dance programs, commencing February 2022.

### [Industry Experience Day at Academy of Interactive Entertainment](#)

30th September Online. AIE's Industry Experience Days are a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

### [Certificate of Registration - Real Estate](#)

To start working in real estate you will need a certificate of registration. Successful completion of the REINSW Assistant Agent Course will not only enable you to apply for registration with NSW Fair Trading but will also equip you with the skills and knowledge to be work ready. You can also continue your studies and complete the full Certificate IV in Real Estate Practice to become a fully Licenced Real Estate Agent.

### [AFTT Online Open Night](#)

Wednesday 22nd September from 5pm, 2021. Experience Australia's most exciting creative arts academy, where taking risks is expected, pushing boundaries is encouraged, and collaboration is key. If you're searching for information about a career in Film, Acting or Theatre Production then come along to our open day and learn how to build your creative future.

## [GENERAL](#)

### [SummerJobs.com.au](#)

All the Christmas casual jobs in Australia in one place! Even though we can't travel there's no reason we can't save for a trip! Join the [blog](#) designed specifically for first-job seekers.

### [EarthX Eco Art Competition](#)

Closes: Monday, January 24 2022. Young artists, ages 5-22, will create a piece of art, either 2-D or 3-D, that illustrates the message of the theme: Plant the Seed. Contestants can use any medium or combination of media as long as the work meets the size requirements designated in the Official Rules.

<https://earthx.org/education/art-competition/>

### [Engineers Australia](#)

Every Monday at 5pm. Engineering your Future webinar series for students Years 7-12, parents, teachers & advisors. Coming up: Sustainable housing-The Desert Rose & Quantum Engineering.

**Follow us on:**

[Facebook](#)

[Careers Website](#)

*Mrs C Rumi Badger & Mrs G Hodgkinson*

The Ponds High School Careers Team





# Quick guide to mental health & wellbeing resources

## Resources for everyone

### Urgent help

A list of free and confidential services that operate 24 hours a day, 7 days a week, and are available to support, listen and help you out when you need.

### Wellbeing services

A page of links to reputable organisations available to provide mental health support, as well as resources, information and a selection of wellbeing apps – for everyone.

## Resources for students

### Mental health and wellbeing hub - students

Provides students with links to mental health resources including a range of evidence informed and reputable organisations which provide support for young people who are having a tricky time or managing stressful situations, including:

- How can I look after myself?
- How can I help a friend?
- Where can I go for help and ideas?
- Other ways to get support

### Stay Healthy HSC

Stay healthy, stay active and keep connected during the HSC with resources brought to you by the department and our partner ReachOut. Includes 24 items searchable by category including:

- Study tips and tricks
- Physical health & wellbeing
- Exam time
- Life after HSC

### Care and connect – students aged 12-18

How to look after yourself during COVID-19; get help when you are feeling really down; develop new coping strategies or if you are just feeling lonely. includes:

- Support yourself
- Support a friend

### Care and connect – students aged 8-12

What you can do if you notice changes in yourself. Includes advice, ideas and links to evidence based resources for children who need to talk to someone, who are having scary or sad thoughts, who are upset, angry or sad – or who simply feel lonely. including:

- Support yourself
- Support your friend

### Wellbeing advice for senior students

Strategies to manage your worries, re-focus your thinking and look after yourself.

### Wellbeing information for all students

Strategies for when things feel uncertain and unpredictable – for all students.

### Anti-bullying - students

Support for students who have seen or have been involved in bullying. Includes:

- I'm being bullied
- I've seen someone bullied
- I've been called a bully
- Staying safe online

### Wellbeing at home

Activities and exercises you can build into the day to support your wellbeing – and learning. Includes a link to the Office of the Advocate for Children and Young People (ACYP) [Digital lunchbreak](#) website full of online resources and activities to do at home in your lunchbreak

### Wellbeing and offline activities

Stacks of great ideas of things to do including:

- 15-minute [GetActive@Home](#) activities for kids from Kindergarten to Year 6.
- Over 350 [Arts Unit](#) creative activities for students from Preschool to Year 12.

### People at school you can talk to

- Year Adviser
- [Student Support Officer](#)
- [School Counsellor / Psychologist](#)
- Wellbeing Nurse
- [School Chaplain](#)
- Classroom teacher
- Head Teacher, Wellbeing

# Quick guide to mental health & wellbeing resources

## Resources for parents and carers

### Learning from home – Parents and carers

Includes resources, [Talking to children about COVID-19](#) (PDF), [Learning environment checklist](#) (PDF) and [Remote learning guidelines](#) (PDF)

### Wellbeing during COVID-19

Resources to support young children's wellbeing while being confined to home for an extended period due to COVID. Includes links to external resources on explaining COVID-19 and tips for coping.

### Mental health and wellbeing hub – parents and carers

Provides parents and carers with links to mental health resources including a range of evidence informed and reputable organisations which provide support including:

- Help my child
- Look after myself
- Learn more
- Other ways to get support

### Care and connect – parents and carers

Useful tools for parents and carers to support themselves and their children. including:

- Support myself
- Support my child
  - How to talk to child during tough times + links to talking to toddlers, primary school aged children and teenagers.
  - Tips to have a conversation with your child about mental health concerns.
  - Help your child manage anxiety.

### Tips to support your kids going through the HSC

Ideas for helping your child with the confidence, support and stability they need to cope with their final exams. Part of the [Stay Healthy HSC](#) Hub.

### Parents and carers Wellbeing hub

Large collection of advice, ideas, resources and information on a wide range of topics for parents and carers of children and young people from Kindergarten to HSC students. Incorporates content from our [Wellbeing and teenagers](#) section and advice about [Cyberbullying and teenagers](#). Sort by ages and categories including:

- Bullying
- Mental health
- Behaviour
- Health and safety
- School events
- Technology (including screen time and cyber-safety)

### Wellbeing and offline activities for your child

Links to Parents and carers: ['essentials' toolkit](#), [GetActive@Home](#) videos for primary students, [Arts Unit](#) creative activities, [offline activities](#) and a link to the [Digital lunch break](#).

### Anti-bullying – parents and carers

What you can do if your child has been bullied, seen bullying, or if they may have been involved in bullying. Includes [Staying safe online](#) (incorporating social media and gaming) and [Coping skills, resilience and teenagers](#).

### Drug education – Resources for parents and carers

Contains links to external websites that provide accurate, evidence-based information and guidance for parents and carers who want to talk with their children about drugs.

### Live Life Well @ School – Resources

Links to support teaching and learning about healthy eating and physical activity.



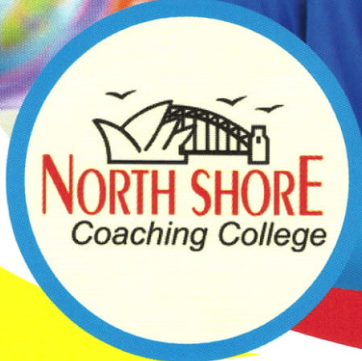
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*(Entrance from Riverbank Drive)*

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**www.northshore-theponds.com.au**

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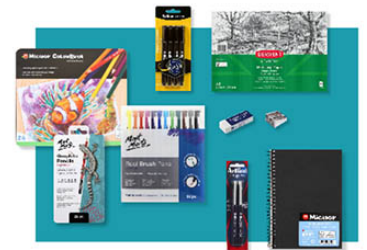
THE TONY SKATE KIT

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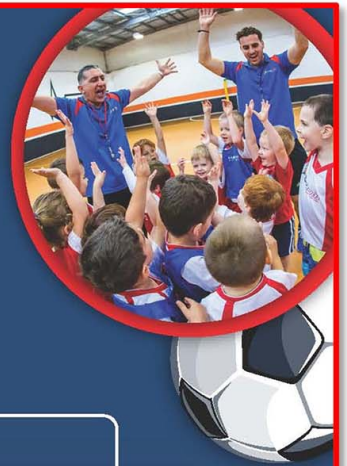
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