

#### Air Conditioning

This time last year, I wrote in the newsletter that we had been included in the Cooler Classrooms Program and that the program was entering the design phase. Since then, there has been much activity, mostly through the school holidays and now into Term 1 with installers fitting units inside classrooms and installations of the main units around the exterior of the school. This week, the air-conditioning technicians have been preparing the systems for operation and hopefully we will see functioning air conditioning by the end of this month.

I would like to thank all of the staff and students for their patience and cooperation as classes have been moved around the school to accommodate the installation.

#### School Photos

School photos took place for the entire school last Tuesday and Thursday with the catch-up day today. Thank you to the students who went to great efforts ensuring they looked their best for the photo days. The days ran extremely smoothly and a huge thank you must go to Mrs Morrison and her team.

#### **Edrolo**

Today Year 11 were introduced to Edrolo for the first time. Edrolo is a curriculum based, interactive online video and exam simulation resource tailored to NSW Preliminary and HSC courses. Content has been written by expert teachers in their fields and provides additional resources for students to supplement their classroom-based learning. If you would like to know more about Edrolo, please follow this link: <a href="https://edrolo.com.au/parents/">https://edrolo.com.au/parents/</a>

#### Lunar New Year and Valentine's Day Celebrations

Friday 12 February saw The Ponds High School bathed in pink and red as roses were purchased and a stunning display of the tradition Chinese Lion Dance made its way to the school quad where we were entertained by the

dancers and musicians.



I would encourage you to read The Ponds Gazette (written by our students) to learn a little more about the performance and the Lunar New Year.

Thank you to our student leaders and in particular our multicultural leaders (Zanin and Tavleen) for organising the performance.

#### Blacktown Sinhala School Donation

On Thursday 18 February, we had the pleasure of receiving Mr Damith Jayasinghe, Principal of the Blacktown Sinhala School and Mr Dinesh Perera, Secretary. Mr Jayasinghe delivered a cheque for \$700 in appreciation for our support for the community language program.

In 2021 the school has 90 students from Kindergarten to Year 8. The Principal and all teachers are volunteers who give up their time to support Sinhalese language learning and culture.

We are proud to support this initiative and contribution to a multicultural society that makes Australia the fabulous country that it is.

Mrs Jenny Weal Principal





### Chinese New Year & Valentine's Day Celebrations





# sponsors

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**Student Absences** 

Dear Parent/Carers,

When your child is absent from school you need to notify us in one of the following ways:

- 1. Send a reply SMS to the SMS that we have sent to you.
- 2. Telephone the School Office on 9626 3562 and notify the Front Office Attendance Staff.
- 3. Send an email to the school's email address: theponds-h.school@det.nsw.edu.au
- 4. On the day following the absence, send a note in with your child so they can place it into the 'Absentee Notes & Medical Certificates' box in the Front Office. It is a requirement that a medical certificate accompanies the note if the absence is due to illness and the leave extends beyond 5 school days.

Always put the reason as to why your child has been absent from school.

The Department of Education requires an Application for Leave Form if the student is away for more than 10 school days. This application form is available from student reception and must be submitted prior to the leave being taken. This can include family holidays, religious events or family issues.

#### **EARLY LEAVERS**

Students who need to leave early **must follow the procedures below:** 

- 1. Bring a note from parent/guardian and take it to the Students Window <u>BEFORE SCHOOL</u>. They will be entered on the Attendance System before 9.30am. Teachers will see they are an early leaver when marking their role. This will ease the telephone congestion as we have 2,000 students.
- 2. Ask the teacher politely if they may leave class at the designated time.
- 3. Report to the Front Office Students Window and collect their printed Early Leaver Slip.
- 4. Keep the Early Leaver Slip with them in case they are questioned by Police as evidence that they have permission to be absent from school.

Appointments should be made (where possible) **outside of school hours.** 



# IMPORTANT

# DATES

2021

TERM

Week 5

#### Monday 22 February

Year 10 Geography Mandatory Fieldwork Year 6 into 7 Booked Tours

Tuesday 23 February
TPHS SWIMMING CARNIVAL

Year 6 into 7 Booked Tours

Wednesday 24 February

Year 6 into 7 Booked Tours

Thursday 25 February

YEAR 7 VACCINATIONS

Year 10 Geography Mandatory Fieldwork Creative Writers Guild Year 6 into 7 Booked Tours

#### Friday 26 February

Arts Unit HSC Dance Masterclass Year 10 Geography Mandatory Fieldwork MCU Walanga Mura Incursion Year 12 Biology in Class Assessment

#### Week 6

#### Monday I March

Macquarie Cup Soccer Year 12 AT2 Maths Assessment

Tuesday 2 March

Year 8 Japanese Performance Open Boys Cricket Knockout

Thursday 4 March

Macquarie Cup Netball Year 11 Brewongle Excursion Creative Writers Guild

Friday 5 March

#### **ZONE SWIMMING CARNIVAL**

Year 10 Maritime Museum Women in Science Excursion Year 12 HSC Topic Test Human Rights



## Laiations to our Bronze Award



Aryas 8.4



Rishabh 9.9



Jade 8.4



Samuel 11.7





#### NSW SCHOOL VACCINATION PROGRAM – SCHOOL NEWSLETTER TO PARENTS/GUARDIANS

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2021 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES	
	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart	
Year 7	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose	
Years 10	Meningococcal ACWY vaccine	Single dose	

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they
  would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast and has food available on the day of the school vaccination clinic.

Please note that, students who return signed consent forms during 2021, but are absent on vaccination day will be caught-up at school during 2021 and 2022.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at <a href="https://www.health.nsw.gov.au/immunisation/Pages/withdraw consent.aspx">www.health.nsw.gov.au/immunisation/Pages/withdraw consent.aspx</a>.

A Record of Vaccination card will be provided to each student vaccinated at each clinic. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

For further information:

Australian Government Department of Health website

 $\frac{\text{https://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect}{\text{https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect}}$ 

NSW Health website <a href="https://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx">https://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx</a> Contact Parramatta Public Health Unit on 9840 3603



### Year 7 - 10 Mandatory PDHPE

#### Theory

- 2 periods of theory lessons per fortnight (Year 7)
- 3 periods of theory lessons per fortnight (Years 8 10)
- Bring a charged laptop to all lessons plus pens

#### **Practical**

- 2 periods of PE per cycle + 2 periods of sport per week (Year 7)
- 2 periods of PE per cycle and 2 periods of sport per week (Year 8-10)
- Bring: full TPHS Sports uniform TPHS polo shirt, TPHS shorts or track pants, TPHS hat, TPHS sports jacket
- Plus: sports shoes and socks, water bottle and roll-on deodorant
- Advised: sunglasses and sunscreen
- Students are not permitted to wear their sports uniform to school. They will change into their sports uniform at the start of their practical lessons. This is indicated by 'PRAC' on their timetables. Exception: On Wednesdays, Year 8 10 wear their sport uniform all day.
- If a student is unable to bring their sports uniform to a practical lesson, they must bring a note written and signed by their parent/guardian. Students must also bring appropriate alternative clothing to wear for practical lessons.
- If a student is unable to participate in a practical lesson due to injury/illness, they must bring a note written and signed by their parent/guardian.
- Students must bring a medical note for serious conditions that states physical activity that they can and cannot do.

#### SCHOOL BYTES

- ➤ In 2021, TPHS will be using the School Bytes platform for online permission and payments for large events such as Swimming Carnival, Cross Country Carnival and Athletics Carnival. It is very important that you follow the link on this email to provide permission for your child to attend these events.
- ➤ On Wednesday, 3rd February, a link was sent home to Year 7 students to provide permission to leave school grounds with the teacher during some Year 7 Sport sessions.





#### Wednesday Sport Fees - Season I

Student changes to Sport groups are closed, which means **online permission notes and fee invoices have been emailed out through the School Bytes System** for Years 8, 9 and 10 cost sports. Invoice payments and online parental consent are **due by Wednesday 3 March (Term 1 Week 6)**. Please take the time to read over the attached *Sport Information Guide* upon receiving the email before completing the permissions section in the School Bytes Consent Portal.

#### Please also note the following:

- > There is no further requirement to return paper payment slips or permission notes regarding Season 1 Wednesday Sport to the Front Office Students Window as it is now all completed online through School Bytes.
- > Only students enrolled in Senior Year 9 and 10 Grade Sports, Senior Rugby League and Senior Yoga are eligible for permission to leave from the venue once consent is granted by a parent/caregiver through School Bytes.
- > There are NO Junior Year 8 sports that are eligible for permission to leave from the venue. They must return for periods 5 and 6.

Please do not hesitate to contact Mr T Hansen or Mrs L Perry (Sports Organisers) if you have any issue with payment or discuss with the Front Office about relevant payment plans.

#### The Sport Window

The Sport Window is a new initiative being introduced in 2021 that will streamline the process of students communicating with the Sports Organisers. Mr Hansen or Mrs Perry will be available to answer questions and assist with any of the following sports matters for students when the 'OPEN' sign is visible outside the PDHPE staffroom at recess and lunch. It is important to remember that any PDHPE related questions should still be directed towards a student's own classroom teacher.



Wednesday Sport / Knockouts / Macquarie Zone or Sydney West Representative Sport

The Ponds

**Not about PDHPE?** 



The Sport Window will assist students with questions about:

- Wednesday Sport including Recreational and Grade Sport
- Knockout teams
- Carnivals including Swimming, Cross Country and Athletics
- Macquarie Zone, Sydney West and CHS representative trials & teams

## 2021 THE PONDS HIGH SCHOOL CLUBS as at 19/2/21

CLUB/GROUP	DAY	TIME	CONTACT	CLASSROOM
ART	Wednesdays	03:00 – 04:00 pm	Mrs Jones/Mrs Clemson	A.G.47
BASKETBALL	Thursdays	03:00 – 04:30 pm	Mr Burns/Mr Hwang	Gymnasium
CAIT Team	Week A Fridays	12:43 – 01:14 pm	Miss Ding/Mr Sahota	A.1.18
CHOIR	Week A Tuesday Week B Tuesday	10:26 – 10:57 am 12:43 – 01:14 pm	Ms Petroni	D.1.08
Creative Writers Guild (CWG)	Tuesdays	03:00 - 04:00 pm	Mrs Caro	Library
Creative Writing Pen & Paper	Thursdays	12:43 – 01:14 pm	Miss Bryant	Library
DANCE: Senior Ensemble	Online & Wk A Thu	8-8:30am	Ms Duynhoven	D.1.03
DANCE: Junior Ensemble	Online & Wk B Tue	12:43 – 01:14 pm	Ms Duynhoven	D.1.03
DANCE: Boys Crew	Online & Week A Tuesdays	12:43 – 01:14 pm	Ms Duynhoven	D.1.03
DANCE: Bring It On Crew	Fridays	3pm - 4pm	Ms Duynhoven	D.1.03
DANCE: Stage 4 Group	Online & Week A Thursday	10:26 – 10:57 am	Ms Duynhoven	D.1.03
DANCE: Wakakirri/ADF Ensem	Tuesdays	8am - 8:30am	Ms Duynhoven	D.1.03
DEBATING: Stage 4	Tuesdays	03:00 – 04:00 pm	Ms Anwar	English Open CR
DEBATING: Stage 5 & 6	Tuesdays	03:00 – 04:00 pm	Ms Caro	English Open CR
DRAMA	Tuesdays	03:15 – 04:15 pm	Mr MacFarlane	D.1.02
ENVIRONMENTAL	Week B Thursdays	12:43 – 01:14 pm	Ms Jay/Ms Borg/Mr Cefai	E.20
GAMES	Fridays	03:00 – 05:00 pm	Ms Borrett	Library
HOMEWORK	Tues, Wed & Thu	03:00 – 04:00 pm	Supervising Teacher	Library
JAPANIME	Tuesdays	12:43 – 01:14 pm	Miss Hope	E.26
LEGO LEAGUE	Tuesdays	12:43 – 01:14 pm	Mr Skelton/Ms Bell	D.1.15
LEOs Club	Monday	10:26 – 10:57 am	Mrs Rumi Badger	D.1.11
Makers Hub	Tuesdays	12:43 – 01:14 pm	Miss Bryant	Library
MUSIC: Band	Thursdays	07:30 – 08:20 am	Mr Golotta	Music Space
MUSIC: Rock Band	Wednesdays	07:45 – 08:20 am	Mr Kinsey	Music Space
MUSIC: JAZZ	Fridays	07:45 – 08:20 am	Mr Kinsey	Music Space
MUSIC: String Group	Wednesdays	10:26 – 10:57 am	Ms Muss	Performance Sp
PUBLIC SPEAKING	Tuesdays	10:26 – 10:57 am	Ms Caro	E.13
SOCIAL. JUSTICE	Wednesday	12:43 – 01:14 pm	Mrs Voukelatos	E.09
SOCCER	Thursdays	03:00-04:30 pm	Mr Cefai	Oval
STEM Club	Thursdays	03:00-04:30 pm	Miss Ding/Ms Mathur	A.1.18

#### CYBERBULLYING

#### Your child

Sometimes cyberbullying feels like a minefield. As a parent, it can be hard to understand what your child is going through, both socially and emotionally - especially if you have never experienced cyberbullying yourself. For further information go to: <a href="https://www.esafety.gov.au">https://www.esafety.gov.au</a>



#### What do I say?

Talking to your child about anything remotely personal or serious might seem like your idea of a nightmare. You are probably grappling with how best to handle these types of conversations, including thinking through:

- How to give your child privacy while also making sure they're safe and happy.
- How to give them space to test their own problem solving skills and building resilience, while trying to smooth the path for them and minimise any risks.
- Educating them about different personalities—knowing you can't make their choices for them giving your child boundaries, while also being understanding and open.
- It's a fine line! The best way to manage cyberbullying is to help your child learn some social and emotional strategies before anything happens. Of course every child is different and will react differently to stressful or threatening situations. If you notice an unexplained change in your child's behaviour or they come to you asking for help, we have some strategies to help in a positive way.

#### Listen, do not judge

For example: "I understand what you are saying, and I am glad you came to me about this. You are not going to get into trouble, but we need to trust each other, fix this and move forward."

Let them know you are there to help them, even if they are in trouble, no matter what For example: "You might not want to tell me the details, but if we can talk honestly about what happened I promise I will listen. No matter what happens, we can do this and I love you."

#### Let them know your policy on cyberbullying and what breaking the rules might look like

For example: "I want to make sure we are clear on some rules around your use of technology and how to treat people online. Sending around photos or videos to hurt and embarrass someone is not ok."

#### **Emphasize the positive**

For example: "I know what a kind and respectful person you are, and it makes me so proud to see you acting the same way when you're online. You are such a great friend: I can see how much everyone looks up to you at school."

#### **Encourage empathy**

For example: "I noticed that Sam has not been at training for the past few weeks ... and her dad told me she has been pretty sad lately. Have you noticed anything? What do you think is wrong? Would that make you sad? What can we do to help?"

#### **Encourage resilience**

For example: "None of what they have posted about you is true, and it is very hurtful. What they have done is not ok. They must be feeling pretty bad about themselves to treat you like this. How are you feeling? Let's block them to stop their messages coming through. Then, I was thinking we could finally go and pick up those concert tickets for Friday night. Want to come with me?"





Welcome back everyone. The beginning of the year is always busy. Here's what's happening so far.

<u>Year 10s:</u> Have started their Careers program. Please encourage your child to start talking with you about what their future holds, what job they are interested in etc. **Work Experience (1 week) is compulsory** to assist in this journey of discovery. Parents/Carers, you may like to access the <u>My Future Website</u> for free resources and valuable information on how to help your child.

<u>Year 11s:</u> We have 26 students that have taken up offers to study at TAFE (EVET/TVET) whilst at school. Also, 10 School Based Apprenticeships/Traineeships in trades of their choice. They'll be gaining what we call a HSC + (Cert II or III). Congratulations to all of you on gaining these positions.

<u>Year 12s:</u> We have 11 students continuing with their TVET courses and soon will have a HSC + an extra certificate of their choice.

#### Work Experience Opportunities

<u>Academy of Interactive Entertainment (AIE)</u> 3D animation, programming, QA testing and much more. Apply directly.

<u>Tata Consultancy Services' GoIT Girls program</u> Provide insight into the technology industry. Apply directly.

#### **UNIVERSITY**

Attention All Year 11 & 12s: Please make sure that you are familiarizing yourself with the Universities Admission Centre <u>UAC website</u> and how to find information. **University applications open April 1**.

#### **Highest Ranking Unis**

Compare Universities and get your free e book from <u>Good Universities Guide</u> by registering your name on their website.

#### The best universities to study mathematics

Mathematics is a language universally spoken. Having a mathematics degree opens a plethora of opportunities in industries from computer science to banking. Mathematicians are essential in developing some of the world's most important innovations, such as social media algorithms and the creation of self-driving vehicles.

#### Study Bachelor of Science and Doctor of Medicine University of Sydney

Our double degree allows school leavers who have achieved exceptional results to commence a three-year undergraduate science degree followed by the four-year Doctor

of Medicine (MD).

#### **Medicine - Your Free Guide**

Throughout the medical training pathway, medical students and doctors in training will be exposed to many different areas of medicine and then <u>choose a speciality area</u> that is of interest to them. Over 75% of medical students <u>change their first career preference</u> during medical school.





#### **UCAT** Test Information

Do you want to study Medicine or Dentistry? You may need to sit the University Clinical Aptitude Test (UCAT). Bookings open 1 March.

#### **ANU Astronomy Work Experience**

The Mount Stromlo Observatory offers a limited number of work experience places to year 10, 11 and 12 students each year. These placements are typically one week in duration and students work on an astronomical project under the supervision of professional astronomers.

#### **Macquarie University 2021 Campus Tours**

You can never truly know if a university is right for you until you visit in person and get a feel for the campus.

What to expect on your tour? Tours usually take approximately 1.5 hours. For more information visit:

https://page.mq.edu.au/campus-tours.html



Newstep is a FREE university access program designed for students

who have not qualified for their chosen university program or have not completed Year 12. Students must be turning 18 to 20 years of age in the year they commence Newstep.



The Faculty of Education and Arts offers first-year education subjects to Year 12 students through the Step-Up into Teaching Program. The Faculty of Health Sciences offers Society, Culture and Health which can lead to B Nursing, B Midwifery or B Paramedicine. They also offer Growth, Motor Development and Ageing, which can lead to B of Exercise and Sports Science or B of Exercise and Health Science.

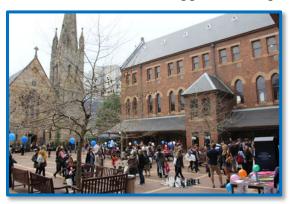
#### **Discover Western Webinar:**

#### Subject Selection & Future Career in Engineering, Built Environment and Science.

Monday 22nd February 5pm. Audience: Year 10 Focus (but open to all senior students) Parents, Teachers Want to know more about Engineering, Built Environments and Sciences careers and degrees?

#### **Southern Cross University STAR Program**

The STAR program allows you to secure your place in a Southern Cross University degree before your Year 12 results are even released. **Applications open: 5 April 2021 and close: 10 September 2021** 



# University of Notre Dame 1 on 1 Advice Session To find out more contact our Prospective Students team and book a 1-on-1 advice session To discuss your study options or contact us at sydney@nd.edu.au or 8204 4404.

#### How To Get Into Oxford & Cambridge From Australia

**13 February**. Join this webinar hosted by Former Oxford Admissions Officer, Hannah Rowberry, to gain insight into the UK application process from the fundamentals to sharing tips specifically for Australian and Kiwi students to help separate you from the global competition.





#### **TAFE**

#### Volvo Apprenticeship Program

The Program provides school leavers with an exciting and challenging opportunity to receive formal qualifications through extensive product training while in full-time employment. Utilising the national network of Volvo Retail Centres, Volvo offers a comprehensive three-year Apprenticeship Program.

#### **TAFE NSW Credit Transfer Pathways to University**

If you want to go to University via a TAFE qualification, check out your great options here and get credit for what you studied at TAFE. How much credit you are eligible for varies depending on course, institution chosen and the grades achieved. As credit arrangements are updated regularly, you should always confirm your eligibility with the offering institution.

# SYDNEY-INSTITUTE

#### **Engineer Success Story**

As hundreds of Year 12 students across Western Sydney focus on one of the most important periods of their lives, a Rouse Hill local has proved that an ATAR is not the only way to

your dream career. Cameron Gaul has always wanted to be an engineer since he was young but when he saw the ATAR to get into the course, he considered other pathways to university. After hearing about the TAFE NSW Certificate IV in Tertiary Preparation, an alternative pathway into higher education that does not require an ATAR, Cameron jumped at the opportunity. He is now in his first year of a Bachelor of Engineering (Honours) at Macquarie University and said he is thriving at University.

#### cBe qualified with the TAFE NSW and UTS Engineering Pathway Program

TAFE NSW and the University of Technology have partnered to bring your students an innovative pathway towards a great engineering qualification. By successfully completing the Dip of Engineering–Technical (MEM50212) course and an integrated UTS Foundation Maths subject (35010) students will receive 24 credit points (equivalent of 6 months) for a range of UTS Engineering programs. <a href="https://bit.ly/3bW5V62">https://bit.ly/3bW5V62</a>

#### **COLLEGES**

form

#### Competition - Calling all aspiring Audio Engineers! JMC

Competition Closes: 11:59 PM Wednesday February 10th 2021

In 150 words or less, tell us why you should win studio time with a JMC mentor AND a RØDE NT1 Complete Studio Kit.

A winner from Sydney, Melbourne and Brisbane will receive:

- Studio Time with a JMC Mentor
- RØDE NT1 Complete Studio Kit

Enter now and follow us on Instagram @jmcacademy to find out if you won! <a href="https://docs.google.com/forms/d/e/1FAIpQLScfkACfU4Qhk67p93U7806fL1xZxtdwp8yXZ3ssr2COuzxSYA/view">https://docs.google.com/forms/d/e/1FAIpQLScfkACfU4Qhk67p93U7806fL1xZxtdwp8yXZ3ssr2COuzxSYA/view</a>

**Australian College of Physical Education Open Day** 

6 February. 10am to 1pm. Meet in person with academic and student support staff to get answers to all of your study and student life queries. Learn all about our industry-focused courses. Take a tour of our state-of-the-art Sydney Olympic Park campus. Discuss course and study options with our Enrolment Advisors and get a personalised study plan. Get assistance with applying or enrolment.



#### **NIDA Student Courses**

Practical, skill-based learning led by industry experts across a range of performing arts disciplines. NIDA courses for grade 9-10 students are designed to support and inspire young people at any stage of their creative development.

#### Video Game and Animation Work Experience at AIE

The AIE Work Experience Program is a great way for secondary school students in years 10 to 12 to learn about the interactive entertainment and digital industries. Over the course of a week encompasses a range of activities including 3D animation, programming, QA testing and much more.

#### AIM Live on Thursday Nights - Australian Institute of Music

Starting 4 February 2021. We're thrilled to announce the return of **Live at AIM** in 2021! Live @ AIM is our unique series of performances featuring talented AIM students across the Contemporary, Musical Theatre, Composition and Classical programs at AIM's Sydney campus.

#### **Defence Work Experience at HMAS Albatross**

The Defence Work Experience Program is pleased to advise that they have placed advertisements for the Navy Aviation Overview at HMAS Albatross. There are two programs occurring in March, with more planned throughout the year. Applications close soon, so please visit below.

To apply please email <a href="mailto:nswact.workexperience@defence.gov.au">nswact.workexperience@defence.gov.au</a> if you have any queries visit: <a href="https://www.defence.gov.au/WorkExperience">https://www.defence.gov.au/WorkExperience</a>

#### **ASPIRE - Indigenous Engineering Program**

Western's School of Engineering has developed ASPIRE Program, an Indigenous Engineering Program for first year Indigenous students enrolling in and studying Engineering. ASPIRE aims to support the career development of Indigenous students and increase the representation through Community partnership. To find out more visit: <a href="https://www.aspireindigenous.com/">https://www.aspireindigenous.com/</a>

#### **Taronga Zoo Work Experience Sydney**

Applications for 2021 are now open and will close Friday 28 February 2021

NOTE: Applications are now open for 2021, however, there are very limited places due to a rollover from 2020.

Remember to check the following websites for information

https://www.facebook.com/The-Ponds-High-School-Careers

https://www.thepondshighcareers.com/

**Instagram @thepondshighschoolcareers** 

the best WAY
TO PREDICT THE FUTURE
IS to CREATE it.

-ABRAHAM LINCOLN

Mrs C Rumí Badger & Mrs G Hodkínson The Ponds High School Careers Team











# PROFESSIONAL INSTRUCTORS

#### **PROVEN RESULTS**

We are proud of our students achieving TOP SCORES in Selective High Exams & OC Placement Tests & HSC Exams

#### **CONVENIENT LOCATION**

Drop off & Pick up at school carpark

#### THE PONDS BRANCH

The Ponds High School
180 Riverbank Drive, The Ponds
NSW 2769
(Entrance from Riverbank Drive)

Email contact@northshore-theponds.com.au www.northshore-theponds.com.au

CALL US NOW: 0481 308 999







# Teaching a learner driver?

Get information and practical advice at free workshops near you

# **Find out more**

TIMES & DATE	JOIN US	BOOK NOW
6.30 am - 8.30 pm Tuesday 23 February 2021	You can join from anywhere as these sessions will be online	Directly on EVENTBRITE:  Supervising_learner_driverdec2020. eventbrite.com.au  or via email road_safety@blacktown.nsw.gov.au









Changes in your child or young person's mental health can affect their schooling and relationships, however support is available for school students experiencing mental health concerns.

Please let your school know if your child or young person has presented at or been admitted to hospital for mental health issues so they can discuss further support.

You or an advocate can talk to the Principal, Deputy Principal, Year Advisor, Head Teacher Welfare or School Counsellor/Psychologist to develop a plan.

#### Ask your school for help with:

- Keeping your child or young person safe.
- Returning to school following a mental health crisis.
- Identifying school staff your child or young person can talk to.
- Developing an individual support plan to help stay connected with school during tough times.
   This might include flexibility around school hours, homework or catching up with school work.
- Accessing support from the school and outside agencies.

### Services that can help

**Ambulance, Police or Fire** Dial 000 (Triple 0)

**Kids Helpline** 1800 55 1800

**Lifeline** 13 11 14

Mental Health Line

1800 011 511

Suicide Call Back Service: 1300 659 467

**headspace** (12-25 year olds) 1800 650 890 or eheadspace.org.au beyondblue

1300 22 46 36

Online Chat:

beyondblue.org.au/get-support/get-immediate-support

Poisons Information NSW 13 11 26



Health
Nepean Blue Mountains
Local Health District



**BUS SAFETY WEEK 22-28 FEBRUARY 2021** 

# **BE BUS AWARE**

# Wait until the bus has gone then use a safe place to cross









BeBusAware.com.au

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# **BE BUS AWARE**

# Hold on and stay alert







BeBusAware.com.au

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