



THE ponds REFLECTION

Issue number 15
month September
year 2022

DEPUTY PRINCIPAL'S REPORT



Year 12 - Week 10 celebrations

During Week 10, Year 12 celebrated their achievements and the end of their formal schooling. On Monday 19 September, Year 12 students who have achieved outstanding results were recognised at the High Achievers Morning Tea. On Tuesday 20 September, Year 12 students and staff enjoyed a fun-filled 'Picnic Day'. The Annual Sports Assembly also took place on this day which recognised our top-performing sportspeople. On Wednesday 21 September, Year 12 students and their parents/caregivers celebrated their HSC journey at the Graduation ceremony where students were presented with their awards and graduation certificates. Finally, on Thursday 22 September, students celebrated the end of their schooling at the Formal which was a celebration filled with food, music, and dancing. Congratulations and best wishes Year 12.

Reports were mailed out Wednesday afternoon.

The HSC Examinations begin on Wednesday 12 October. We wish Year 12 students the very best for their exams.

Year 12 2023

The first day of Term 4 (Monday 10 October) marks the beginning of the HSC course for our incumbent Year 12 students. Students will begin the term with an intensive Study Skills course which will assist students manage their time, study and wellbeing. Students will gain valuable skills and advice to support them through their final year of high school.

Yearly Examinations

Yearly Examinations for Years 7 - 10 will be held during Weeks 3 & 4 in Term 4. All students are encouraged to develop and implement an organised study and revision schedule, discuss any queries with their teachers, attend Homework Club, and give themselves ample time to plan and prepare for all tasks and examinations.

Uniform

Term 4 means the warmer weather is upon us, therefore, students are to wear their (correct) summer uniform. A reminder to all students that PE uniform is only to be worn for PE lessons and on Wednesdays for Sport (Years 8 - 10). Towards the end of Term 3, parents/caregivers were sent an email reminding students of the uniform requirements and that parents/caregivers of students who are blatantly or persistently out of uniform will be contacted to support the school in having their child attend school each day in the correct uniform. Non-TPHS jumpers, pants, shorts, or shirts are not accepted, nor are hoodies. A reminder that our uniform supplier is Cowan & Lewis. Parents or students who may require support with uniform are welcome to contact the school for assistance. Correct uniform fosters a sense of school pride and identity and provides safety for the ease of identifying our students both at school and in the community.

Assessments

Students are reminded that all assessment tasks must be submitted by the designated date and time. Students must apply to the Head Teacher of the relevant subject if they wish to apply for an extension or are sick or unable to submit a task by the due date. This requires an 'Illness and Misadventure' form to be completed and submitted to the relevant Head Teacher on the first day of the student's return.

School Improvements

Additional shade is scheduled to be installed during the upcoming school holidays. This will provide students with more shade and shelter from the rain. The grassed areas have also been top dressed and fertilised to provide the best possible grass cover over Spring/Term 4. In addition to the COLA which now provides students with a sheltered space for basketball and other similar activities, planning is underway for additional shelter and further improvements to the physical space of the school for the comfort (and learning) of our students.

Safe travel to and from school

Students are reminded to please be careful when traveling to and from school; particularly students who travel using bicycles or scooters. Please be mindful of pedestrians, cars and be careful when crossing roads (take care when crossing at intersections or pedestrian crossings). Parents are also reminded to please be mindful of no stopping zones, pedestrians and buses when dropping off/picking up students. The safety of our students and our school community members is of paramount importance.

7 TIPS FOR MANAGING EXAM STRESS

FOR YOUNG PEOPLE	FOR PARENTS/CARERS
1. Stay organised with to-do lists and study timetables	Give them time off chores and non-urgent family stuff
2. Take regular study breaks	Encourage them to keep doing the activities they did before exams
3. Have a dedicated study space	Help them set up a study space and make sure the rest of the family understands
4. Have a long term goal	Chat with them about what they want to do after exams finish
5. Get as much sleep as possible	Remind them to go to bed at a regular time each night
6. Remember your health - eat well and stay active	Go on study break walks with them and try to cook wholesome meals
7. Talk to the people around you	Make a time to chat to them and let them vent

REACH OUT.COM

School buses and bus passes

Students are reminded to please tap on/off (with their Opal cards) whenever using school buses. This provides Busways with accurate data in order to provide our school with the appropriate number of buses and services. Accurate numbers and appropriate bus services are not possible if all students who travel by bus do not tap on/off. Applications for bus passes can be made via the Opal website.

Farewell and best wishes TPHS staff

It is with sadness that we farewell staff who are leaving The Ponds High School. We wish Ms Jane best wishes after having worked in the English department and the Library. Also from the English department, we farewell Ms Champion and Ms Iqbal. Ms Harper will be taking leave for the next 12 months. We also farewell Ms Caramancion from HSIE, Ms Wakim from TAS, as well as our relieving SAM, Mrs Wilkinson who is retiring. We sincerely thank you for your dedication to our students, colleagues and community, and wish you the very best for your future endeavours.

Happy and Safe Holiday

We wish our school community a safe and enjoyable school holiday break and look forward to seeing all students ready to learn and participate when they return to school on Monday 10 October (Week A timetable).

Mr P Scandizzo
Deputy Principal



Road safety

Keeping safe around school crossings

For your child's safety, it's very important to ensure they use the school crossing.

At all crossings you must wait on the footpath, at least one step back from the edge of the road.

If there's a School Crossing Supervisor, wait until they have stopped the traffic and called you to cross.

If you are driving, you must not proceed until the School Crossing Supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that you may proceed through the crossing.

Children's crossings

Children's crossings are usually part-time crossings that operate before and after school hours. They can also operate at other times when children use the crossing for excursions or during break times. When 'Children Crossing' flags are displayed, you must stop at the white line if pedestrians are waiting to cross. Drivers must remain stationary until the crossing is clear of pedestrians.

For more information on keeping our kids safe around schools visit the families section on safetytown.com.au



Road safety

Your guide to driving and parking safely near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. That's why you need to take extra care in 40km/h school zones.

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember to always give way to pedestrians particularly when entering and leaving driveways. Don't park across the school driveway or the entrance to the school car park. It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

For more information on keeping our kids safe around schools visit the families section on safetytown.com.au

WEARING THE CORRECT UNIFORM

We are seeing more and more students wearing incorrect school uniform which we need to address. Next year we will have over 2000 students on our site, and we need to be able to identify our students on the grounds.

The issues we are having are:

Students wearing sports uniform on days when it is not a sports day

Students wearing hoodies of various colours (when hoods are worn up over the head, we cannot see faces)

Students wearing incorrect jumpers with t-shirts beneath or even nothing underneath

Students wearing jumpers or t-shirts with slogans across the front

We have a uniform for many reasons including to identify our students. This assists us with security at school as we can identify anyone who should not be on our premises and keep our students safe. Our community can also identify our students on their way to and from school.

We do understand that students may tell parents they are allowed to wear other items, but we would ask that you check with the school before accepting this. Our school uniform is clearly shown on the "Cowan & Lewis" school uniform shop website.

To help us keep our students safe on our premises, from the start of Term 4, anyone out of uniform will be required to go home and change before returning to school.

We will contact parents to arrange pick-up of your child or allow them to walk home if that is how they travel daily.

Please also note that uniform notes stating that uniform is in the wash are not acceptable. Uniform can be washed by the student and hung to dry overnight and will be wearable the next day. Any students out of uniform for this matter lead to other students assuming they are also allowed to wear their own clothing.

We would be grateful for parental support with this issue.

**** If you are experiencing financial difficulties in purchasing the correct school uniform, please contact Debbie Gili in the school office who will be able to advise or assist. (Debbie will be the School Administration Manager from Term 4) ****

(The image below is from the Department of Education's website. Please note point 6.)

Ms J Weal

Principal



In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

The Ponds
HIGH SCHOOL



NOTE TO PARENTS

FORGOTTEN ITEMS AT HOME

We do not send items to class or call for students to come to the Front Office to collect forgotten items - as sending message disrupts the classroom learning.

Building Resilience and Independence

Last week a teacher reported that her class had been interrupted 6 times in one lesson of 55 minutes for students receiving forgotten lunches, pencil cases, sports uniforms, and homework.

While it is very nice that parents are prepared to support their children with their missing and forgotten items, the message is that students do not have to think for themselves.

Clearly, this interrupts learning and is not the best use of the Front Office staff's time. For this reason, we request that you encourage independence and support the school in following up on consequences.

This means only bringing emergency items such as medication to the School Front Office.

Instead support your children by providing a checklist on the back of the door and encourage them to get organised and pack their school bag the night before.

Check List:

Before you leave home for school you should have:

Books for the correct day

Charged laptop

TPHS Hat

PE Uniforms – if needed

Hard shoes – if you have Science or Technology (on a sports or mufti day)

Equipment – calculator, protractor, coloured pencils, pens, pencils, apron, BAD, etc

Lunch

Permission Notes due

Homework and Assignments due

Thank you for your support in encouraging your children to be independent and self-reliant.



IMPORTANT DATES 2022 TERM 4

Week 1

Monday 10 October

Students Return
Year 12 Study Skills Day

Wednesday 12 October

Skills for Work P 1-4
HSC Exams Start
Ten Pin Bowling Competition – MCAT

Thursday 13 October

Year 11 Food Technology Industry Visit
PCYC Fit for Life

Friday 14 October

NRL PSSA Referee Course & Program
Big Ideas Challenge - Excursion

Week 2

Monday 17 October

Year 11 Hospitality Work Placement Week
Macquarie Cup Oz Tag

Tuesday 18 October

Year 7 Gala Day

Wednesday 19 October

Skills for Work P1-4
Schools Spectacular

Thursday 20 October

Operation Christmas Child Fundraiser

Friday 21 October

Year 11 Reports issued
NRL PSSA Referee Course & Program
Knockout Boys Cricket



sponsors

Thank you to our Platinum Sponsor



Hills Direct
We put *you* first

Proud Platinum Sponsors of The Ponds High School
ALWAYS HERE TO LEND A HELPING HAND

Your Local Specialists



JOHN & MICHELLE HESSE WITH THEIR TEAM OF LOCAL AREA EXPERTS
ARE HERE TO ASSIST YOU WITH ALL YOUR REAL ESTATE NEEDS

CALL TODAY TO ARRANGE YOUR
OBLIGATION FREE APPRAISAL OR CONSULTATION



8883 2055



WWW.HILLSDIRECT.COM.AU

Sports Presentation





SENIOR GIRLS 7-A-SIDE SOCCER



SENIOR GIRLS 7-A-SIDE SOCCER



TPHS CARNIVAL AGE CHAMPIONS 2022 SWIMMING

TPHS CARNIVAL AGE CHAMPIONS 2022 SWIMMING

SWIMMING AGE CHAMPIONS - 12 YEARS



SWIMMING AGE CHAMPIONS - 12 YEARS



ATHLETICS AGE CHAMPIONS - 13 YEARS



CROSS COUNTRY AGE CHAMPIONS - OPENS 17+ YEARS



SENIOR GIRLS 7-A-SIDE SOCCER



ATHLETICS AGE CHAMPIONS - 15 YEARS



JUNIOR BOYS ULTIMATE FRISBEE



SWIMMING AGE CHAMPIONS - 13 YEARS



ATHLETICS AGE CHAMPIONS - 15 YEARS



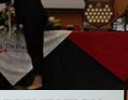
SYDNEY WEST REPRESENTATION ATHLETICS



SYDNEY WEST REPRESENTATION SWIMMING



SYDNEY WEST REPRESENTATION GYMNASISTICS



TOUCH FOOTBALL



SWIMMING AGE CHAMPIONS - 16 YEARS



SYDNEY WEST REPRESENTATION SWIMMING



SYDNEY WEST REPRESENTATION GYMNASISTICS



JUNIOR BOYS ULTIMATE FRISBEE



SYDNEY WEST AGE CHAMPION GYMNASISTICS



SWIMMING AGE CHAMPIONS - 13 YEARS



GIRLS OPENS FUTSAL TEAM



SWIMMING AGE CHAMPIONS - OPENS 17+ YEARS







Student Awards Congratulations!



Akilesh V 12.1



Armaan S 12.8



Antonia M 12.6



Caleb D 12.1



Francis D 12.3



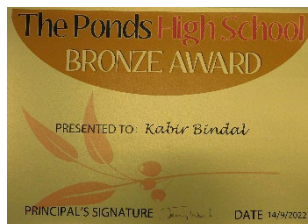
Helly P 12.7



Nandita R 12.7



Jasmeet D 12.3



Kabir B 12.2



Michael A 12.2

Unfortunately, due to absence some students were unavailable to have their photo taken.

Ms M Bell
Awards Coordinator



Go foundation

Last Thursday the TPHS Go foundation scholarship recipients attended the Go foundation term 3 day. They were welcomed by the Go team and went to the lecture hall where Adam Goodes and Michael O'Lachlan were speaking about their life journeys. We then split into two sessions, one with NRL player Jonathan Wright who talked about good vs bad and what it takes to be a good leader. In the second session was about traditional Dance, which was my favourite. Overall, the day was great.

Danroy K 9.13

WSAS Sports Identification Day

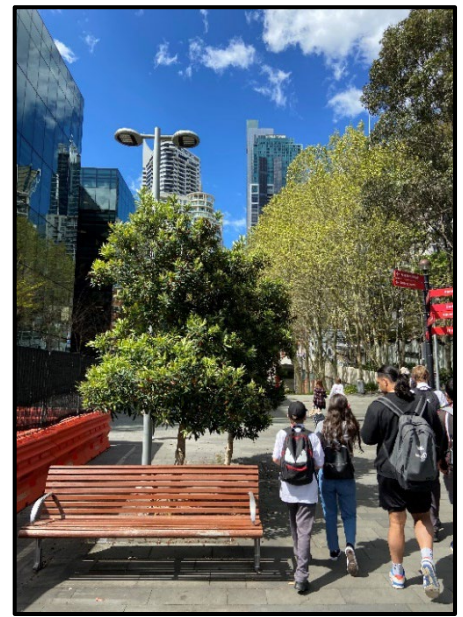
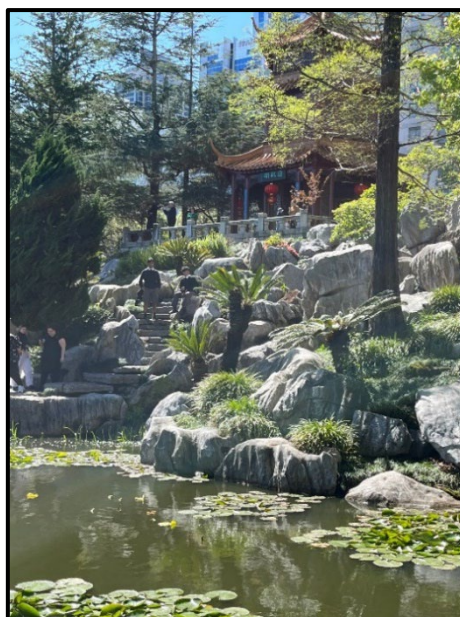
On Wednesday, 14 September, a small group of students attended the Indigenous Talent ID Day. This was hosted at the UWS Kingswood Campus. Students were tested on various athletic skills to determine whether they were eligible for a fantastic scholarship, provided by Western Sydney Academy of Sport. This was an amazing opportunity for young athletes to discover their sporting abilities. We are proud to acknowledge that a current Indigenous student was accepted for a scholarship. Congratulations, Lucas Chand for being selected for touch footy and rugby league.



CWG photo story excursion

Throughout terms 2 and 3 a group of awesome boys have given up an hour on Wednesday afternoons to participate in the Creative Writers Guild. With the help of Miss V and Mrs Caro they have explored the theme of Masculinity and produced some impressive works that will be collated to create this year's CWG anthology.

On Friday week 9, the boys explored China Town, Darling Square and the ANZAC Memorial to for an authentic opportunity to explore different text types. Students took pictures of the Chinese Gardens where they enjoyed a relaxing and surreal experience. It was a successful day which enabled all the CWG members a great opportunity to take photos and get to know each other. It was a very thoughtful and inspiring day.



MCAT calendar

This year our CWG are working with MCAT to create a very special calendar for 2023. On Wednesday and Thursday Week 9, The MCAT students worked with CWG teachers to write a series of poems based on the seasons.

On Friday 16 September, the T1 and T2 MCAT classes took part in a Visual Arts incursion with Mrs Morrison - HT CAPA. The incursion was to create artworks to be included in a calendar being created as a join initiative between the Visual Arts and English Departments.

The artworks that the students made were a reflection of the seasons. Students used a range of materials such as pencil, acrylic paint, water colour, collage, and mixed media to create these beautiful works. You can find a post of the day on the TPHS FaceBook and Instagram pages.



Miss M Kelly
Teacher Librarian

Lara Farewell

Not only is year 12 leaving us, but so is Miss Jane. During 2022 Miss Jane has discovered a new world of teaching in the very different role of Teacher Librarian. During this year she has organised competitions, kept us informed and assisted with a wide range of activities.

Students and staff will miss her happy demeanor and welcoming personality. We wish her the best in her new position and am sure that she will thrive in her new school.

The Library

All books loaned before the holidays are due back week 1 term 4

Don't forget the local libraries are open throughout the holidays.



Blacktown city libraries - Holiday activities for teenagers.

Teens 13 – 18 years			
Venue	Activity	Date	Time
Max Webber Library, Blacktown	No fuss cooking	Wednesday 28 September	2.00 pm – 4.00 pm
	Sand art	Friday 7 October	2.00 pm – 4.00 pm
Riverstone Library & Digital Hub	Spring school holidays: Decoupage picture frame	Wednesday 5 October	2.30 pm – 4.00 pm
Dennis Johnson Library, Stanhope Gardens	Spring school holidays: Batik banners	Tuesday 4 October	2.00 pm – 4.00 pm

Year 12

READ IT, LEARN IT, RETURN IT!

**Return items to any library or book return bin in the HUB.
All school resources due back before sign out*

BLACKTOWN CITY COUNCIL

2022 Mayoral Creative Writing Prize

What now?

Welcome to the Mayoral Creative Writing Prize 2022.

Open to adults and children (aged 8 to 17 years) who live in Blacktown city.

Entries close midnight, Monday 3 October 2022.

The poems and short stories must be works of fiction, and respond to the theme What now?

They will be judged in the following age categories:

- 8 - 11 years
- 12 - 14 years
- 15 - 17 years
- Adult (18+)

Winners will be announced at the presentation ceremony.

Presentation date: Thursday 8 December 2022 at 6 pm to 7 pm.

Venue: Max Webber Library Function Centre Level 1, Corner Flushcombe Road and Alpha Street, Blacktown.

Entries can only be submitted online at westwords.com.au.

For more information, terms and conditions visit Westwords website:

WestWords *Setting the words of world* Blacktown City Council

Max Webber library Blacktown - open hours

Monday to Friday - 9:30 AM–07:45 PM

From the 10 September to 13 November for HSC students

Saturday - 9:30 AM–05:00 PM

Sunday - 12pm to 5pm



CAREERS

Year 10 WORK EXPERIENCE

Those students that have not handed in Student Placement Record (SPR) paperwork for Term 4 Week 1 will not be able to complete the Work Experience during that week. It is essential for students to hand in their SPR prior to T4W2 for it to be recorded on their reports. All Work Experience will resume in week 5-Week 9 only.

EXCURSIONS & INCURSION

11 November: Wings over Illawarra. Notes available, payments due no later than 21 October (30 places still available). [White Card Training Expression of Interest \(EOI\)](#). Please complete the Google Form sent through CANVAS Yr 9 Home Group (Aged 15+ only), Yr 10 Careers, Yr 11 Year Advisors or Year 12 Year Advisors Folders.

[Work Experience at the Sydney Opera House](#)



14 to 18 November. Applications close 14 October. The Open program Work Experience is open to secondary school students who are studying in Year 10. Get hands-on experience of how the Opera House operates during the program hours of 9.30am – 3.30pm, Monday to Friday. Participants will meet and work alongside a diverse range of Opera House employees from Ticketing Sales Representatives to Stage Managers to Building Operations Supervisors. We are

one of the world's busiest performing arts venues and the experiences we offer will vary between programs depending on our programming commitments.

UAC

[Pathways to your dream degree](#)

If you don't get an offer into your chosen degree, you could start an alternative undergraduate course with a lower entry rank. Once you've successfully completed the first year of that degree, and have results that will improve your selection rank, you can then apply again for the degree you really want. (See how to transfer to a different degree.)

[5 steps to managing HSC stress](#)

Stress and anxiety are incredibly common for students studying their HSC. While we need a certain level of stress to motivate us and help us achieve our goals, it's important to know how to manage it and seek support when things become overwhelming.

University - Institutes

[UOW - Future Students Can Win...](#)

Are you keen to keep up on UOW info this year? Subscribe to our Future Students newsletter to receive useful and important info, and for your chance to win great prizes. The earlier you subscribe, the more chances you have of winning.

[UOW Pre- Medicine Degree](#)

The Bachelor of Pre-Medicine, Science and Health is a three-year undergraduate degree providing a solid foundation towards graduate medicine, dentistry, veterinary studies, optometry, podiatry, physiotherapy or pharmacy. This degree will explore core content for medical school entry including academic literacy, critical thinking skills and an understanding of what it takes to be a successful health practitioner.

5 STEPS to STUDY SUCCESS
We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

- 1 NOT ALL STRESS IS BAD**
While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.
- 2 20-MINUTE STUDY RULE**
No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.
- 3 SAY IT OUT LOUD**
The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.
- 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD**
Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.
- 5 SLEEP IS YOUR FRIEND**
If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.

[University of Sydney - Studying Business at Sydney: Bachelor of Commerce](#)

Oct 12, 4:00pm. Discover how our Commerce degree prepares you for the future of work and a wide range of career opportunities. You will learn about the many ways in which you can combine your interests, such as studying a major in 'Innovation & Entrepreneurship' or choose from over 100 study areas from our shared pools of majors/minors. Find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

[University of Sydney - The Sandra Cadwallader Indigenous Economics Undergrad Scholarships](#)

Closes 4 October, \$50,000 pa (for course duration). Aboriginal and/or Torres Strait Islander students qualify and enrol full time into the Bachelor of Economics or the Bachelor of Economics/Bachelor of Advanced Studies following the completion of the HSC.

[University of Sydney - Sydney Scholars Awards - An undergraduate scholarship](#)

Apply by 30 Sept. \$6000 scholarship that supports outstanding Year 12 students to undertake an undergraduate degree at the University of Sydney. This scholarship supports outstanding Year 12 students to undertake an undergraduate degree at the University of Sydney. Students must submit an application for this scholarship by the 30th of September and then also receive an ATAR (or equivalent) of 95-99.85 and enrol into a course at The University of Sydney in order to receive this funding



[UTS - Undergraduate Webinars – Q&A with UTS](#)

26 September. Curious about life at uni? Or interested in getting a question about an admission scheme answered? Join us for a Q&A session, where we'll run through some of the frequently asked questions about UTS.

[UTS - Book a 1-1 undergraduate consultation](#)

Get your questions about courses, admissions and life at UTS answered. Chat with one of our student ambassadors and learn about all things UTS. Whether you have questions about admission schemes, course options or student life, we can help you out! We offer three different types of consultations. All consultations run for 15 minutes.

[CSU - We're going live!](#)

Tuesday 20 September, 6.30-8.00pm. Join us for a virtual event that will keep parents in the know about uni. We'll step you through getting into uni (there's more than one way), building a career (not just a job), what life on campus is like and the costs to consider (the inclusions will surprise you!). Plus, our experts will be there to answer all your uni-related questions.

[CSU - Accommodation and Camps Tour](#)

Come and check out our range of accommodation options. From March to October selected accommodation may be available for you to view, while full access is available from November to February. Come and get a feel for uni life and see what's possible at Charles Sturt. Book a tour time that suits you.

[Charles Sturt University - Diploma of General Studies](#)

Would your career aspirations be boosted by a university degree? The Diploma of General Studies from Charles Sturt University is an admission pathway program offering you guaranteed entry to most of our bachelor's degrees. It could be your perfect first step to bringing to life a broad range of career choices and opportunities.



[University of Newcastle - Women in Physics](#)

28 Sep 7- 8:00pm, The Australian Institute of Physics and the Physics discipline at the University of Newcastle are pleased to be hosting a FREE public lecture for people aged 12-99. Katarina Miljkovic from Curtin University will discuss "Space Rocks" as part of her 2022 National Tour.

[University of Newcastle - Career Chat: Jobs of the future](#)

11 Oct 10:00am - 10:15am. The world of work will change dramatically in the next few decades. Even now, jobs are changing at a fast rate as machines and big data change the way we work and interact with each other. Find out what the world of work will look like in the future.



[UNSW Indigenous Pre-programs](#)



21 November - 9 December. UNSW's Indigenous Pre-programs are holistic alternative entry pathways for Aboriginal and Torres Strait Islander students who want to study in the areas of Business, Law, Medicine, Social Work, Education, or Science & Engineering. Please complete the application and provide as much supporting documentation as possible.

[CQ Start Uni Now SUN](#)

SUN (Start Uni Now) application due date Friday, 14 October. SUN allows you to enrol in a range of CQUniversity units (subjects) online, which you can combine with your regular high school work. If you are a high performing student who wants to take on the challenge of tertiary level study, then SUN could be for you!

[SciX@UNSW Science Extension Program](#)

Gain access to UNSW Science's world-leading researchers and facilities. The SciX program supports Science Extension students and other keen high school students to complete their research projects. We've designed a set of tools, resources and equipment to help you investigate your chosen research topic. Register your interest here:

https://unsw.au1.qualtrics.com/jfe/form/SV_6L13dAovBISz0zQ

[UNSW - CareersUnlocked: How to find passion, purpose and profit](#)

29 Sept 6pm to 6.45pm. As Australians re-emerge from two years of disruptions caused by lockdowns and a global pandemic, it is clear workers are looking for more in their careers – whether it is flexibility, purpose or passion, there is no doubt that the nine to five has changed. Recent research reveals a third of Australians would take a pay-cut in exchange for better work/life balance, more enjoyable work or a greater sense of fulfilment*.

[UNSW - ADAnow 2022 For all creative buffs](#)

Till 30 September. A look inside UNSW's powerhouse of creativity & collaboration. ADAnow 2022 is an opportunity to celebrate the creativity, collaboration and work of the staff, students and alumni of UNSW Arts, Design & Architecture. ADAnow boasts a huge month-long program of events, videos, podcasts, music, stories, exhibitions and more. Find something to attend, watch, listen to, read or learn.

TAFE

[Construction ACTA College](#)

We are an RTO located in Liverpool NSW offering funded courses through Smart & Skilled in Construction and Trade related courses. ACTA College is currently taking enrolments for 2 Fee Free* Apprenticeship courses the CPC30220 Certificate III in Carpentry and AUR30620 Certificate III in Light Vehicle Mechanical Technology. Contact ACTA College on 1300 730 830.

[AFL Sports Ready Traineeship opportunities in the Arts!](#)

Arts Ready and the National Film and Sound Archive of Australia have two exciting traineeships available for First Nation peoples wanting to pursue a career in the Arts.

[Apprenticeship Engagement Forum \(AEF\)](#)



The Australian Apprenticeships and Traineeships Information Service (AATIS) and AEF have produced 3 great videos featuring young women in non-traditional trades.

[Carpentry - Candace](#)

[Signs & Graphics - Chrissy](#)

[Painting & Decorating - Megan](#)

[TAFE NSW Visual Merchandising](#)

Want to excel as a visual merchandiser or stylist in both the retail and events industry. With TAFE NSW you will learn from specialist teachers and turn your passion for retail into a creative and rewarding career.



Private Colleges

[Australian Institute of Music \(AIM\) - How do you overcome performance anxiety?](#)

We put together a panel of musicians, psychologists and educators to discuss their best advice to overcome an almost universal experience for performing musicians. Excerpts from the hour-long conversation held live at AM Sydney's Amphitheatre stage are below. Alternatively, listen to the live talk on AIM's Music Industry Insights podcast on Apple Podcasts or Spotify Podcasts

[Sydney Actors School Open Now for Enrolment 2023](#)

Sydney Actors School's facilities provide real production environments for learning, undertaken in tailor made film, sound and production studios. A purpose built fit out means students have access to state-of-the-art studios, cutting edge equipment and technology. We train our actors to be in front of and behind the camera. Our government accredited courses prepare our students for a career on stage and screen.

[Endeavour – Natural Health Open House](#)

October 15, 10 am – noon. Why not see what student life with Endeavour College looks like? Tour the facilities, learn about student life, and chat to our team of academics and admissions advisers on the day.

Friends and family are welcome to accompany you, but we are limited to two guests only as the campus will have to abide by the 1.5m distancing.

[Sydney Design School Open Day](#)

On Campus Saturday 22 October 10am – 12pm. Join us for our biggest day of the year! Our Director Amanda Grace will take you through our flexible course options. Meet our passionate Educators and Careers Coach while exploring our inspiring student work. Make sure you register.

[ACPE Careers Education Hub](#)

The ACPE Education Hub has been created to support the learning, personal and professional development of young adults aged 15-20 years old. Each topic area has been specifically designed and delivered in partnership with ACPE Academics and Industry Professionals, bringing you industry relevant and engaging resources. Enjoy your learning!

[AFTRS First Nations Scholarships - Bachelor of Arts Screen: Production](#)



Closes 24 October value: Up to \$25,000. To inspire creativity and innovation, we want to work with students from diverse backgrounds. To achieve this, we offer a range of scholarships that recognise excellence and assist with the costs associated with higher education. Education is a worthwhile investment in your future, and there are a variety of options to help you reach your study goal.

[Torrens University Australia Career Crush Quiz](#)

Does the idea of being your own boss give you butterflies? Could your natural charms change the world?

The best way to find a career you crush on is to study something you love and at Torrens University Australia, we're passionate about helping you do just that.

General

[What's your STEM + law, crime & justice career?](#)

Is a career in crime and justice calling your name? From cyber security to forensic science, STEM skills are needed in stacks of crime and justice gigs. Get career job ideas and find role models already working in your dream area!

[Need help applying for Scholarships? Try our Scholarship Builder](#)

The Scholarship Builder provides a step-by-step guide on how to craft application responses. For some inspiration, students can also learn about the stories from some of our current university students.



[Virtual Tour - A Night at the Museum](#)

Have fun touring yourself around an extensive collection of teaching specimens including animals, plants, fossils, and minerals. Come and virtually explore this fantastic teaching space and discover some of the cool and curious specimens on display such as "Lightning Claw" – an Australian dinosaur first identified by UNE researchers

[Sydney Science Trail](#)

The Sydney Science Trail is giving young scientists even more opportunity to go exploring. Featuring on-demand games, videos and online learning activities suitable for all ages, the online trail has something for everyone. Your mission is to uncover all the fascinating science hidden in each world. Don't forget to collect your unique badges by completing each quiz. Traverse the trail and be rewarded for what you discover.

[Types of Nursing – There's a lot more options than you could believe!](#)

There are several different levels of nursing. You could choose to become an Enrolled Nurse (EN), a Registered Nurse (RN), a midwife or even a Medication Endorsed Enrolled Nurse (EEN). As per the Nursing & Midwifery Board of Australia's provisions, Enrolled Nurses usually work under the direction and authority of a Registered Nurse. While a Registered Nurse can undertake additional responsibilities such as administering medication. Both are invaluable contributors to the care of patients. On top of this, there are a number of different specialisations in nursing you can train and work towards.



[ATAR Notes Free HSC Revision, Head Start Lectures](#)

2 Free Online HSC Head Start & Revision Lectures. 26 - 30 September. Join thousands of students that tune in to our live-streamed lectures. Our legendary lectures, delivered by elite past students, can give you a huge study advantage.

[Spark Festival - Tech and Innovation Festival - Australia's Festival of Innovation, Tech and Ideas](#)

Spark is the Festival for Australians preparing for a better future. This year's Spark Festival will be bigger than ever, in locations all over Australia, from October 12 - 27. Sign up for Weekly Sparks to be the first to know when the program launches, plus learn about events for founders, SMEs, hustlers, movers and shakers right throughout the year. Sign up for info here: <https://sparkfestival.co/about/email/>

[History Makers School Video Challenge](#)

Entries close 4 November. Share the defining moment that matters to you to be in the running to win \$2,000 for your school. Choose a defining moment Research a moment that matters to your class, school, community or the nation.

[The Prince's Trust Group](#)

Supporting thousands of young people through the global pandemic and into education, employment and enterprise. They are a global network of charities founded by His Royal Highness The Prince of Wales and their mission is to transform lives and build sustainable communities worldwide. They surveyed 10,000 young people and conducted 17 focus groups across 12 of the countries where The Prince's Trust operates to understand the attitudes of 18-35 year olds towards the future of work in the context of the recovery from Covid-19.

[Consider a Gap Year with the Department of Home Affairs in 2023](#)

The Department of Home Affairs are offering a 12-month gap year to year 12 students graduating in 2022. The gap year will begin in February 2023 and positions will be based in Parramatta. For more information contact entryprogramsandpathways@homeaffairs.gov.au

[Long Track Pantry 2023 Gap Year Applications Open](#)

Have an adventure and learn hospitality skills in your gap year! We offer 6- and 12-month gap year placements. Accommodation available with flexible workdays and hours. Apply today! Email careers@longtrackpantry.com.au for more information.

Enjoy your Holidays.

Mrs C Rumi Badger & Mrs G Hodgkinson

Your TPHS Careers Team

Please remember to visit our [Careers Website](#) for more news, information, and Careers Adviser bookings. We also advertise on [Facebook](#) and CANVAS Year 10 Careers (Year 11 & 12 via Year Adviser Page).

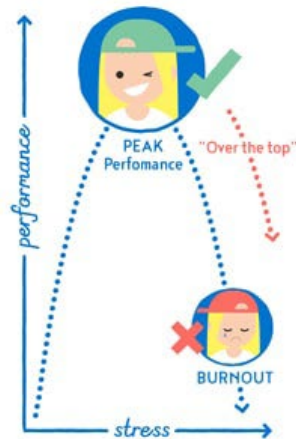


5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

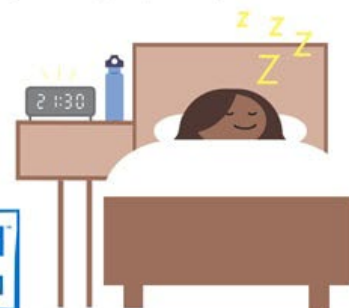
Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH
OUT.COM

5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.





FREE HSC STUDY SESSIONS

26-30
SEPTEMBER



Date

Sessions

Monday 26th September	9:30-11:30 English Advanced Subject Review	12-2 Chemistry Subject Review	2:30-4:30 English Advanced Exam Deconstruction
	English Standard Subject Review	Economics Subject Review	English Standard Exam Deconstruction
Tuesday 27th September	9:30-11:30 Maths Advanced Subject Review	12-2 Geography Subject Review	2:30-4:30 Maths Advanced Exam Deconstruction
	Maths Standard Subject Review		Maths Standard Exam Deconstruction
Wednesday 28th September	9:30-11:30 Business Studies Subject Review	12-2 English Advanced Subject Review	2:30-4:30 Business Studies Exam Deconstruction
	Biology Subject Review	English Standard Subject Review	Biology Exam Deconstruction
Thursday 29th September	9:30-11:30 PDHPE Subject Review	12-2 CAFS Subject Review	2:30-4:30 Legal Studies Exam Deconstruction
	Legal Studies Subject Review		Chemistry Exam Deconstruction
Friday 30th September	9:30-11:30 Modern History Subject Review	12-2 Maths Advanced Subject Review	2:30 - 4:30 Why Western Q & A Session
	Physics Subject Review	Maths Standard Subject Review	

Register at: westernsydney.edu.au/hscstudysessions

Did you know that every NSW High School student is required to present a multi-modal presentation?

For most students, a **presentation** can be quite daunting.

We can help senior school students to overcome their fears and deliver a **captivating, persuasive** and **successful** presentation.

SPECIAL OFFER: 1st online class FREE for senior school students!

*T&Cs apply

- No experience necessary - 1 hour class per week combining public speaking, creative writing, debating & drama activities
- 15 locations across Sydney including The Ponds, Rouse Hill, Baulkham Hills or online classes
- NSW Creative Kids vouchers accepted

contactus@talentclubaus.com.au

WWW.TALENTCLUBAUS.COM.AU



AUSTRALIA'S LEADING CHILDRENS SOCCER PROGRAM

MINIS For boys and girls aged 2.5 - 3 years	PRESCHOOL For boys and girls aged 3 - 5 years	JUNIOR For boys and girls aged 6 - 8 years
PREMIER For boys and girls aged 9 - 11 years	HOLIDAYS Exciting school holiday programs	BIRTHDAYS Soccer themed birthday parties

Classes now running at The Ponds High School
www.soccajoeys.com.au | 1300 781 735



The Ponds
HIGH SCHOOL



Art of Growth

Personal Leadership & Life Skills Program for Youth

"I have gained a lot more confidence in myself and can deal with any situation now. I am a lot more positive and optimistic."

- Nishani
(member)



Is your teenager struggling with procrastination and lack of motivationsocial awkwardness.... fear of public speaking?

Do you want to empower them to realise their true potential and blossom into the most powerful versions of themselves?

Proven to lead to:

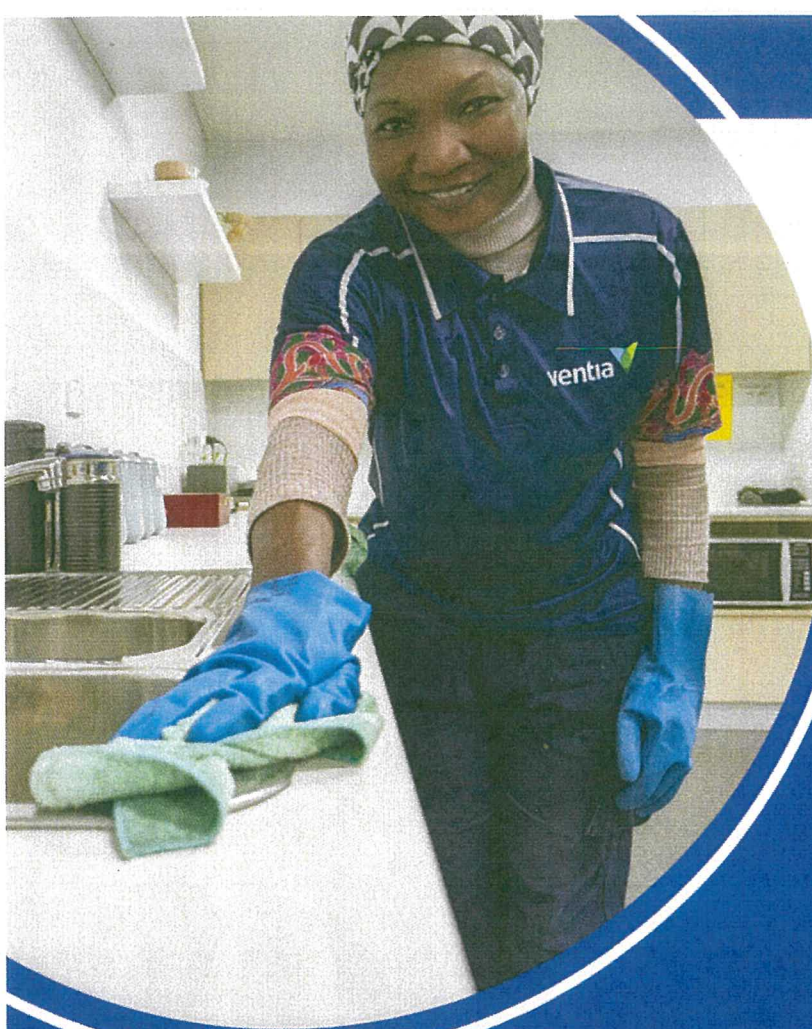
Top 7 skills addressed within the program:

- ✓ Public Speaking/ Presentations Skills
- ✓ Effective Communication Skills
- ✓ Time management & Organisational skills
- ✓ Teamwork –working with others to succeed
- ✓ Self- improvement techniques
- ✓ Personal Development
- ✓ Physical and Mental Wellbeing

- ✓ Higher academic achievement
- ✓ Increased participation in extracurricular activities
- ✓ Leadership opportunities at school
- ✓ Positive socialisation experience
- ✓ Withstanding peer pressure and bullying
- ✓ Increased employability through development of skills and attributes sought after by employers.



Find out how we can help
Call us **NOW** for a **FREE**
No-Obligation one-on-one
consultation to assess your
child's individual personal
development needs-valued at
\$250
0413 991 733



Skout

SOLUTIONS

**KEEP OUR
SCHOOLS CLEAN**

**CLEANING POSITIONS
AVAILABLE IN
NSW SCHOOLS.**

Seeking reliable people to help keep our schools clean and safe.

Must be available 5 days a week for Monday to Friday shifts.
Several shift options available.

No previous experience necessary.

You will need to pass a National Police Check and obtain a Working With Children Check.



Scan the code to find out more at jobs.ventia.com



Proudly Recruiting for

ventia 

Contact us today on 02 4904 5500



Screen Time & Gaming

One hour FREE Zoom webinar for parents and carers

Join us to learn about:

- healthy screen time & making a Family Technology Plan
- useful tips on staying safe online
- the connection between gaming and gambling
- the signs and impacts of gambling harms
- where to go for further support

Register via the
QR code

Choose between two sessions:

Tuesday, 4th October 2022 from 11:30am-12:30pm

OR

Thursday, 6th October 2022 from 6:00pm-7:00pm

For more information call BACC on 9626 5312



SYDNEY SEAFOOD SCHOOL



sydney fish market

SCHOOL HOLIDAY FUN AT THE FISH MARKET

Looking for something fun and educational for the kids these school holidays? Then book your junior masterchefs into a cooking class at Sydney Seafood School.

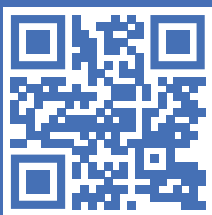
We offer fun, educational and entertaining cooking experiences for kids aged 7+:



Kids' Dumpling Making Class

Tuesday 27th September 2022
10am -12pm

Classes priced from \$75. For more info head to:
www.sydneyseafoodschoo.com.au
or call 02 9004 1111.



Scan to find
out more!



School Canteen Assistant – casual positions available

Ironbark Ridge PS has a school-operated Canteen and we need casual staff to support the daily lunch order food preparation and counter service.

Hours: 9.30am-2.30pm, various days Mon-Fri
Skills required: A friendly smile and a willingness to serve the students and staff of Ironbark Ridge PS
Pay rate: Dept. of Education 'Canteen Assistant' rate – more details on enquiry.

On-the-job training will be provided - no experience necessary.
Flexible days as per your availability.

Please phone Doris Cull (Canteen Manager) or Allison Batten (Business Manager) on 8814 5687.



We wish our school community a safe and enjoyable school holiday break

*Happy
Holidays*