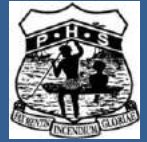




Parramatters

Parramatta High School Newsletter
FAX MENTIS INCENDIUM GLORIAE



“The torch of the mind lights the path of glory”

Our vision is to provide a holistic 21st century education which develops resilient individuals who are active and informed citizens, empowered to think critically and creatively, within an environment that values diversity, equity and resilience.

ISSUE 10

TERM 3, 30TH JULY 2021

PRINCIPAL’S REPORT



Dear Parent / Carers

I hope that our PHS families are staying strong and keeping safe in these very difficult times. I can only hope our Government is able to control the recent outbreak and contain issues so we can return to students to school and a sense of

normality soon. We are currently in Level 4 Restrictions which precludes students from attending and I want to thank parents for keeping their children home which is the safest course of action at this time. I am having a Network meeting today with our DEL and am not expecting any change from our current situation for another few weeks yet. However, things are updated regularly and so I will report to you as soon as I hear anything different.

I also want to thank the staff who are working hard to continue lessons online and also to source new resources to help students. Some students have borrowed a laptop or a dongle to assist them at home and resource packs can be made ready if necessary. I remind students and parents that we have Education Perfect with lots of online worksheets and units students can do at home.

We are not sure how long lock down will be in place and will send out to Year 12 and families information about how the Trial HSC will be conducted. Please stay alert for this information.

In the meantime, stay safe and keep within the home as much as possible.

Happy online learning for students!!!

Best Wishes,

Domonique Splatt
Principal

CALENDAR 2021

TERM 3

Week 6

Year 12 Return – August 16*

Week 8

Year 7-11 Return – August 30*

*pending NSWHealth and DoE advice



WELLBEING

We are currently living in what is a very uncertain time, constantly wondering when this lockdown will come to an end. The world is a pretty topsy-turvy place right now thanks to the panic around coronavirus (COVID-19). If you are feeling overwhelmed, or stressed by it all, be reassured that you are not alone, and this is a very normal response. However, it is important to go easy on yourself take time out for some self-care. Here is a list of self-care activities that you can do from home, not only will they help you feel a little better, they will also give you a sense of control in these uncertain times.

1. Start a journal. Pick a subject to write about each time you make an entry. For example:
 - Name 10 things for which you are grateful.
 - Make a list of short-term goals.
 - Write down 10 words to describe yourself.
 - Name some internal and external resources you have to help you through the pandemic.
 - Share something that has made you proud or happy in the past two weeks.
 - Write about current challenges in your life.
 - Make a list of everything you'd like to say "no" to.
2. Take a walk outdoors – in your yard, on your street, or at the park.
3. Go to bed 30 minutes earlier than usual. If you generally cut your sleep short because you have too much to do, this is a great time to be well-rested.
4. Call someone you haven't talked to in a while and enjoy catching up.
5. De-clutter your desk or a room.
6. Spend an entire day without looking at social media.
7. Pull out a cookbook or go online for a recipe you've never made – whether it's an awesome salad or delectable new entrée.
8. Watch a sunrise or sunset or appreciate something in nature you rarely have time to notice.
9. Get rid of five things you never use.
10. Write down a playlist of favourite songs from your past and listen to them.
11. Unsubscribe from "junk" emails.
12. Send an encouraging text message to five co-workers or family members.
13. Wake up 30 minutes early to meditate, pray, or reflect.
14. Listen to a podcast on a subject that interests you.
15. Make a wholesome breakfast and focus on eating it without any reading or interruptions.
16. Think of something you've dreaded doing and complete it. Then, cross it off your list.
17. Relieve your anxieties in the moment by paying attention to your breathing and noticing if you are OK right now, with no thoughts of the past or future.
18. To slow yourself down, eat an orange very slowly, segment by segment. Savor the taste, touch, sight, and smell as you take each bite.
19. Let go of the guilt of something you "should" do and replace it with something you want to do.
20. Unfollow social media accounts that don't bring you joy.
21. Clean out your garage, or a closet, drawer, or shelf.
22. FaceTime or video chat with one or more family members.
23. Try a five-minute meditation on your own or do an Internet search for a guided meditation. App options include [Insight Timer](#), which is free or search for a YouTube clip to help guide your meditation.
24. If you are worried or upset, contact family and friends, a crisis hotline, or an employee assistance program.
25. Say a mantra that brings you comfort, such as "I am confident," "All will be well," or "May I be happy and healthy."

These small gifts you give to yourself can help you to be more resilient and grounded, even in uncertain times.

There are heaps more things you can do and you can find out more on our **Wellbeing @ Parra Matters – Student Edition at the following link:**

<https://sites.google.com/education.nsw.gov.au/phs-student-support/home>

Parents, you can also find support and resources on our Wellbeing @ Parra Matters – Parent Edition at the following link:

<https://sites.google.com/education.nsw.gov.au/phs-parent-support/home>

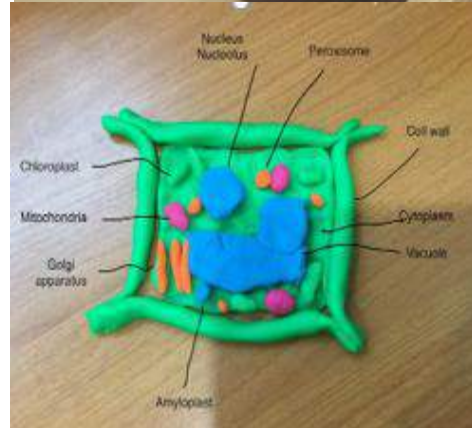
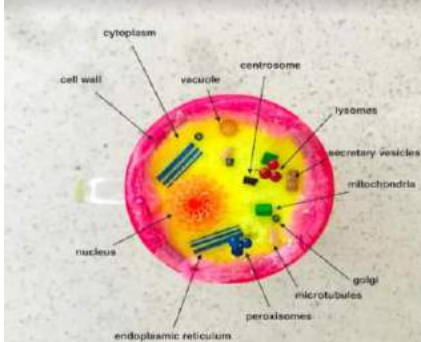
If it's all getting a bit much...

Sometimes things can get overwhelming, even if you've been practising self-care. As most people will be physically distancing or self-isolating a great option is telephone and online services. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) can be accessed for phone and online counselling, with Lifeline phone counsellors on call from 7pm to midnight, and Kids Helpline available 24/7. **Eheads**pace also offers free online and telephone support and counselling.

If it's available to you, you could consider seeing your GP or mental health professional for extra help (but make sure to follow the advice of Healthdirect if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/FaceTime if you're in self-isolation. You can also head to the ReachOut Forums to connect with other young people online.

SCIENCE

Students in 7A and 7S have been working models of Cells constructed from household materials. Here are some images of their outstanding work.





Janhavi Sharma



Lynne Hoang



Michelle Zhang



Shruti Subash Chandra Bose

STEAM

Thank you to all the 3rd Electives teachers for all the hard work and the expertise and interest they give to the 3rd electives and the students in their courses... The showcase is the culmination and display of the 'Real' applications of theory, education and social/work/life skills we get in all subjects across the school :-). We had our biggest 3rd elective showcase turn out ever... I strongly believe we ARE getting somewhere into the minds and hearts of the students and community and I thank you for that community support.





As our new semester's cohort has just started, we hope they will get the opportunity to showcase live and in person late in Term 4, however, even if it isn't live, we have the ability to put together a digital showcase for everyone to explore and I am sure we are all looking forward to the results of students thoughtful and creative endeavours.

Aussie Student Invention Competition

We may have already emailed out to the whole school about this competition and have had numerous students complete an Expression Of Interest, however, it's worth the reminder and it's not too late!



In partnership with the producers of 'Aussie Inventions That Changed The World', Clickview's search is officially back on for Australia's most innovative students. The 2021 Aussie Student Inventions Competition is now open to all primary and secondary students.

This popular competition is running throughout Term 3, 2021. Now is the time to start thinking of your invention. It can be any type, size, or functionality. It could solve a problem, make life more interesting or just be incredibly cool!

Key dates:

Start your project: July-August 2021

Entries open: 22 August 2021

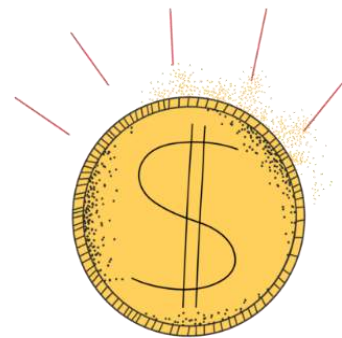
Entries close: 17 September 2021

Finalist announced: November 2021

Winners announced: December 2021

Incredible prizes up for grabs:

The winning submission in each category (primary, lower secondary, upper secondary) will win \$\$\$\$, as well as access to other 'money-can't-buy' prizes



\$3,000 cash Per winning entry towards their creation process.



Professional Mentoring - Two mentoring sessions with the judging panel, to help them make their concept a reality.



Exposure to Networks - Invaluable exposure to networks of innovators, via the networks of judging panel, and ClickView's industry peers, audiences, and customer network.

Find out more details here:

<https://www.clickview.com.au/aussie-student-inventions/>

AND

Express your interest to participate as an individual, pair or group, here: <https://forms.gle/iEbNF5JZRkYv39UJ6>



Congratulations are in order. A submission from our school has shortlisted as a potential finalist for the Metro Minds STEAM Challenge!

Parramatta High School's Team known as "That One Group" comprising of year 7s...

- Krisha Bhasin
- Xinyi He
- Husaina Jamnagarwalla
- Dunia Khadem
- Prisha Mistry
- Lucy Zhang

...has qualified for the short list with their "Metrips" information, advertising and promotion stand.

What does this mean?

This year's program will be hosted online. Metro Minds has now modified the program and in respect of the ongoing COVID-19 restrictions, students will not be required to provide a live pitch. Sydney Metro will recognise and award finalists ONLY. Finalist teams will receive feedback based on their video pitch from a Sydney Metro expert online.

Our shortlisted team now has the opportunity to be awarded a prize as finalists. Finalists prizes: Student teams \$ 600 | Schools \$300 | Teachers \$300

All schools participating in the Metro Minds STEAM Challenge will be invited to attend the online event and an invitation to join the online event for Parents, Principals, Teachers and other students will be shared sometime after participants are emailed the link on the 10th August. It will be a great opportunity to see how other schools completed the challenge and to hear from our experts.

EVENT DETAILS

Date: Thursday 12 August 2021

Time: 11:00am to 12:00pm

Venue: Online

Congratulations again, and we hope you can attend and support some of your PHS community on 12 August 2021.

Many thanks,

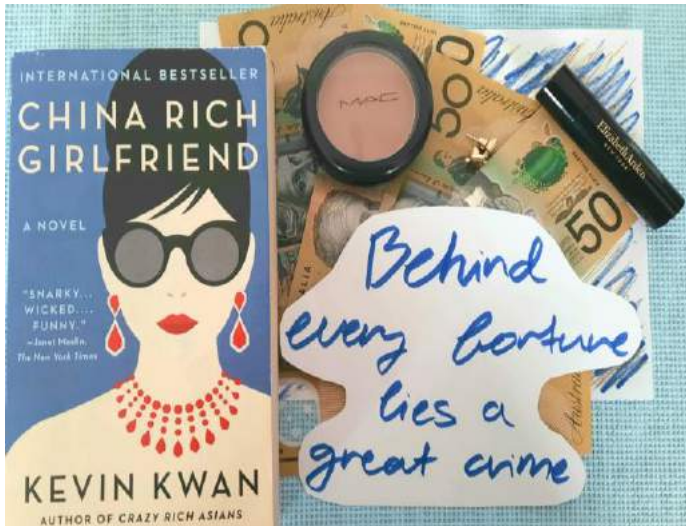
Mr Wise
HT TAS

LIBRARY NEWS



Thankyou to Geleinne David from Year 10 who recently created and submitted this fantastic “Book Bento Box” below:

Well done Geleinne!



Why not have some fun in your spare/recreational time and create your own **Book Bento Box!** Using paper/cardboard as the ‘box’, identify items and events inspired by a book you have read and draw/place these on your paper/cardboard.

Take a photo and email it to george.chakar1@det.nsw.edu.au
I plan on printing and displaying all your creations in our library when we all finally return!

List of requirements for your Book Bento Box:

- Book and 5-7 objects that hold meaning/represent something in the book
- Think of any themes/topics/compelling issues from the book
- Square (you will be emailing me a square photo of your design)
- Place your items/draw your items on paper/cardboard
- Consider: Background, placement of objects, variety of objects
- Take a photo and email it back to me!

This is an engaging and creative learning opportunity for you to reflect on your reading experiences. A critical and creative thinking approach. **HAVE FUN!**

Thankyou to all the students in years 7-10 who are continuing the Premier’s Reading Challenge (PRC) in this challenging time. Well done!

Some online sites you can read books from home include:

[Project Gutenberg](https://www.gutenberg.org/) - provides access to books that are not covered by copyright, so are able to be shared freely online. There is a listing of children’s literature with links to copies of these books for download. These are mostly classics.

Ebooks through major digital platforms are often available for free so check out any ebook platforms you have access to through your digital devices (for example, [Google Books](https://books.google.com/), Apple iBooks).

Log in to your student portal and access [World Book eBooks](#) from our Library [OLIVER](#) database - Access hundreds of World Book eBook publications and classics at home 24/7, using your computer or mobile device. The World Book [eBook link](#) is available on our [OLIVER](#) Homepage, under the “News” tab.

CAREERS

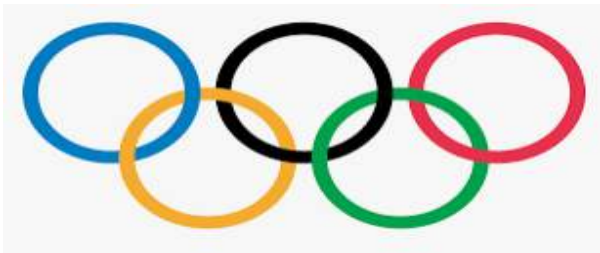
Dear parents/guardians,

Just a very short note from me to say I’m keeping in touch with all senior students via emails, newsletters, and any other relevant info I can send them during this difficult time. Year 12 need to be concentrating on school and the up-coming trials, however, they should also be keeping in mind that they will eventually need to complete their UAC application by the end of term 3. Students should refer the UAC website for up to date information. www.uac.edu.au
Also, I continue to send university newsletters for students interested Ina particular uni. They also need to go directly to their Uni of interests

'website to research courses and other relevant information.
 Year 10 work experience is on hold for now as well.
 Excursions have been postponed as well to term 4 if all goes well.
 Take care for now and stay safe,

Mrs Ibrahim
 careers

SPORT REPORT



Benefits of Physical Activity

Being active regularly, offers a range of health benefits:

- Helps to prevent and manage mental health conditions (such as depression) and lowers stress and anxiety.
- Improves our state of mind - boosts mood, energy levels, concentration and confidence.
- Helps us relax and sleep better.
- Improves co-ordination, movement and balance - helps to reduce the risk of falls and injury.
- Strengthens bones, muscles and joints
- Helps to maintain your weight - reduces body fat.
- Reduces risk of various diseases - including cardiovascular disease (CVD) and some cancers.
- Assists in managing some health conditions (such as cardiovascular disease and diabetes).
- Aids rehabilitation after surgery, injury or illness, especially when there have been long periods of bed rest.
- Can give you an opportunity to meet people and have fun.

REGARDS,

MS YIKILMAZ

