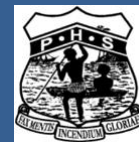




Parramatters



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 13

TERM 3, 3RD SEPTEMBER 2021



DEPUTY PRINCIPAL'S REPORT

Dear Parent / Carers

What a difficult and challenging landscape this term has been for all of us to navigate. Who would have thought at the beginning of the term that online learning would continue for so long! As in 2020, our students this year have distinguished themselves through their ability to adapt at very short notice to a very different learning environment. The fact that teaching and learning was again able to be moved to a remote model from face-to-face at very short notice is testimony to our collective ability as a school community to rise to the challenge. It has been particularly challenging for this year's Year 11 and Year 12 HSC cohorts who have felt the great stress of the unknown landscape ahead in terms of Term 3 final assessments and the nature of, and changes to the HSC Examinations. I would like to applaud the work of my colleagues, and our Stage 6 students, who have adjusted to online teaching and learning so quickly. Parents can be assured that the course content in all Key Learning Areas, whilst often modified for online delivery, continues to follow our current teaching programs, and reflect the relevant NESA syllabuses content, outcomes, and skills.

STAFF COMMENDATIONS

I would like to commend key staff such as our Year 11 Year Advisor, Ms Moutasallem, our Year 12 Year Advisors, Ms Williams and Ms Nand, our Head Teacher Wellbeing, Mr Ghossain, and our Head Teacher Administration (relieving), Mr Hammoud and our Head Teacher Teaching and Learning, Ms Jones for all their individual and collaborative work conducting weekly and often daily online, telephone, email, Google Classroom and Zoom check-ins and posts with all students,

and various individual students and families to support the learning and wellbeing of our Stage 6 students. In addition, all our Head Teachers must be strongly acknowledged and commended for steering their Faculty 'ships' into safe harbours to support the high-quality teaching and continuity of learning for both students and Year 11 and 12 teaching staff.

VACCINATIONS

Our HSC students engaged very positively with the NSW Health mass Vaccination program for HSC students at the Qudos Bank Arena in August-this will stand them in good stead and protected health and will provide a sense of assurance as we move into Term 4 gradual return to school and the HSC Examinations.

STAGE 6 ONLINE ALTERNATIVE ASSESSMENT TASKS

Year 12

The Year 12 Online Trial HSC Alternative Assessment Tasks have been completed this week, and at the same time, Year 12 students have also submitted their HSC major works. I am sure there has been a huge collective sigh of relief from both students and Stage 6 teachers who have undertaken this very new and radically different style of assessment. I can report that it has gone very smoothly and almost seamlessly. Can I please acknowledge the huge effort it has taken from so many parts of our school community to make the Online Trial HSC Alternate Assessment Tasks appear so easy. It has been a large undertaking, with almost a month in the planning, and did not "just happen". This required huge planning from all levels of the teaching staff-Senior Executive, Executive and Classroom teachers.

Year 12 are required to return back to their usual Timetabled lessons for Weeks 9 and 10 until the 17th September.

Year 12 are strongly encouraged to maintain or ensure high attendance and engagement for the last 2 weeks of this term to complete syllabus

Respect, Responsibility & Honesty

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coursework and revision. It is a DoE and school expectation.

Year 12 HSC Revision Program and HSC Examinations

Currently I am surveying all Year 12 students and Executive Staff to design the best possible online/remote PHS HSC Revision Program for Term 4 in the lead up to the HSC Examinations. Once this has been designed and finalised, I will email all Year 12 students and their parents/carers. NESA announced another delay in the HSC Examination starting date. **The HSC will now start on Tuesday 9th November-this is in Term 4, Week 6.** NESA will release the newly revised HSC Examination Timetable in early September.

Year 11

The Year 11 Online Final Alternative Assessment Tasks are starting next week from Monday 6th September until Friday 17th September. Students are only required to attend and submit their scheduled online assessment tasks. There are no usual timetabled lessons. Students should use the time wisely to be as well prepared as possible for their tasks and engage in the experience of examinations in order to build their exam skills. If they have spare time, they should use it to complete any catch-up work not completed and submitted.

Year 11 also have the opportunity to apply for Year 12 Extension courses such as Maths Extension 2, English Extension 2, History Extension, and Music Extension. Applications can be obtained from through student email requests and submitted by the end of Week 9 this term.

Finally, a **vey big THANKS to Mums and Dads** who are living through the reality and challenges of supervising their children's online learning experiences and challenges, and to Year 11 and 12 who have approached the whole thing with a "will and can do" attitude.

Best wishes

Ms Helen Kougelos
Stage 6 Deputy Principal

CALENDAR 2021

TERM 3

Week 9

Year 11 Yearly Exams – September 6

Week 10

Year 11 Yearly Exams – September 13



WELLBEING

Weekly Wellbeing Calendar (click on the image)

Use the calendar attached to do something for your wellbeing everyday! You don't need to do everything, but try to do at least one each day this week!

Remember to use the [#PHSWELLBEING](#) when sharing to your socials!

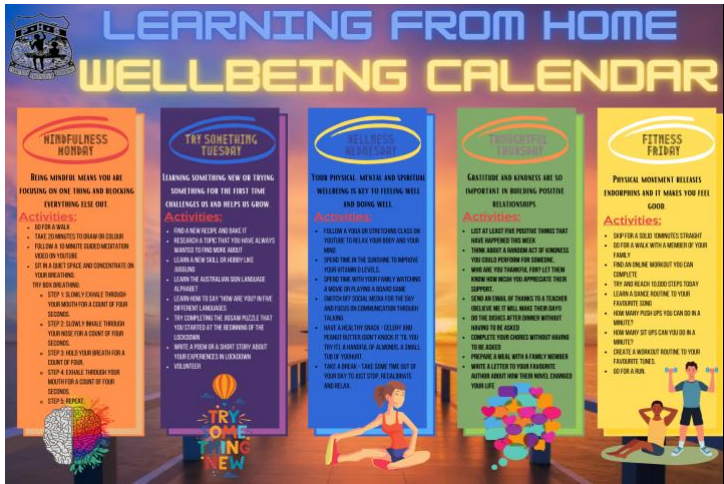
What will you do for Mindful Monday?

What will you do for Try Something Tuesday?

What about Wellness Wednesday?

Take a different approach and do something thoughtful on Thoughtful Thursday?

And finish your week with Fitness Friday!



PHS Wellbeing Bingo: (
 Can you fill this bingo card?
 How many activities can you do focusing on your wellbeing?

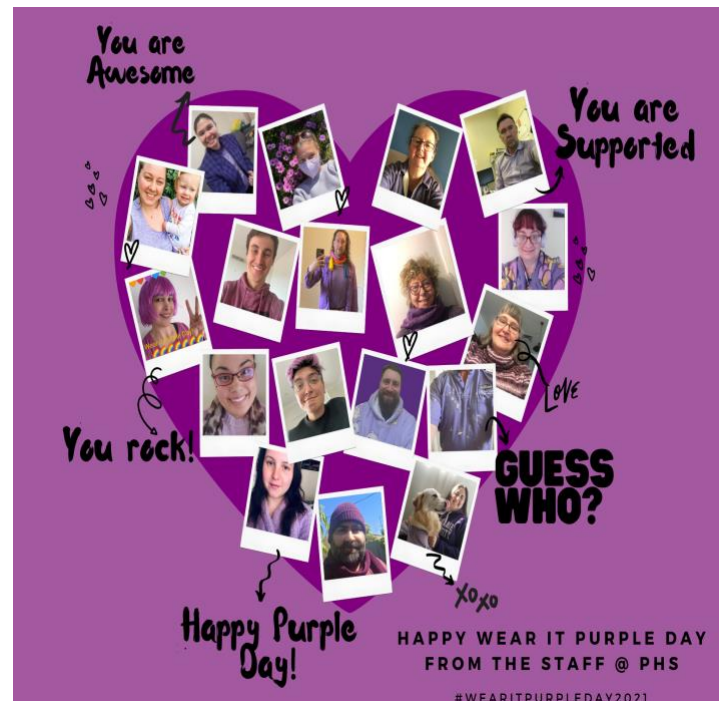
Do your best on wellbeing days to complete the bingo card!

PHS WELLBEING BINGO CARD

Do a household chore	Video chat with your friends	Go for a bike ride	Catch up on something you haven't finished	Send a nice message to one of your teachers
Write in a journal	Make a meal with a family member	Start a new TV show	Read a book	Complete a fitness workout online
Try a new recipe for an after dinner snack	Complete a fitness workout online	FREE TIME	Play a board game or cards	Make a dance routine to your favourite song
Complete a meditation session	Complete a sudoku puzzle	Help with the dishes after dinner	Do 100 push ups by the end of the week	Go on a virtual tour using Google Earth
Listen to an audiobook	Learn how to play chess online	Create a playlist of your all time favourite songs	Draw something in nature	Sit outside and enjoy your lunch

#PHSWELLBEINGDAY

Wear it Purple Day:
 Thank you to all those that participated in the Wear It Purple Day Event for 2021.
 It is great to see staff and students supporting students. The aim of Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. It doesn't end here, in line with Wear It Purple Theme for 2021, it's time we: "start the conversation...keep it going."





RUOK? Day – Thursday 9th September, 2021
 Next Thursday (9th September) is R U OK? Day 2021. The Wellbeing Team here at PHS is working behind the scenes to engage students in the importance of the day.

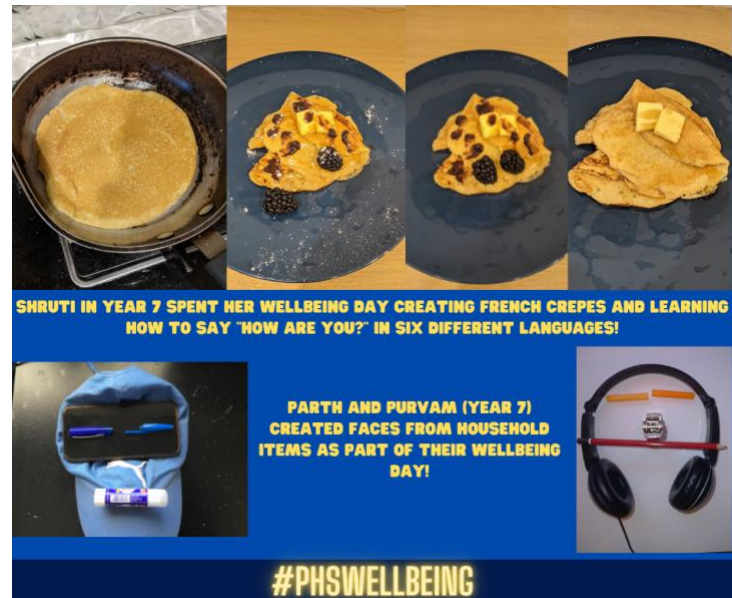
For those of you that don't know, R U OK? is a national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

R U OK? is a harm prevention charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives.

Work focuses on building the motivation, confidence, and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling with life.

R U OK? contributes to suicide prevention efforts by encouraging people to invest more time in their personal relationships and building the capacity of informal support networks – friends, family and colleagues - to be alert to those around them, have a conversation if they identify signs of distress or difficulty and connect someone to appropriate support, long before they're in crisis.

What Students are Doing?



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FOLLOW

US ON FACEBOOK FOR UP TO DATE INFORMATION ABOUT WHAT IS HAPPENING AT PARRAMATTA HIGH SCHOOL

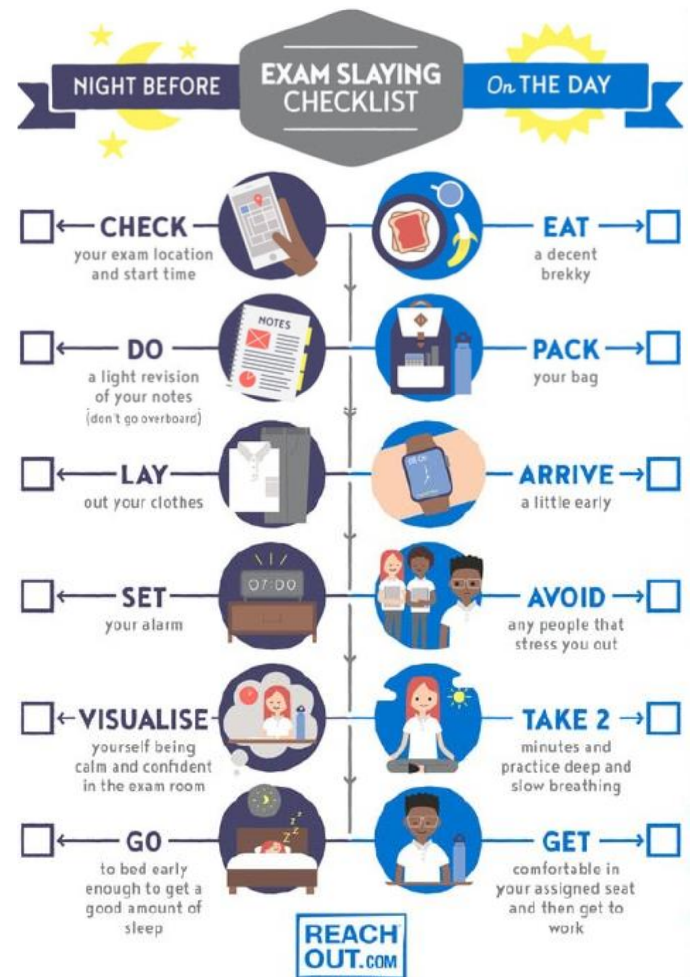
[HTTPS://WWW.FACEBOOK.COM/PARRAMATTAHIGH SCHOOL](https://www.facebook.com/parramattahighschool)

Study Tips

- Switch off your phone, don't silence it - turn it off. Silenced phones will still light up, and you will feel obligated to check the phone.
- Take time out to unwind - even if this means going for a CovidSafe walk or exercise within your LGA.
- Get some fresh air and some sunlight - it can do wonders for your mental health and wellbeing.
- Breathing exercises - Box Breathing:
 - Step 1: Breathe in counting to four slowly. Feel the air enter your lungs.
 - Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
 - Step 3: Slowly exhale through your mouth for 4 seconds.
 - Step 4: Repeat steps 1 to 3 until you feel re-centered.
 This will help with lowering your heart rate and regulate your breathing so that you can regain focus and concentrate on the task at hand.
- Drink water - plenty of it too. Avoid caffeinated drinks as they can be dehydrating to your system.
- Have breakfast - wake up well in advance of your scheduled exam time and have a decent breakfast.
- Create a study timetable and follow it - routine is key to keeping accountable and task focused.
- Try to create a quiet space for study, if this is hard, use music as a way to help maintain concentration and focus. Classical music, or music with no lyrics is best and won't distract you.
- Let your family and friends know that you are studying so they are less likely to interrupt you, and keep your 'study time' consistent so that your family and friends come to know your routine.
- Get plenty of sleep - at least 7-8 hours per night. Try to go to bed at the same time and wake at the same time, even on weekends.
- Reward yourself with short breaks rather than trying to study for hours or study in long 'sessions'.
- Set yourself small and achievable goals, try not to study a whole term's worth of work or module of work at one time. Instead break your study into topics or key areas of focus.

MR GHOSSAIN & MISS JONES
 HEAD TEACHER WELLBEING AND HEAD TEACHER TEACHING AND LEARNING

Study Tips



Visit the new **PHS Literacy and Numeracy Site** to find games, puzzles and riddles...

PHS Literacy and Numeracy Site

On this page you will find literacy and numeracy games, puzzles and riddles.

FreeRice General knowledge game	Code Names Word game you can play with friends
The Number Sieve This game will help you look for patterns in numbers, and can also help you to identify numbers if you know enough clues about them.	The Remainders Game Play this game to see if you can figure out the computer's chosen number. The computer will think of a number between 1 and 100. Can you work out what it is?

All solutions will be posted at the end of term

Word Puzzles



<https://sites.google.com/education.nsw.gov.au/phys-literacy-and-numeracy/home>

CAPA NEWS

In preparation for their assessment task, Year 7 students have been learning to use Photopea. Photopea is free photo editing software similar to Photoshop. Students were required to trace their favourite cartoon character to learn the techniques of tracing, drawing, layering, resizing, selecting colours and saving. Here are some examples of the wonderful work Year 7 submitted. Congratulations Year 7

Vani Bansal 7ART5



Lachlan Garde 7ART5



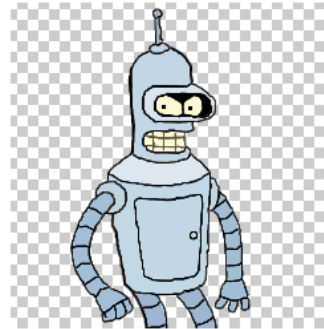
Krithika Raman 7ART2



Aaryan Malhotra 7ART2



Hari Patel 7ART4



Zoya Acharia 7ART4



Sean Angeles 7ART1



Prisha Shah 7ART3



Sebastian Lang 7ART8

Yana Patel 7ART3



Veonie Wen 7ART6



Viha Pandya & Anakha Prakasan 7ART1

Miniae Jeon 7ART1

CAREERS

Dear parents, I recently sent this letter to year 12 with some general information I thought may be of use.

You may like to read it as well.

At the end of Careers news today hopefully our careers website job jump's newsletter is attached.

Hope you are all coping in this very difficult time,

Mrs Michelle Ibrahim
Careers adviser.

Dear year 12,

You have been receiving many emails from me in recent weeks regarding information all things Uni and I have answered your personally on many questions.

However, I just wanted to give you some up to date info that might help you in the next few weeks.

For information on University admissions, ATAR, SRS, EAS, and general Uni info please go to

website :

www.uac.edu.au. It is easy to navigate and will answer many of your questions. If you need to ask further questions, please call UAC on 97520200- have your student pin ready.

UAC digital also has some fantastic webinars and information for you.

Google UAC digital.

I have told you many times that every university has different ways of applying for early entry. I gave you a booklet ages ago with uni contacts for early entry. However, the best thing to do is go the the University of interest's Website and look up Early Entry or for example, google WSU Early entry- it takes you directly to the information page.(FYI :WSU has both a direct application an application via UAC. You can choose different courses for those applications to cover your options. If you have questions, they are easy to ring: 1300668370)

That is just for WSU- all universities are easily contact via online chats or phone.

Don't forget many universities still have their online open days coming up. Look up your university of choice and see when their open day is on, if it hasn't been already, a register.

Regarding Atar calculators: I do not use these, but I think if you just google ATAR calculator they come up and you can have a go. In reality, no one can really predict the ATAR as it depends on the performance of that years' cohort in that subject. Best to just study hard and do what you can to get your best marks.

Don't forget also you have access to Job Jump, our school careers website.

www.jobjump.com.au password parra

You sign up and off you go. It has so much useful information if you look you will be surprised.

Regarding SRS there is apparently a link to this when you do your UAC application (I have no access to this) But it is easy. When you apply the info goes to your year 12 advisers who will decide whether recommend you for this.

General info: When doing UAC applications put your preferred course first no matter what the ATAR – you never know!

Another good tip is that if you are confused about courses at different universities with the same names, like say UTS Bach of Business v WSU Bach of business , google UTS Handbook or WSU business handbook and they how you exactly what you 'll be studying in those courses so you can pick what you think may suit you.

Bonus points are awarded differently by different unis. Some are given just because of where you live, others are subject related. Look up that info directly on your uni of interests 'websites.

So, if you need me please email me directly and I'd prefer if you could attach your phone number as well and availability and we can talk more about what you need to know and if I can't help, I'll research it for you and get back to asap.

Hope this help,
Mrs Ibrahim: michelle.ibrahim@det.nsw.edu.au

LIBRARY NEWS



Students spent some time celebrating **Book Week** by completing some of the tasks from the [Book Week Activity Grid!](#)

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.

Aashi Aashi Bookface Pic:



Geleinne David Book Bento Box:



Akshayan Muralidaran, Aashi Aashi, Gaatha Nini Rijilal, Zoya Agharia and Tharnika Ravikumar involved themselves in the "What type of reader are you?" activity.

Arjun Krishna composed music for the theme "Old Worlds, New Worlds, Other Worlds" by creating an edited soundtrack for an imaginary dystopian world.

Students had fun completing the Roald Dahl sweet name change activity to produce their own personalised sweet names: Colour-changing marshmallows, Shrinking Lollipops, Shrinking lemonade, Colour- Changing Chocolate, Chocolate covered lollipops, Disappearing gobstoppers, Shrinking milkshake, Exploding toffee, Everlasting candy-floss, Invisible toffee, Disappearing lemonade and Lickable Fudge!

Students were also listening to Audiobooks:

(Link is available on our [OLIVER](#) Homepage, under the "News" tab).

Students were reading e-books from:

[Project Gutenberg](#) - 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 - often available for free so check out any ebook platforms you have access to through your digital devices (for example, [Google Books](#), Apple iBooks).

World Book eBook - available on our [OLIVER](#) Homepage, under the "News" tab.

Students were adding reading books to complete the Premier's Reading Challenge!

Anakha Prakasan wrote this lovely Book Week Poem:

An Other World

I enter a world,
A world so new,
The sky is pink,
And the grass, azure blue.

The path winds up the hill,
The trees climb up to the sky,
The horizon is splattered with stars,
And the flowers, made of pie.

Past the hills, I see a village,
There, the huts are as small as dogs,
The villagers are smaller,
Entering through the doors are frogs.

I followed the path,
To end up in a river,
From where unusual merpeople emerge,
Whose hair was not brunette, blonde or black,
But instead, silver.

I travel some more,
From there I met a mare,
Who took me back to pond,
A place, I grew to be fond of,
Who took me back to the village,
Far for than the average,
Who took me to the beginning.

From where I entered this world,
The world so new,
The world where the sky is pink,
And the grass, azure blue.

A world full of mystery,
The world where I'll live, for a century.

By: Anakha Prakasan 7B

SPORT

