

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 14

TERM 3, 17TH SEPTEMBER 2021

CALENDAR 2021

TERM 4

Week 1

Day One Term 4* (online learning) – Tuesday
October 5

*Pending NSWHealth and DoE advice



WELLBEING

Dear Parents/Caregivers of Year 7, 8, 9 and 10,

COVID lockdowns have brought a level of uncertainty and angst that is affecting all of us. Not only are the circumstances difficult, the mental battles are equally challenging. For many students and parents alike, it has produced extra stress, struggles with motivation, and even some mental health challenges.

Parramatta High School is committed to supporting one another at this time. In particular, Parramatta High is financially investing in an online resource that will give up to 100 interested and participating parents a range of tools and strategies to support and strengthen their child or children's positive wellbeing and resilience.

MyStrengths Australia are a school partner which leads students to discover their strengths, develop a growth mindset and greater levels of resilience. MyStrengths Founder, Dan Hardie, and the MyStrengths Team, are passionate about helping students and parents alike, and have produced an Online Course that will launch nationally for Mental Health Month this October.

The Parent MyStrengths online program contains a range of short videos and strategies to support you in raising resilient teens. This online program can be completed at your own pace allowing you to complete over a few days/weeks to fit into your busy schedules. Some of these can be undertaken by parents on their own, and some with their children and can be used as opportunities for healthy and productive family discussions.

Therefore, Parramatta High will be implementing and financing this initiative for up to 100 interested parents/families in 2021.

For more information about the program, visit www.raisingresiliencecourse.com.au

If you are interested in participating or taking up this offer, can you please complete the short survey below:

<https://forms.gle/k3PpnqUiDbpum5q1A>

Parramatta High School's Head Teacher Wellbeing and Deputy Principals will also be holding a follow up Zoom meeting information and show and tell session to those who express an interest. The survey will help us plan and schedule this Zoom Information session.

We really do hope that you take this opportunity to invest some time in completing the survey and engaging with this powerful wellbeing program.

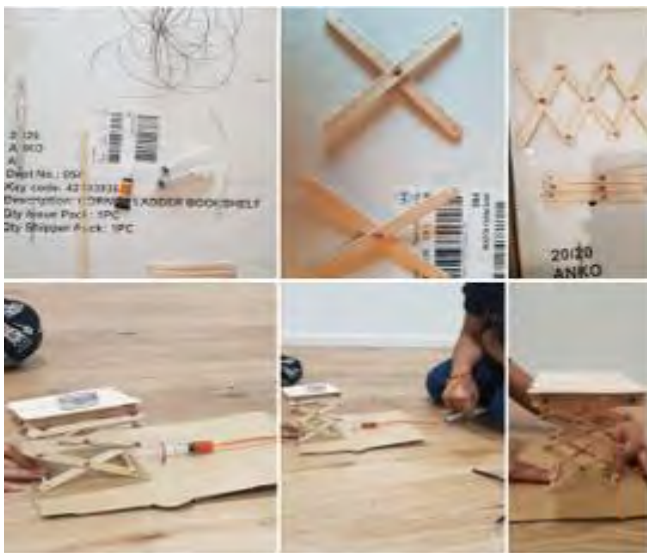


Respect, Responsibility & Honesty

Education

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On the wellbeing day **Thana and Thanish Prakash** in Year 8 created these art works and built a working Hydraulic Lift. Fantastic work!



As we head into the term break and our second school holidays at home (But for many teenagers, it might already seem like the second year in solitary confinement). Here are some things you can do help keep your teenager entertained during lockdown 2.0

- **Online action - Psych! Outwit Your Friends**, released a few years ago by comedian, Ellen DeGeneres, has emerged as the most popular multiplayer game for locked down teenagers. Available in [Android](#) and [iOS](#), Psych! can be played by multiple users simultaneously, with people joining the action through a code, shared by a leader, who creates a game. In the game, a

player reveals a mix of fake facts with truths. Other players must identify the bluff to win the round.

- If your teenagers think they're experts on the life and times of Ariana Grande or Taylor Swift, then [online quizzes](#) will provide hours of fun. For the budding Sheldon Coopers in the house, perhaps **SwitchedOn Kids** might be more to your teenager's liking (www.switchedonkids.com.au/general-knowledge-quiz/).
- **Have a virtual film night with friends:** [Netflix Party](#) lets your teenagers watch a film with their friends – and the upside is that there'll be no tussles for the popcorn.
- **Fun workouts to keep teens active** – to ensure it's not all about movies, ice creams and popcorn, there are free online personal training resources for our teens cooped up at home. Check out [Les Mills On Demand](#) for some free workouts for teenagers and even the little ones.
- **Building life skills** – whether its cooking dinner, doing the laundry, mowing the lawn or washing the car, the current lockdown is a great time to help prepare your teenagers for life after mum and dad. If you're game, even invite your teens to help with ordering the groceries online. Maybe you can agree to a payment for services rendered to encourage teenager participation – you might even find your teenagers love the extra responsibility.
- **Declutter and donate** - ask your teen to go through their cupboard and drawers and weed out the clothes and toys they no longer need. While you may not be able to drop them off to the Vinnies or Salvos clothes bins now, this will help you declutter some of your rooms. If they make a good fist of their bedrooms, your teenagers could help declutter other rooms in the house and the garage.
- **Some other activities can be found on our Student and Parent Wellbeing @ Parra Matters Website**
 - Student Edition: <https://sites.google.com/education.nsw.gov.au/phs-student-support/home>

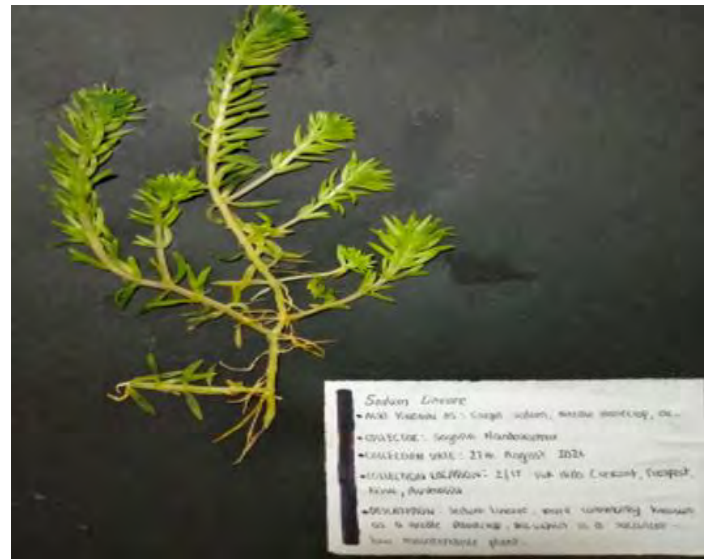
- Parent Edition: <https://sites.google.com/education.nsw.gov.au/phs-parent-support/home>

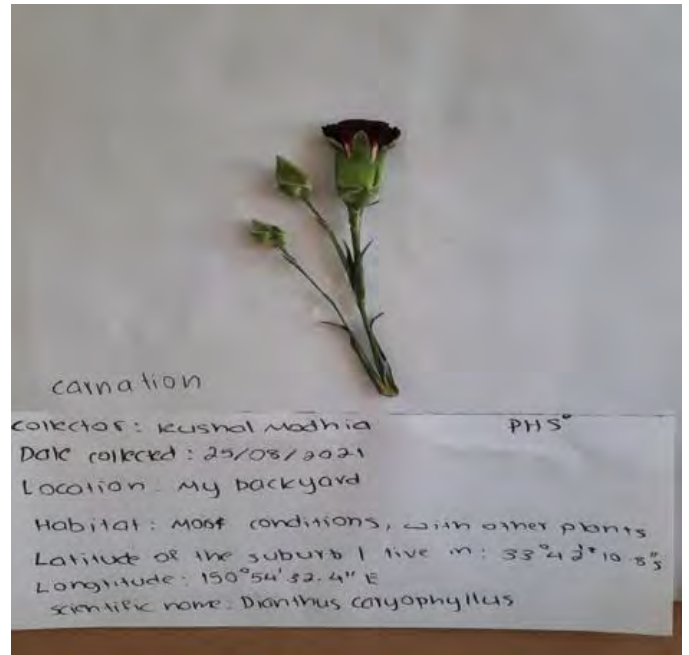
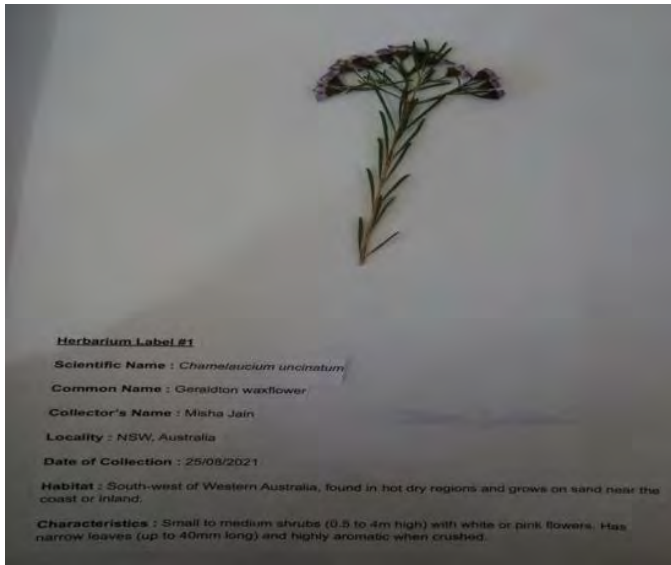
From the Student Wellbeing Team at PHS, we wish you all a safe Term 3 break and look forward to seeing you all in Term 4.

Mr Daniel Ghossain
Head Teacher Wellbeing

SCIENCE

Year 7 have been learning about Plant Biodiversity lately, and one of their activities last week was to make a herbarium. They were required to collect plant specimens in their neighbourhood, preserve the plant by drying and pressing it, and then had to mount it on paper and display it as a specimen. They were also required to add an information label including the scientific name (if they could figure it out), location and a description of the plant. I have attached some of the herbariums with the student's name and class.





CAPA

Year 9 Drama Masks

Students in Year 9 Drama have been learning about Commedia Dell'Arte and the history of masks in theatre. They have created their own masks at home using found materials, inspired by Commedia Dell'Arte characters.



Year 10 Drama Virtual Performances

Our Year 10 Drama students have been studying the play Ruby Moon by Matt Cameron. In place of our planned class performance, they worked in pairs to create virtual performances of each scene. Please enjoy these performances.

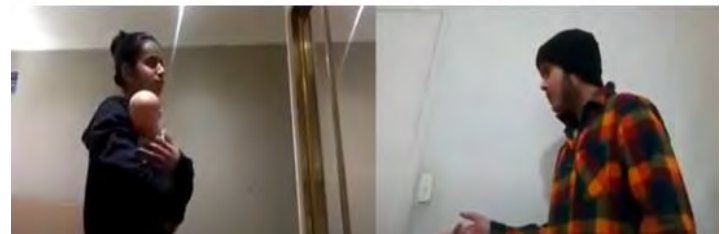
Prologue performed by Pradhnya Prakash and Melody Song:

https://drive.google.com/file/d/1uUXdxknzSQT8Zj7H_ttWBRKv11Em0HVx/view?usp=sharing



Scene 8 performed by Parth Joshi and Himadri Pandey:

<https://drive.google.com/file/d/1x-RQqVL4-1gaiGJnsC6puUOKHKDuApSJ/view?usp=sharing>

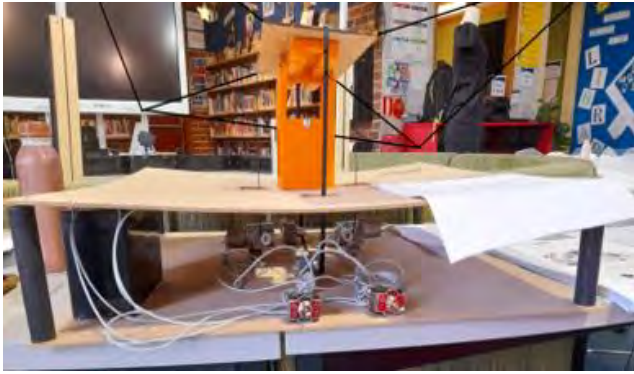


TAS

HSC Design & Technology

A big congratulations to year 12 Design and Technology students for all their hard work in completing their Major Design Projects for 2021. It was an impressive array of design fields, from Naman's Solar Panel Roof-Mounting Mechanism to allow the panel to 'track' the sun's position and maximise efficiency of energy generated and Alan's Home-Gym Bench Press Spotter electronic mechanism to improve the safety of workouts at home, to Vanessa's Recycled Chip-Packet Stationary that highlights and raises awareness of environmental issues around waste and plastic and also, Catherine's Fashion Dress with Interchangeable Sleeves in response to issues of clothing waste, sustainability and transient trends. Each student worked well during this difficult time; researching, innovating, and creating their designs to help contribute to a better and brighter future for everyone and they should be very proud of their achievements. When school returns take a minute to drop by the Library and check out the displayed Major projects





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|---|-------------------------------------|
| 1. Project Gutenberg | 11. Free eBooks |
| 2. Google eBookstore | 12. LibriVox |
| 3. Google Books | 13. GetFreeEBooks |
| 4. Open Library | 14. |
| 5. Amazon Free Kindle Books | FreeComputerBooks |
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LIBRARY NEWS



FREE help day for HSC students in the lead up to exams.

Held via Zoom, on Thursday 23 September, for English (Standard, Advanced, and Extension), History (Ancient, Modern and Extension) and Society and Culture.

Students would need the following link to register individually for their specific subject:

<https://www.sl.nsw.gov.au/learning/schools-and-teachers/hsc-help-2021>

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Search people, places or topics by clicking the link: www.listennotes.com

Click our [World Book eBook link](#) which is also available on our [OLIVER Library News page](#). If prompted, our username and password is **parrahs**. Access hundreds of World Book eBook publications and classics at home 24/7, using your computer or mobile device.

20 Other Websites to Download Free Ebooks:

The 14th September was 'Australian Reading Hour' day. Students were encouraged to devote an hour of their day for reading, using their own books or one of the many clickable links offered. "Stories That Matter for Teens" event by Australia Reads & Sydney Opera House was made available. The Facebook activity below is still open during the school holidays!

Get social with Parramatta High School Australian Reading Hour!
(A PHS Facebook social media activity)

1. **Choose an Australian book that means a lot to you.** It could be a book you read growing up, a book that got you hooked on reading, or one you re-read often. Maybe it is the one story that has stayed with you – that you think about often, or carry with you...
2. **Think about why this book matters to you so much.** Maybe it's a book that makes you laugh aloud, or a book that has inspired you. It could be a book that reminds you of home, that has influenced your career, or a book that's brought you comfort during lockdown.
3. **Prepare a Facebook social media post with a photo.** Ideally this will feature a shot of the book/ cover and a comment about why this story matters so much to you. It could be A PHOTO of you reading this book, reading to your pet, or the kids, or a housemate. Or it could be something fun and quirky like a Bookface pic.
4. **Email your post to george.chakar1@det.nsw.edu.au** to be later posted onto the PHS Facebook page

CAREERS

Dear parents/guardians and students,
Just a short note to end the term – I wish all year 12 the best of luck as they continue to prepare for the HSC in November. Please make sure you keep checking the UAC website for updates for dates as it keeps changing each week.

UAC preferences applications close Thursday 30th September so keep that in mind. You can apply after that date, but higher fees apply. Any specific questions you have about individual universities and courses please go straight to their websites as they are your best resource.

Please also read the latest job jump newsletter which is packed with up to date information for you!

I have been planning a few things for term four and next year that I hope can be implemented. I will let you know all about them when we get back and see where we are at with the return of school.

For now, enjoy the break- kind of....
Mrs Ibrahim
Careers adviser

UNIVERSITY EARLY OFFERS

We have several Year 12 students who have been applying for University early round offers.

We are pleased to announce that in the first offer round of Western Sydney University HSC True Rewards program, 16 of our Year 12 students have received an early offer, based on their Year 11 results, to a Western Sydney University course for 2022. These offers are conditional upon students completing their HSC.

Two offer rounds using Year 11 results for WSU remain: September (closing date 11:59pm September 5th) and November (closing date 11:59pm November 7th). A further offer round using HSC results will also be available (closing date TBC pending HSC subject result release date). Students can check their eligibility and apply free of charge, via the Western Sydney University portal:

<http://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward>

Several students have also applied for early entry to other universities and private colleges, including ACU and SAE and have been accepted which is fantastic news. Some of those students who are happy to share this with you include:

Klara KOUGIOUS: WSU - Bachelor of Social Work.
ACU - Bachelor of Social Work.

Adriana PERERA: ACU - Bachelor of Global Studies and Law.

Michelle TOISUTA: WSU - Bachelor of Psychology.

For more information about early offers, check out the websites for the universities that you are interested in. Many are closing soon.

SPORT REPORT



Remember to stay active and exercise during your well-deserved break from all devices and screens.