

Highlights



23 October, 2020

Term 4, Week 2

IF YOUR
CHILD IS
GOING TO
BE ABSENT
PLEASE
NOTIFY THE
SCHOOL BY
9.30AM

Year 7
Immunisation

—
Friday 30
October

Principal's Report

Dear School Community,

I hope everyone enjoyed the school holidays and had a well-earned rest. As a community, I hope we can continue to support each other and have a successful end to the year. It was nice in the first week back to have an extended professional learning meeting on the Wednesday, as staff continue to be upskilled in the new High Potential and Gifted Learner policy and practices.

At the end of last term, I sent an email to parents and carers with an attachment 'Advice for Families' in relation to COVID-19 Updates. Some of the key points were as follows: in accordance with advice from NSW Health, parents and carers are reminded not to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Students and staff with flu-like symptoms need to be tested and provide a copy of a negative COVID-19 test result and be symptom free before being permitted to return to school. Students who do not undertake a COVID-19 test result will not be permitted to return to school for a 10 day period. Additionally they must be symptom-free for at least 3 days before returning to school. Only essential meetings for parent and carer visitors are being considered.

On page 4 of the document circulated there was a list of 'what's changed', three key points here were that interschool activities where there is a COVID-19 Safety Plan in place can be permitted, modified celebratory activities can be considered, as well as excursions and day camps with strict restrictions. This will be positive news for increased sporting options, we can now find a solution to make our traditional Taster Week (Year 10 into 11 transition) work and

plan for modified versions of our recognition ceremonies and Year 10 graduation.

On a similar note, there has been some confusion about the Year 10 formal. I need to stress that the school has nothing to do with the organisation of this event and I do not have any specific details. However, it was mentioned that students have organised this for around the time of Taster Week (Wednesday 26th Nov-Friday 28th November) I stress that our Year 10 students are expected to attend all Taster Week events.

Well done to the SRC for organising the Crazy Pants and Hair Day on Friday 25th of September, students and staff were on board with the initiative and it raised awareness and important funds for Oxfam COVID relief.

On this same day, I was lucky enough to attend the Year 12 graduation, it was great to see so many of our Leichhardt students happy and thriving during a challenging year. I wish them all the best in the HSC and future endeavours.

I hope Year 9 did well in their exams this week, teachers are already up to planning to draft academic reports over this next month. Good luck to Year 10 in their upcoming exams too.

Finally, I would like to congratulate Michael Parker on becoming our permanent Head Teacher Administration. The school is lucky to have an individual of his calibre, who is able to intelligently problem solve in this demanding role. Well done.

Kind regards,

Vince O'Donnell
Acting Principal

What's happening in English?

This term Year 8 have started a new unit exploring different film genres. Classes across the year began the unit with a launch lesson that asked them to explore the genres of horror, romance, action through a series of different stations set up around the room.

At one station students needed to write a love story in 6 words. Here are a few from 8E

- Together, their love will last forever—Ani, Yuna, April, Tamara, Matilda
- Then their two hearts became one—Gaby, Rose, Maia, Finn
- When alone, two hearts found love—Sam
- He knew she was the one—Ben, Jasper, James



ICAS English Results

Congratulations to the following students who achieved excellent results in the English ICAS Assessment.

High Distinction

Zoe Mackenzie Fitzimmons Year 7

Distinction

Olivia Zein Year 7

Claire Easey Year 7

Ned Bennett Year 7

Liam Howe Year 7

Jian Wang Year 8

Bodhi Aroney Year 8

Vaping and Inhaling

The trend to vape and inhale spray is a worrying trend in the community, that we will continue to be proactive in monitoring for the possibility of this occurring in our school. We will continue to provide information to assist educating our community on the health and safety risks associated with these behaviours.

This behaviour is not acceptable and students engaging in this behaviour will be referred to the Deputy Principals and Principal for consequences. The health and safety risks associated with these behaviours can lead to dependence and a range of serious health problems.

For more information about the health risks associated with inhalants and vaping please use the links below.

<https://kidshealth.org/en/parents/e-cigarettes.html>

https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/

<https://adf.org.au/drug-facts/inhalants/>

Uniform

As the warmer weather continues please ensure your child is in the correct uniform. For shorts, navy blue shorts from the uniform shop or navy blue shorts purchased elsewhere with no logos or grey school shorts are acceptable. Tracksuit pants must be navy blue and jumpers may be any of the available jumpers, jackets and football style jumpers from the uniform shop or plain navy blue sweatshirt or jumper with no logo or hood.

Black, grey or any other colour items are not permitted. Please ensure your child is wearing the appropriate uniform daily. Students will be asked to remove non uniform items and offered replacement items from the school second hand supply, as well as leaving non uniform items at the front office for collection at the end of the day.

Our second hand supply is dwindling and we would welcome any donations of outgrown sizes of school clothing items.

If for some reason your child is unable to wear correct uniform please send a note explaining the reason. This note must be handed in to a Deputy Principal.

Your co-operation is appreciated in this matter. Any families who require uniform assistance please enquire at the school office.

PDHPE Update

There have been a range of outstanding opportunities for students to engage in quality learning across the PDHPE faculty in Term 3 at Leichhardt Campus. Year 7 students have examined the factors and planned and implemented inclusive strategies to promote health and wellbeing. This can be typified by students working on their 'What is Health?' virtual museum. In practical lessons, students have participated in a variety of movement activities such as practiced and refined fundamental and specialised movement skills in dynamic learning environments. In addition, Year 7 PDHPE students have participated in the Race Around Australia pilot program, created by the NSW PDHPE statewide staffroom. Students have logged their physical activity and fitness virtually and accomplished individual, class and school milestones that have direct learning links in HSIE, Mathematics and Science. Currently, as a Year 7 cohort (teachers also included), Year 7 classes have a combined total of 5643kms. 7L is leading with 1619km logged. Year 8 students have engaged in the key inquiry questions "What positive actions

contribute to overcoming discrimination for myself and others within my community?". Students have investigated the benefits to individuals and communities of valuing diversity and promoting inclusivity including the case studies of groups and individuals in the Australian community such as celebrities and athletes who have overcome adversity as role models for equality. In practical lessons students have either participated in invasion games such as touch football or modified striking games in preparation for their 'Create a game' assessment task due in Week 2, Term 4.

Year 9 students have explored a range of life scenarios and challenges in the unit 'My Values'. Students also composed letters to essential workers in healthcare during COVID and 'random acts of kindness' to promote upstander and empathetic behaviour. In practical lessons, students have been creating new rules and modifications for their net/court games. 9L, 9I and 9R are using feedback to create adaptations to movement skills to make them more effective in European Handball.



Year 10 students have evaluated necessary health information, services and products in the community in the 'Keeping Safe' unit. Students have also increased their awareness of the public and private health care system in Australia and strategies to keep themselves and their friends safe to promote health and safety. Their in class assessment task for 'Keeping Safe' is in Week 2, Term 4. In practical lessons, students have applied specialised movement skills in Oztag. They have learnt a range of sophisticated plays such as draw and pass, 'X-Play', wrap around and block plays that feature in their tactical awareness component of the practical oztag assessment task.

Talented Athlete Program

Over the past few weeks students have been exposed to a range of fitness activities such as HIIT (high intensity interval training), aerobic circuit training and Plyometrics. Plyometrics, also known as jump training or plyos, are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power. Examples of exercises students performed included hops, horizontal and vertical jumps, hurdles and bounds. Students thoroughly enjoyed these sessions as their fitness levels certainly have been tested. Thank you to Mr Tintner, Ms Healey, Mr Tran, Ms Ashbolt for coordinating these engaging sessions.



Year 9 and 10 Electives 2021

Year 8 and 9 have all been emailed their electives for 2021. A list is below of what courses will be running.

YEAR 9 2021

200 hour

Child Studies, Commerce(2), Elective History, Food Technology(2), Information software Technology, Music, PASS(3), Photography(2), iSTEM(2), Visual Art(2), Drama, Engineering, Multimedia.

100 hour VIBE

Bean to Barista, CSI, Environmental Science, Overlords-drones and robots, Opportunities and Pathways in Sport, Psychology(2), Short film making, Visual design.

YEAR 10 2021

100 hour VIBE

Accord, CSI, Environmental science, Leichhardt TV, Psychology, Short Film making, The Great Outdoors, Upcycle me, Work Education.

There were insufficient numbers to run other elective options.

School Achievement Award Recipients

Maia Agapiou (Year 8)

Finn Bernstone Harris (Year 8)

Oliver Misko (Year 8)

Rose Paget (Year 8)

Maggie Rice (Year 7)

Jet Wufong (Year 8)

Inner West bus service changes from Sunday 25 October

Almost 1,000 additional weekly bus services will be introduced in the Inner West from Sunday 25 October, including faster services on Parramatta Road as well as extra services on key routes. There will also be changes to some bus routes, route numbers, and timetable adjustments to reflect demand and improve reliability.

Adjustments will be made to many **school bus services**, with changes to timetables and some having changes to their route. Some buses will also operate earlier than they currently do in order to improve their reliability.

Trip planning and further information

Parents and students are encouraged to plan their trip to see if the timetable changes will impact the way that they currently travel to and from school. More information, including timetables, maps, trip planning and school service details is available at transportnsw.info, or by downloading real-time travel apps onto a smartphone or tablet. School service information can also be viewed on the Transit Systems website – www.transitsystems.com.au.

Student Opal Card Reminder

Please ensure your students are aware of the condition of use of their Opal Card, and the importance of carrying and using their card whenever they travel.

It is a condition of travel that all students tap on with their Student Opal card every time they board the bus, and tap off when they alight. This allows Transport for NSW and bus operators to assess the patronage of bus services, including School Special buses, to ensure that resources are used efficiently and meet customer demand.

Transit Systems

SCHOOL OPAL CARDS

From January onwards, there will be a number of School Opal cards expiring, as the physical card has reached its lifespan.

These are cards for students who will be in years 8 to 12 in 2021, and only those Opal cards which haven't been replaced in the last five years.

Impacted students and/or their parent/guardian will be contacted directly by Transport for NSW via email or post. They will be asked to confirm their details online in order for a new School Opal card to be sent to the correct postal address in time for the new school year.

If contacted by Transport for NSW, details should be submitted [online](#) by December 1, 2020 at the latest. Affected students who do not confirm their details in time will have a new School Opal card posted to the address we currently have on file.

Get in 'the zone' with mindfulness for sports performance



Check out our digital **Wellness Library** for pure performance. In sports and life!

Follow the 3 easy steps

- 1 Download the ePlatform app from your app store
- 2 Find our school library and log in using your library ID
- 3 Browse and borrow to read or listen to on your device

24/7



Click to borrow
ebooks & audiobooks



Learn to cope better with books on resilience



Check out our digital **Wellness Library** to find strength in tough times. You've got this!

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24/7



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Unleash your awesomeness with books that inspire



Check out our digital **Wellness Library** to feel good, and do good. Never forget how great you are!

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- 3 Browse and borrow to read or listen to on your device

24/7



Click to borrow
ebooks & audiobooks



Chill out with mindfulness practices



Check out our digital **Wellness Library** for help with stress & anxiety, you've earned it!

Follow the 3 easy steps

- 1 Download the ePlatform app from your app store
- 2 Find our school library and log in using your library ID
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24/7



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Australian
Childhood
Foundation

Mindful

Walking



Purpose:

The practise of mindfulness has many benefits including the ability to support parents in their efforts to develop contingent and thoughtful rather than reactive ways of responding to their children.

This activity is designed to create opportunities for parents, carers and children to practice being mindfully present together.



Who might use this:

Parents and Carers might use this activity to build a regular practice of mindfulness. They might also introduce it for use together with children. The benefits of mindfulness extend to children also!



Getting started:

Mindful Walking is one way of enabling parents and carers, along with their children, to be more present in their body and in the present moment.

Life is busy, and at times hectic and stressful. So much of the time we are caught up in our intellectual worlds — thinking of the past or future, planning, imagining...

By intentionally paying attention as you walk with you find opportunities to enjoy simply being alive and connecting with your environment and those within it.

Look for opportunities to pay attention with flexibility, openness and curiosity.



Mindful breath walking:

A simple mindful walking practice is just to breathe in while taking a step with the left foot and breathe out when taking a step with the right foot. Focussing on the breath reminds our brains to stay in the present moment.

Mindful Walking can be done very slowly or at a normal walking pace. It's simply a matter of synchronising breath and footstep.

Before you start walking it is a good idea to stand quietly and focus on your breathing for 3 breaths and then commence your mindful walking practice.



Follow the leader walking:

A simple variation for use with children is to incorporate the old children's game 'follow the leader'. Together with your child you can connect with your breathing and then take turns to co-ordinate your movements with openness and curiosity.

Can you hop in synchronisation? Walk as though on a tight rope? Can you breathe in together as you walk with wide or long steps?

Walking this way can not only introduce mindfulness to your time together, but should also create opportunities for connection, fun and laughter.