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10 September 2021

PRINCIPALS REPORT

COVID-19 UPDATE

Thank you to families for your ongoing support through this Learning from Home period. It is not always easy to keep your children on task throughout the day with their learning and completion of set tasks. Teachers are doing a wonderful job developing interesting and engaging lessons. I have been visiting various virtual classrooms and live lessons to observe and I have been very impressed with the creativity and innovation of the teachers as they adapt their usual classroom strategies.

While the Georges River Local Government Area remains an LGA of concern, GRC Peakhurst remains on Level 4+ guidelines. This means that parents must keep their children at home, Learning from Home is taking place, there is minimal supervision on site for families who need it, masks or face coverings are required for everyone on site.

When stay-at-home rules are still in place but other community vaccination and transmission conditions are met, students will return to school in a staged way. Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- from 25 October – **Kindergarten and Year 1**
- from 1 November – **Years 2, 6 and 11**
- from 8 November – **Years 3, 4, 5, 7, 8, 9 and 10.**

There will be no mingling of year groups and all staff and students will wear masks indoors and outdoors. From 8 November all workers who attend a NSW public school for their work will be required to be fully vaccinated. You can read more details on the Department of Education's website in the Advice for families section.

PARENT FEEDBACK

Throughout the year, we seek feedback from parents to support us in our decision making. Currently we have 2 surveys open for your feedback. Information about them has been emailed to you over the past weeks. One of them is a school created survey specifically looking at the impact of Learning from Home. This will give us further insight into student and family needs and will assist us in planning for the first 5 weeks of term 4. The second survey is a Department of Education survey developed to support schools with strategic planning. I urge you to take the time to complete both surveys.

STUDENT ACKNOWLEDGEMENTS

Thank you to our SRC students for their initiative, planning and organisation. Throughout the Learning from Home period, they have continued to meet each week, provide feedback to the school, plan and run assemblies, create videos for students to be launched through social media and develop and run activities for students on Wellbeing Wednesdays.

Congratulations to Danielle E for participating in a student volunteering program Kids Giving Back during the term 2 school holidays. Kids Giving Back is a charity who opportunities for youth aged 6-18 years and their families to assist vulnerable people in the community. The trained facilitators have praised Danielle for her enthusiasm and engagement in the program. Well done, Danielle!

NAPLAN

NAPLAN results for Years 7 & 9 have been finalised and will arrive in school mid to late September for distribution in Term 4.

Ms Diane Wilson
Principal

DEPUTY PRINCIPALS REPORT

As Term 3 comes to a close, we hope you are all well and doing your best to cope with the continuing lockdown and Learning from Home situation. We'd like to acknowledge the ongoing support we are receiving from our school community as we

continue to grapple with the COVID situation. We are hoping that the current plan to return students in Year 7-10 back to school on Monday 8th November comes to fruition and we are able to see all of our students back at school.

Thank you to all of our parents who are regularly using the SENTRAL Parent Portal. Did you know that information provided in the SENTRAL Parent Portal can also be accessed using the SENTRAL for Parents App?

The SENTRAL for Parents App can be downloaded to your smartphone for free from the Google Play Store or the Apple App Store.

If you have already registered for the SENTRAL Parent Portal, you can simply use your same username and password to access the SENTRAL for Parents App. The portal and app are linked.

If you have other children at other schools that also use the SENTRAL platform, you can also use the app to easily switch between schools - accessing information from each school through the one app.

Parents who have already downloaded the app have provided positive feedback on its easy access and functionality.

Even if you have yet to register for the SENTRAL Parent Portal, you are encouraged to download the SENTRAL for Parents app.

Please click on the link below from SENTRAL which will provide you with further information on how to download and access the SENTRAL for Parents App.

<https://info.sentral.com.au/new-app-getting-started>

This term, Georges River College Peakhurst Campus is taking part in the *Tell Them From Me* student and parent survey. The student survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. The parent survey helps to clarify and strengthen the important relationship between parents and the school.

Both the student survey and the parent survey are anonymous and individuals cannot be identified from the information they provide.

All students (unless their parents have submitted the opt out form) will be emailed a link and unique username and password to participate in this survey on Monday 13th September. Students are encouraged to complete the survey by Friday 17th September.

As a parent, you are able to complete the 'Parent Survey' by clicking on the link below or by pasting this link into the address bar of your web browser.

<http://nsw.tellthemfromme.com/grcpeakhurst2021augu>

The Parent survey allows parents to express their views about their perceptions about their child's experiences at home and at school. If you have more than one child and your perceptions differ for each child, you may choose to complete the survey more than once to provide feedback on each child's experiences.

Participating in the survey is entirely voluntary, anonymous and confidential. We would appreciate your support in completing the survey as it will assist GRC Peakhurst Campus in future planning decisions. When you submit the survey, your responses are recorded on a secure site without any personal identifying information. Your answers will be mixed with those of other parents and caregivers from the school. You may skip any questions that you don't wish to answer, other than the one asking which year your child is in.

As Learning from Home via Google Classrooms and other platforms continues we would like to acknowledge our wonderful teachers for the efforts they have put into engaging our students online. They have done this with great professionalism, enthusiasm and commitment. We would also like to thank you for all the positive messages that are regularly being sent to the school and thank you for continuing to support your child/ren in accessing Learning from Home. Learning from Home is not easy – even at the best of times. GRC Peakhurst staff acknowledge the great work that parents are doing at home in sometimes very difficult circumstances to ensure that their child/ren continue with their education.

To ensure all students have an opportunity to continue to engage with online learning at home, we want to provide some flexibility for students to engage in their work at a time that suits them and their family. Ideally, students should try to be online during their timetabled lesson – accessing Google classroom (as this is when their teacher is also online with their class), however, if they happen to be sharing a device with other family members, this may not necessarily be possible each day. Therefore, to allow some flexibility, staff are uploading work into the Google Classroom between 8am and 9am each morning to allow students without access to a device full time to complete their work at time that suits them during the day. There is still an expectation that the work is completed and submitted, however at a time convenient for the student or their family.

We recognise the additional pressure that Learning from Home places on students and their families. In an attempt to reduce this and to differentiate for all students, staff at GRC Peakhurst will deliver task instructions in three categories as outlined below.

- **Must Do** referring to the minimum amount a student needs to do to meet some of the task outcomes.
- **Should Do** referring to the ideal amount a student needs to do to meet most task outcomes, and
- **Something Extra** referring to extension work that students can do to substantially demonstrate all task outcomes.

Aiming for Excellence is one of our core values and we encourage students to complete work from each category to the best of their ability where possible.

Students are not expected to participate in learning if they are unwell and as such will be marked as being on sick leave pending advice from parents or carers that the student is unwell. However, students who don't meet any participation requirements whilst Learning from Home without any explanation will be marked as absent. Students actively

participating in online Learning from Home will be marked as present - flexible.

At GRC Peakhurst, we ask that you:

- phone or email the school if your child is unwell and unable to participate in their Google Classrooms, so that their leave can be recorded as sick for the day and so that staff are aware and know not to follow up on your child missing their class.

The NSW Department of Education acknowledges that ongoing assessment of student learning throughout Term 3 and 4 will be important to enable teachers to provide feedback to students and guide their ongoing provision of appropriate learning tasks.

A wide range of assessment strategies can be used for students in Years 7-10 including:

- teacher observations of student responses during 'online' lessons
- student responses to tasks
- teacher/student/parent discussions – video/phone
- peer and self-assessment strategies including exit slips, digital polls or quick quizzes
- research tasks to demonstrate learning

Due to the Learning from Home situation and the additional pressures that it is placing on students and their families, we introduced a weekly 'Wellbeing Day' to allow students to either catch up on work that they have missed or to allow them to participate in some Wellbeing type activities or simply to allow them to have a rest from looking at a screen all day. The Wellbeing Days have proved very successful and the school has received a range of positive feedback from students in parents in relation to this initiative. We will continue to run a Wellbeing Day once a week moving into Term 4. Students and parents will be provided with a Wellbeing Day Flyer the week prior – outlining the program for each day. Please note that each wellbeing day has a Year Group Zoom meeting incorporated into it. The Zoom links are provided on the Wellbeing Day Flyer.

The end of Term 3 also marks the half way mark for Semester Two. As such, students in all year groups have already completed a number of assessment tasks across most of their subjects to contribute to their Semester Two academic report. Even though we are currently Learning from Home, these assessment tasks still allow students to demonstrate the learning they have achieved whilst at home.

Whilst we have been Learning from Home, assessment task notifications have been posted on the Google Classroom, emailed to students and parents and posted on the school website. Students are encouraged to utilise the following steps when receiving an assessment task:

Read the assignment. Clarify and questions with their teacher.

Highlight key words and instructions.

Break the task into smaller pieces.

Plan to complete each piece as part of homework across the week/s.

Complete a draft and share with a parent, teacher or peer for feedback.

Submit the final task.

Student Study Skills Tip for September

Students sometimes ask 'what is the best way to study?' The answer, there is no best way. An important lesson for students to learn is that everyone learns in different ways, everyone has different approaches and preferences, and what works well for one person may not work well for another. This truth applies to all aspects of effective learning – time management, research skills, writing skills and so on. There are certainly good techniques and strategies available in all of these areas, and also approaches that work well for the majority of students. However it is essential that all students try different techniques to see what works best for them. Preferences could also change over time, so it makes sense to at least once a year stop and reflect on approaches to learning. What did you do, what worked, what didn't, what should you change, what should you keep, and what new things could you try. This is what 'metacognition' is all about. It means taking the time to try and understand more about the process of learning and your role as a learner. Students who take a metacognitive approach to their learning are much more likely to improve their results. How can you find out different study techniques to try? Talk to the people around you – friends, siblings, parents – ask them what techniques they have used. Also ask your teachers what they would recommend for their subject.

Julia Picone - Relieving Deputy Principal Year 7

Scott Wilson - Deputy Principal Year 8

Sophia Favuzzi - Deputy Principal Years 9 & 10

Year 7 Advisor Report

This term is coming closer to an end, and I would like to congratulate year 7 on their perseverance and dedication to their home learning. This could not have happened without the dedication of the parents which are working behind the scenes helping our students achieve their learning goals, thank you.

Assessment Tasks

It is important to be aware that assessments are still being distributed during home learning. Year 7 - please access your emails and Google Classroom regularly to ensure that you are up to date with all work and assessments. All assessment notifications will be emailed to both students and parents, as well as posted on your Google Classroom by your teacher and the GRC Peakhurst website. Students are encouraged to seek their teacher's assistance if they are having difficulties.

'Kickback' Classroom

Our school SRC, Wellbeing Team along with 3Bridges have set up a Google Classroom called 'Kickback'. This Google Classroom aims to provide students with a platform to interact with one another while also providing them with daily challenges and activities.

The code is: **ucs4yge**

Larra and Merv hold face to face zoom meetings every day except Wednesday. This is also a great opportunity for students to not only receive support from our youth workers but to also interact with others. Zoom meetings will be available at 11am and 1pm.

Wellbeing Wednesday

At GRC we are fortunate to be holding wellbeing days every Wednesday. During this time no work is posted in any class and the day follows the following format:

Period 1 – Wellbeing activities. Students can participate in something they enjoy or refer to the wellbeing flyer for some examples of wellbeing activities.

Period 2 – Catch up. This is a great opportunity to spend some time catching up on any missed work or completing assessment tasks.

Period 3 – Year group games and meeting from 11:15am. Join the year 7 zoom meeting as the SRC run some great games. During this time, Ms Picone and I will also hold a year meeting to share important information for the week. It has been great to see the year group join in on the fun as well as communicate with each other.

SPORT – Make sure to do some sort of physical activity during our sport time. If students are unsure of sport activities to do they can refer to the wellbeing flyer for some examples.

Mr S. Kostas
Year 7 Student Advisor

Year 8 Advisor Report

I sincerely hope that your Term 3 has bought out the best in all of us. Thank you to everyone for their diligence, support and courage in working online and producing some wonderful work. I would also like to send my gratitude to the parents and families for their understanding and support this term.

Thank you to the year 8 SRC team, for running our Wednesday meetings, wellbeing zooms and formal assembly's wonderful work, inspiring leaders. As we continue to move forward into the coming weeks, the holidays and what will be a very different way of moving around, it is important to be kind to yourself, work to the best of your ability aiming for excellence as you do this and follow the requested mandated health requirements.

ATTENDANCE AND CLASSWORK

All class teachers will be uploading lessons for the day from 8:30 and students will have till 6pm to complete tasks for the day before rolls are marked. Please be mindful that while teachers are online, they will still be following their class timetable and may not be available to answer questions until that timetabled class. If your child is sick and is unable to attend lessons for the day, please contact the school so that rolls can be updated.

ZOOM MEETINGS

A gentle reminder to all year 8 students regarding the importance of staying connected to their peers, teachers and support staff at school whilst you are learning from home. In supporting you all we have put in place a combined wellbeing zoom and year group meetings. So this does not impact on your classes and organisation we have scheduled these for every **WEDNESDAY AT 11.15AM whilst we are learning from home.** The wellbeing days are proving to be a lot of fun. So far we have played scavenger hunt, kahoot and Mr

Squiggle, Omar G showed us his juggling skills, Mitchel I entertained us with his musical skills and Magenta shared images of her new best friend, brilliant. I know I enjoy seeing everyone's smiling faces and hearing your voices.

During these meetings it is requested that you keep your **MICROPHONES TURNED OFF** out of respect for your teachers and peers as we have some information to share. The chat is also a place to communicate something you are concerned about or to ask questions, please refrain from using this as a space to post inappropriate comments. As we are all respectful and responsible, I am not envisaging this to be a problem.

KICK BACK

Our school SRC, Wellbeing Team along with 3Bridges have set up a Google Classroom called 'Kickback'. This Google Classroom aims to provide students with a platform to interact with one another while also providing them with daily challenges and activities. The head teacher wellbeing Michelle Seidel will also be on daily to check in with students and provide wellbeing support. Our school's youth workers from 3Bridges Larra and Merv will also be online every Recess and Lunch to interact with students.

The code is: ucs4yge

At the moment it is pre-determined that we will be returning to school in term 4 from the 8 November, however further information will be made available as the government informs the Department of the best way forward. In the meantime, have a break in the upcoming holidays, make a cake, do some craft, play games, most importantly LAUGH OUT LOUD every chance you get.

Should you have any questions or concerns, please don't hesitate to reach out.



Andrew D has been helping dad fix up their postie bike well done Andrew.

KAHOOT WINNERS

1st Bianca C
2nd Tyerra T
3rd Paul F



MR SQUIGGLE WINNERS

Fin T
Madeline P
Maddison P
Sirine N



Ms M Seinor
Year 8 Student Advisor

Year 9 Advisor Report

I would like to congratulate and commend our students that have continued to work through their schoolwork in Google Classroom and reach out to their teachers when needed. Thank you to the parents and carers that have also assisted with their child's learning, I am sure it has not been easy to juggle all these new roles at home. As we are now aware learning online will continue for another 4 weeks, please ensure all students continue to access Google Classroom and attempt the work set for them. With the current updates, our staff will begin to include more interactive lessons that may include Zoom calls and videos set up by the class teacher. If you have questions, please remember to contact your teachers directly, if you are missing any emails or codes, please feel free to contact me on mariam.haidar2@det.nsw.edu.au

Kickback Google Classroom

Our school SRC, Wellbeing Team along with 3Bridges have set up a Google Classroom called 'Kickback'. This Google Classroom aims to provide students with a platform to interact with one another while also providing them with daily challenges and activities. The head teacher wellbeing Michelle Seidel will also be on daily to check in with students and provide wellbeing support. Our school's youth workers from 3Bridges Larra and Merv will also be online every Recess and Lunch to interact with students.

The code is: ucs4yge

Attendance and Classwork

All class teachers are uploading lessons for the day from 8:30 and students will have till 6pm to complete tasks for the day before rolls are marked. Please be mindful that while teachers are online, they will still be following their class timetable and may not be available to answer questions until that timetabled class. If your child is sick and is unable to attend lessons for the day, please contact the school so that rolls can be updated. Many subjects are also handing out assessments tasks as part of our schools yearly reporting. Please make time to work on your assessment tasks and create a study plan so that you are taking breaks and not spending hours on a computer screen.

Wellbeing Wednesdays

Every Wednesday has been dedicated to student wellbeing. Students have the opportunity to participate in a wellbeing activity during period 1, catch up on work period 2 and attend a year group meeting during period 3. I will continue to run the Year 9 meeting every Wednesday at 11:15 (period 3). Students will receive an email with the Zoom link every Monday. All students are expected to attend the Zoom meeting, as I will be updating them with announcements and most importantly checking in with them. It is also a positive way for students to interact with one another while in lockdown. Please ensure your

child is checking their emails daily for other important updates. During this meeting every week our Year 9 SRC are organising fun games and activities for students to help engage them in social activities.

If you or your child have any questions, please feel free to email me.

Stay Safe and take care of yourselves. We hope to see you soon!

Ms M. Haidar
Year 9 Student Advisor
Mariam.haidar2@det.nsw.edu.au

Year 10 Advisor Report

As we near the end of Term 3, I want to congratulate year 10 on their perseverance during this working from home period. I also want to again thank all parents for your constant support.

Subject Selections

Recently all Year 10 students had their Year 11 subject selection interviews Via Zoom with a number of well credentialed staff from our other GRC campuses. It was a great opportunity for students to discuss their interests and future endeavours in order to select subjects that will give each individual the opportunity to broaden their experiences and to follow areas in which they have a passion.

Assessment Tasks

With assessments continuing to be distributed, it is important that students are regularly accessing their email and Google Classrooms to ensure they are up to date with all work and assessments. All notifications will be emailed to students and parents, as well as posted on the GRC Peakhurst website and Google Classrooms. Students are encouraged to seek their teacher's assistance if they are having difficulties.

'Kickback' Classroom

Our school SRC, Wellbeing Team along with 3Bridges have set up a Google Classroom called 'Kickback'. This Google Classroom aims to provide students with a platform to interact with one another while also providing them with daily challenges and activities.

The code is: ucs4yge

Larra and Merv hold face to face zoom meetings everyday except Wednesday. This is also a great opportunity for students to not only receive support from our youth workers, but to also interact with others. Zoom meetings will be available at 11am and 1pm.

Wellbeing Wednesday

At GRC we are fortunate to be holding wellbeing days every Wednesday. During Wellbeing Wednesday no work will be posted. Flyers containing information and ideas of what to do each period will be emailed to students on Monday.

Formal

I have been fielding many questions regarding the Year 10 formal. At this stage we have not made a decision, as we want to give it every opportunity to go ahead.

Finally, if you or your child have any questions, please do not hesitate to contact me via email or phoning the school.

I hope all students are able to have a productive last few weeks of term.

Stay safe!

Mrs Fotini Tzoumas
Year 10 Student Advisor

FACULTY NEWS

CAPA

DANCE

Over this term our dances have been working hard learning routines via online resources for the upcoming performance at Southern Stars. Unfortunately earlier this week we were informed about this performance being postponed until August 2022. We are saddened by this news, however are happy we are still able to perform eventually and at a time that will be safer for all of us. Our dance choreographer for this performance has been kind enough to post tutorial videos of our particular dances for the students to learn from home via Google Classroom. The choreography will stay the same for 2022 meaning students can access these resources to practice at any time. We are all extremely looking forward to this performance next year as well as welcoming our new year 7 dancers for 2022.

Over the past 4 weeks the dancers have joined together for zoom meetings each Wednesday. We have worked on stretching our bodies and have learnt new choreography! This has given the students a great break from their schoolwork and an opportunity to get active and have fun. I am looking forward to running these zoom meetings each week to stay connected as a dance team and continue building on our shared interest in dancing.

Ms Amy Johnson
Dance Coordinator

HSIE

Teachers in the HSIE faculty send their best wishes to students, parents and their families during this difficult time. We are missing our students greatly and look forward to having them back in our classroom at school.

In the meantime, we thank everyone for their efforts and resilience in continuing to engage in the learning experience.

Year 7 B.O.L.T.S. map-makers task and competition

An example of the fantastic work being produced by our Year 7 students has been through the B.O.L.T.S. map-making task and competition. In addition to a set of online questions relating to fundamental mapping skills, all Year 7 students were tasked with demonstrating their ability to apply their knowledge and

understanding through the creation of a map. They could make it of anything they wished but it needed to contain all the required mapping features and demonstrate creativity.

Students who submitted the best examples from each class will have their maps showcased on the 'Year 7 Map-makers Wall of Fame' in the HSIE corridor on our return to school. In addition, students will receive a special certificate and a prize. In the meantime, competition winners have been sent a personalised virtual certificate.

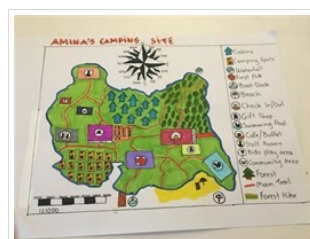
Included below are the prize winning entries from all Year 7 classes:



Abbie C



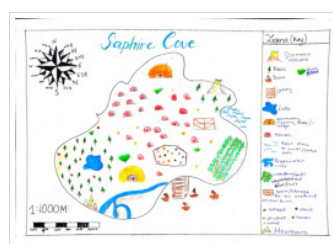
Alicia W



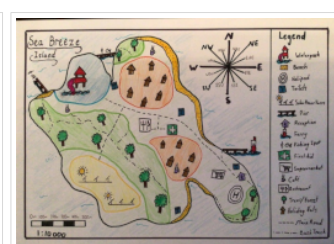
Amina V



Anna F



Anvi H



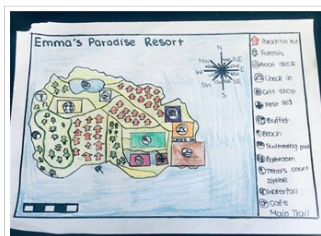
Amelia W



Claudia D



Dane M



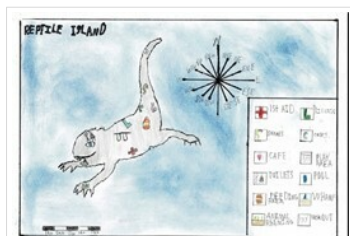
Emma W



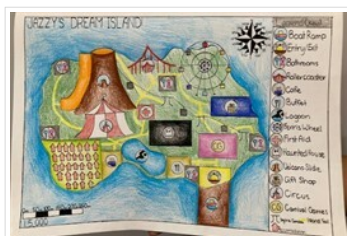
Evie L



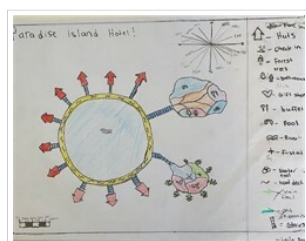
Zyad Y



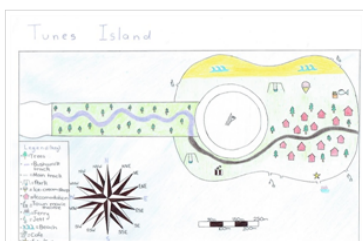
Izak B-A



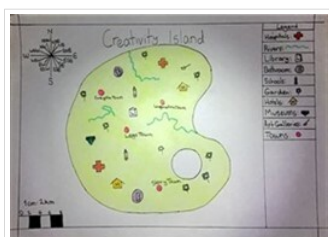
Jasmeet C



Leila B



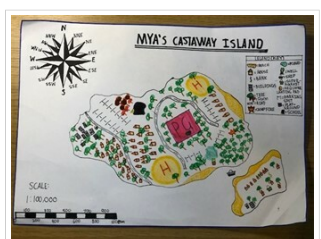
Leila S



Lillaine N



Luke S



Mya W



Tahlia C

Year 10 History Elective solves a mystery that has confounded the modern world!

During Term 2, Year 10 History Elective were working on an intriguing topic called 'Assassinations of the 20th century'. After completing an introductory section on the reasons for, and the nature of assassinations, students turned their focus to the assassination of U.S. President John F. Kennedy.

After learning about important events relating to his presidency, they were tasked with reassessing the guilt of Lee Harvey Oswald and developing a theory on who they believed were the true perpetrators. As part of an extension activity, students were taught how to use and apply Harvard-style referencing to support their historical investigation.

After reading a number of different and intriguing theories, the following students made the strongest case!

Hayley Diamond
Head Teacher HSIE

MATHS REPORT

Learning from Home

Lesson Information

With remote learning now the norm, it is imperative that all students have access to Google Classroom. Teachers will be using this platform to provide lessons and information for students. For a description of lessons over a two week period, students can refer to the "Cyclic Overviews". To access these, click on the "Classwork" tab once in Google Classroom. On the day of a lesson, students can expect notifications in the "Stream".

If the only device available is a mobile phone, students are encouraged to download the Google Classroom App to keep up to date with lessons and upload photos of their bookwork. Alternatively, hard copies of textbooks can be arranged by calling or emailing the school.

Attendance & Communication

In order to register online attendance, teachers will ask students to answer a question or do a quiz. In an ideal world, it is best if students are online for mathematics lessons during the timetabled lesson time, as this is when teachers will be running Zoom lessons, monitoring for questions, offering assistance and marking the roll. However, we understand there are

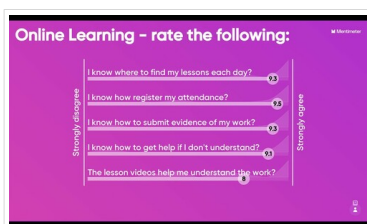
extenuating circumstances that may make it difficult for students to follow their normal timetable and adjustments to rolls and questions can be addressed at other times during the day.

Critical information that students need to discuss should be emailed to the relevant teacher to ensure messages are not lost in the mountain of notifications teachers receive from Google Classroom.

Engagement

To ascertain if students are engaging with the content of their lessons, teachers will ask students to submit evidence of their work. To do this, students may be asked to upload photos of their bookwork to a "Google Classroom Assignment" or complete an online task which teachers can check remotely - for example, Mathletics. Some teachers may ask for submissions every day they have a lesson, whilst others may collect it all at the end of a week or two week cycle. Regardless, the work should be well presented, showing all necessary working and marked. The textbooks provided in Google Classrooms have answers attached.

The Mathematics faculty have been listening to the feedback from students, the SRC and the school community and are endeavouring to provide students with more options for learning online, including more Zoom lessons.



Explaining Concepts

All online lessons will be accompanied by some form of explanation so that students have the skills to complete set tasks. Generally speaking, explanations will be provided through videos attached to lessons so that they can be accessed at any time, however, live Zoom meetings will also be utilised. In the event that lesson videos or notes are not sufficient, students are strongly encouraged to make contact with their teacher via the "Stream" in Google Classroom or an email to clarify their understanding.

Students are also encouraged to utilise other resources to extend their learning. Mathletics at the link below is a great resource for consolidation and all students have been provided with login details. The Khan Academy at the link below is an excellent site for learning new concepts and evaluating progress. The Khan Academy does not require any subscription fee.

<http://www.mathletics.com/>

<http://www.khanacademy.org/>

Assessments

All formal assessment tasks for Term 3 have been cancelled, however, teachers are setting tasks such as Mathletics topic tests to measure learning against syllabus outcomes. More

information about assessments in Term 4 will be provided in the next newsletter.

Mr D. Smithard

Relieving Head Teacher Mathematics

PDHPE REPORT

Thank you from the PDHPE Faculty:

As we approach Week 9 of online learning, the PDHPE faculty would like to extend a big thank you to the school community of parents for their continued support of the online learning of their children. It is fantastic to see so many students online each and everyday engaging with the range of activities that are on offer.

A gentle reminder that students, at a minimum, should be aiming to complete and turn in the 'Must Do' activity for each lesson. Each student is encouraged to push their personal capabilities beyond this and complete the extension work, if time permits.

PDHPE Fri-Yay Student Zoom Workouts:

The PDHPE faculty would like to extend an invitation to all students to engage in the PDHPE weekly live workout which is held on a Friday at around midday. Information is posted in the Google Classrooms of all students. If a session clashes with another subject's lesson, simply reach out to your other teacher and see if you can catch up on that work later in the day, or alternatively, join us the following week for a workout!

Staying active!

Students are reminded of the importance of being physically active during this lockdown period, given that we aren't accessing many of our regular exercise endeavours on a day to day basis. The Heart Foundation reports that any physical activity is better than none at all!

Try to move in as many ways as you can through the day.

Build up to over 30 minutes every day.

How do you know if you are walking quickly enough to benefit your health? If your breath comes out as a puff, but you can still have a conversation, you are walking at a pace that will boost your heart health.

Sitting less:

- Avoid sitting for long periods. Break up your day by moving around the house.
- Use time on the phone to stand or walk around the house as you talk.
- Set timers/reminders to get up and move.
- Do some exercises in the TV ad breaks.

Regular exercise reaps not only many physical benefits, but it's also been proven to help our state of mind – which is so important in these challenging times.

Students are reminded to check their google classrooms for updated movement tasks and physical challenges during the week!

Checking in with yourself:

It has been a stressful time all around the world as we deal with coronavirus (COVID-19) and the uncertainty it brings. What life will look like over the next few months has changed and you might be feeling anxious about what this means. Here are some resources for students to help manage their wellbeing through all this.

The following resource from the Reach Out organisation provides great sources of information for students about 'Checking in with yourself' -

<https://au.reachout.com/>

Education Week:

The PDHPE Faculty developed a video in support of Education week. Education Week was celebrated virtually from 26-30 July 2021 with the theme being - Lifelong learners.

Here is a video which highlights some of the great things our students were doing earlier on in the year. Enjoy!

A final note:

All the best for a safe and relaxing holiday period!

Mr A. Morely

Relieving Head Teacher PHDPE

TAS

"Success is not final; failure is not fatal: it is the courage to continue that counts."

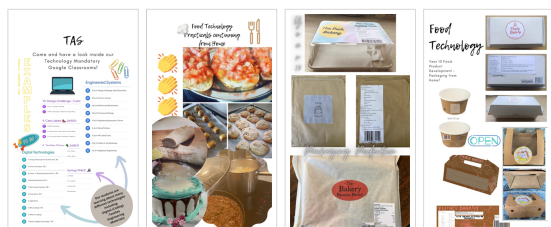
- Winston Churchill

Well, our students in TAS have continued to show the courage to produce outstanding work despite the change in our learning environment. They have demonstrated resilience and a positive attitude to take on challenges.

Here is an insight of student achievement whilst remote learning. It is followed by a report by Ms Milis on how Year 10 Graphics Technology have been working remotely.

Rosalie Gualtieri

Head Teacher TAS



Year 10 Graphics Technology

Year 10 Graphics Technology are currently studying the topic of 'Graphic Design and Communication'. Students have been introduced to the elements and principles of design and have had small fun design challenges to demonstrate their importance.

One activity in particular called for the use of the element 'line'. The task was designing an infographic to showcase their daily online learning routine while we are in lockdown, using line to draw the reader's eye. These were some of the results...



Another task was based on the design element 'typography'. Students were asked to recreate the infamous netflix logo using different font typefaces to appeal to either an audience of children or an audience that enjoys horror. These were some of the results...



The class seems very enthusiastic about this topic. Next they are taking on the task of redesigning a children's book. I am very much looking forward to seeing more of their designs!

Miss Stacey Milis

TAS Teacher

ABORIGINAL EDUCATION

Yaama, ginnagay, welcome to the end of a challenging term and thank you for all your engagement and hard work during the term.

PROGRAMS

GRC works closely with Jayda and Will the 3 Bridges Aboriginal team and the National Centre for Indigenous Excellence hosting a number of regular events at the school. Tuesday we have weekly breakfast program and Jayda and Will join the students for a yarn and information session. Due to our current learning environment Jayda and Will are planning on popping into our regular zoom Friday morning sessions that will continue into next term with a host of special guests.

Keep an eye out for emails and invitations to these meetings.

In term 2 we were lucky enough to join the NCIE team in a cultural tour of Redfern with Aunty Donna highlighting the political and social history of Aboriginal people and their deep connections to the area. We started this journey at the National Centre of Indigenous Excellence (NCIE) with Aunty Donna sharing stories of the Redfern community; stopping at significant sites such as the recently restored '40,000 Years' mural; Eveleigh Street and "The Block"; Gadigal Radio Station; Wyanga Aboriginal Aged Care, Tribal Warrior and the Aboriginal Medical Service. At the end of the tour the students had lunch and a yarn and went swimming in the heated pool at the NCIE sport complex.



Aunty Donna

SUPPORT

The wellmob site is implemented through Edith Cowan University and has some relevant supports for the community at large.



<https://wellmob.org.au/>

Souths Carers have been running weekly programs via zoom this information is attached.

STAY CONNECTED AND STAY SAFE.

Ms M Seinor

CAREERS

GRC Peakhurst Careers Lessons for Year 10 are now in Google Classroom

Year 10 GRC students continue with the careers program via Google Classroom. Each day students are expected to complete the Daily Do Now and Must Do daily attendance question, every day until end of the lockdown period.

This response will determine "present/ not present" on careers roll.

Students are engaged in online activities to help them better prepare for their future.

Students can revise their lessons located in their Google Classroom for careers by going to:

Google Classroom - Classwork - Assignment – searching the Careers Lesson by number or by Term and Week delivery.

More information related to careers can be found at the GRC Peakhurst careers website.

This useful careers information is located at the following link:

<https://www.grcpeakhurstcareers.com/>

All students need to register to access information on the website. To register as a GRC Peakhurst student firstly go to FOR STUDENTS -> STUDENT'S SECURE AREA -> REGISTER. Please keep these details in a safe place. YOUR EMAIL is your USERNAME and remember the PASSWORD (Write it down somewhere safe so that you can refer to it).

Parents should also explore the website in order to better support their child.

GRC will update the google classroom and careers website with helpful careers related information, and newly listed career opportunities.

As mentioned, Ms Arfanis expects every student to DO THE DAILY CAREERS ATTENDANCE QUESTION OR STATEMENT OR ACTIVITY posted each morning around 8am, until the end of the lockdown period.

Subject Selection Preparation for Year 10 students was unprecedented with virtual Subject Selection zoom meetings in Week 4 between the student, parent and a member from the careers team. All in all, the process ran fairly smoothly. A few students were contacted by phone.

Students are now required to return all the Enrolment Forms, Choice Submission Forms, EVET Expression of Interest Form, Transition Plan and other subject selection related paperwork provided to you, to Ms Arfanis, Careers Advisor. Students are welcome to place this paperwork in an envelope marked to the Careers Adviser, Ms Arfanis, and drop it off into the Rona St GRC Peakhurst school letterbox. If you have lost or misplaced any paperwork or are unsure of your child's status with the paperwork, please contact Ms Arfanis, for further clarity.

The final stage of the transition process will take place on Tuesday 23rd November, GRC Oatley Senior Campus Orientation Day.

2021 EVET goes on hold for Year 10 students attending Tafe

The following students are required to continue their Externally delivered Vocational Education and Training (EVET) Stage 5 course with TAFE NSW, next term, face to face as they continue to work towards a Certificate 1 qualification.

They are:

- Marcus C, Charlie A, Donald L, Luka D and Jordan M in Automotive at Ultimo
- Tiana M, Ronald F and Natasha P in Hospitality at Loftus.

2021 TAFE Taster Courses are on hold for Year 10 students for Term 3

The students who applied for the 2021 TAFE Taster Courses for Term 3 will be advised of new dates for when these courses will proceed subject to the Covid-19 situation. GRC await TAFE's notification.

School Based Apprenticeship and Traineeship (SBAT)

Students who are thinking of undertaking an SBAT while they undertake the HSC, next year, should start to seek out employers to work with for this opportunity, throughout this year.

If YOU are in Year 10 and would like to learn more about an SBAT for 2022 and 2023, please speak to Ms Arfanis and we can seek out an appropriate host employer, as work experience, to increase your chances of success. Known employers who are keen to take on students for SBATs include:

- McDonalds for Retail Services

- KFC for Retail Services
- City Beach for Retail Services
- Airport Retail Enterprises (ARE) for Hospitality (Food & Beverage)
- LEA Group or BlueFit at Hurstville Aquatic Centre or Angelo Anestis Aquatic Centre for Fitness
- Lugarno Gourmet Meats for butchery
- Automotive

MIGAS Apprenticeships and Traineeships Availability

MIGAS specialises in skilled and traditional trade apprenticeships and traineeships. That means students interested in pursuing a career in trade-related industries such as engineering, mining, energy, manufacturing, building and construction, and warehousing, should head to MIGAS Jobs Board to find a current opening in your region and apply! If you don't see a current vacancy that appeals to you, register with MIGAS to receive our latest job alerts. MIGAS specialises in skilled and traditional trade apprenticeships and traineeships. That means we are always looking for people interested in pursuing a career in trade related industries such as:

- Diesel Fitting Apprenticeships
- Heavy Vehicle Mechanic Apprenticeships
- Light Vehicle Mechanic Apprenticeships
- Panel Beating Apprenticeships
- Business Administration Traineeships
- Cabinet Making Apprenticeships
- Carpentry Apprenticeships
- Civil Construction Apprenticeships
- Painting Apprenticeships
- Plastering Apprenticeships
- Plumbing Apprenticeships
- Air-Conditioning and Refrigeration Apprenticeships
- Electrician Apprenticeships
- Electrical Fitting Apprenticeships
- Electrical Instrumentation Apprenticeships.

To enquire about a role or other currently advertised positions, please phone recruitment on 1300 464 427. See:

<https://www.migas.com.au/apprenticeships/>

A Wide Range of Apprenticeship Videos are available to learn more about apprenticeships. See:

<https://www.youtube.com/user/AAPathways/videos>

If you are aware of any employers keen to employ an apprentice or trainee, please inform Ms Arfanis of their details.

See Year 10 Careers Google Classroom for more SBAT and apprenticeship/traineeship opportunities.

Join Google Classroom for Year 10 CAREERS tasks

All Year 10 students should have joined the Google Classroom for Careers. All students were required to undertake two courses in preparation for work experience, in the event that it takes place, some time in future. Please email completion certificates for Workplace Safety and Ready for Work Experience, to Ms Arfanis, at your earliest convenience, if not already done so.

White Card Training is on hold

A white card (or general construction induction card) is a mandatory requirement for workers who want to carry out construction work.

The white card provides people entering the construction industry with a basic knowledge of requirements under Workplace Health Safety laws, the common hazards and risks likely to be encountered on construction sites and how these risks should be controlled.

The white card becomes void if you haven't attended a construction site for five consecutive years or more.

The scheduled White Card Training is on hold due to Covid-19. However those who have paid the cost of \$100 will be advised of the rescheduled time, when foreseeable.

If students aged 14yo + are interested in undertaking this course, they need to inform Ms Arfanis. Each student interested in undertaking their White Card Training will need to create a Unique Student Identifier number known as a USI before commencement. See Ms Arfanis for a permission note.

Work Experience program

While the Year 10 cohort of students are encouraged to attend work experience throughout the year, if they so wish, they should be aware they are usually expected to attend a mandatory week of work experience in Term 4, week 7, 23/11/20 to 27/11/20 which they need to arrange themselves. The paperwork, Student Placement Record Form, is available to students in the Google Classroom for Careers. This will only go ahead if permissible due to the Covid-19 situation, in Sydney.

Barcats Hospitality Recruitment Platform for U18s - Part-time and Casual work

Barcats launches U18s site for part-time / casual jobs Barcats is the fastest growing hospitality recruitment platform in Australia and has recently launched the U18s site. This site focusses on casual jobs for students seeking work while they study. It has helpful articles to transition into the work environment and know their rights as an employee. Go to the link below to build a profile and start applying for jobs in their local area.

<http://www.barcats.com.au/>

Discover Engineering (ACT/NSW)

Check 6 October 2021. A full day of activities covering many areas of Engineering and incorporating the Engineering Design Process (Design thinking). This program is aimed at year Year 7 to Year 10 students. If interested, you can be zoomed, with

activities facilitated by University students representing Engineers without Borders; Cool Aeronautics; and F1 in Schools. For more information, please contact stemnsw@engineersaustralia.org.au.

<https://www.engineersaustralia.org.au/node/43356>

Australian Photography Awards Students and Juniors Category 2021

Entries close 18 October 2021. Australian Photography Awards is one of the largest and most progressive photographic awards in Australia. Since 2016 we have been immersed in the discovery and sharing of big ideas through photography. In 2021 we seek to recognise work that can open important dialogues and expand our understanding of the world.

Secondary or tertiary students automatically go in the running for the Student Award after submitting a paid entry into any of the other categories. We also have a Junior category for people aged 15 and under. See:

<https://www.australianphotographyawards.com.au/>

Djurali Youth Art Careers Workshop at MCA Sydney

Online djurali will take place over Zoom across 4 days from 10:30-12:30pm, 14 to 17 September 2021.

We are inviting Aboriginal and Torres Strait Islander young adults aged 14-18 to join us for our upcoming djurali workshops. Led by our artist educators and Aboriginal and Torres Strait Islander Learning Coordinator, djurali is an opportunity to experience artist-led creative learning workshops and hear from people working and studying in creative and cultural fields.

djurali means “grow” in the language of the Gadigal people, the traditional owners of the land and waters the MCA is situated upon.

If you're a young aspiring artist, apply now! See:

<https://www.mca.com.au/learn/schools/djurali-program/>

Sydney Craft Week

Friday 8 – Sunday 17 October 2021. Celebrating our 5th birthday, in 2021 the Sydney Craft Week Festival goes digital due to the current lockdown restrictions. Watch this space for online events, stories and features celebrating the value of craft for the makers and those of us who value the skill, beauty and joy that handcrafted objects bring to our lives. See:

<https://sydneycraftweek.com/>

Don't Miss Careers with STEM: Technology

21 October. 12.00 to 1pm. Technology is the key to a fairer, healthier, brighter future. This webinar will explore how today's young people could become part of globally important work as diverse as new energy, environment and sustainability, solving poverty and pandemic response, fighting climate change, politics and law, and also jump into growing sectors from mining and retail to cloud computing. It will highlight that technology is for everyone and there are diverse paths to get there, showcasing people who've got work for exciting

companies, and self-starters who are making their own career journeys. See:

<https://www.eventbrite.com.au/e/careers-with-stem-technology-tickets-169201226423?aff=ebdsoporgprofile>

Careers at Council

Local government is a great place to work if you want to contribute to your community, work close to home or develop a career path that can lead to job opportunities in any one of 537 councils across Australia. Start a portable career in local government. Local government offers a huge range of jobs and career paths in professional, trades and administrative roles. Most of the 128 councils in NSW employ trainees and apprentices.

Check out the entry level job opportunities on Careers at Council:

<https://www.careersatcouncil.com.au/entry-level-opportunities>

Find out more by visiting Careers at Council:

<https://www.careersatcouncil.com.au/>

Mrs A. Arfanis
Careers Advisor

COVID Intensive Learning Support Program (COVID ILSP) for Literacy and Numeracy

Students involved in the COVID ILSP for Literacy and Numeracy are reminded to access the respective Google Classrooms for additional material and support.

Literacy ILSP

Students can access the Literacy Google Classroom by joining with the following codes:

Year 9 GC Code: **xycnkld**

Year 10 GC Code: **v3c6bso**

I can assist you with your classwork from Wednesday to Friday and am on line during those days for you.

My email address is jacqueline.lyons@det.nsw.edu.au should you want to contact me about your learning.

You will find lots of writing tips in the classwork section should you need them.

Ms J. Lyons

Numeracy ILSP

Students can access the Numeracy Google Classroom by joining with the Year 9/10 GC Code: **6hwrnjz**

Students are reminded to access the Numeracy ILSP Google Classroom each morning and answer the attendance quizzes. They are also encouraged to attend the weekly Zoom meetings. The invitations to these meetings are posted on the Google Classroom.

Zoom meetings are held at the following times:

- Each Tuesday at 11:00 a.m. for Year 10 students

- Each Thursday at 11:00 a.m. for Year 9 students

Additional resources, including instructional videos and interactive presentations, are also added on a regular basis.

Students are encouraged to post questions in the Google Classroom and to be prepared with questions for their scheduled follow-up phone call each week.

Students may also contact me directly by sending an email to christine-mary.keir@det.nsw.edu.au

Mrs C. Keir

High Performing /Gifted Debating and Public Speaking

Although the online learning period has meant that many of our debating/public speaking competitions have been paused for now, some highly valuable student opportunities have continued. GRC Peakhurst staff and The Arts Unit have ensured that their valuable extra-curricular student opportunities for debating and public speaking have continued (where possible) and have consistently provided updates and resources for our school community.

Year 9&10 Debating

Year 7&8 Debating

Our Debating Competitions are paused for now. We will investigate revised dates for all competitions and will provide regular updates for students, families, staff and schools.

Legacy Public Speaking Competition

Despite a very unique and challenging start to Term 3, four of our Year 7 & 8 students should be commended on their commitment to the Legacy Public Speaking Competition. Omar A, Avinash B, Cody J, Sirine N each uploaded their video submissions of a five minute prepared speech (topics listed below), in addition to meeting their deadlines for all of their other schoolwork. Congratulations to our GRC Peakhurst Legacy Public Speaking competitors for 2021!

Omar A - "Rack Off Racism"

Avinash B - "Protesting as a Way to Enact Positive Societal Change"

Cody J - "Appearances Aren't Everything"

Sirine N - "Feminism Is Not A Dirty Word"

Two students were then selected to represent our school. It was a tough decision, but ultimately Omar A and Sirine N advance to the Sydney Region Final of the Legacy Public Speaking Competition for their speeches that included a balance of effective research, personal impact, sincerity and humour in their approach. These students were also recently recognised at our most recent virtual formal assembly and as 'Student of the Week'. Both are to be commended for their active participation in Zoom sessions, taking on feedback in order to further excel in the competition and also filming and uploading their speeches to the Arts Unit in a professional and sophisticated manner. Please view their engaging, well-researched and topical speeches below:

<http://www.youtube.com/watch?v=hmqlu3NTaME>

Video of Omar A Legacy Speech Rack Off Racism

<http://www.youtube.com/watch?v=IFiveCP0z6E>

Video of Sirine N Legacy Speech Feminism Is Not A Dirty Word

Congratulations once again to Omar and Sirine! We await feedback on their performance in the Sydney Region Final of the competition.

Your best contacts in the English staffroom for various public speaking opportunities are as follows:

Public Speaking Competitions and after school Wednesday workshops - Miss Osmond

<https://www.artsunit.nsw.edu.au/speaking-competitions/public-speaking/legacy-junior-public-speaking-award-0>

<https://www.artsunit.nsw.edu.au/speaking-competitions/public-speaking/plain-english-speaking-award>

Year 9&10 Debating Teams - Miss Rossenrode

<https://www.artsunit.nsw.edu.au/speaking-competitions/premiers-debating-challenge>

Year 7&8 Debating - Miss Osmond/Mrs Campbell

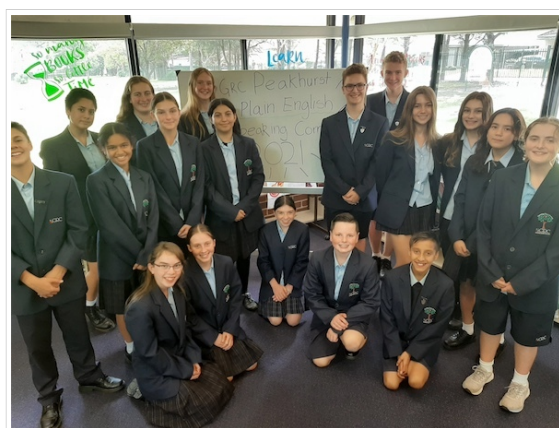
<https://www.artsunit.nsw.edu.au/speaking-competitions/premiers-debating-challenge>

Finally, more resources are available for students. Each week, The Arts Unit schedules short video lessons in a range of areas (such as debating and public speaking) to offer students a chance to engage in extra-curricular activities. All Bites will then be available on demand to revisit as often as you like.

Please visit the link below for many resources that The Arts Unit have created for students.

<https://digital.artsunit.nsw.edu.au/the-arts-unit-home/art-bites>

Interested students are also encouraged to join the Debating/Public Speaking Google Classroom with code - tr34azd.



Ms L. Osmond

High Performing/Gifted Debating and Public Speaking Coordinator

Student Representative Council

The SRC and I would like to thank our school community for their continued support and appreciation of our various initiatives this term during our online learning period. Please see a special message below from our School Captains and Vice-Captains:

Messages from our 2021 School Captains and School Vice-Captains:

To our GRC Peakhurst community,

We hope that you've all been staying healthy and safe during this term's learning from home period. The SRC have been meeting regularly to discuss and implement ways for our staff and students to look after themselves during lockdown. A successful activity that we have led for three weeks now is "Wellbeing Wednesday", which aims to allow some time for students and staff to have a break from their scheduled periods and look after their personal wellbeing. This may include partaking in the Wellbeing activities that Ms Seidel provides us, sleeping in, taking a break from the screen, going outside or catching up on work. Year Meetings over Zoom with fun activities have also been held during Period 3 on these days to socialise with our peers. So far we've had a Scavenger Hunt session, a Kahoot Trivia session and a Mr Squiggle session, which have all received great feedback. We hope that you've been enjoying these days and that they have assisted in reducing the pressure surrounding school work in lockdown! - Alivia B

Throughout this term, the SRC have been working on making small videos with tips to help improve your wellbeing and give you guidance about the best things to do during this online period. These have been posted on the school's social media pages. The idea behind these videos was to remain connected with students and hopefully provide them with some strategies to keep positive, productive and healthy even if we are stuck inside. In these times we need to learn to appreciate the small things that come along. We will unfortunately remain in lockdown for a while and will continue online learning, so it's important to respect the time you get at home and with your family. Make sure to make the best of your time by going outside and exercising, starting a new project and trying a new hobby. I also recommend ensuring that you don't end up on your devices all day. We understand that it is hard learning online and you might face some challenges (like having to share a device or not having consistent internet connection), but as the leaders of the school we want to make sure that all students feel comfortable learning online. So if you have a problem or are facing an issue, or even if you just need someone to talk or socialise with, do not hesitate to approach one of us or any members of the SRC. - Chloe S

We want to say thank you on behalf of the student body to those people who have helped us in our online learning during this hard time - the parents! Thank you for assisting your children in learning from home whilst also working yourselves. Thank you also to our teachers for providing learning opportunities for our students. As your student leaders we would like to share some tips on online learning, such as looking

ahead for any assignments that are coming up (especially Year 10 during their transition to Year 11) and setting time to study and work in set chunks of time. I know during this time there may be distractions such as social media and other physical activities, but if you set yourself a time e.g. two hours to study/work, then you could treat yourself by having an hour break or something like that. Another tip for online learning is communicating regularly with friends and family: sometimes taking some time off doing school work and socialising with some friends may help relieve some stress. Try to be flexible, and know that not only us students but also the teachers had to make the transition from face to face learning to online, so simply being active in your Google Classrooms really helps our teachers a lot, as they make it possible to recreate the community we had back at school. We wish you all the best and can't wait to see you all again back on school grounds when it is safe to do so. - Arden H

Throughout this strenuous lockdown, our teachers have been putting in immense extra effort to make things even just a little bit better for us by doing special activities for students, maintaining a sense of humour or going out of their way to have a Zoom lesson to keep in touch with us. With the seamless transition from in-person schooling to online, we did not miss out on a single scheduled lesson. We all really appreciate the effort and dedication that not only our teachers are providing us with, but what all of the staff within our school are contributing to in order to support our learning and wellbeing. Our Year Advisors, Wellbeing team, SRC and LBR Coordinators have also been working tirelessly in preparation for each Wellbeing Wednesday in order to make sure that we can enjoy our Wellbeing days and Year Meeting activities: an initiative that has been positively acknowledged by both students and parents alike. On behalf of the Captains, Vice-Captains and our SRC leadership group as a whole, I would like to say a sincere thank you to the entire staff of GRC Peakhurst for supporting us and standing by us. We would also like to say a special thank you to the new staff members who have joined us during these tough times and have started teaching in their new classes: Mr Orr, Ms Muliono, Ms Montgomery, Mr Moyle and Mr Mansouri. Congratulations also to Ms Favuzzi on her transition to permanent Deputy Principal and Ms Baldassarre's permanent appointment as Science teacher. GRC Peakhurst staff: we appreciate your efforts more than words can say. - Cameron A

Student Support and "Learning From Home Hacks"

Our student leaders have continued to meet regularly via Zoom in order to discuss online learning and how our school can best support our students, in terms of wellbeing and their learning progress. They have all been busy working, not only on their own online learning but also creating "Learning From Home Hacks" on various topics. These videos have been uploaded to our school's social media so that students may access or gain support on:

- Technology and Google Classroom tips.
- Wellbeing and staying positive.
- Healthy food and good habits when working so close to the fridge.

- Positive computer habits and exercise.
- How to maintain good relationships with family when in close proximity and sharing WiFi and devices.
- Being apart but staying connected with peers.
- Thank you messages to our staff.

Zac H, Sami M and Cody J were also responsible for coordinating these videos and ensured that these were uploaded to Ms Haidar and the social media in a timely and professional way - congratulations team!

Wellbeing Wednesdays Period 3 Sessions

During Weeks 6-9, our SRC leaders have been leading Wellbeing Wednesday games with their peers and Year Advisors in order to facilitate ongoing social connections throughout online learning.

In Week 6 we ran a Scavenger Hunt where students were given a list of items to locate around their home and then show them to their year group for points.

In Weeks 7 and 9 we ran a Kahoot game where Alivia B and a team of SRC students constructed trivia quizzes for all year groups on a range of topics such as: film, Olympics, general knowledge, teachers, etc.

In Week 8 we ran a Mr Squiggle drawing activity where our year advisors demonstrated stimulus 'squiggles' for students to then create their artworks.

Congratulations to all of our prize winners from each year group in these events who can look forward to some prizes when we are all back together at school! On behalf of the SRC, I thank you all for your continued enthusiasm and support in participating in these events!

Our student leaders should be commended on these excellent initiatives and for their ongoing commitment to their leadership roles.

Kick Back Classroom

A Wellbeing initiative has also been developed for students, by staff, with the understanding that with so many class changes (particularly in Year 7), that online learning could be a challenge to overcome in socialising and working with new classmates. Therefore, the "Kick Back Classroom" has been utilised for students to complete wellbeing/mindfulness activities and also message other peers in a more informal setting. Students are encouraged to join with code - ucs4yge.

Fort Street High School Future Leaders Conference

Our SRC and Leadership By The River students recently were invited to participate in the Fort Street High School Future Leaders Conference. This opportunity was made available to us via the Fort Street High School SRC leadership team and was delivered in the format of a series of engaging Youtube interviews, conducted by the Year 11 Fort Street SRC members.

The panel members were varied: from politicians and judges, to youth workers and sustainability/social change activists. All panelists discussed various issues facing young people today:

Hon. Michael Kirby, Natalie Lang, Erin O'Leary, Hon. Tanya Plibersek and Chris Gambian. Next newsletter, our student leaders will update our school community on the key messages these presentations had for young people today.

Year 10 2022 SRC and School Captaincy Procedures

Student Representative Council positions are now open for Year 10 2022 students and will be discussed at our Year 9/10 Formal Assembly on Friday 10th September. Eligible applicants for the positions of School Captain and School Vice-Captain 2022 are welcomed to note this on their application form, as this process will commence in early Term 4. Applications for Year 10 2022 SRC are open to **any current Year 9 student** wishing to extend their leadership skills and strengthen our school community in this capacity. School Captain and School Vice-Captain applications commence after students are successfully elected into the Year 10 2022 SRC and are open to students who have at least one year's experience within the SRC - in Year 7 2019, Year 8 2020 or Year 9 2021. Interested students should email lauren.osmond1@det.nsw.edu.au and an application form will be sent to them to be completed over the holidays and emailed back. Applications close at 4pm Friday 8th October - Week 1 of Term 4. Students who apply are instructed to contact the school if they do not receive an email confirming receipt of their application.

Please contact your SRC members with your ideas to bring up in our regular Zoom meetings or email me at lauren.osmond1@det.nsw.edu.au for any suggestions you have in celebrating, appreciating and supporting our school community!

Ms L. Osmond

Student Representative Council Co-ordinator

Wellbeing Report

As lockdown continues and students and parents alike, grow weary of countless hours spent at home, we want to extend the school's gratitude and support as you assist us in keeping your children engaged in online learning.

Our staff are focused on ensuring that, even while we work separately, every student feels known, valued and cared for. This endeavour extends to our community as well, as we know the important work that you are all doing at home to keep your children motivated, engaged and healthy.

In appreciating the challenges and complexities of the current climate, we wanted to let you know of some resources that are available to support parents at this time. You might find these particularly useful in terms of generating positive strategies to support you and your child in not only alleviating the stress and anxiety of lockdown and remote learning but also maintaining and improving mental health.

There are many online workshops being run for parents and teens related to the management of stress and worry. More information can be found on the following links:

<https://drive.google.com/file/d/1VdZ1zUF-t6jU6PvXWgkjjgewb02IS4H/view?usp=sharing>

<https://drive.google.com/file/d/133CzmPpSZhcixkzISsMXg7oF0PAJ1CNK/view?usp=sharing>

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>

https://drive.google.com/file/d/1-Ln9_SFTP5z_cgGwfpE-Zm2JlHTpBXWa/view?usp=sharing

The [Emerging Minds Website](#) explains that it is completely normal for students and parents to feel stressed and overwhelmed at the moment and has compiled a selection of interactive resources, videos, factsheets and tips to assist you in reducing worry and distress.

If you need professional support, [Parent Line](#) is a free telephone counselling and support service for parents and carers of children aged 0 to 18 who live in NSW. Parent Line provides accessible advice and tips as well as access to trained, professional counsellors from **9am to 9pm Monday to Friday** and **4pm to 9pm on weekends**.

Apps to support student mental health

<https://drive.google.com/file/d/1ir1ASFa121jGeBMFaeOto1FVspQHRZnu/view?usp=sharing>

During remote learning we know it can be a lot more challenging to stay focused and remaining inside can make us feel more stressed and disconnected.

Because of this, GRC Peakhurst decided to set aside a school day each week to focus on our students wellbeing, catch-up on some work they may have not completed and join in on some fun games with their year group!

We hope they have been enjoying their Wellbeing Wednesdays and have managed to join in on the fun Year Group activities designed by our enthusiastic SRC students.

We also have our Kick Back classroom –**code ucs4yge** where students can go at recess & lunchtime to engage in some relaxing activities & talk to our fabulous Youth Workers.

Larra & Merv are available everyday (except Wednesday) at 11am & 1pm for live zooms if your child wishes to join. This service is available for any student at GRC Peakhurst;

Join Zoom Meeting

<https://zoom.us/j/96040588578?pwd=WnJHWWptdVpPUzRlY1pTbGhsSjZRdz09>

Meeting ID: 960 4058 8578

Passcode: 851bc2

Parenting Ideas

Georges River College Peakhurst Campus has a subscription to 'Parenting Ideas', which includes fantastic articles and webinars on a range of important issues and topics related to parenting. In every school newsletter, I will endeavour to include some articles for you to read and some of those articles have links attached to a webinar. As we are a subscribing school, for our parents, most of those webinars will incur no cost, so be sure to check them out!

This month, I have included 4 'Parenting Ideas' articles (see below) covering the following areas:

- Building Resilience During the Covid Pandemic
- Riding the Covid Waves
- Establishing Digital Boundaries for a Good Night's Sleep
- Prioritising Mental Health in the Digital World

Lastly, during Week 8 of this term, the wellbeing team sent out student and parent wellbeing surveys to help guide us in ways we could assist you in meeting your families wellbeing needs. If you haven't had the opportunity to complete this survey and wish to, I have included the links below:

Student Wellbeing Survey:

<https://forms.gle/aDheEjfr5sQL5nyX8>

Parent Wellbeing Survey:

https://docs.google.com/forms/d/e/1FAIpQLSehlJ_nP5LNJ_VGX_4xXI2MyT1nSiaye4AePZkv8Fr3IKNILw/viewform?usp=sf_link

As always, if you would like to discuss anything in regards to your child's wellbeing please do not hesitate to contact the GRC Peakhurst Wellbeing team via the school email or contact details below.

Wellbeing Contacts

Mrs Michelle Seidel	Rel. Head Teacher Student Wellbeing	michelle.morris@det.nsw.edu.au
Mr Stoyan Kostas	Year 7 Student Advisor	stoyan.kostas@det.nsw.edu.au
Ms Michelle Seiner	Year 8 Student Advisor	michelle.a.seiner@det.nsw.edu.au
Ms Mariam Haidar	Year 9 Student Advisor	mariam.haidar@det.nsw.edu.au
Ms Fotini Tzoumas	Year 10 Student Advisor	fotini.sklavounos@det.nsw.edu.au
Ruth Ryder	3 Bridges	ruth.ryder@3bridges.org.au
Larra Faraj	3 Bridges	larra.faraj@3bridges.org.au
Merveille Omari	3 Bridges	merveille.omari@3bridges.org.au
Ellen Tyrrell	Georges River Life Care/Generate	ellen@grlc.org.au

The following support options may also be suitable.

Kids Helpline - 1800 55 1800

Mental Health Line – 1800 011 511

Kids Helpline - 1800 55 1800 - kidshelpline.com.au

Headspace - 1800 650 890 - eheadspace.org.au

Parent Helpline - 1300 1300 52

Beyond Blue - 1300 22 4636

Lifeline - 13 11 14

Additional Wellbeing support and related links can be found on our school's webpage.

<https://peakhurst-h.schools.nsw.gov.au/>

Stay safe and well.

Mrs M. Seidel

Relieving Head Teacher Wellbeing

LEARNING ENHANCEMENT

LEARNING ENHANCEMENT IS FOR EVERYONE

Dear students and parents/guardians,

Working from home during Covid lockdown is a struggle for many students. If you would like some additional assistance with your online work, please contact Learning Enhancement via the emails below.

Jennifer Jarman – Learning and Support Teacher (Yrs. 8 & 10) – Jennifer.jarman@det.nsw.edu.au

Monique Van De Pol – Learning & Support Teacher (Yrs. 7 & 9) – monique.vandepol@det.nsw.edu.au

You can also seek help via the Learning Support google classrooms. Just post a request for help and we will ring home and help you online. You can join the classroom using the year codes below.

Year 7 – e5rd2tn

Year 8 – hzbct2f

Year9 – 2cjkclcx

Year10 – mbuengg

The Learning Enhancement Team