



Thursday, 13 December 2012

Gundagai High School
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Principal: Jennifer Miggins

DATES FROM THE CALENDAR:

- **Friday, 14th December**
Presentation Day @ 2pm
- **Wednesday, 19th December**
Students Last Day
- **Thursday, 20th December**
Staff Last day (SDD)

2013

Tuesday, 29th January 2013
Staff only return

Wednesday, 30th January 2013
Years 7, 11 & 12 return to school

Thursday, 31st January 2013
Years 8, 9 & 10 return to school

Wednesday 6th February
Swimming Carnival

Gundagai High School

NEWSLETTER

PRINCIPAL'S MESSAGE

CONGRATULATIONS

Gundagai High School Awards Ceremony Recipients

- To those students receiving Awards at tomorrow's Presentation Awards Ceremony and to those students who have worked to the very best of their ability all year.

2012 TAFE NSW Riverina Institute Awards

Three Gundagai High School students were award recipients on Monday night at this Ceremony.

1. Jack Thomson: AJ Manning & Sons Award for the most dedicated and consistent student in an Automotive Trade Class.
 2. Amy Polsen: Certificate III Aged Care (TVET)
 3. Lachlan Carberry: Statement of Attainment – Automotive Mechanical (TVET)
- **Jewish Museum Excursion**
Well done all those students for being such exemplary role models for the school.

YEAR 10 WELFARE EXCURSION

Thankyou to Mrs Appleby for her time and effort in organising such an event for Year 10. Students and Parents were very enthusiastic about the event and appreciative of the experiences the students were able to experience. Indoor Rock Climbing, Surf Board Riding, Go Karting are but a few. Thank you to Mr Mukerji who also accompanied the students on the excursion.

LOVE BITES

Thank you to the Department of Community Health staff who presented this valuable program to Year 10 on Monday 10th December. This program focused on respectful relationships. Students always speak highly of the important information they learn from this course each year.



We acknowledge the Wiradjuri people who are the traditional custodians of this Land.

Strive to Serve



STAGE 5 SIGN OFF!!!

Year 10 students are requested to ensure that they have returned all textbooks and that all other requirements have been fulfilled by Tuesday 18th December.

Year 10 students will be taking a "Sign Off" sheet around to all their teachers Period 5 on Tuesday 18th December, unless this has been arranged beforehand.

REMINDER

SRE Notes need to be returned by current Year 7 and 8 students/parents regarding their involvement in Scripture classes for 2013. The organisation must be completed within the next week, so it is urgent that the note at the back of the newsletter is returned please.

POINTS TO NOTE:

- Year 10 students' official last day is the same as the rest of the school students **Wednesday 19th December**.
- **End of year Reports** will be issued to students in the last week of school.
- Gundagai High School Front Office will be closed after Wednesday 19th December, so if you have any business to complete please do so on or before this date.
- Gundagai High School Teachers have completed the School Development Day allocated for Friday 21st December, on a weekend earlier in the year. Therefore Gundagai High School will be closed for the Christmas break on Friday 21st December.



I wish everyone a Happy Christmas and safe holidays.

Regards
Jennifer Miggins
Principal



IMPORTANT INFORMATION FOR PARENTS

RE: ANAPHYLAXIS PROCEDURES

The Department of Education & Communities have implemented mandatory Anaphylaxis Procedures for Schools.

Part of these procedures is to request, health and medical information, from parents and to inform parents of the "Action Steps for Parents."

In order to keep you up to date and that Gundagai High School has updated information about your child, please read the attached information at the back of the newsletter and complete the form "Students with Allergies" as soon as possible and return it to the Front Office.

Thank you

Jennifer Miggins
Principal

DEPUTY PRINCIPAL'S NEWS

Helping your child with career choices

A video interview with a career expert offers advice to parents about how they can assist their children to recognise their personal interests and choose a career that suits them.

Find out more: <https://www.det.nsw.edu.au/vetinschools/schooltowork/parentscommunity/partnerships.html>

Motivating lazy children

Why do some children lead a lazybones life, while others tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/fitness/motivating-lazy-children>

Body image

For girls

Body image is the number one personal concern for young people aged between 12 and 24, with research showing they feel under more pressure than ever to look a certain way. In a revealing podcast, an expert in the area explains what healthy behaviour is and what parents should be concerned about.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image/body-image-and-girls>

For boys

Body image issues don't only affect girls and young women. Some boys also worry excessively and unnecessarily about their weight and the way they look. This podcast discusses the signs to look for when your child has body image issues and what you can do to help.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>

UC Aspire Program

The University of Canberra's Student Equity and Access Office would like to thank the students from Gundagai High School.

Students from years 7-10 have been participating in the **Aspire UC** program, an outreach initiative of the University of Canberra. The **Aspire UC** program's activities are designed to introduce students to the university environment, available programs and potential benefits of university study. The initiative also supports the educational aspirations of students by assisting them with identifying and overcoming potential barriers to higher education.



Recently our Year 9 students travelled to the University of Canberra to take part in the **UC4Yourself** university experience program. While on campus, students got a taste of life as a UC student by participating in a campus scavenger hunt, an accommodation tour and a number of interesting information sessions. Students also saw first-hand how a former UC student linked their passion with university study through paper planes.

To find out more about the **Aspire UC** program, please visit <http://www.canberra.edu.au/seasu/aspire-uc> or call 6206 3972. The Aspire UC team welcomes comments and questions.

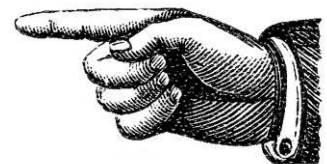
Dates to Remember

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Simon Bridgeman
Deputy Principal

JEWISH MUSEUM VISIT



Last Friday, 22 students from Years 10 and 11 had the opportunity to visit the Jewish Holocaust and War Museum in Sydney. The Museum is staffed by survivors of the concentration camps, and the children of survivors. This was a unique experience because, as Museum Education Director Ari Lander pointed out, 'this will be the last generation of young people who will be able to hear first hand what it was like in the camps'.

The students were all touched by the experience, and the respect and maturity with which they

conducted themselves was exemplary. Toward the end of our visit, Mr Lander applauded the students sensitivity and the way in which they embraced the experience. He was asked by a survivor to pass on his personal thanks to us as a school for the wonderful, warm and compassionate way in which he was received by the students.

Veronica Thake- English/ History teacher.

Here is what two of the students had to say about the trip:

"On the 30th of November Year 10 along with some Year 11s went to the Jewish Museum in Sydney. We were able to talk to David, a survivor of the Holocaust. He told us his heart wrenching story about his tragic journey throughout WWII. We learned about the history of the Judaism and what it means to be Jewish. We learned that not only Jewish people were discriminated against by Hitler, but also other groups such as the disabled, those of different religions, homosexual people and anyone of a different race.

We learned of the struggles the Jewish people went through and just how many children, women and men were actually lost.

As the tour guide took us around the Museum we ended up at the Children's Memorial where one and a half million children who died in the Holocaust are acknowledged and remembered.

And last but not least we looked at the Immigration Shrine which was amazing. This visit was so helpful with our class work on Human Rights and Understanding Difference.

On behalf of Year 10 we would like to thank Ms Thake for organising this trip, Mr Chadwick for driving and the Jewish Museum for an unforgettable experience.

Tara Halpin and Joseph Field



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16 November 2012

Dear Parents,

Gundagai High School has been approached by Mr Steve Maynard, on behalf of the Gundagai Churches and Genr8 which is a joint ministry of Scripture Union NSW, Sydney Anglican Youthworks, Presbyterian Youth NSW and the Baptist Churches of NSW and the ACT to run Specific Religious Education lessons to Year 7 & 8 students. These SRE lessons will be non-denominational.

The SRE lesson organisation would be such that students would not miss curriculum time with the lessons on a rotational basis. Therefore, the achievement of course outcomes towards their Record of School Achievement (RoSA) will not be impacted.

SRE lessons are completely optional and parents can in writing have their child included or removed from the program. A Certificate of Exemption will be issued for each student who will not be attending the program.

To gauge students and parents interest in being involved in such a program in 2013, it is requested that you complete the section below and return to the school and be placed in the box at the front office marked SRE. These returns will remain confidential.

Thank you in anticipation.

Yours sincerely

Jennifer Miggins

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Special Religious Education Lessons

I wish my child _____ Year _____

to attend / not to attend SRE lessons in 2013
(cross out not applicable)

OptionalComment: _____

Parent Signature _____

Date _____

Year 10 Camp

Twenty six Gundagai High School Year 10 students attended a 4 day camp to Wollongong between 4-7 Dec. Students helped plan the whole trip, researching activities and then choosing the most popular. They helped fundraise to ensure their camp was affordable, raffling an accommodation package, firewood and a dressed lamb. The firewood and lamb were donated by family members of the year 10 students.

The camp was great fun. Activities included go-karting, surfing, Jamberoo Action Park, movies, shopping and rock climbing. Skills developed included teamwork, co-operation, perseverance (through surfing!), respect and trust. Water activities were popular and students who surfed completed their Surf Survival Certificate through Surf Lifesaving Australia to ensure they were safe in the ocean.

We stayed at Wollongong Surf Leisure Resort, and both the food and venue were great. The student's are commended on their generally good behaviour, polite manners and surprising ability to be on time for the bus each and every time.

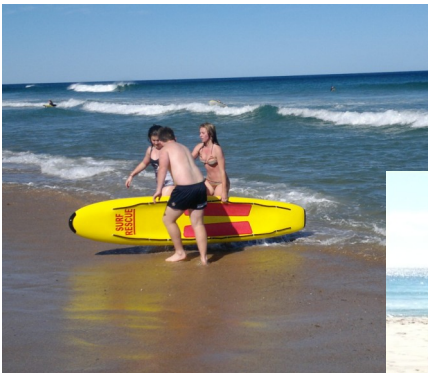
Mrs Appleby (Year 10 Adviser) and Mr Mukerji supervised the camp. Other than requiring a couple of good night's sleep, there were no injuries and a good time was had by all. Mrs Appleby took a large number of photos /videos and can make these available in electronic format to any parents or students who may like a copy.

The movie shown at assembly is also available.





2012
Year 10
Camp



Action steps for the parent

It is important that parents⁵ notify the school if their child has an allergy and is at risk of anaphylaxis. This notification should occur either at the time of enrolment, or if the student is already enrolled, as soon after diagnosis as possible. So that the support provided by the school is effective it is important that a partnership is established between the parent and the school to share information and clarify expectations.

It is the role of the parent to:

- promptly notify the principal or their delegated executive staff if they are aware that their child has been diagnosed as being at risk of a severe allergic reaction.
- promptly notify the principal or their delegated executive staff if the health needs of their child change.
- promptly notify the principal or their delegated executive staff if their child has a severe allergic reaction outside of school hours, at home or at another location.
- inform the principal or their delegated executive staff of any other known learning and support needs, including health care needs, disability or learning or behaviour difficulties which may impact on the management of anaphylaxis.
- assist in the development of an individual health care plan for school support of their child's health with the principal or their delegated executive and staff.
- provide the 'Severe Allergies-Information from the doctor' form (Appendix 4) to their child's doctor for completion, and return the completed form to the school.
- provide an ASCIA Action Plan for Anaphylaxis completed and signed by the doctor. A new plan is completed by the doctor each time an adrenaline autoinjector is prescribed. It is important that parents provide the school with a copy of the updated plan, or a photocopy of that plan.
- reinforce relevant aspects of the individual health care plan with their child, where practicable, for example if their child comes into contact with an allergen at school they must immediately inform a teacher and, if age appropriate, remind the child of the importance of taking their adrenaline autoinjector to school with them.
- provide the equipment and consumables for carrying out health care support as specified in the student's individual health care plan, including where relevant, the appropriate adrenaline autoinjector (Appendix 12).
- replace the adrenaline autoinjector in a timely manner before it expires or after it has been used.
- provide written requests for the school to administer prescribed medications where necessary. For example some children are prescribed antihistamine or have other health conditions that require administration of prescribed medications.
- talk to their child about the most likely times and places they may be exposed to the allergen and how to avoid it.
- reinforce risk minimisation strategies agreed upon for the school environment with their child, as appropriate.

⁵ In this document the term parent is used to refer to parent, parents or carer or if the student is living independently the student.

APPENDIX 1

Students with allergies

This form is to be completed by the parent /carer of a student with an allergy and returned to the principal or delegated executive staff. The school will complete the first three fields. The purpose of collecting this information is to identify students who are at risk of a severe allergic reaction. Information provided on this form will be used to assist the school in determining what action needs to be taken in relation to a student with an allergy.

Dear _____

You have identified _____

as having an allergy/allergies to _____

Please complete the questions below and return to the principal or delegated executive staff.

1. A doctor has diagnosed my child with an allergy to:

☐ Insect sting/bite _____ (specify)

☐ Medication _____ (specify)

☐ Food:

- Peanuts Y/N
- Nuts. Please specify: _____ Y/N
- Fish Y/N
- Shellfish Y/N
- Soy Y/N
- Sesame Y/N
- Wheat Y/N
- Milk Y/N
- Egg Y/N
- Other. Please specify: _____ Y/N

☐ Latex _____

☐ Other. Please specify: _____

2. My child has been hospitalised with a severe allergic reaction Y/N

3. My child has been prescribed an adrenaline autoinjector (EpiPen® or Anapen®) Y/N

4. My child has an ASCIA Action Plan for Anaphylaxis⁶ (please attach this and return the form) Y/N

Completed by _____ / /
Parent/Carer (please print) date

Signature: _____

⁶ Each time your child is prescribed a new adrenaline autoinjector the doctor will issue an updated ASCIA Action Plan for Anaphylaxis. It is important that this is the plan provided to the school