



NEWSLETTER

## PRINCIPAL'S MESSAGE

Simon Bridgeman

### Representing GHS –

Wearing appropriate uniform, positive and respectful behaviour and maintaining a high attendance rate are important factors at GHS for students to be eligible for participation in extra curricular events/activities. If students do not meet our expected standards they will be ineligible to represent the school in these privilege based activities. Students are explicitly taught expected behaviours and will always be supported and encouraged to modify their behaviours to improve their chances to be included in these opportunities. Extra curricular activities and events add to the overall school experience and help develop students in so many different ways outside of the classroom.

Students are consistently reminded to wear our school uniform, they are explicitly taught expected behaviours and the student code of conduct, and government attendance expectation are a minimum of 85% attendance unless legitimate reasons are given.

I ask our families to support the school in supporting our core values and giving your children and our students the best outcomes possible during their school life.

### Resilience Program

In 2022, all students in Years 7 – 10 are participating in a 1 lesson per week program called 'The Resilience Project'. Led by our school Chaplain and Student Support Officer and supported by Stage Coordinators, this program is externally designed to support the growth and development of our students resilience and happiness. Each year group experiences different topics and activities that are designed to engage that age group and are relevant to their stage of development.

'The Resilience Project (TRP) delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness.

### SCHOOL CALENDAR 2022

Our full school calendar is now available anytime online through Sentral at:

<https://gundagaihs.sentral.com.au/webcal/calendar/1>

#### MARCH

- |                   |  |
|-------------------|--|
| <b>Tuesday 1</b>  | <ul style="list-style-type: none"> <li>P&amp;C Meeting @ 6.30pm</li> </ul>                                   |
| <b>Tuesday 8</b>  | <ul style="list-style-type: none"> <li>Riverina Swim Carnival<br/>Leeton</li> </ul>                          |
| <b>Tuesday 29</b> | <ul style="list-style-type: none"> <li>Yr 6 into Yr 7 2023 –<br/>Parent Information Evening @ 6pm</li> </ul> |

Through presentations, school curriculum, events, the TRP App, and Wellbeing Journals, we share the benefits of Gratitude, Empathy and Mindfulness, and easy ways to practise these in everyday life. We also incorporate Emotional Literacy, Connection and Physical Health education and activities as they are foundational contributors to positive mental health.'

**Hugh van Cuylenburg, Co-Founder and Presenter,  
The Resilience Project**

**Old School Uniforms**

Gundagai High School has donated the majority of our old school uniforms to two different Tonga appeals. It is of great pleasure to donate to such a worthy cause. The families they will go to say thank you!



**COVID-19**

Gundagai High School staff and students have been diligent in their efforts to slow the spread of the virus in our school community, and as a result we have only experienced minimum disruption to student attendance and staff absenteeism.

From Monday 28 February changes to COVID restrictions include -

1. Mask Wearing - staff and students can voluntarily wear masks, they are NOT mandatory.
2. Rapid Antigen Tests (RAT) are only to be used when showing symptom or feeling unwell
3. extra curricular restrictions have been eased.
4. School Bus travel - Masks wearing on buses will still be enforced until further notice.
5. Parents are allowed to attend school for special events.

Students who are absent are able to maintain their school work by logging into their online classrooms and/or emailing their teachers.

**Asthma - Aerosol deodorants and perfumes**

Some members of the Gundagai High School community suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to an (often) serious asthma attack, or bring on a severe migraine in a sensitive individual. The allergy can be sufficiently serious to put a student into anaphylactic shock if an aerosol can has been used anywhere in the student's vicinity. This can be a life threatening situation, resulting in the student being transported to hospital in an ambulance.



**Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces.**

Students are encouraged to follow correct hygiene procedures by applying deodorant at home after showering: a good deodorant will last all day if applied to clean skin before dressing.

Roll-on and stick deodorants are permitted at school.

Let's help to create an asthma friendly school. This means that everyone needs to be aware of their own:

- right to a safe learning environment
- responsibility for the health and safety of others in their shared spaces

**Please remember: No student is to use or bring aerosol deodorants or sprays to school.**

Teachers have been asked to confiscate any aerosol products found at school and bring them to the Deputy Principal. Parents can call into the school and collect the product. Further infringements will be dealt with through the discipline system.

*Thank you for considering the health and safety of others.*

### Extra Curricular Opportunities

After 2 years of disruption we are now seeing extra curricular opportunities opening up for our students. Currently we have representative Dance, Sporting and Academic options available for our students to nominate for and participate in. It is pleasing to see that many are taking up the chance to represent the school and larger community and contribute positively to school life.

### Math Tutoring

Mathematics tutoring has started again on Monday afternoons. 3.10pm till 4.15pm each Monday in the school library, unless otherwise advertised.



### Student work

Gundagai High School has submitted nearly 50 entries to the 2022 ANZAC Writing Competition. Well done to all our students for entering. The following are some fine examples of the work students are submitting. Hunter Field has submitted a short poem called a Haiku, Gus Pollack has submitted a poem and Archie Wheaton a short story. I hope you enjoy them.

Anzac may fall then.  
For the worse shall come for them.  
For our better days.

**By Hunter Field - Yr10 Gundagai High School**



## **The Day It Changed**

As the bullets flew,  
the bodies dropped  
and my friends were gone.  
Gone forever.  
the friends I have known since I was little,  
Gone.  
in just a blink of an eye.

The boats land on the coast,  
The bullets fly,  
We storm the coast line together.  
It was me and two of my great friends,  
We kept storming the beach.  
More and more of my fellow soldiers  
fell beside me.

The sights I saw,  
the things I had to encounter,  
cause nightmares.  
The ring of the shells,  
Stun the men around me.  
The barrage of bullets,  
Keep raining down,  
Hitting anything that moved.

That day,  
My life changed.  
Why?  
Why did they have to die?  
Like this?  
They were gone.  
It was only me.  
My friends,  
Were gone.

**By Gus Pollack – Yr 9 Gundagai High School**

## **Keeping the ANZAC spirit alive**

The young men lined up to face each other in battle. Fresh faced, strong and full of adrenalin. All that stood between the enemies was 10 metres of grass. Their eyes locked, and all was silent as they waited for the whistle.

This isn't a battlefield in Gallipoli or the Western front. This is a modern day battlefield. ANZAC Park. At the heart of Gundagai. And the weapons aren't bullets, but instead a ball. As the whistle blows the crowd erupts with the deafening call, "ANZAC PARK!, ANZAC PARK!". It's at that moment my mind is no longer fixed on the game, but instead wanders to memories of great sacrifice.

Out of the corner of my eye, standing tall and proud is a towering pine tree.

Our own connection to the Battle of Lone Pine. The beautiful tree forms part of ANZAC Grove, the place we gather each year on the 25th April and November 11th to remember our fallen diggers. From a single seed a monument that is so special has grown.

I stand staring at that pine, when it hits me that because of the sacrifices made by those brave young soldiers, I get to stand on this turf and play alongside my brothers. We get to play a game that at least has rules. It will all be over in 80 minutes, and we will proudly shake the hands of our opponents. We will retreat to the safety of home, and be able to do it all again next week.

The roar of the crowd brings me back to reality. I take a deep breath and throw myself into the game. I am alive. And as long as I am alive I will honour the ANZAC spirit, ANZAC Grove and ANZAC Park.

**By Archie Wheaton - Yr 8 Gundagai High School**

### **Zone Swim carnival.**

Only a handful of students travelled to Temora for the zone swim carnival. Whilst we did not have any qualifiers for the Riverina Carnival the students have reported that they competed to the best of their ability and some Personal Best (PB) times were set.

### **Riverina Selection**

Archie Wheaton gains selection in the Riverina Under 15 Boys Touch team. Archie will compete in the state carnival to be held in the Port Stephens area.

### **Gundagai Basketball Association**

How great is it to see so many of our students and community members get behind the reintroduction of Basketball as an organised sport in the Gundagai Community.



Gundagai High School is pleased to offer our facilities and support the Gundagai Basketball association in running this and future competitions.

### **Primary school Basketball trials**

The Highland Primary schools attended Gundagai HS on Wednesday 23 Feb and held their representative basketball trials for both genders.

Over 40 students were in attendance and the High School students were able to watch and enjoy the

drills and games during break times. Good luck to the teams in the next round.

## School Athletics Carnival

The 2022 Athletics carnival will be held on the school oval, over four Wednesday afternoon sport sessions. Starting Week 9 of Term 1 and concluding in week 1 of term 2. Students will be divided into age groups and compete in two field events each week during the Term 1 sessions, and the carnival will conclude in Term 2 with a sport afternoon of running events, including house relays.

Organising staff are making these arrangements to improve our participation levels and allow students to be fresh for events each week and hopefully challenging the previous records set by past students.



## Mobile Phone Policy

The mobile phone policy (next page) has been reiterated through lessons with all year groups. Also included below is additional information around appropriate social media use.

## Social Media Use

The School community is expected to show respect for others. When using social media you are expected to use it appropriately. You must:

- Respect the rights and confidentiality of others
- Not impersonate or falsely represent another person
- Not bully, intimidate, abuse, harass or threaten others
- Use appropriate language
- Not post content that is hateful, threatening or used to incite violence against others
- Not take photos/videos of teachers/students. This is not acceptable and illegal (without consent). This will result in a suspension warning.

## Gundagai High School Mobile Phone Policy

### **RATIONALE:**

- The very nature of mobile devices (e.g. mobile phones, head phones, watches, external speakers) means that they could present a distraction to the process of student learning
- Staff time and efforts are focused on teaching and learning rather than antisocial behaviours

### **AIMS:**

- (i) To minimise disruptions to student learning
- (ii) To reduce the opportunity for anti-social behaviour
- (iii) To enhance learning through the structured use of technology

### **THE POLICY:**

1. Mobile devices may be permitted for use during recess/lunch times. Not including external speakers
2. Mobile devices are not to be used or visible in class (including sport or outdoor settings) unless the teacher has given clear explicit instruction for their use.
3. Charging of mobile devices will not be permitted at school.
4. Students are encouraged to use their mobile devices in a way that supports our school values:
  - Respect** - other students' rights to an education without disruption from inappropriate use of mobile devices.
  - Responsibility** - to adhere to the school rules and only have mobile devices out in the playground or if teacher has given explicit instruction for their use in the classroom.
  - Integrity** - show honesty and commitment to the school rules surrounding appropriate use of mobile devices.

### **Gundagai High School Mobile Device Discipline Strategies**

1. If student has phone or device out during the lesson without permission, the teacher will ask for it to be put away. The teacher reports the usage on Sentral and informs the student - If the student consistently getting the device out once each lesson, or uses the phone or device for a second time in the lesson.
2. The second Sentral recording for individual students will result in a phone call home from an executive member.
3. The third Sentral recording for an individual will result in another phone call home and a suspension warning.
4. Subsequent misuse of the mobile device for an individual will be subject to the 'suspension and expulsion of school students procedures' and the student will be suspended for continual disobedience of up to 4 days.
5. If the student continues the behaviour upon return from suspension then the individual will be subject to the 'suspension and expulsion of school students procedures' and the student will be suspended for a second time for continual disobedience of up to 4 days.
6. If the student continues the behaviour upon return from the second short suspension the individual will be subject to the 'suspension and expulsion of school students procedures' and the student will be suspended for a long suspension for persistent or serious misbehaviour of up to 20 days.

**NOTE: Mobile devices include** but are not limited to mobile phones, head phones, watches, external speakers.

## Gundagai High Students do well at Gundagai Show School Cattle Paraders

On Saturday 19 February, students from Gundagai High School and a small number from Tumut High School competed in the annual School Cattle Parader competition of the Gundagai Show. Gundagai High School students put in a strong effort on the day with success in the Year 8 and 9 sections of competition.

Tumut made a strong start with Alex McGrath awarded the Champion Year 7 Parader with Makena Hourn (GHS) in second and Caidence Meyers(GHS) and Maia Jones(GHS) equal third.

Luke White of Gundagai won the Year 8 section with Beau Meyers also of Gundagai awarded second place.

Both the Year 7 and 8 champions then battled it out for the Junior Champion School Parader and Alex McGrath of Tumut was triumphant.

The Year 9 section featured a small field, but Sam Sharman (GHS) was still able to take Victory. Lucy McGrath (THS) was awarded the Year 10 Champion ribbon with Cameron Floyd (GHS) placed second. This section of the competition combines general knowledge of cattle and parading skills.

Sam (GHS) and Lucy (THS) then competed for the Champion Junior School Parader title which Lucy won with a very good score giving her the overall Champion School Parader of 2022 Gundagai Show.

The Judges Encouragement Award was given to Zac Scott of Gundagai.

Unfortunately, there were no senior competitors this year.

All scores for both teams are averaged to decide the champion Parader School and this was won by Gundagai High School.

Judge, Mr Sam Jones of Elders Wagga Wagga said "I am impressed with the level of skill displayed by students from both schools and commended them on their abilities to parade cattle that were not always compliant". He also encouraged the students to "take on the opportunities presented to them through cattle parading at school", he also provided some hints to improve cattle presentation and ring etiquette.

I would like to thank Sam very much for giving his time to Judge and Harry Waters of Elders Gundagai to assist the Parader competition and help foster an interest in the industry which can only be a positive thing.

Whilst numbers might be light on, it in no way reflects the level of enthusiasm and commitment this group of hard-working students consistently display. It is again pleasing to see the large number of parents who attended to support their children at this event.

I would also like to thank the trophy sponsor Gundagai Meat Processors and thanks also to my fellow staff members Jackie Cantwell (Science), Aaron Hoang (Maths), Peter Langfield (Head Teacher Teaching and Learning, Maths, Art & Music) and Rick Owen (Farm Assistant) for their assistance on the day. I am very grateful to Mark and Suzie Sharman who transported the cattle to the school and for their continued help and support.

### **Results for School Parader Competition.**

Champion Junior School Parader: Alex McGrath (THS).

Champion Intermediate School Parader: Lucy McGrath(THS)

Overall Champion School Parader: Lucy McGrath

Champion Parader School and Gundagai Meat Processors Trophy: Gundagai High School.

Encouragement Award and A & G Schultz Trophy: Zac Scott (GHS).



Clayton Elliott and Maia Jones under the eye of Judge Sam Jones.



Sam Sharman with the steer 'Sharmo'.



L to R: Cameron Floyd, Lucy McGrath and Sam Sharman.



## The Gundagai High Show Team

# School Prepared Steer Wins Second Place at Gundagai Show

An Angus steer donated by Bongongo Angus has won second place in the heavyweight section of the Gundagai Show steer competition. The steer was prepared by the students and has been predominantly grass fed. Zac Scott paraded the steer alongside the school's other entry a steer donated by Mark and Suzie Sharman, paraded by Sam Sharman. It is the intention that both these steers be prepared for the Melbourne Show in September.

