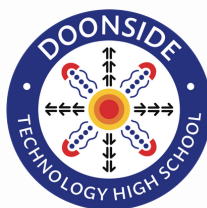


DOONSIDE TECHNOLOGY HIGH SCHOOL

TERM 3 - 2019 NEWSLETTER



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TERM 3- WHAT A TERM!

PRINCIPALS MESSAGE- Mrs. Janet Harding

A HUGE Thank you

To Tia and Angelo who have served our school for 18 years with a great canteen. The partnership with Doonside Technology High School has been one of mutual respect and on behalf of us all we thank you and wish you well. We would also like to thank Regini who has served in our canteen for a number of years, we greatly appreciate your service to our school and wish you well for your future!

Our Students – Fantastic, fabulous, creative, articulate AWESOME

I have had report after report about the amazing students at our school. I saw for myself last week some outstanding learning and leading by our students. I talked with and watched our students leading learning of technology with our Primary partners.

In week 6, it was my privilege to see our students from Years 7 – 12 leading workshops for 'Wear It Purple' day and students supporting Mr Gerard and Ms Pace at our transition days at Crawford, Doonside and Marayong South Primary Schools.

Our future is in capable hands!!

CONGRATULATIONS

To Mr Karbon who received a Minister of Education Award for his work in student well being and to Ms Sahyouni who has received an Executive Director's Award for her work in developing cross curricula programs for Year 7.

Both of these awards are very prestigious and are great acknowledgements for the teachers and for Doonside Technology High School. We are very proud of you both!!

Principals Message continued on next page-

Parent Teacher Night

A big thank you to all parents and carers who came up to school to have a talk with teachers. We strongly believe that education is a three way responsibility and we always welcome the chance to talk about a student's progress and set up goals for possible ways of improving.

SASS Recognition Week – August 26 - 30

Every year the Public Service Association organises Recognition Week to acknowledge the work that School Administrative and Support (SASS) Staff do across NSW public schools.

Recognition Week is an opportunity for the school community to show our appreciation to these dedicated staff members who play such an important part in ensuring the smooth running of our schools.

A huge thank you to:

Ms Jess Quinn, Ms Karen Lawrence, Mr Logo Filipo, Ms Jane Pearce, Mr Meta Tusini, Ms Lauren Williams, Ms Caitlin Williams, Ms Tara Stojanovski, Ms Pani Fox, Mr Ben Hubbard, Ms Chaula Doshi, Ms Donna Hines, Ms Olivia Masic, Ms Sen Wilson, Mr Robert Holmes, Ms Brooke Spice, Ms Miranda Van Den Bout, Ms Jackie Kirkpatrick, Ms Vicky Ross, Ms Vickie Da Silva, Mr Steven Hollebon, Ms Sandra Gioiosa, Ms Rhonda Matheson, Ms Natalie Foresheew, Ms Michelle Harrison, Ms Marianne Surace, Ms Kim Sonter, Ms Julie Baldin, Ms Debbie Stojanovski, Mr Colin Walden, Ms Bronwen Heap, and lastly, Ms Auriel Welsh.

NEW Policies and Procedures

ENROLMENT Policy changed. See inside.

DRAFT Mobile Phone Procedure is being developed.

Student misuse of mobile phones during school hours is causing much conflict in our school as it is in many other schools. There is no reason a student should have their phone out at school. If there is an issue students need to seek support and notify either a staff member or a student leader who can provide good guidance. If parents or carers need to contact their child, the correct way is through contacting the school. Please DO NOT call or message your child in school hours as it is an interruption to their learning.

Janet Harding

Book Tasting

Students in Year 7 participated in a book tasting activity for their novel for English "The Road to Winter". Students sampled an appetizer, entrees, mains and dessert as part of the activity.





Wear it Purple Day

Friday the 30th of August, DTHS students and staff showed our LGBTIQ+ students that they had their backs by wearing purple and participating in optional workshops throughout the day. The Wear it Purple team raised \$172.72 through their cupcake and Taro bubble tea stall at lunch and this is something of which they should be very proud. All funds raised will be donated to the NFP Twenty10, who offer free support to LGBTIQ+ youth, including the running of the social space 'Out West' in Parramatta.



Year 11 Mathematics

Advanced

The students from the Year 11 Mathematics Advanced course recorded their learning journey as they progressed through the topic of Calculus, with one of our students, Keanna Cabisidan, producing an outstanding learning journal!

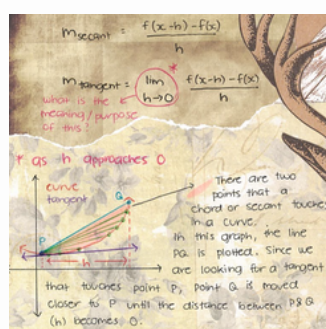
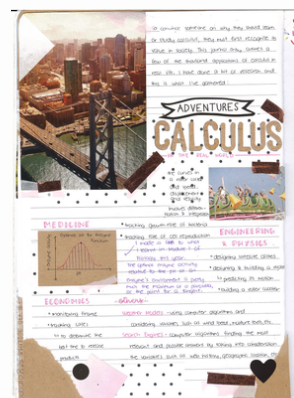
$y = \frac{4}{x^2}$ at the point $x=2$

change into a negative index
 $\frac{4}{x^2} = 4x^{-2}$

differentiate: $\frac{dy}{dx} = knx^{n-1}$
 $4x^{-2} \rightarrow 4 \times -2 \times x^{-2-1} = -8x^{-3}$

change into a positive index
 $-8x^{-3} = -\frac{8}{x^3} = y'$

Sub. given x-value into the derivative function
 $y' = -8x^{-3} \quad x=2$
 $y' = -8(2)^{-3}$
 $y' = -\frac{8}{8} = -1 \therefore y' = -1$



Ex. 8.09 : Q5

Differentiate:

$u = 3x+1 \quad v = \sqrt{x+1} = (x+1)^{1/2}$
 $u' = 3 \quad v' = \frac{1}{2}(x+1)^{-1/2}$

$y = \frac{3x+1}{\sqrt{x+1}}$

$u'v - v'u = 3(x+1)^{1/2} - (3x+1)\frac{1}{2}(x+1)^{-1/2}(x)$

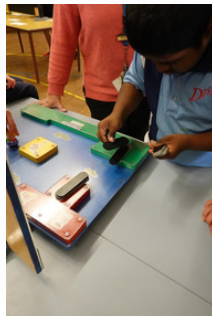
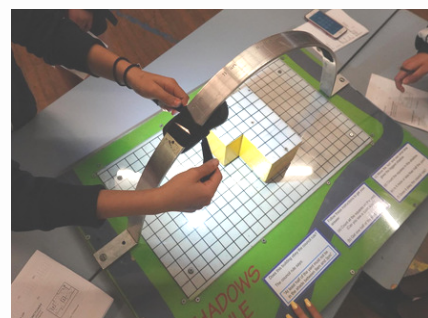
$y' = \frac{3x+5}{2\sqrt{x+1}}$

$y' = \frac{3x+5}{2(\sqrt{x+1})^3}$

$y' = \frac{3x+5}{2\sqrt{x+1}}$

World of Maths Incursion

All Year 7 students attended an incursion in the hall and explored mathematics in a hands-on environment. Students worked in teams to solve a variety of real life problems by discovering number patterns, identifying geometric patterns and thinking logically.



Year 7 Fathers Day Breakfast



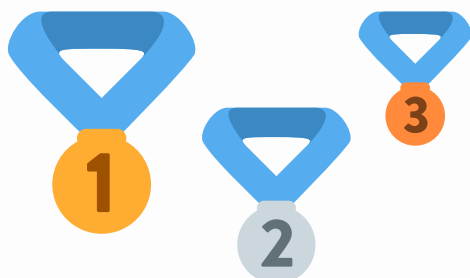
Year 7 Fathers and Significant Others were celebrated with a breakfast cooked by the Year 11 Hospitality students. The breakfast was made possible with the collaboration between Ms Sahyouni – Year 7 Middle School Head Teacher, Ms Saunders – Head Teacher TAS and Hospitality teacher, Mr Gerard – Head Teacher Well being, Meta – Student Welfare.

A big thank you to all our guests and their child for their attendance.



NSWCHS Athletics Carnival

Last week we had Leua Elekana, Robert Cowan and Sarah Van Der Ent compete at the New South Wales Combined High Schools Athletics competition in the multi-class events. All students were extremely successful in their respective competitions and as a school community we are very proud of their achievement. Congratulations to Sarah Van Der Ent who placed 1st in Shot Put with a throw of 7.86m and 2nd in Javelin with a throw of 17.37m. Congratulations to Robert Cowan who placed 2nd in 800m with a time of 33.18sec. Congratulations to Leua Elekana who placed 2nd in Long Jump with a height of 4.57m, 2nd in Shot put with a throw of 8.56m and 2nd in Javelin with a throw of 17.8m.



Western Sydney

Rugby League Finals

On Tuesday the 6th of August, the Girls U/14s Rugby League team represented DTHS in the Western Sydney Finals Day. The day saw the team finish third overall with a draw against Ashcroft HS (4-4), a loss against both Bass Hill HS (12-10) and Chifley Dunheved (12-6), and a win against Greystanes HS (22-4). Ms Foord and Miss Twaddle would like to extend their congratulations to the girls on their efforts, determination, and performance throughout the tournament. Overall, the team played admirably throughout, playing with pride and spirit, and most importantly, playing for one another.



Bring It On!

Congratulations to the 2019 DTHS Bring It On team for placing 3rd in their grand final! Watching the amount of effort these students have put into Bring It On 2019 has been nothing short of inspirational. They have dedicated their mornings, breaks, and afternoons to practising their routines to ensure they succeeded, and that is exactly what they did! The DTHS community is so proud of them and their achievement. Well done guys!



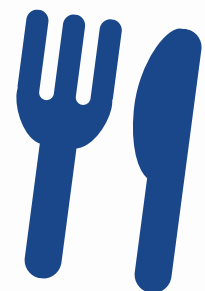
Public Education Concert

Our Pacifica group represented DTHS at the Mount Druitt - Minchinbury Public Education Concert on Friday 9th August. Students performed a choir piece and traditional Samoan Sasa to showcase the beautiful islands of the Pacific. A massive thank you to Mr James for taking out Pacifica group and Meta who continuously assists with rehearsals and preparation. All students performed with passion and pride. Well done to all students involved.



Year 11 Hospitality and Year 9 Food Technology students cater for Google!

Year 11 Hospitality and Year 9 Food Technology students had the real life experience of catering for Google visitors to DTHS. Students are to be congratulated for their food preparation and presentation skills. Thanks goes to Mrs Ross – Kitchen Assistant, Mrs Siope and Ms Saunders who guided the students all the way.



DTHS Breakfast Club

DTHS would like to extend a massive thank you to all the members of our community who have contributed to our breakfast club! We have received a lot of support from both anonymous kind people and organisations such as 'Little Helpers on the Run' and 'Qartaba House'. Regardless of where the donations came from, DTHS are extremely grateful for the support! The Breakfast club has been a really successful initiative to help our students be best prepared for learning by starting their day with breakfast. Occurring every Tuesday and Thursday, it has become very popular amongst the students. Our students are forever grateful to have people that care so much about them in our community!



2019 DTHS Chess Tournament



The 2019 DTHS Chess Tournament was a huge success this term with a large group of teachers and students competing. Congratulations Surab of Year 10 our newly crowned school chess champion and opponent runner-up Thomas on this achievement. Well done!



The Amazing Race

On Thursday 5th of September, DTHS staff participated in its Inaugural Amazing Race competition as part of Week 7 Staff wellbeing. The buzz around the teaching staff was incredible with their competitive traits flourishing. 2:30pm came and we were ready to start the race. Each team was allocated their tribe colours and they were off to complete the 12 challenge race. The commitment of some of our teachers was incredible, nothing we have seen before!

They were lucky enough to come across some interesting challenges from playing 'Hungry Hungry Human' to engaging in the 'Sandwich Mania' challenge. This involved two team players rolling dice and eating 2 of 6 sandwich items on one sandwich. The delicious choices included tuna, vegemite, honey, banana, mayonaise and jam. To Mr Metzke and Mrs Bateup, thank you for being team players when their dice unluckily rolled on the numbers to eat tuna and vegemite together!

We then saw some interesting twerking for the 'shake it to make it' challenge and they had to twerk the numbers '2767' out of the box to move onto the next challenge where teachers had to bravely put their hand into 'creepy crawlies' and find the 4 objects in the bowl.

We were nearing completion when we heard a few teams trying to find the last challenge. A close run home saw Ms Kelly's team consisting of Mr Johnson, Mr Metzke, Mrs Kaur and Ms Shandil win the first Amazing Race at DTHS.

A massive thank you to all who participated in the event! Your resilience, commitment and team work shone through including all the laughter and banter!

This race wouldn't have happened without the help of our amazing students who were the tough judges for each challenge, some refusing to sign off checkpoints for groups.

'Till next time.
Ben & Kristyn



Catch up Vaccinations at DTHS



NSW Health are providing a 'one-off' HPV vaccination catch-up program for all year 8-12 students on the 16th of October at Doonside Technology High School.

Any students in Years 8-12 who have not yet started a course of HPV vaccine are able to have their first dose at school.

Any student in Year 7 who have not yet started a course of HPV vaccine and a 'booster' dTpa vaccine are able to start and complete at school.

In addition, any student in Year 10 who has not already received the meningococcal ACWY vaccine at school this year can be provided this vaccine.

Please collect a consent form from the Front office, complete and return to school before the end of this term.

Now Hiring

McDonald's Blacktown Sports Park

New Restaurant Opening!

To apply, visit mcdonalds.com.au/careers
(Select Blacktown Sports Park)

14 SEPTEMBER

TAFE NSW

OPEN DAY

BE IN A CAREER YOU LOVE

REGISTER NOW AT
TAFENSW.EDU.AU/OPEN-DAY

Enrolment policy changes

The Enrolment of Students in NSW Government Schools policy was recently reviewed to better support schools.

What's new?

The review consolidates many of the enrolment procedures and instructions provided to schools through memoranda over a number of years. These old instruments (eg enhanced enrolment procedures, adult enrolment) has been removed from the website and school staff will need to go to one location only for student enrolment instructions.

The revised policy also introduces measures for schools with a designated intake area, that are at or nearing capacity, to manage their non-local enrolment applications. These measures are required to ensure that the department can:

- continue to meet its legislative obligation to provide a student an enrolment place at his or her local school
- better use existing physical assets and minimise the need for demountable buildings to accommodate non-local enrolments.

The revised policy features the following changes for schools with a designated intake area:

Enrolment cap



Local enrolment buffer



100-point residential address check



Closer monitoring of non-local enrolment



Non-local enrolment selection criteria



Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	<div>  ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms. </div>
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

*It is important that the rest of the family is checked for head lice, scabies and ringworm



Information provided by NSW Health.

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2/2



Managing your child's anxiety

by Michael Grose

If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are

nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts

There’s a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar –
Managing your child’s anxiety – at no cost!

About the webinar

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

When

Tuesday 25 June 2019 8:00pm AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-your-childs-anxiety>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code **ANXIETY** and click ‘Apply Coupon’ (valid until 25 July 2019). Your discount of \$37 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click ‘Place Order’



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

Dates for your Calendar

Term 3/4 , 2019

24th September - C.O.R.E Strengths Assembly
24th September - Year 12 Auction Day and Assembly
26th September - Year 12 2019 Graduation
18th, 19th, 20th November - Support Camp Yarramundi
14th October - School Return/ Term 4
11th November - Remembrance Day
25th November - White Ribbon Day
26th November - Year 12 Formal
26th November - Year 7 2020 Start Smart Evening
3rd December - Year 7 Orientation Day

School Information

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FAX:

(02) 9831 5951

Website:

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

Email:

doonside-h.school@det.nsw.edu.au

Office Hours:

8:00am - 3:30pm

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