



Finley High School Newsletter

Principal: Mr J Ward

Deputy Principal: Mrs P Jackson

25th July 2019

KEY DATES

July

- 26 NSW CHS Cross Country
31 Parent Teacher Night
Years Seven to Twelve.

August

- 2 Riverina Athletics Albury
6 Plains Wanderer Expo,
10:10am in the school hall.
6 - 8 NSW CHS Gymnastics
7 Homework Centre at
Finley High School Library,
3:30pm to 4:30pm
9 AECG Meeting 10am to
11am.
12 Tertiary Information
Evening, 6:30pm to 8pm in
the Multi Purpose Room
14 Homework Centre at
Finley High School Library,
3:30pm to 4:30pm
P&C Meeting, 7pm in the
staff common room.
19 Snow Trip to Falls Creek
21 Defence Force Recruiting
Visit
Homework Centre at
Finley High School Library,
3:30pm to 4:30pm
26 – 30 Year 12 Trial Exams
28 Homework Centre at
Finley High School Library,
3:30pm to 4:30pm

Bendigo Sheep Show

Finley High School had its best ever showing last week at the Bendigo Sheep Show. Every year we seem to keep improving and competing strongly in the Poll Dorset section.



Above: Being awarded the Novice Exhibitor Aggregate Trophy for Most Successful Novice Exhibitor by CEVA representative, Martin Preuss. With Archie Mason, Ben Bauer, Riley Kleinschmidt and Sophie Griffiths.

Key highlights include:

- Once again winner of the CEVA Novice Exhibitor trophy for most successful Poll Dorset novice exhibitor. We won 2 out of 3 classes, with three 2nd and two 3rd places
- 3rd and 4th places in the largest Poll Dorset ewe class with 14 entries, the shorn ewe under 1 ½ years. Both came up from the novice class to do so well here.
- 2nd place in the pair of Poll Dorset ewe's class. We were in 1st but got nudged down a place.
- 1st and 3rd in the Poll Dorset ewe lamb class. This is the 2nd year in a row we have won the class.
- Most successful school in the schools interbreed. We won 2 from 3 of the classes. The Judge thought our ewes were easy winners, and worthy of winning any open Poll Dorset class in the country.

The four students who attended, Riley Kleinschmidt, Sophie Griffiths, Archie Mason and Ben Bauer were outstanding ambassadors for the school and were lauded for their terrific skills in the show ring. They and Mr Webb gave up 4 days of the holidays to showcase the great things that happen at Finley High School.



Above left: 3rd and 4th placed ewes in the large ewe under 1 ½ class, led by Sophie Griffiths and Riley Kleinschmidt.

Above right: Jorja Tuddenham competed in State Finals for Meat Sheep and Fleece judging.

Left: Pair of ewes placed 2nd in the open Poll Dorset pair of ewes class, led by Riley Kleinschmidt and Sophie Griffiths.



Above: Phil Murrowood shearing the sheep before Holbrook Show. Phil does an amazing job, voluntarily shearing the sheep so they look fantastic.

Below: Something different, competing in the Suffolk junior handlers competition to calm the nerves



Parent Teacher Evening – Years Seven to Twelve

Finley High School will hold a Parent Teacher Evening on Wednesday 31st July in the Finley High School Hall from 4-7 pm. To make an appointment to see a teacher please sign the booking sheet that has gone home with students this week and then have your student / s see the necessary teachers at lunch 2 during the week to negotiate a time. Please note that no bookings can be made unless the booking sheet is signed by a parent or carer. There will be NO online bookings this term. Should you require any assistance with bookings please call the school office.

What's New in the Ag Plot?

Finley APEX built the cattle preparation area at Finley High School in 2011. In the eight years that have passed the area has had extensive use and been cleaned out many times. This had left the area cleaned down to the road base floor. It was time for refurbishment. We needed over 100 cubic metres of sand and the removal of a similar volume of compostable waste.

Rodger Sutton helped to co-ordinate the project. We had offers of supply of sand from the Chesworth family and the Snowden family. Ultimately the welcome rain reduced access to the Chesworth pit. Ian Mason spent an entire day driving his semi-trailer to move sand in from the Snowden's pit, and the compost out.

It was a massive days work that will see the area prepared for another eight to ten years. As always, we are very grateful for the support the community offer to Finley High School so we can run the Agriculture program that is the envy of many schools across Victoria and NSW.



Left: Ian Mason's semi.



Right: Rodger Sutton's skid steer and Ian Mason's semi.

Local student ready to have voice heard at Education HQ

Year Eleven student, Meg Marsden, was selected from more than 120 applications for the 2019 Secretary for a Day.

The valuable two-day program brings students from across the state to the department's offices in Parramatta in the first week of August, as part of Education Week activities.

This year's participants will work with Education Department staff to achieve positive change for schools and student learning and have the opportunity to influence system development.

As part of the program Meg will also take part in creative and cultural advocacy and leadership workshops with industry and education experts.

Education Week is a statewide, annual event that aims to showcase and celebrate the achievements of the NSW public school system, its students and staff.

Department of Education Executive Director, Lisa Alonso Love said the 2019 Education Week theme, 'Every student, every voice', provided the perfect opportunity for Secretary for a Day participants to make a real impact on decisions that affect their learning.

Ms Alonso Love said recent research shows that valuing and acting on the ideas, opinions and expertise of all students and working together with students has significant positive impacts on student learning and wellbeing.

"This partnership in learning and action helps build a better education system," she said. "By inviting our students to share their perspectives, experiences and solutions, they can actively influence our decision-making and help shape our system to be the best education in Australia."

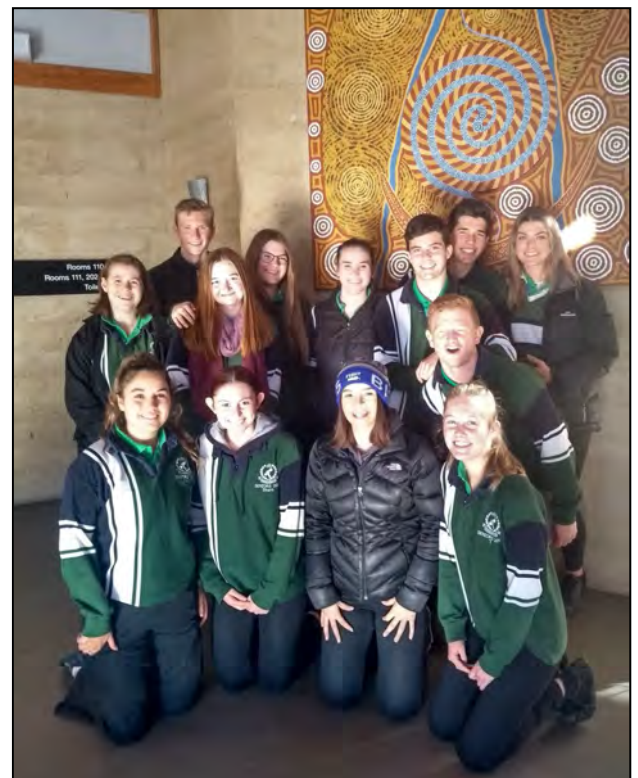
Check out education.nsw.gov.au/public-schools

Science HSC Study Day

Towards the end of term 2, thirteen Year Twelve students who study Science at Finley High School travelled to Albury to participate in a study day run by the Science Teachers Association. The day was an opportunity for our students to mingle with other students in the region and to make an assessment of their level of preparedness and commitment to the HSC examinations. They attended sessions that focused on their particular area of study as well as an overview of the HSC from NESAs, the people who write the HSC examinations. The students gained a lot from the day. It provided insights into new techniques of study and how to maximise their marks in the examinations.

Left to right from back

Zoe Barlow, Andrew Neessen, Lauren Steel, Georgia Webb, Emily Gustin, Chris Wright, Ben Ashley-Cooper, Keeley Coates, Kezley Murphy-Riddell, Sharni Sykes, Holly Robinson, Riley Dempster and Tiarna Burke



Year Eleven Life Skills Maths Excursion

In our Year Eleven Maths class on Wednesday 3rd of July we went on an excursion to Yarrawonga. When we got to school, Phillip, Gabby, Max, Kenielle and Brooke were all excited. We left school about 8:50 am and drove to Yarrawonga. The car drive was great, the fields were nice and green. At 9:50am we arrived at the Yarrawonga Golf Resort where we got to watch the new Aladdin Movie. The Tickets cost \$18. We all got a drink and popcorn as well as the movie. We sat in the lying chairs close to the screen. We all loved the recliner seats they were very comfy. The movie was wonderful, it went for 2 hours and after that we all decided what we would have for lunch. Max recommended a nice fish and chip shop in town. We got some food and decided that the weather was so nice that we went down and had our lunch near the lake in Mulwala. Over all the day was fantastic.

Thank you so much Ms Wheeler and Hilary for taking us.

By Brooke Pitt and Max Roe.



Above: Max Roe, Kennielle Chellew, Mrs Wheeler, Brooke Pitt and Gabbrielle Taylor-Tran at the movies



'Untitled'

You don't judge people by their skin, how much money their family has and the way they look. People don't deserve to be treated badly or judged. It gets to them. Words hurt just as much as violence. People weren't put on this earth just so other people can build them up and tear them down, because the truth is they go home every day wondering whether they are worth something. Crying themselves to sleep because they believe what everyone is saying. We don't need more bad people on the earth. Even if you always try and try to change yourself, they still won't leave you alone because they really want you to go away. Just be yourself and rock it because when they are rude to you they are only making themselves look bad. It won't be until later on in life that you learn that people will try to shake you, break you and intimidate you but the way you stand up is what makes you. Be you, because you are beautiful the way you are. Because that's the way someone made you and never change it because they obviously thought you were perfect.

Lilly O'Hehir.

Principal's Report

Start of Semester Two

Welcome to Term Three, which marks the beginning of a new semester and cycle of learning. There are many students who can be very proud of their learning and participation during Semester One. As we begin a new term one of our main messages for this term is to show that pride in the way we treat each other, by wearing our uniform, completing our work and turning up to school everyday. We are a PBL school and we ask that students are 'respectful, responsible, learners' always.

New staff

This term we welcome two new support staff.

Mrs Sherree Goesch who comes to us from Temora High School and Miss Theodora Miaoudis who is an ex student of Finley High School. Sherree will be assisting our stage 4 students and Dora will be giving additional support to our Aboriginal students.



Right: Theodora Miaoudis and Sherree Goesch

YAM

This term students in Year Nine have been selected to participate in a peer support and mental health literacy program called Youth Aware of Mental Health (YAM). This program is conducted by the Department of Education working with the Black Dog Institute. The YAM program is aimed at addressing the mental health needs of young people through discussion and role play, teaching them problem solving skills and allowing them to gain knowledge about mental health. This program addresses six subjects related to mental health; what is mental health? Self-help advice, stress and crisis, depression and suicidal thoughts, helping a friend in need? And who can I ask for advice? The program will run over three weeks for five hours.

Finley High School NAIDOC Day

Finley High School celebrated NAIDOC Day in the last week of Term Two with a whole school assembly. Students spoke about this year's theme, "Voice. Treaty. Truth. Let's work together." Past Finley High School student, Stephanie Burton, was a guest speaker who shared some of her journey towards becoming a Police Officer and is now stationed at Surrey Hills police station in the heart of Sydney. It was an inspiring speech and proved what can be achieved with hard work and dedication. At the conclusion of the assembly our Aboriginal and Torres Strait Islander students and special guests were invited to remain for the raising of the Aboriginal Flag on the new flag pole at Finley High School. Following the flag raising ceremony, there was a morning tea of foods utilising traditional ingredients. We tasted lemon myrtle and wattle seed biscuits, sausage rolls with kangaroo and kakadu plum sauce and damper. Can I commend all the students who put together the program of events and ensured the day went smoothly, to the AECG for their support, as well as Mr McCarney, Ms Sheldon and Mrs McNamara who guided the students. Finley Public School Aboriginal and Torres Strait Islander students joined us, along with Mrs Haynes.



Year Twelve

This is the last term of formal study for our current Year Twelve students. Over the next few weeks HSC markers will be visiting the school to examine students studying subjects with a practical component, including Music, Industrial Technology and Visual Arts. I wish these students all the best as they put the final touches to their Major Works. The last few months preparing for the HSC can be difficult so it is important for students to stay healthy. This includes getting the right balance between study, work and socialising, while getting plenty of sleep, exercise and eating right. Remember that the teachers are always available for support.

Year Eleven are in the last term of their preliminary studies and will begin their HSC studies in Term Four. Year Ten students have been taking part in information sessions to help them make the best choices for their preliminary and HSC studies.

National Leadership Camp

In the last newsletter I mentioned that Jemma Coombs and Niamh Mason, would be attending the 15th Australian National Leadership Camp in Sydney. Since returning they have spoken to the whole school and myself about the 'life changing' experience they had. Their enthusiasm was infectious and I hope you enjoy reading their report in this edition of the newsletter. Again congratulations and we are extremely proud of your achievements.

Uniform

Recently the staff and I have been making a concerted effort to ensure all students are in uniform and I have been asked why this is so important. It comes down to pride. Pride in ourselves, our school and our community. I am immensely proud of this school and we are often judged not on our achievements but on how we look. So when I look out on assembly, on the oval or when students are leaving school and they are in uniform it fills me with a sense of pride. It doesn't take much to abide by this simple rule and we can offer financial assistance if necessary, so there is no excuse for not being in uniform. The wearing of our uniform demonstrates respect for our school and is an expected agreement when enrolling at Finley High School.

Beanies

Finally, in line with the last message the staff, students and P & C have voted on and purchased school beanies. They are fantastic and a number of students and staff are already wearing these. Could I again encourage students to wear the school beanie. We saw a need to keep our heads warm in winter and hope to phase out other beanies by the end of the term. What a great memento for future years or even a gift for an ex-student. They are selling for \$15 at the canteen.

Right: Mr Ward and students wearing the new beanies.

Mr Ward
Principal



National Leadership Camp 2019

By Niamh Mason

During the holidays Jemma and I were lucky enough to attend NLC2019 at Vision Valley in Arcadia. Here we learnt about the importance of values, service, grit and vision and how we can implement these into our school and wider community. The theme of NLC2019 was Mahalo, which means to be thankful, so we spent a lot of time thinking about what we are grateful and thankful for.

It was an amazing experience to spend four days with 120 like-minded, motivated people. We were privileged enough to be able to listen to five amazing speakers who shared their life stories and their leadership journeys. Over the course of the four days we were split into small groups (tribes) where we spent time telling our story and recognising our significance and the role that we play in the world. One of my favourite things that I learnt was that every person living in Australia has the ability to influence a minimum of 10,000 people and we have to choose whether that influence is positive or negative.

We competed in activities such as the mini Olympics, gameshow night, tropfest (a video making contest) and tribal times where we would create war cries and dances to intimidate our opponents. I really enjoyed presenting my ideas to my tribe and then seeing them come to life in front of the whole group of students. I would really like to thank Mr McCarney for nominating me and the school for getting me there.

I would seriously recommend NLC for anyone remotely interested in developing their leadership skills, having fun or just doing something a bit out of your comfort zone.

Mahalo,

Niamh Mason



By Jemma Coombs

The theme of National Leadership Camp 2019: Mahalo - to be thankful.

I am Mahalo to everyone who gave me the opportunity to participate in The National Leadership Camp of 2019. It was an experience that changed my life and I encourage anyone who has an incredible opportunity, to take it on board and go for it.

Pictured right: Jemma and Niamh

The atmosphere was like no other, it was the feeling of being lifeful and constantly smiling so hard your cheeks cramp. It was such an amazing experience to be surrounded by like minded people who all want to make a difference in the world in some way and are always encouraging everyone around to pursue a path they have passion towards. 120 students attended the camp, ranging from grades 10-12 who came from all parts of Australia, yes even Tassie, and a bunch from New Zealand too!



It's crazy to believe how close strangers can become in a short period, lifelong friendships were formed. The tribal competitions were what brought us close together.

These included: The TV Game Show Night, The Olympics, Bootcamp and Tropfest.

We also had individual tribe time where we had vulnerable conversations that emphasised how different peoples lives are. It allowed us to embrace our stories and connect with one another, learning that our downfalls don't define us, we are recognised for how we react to them. The main thing I personally got out of this is that people don't live with caution signs on their heads warning you what they have been through, therefore it is not ok to judge people from the outside, true leaders are the people



that dig deeper and put themselves out there to actually make conversation and discover people's true values.

We had the privilege of hearing stories from different leaders consisting of Matt De Groot, Layton Fraser, Zoie Carroll, Robyn Moore and Lisa Griffith. Amongst these leaders and the BurnBright team, the NLC delegates, including myself, learnt four key qualities that create a passionate leader: values, service, grit and vision. We learnt ways to implement these qualities into our everyday lives, remembering that we are the authors of our lives, we choose our actions that influence others, it is up to us to choose what characters we'd like to be remembered as.

I'd like to pay my service and help give back, I have great ideas to help bring more lifefulness to the students and the environment of Finley High School.

Jemma Coombs



Year Seven Acceptance Day

On Wednesday 3rd July some of our Year Twelve students organised and facilitated a Year Seven Acceptance Day. The senior students ran activities and discussions in small groups which focussed on healthy friendships, resilience and identifying strengths. They also run a Question and Answer session about navigating high school. We are very proud of all the students involved, especially our Year Twelve students who demonstrated great initiative and leadership skills.



Above: Group 1 teamwork



Above: Group 2 teamwork



Left: Jasmine Burke, Rory Walliss, Mitchell Doohan, Melina Tidcombe, Erica Nicholls, Kyra Lindner, Jess Hanmer, Katie John and Sarah Bauer



Surviving Year 12

Year 12 can be both challenging and exciting. During your final year of school, there are lots of strategies you can use to keep things in perspective and to manage any stresses that come along.

PUT THE YEAR IN PERSPECTIVE

The final year of secondary school is an important year, but it will not be the most important year of your life. Your future will not be determined by what happens at the end of it.

DON'T BELIEVE THE HYPE!

The media and those around us can spread a lot of doom and gloom about Year 12, adding a heap of pressure to an already huge year.

It's important to keep things in perspective, and remember that you are NOT your ATAR score.

Your performance in Year 12 is only a measure of your ability in an exam at a specific point in time, not your future success.

ARE YOU READY?

The final year adventure doesn't suit all of us, and not everyone will embark on it at the same time. If you feel that the time isn't right for Year 12, or that you have a burning passion to do something other than study, then talk to your school careers counsellor and find out what your options are (such as TAFE, working, travel, part-time study, apprenticeship).

MANAGING STUDY AND STAYING ON TRACK

MOTIVATION

Write down your goals - University, TAFE, other study options or an apprenticeship - and put them somewhere where you will be reminded frequently (your mouse pad, your diary, a note in your phone).

STUDY SMART NOT HARD

Manage your time in advance, and enlist a support person such as a friend or relative to assist you. Keep a timetable - write a 'to-do' list every day, remembering to balance your study time with rest and recreation. Weaning yourself from TV and minimising time spent on social media will also help!

WATCH OUT FOR THINGS THAT COULD DERAIL YOU

Research shows that you can combine school and part-time work with minimal impact on your study if the hours are modest (10-15 hours a week). However, students working part-time have a stronger focus on work than study.

Other things that could derail you might be problems at school or home, mental health issues such as anxiety or depression, binge drinking and drug-taking or even social media.

Research shows students who use social media sites while studying (even if only in the background) get 20 per cent lower marks than students who don't. Non-users of Facebook were also found to study a whopping 88 per cent longer outside class.

LOOKING AFTER YOURSELF

During Year 12 you may feel that you don't have time to look after yourself physically and things like exercise and eating well might not be on the top of your 'to-do' list. However, eating healthy food, exercising regularly and trying to get as much sleep as you need can increase your productivity and actually help you get more done in a day.



It's also important to ensure you learn to manage stress levels and reduce the amount of time you spend in the stress 'critical zone' where performance dramatically declines.

If you would like more information and resources to help you tackle any of these subjects visit youthbeyondblue.com

Strategies for better study

Use these tips and tricks below to beat study's number one enemy: procrastination.

Get in the zone
Create a study space free from distracting noise and technology.

Break it down
Break down tasks into manageable units with time deadlines for each.

Chill out
Make sure you schedule yourself regular short breaks.

Get together
Start a study group or find a study buddy to help keep you on track.

Treat yourself
Reward yourself for completing small tasks.

BEAT THE WEAPONS OF MASS DISTRACTION!

beyondblue
Depression. Anxiety.

For more practical tools and advice on beating procrastination visit www.thedesk.org.au
Your free toolbox for success and wellbeing while you study

For help with how you're feeling

Youthbeyondblue
www.youthbeyondblue.com
Learn more about anxiety and depression and how to talk about it with your friends, or talk it through with our Support Service.
☎ 1300 22 4636
✉ Email or 💬 chat to us online at www.beyondblue.org.au/get-support

Kids Help Line
www.kidshelp.com.au
☎ 1800 55 1800

headspace
www.headspace.org.au
www.eheadspace.org.au
☎ 1800 650 890

ReachOut
Reachout.com



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CANTEEN ROSTER

Canteen Contact and Number

Mrs Kaylene Dawe 5883 1105

....LADIES, please note 10am start....

July

26 T Doohan

29 M Read

30 C Alexander

31 J Blackmore

August

1 J Turner

2 K Litchfield

5 M Kleinschmidt

6 T Clarke

7 J Burdon

8 S Barlow

9 J Armstrong

Finley High School

P&C Meeting

Wednesday 14th August, 2019

at 7pm in the Staff Common Room

(admin building)

The P&C meet the second Wednesday of the month.

Everyone is welcome to attend.

fhspandcassociation@gmail.com

FINLEY COMMUNITY GYM

Is offering FREE classes to ALL women of our local area.

Sharon Hatty will be taking 1 hour classes (Pump, Spin, Boot camp, etc) on the following days starting TODAY and continuing for 12 months

Wednesdays 10.30am & Thursdays 4pm

This activity is funded by



Finley Community Gym Inc. Murray Street, Finley. 0427 003 674



Photo credit: Vanessa Stebbings



Taronga Western Plains Zoo and the NSW Office of Environment and Heritage invites

Gary Webb
to attend
Project Plains-wanderer
Expo Day 2019

Tuesday 6th August, 2019 at Finley High School

10:10 -10:50am	Student Expo Showcase <i>School Hall</i>
10:50-11:10am	Light refreshments
11:10am-12:20pm	Presentation Ceremony including student project presentations

This day of celebration allows students to showcase their community awareness conservation campaigns designed to protect, support and educate others about the Plains-wanderer.

Please RSVP by email to: cfrost@zoo.nsw.gov.au
by COB 1/08/2019