



# Finley High School Newsletter

Principal: Mr J Ward

Deputy Principal: Mrs P Jackson

8<sup>th</sup> August 2019

## KEY DATES

### August

- 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

### September

- 4 – 6** NSW Combined High Schools Athletics in Sydney.
- 10 – 12** NSW Combined High Schools Tennis
- 16 – 20** Year Eleven Yearly Exams
- 18** Future Directions Campus Visit – Charles Sturt University Albury-Wodonga.

## Secretary for a day

Meg Marsden spent two days in Sydney with the NSW Secretary of Education Mr Mark Scott. I received a call from state office to thank our school for sending such a remarkable young lady to the 'Secretary for a day' program. Meg made an immediate impact with everyone with her stories about living in rural NSW and the challenges we face. She spoke about the wonderful staff at FHS and what a remarkable job they do. I have asked Meg to speak to the school about her experience and maybe even address the staff and executive.



Above: Meg Marsden (right) with Chelsea Webb (left) in Sydney for the 'Secretary for a day' program.

## Principal's Report

### Education week awards

This week we celebrated Education week. Education week is a state wide, annual event to celebrate NSW public education. The theme for 2019 was 'Every Student, Every Voice'. Mrs Helen McRae spoke at the Plains Wanderer expo and recognised staff and students with a Director Education award. The following were recognised from Finley High School and they were worthy recipients and deserved the recognition.

**Ms Vanessa Geeves**, has made an exceptional contribution to school assemblies, performances and functions. As the sole music teacher Miss Geeves has led and supports students to perform quality musical performances. Her contribution to student leadership through the SRC is also to be commended.

**Mr Brian O'Hora**, is an exceptional General Assistant who has ensured the school is looking good and functioning well. Brian is also instrumental with leading and working with the school dairy show team.

**Emma Carey** has been an exceptional school leader. As a role model for all students she has ensured a culture of high expectations is valued and exhibited at all times.

**Riley Dempster** continually contributes positively to the school and wider community, always striving to ensure Finley High School is making a difference to the learning and wellbeing of all students.



Above (L-R): Mr Ward, Emma Carey, Mr O'Hora, Ms Geeves, Riley Dempster and Mrs Helen McRae

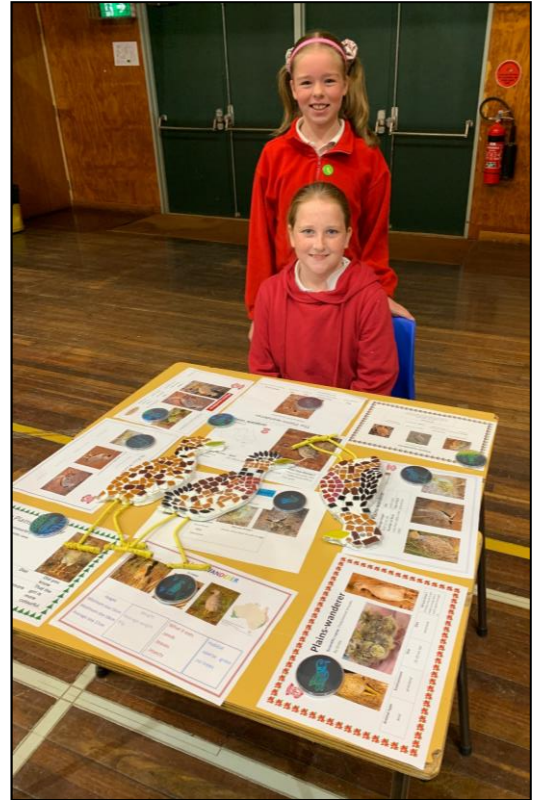
## Plains Wanderer expo

This week we celebrate Education week and we chose Tuesday 6<sup>th</sup> August to do this. An expo was organised with a presentation ceremony to highlight the Plains Wanderer project. Taronga Western Plains Zoo and The NSW Office of Environment and Heritage have been working with students from Jerilderie Public School, Blighty Public School and their high school mentors from Finley High School on this Project.

The project aimed to engage the students with a locally threatened species and connect them with important stakeholders working on the species recovery program. The students have been busy visiting the Sanctuary at Taronga Western Plains Zoo and working scientifically on Plains-wanderer habitat in Jerilderie.

The students were empowered to contribute to the recovery of the Plains-wanderer and its habitat by developing community awareness projects which will be displayed at a community expo day at Finley High School.

I would like to recognise the efforts of all the staff and students involved, it was just absolutely fantastic what was on display. The smiles on the students faces, the pride in their work and the delight from the parents and staff was clearly evident. I was extremely impressed, well done. That little bird certainly made a mark at this event.



## **Beanies for Brain cancer**

The SRC held a fantastic event on Thursday 1<sup>st</sup> August, promoting Beanies for Brain cancer. With a short presentation in the morning highlighting the effect this disease has on our community and how the money we raised goes towards a cure. The SRC then held a luncheon for \$5 in the hall where the food was first class and the company great. Well done to the SRC, they raised \$700.

## **Rural & remote conference**

On Friday the 2<sup>nd</sup> of August Mr Whitty and I attended the Rural & Remote Conference in Wagga. There were 180 in attendance and at least 50 attended Mr Whitty's session on marketing teams. Mr Whitty did an outstanding job and represented Finley High School with distinction. He spoke about the need to promote our public schools in a positive light, work closely with our primary feeder schools and wider community. It is essential we support our local school and keep jobs and family local especially during these tough times.

Right: Mr Whitty presenting a session on marketing



## **Berrigan council & community meeting**

Recently I had the pleasure to engage with the Berrigan shire in a leadership workshop and at a community forum to discuss youth priorities. Both were fantastic opportunities to engage and work with the community outside of school. I look forward to sharing what some of the youth priorities are when they come to fruition.

## **Parent teacher night**

A successful parent teacher night was held on Wednesday 31<sup>st</sup> July. It was great to see so many parents there holding interviews with the teachers. I received a lot of positive reports during the evening. If you were unable to meet with your child's teacher please do not hesitate to contact the school to arrange a meeting.

## **Welcome to Jocelyn thanks Ruth**

I would like to extend a warm welcome to the new Principal of Finley Public School Ms Jocelyn Robinson and extend a big thank you and well done to the relieving Principal, Mrs Haynes, who did an outstanding job in terms 1 and 2 of 2019.

Mr Jeff Ward  
Principal

## Emotional Freedom Technique (EFT)

### Tapping with Meg Gillespie

On Thursday Finley High School had the pleasure of hosting Tocumwal Primary School teacher Meg Gillespie who worked with some of our students on reducing and managing anxiety through breathing and EFT (tapping).

Meg worked with our supported students and had them looking at flows of energy and emotion through the body. Students created glitter jars which helped them visualise both the concepts being taught and helped students to time their breathing exercises as they investigated ways to calm themselves in times of stress.

Meg also worked with Year 12 students on activities that centred around positive self talk and using the power of the mind to create self belief. Meg taught students a variety of breathing exercises that both calmed and released negative emotions and also ones that encouraged energy and motivation. Students were shown how to do these, practised them and discussed the benefits and how they could incorporate them into daily living. Students finished their sessions with a tapping or EFT process where they combined positive self talk mantras with tapping routines on pressure points again to release negative thoughts and emotions and allow them to refocus. These skills will hopefully be useful not only during upcoming exam periods but also in day to day life situations where stress or anxiety arises.



Above: Brooke Pitt at the Tapping workshop



Above: Max Roe checking how energy flows through his body.

## Riverina Athletics Carnival - Albury

Over forty students attended the Riverina Athletics carnival in Albury on Friday. A number of these students have qualified for individual events and relay teams to be held in Sydney from 4<sup>th</sup> – 6<sup>th</sup> September. Congratulations to all students who participated.



Above: Taylor Simpson and Ally Barlow.



Above: Jasmine Burke, Erica Nicholls, Sienna Burke and Josie Coombs



Left: Alexander Patu, Ruby Russell, Jordan Gray, Cassidy Reynolds, Amarlee Price, Meg Marshall, Shae Fennell, (back) Jemma Coombs and Dela Gargaro.

## Chess Competition

On Monday 29<sup>th</sup> July the Finley High School Chess Team played the intimidating Scot's School from Albury. The games were all riveting to watch, a true spectator sport, Finley were 1 up within the first 1 minute thanks to the quick skills of Alex A'Vard. However, The Scot's were quick to fire back with Edward Haynes getting destroyed at board 1. Brad Aylett came through for Finley on board two, narrowly defeating his opponent. The score was 2-1 in Finley's favour. The rest of the competition campaign now rested on a crippled Cooper. After a nerve-racking hour, Cooper managed to fend off the valiant attacks of his opponent with one arm, capturing a thrilling victory for Finley High School sending them through to the next round.



Above: Alex A'Vard, Edward Haynes, Brad Aylett and Cooper Burke with students from Scot's School.

## Sentral Parent Portal

Parents will now have access to the Parent Portal in Sentral, our online school management system. This will allow parents to book Parent – Teacher interviews online, check and edit contact details, check their child's attendance and their timetable at this stage. Other elements of this software may be allowed once we have trialed how the Portal is working. Parents were emailed a registration key and instructions on how to access the portal. Letters will be posted out to families who do not receive emails from the school. If you did not receive an email or letter please contact the school and we will fix your account and resend it to you.

Nicole Close

## Year 8 PE - Gymnastics



A selection of photos  
from  
Year Eight PD/H/PE  
Gymnastics class



## School Sports Australia AFL

The National AFL carnival was held in Launceston Tasmania, from the 29<sup>th</sup> of July to the 2<sup>nd</sup> of August. Shadeau Brain was in the NSW All Schools boys' team and Olivia Cicolini was in the NSW All Schools girls' team.

They both played 5 games of footy throughout the week with the boys finishing 4<sup>th</sup> overall and the girls finishing 5<sup>th</sup>. Both Shadeau and Olivia should be very proud of their efforts in participating in this very tough competition. Congratulations on an outstanding achievement.

## School Sports Australia Swimming

Sascha Jones attended the School Sports Australia Swimming competition from Monday the 29<sup>th</sup> of July to Wednesday the 31<sup>st</sup> of July at the Melbourne Sports and Aquatic Centre. This is the national championships for school students from all the states and territories in Australia. Sascha swam in the 16 years girl's 50 metres Freestyle, 50 metres Backstroke, 4 x 50 metre Medley Relay and the 4 x 50 metre Freestyle Relay.

Sascha swam well in the heats and qualified in the final for all of her events. She finished 6<sup>th</sup> in the 50 metres Freestyle, 4<sup>th</sup> in the 50 metres Backstroke and 3<sup>rd</sup> in the 4 x 50 metre Freestyle Relay.

This is an absolutely amazing effort and the school is extremely proud of Sascha and her efforts in swimming this year.

## SkoolBag

The SkoolBag school app is the best way for parents to stay up-to-date with the school calendar, last minutes forms, newsletters and all school communications.

Follow the instructions below to download the SkoolBag app and stay connected with what's happening in your school.

For iPhone and iPad users:

Click on the “Download on the App Store” button above, or go to the Apple App Store, search for “SkoolBag” and download the free SkoolBag app. After opening the app, add your school(s) and you're ready to go! ***Make sure you allow notifications so you get alerts as to new notices and events. Also subscribe to the year groups so as you get news relating to relevant year groups.***

For Google Android Users:

Click on the “Get it on Google play” button above, or go to the Google Play Store, search for “SkoolBag” and download the free SkoolBag app. After opening the app, add your school(s) and you're ready to go! ***Make sure you allow notifications so you get alerts as to new notices and events. Also subscribe to the year groups so as you get news relating to relevant year groups.***

The screenshot shows the SkoolBag website interface. At the top, there is a navigation menu with links for "Why SkoolBag?", "Features", "Pricing", "Blog", "Help", "More", "Login", and a "Try for free" button. Below the navigation, a list of five steps is displayed:

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for “SkoolBag”
4. Download the free app
5. Open the app and add your school(s)

Below the list, there are two buttons for downloading the app:

- for Apple users: Download on the App Store
- for Android users: GET IT ON Google Play

## CANTEEN ROSTER

Canteen Contact and Number

Mrs Kaylene Dawe 5883 1105

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

### August

9	J Armstrong
12	K Lunn
13	D Pyke
14	S Cracknell
15	A Lee
16	K Peacock
19	K Steel
20	J Loughman
21	R Sharp
22	L Knight
23	C Lawton

## Finley High School P&C Meeting

Wednesday 14<sup>th</sup> 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](mailto: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**

# COBRAM AMATEUR BASKETBALL ASSOCIATION



## 2019 Spring REGISTRATION



Registrations for the Spring 2019 season are now open. The season is planned to start the week of the Monday 19<sup>th</sup> August. Registrations are online at the [Cobram Basketball Association](#) website. Payment of fees will be via credit card at time of registration.

Registrations will close on Wednesday 14<sup>th</sup> August 2019 to allow time for teams and draws to be arranged.

If you have any difficulties with registration please contact Luke Almond via email at [cobrambasketball@outlook.com](mailto:cobrambasketball@outlook.com) or phone 0438 004 402

## AUSSIEHOOPS

The Cobram Basketball Association will run an Aussie Hoops program for 5-10 year olds to learn the game, coached by senior players starting Tuesday 27<sup>th</sup> August. Refer to the Aussie Hoops tab on the website for details and registration.

