



Finley High School Newsletter

Principal: Mr J Ward

Deputy Principal: Mrs P Jackson

22nd August 2019

KEY DATES

August

- 23** Book Week dress-up day.
Theme: "Reading is my secret power"
- 26 – 30** Year 12 Trial Exams
- 27** Chess team competing in Griffith
- 28** Breakfast Club 8:30 – 8:45
K9 Teach
Homework Centre at
Finley High School Library,
3:30pm to 4:30pm

September

- 4** Breakfast Club 8:30 – 8:45
K9 Teach
Homework Centre at
Finley High School Library,
3:30pm to 4:30pm
- 4 – 6** NSW Combined High
Schools Athletics in
Sydney.
- 10 – 12** NSW Combined High
Schools Tennis
- 11** Breakfast Club 8:30 – 8:45
K9 Teach
Homework Centre at
Finley High School Library,
3:30pm to 4:30pm
P&C Meeting, 7pm in the
staff common room
- 13** Formal Assembly,
12.30 to 1.30pm in the hall

Flying Officer Noble Visit

On Friday the 9th August Finley High School students had the opportunity to attend a talk by Flying Officer Noble who is a Defence PCO. During the presentation Phoebe spoke about opportunities in the Defence Force such as the GAP year program. She also shared her personal stories from her own defence experiences including her time spent in the Northern Territory at Tindal Base and at the intelligence unit Edinburgh in Adelaide. The students were captivated with Phoebe's presentation and were disappointed when the bell rang. Finley High School would like to thank Phoebe for making the time to visit with students and share her knowledge.

Right: Mrs Philpot with Flying Officer Noble.

Below: Students from Years Nine, Ten and Eleven listening to Flying Officer Noble's presentation.



Principal's Report

Welcome to week 5 and the half way point of another busy term. I'm writing this edition of the newsletter from Dubbo where I am on an external validation panel for Gilgandra High School. Unfortunately, a big part of my job requires that I am away from school, but this allows me to collaborate with others to hopefully bring back new ideas to Finley High School or confirm what we are doing is always best practice. Last Thursday and Friday I attended the Riverina Secondary Principal's meeting at Yanco Agricultural High School. With close to forty principals in our network it was a great opportunity to share and hear about the latest in educational practice. We meet as a collective in week 4 each term and the next meeting is in Albury.

Ministers awards

I have managed to keep this information relatively quiet only informing students and staff, however next week I will be travelling to Sydney to see two significant awards presented.

Mrs Jodi Brown has been awarded a Secretary's Award for excellent service to Education and

Mr David Marsden has been awarded a Public School Parent of the year Award.

Jodi was nominated for her work with students, mental health, wellbeing and innovative programs. As a student support officer Jodi goes above and beyond every day at Finley High School.

David has been nominated for his years of service to the school show team, giving up valuable time, resources and ongoing support to ensure the students have every opportunity to be the best they can.

The presentations will take place at the Sydney Town Hall and we as a school community are so proud of Jodi and David. I will have more information in the next newsletter including their citation.

Information evenings

I extend a well done to Mrs Deb White who ran a very successful Year Twelve transition evening on Monday 12th August. It was very informative, and the students have so much choice, support and opportunities when transitioning from school to university, TAFE or the workforce. If you missed the evening or require more information please give Mrs White a call.

Year Ten had a subject selection evening on Wednesday 21st August. Thank you Mr Tooke, for organising the evening and it was fantastic to see so many parents and students in attendance. It is imperative that students get the correct advice when selecting subjects, so it was great to see so many staff in attendance.

SASS Recognition week

A big week for our SAS staff next week as it is SASS recognition week. You would agree that our administrative and support staff do a wonderful job and the school would never run as efficiently without everyone working together. I would like to publicly thank the following staff and recognise what a wonderful job you are all doing.

Mrs Roslyn Braine - Admin Manager, Jodi Brown, Marg Close, Jane Coombs, Susan Fenaughty, Sue Jarrott, Judy Knight, Gaye Maxwell, Brian O'Hora, Sarah Singleton and Gerard Tessier.

Whilst our SLSO's are: Will Eldridge, Sheree Goesch, Sophia Ingram, Hilary Knight, Dora Miaoudis, Jenny O'Hora, Grant Smith, Crystal Woodham and Dim Wright.

Leeola Davis - School Chaplain

I have been informed by Leeola that she and her husband, Stephen, will be heading to Holbrook and will finish at Finley High School on the 20th September. Leeola has been working with us every Friday and has made a big difference at Finley High School. The students she works with will miss her very much and we appreciate the difference she has made to our school.

HSC final works & Trial examinations

We are coming to the business end for our year 12 students. Final works are due shortly in practical subjects like visual arts and industrial tech timber. Whilst our music students have been busy rehearsing for their practical examination. Next week the HSC students will sit their trial examinations. This is the last formal examination prior to the HSC exams in October. A stressful time for our students and staff and we wish them all the best.

Mr Jeff Ward
Principal

Beanies for Brain Cancer

On Thursday the 1st of August the SRC held a Beanie for Brain Cancer fundraiser. Students and staff were asked to wear a beanie on the day to support this cause and invited everyone who wished to attend to a lunch in the hall. The events were run in order to raise awareness surrounding the effects of brain cancer and raise much needed funds for the continual study into brain cancer in the hope of one day soon finding new treatments and a cure. With the number of brain cancer diagnosis on the rise and with an estimated 2000 new diagnosis to occur in 2019, by wearing a beanie on the day the SRC hoped to start a conversation surrounding brain cancer and how it effects individuals, families and communities.

The day started with an assembly in the hall where students spoke about the importance of the day and why it was being held, as well as showing a short film clip from the Mark Hughes Foundation about brain cancer statistics. Gold coin donations were collected from people wearing beanies raising \$288. In addition to this the SRC also invited everyone to join us for a lunch in the hall with the cost of \$5 a plate to help raise funds. All members of the SRC worked extremely hard and combined well together. Each SRC member prepared and donated different food items for the event as well as setting up the hall with tables and chairs, where students and staff could sit down and eat their meal together enjoying each others company and conversations. From this lunch another \$402.40 was raised for the Mark Hughes Foundation. This meant the total amount raised for the day was \$690.40.

On behalf of the SRC a huge thanks goes out to all of the school body and staff who helped us with the success of this fundraiser in anyway.

Ben Ashley-Cooper

Year Ten Life Skills Science

Year 10 life Skills Science students working to complete their Solar Model as part of a unit of work on the Planets and the Earth. Thank you to Mr O’Hora who assisted with the installation of the model in room 25.



Far left: Daniela Gargaro and Taymyn Jones painting planets.

Right: Mr Brian O’Hora hanging planets on the wall in room 25.

Year Ten State Debating Competition

This year we had a Year Ten team participate at the local level in the State Debating Competition and they are to be congratulated for their efforts. The team consisted of Jemma Coombs, Abbey Marshall, Cassandra Renneberg and Isabel Alexander. I was proud of the girls, who were declared winners of three debates, which meant they had to participate in a local final to decide who would proceed to the next level. This last debate was against Barham and the topic was, 'Victims should have a say in the punishment of offenders.' We were the affirmative and the team delivered their arguments forcefully and refuted effectively, but Barham was declared the winner after a close tussle. The girls represented the school proudly and I hope they will enter again next year. A special thanks to Sascha Jones and Ally Barlow who were chairperson and timekeeper respectively on the day.

L-R: Jemma Coombs, Isabel Alexander, Cassandra Renneberg and Abbey Marshall.



Mrs McNaught
English Head Teacher
Debating coordinator

Legacy Public Speaking – Regional Final

Finley High School hosted the Legacy Public Speaking Regional Final on August 9th. Our school was represented by Larshya Sutharsamohan and Shuddho Roy. Both students delivered excellent prepared speeches, as did the students from Albury High and Moama Grammar. Larshya's speech was on banning the mobile phone in schools and Shuddho spoke about bullying. The two-minute impromptu for the day was titled 'Second Chances'. I am extremely proud of both students who displayed outstanding skills. Larshya was the winner and will go to Sydney for the state semi-final on 13th September. Larshya's success continues the fine tradition we have of a student making it to Sydney for this event, or for the senior competition. We have had a student attend one of these events ten times in the last twelve years, only missing out in 2016 and 2017. Thank you to Jemma Coombs, Maddison Kleinschmidt and Sophie Griffiths who helped the day run smoothly by acting as either chairperson, timekeeper or helper for the impromptu speeches. A special thank you is extended to Ms Begbie who was overseer on the day.

Mrs McNaught
English Head Teacher
Public Speaking coordinator

Positive Behaviour for Learning

Our team have been working hard on revamping the direction of our Positive Behaviour for Learning (PBL) framework and implementing strategies to encourage all our students to be Respectful, Responsible Learners.

Over the last few months we have surveyed staff, the Student Representative Council (SRC) and members of the P&C in regards to our school vision statement. The vision statement is that encompasses the aims of our school. After collating all of the data it has been determined our new Finley High School vision statement is;

Respectful, Responsible Learners achieving excellence together.

We have also looked at our rewards systems. Similar to the KRAMS, we now have yellow rewards cards. Each week the PBL team encourage an aim. Last weeks was 'bring your equipment'; being prepared for your classes allows you to have the best chance of reaching your potential. This week's aim is 'respectful language and good manners'; taking time to think about how we speak to others may make a difference around us. Students will receive a slip when they demonstrate the specific weekly aim or our PBL values of being a Respectful, Responsible Learner either in the classroom or on the playground.

These slips are than placed in year group barrels. Each week one students from each year group is pulled out for an immediate prize. Over the each term there will be year group rewards for those with the highest level of slips. These prizes may include extra recess time, year group BBQ or movie afternoon or a sports activity.

We look forward to collecting data around the aims to ensure we are consistently improving as a Positive Behaviour for Learning school.

Jodi Brown

Efforts and Achievements in Food Technology

Over the last few weeks and end of last term, students at Finley High School have been very busy in the kitchen, actively participating in various cooking tasks.

Semester 1

Year 7 rotate through the various technology areas each semester. At the end of last term, their time in the cooking rooms was completed by successfully organising, preparing and presenting their Food Truck Stalls. Students and Staff of Finley High School thoroughly enjoyed a variety of food dishes from different cultures, such as:

- **Chocolate croissants** – French
- **Loaded Hot dogs** – American
- **Pizzas** – Italian
- **Marinated Chicken Tenders** – American
- **Waffles** – Belgium
- **Quesadillas** – Mexican

Students are to be commended and should be proud of their efforts with rave reviews from both students and staff. Well done Year 7! Miss Gear was very impressed with your efforts.



Year 7 started the term with great enthusiasm, being responsible and ready with their uniforms to participate in their first food practical. Students were able to familiarise themselves with the kitchen and learn knife safety along with how to achieve some precision cuts. They also learnt to colourfully present fruit skewers with the delicate skill of chocolate melting to add a further decorative element.



Last semester Year 8 Food elective were working on a fun 'My Kitchen Rulz' unit. A food practical they participated in at the end of last term was to make small sticky date puddings with caramel topping sauce, which they could sit down and eat during the lesson. All students thoroughly enjoyed this practical as well as the chance to sit down and eat together.



Year 10 finished a unit where they had been looking at 'Food Trends' and the creative new food items that are popular (trending), with a fun, creative mocktail assessment task. The drinks they created turned out very well and tasted amazing.



Student Workpiece

The temperature danger zone & link to your child/ren’s lunches

Microscopic harmful bacteria rapidly grow with over 100,000 in just 3 hours. A key to assisting you to prepare your child/s lunches to lower the chances of illness and food poisoning is to understand the temperature danger zone, and what it can do for the rate of harmful bacterial growth on your food.

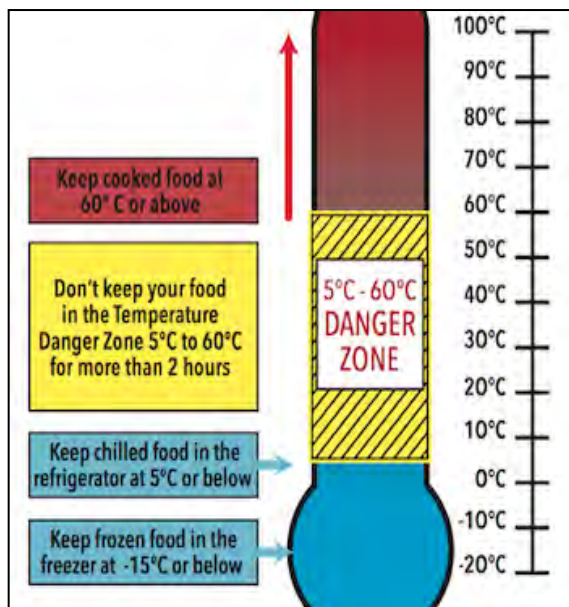
There are **three** (3) variables that can influence the rate of microbial growth on food – time, temperature and the water content in the food. Let’s focus on temperature and time.

Most cases of food poisoning are the result of eating food that has been left to stand in temperatures that can cause food-poisoning bacteria to grow. These types of bacteria are naturally present in meat, fish, poultry, rice and vegetables, as well as on your face, arms and hands.

If foods are left in the right temperature, for long periods of time, there is a high possibility of it becoming harmful.

As shown in the diagram, 5° - 60° C is the Danger Zone as this zone allows for the fastest growth of bacteria on food. If food is left at temperatures in the Danger Zone, we should also take note as to how long we leave the food out for.

This is where time is important. The more time food spends in the Danger Zone, the greater the rate of bacterial multiplication. As a general rule, follow the 2 – 4 hour rule, if food is kept within the danger one temperature range for no longer than 2 hours, you can refrigerate it. If you keep food out for 4 hours providing kept either hot or cold, you must eat it. If you keep food out for more than four hours, you have to throw it out.



As a general rule of thumb, we shouldn’t keep food in the Danger Zone for more than two hours.

Hot foods should be served very hot. Reheating food, at a high temperature, before consumption, will kill any bacteria. Foods that are to be served cold should be placed covered in the refrigerator until needed. It is recommended that the most highly perishable foods (meat, poultry) be stored nearest to the freezing unit in the fridge. (This does of course depend on what’s stored below it.)

Storing foods outside the temperature danger zone can dramatically slow the rate at which bacteria can multiply. This is why cold food should be kept below 5 degrees Celsius and hot foods above 60 degrees.

Keep the above rules, and common sense in mind, when preparing your school lunches. For example, leaving food on the kitchen bench overnight to cool is most likely not the best idea, especially if it’s a hot summer evening.

Other tips for school lunches:

- If you can, pack lunch in a lunchbox that’s able to have a frozen drink or freezer block in it, to keep perishable food cold. This is as most lunches are eaten more than four hours after leaving home.
- Food contamination is not just limited to foods you may consider risky, such as chicken or fish.

Some high-risk foods:

Prepared fruits	Vegetables	Salads
Raw and cooked meat (poultry)	Dairy products	

The Danger Zone is a simple way to remember what temperatures are most likely to harbour food-poisoning bacteria. If in doubt, throw it out.

By Larshya

ACARA

In the last fortnight, students from Year Seven and Year Nine participated in ACARA tests. Their input into testing the format and platform of the online exams was greatly appreciated. Valuable data was obtained for the state wide research.

The students were rewarded with a special Principal's Morning Tea, to thank them for their contributions to the research. Many thanks to Gaye Maxwell who supplied the delicious sausage rolls and party pies.



Left: Ms Coates with students from Years Seven and Nine enjoying their morning tea.

Preliminary exams

As the term draws to a close, many preliminary students will be sitting yearly exams. As such, special provisions can be sought for students with a learning disability. It is also inclusive of mental health conditions, such as anxiety, provided that the student is regularly seeking support from a registered outside agency.

A permission note should be going home to any student who believes they should be receiving special provisions. Please ring or drop in and collect a permission note. Notes should be returned within the week to ensure the learning needs are met in the forthcoming exams.

The Preliminary permission note outlines the basic procedure in applying for special provisions during HSC year. As this is a very involved process, it is important that relevant documents are procured no earlier than Term 4 2019 and no later than end of Term 1 2020.

Should you have any enquiries, please don't hesitate to contact Miss Coates to discuss the application process.

- Practice Minimum exams

Students in Year Ten will be issued with practice log ins for the upcoming Minimum Standards Test within the next fortnight. Students are advised that they should use the log in to familiarise themselves with the test format.

Wendy Coates
LaST teacher

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.

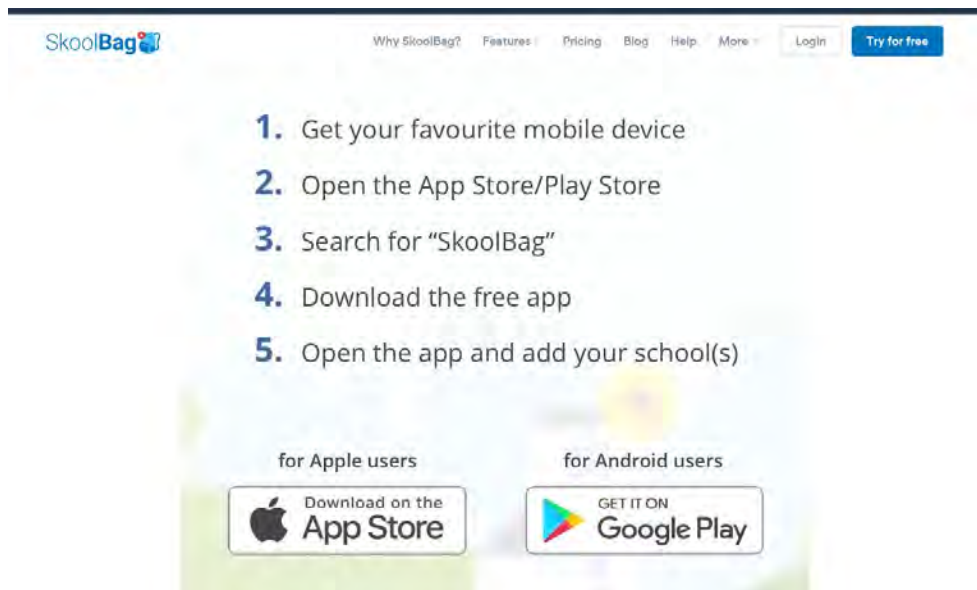
Follow the instructions below to download the SkoolBag app and stay connected with what's happening in your school.

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.***



CANTEEN ROSTER

Canteen Contact and Number
Mrs Kaylene Dawe 5883 1105
....LADIES, please note 10am start....

August

23	C Lawton
26	S Congram
27	C Alexander
28	S Robinson
29	L Bryce
30	T Clarke

September

2	S Macleod
3	F Aull
4	K Nicholls
5	T Anderson
6	T Roe

Finley High School P&C Meeting

Wednesday 11th September, 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



Monash Dinner and Oration

Friday 20 September 2019

6:30 pm

Jerilderie Civic Hall

This year's guest speaker is

Mr Michael Bennett,

(Sir John Monash's great grandson)

Tickets: \$50 per person

Tickets include a two course meal and the oration.

Tickets available from Murrumbidgee Council Jerilderie office.

Applications are now open for
Murrumbidgee Council's bursary of \$2,000.

The recipient will be announced at the dinner.

More information: T: 1300 676 243 | E: mail@murrumbidgee.nsw.gov.au
www.murrumbidgee.nsw.gov.au



FINLEY LITTLE ATHLETICS

Registrations – Open 1st August, must be completed and paid online at www.lansw.com.au prior to the first session. Once registered your pack will be available for collection on the first night of events. Uniforms will be available for purchase.

Age Groups – Tiny Tots – Under 17's
(Open athletes also welcome)

Cost - \$80 per athlete

Season starts – Friday 16th August 2019 & runs through till March 2020

For further information please contact

Pat Kelly - 0475 917 443

Rick Gardiner – 0438 852 677

New athletes must provide proof of age at first session

FINLEY LITTLE ATHLETICS IS AN ACTIVE KIDS VOUCHER PROVIDER

