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Newsletter Week 1, Term 4, 2020

## Key Dates

Date:	Event:
October 20	HSC Exams commence
October 23	World Teacher/Appreciation Day – STOMP Breakfast
October 26 - 30	Year 10 Exams
November 10	Year 10 Love Bites Program
November 12	NAIDOC Indigenous Artist Visit
November 17	Year 6 Taster Day – experience a day as a Year 7 student
December 1	Year 6 Orientation Day
December 16	Last Day of Term 4

## Principal's Report

Welcome back to Term 4. This week Year 12 are at school preparing for their HSC exams which commence on the 20<sup>th</sup> October. Thank you to all the **Year 12 teachers** who came in during the break to work with their classes or continued working with them online. All the best in the coming weeks and with the exams. I know we can be just as anxious and nervous as the students during this time. During the final week of Term 3, we spent the week farewelling Year 12. The highlights were sporting contests with the staff, a BBQ breakfast, muck up assembly, a formal assembly and luncheon. Following COVID guidelines, it was a wonderful week. Mr McCarney and the students did a fantastic job in celebrating in a safe and enjoyable way. I also want to acknowledge and commend Mrs McNamara on organising the wonderful lunch prepared for Year 12 at the end of last term. Also special thanks to Mrs Maxwell, Mrs Philpot, Miss Treacy, Mrs Congram, Year 11 Hospitality students and everyone else who helped. The cake Miss Treacy made was outstanding.





## COVID Guidelines

The Department of Education has released some guidelines for Term 4, which are similar to the guidelines for Term 3. Please click on the link for more detailed information.

<https://education.nsw.gov.au/covid-19/advice-for-families>. I would encourage you to read through these guidelines and let us know if you have any questions.

## 2021 Leadership Team

In the last week of term we held an induction ceremony for the incoming leadership team. The new team is:

Captains: Jemma Coombs and Abbey Marshall.

Vice Captains: Will Anderson, Rose Chamberlain and Rory Knight.

I am very much looking forward to working with this group of young people as we work towards making Finley High School an even better place.



Above: Mr Ward, Will Anderson, Jemma Coombs, Abbey Marshall, Rose Chamberlain and Rory Knight

## New Year 12 Year Advisor

Congratulations to Mr Hay, who will take over from Miss Infanti. Mr Hay is currently the Boys Advisor and will continue in that role. Mr Hay is looking forward to the role and supporting Year 12 through their HSC year in 2021.

## Working Bee

On Tuesday 29<sup>th</sup> September, a group of around 20 people (staff, students and friends) turned up to lay turf. Many hands made light work and a BBQ was organised to thank all those who gave up their time. On behalf of the school thank you to each and every person who came along or helped, you will forever know you played your part in making the school a better place.



## School upgrades

During the break improvement works continued at school making it a better place. Upgrades included new furniture in the English staffroom, kitchenette in the HSIE staffroom, the new café for Hospitality students and the canteen being painted.

*Jeff Ward*, Principal

### Letter From Kate Littlejohn

*I would like to thank the students, staff and families of Finley High School for the ongoing support that I have received in my time as a history teacher over the past decade. Teaching at Finley High School allowed me immeasurable opportunities to develop my skills, both in the classroom and as a leader, and I am incredibly grateful for this. But most of all, I am grateful for having had the opportunity to work with an amazing group of students every single day. I am excited about the next step in my career as HSIE Advisor 7-12 for teachers across the state, and know that my experiences and knowledge as a rural teacher at Finley High School will add a new (and much needed) perspective to many of the policies and priorities being written for our students. I will continue to work and live in Finley and will always be an advocate for the needs and rights of rural students, as well as continuing my connection to Finley High School specifically in every way that I can. Farewell for now, but not forever.*

Warm regards,

**Kate Littlejohn**

HSIE Advisor 7-12 | Curriculum Secondary Learners, Educational Standards

NSW Department of Education

# Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills





## Important Notice regarding Presentation Night

Attention all Parents & Carers,

We will not be able to host our usual presentation evening.

With current COVID-19 restrictions on gatherings within schools and the need to begin preparations for end of year celebrations of achievement, we are proposing the following alternative to our annual presentation evening.

A "presentation night" booklet will be produced that has the names of all students who have achieved an outstanding result in a particular area.

The booklet will contain an address from the Principal and the P&C, as well as the highlights of the 2020 year.

Each student who receives an award will have their photograph taken with the award that they have received. This single photograph will be inserted into the "presentation night" booklet as a memento. The awards and booklet with the photograph will be sent home with the student in the last week of school. In the case of Year 12 students or those who have left us, we will post the awards out.

Circumstances may change over the coming weeks and months, we will keep you informed of any further updates or changes to these arrangements.

Thank You

Mr Michael O'Leary  
Presentation Co-ordinator

## Tell Them From Me Survey

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

You may remember that our students also participated in a *Tell Them From Me* student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year. The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours on Tuesday 20th October. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Monday 19/10/20**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

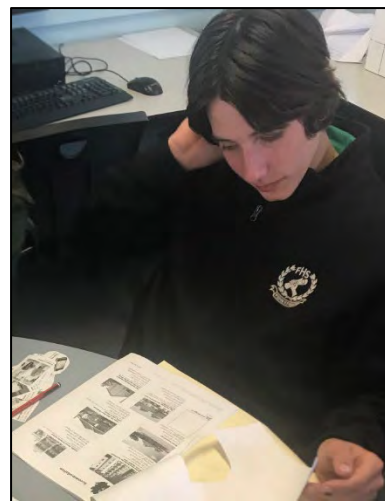
*Patricia Jackson*, Deputy Principal

## Careers News

The Year 12 Careers Newsletter continues to contain vital information about universities, TAFEs, employment opportunities and much more. Year 12 are advised to keep reading the newsletter throughout Term 4 as information continues to be updated.

In Year 9, Careers students are currently playing the Real Game. In the Real Game, students role-play as single adults in occupational roles. They see how schoolwork relates to occupational choices and therefore to lifestyle and income.

Within their job-role, students have the opportunity to explore adult realities, such as budgeting (taxes, mortgage or rent, other bills and transport), work life balance, different work, family roles and career making decisions. Pictured participating in the game are Cruz Nash and Dakota Pyle.



## Library News

### Library Life in Lockdown Writing Competition

In recent weeks the library ran a writing competition where students & teachers had the opportunity to share their experiences and perspectives of life in lockdown or living in the era of Covid19. There were some fabulous entries.

Winners:

#### Teacher Winner

- Ms Jacqui O'Bryan – A Very Covid Poem

#### Song Winner

- Sophie O'Donnell & Samantha Anderson-Catchpool – Covid19 to the tune of "We will Rock You"

#### Short Story Winner

- Shaylee Burt – Life in Lockdown Booklet

#### Picture Book Winner

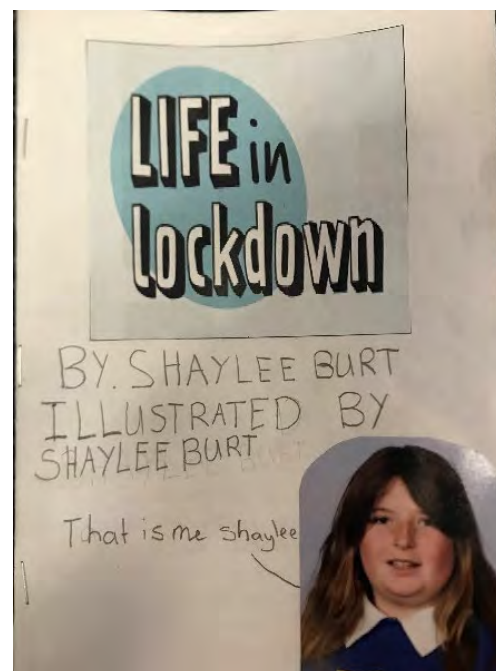
- Tamzin Bell – The Year Coronavirus Destroyed Australia

#### Poetry Winner

- Sarah Bauer – Livin' Covid Style
- Hailey McLean - Welcome to Covid19

#### Short Poem & Limericks Winners

- Will McManus
- Paige Grey
- Girls Mentoring Group





## HSC Student Advice

We know our students and staff have worked hard for the HSC. The safety of our students and staff remains of utmost importance. This year extra arrangements are in place to ensure that any disruption due to COVID-19 will have minimal impact on HSC exams. Our school has put in place a number of contingencies to help ensure exams run as smoothly as possible. The exams have been scheduled and our school has arrangements in place for exams to proceed as planned. It is important that students review their timetable and plan well so they turn up for their exams on time, healthy and rested. Any student with a pre-existing condition, that presents similarly to flu-like symptoms, should be planning now and speak to their doctor/GP. The GP can provide a medical certificate ahead of the exams to ensure they are not sent home. If on the day of the exam your child feels unwell with flu-like symptoms, they should stay home and get tested. HSC students are prioritised for COVID-19 test results. It's important to note that all students will be asked if they are well before entering exam rooms. We want all our students to sit their exams but sometimes things happen. If your child is unwell and misses their exam, contact the school. Students who are unwell will be eligible for the illness and misadventure provision with NESA. If there are any changes to exam arrangements we will communicate with HSC students via email communication. These emails will go to students school email and parent/carer email addresses. If in doubt, please call the school. We wish all our students well in the upcoming exams.

*Some Happy Snaps from Year 12's Last Week of School*





## Awards and Achievements

Congratulations to the following award recipients:

Lucas McCaw Generosity Award – Elle Rochford

Kirsty Callaghan Quiet Achiever Award – Niamh Mason

Application and Endeavour Award – Deckiln Smithers

Gemma Chaplin Award – Max Roe and Brooke Pitt



Mollie McGrath received a Principal's Award for her Sisters of the Future program.

Robbie Hamann received a scholarship from the Public Education Foundation.





# 2020 MONASH BURSARY

The winning entry will receive a \$2,000 bursary for tertiary education costs

“How a 21st century Sir John would address our nation's current challenges, and the personal attributes and skill set he would employ to lead our country out of this crisis.”

Entries close at 4.00pm on Friday 6 November 2020. The successful applicant will be announced at the Remembrance Day Service at the Jerilderie Cenotaph on Wednesday 11 November 2020, commencing 11.00am. PLEASE SEE FULL REQUIREMENTS FOR APPLYING ON OUR WEBSITE.

Proudly supporting further education in the Murrumbidgee Local Government Area.  
www.murrumbidgee.nsw.gov.au – scholarships and bursaries | T: 1300 676 243



## Welcome to Finley High School

We welcome Miss Cox, our new Head Teacher of English to our school and wider community. Miss Cox came to Finley from Coleambally Central School.



## CANTEEN & UNIFORM SHOP

Canteen Contact -  
0473 946 683

The Canteen/Uniform Shop is open from  
8.30am – 2.30pm Monday to Friday

### October

- 19 K. Arnold
- 20 F. Aull
- 21 R. Sharp
- 22 K. Steel
- 23 E. Hurlston
  
- 26 K. Taylor
- 27 K. Nicholls
- 28 T. Bauer
- 29 S. Barlow
- 30 N. Nash

# CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on  
[careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)

# Finley Spring Time Gardens

Sunday November 1st

9am-4pm

Come and wander through 6 beautiful gardens with all proceeds going to Finley Regional Care.

The cost to all 6 gardens is \$20 per person (kids free) this includes a complementary morning tea.

Lunch will be available at a nominated venue at a small cost.

**Tickets can only be purchased at the Memorial Park, Finley from 9am.**  
**This includes a map with directions and entry to gardens.**

For all inquiries please contact Sue Hand 0419831544 or Bernadette Agosta 0417897462

Please observe COVID regulations



# HOW MUCH SLEEP DO YOU REALLY NEED?

- Sleep need gets less with age until around 20 years old when it stabilises.
- How much and how fast this happens depends on the person.
- It is normal for children to have daytime naps until 3 to 5 years old.
- If a child takes naps often past this age, he or she might not be sleeping enough at night.
- Teenagers will tend to want to go to bed later, and sleep in.
- Older people spend more time in bed, but their sleep requirement is normally similar to that of early adult life.

Note: All words that are underlined relate to topics in the Sleep Health Foundation Information Library at [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

## 1. How do our sleep needs change with age?

It is well known that as children get older they need less sleep. Different people have different sleep needs. The advice in the table below is only a guide. You can make a good guess if a person is sleeping enough at night - observe how they act and function during the day.

AGE	RECOMMENDED	MAY BE APPROPRIATE	NOT RECOMMENDED
<b>Newborns</b> <b>0-3 months</b>	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
<b>Infants</b> <b>4-11 months</b>	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
<b>Toddlers</b> <b>1-2 years</b>	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
<b>Preschoolers</b> <b>3-5 years</b>	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
<b>School-aged Children</b> <b>6-13 years</b>	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
<b>Teenagers</b> <b>14-17 years</b>	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
<b>Young Adults</b> <b>18-25 years</b>	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours
<b>Adults</b> <b>26-64 years</b>	7 to 9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
<b>Older Adults</b> <b>≥ 65 years</b>	7 to 8 hours	5-6 hours 9 hours	Less than 5 hours More than 9 hours

The above sleep duration recommendations are based on a report of an expert panel convened by the US based National Sleep Foundation and published in 2015 in their journal Sleep Health.



At **Centacare** we are passionate about supporting all people in our community. We are part of the **Wagga Wagga, Albury, Griffith and surrounding communities**. We believe in the wellbeing for all.

#### **ANGER MANAGEMENT**

This course helps support people to understand and cope with their feelings of anger. It gives people a chance to understand the underlying causes of their anger and new skills to use when they are angry.

#### **123 MAGIC AND EMOTION COACHING**

Teaches parents and carers (of 2 - 12 year olds) how to manage their children's difficult behaviour.

#### **ENGAGING ADOLESCENTS**

This course teaches parents and carers strategies to have challenging conversations with their teenagers about their behaviour.

#### **FAMILY AND PARENTING EDUCATION PROGRAMS**

We offer a wide range of parenting and education groups that focus on building skills, strategies and knowledge so you can enjoy positive relationships within your family.

#### **WHAT'S BEHIND THE BEHAVIOUR?**

This 2-hour seminar focuses on why children behave the way they do and how to create your own toolkit of helpful ideas to promote positive behaviour.

#### **KEEPING KIDS CALM**

This program helps parents to understand their children's behaviour and provides practical strategies in supporting behavioural change and emotion coaching.

#### **NO SCAREDY CATS**

This course teaches parents and carers (of 2-12 year olds) how they can help to reduce their child's anxiety and build resilience skills.

#### **THE POWER OF CONNECTION - SOCIAL AND EMOTIONAL DEVELOPMENT**

This 2-hour seminar focuses on the importance of connection when developing positive relationships with your child.

#### **THE A-Z OF SEPARATION**

These two-hour seminars focus on what to expect and what options you have when you separate. Based on your circumstances, there are three seminars on offer.



**Call 1300 619 379**

Email [info@centacareswnsw.org.au](mailto:info@centacareswnsw.org.au)

Web [centacareswnsw.org.au](http://centacareswnsw.org.au)