



We wish you a
**MERRY
CHRISTMAS!**

*Wishing you and your family health,
happiness, peace and prosperity this
Christmas and in the coming New*

13th December 2021 | Finley High School



**AND
HAPPY 2022 NEW
YEAR**

Phone: (03) 5883 1344

Newsletter Week 11, Term 4, 2021

Email: finley-h.school@det.nsw.edu.au

Key Dates

Date:	Event:
December 14	Presentation Day – Students Only
December 16	IBL (Interest-Based Learning) Day – All Students
December 16	Last Day of Term 4 – All Students
December 17	Last Day Term 4 - Staff
January 28	Staff return to School
February 1	Year 7, 11 & 12 Students return to school
February 2	All students return to school

A word from Mr Ward

I am immensely proud of the manner in which our staff and indeed the broader community have pulled together to support one another throughout 2021. The commitment and collaboration of staff, during another difficult year, has been inspiring. To the students, I am reminded every day how lucky I am to work at this school and to be surrounded by so many wonderful and talented students. Finally, to our community and especially our committed P & C and AECG, your continued support has been very much appreciated. I take the opportunity now of wishing everyone a restful and safe holiday period.

At this time of the year, we farewell the following staff and thank them for everything they have done to make Finley High School a better place.

Mr Mackintosh

We farewell Mr Mackintosh who joined the maths faculty in term 3. It has been an absolute pleasure having Jim on staff and we wish him well in his move back to Sydney and a new position at Willoughby Girls High School.

Mr Sharman

We farewell Mr Sharman for a second time. Sam joined us in term 1 to replace Mr Clark, he was also with us in 2019. It's been a pleasure having Sam back and he has made a significant difference in Visual Arts. We wish him well as he heads back to sunny Queensland.



Blake Congram

We farewell Blake who has been with us for this year working as an SLSO. Blake has built up wonderful relationships with the students and has grown in his role. He is heading to Sydney and currently has a number of opportunities open to him at several inner-city schools.

Ms Tanya Momot

Congratulations to Ms Momot who has officially picked up the Headteacher math position at Deniliquin High School. Ms Momot was only with us for 6 months before taking up the opportunity of relieving Head Teacher. We thank Tanya for her work at Finley High School and wish her all the best in her new position.

Liz Vance

I would like to wish Liz Vance all the best as she makes the move to Wagga Wagga. Liz has been a member of staff for many years and over the last few years has been a very reliable casual member of staff. We wish her all the best and thank you.

Thank You to the following Staff

Mrs Sally Marsden for all her hard work and dedication to the role of relieving Headteacher Special Education. Mrs Marsden has been in the position for 18 months and will be stepping back into her teaching role. Mr Hay will have the new role of Headteacher Wellbeing/Special Education in 2022.

After 16 years as an executive teacher (Headteacher English & Headteacher Literacy and learning), **Mrs Veronica McNaught** will be heading back into a teaching role in 2022. Mrs McNaught started as a Headteacher in 2007 and has seen many staff, students and principals come and go in that time. Her expertise and knowledge will be missed at the executive level and we thank you for your many years of hard work and dedication.

Mrs Kathy Dempster has relieved in the role of Head Teacher English for almost 6 months. Your dedication and commitment to just do what is best for your faculty, students and the school with few complaints is commendable and we acknowledge the great job you have done.

Mrs Nicole Close has coordinated the PBL team for the last 3 years. Mrs Close has been the driving force behind the award days, assembly recognitions, the weekly PBL message and leading the PBL team. Thank you, you have done a wonderful job and we very much appreciate your efforts. Mr Johnson will be the new coordinator in 2022.

Retirement - Bernadette Brooks

Bernadette has called time on her wonderful career working in the school canteen. After 30 years, there will be no more early starts preparing sandwiches, wraps and the odd meat pie. The P & C and staff have organised a thank you afternoon tea. We thank you and wish you all the best in retirement.

William Rubensohn Foundation

Each year two students in Year 8 are awarded a scholarship to assist with their studies through to the end of their HSC year. The scholarship was established in 2002 by Mrs Roma Rubensohn in remembrance of her husband William, an entrepreneurial businessman based in Sydney. The foundation is a not-for-profit association that supports rural students enabling them to complete their schooling in year 12.

Congratulations to Ryan Nelson and Montana Aylett who are our 2022 recipients. Past recipients include:

Year 10 Jedidiah Meyervale & Tamzin Bell

Year 9 Angus Bain & Keeley Peters

TAFE celebrations

Congratulations to the students who completed the automotive course run out of Deniliquin TAFE. Mr Bird and I attended a celebration morning tea with key TAFE officials, Mrs McRae (Director schools Deniliquin network) and parents. It was a wonderful accomplishment and we are very proud of the students and their achievements. Special thanks go to Nola Pinnuck and Mrs White for all their organisation and the parents who transported the students every week.

Lyle Ackers
Xavier Bell
Harry Haynes
Claire Ingram
Lincoln McCallum
Macey McCallum
Harmony Tidcombe

Kane Wardlaw
Kyle Wilkinson
Harry Taylor
Cruz Nash
Jack Koschel



Baldwins Buses Donation

I would like to thank Baldwins buses for their ongoing support of Finley High School. They have recently donated funds to the Schools Welfare Account, so all Year 7 students have the opportunity to use it if needed with the costs associated with starting at a new school. They also fund the Schools Advertising on the side of their buses which will remain on the vehicles for the foreseeable future.

Donation

On behalf of all the students and staff at Finley High School, I would like to thank the Jerilderie Lions Club for their wonderful donation of \$100. This show of support for the local school and its students is very much appreciated. The donation will be used to assist students to participate in the Year 7 excursion in 2022. This support will go a long way to building healthy relationships and fostering a positive and fresh start for our students after two very difficult years.



CWA STEM Scholarship

Congratulations to the 2021 recipient of the CWA STEM scholarship Karla Nicholls. The scholarship will assist Karla as she undertakes tertiary studies in 2022.

Rural Students' Café 2022

Congratulations to Miss Treacy who was successful with her application for Finley High School to run a café at the Sydney Royal Easter Show in 2022. The "Rural Students Cafe" will be located in the Arts and Crafts pavilion right next to the fashion runway. A set "rural tasting plate" menu will be prepared and served by Hospitality students. Kitchen Operations and Food and Beverage students will be able to complete simulated work placement hours by working at the café for a 3 day period from Thursday 7 April – Sunday 10 April. Students will work in front of house or back of house teams (8.00 am- 4.00 pm) and are able to access the show at other times. Rural and regional schools attending will have accommodation provided for both students and teachers. We all look forward to visiting our students at the show.

P & C

The final P & C meeting for 2021 was held at the Federal Hotel in Berrigan. A small but regular group of committed parents and friends held a Christmas dinner, followed by a meeting. I would like to extend a massive thank you to those parents and friends who turn up to every meeting to support our schools and our students. We cannot thank you enough.

Jeff Ward, Principal

Canteen Roster & Community News

CANTEEN & UNIFORM SHOP

Contact - 0473 946 683

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

February

31

1 G. Ferguson

2 K. Gurciullo

3 A. Lee

4 C. Lawton

7 R. Groutsch

8

9 K. Culton

10 J. Loughman

11 T. Roe

If you cannot fill your rostered day or you swap please notify the canteen on the phone number above. Thank you.



Finley High School Uniform Shop will be open for purchasing of uniforms on:

- Monday 13th December 8.30am – 2.30pm
- Tuesday 14th December 8.30am – 2.30pm
- Wednesday 15th December 8.30am – 2.30pm
- Thursday 16th December 8.30am – 2.30pm
- Friday 28th January 9am – 1pm
- Monday 31st January 9am – 1pm

What's been happening at Finley High.....

Work Experience



Year 7 End of Year Celebrations!



Year 8 Science

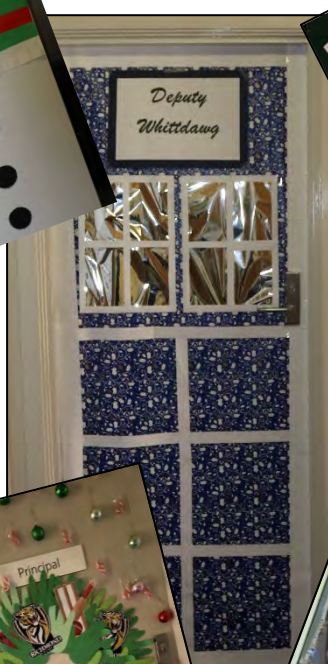


Food Technology





It's beginning to look a lot like Christmas...



BALDWINS BUSES

GET READY FOR 2022



WHO IS ELIGIBLE?

- Children who live in NSW and who are in Kindergarten – year 2, regardless of distance from school.
- Primary School Students who live in NSW and live greater than 1.6km from the school as the crow flies or walking distance is greater than 2.3km to the school.
- Secondary School Students who live in NSW and live greater than 2km from the school as the crow flies or walking distance is greater than 2.9km.

HOW TO APPLY.

- To apply for your child to travel on the services that are provided go to the following website. <https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel>
- Or Google “Apply SSTs”
- Please note that the link will not work on a mobile phone.

CODE OF CONDUCT.

- When applying you will be required to tick a box that states you have read the code of conduct for your child. These rules should be read to your child, we follow these guidelines strictly and any breach will result in disciplinary action which may result in a suspension or termination of travel privileges.
- If you have already registered your child and have any questions about the code of conduct the link is as follows
<https://apps.transport.nsw.gov.au/ssts/#/studentCodesOfConduct#scrollTarget1>

UPDATED BUS STOP POLICY

- Baldwins Buses have implemented a new policy in regards setting children down on the roadside. If a parent is not present at a stop and the driver feels the stop is unsafe for the child they are to wait up to 2 minutes, if no parent or guardian turn up to collect the child, the driver will notify the office and keep the child on the bus for the remainder of the run, the office will make an attempt to contact the parent/guardian if no success, the Police are called to collect the child/children from the depot when the bus arrives back at the end of the service.

Any questions please contact the office on 03 5874 3355

Book and Equipment Lists 2022

YEAR 7 2022 BOOK LIST

SUBJECT	EQUIPMENT REQUIREMENTS
	2022 Diary Pens & Pencils 30cm Ruler Small scissors Sharpener Eraser Glue Stick USB Head or ear phones
ART	A3 120 page spiral Quill art book 2B & 4B pencils
TECHNOLOGY	32 page A4 exercise book Plastic document wallet Display folder
ENGLISH	128 page A4 exercise book x2
GEOGRAPHY	128 page A4 exercise book
MATHS	158 page A4 grid book x2 Compass <i>Calculator- Please note Maths Department recommended calculator is available from the front office \$20</i>
LOTE	128 page A4 exercise book
MUSIC	No book required Head or earphones are essential
PDHPE	128 page A4 exercise book
SCIENCE	128 page A4 exercise book
LIBRARY	48 page A4 exercise book

YEAR 8 2022 BOOK LIST

SUBJECT	EQUIPMENT REQUIREMENTS
	2022 Diary Pens & Pencils 30cm ruler Small scissors Sharpener Eraser Glue Stick USB Head or ear phones
ART	A3 120 page spiral Quill art book HB, 2B & 4B pencils
TECHNOLOGY	32 page A4 exercise book x2 Plastic document wallet A4 Display folder
ENGLISH	128 page A4 exercise book x2
HISTORY	192 page A4 exercise book
MATHS	200 page A4 grid book x2 Compass <i>Calculator- Please note Maths Department recommended calculator is available from the front office \$20</i>
MUSIC	128 page A4 exercise book Headphones or earphones are essential
PDHPE	128 page A4 exercise book
SCIENCE	128 page A4 exercise book x2

YEAR 9 2022 BOOK LIST

SUBJECT	EQUIPMENT REQUIREMENTS
	2022 Diary Pens & Pencils 30cm ruler Small scissors Sharpener Eraser Glue Stick USB Head or ear phones
ENGLISH	128 page A4 exercise book x2 A4 display folder
GEOGRAPHY	96 page A4 exercise book
MATHS	128 page A4 grid book x2 30cm plastic ruler Compass <i>Calculator- Please note Maths Department recommended calculator is available from the front office \$20</i>
CAREERS	48 page A4 exercise book
PDHPE	128 page A4 exercise book
SCIENCE	128 page A4 exercise book x2 32 page A4 exercise book

ELECTIVES

INDUSTRIAL TECHNOLOGY-WOOD	A4 display folder
INDUSTRIAL TECHNOLOGY-METAL	64 page A4 exercise book A4 display folder
ISTEAM	
SILVER	96 A4 exercise book A4 display folder
ART	A3 120 page spiral Quill art book HB, 2B & 4B pencils
AGRICULTURE	No Book Required
MUSIC	128 page A4 exercise book A4 display folder Head or earphones
COMMERCE	128 page A4 exercise book
PHOTOGRAPHY-DIGITAL IMAGING	96 page A4 exercise book A4 display folder
FOOD TECHNOLOGY	128 page A4 exercise book A4 display folder Apron & hat
WORLD HISTORY	128 page exercise book
PASS	128 page exercise book

YEAR 10 2022 BOOK LIST

SUBJECT	EQUIPMENT REQUIREMENTS
	2022 Diary Pens & Pencils 30cm Ruler Small scissors Sharpener Eraser Glue Stick USB Head or ear phones
ENGLISH	128 page A4 exercise book x2 A4 display folder
HISTORY	96 page A4 exercise book
MATHS	128 page A4 grid book x2 30cm plastic ruler Compass <i>Calculator- Please note Maths Department recommended calculator is available from the front office \$20</i>
CAREERS	48 page A4 exercise book
PDHPE	128 page A4 exercise book
SCIENCE	128 page A4 exercise book x2 32 page A4 exercise book

ELECTIVES

INDUSTRIAL TECHNOLOGY- WOOD	A4 display folder
INDUSTRIAL TECHNOLOGY- METAL	64 page A4 exercise book A4 display folder
iSTEAM	
SILVER	96 A4 exercise book A4 display folder
ART	A3 120 page spiral Quill art book HB, 2B & 4B pencils
AGRICULTURE	No Book Required
MUSIC	128 page A4 exercise book A4 display folder Head or earphones
COMMERCE	128 page A4 exercise book
PHOTOGRAPHY- DIGITAL IMAGING	96 page A4 exercise book A4 display folder
FOOD TECHNOLOGY	248 page A4 exercise book A4 display folder Apron & hat
WORLD HISTORY	128 page exercise book
PASS	128 page exercise book



Finley High School Wellbeing Services & Resources

The following is a list of services and resources available if you or someone you know may be experiencing difficulties. The list includes phone, online and device apps that may help if you are not feeling okay and need someone to talk to, or more information about how you are feeling.

IS THERE AN EMERGENCY?
IF YOU, OR SOMEONE YOU ARE WITH IS IN IMMEDIATE DANGER
PLEASE CALL 000

Phone & Online Services





Name	About	Phone	Online
Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/
Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/

SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane
Headspace	ehespace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/ehespace/
QLife	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3PM - Midnight	Webchat 3PM – Midnight https://www qlife.org.au/resources/chat
1800RESPECT	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect.org.au/#/welcome
Carers NSW Australia	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.org.au/how-we-help/support/carers-line/
Mental Health Line Mental Health Line 1800 011 511	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx
NSW GOVERNMENT	Child Protection Helpline	13 21 11	https://reporter.childstory.nsw.gov.au/s/mrg

Device Apps

Name	About	Website
Calm Harm 	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
Clear Fear 	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time 	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe 	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
Smiling Mind 	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind 	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

Additional Resources

Name	About	Website
ReachOut 	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute 	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstitute.org.au/
The BRAVE Program 	BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/

School Wellbeing Staff

Name	Role	Email/Phone
Finley High School	First point of call for all teaching, learning, technology and support staff	finley-h.school@det.nsw.edu.au 03 58831344
Madeline Schirmer	School Counsellor	madeline.scott11@det.nsw.edu.au
Jodi Brown	Student Support Officer	jodie.brown29@det.nsw.edu.au



JERILDERIE SWIMMING CLUB INC
21-22 SWIM SEASON
FREE TRIAL & ENROLMENT EVENING

5.30PM
TUESDAY 14TH
DECEMBER



WE WELCOME NEW & RETURNING MEMBERS
TO AN INTRODUCTORY TRIAL EVENING.

A WARM WELCOME TO OUR SWIMMING
INSTRUCTOR NIAMH MASON.