



YASS HIGH SCHOOL

We value respect, responsibility, safety and learning.

Principal: Sandra Hiscock

Deputy Principal: Louise Pinson

From the Principal

Term 4 is a very important time for all of us at Yass High School. Year 12 HSC exams have started with students and staff responding positively to the papers to date.

I am currently completing Year 11 interviews with Careers Adviser Fiona Wykes. Each student has been offered support in planning their HSC pattern of study to ensure that their chosen subject options adequately address their academic and career aspirations, their potential and their personal interests and aptitudes. I'm looking forward to seeing parents at year 11 celebration assembly next Friday 27th October at 12.30 where reports and awards will be distributed.

Next Tuesday evening 24th October from 7:00 – 8:30pm parents, community members and students are invited to hear Andrew Fuller, a well-known and widely respected clinical psychologist. His talk will be entitled "Building Resilience". Resilience and emotional intelligence are essential life skills that set kids up for happy and productive lives. He will discuss how developing resilience is the most powerful way to protect kids from drugs, violence and misery. See further detail in this edition of InTouch. In the afternoon staff will work with Andrew on developing resilient mindsets in young people.



20 October 2017

From the Deputy

Last week on assembly I spoke to the students about making positive choices. Sometimes students find themselves at important milestones, for example, as lists for Rewards Excursions are announced or when end of year reports are handed out and they wonder why they are missing out or receive unsatisfactory reports. The answer is to look back at the choices they have been making over previous months. I spoke about three choices which can have positive consequences for students:

1. Wearing school uniform – this fosters a sense of belonging which enables a positive approach to school. A more immediate reward is full access to all areas of the playground, including the park and oval. Students are reminded that this includes a hat in Term 4.
2. Keeping phones off and away – this avoids the distractions of texts and calls which can break concentration and bring social media concerns into the classroom to unsettle and upset students. Making this choice also means that students can keep their phone with them to check or use during break times, rather than having to take it to the front office for the day.
3. Making learning a priority and setting high learning expectations – this makes time in the classroom engaging and rewarding and means that students know they are making the most of the opportunities they are being given. Students can feel proud of their efforts and receive the best possible marks and comments. After school options are maximised.

In all these ways, students can enable teachers to acknowledge they are 'Meeting School Values' and can look forward to being included on rewards excursions later in the term.

Parents can help by reminding students of their goals and aspirations and encouraging them make positive choices in these and other areas.



Captain's Corner

Welcome back to Term 4! To kick off the term, our teacher of the week is Annette Halley-Barberis for her hard work and dedication towards us all at school, and in the wider community. On top of being an innovative and energetic teacher, she contributes with the catering she organises with her senior students, her work with the Social Justice Group, her assistance in Peer Support, and her wonderful tie dying that she is offering for Pink Day (get your T-shirts and socks in by Monday 23rd October with your name on them, and a gold coin donation).



Joke of the Week:

Q: What do you call a bee that lives in America?

A: USB

If you would like to be part of the YHS Leadership team, come along to the SRC meetings, Monday Lunchtime in the F Block. See supervising teacher Scott Anderson for more information.

Be the antidote to the drip feed of despair

Advice From Andrew Fuller

Parents are invited to an evening with Andrew Fuller on 'Building Resilience'. Andrew is a world renowned psychologist with a particular interest in young people. Here are some of his words of wisdom – for more, come along on Tuesday evening at 7pm.

Be the antidote to the drip feed of despair

Your kids will become upset at setbacks, will label themselves as “no good” or stupid if they don't get a good mark and compare themselves negatively to others. It is so tempting for parents to try to soothe kids out of this or even provide a salutary lesson, “well if you'd tried harder you would have done better”. Don't do this!

Be determined to stay focused on effort and improvement. “I'm sorry you didn't do as well as you hoped and if you want to have another go, let's work out a way of getting better at it”. At first changing your parenting language might feel a bit weird. Focusing on noticing, commenting on effort and emphasising the power of having a go are the most powerful ways parents can set kids up for success.



Get enough sleep and rest

Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful anti-depressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.

If you are having difficulty sleeping:

- *decrease caffeine consumption late in the day
- *decrease sugar in your diet
- *go to bed at the same time every day and wakeup at the same time every day.
- *avoid late nights
- *avoid naps especially after 4pm

*avoid spicy, sugary or heavy foods before bedtime

*have the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)

*block out distracting noise

*don't sit in bed while studying get in the habit of reserving it for sleep

*warm milk before bed is good as it is high in tryptophan, which aids sleep.

*try relaxation methods before sleeping

*write out a to-do list for the next day before getting into bed.

*have a pre-sleep ritual e.g. reading or warm bath

***switch off the electronics especially phones**

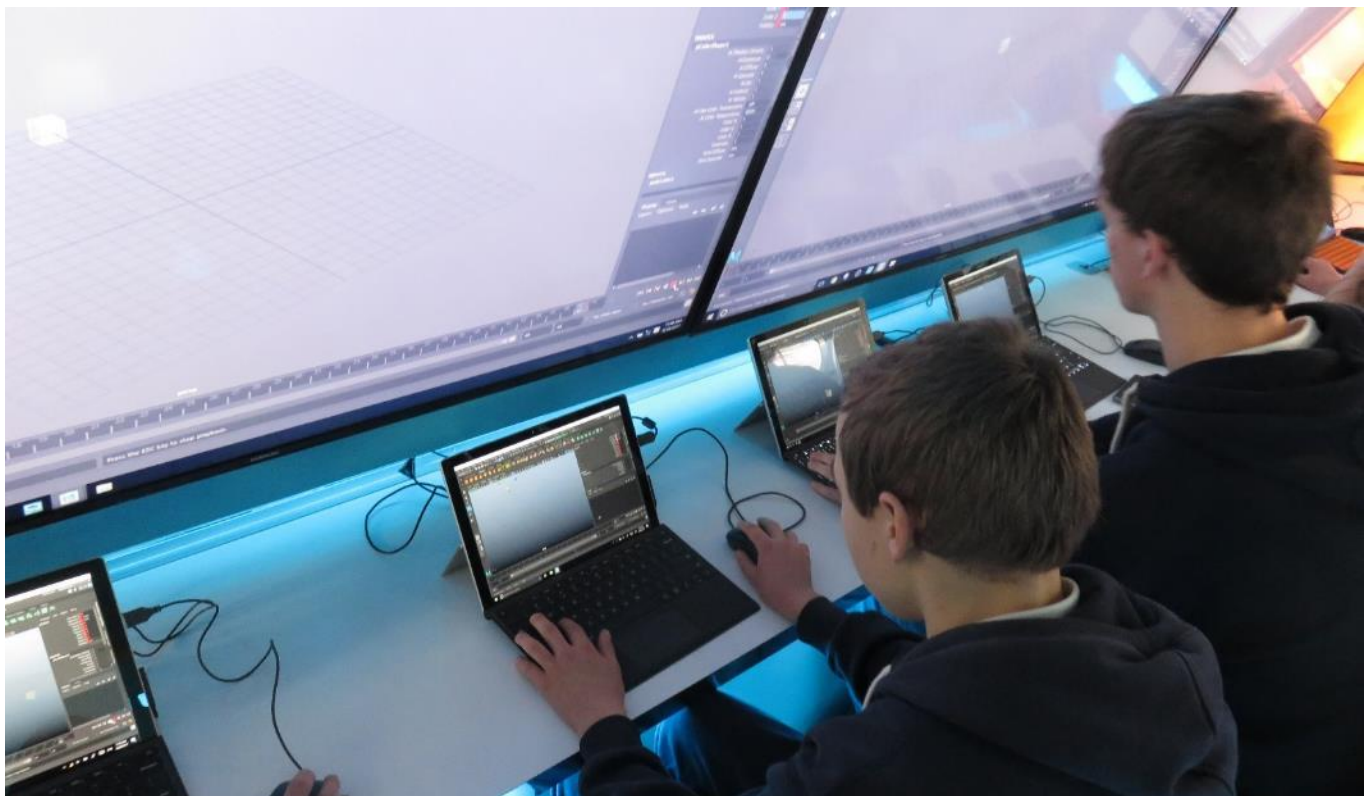
STEM@YHS - AIE Game Design



Late last term, Digital Engineers from the Academy of Interactive Entertainment (AIE) visited Yass High School to showcase some of the latest applications for animation and game Design.



Students from the Computing, STEM and Links to Learning classes hopped into the AIE bus and took part in an interactive session focused on animation techniques in the latest version of Maya – a modelling and rendering application.

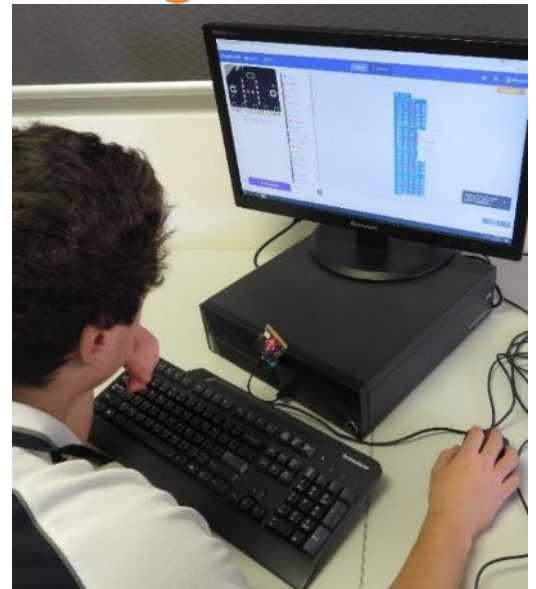


STEM@YHS – Microbits are Go



The Software Design and Development class was busy last term experimenting with the new open source coding platform – the microbit. This is a small electronic device designed in the UK to support coding from the ground up at a bargain basement price.

Students took advantage of the easy to use virtual machine and multiple code editing platforms to test out and upload to the microbit. Lighting up the LEDs, making music and sensing gravity through the accelerometer were just some of the projects students performed.



Cows Create Careers

At the beginning of Term 3 the school's agriculture students have regularly participated in the Cows Create Careers program. This is a program where dairy farmers loan young calves to schools so that the students may look after them for three weeks and learn about the range of career opportunities that exist in the Dairy Industry.

The 9/10 Agriculture classes looked after four calves this year and submitted a number of pieces of work based on their experiences. These included a letter to the CEO of Dairy Australia, recounting their work with the calves, a 3D Moodle (model) based on a dairy theme, and a funny photo with their calf.



Lisa Johnson, Zoe Tritschler and Ashleigh Lawler frocked up for the occasion (above) while Ben Thornely, Oscar Betts, Matthew Doggett and Tom Girdler raided the Ag shed dress-up box (below).



A lot of effort went into the 3D Moodles. The “Legendairies” contribution was a steel cow.



The four calves all did very well under the 9/10 class' tender care. On the weekends people from the local community came in to help feed the calves.



Workplace Learning

Our students from the Yass High School Community Trade Skills Centre are busy organising their second work placement as a mandatory part of their Certificate 2 and 3 courses.

Work place learning organiser, Carissa Mills from Southern Region Business Enterprise Centre, has been meeting with the students and their teachers to get the best possible placements in our local industries. She will then be contacting local employers asking them to take on our students for a one week placement. Our students will then be making appointments to introduce themselves and be inducted into the workplace. Most work placements of one week will hopefully take place in weeks 6,7 and 8 or between Nov 13 and Dec 1. Some students are lucky enough to do more than one VET course so have to organise their time to complete multiple work placements.

Our wonderful employers will be recognised at our Workplace Learning awards ceremony towards the end of the workplace period. Parents are an important part of the process with a contract between the student, school, parents and employers.



What's Happening in Textiles?

Year 7 finished off some great textile projects last term. They designed and made waist bags, backpacks and shoulder bags. Once completing their bags students had the chance to make pencil cases, soft toys and to finish off the unit, they tie dyed t-shirts.





Page 9
clockwise from
left: Daniel
Ginders, Jack
Reeks, Dylan
Mann, Kitty
Duncan, Max
Delander,
Daniel Ginders,
Cooper
Thornely, Kitty
Duncan

Page 10
clockwise from
left: Stephanie
Milenkovic,
Mary-Lara
Oakey,
Kaydence
Farnsworth,
Aleksander
Gajic, Jasper
Woodcroft,
Hamish Brown



Students with
their tie-dyed
shirts below



Murrumbateman Field Days

Yass High School will be at Murrumbateman Field Days again this year on Saturday 21 October to Sunday 22 October.

More information at <https://www.mfdays.com/>

<http://www.yass-h.schools.nsw.edu.au/gallery/murrumbateman-field-days2>



Students, staff and community are invited to visit and share the wonderful experiences we offer at Yass High School.

Come and enjoy all the fun of the Field Days. It's huge!

Brekky Club..and HUGE Thank You to the Yass Soldier's Club

The inclusiveness that the Breakfast Club promotes stretches far beyond black and white statistics.

The involvement of the whole school community is the real success of the Breakfast Club. In the past, it has been instrumental in a transition program visiting local Public Schools, through the Breakfast Club students have had the opportunity to become involved in State and National initiatives such as the Young Peoples Reference Group and the National Cyber Bullying Forum. In addition, we have had four students recognized as Junior Citizens of the Year at the YVC Australia Day Awards for their work as volunteers in the Brekky Club, and one student recognized as Red Cross Youth Volunteer of the Year.



The initiative and innovation that is Our Breakfast Club demonstrates has been recognized at State level through the awards of 'most innovative program', 'most valuable regional/rural program', and further contributed to this school receiving the Energy Australia Youth Challenge Shield and received 'The Director-General's School Achievement Award'.

*It really is a program which is not about 'need', but rather all about 'support'.
It is a club which is for every student. No matter who, where from, or why!*

With a current enrolment of approximately 500 students, Our Club happily meeting and greeting, facilitating averaging 100 serves of brekky foods each day of the week. An array of breakfast food is available for the students to choose from fruit, juice, cereal, and of course the ever-popular hot Milo. However, this would not be possible without generous partnerships from the broader community through sponsorship.

Established in 2004, our Brekky Club has enjoyed a long, exciting and ever changing journey. From just one morning a week, it evolved to three mornings, now every morning. From the old 'T' block now in the Library. And something along the lines of 1 tonne of Milo!!! However, not any of this could be possible without the generous support of the Yass Soldiers Club (YSC).

Every step of the way, the YSC has been an integral part of our journey. In the early days, YSC supported us with the purchase of capital equipment, making it possible to expand into three days a week, then five days a week, and so we could expand our breakfast food selection. Then, after the devastating school fire YSC were instrumental in helping the Brekky Club rebuild, again providing funds for the purchase of capital equipment and resources.

Now in 2017, Yass Soldiers Club has generously donated \$5000. Such a contribution will ensure the ongoing operation of the Brekky Club through 2018. It will provide funds should any equipment replacement be required, and of course the ongoing cost of daily foods. Further it will help support our Brekky PLUS program where fruit can be made available during lunch times, and other 'goodies' as needed. With a current volunteer team of approximately 5 students, continued support from Oz Harvest valuable support such as from the Yass Soldiers Club makes it all happen! On behalf of our entire school community.....

THANK YOU!



Mark Scott, Secretary of the NSW Department of Education visits YHS

Last Friday Mark Scott visited Yass High School to talk to students and staff and see the programs and facilities that our students are lucky enough to use every day. He did this as part of a tour of schools in our local community of schools and commented, “Lovely school visits in Yass today. Happy students, great learning, beautiful town”.



Our students were proud to show him our industry standard Community Trade Skills Centre and the executive was able to contribute to the draft strategic plan for the NSW Department of Education. An important part of this plan is that “Children are at the centre of all our decision making” and that we aim to be “one of the finest education systems in the world.”



We hope that Yass High was able to inspire Mark in his new role.

Fortnightly Focus

This fortnight we will be focusing on working with averages in numeracy, and finding the persuasive strategy in a text. Thanks Charles and Paris for showing our focus areas this fortnight.



Y Tally

Congratulations to the following students for displaying the school values and receiving the most Y's in the last fortnight.

Year 7 – Charlie Beck, Maddison Langfield

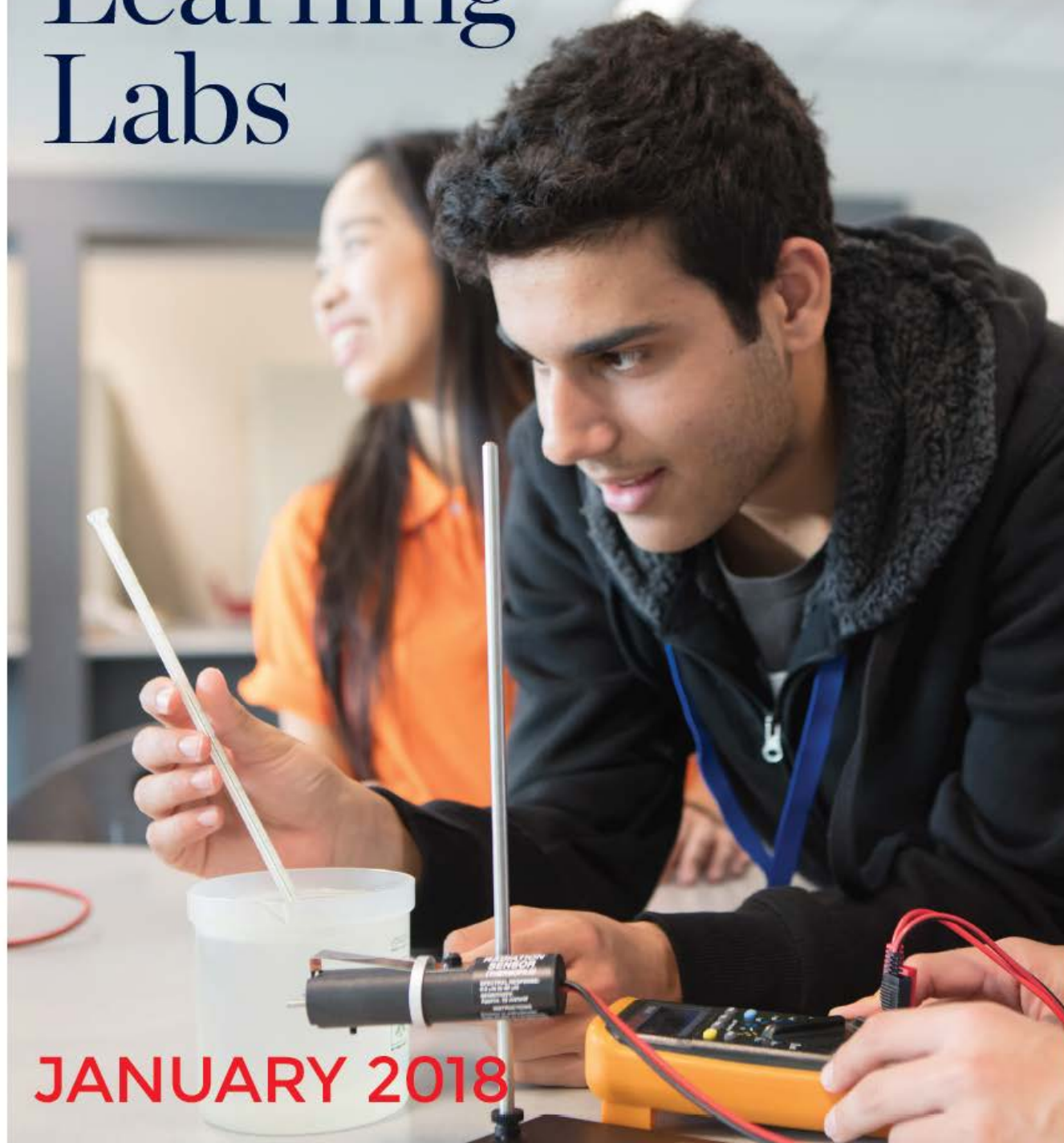
Year 8 – Maeve Hughes

Year 9 – Piper McPherson

Year 10 – Makayla Cameron

Year 11 – Gemma Lees

Learning Labs



JANUARY 2018

**AN ACADEMIC
ENRICHMENT
PROGRAM FOR
HIGH ACHIEVING
STUDENTS
FROM YEAR 7 TO
YEAR 10**

More information about the workshops on offer and the application process can be found online at uow.info/learninglabsyr7-10.

**APPLICATIONS CLOSE TUESDAY, 7
NOVEMBER 2017**

Places for this program fill quickly. Please distribute this information to students as soon as possible to avoid possible disappointment.



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

—
Outreach & Pathways

LEARNING LABS (YEARS 7 TO 10 DURING 2017)

DATE: 17 and 18 January, 2018, OR
16 and 17 January- 3D Printing & CAD Modelling only
LOCATION: University of Wollongong
TIME: 9:00am - 3:30pm
FEE: \$170


LEARNING MINI-LABS (YEARS 7 TO 10 DURING 2017)

DATE: 16 January, 2018
FEE: \$90
Location and times are same as above



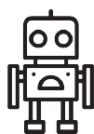
PROGRAM INFORMATION

Learning Labs is an enrichment program designed for students who are performing in the top 10%- 15% in their area of interest within their peer group, and are seeking a challenging and fun experience during the school holidays.

All workshops are held over  days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants- please see more details on how to apply for these places on the website.

WORKSHOPS ON OFFER

Learning Labs workshops cover a range of diverse and innovative disciplines that are designed to challenge and stimulate the interest of the academically gifted. Here is a taste of what's coming up for Learning Labbers in January:



Industrial Robotics

Industrial robots are used extensively in manufacturing worldwide. From packing biscuits to welding trucks, a robot is often used as a flexible and efficient automation device.

In this workshop students will interact with typical industrial robots, learning how they work and how to program them. Using these skills, students will create robot programs to accomplish some fun and practical tasks.



History- Weird, Wild Conspiracies

This workshop will look at some of the most famous conspiracies such as the assassination of JFK/the death of Marilyn Monroe and ask some important questions:

How and why have so-called 'conspiracies' emerged? Why do they persist? And given that there is much evidence to dismiss some conspiracies, why do many people accept 'conspiracies' or weird and wild histories as fact?



Creative Writing for Beginners & Beyond

The basis of a powerful contemporary writing style lies in using language in a fresh and innovative way. This practical, hands-on workshop gives you dozens of techniques to use, regardless of the medium you're most interested in. Special attention is given to short story, short film, poetry and theatre writing.

Led by one of Australia's most experienced teachers of writing, this workshop is suited to both smart beginners and committed writers.

A full list of the available workshops to choose from will be posted on the website by  October, 2017 when applications open. Please note that the program books up quite quickly, so ensure you submit your application as early as possible.

APPLICATION & CONTACT DETAILS

For more detailed workshop descriptions, how to apply, FAQ's, and the online application form, please go to: uow.info/learninglabsyr7-10.

For all other enquiries, please contact the Learning Labs team via:

E: learning-labs@uow.edu.au

P: (02) 4221 5557

Facebook: www.facebook.com/UOWOandP

APPLICATIONS CLOSE TUESDAY, 7 NOVEMBER 2017

NSW Department of Education presents an evening with

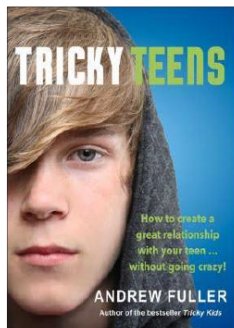
Andrew Fuller



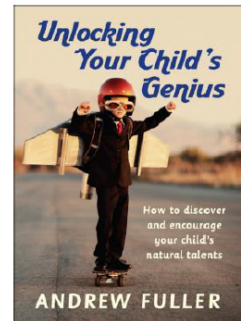
Building Resilience

Andrew Fuller is the Director of Resilient Youth that has developed the resilience of over 190 000 young people and works in over 600 communities nationally.

Andrew is the author of "Unlocking your Child's Genius", "Tricky Teens", "Life: A Guide", "Tricky People", "Raising Real People", "From Surviving to Thriving", "Work Smarter Not Harder" and "Beating Bullies".



Resilience and emotional intelligence are essential life skills that set kids up for happy great lives. Developing resilience is the most powerful way to protect kids from drugs, violence and misery.



Topics covered will include:

- The active ingredients of resilience and how parents, grandparents and carers can develop it in young people
- How parents can develop these in their children
- Friendship skills
- Parenting tricky kids
- Creating happy, confident and empowered young people
- Building self-esteem and dealing with set backs
- The essential conversations to have with your boy or girl

Where: Yass High School (School Hall)

When: Tuesday 24 October 2017

7 pm – 8:30 pm

Light Refreshments will be provided

Bring a friend, or your child and come and enjoy a great evening!!

ALL WELCOME

Coming Events

Date	Event
Week 3	Mobile Dentist Visit (days to be confirmed)
Sun 22 – Tues 24 Oct	Duke of Edinburgh Hike
Tues 24 Oct	Year 11 Rewards Excursion
Tues 24 Oct	Andrew Fuller Evening 7 – 8:30pm
Thurs 26 – Sun 29 Oct	Scone Show
Fri 27 Oct	Year 11 Celebration Assembly 12.30pm
Fri 27 Oct	Year 10 Driver Course – Motorvation Driver Day
Mon 30 Oct – Fri 3 Nov	Year 10 Driver Simulator Training
Wed 1 Nov – Fri 10 Nov	Science VALID 8
Thur 2 Nov – Fri 3 Nov	Albury Show
Tue 7 Nov	Pink Day (Yr 12 please join us for a farewell BBQ)
Wed 8 Nov	Last day to buy Year 12 Formal tickets
Wed 8 Nov	Year 12 Sign Out Day 1 - 10am – 12noon
Thurs 9 – Fri 10 Nov	Year 12 (2017) RSA/RCG Courses - Yass TAFE
Wed Nov 15	Year 12 Sign Out Day 2 - 11.30am – 1.30pm
Click on the school website for the online calendar	
Remember assessment tasks dates due are available on school website assessment calendars	