



YASS HIGH SCHOOL

We value respect, responsibility, safety and learning.

Principal: Linda Langton

Deputy Principals: Andrew Facer & Ruth Riach

From the Principal

Welcome to the start of another year of exciting learning opportunities, friendship building and community activities. We are thankful to be returning to school with relaxed COVID restrictions and a return to many of our usual practices.

I extend a warm welcome to new students and families who have joined our Yass High School community. We are fortunate to have several new teachers join our staff and we welcome: Mr Mark Hilder (Head Teacher Support); Mr Taine McLennan (HSIE), Ms Jody Gaffney (HSIE); Ms Elizabeth Hatcher (Science) and Ms Leisl Redmond (Science). Yass High School is very fortunate to have such experienced and dedicated teachers committed to working alongside your children in their learning this year.

As always, Term 1 begins with a full calendar of events. The Swimming Carnival last Wednesday was our first whole school event and continues a tradition of competition and fun. Year 7 parents met their children's teachers and enjoyed a sausage sizzle last Thursday organised by Ms Bills and student leaders. School Photo Day is Tuesday 23rd February and we encourage all students to have their full school summer uniform ready for this event. Parents considering enrolling their children into Year 7 in 2022 are invited to attend a parent evening on Thursday 25th February to tour the school (4-5pm: meet in the Quad) and hear about the learning programs at Yass High School (5-6pm: Hall). We look forward to meeting with you at the Parent-Teacher Evening on Thursday 11th March to discuss your child's learning strengths, areas for focus and educational goals.

I encourage parents to be involved with the school through our active P&C that meets on the first Thursday of every month at 6pm in the staff common room. This group is committed to providing support to the school community through the operation of the uniform shop. Funds generated are returned to the school to be used to purchase much needed resources. The canteen is under the new management of Mark Gatz with the students and staff enjoying the freshly made offerings each day.

11 February 2021

The Yondr phone pouches will be distributed next week and we are anticipating a smooth transition into this new way of communicating at school. Teachers are already commenting on increased engagement with learning and more positive relationships between our young people.

2021 starts our new four-year School Improvement Plan. A brief overview of this is provided later in this newsletter with an opportunity for you to share your ideas and best hopes for your children.

The new Multipurpose Hall is scheduled to begin construction in Term 2. This addition to our school infrastructure will bring much-needed upgrades to the sporting and entertainment facilities at Yass High School. We are hopeful that COVID restrictions will continue to ease throughout the year so that you will be able to join us at many of the events that surround your child's time at Yass High School.

Please be assured of our unwavering commitment to provide a quality education to your children within a culture that knows and cares for your child, values their individual talent, and promotes excellence for all. 2021 will be a year of exceptional people and moments that we look forward to sharing with you.

Explaining student absences

If your child is going to be absent for the day or part of, this absence must be explained via the Compass App or alternatively a note or phone call. Explanatory notes are to be handed to the front office or library staff **in advance of or on return** from an absence. If parents prefer they can ring the school and dial 6 with an explanation. For part absences, leave or appointments - a note should be handed to the library staff before school and a leave pass will be issued. **We ask that parents ring ahead if they have not provided a note so we have time to send for your child before you arrive.**



Year 7 News

Year 7 have settled in really well to Yass High. They have been enjoying the variety of having different teachers each hour of the school day and, and all reports from the students indicate they are nearly confident to find their own way around the school.

Year 7 have had their own section of the playground for the first few weeks as a bit of home base. From week 4 it has been opened up to the rest of the school. The students seem happy and settled and are enjoying mixing with older siblings and mates from other years.

The swimming carnival was a great success for our Year 7 students. They all had a great time and represented the school and their sporting houses with great spirit and pride. It will be very exciting to follow the swimming success of some of our very talented students.

On top of that we also had our Year 7 Parents Meet and Greet last week, to which there was a great turnout. It was lovely to meet new members of the Yass High family and put faces to the names. Thank you to all those parents who were able to come.

We are busy planning and organising Year 7 Camp at the moment. We have been very pleased with the numbers of students who have nominated to come. Please return medical forms and make final payments for camp this week. If your child requires another note please tell them to see Mrs Flynn, or email

Katrina.flynn1@det.nsw.edu.au and I can send one to you.

Thank you to all the parents who have returned notes and made payments.

Mrs Katrina Flynn



Having cool drinks from the canteen



Enjoying lunch in the quad



Hanging with new and old friends



Sport Report

Our annual swimming carnival was held on Wednesday February 10th at the Yass Pool. It was a great day with many outstanding performances. A big thank you to the Year 12 students for their excellent participation and the delicious food they prepared for staff and students. Thank you to all our wonderful staff for your excellent contribution to our very successful day.

The participation by our students was very pleasing, in particular the number of younger students who got in and had a go simply to gain points for their respective houses.

We had a number of records broken throughout the day with Liana Deery's swim in the 200IM on Tuesday resulting in her smashing the existing record by over 10 seconds. She continued her impressive form with record breaking swims in the 13yrs 50m breaststroke, 50m backstroke and 50m butterfly. Lara McClelland also swam under the record in the 200IM and 50m backstroke whilst finishing 2nd.

Felicity Shannon broke records in the 14years girls 100m Freestyle, 50m Freestyle and 50m Backstroke.

Riley Gibbs set a new record in the 15 years boys 100m Freestyle as well.



New Records

Event	Name	Time	Old Record
G14 200IM	Liana Deery	2.48.99	Liana Wylie 2.58.69 (2005)
G13 50m Breaststroke	Liana Deery	40.20	Laura Raine 40.32 (2005)
G13 50m Backstroke	Liana Deery	36.98	Jenna Cooke 38.84 (2003)
G13 50 Butterfly	Liana Deery	34.22	Liana Wylie 37.10 (2005)
G14 50m Free	Felicity Shannon	29.88	Amy Paton 31.41 (2004)
G14 100m Free	Felicity Shannon	1.06.02	Laura Raine 1.08.18 (2006)
G14 50m Backstroke	Felicity Shannon	37.72	Jenna Cooke 38.66 (2004)
B15 100m Free	Riley Gibbs	1.02.90	Craig Wilkinson 1.02.94(2009)

A big congratulations to Hovell on their win at the carnival with 1490 points. Hume were second on 1437 followed by Oxley with 1105 then Sturt with 1037. Organisation for the Zone carnival which will be held at the Queanbeyan Pool on Wednesday 24th February is in full swing. The Regional carnival will be held at Dapto Pool on Tuesday 9th March.

A very special mention to a few wonderful participants on the day.

Brody Wykes, Isabelle Frean, Oliver Frean, Harrison Shanahan, Chester Durant, Kayla Mather, Imogen Bradley, Lilly Boulding, Ella Widows, Daytona Southwell, Bronte Faser, Xavier Torrisi, John Bradley, Mackenzie Ironside, Bethany Gordon and Eriu Ford. Thank you for the excellent contribution you made to the carnival along with everyone else who got in the water and had a go.



Photos courtesy of Alexander Edgar

Age Champions on the day were:

Age	Gender	Place	Name	House	Points
12 Years	Boys	First	Malu Tunks	Sturt	28
		Second	George Foran Hunter Waine	Hovell Sturt	16
	Girls	First	Kaylee Douven	Hovell	80
		Second	Elisha Withan	Oxley	44
13 Years	Boys	First	Logan Waters	Hume	92
		Second	Lachlan Penfold	Oxley	52
	Girls	First	Liana Deery	Sturt	88
		Second	Lara McClelland	Hume	80
14 Years	Boys	First	Patrick Koen	Hovell	92
		Second	Liam Barlow / Floyd Cummings	Hume / Oxley	36
	Girls	First	Felicity Shannon	Oxley	86
		Second	Addie Hinds	Sturt	56
15 Years	Boys	First	Riley Gibbs	Hovell	96
		Second	Luke Barlow	Oxley	56
	Girls	First	Teagan Davis	Hume	48
		Second	Ella Widdows	Oxley	12
16 Years	Boys	First	Gus Hind	Hovel	92
		Second	Cooper Thornley	Sturt	40
	Girls	First	Bronte Anderson	Hume	92
		Second	Jacinta Bramley	Hume	60
17+ Years	Boys	First	Nic Hinds	Hovell	96
		Second	Jacob Garner	Oxley	12
	Girls	First	Chelsea Shannon	Hovell	96
		Second	Georgia Paull	Oxley	58

House Captains 2021

House	Captain	Vice-Captain	Junior
Hovell	Claire Howlett Lachlan Franks	Jorja Rawson Maeve Hughes William Wijaya	Channell O'Donnell Kyle Shroad
Hume	Aimee Vitler Callum Ironside	Mia Jephcott Hayden Vaughan	Chelsea Graham Malakai Vea
Oxley	Sammy Roberts Reece Bush	Arielle Robinson Keegan Doyle	Ella Widdows Floyd Cummings
Sturt	Samantha Pascoe Adam Davis	Maddy Leahy Heath Buffington	Erika Davis Noah Collins

A big congratulations to young Lachlan Penfold in Year 7 who has gained selection in the South Coast U15 tennis team after trialling well in Wollongong last week. Lachlan is the first boy from Yass High to represent Sth Coast in U15s tennis and we wish him all the best in the NSWCHS championships next month.

Congratulations also to Oscar Knight who has made it through to the final trials for the South Coast Open Boys Cricket team. Oscar will now travel to Wollongong in September for the final trial.

Captains Corner

Welcome back to another year and to our first Intouch of 2021. The Staff of this Fortnight is both of the brilliant Year 12 advisors, Ms Panton and Mrs Wykes. They have been an ongoing support to our year group and helped organise the Year 12 fundraiser at the swimming carnival. This includes both the morning tea and the sausage sizzle. A special mention goes out to Ms Wykes for her assistance with getting students the opportunity to go on a Discovery Day to Wollongong. We want to thank them for their ongoing support and understanding.

Joke of the week:

Three unwritten rules of life

- 1.
- 2.
- 3.



YHS SEL Curriculum

This year, Yass High School is embedding a Social and Emotional Learning (SEL) Curriculum into our daily roll call structure. SEL research supports strong links between socially and emotionally resilient young people, and positive life outcomes.

Yass High School already supports collaborative, restorative and equitable processes when assisting students to manage their emotions and behaviour. Our SEL curriculum explicitly supports this; and is designed to assist our students to learn, grow and strengthen their development in the following areas:

1. Self-awareness
2. Self-management
3. Responsible decision making
4. Relationship skills
5. Social awareness

Adolescence is a tumultuous time for many young people, and most will confront some form of stress, frustration, disappointment and loss at some stage in their life. Resilience is the social and emotional ability to deal with the ups and downs of life; and children with significant, supportive relationships; and a toolbox of effective SEL strategies, can survive most difficulties, even trauma.

A young person's resilience is dependent upon effective social survival skills to build these supportive relationships; so, it is imperative that students know how to relate and connect to other members of their 'social tribes' - be it family, school or work.

Additionally, these skills are essential to young people for making friends and dealing with the challenges of maintaining relationships, especially with family members and other members of their social circles.

If you would like further information about the **YHS SEL Curriculum**, please contact **Bronwyn Ward – Head Teacher Student Welfare & the Learning and Support Team on 6226 1711.**

Alternatively, you may be interested in the following:

<https://www.cfchildren.org/what-is-social-emotional-learning/>



Graffiti

Last year 9/10 Visual Arts explored the theme of Street Art and the various forms of Graffiti. Using spray cans the students produced tags developed in class. As part of their study students focused on the work of Banksy and contemporary art practices. Graffiti ranges from simple written words to elaborate wall paintings, and has existed since ancient times, with examples dating back to ancient Egypt, ancient Greece, and the Roman Empire. In modern times, spray paint and marker pens have become commonly used graffiti materials, and there are many different types and styles of graffiti; it is a rapidly developing art form.



Construction

Year 11 Construction have been busy learning concreting skills by making pavers. They have learnt to mix and screed the concrete ensuring a well presented paver.



This led to a great outcome for the Ag Plot with the construction of a concrete slab for a wash bay for the cattle.

Year 7 Tech Mandatory Wood students having a great time in the wood work room making a folding stool, a T-Box and wooden toys.



Show Team

The Show Team has started the year running. We are heading to Canberra Royal Cattle Show next week and so it is all hands-on deck to have the cattle ready after the long break. We are taking four steers being Cookies n' Cream, Salt n' Pepper, Heracles and Unit.

The older students have been working hard and a particular thanks goes out to the year 10 students who have been working hard to not only prepare the steers but for starting to help train our newest member so the team. However sometimes it is necessary to bring in some extra help and so when Salt n Pepper needed some extra encouragement to be able to move forward, we were forced to enlist the help of Mr. Facer, cattle work has never looked so well dressed.



In addition to this we have also started preparing for the next show, the South Coast School Steer Spectacular in Nowra. For this, two new steers have entered come to school. Another Square Meater from Su McClusky and a Red Angus cross Simmental From Glyn and Ann Williams of Newton-Wood.

The team will leave on Wednesday next week for the show day on Thursday. And we wish them the best of luck.



Fingers Crossed,
Show Team



Out on the Farm

The start to the year has been hectic this year on the farm. The rain over the holidays has meant there is an abundance of vegetables particularly the Stage 5 tomato garden. These have been picked and frozen awaiting passata making day.





The hard work though has been the shearing and our own mullet crew (apparently these make them shear faster...) have done a great job shearing. We have found the time to setup two stands in the shed and the team took real ownership of the job in all aspects. The completed all aspects of the task with the year 11 boys taking on a the leadership role of lead shearers. They even managed to walk Mr. McDonald through the shearing of one of the ewes albeit slowly.

The ewes will now start to be prepared for the annual artificial insemination program later in the term by the year 10 class. This is the main focus of the class as they take the ewes through the year to produce next years sale rams.



“Click go the shears” Agriculture Department

DOVES

In the past term I have been working with twelve wonderful high school students on a steering committee to create a group that will represent all the NSW's student body in government. The first time we all met was on a Zoom call with thirty students as a tester to see who would be best suited for the roles. Thirteen were then chosen from this group. After being chosen we had four full day Zoom meetings where we created the scaffold for the future group. An enormous amount of discussion took place to make something that is "universal" whereby all NSW students can be represented in some way. On Tuesday, the 9th we all met in person for the first time to finalise the document and present to Secretary Mark Scott over Zoom. On Wednesday, the 10th we presented to the Minister of Education in NSW, Sarah Mitchell. She certified this group which we named *Department of Student Voices in Education and Schools* or *DOVES* for short. So, if you have any interest in representing students in government please look out for the chance to apply and become a future *DOVES* member.

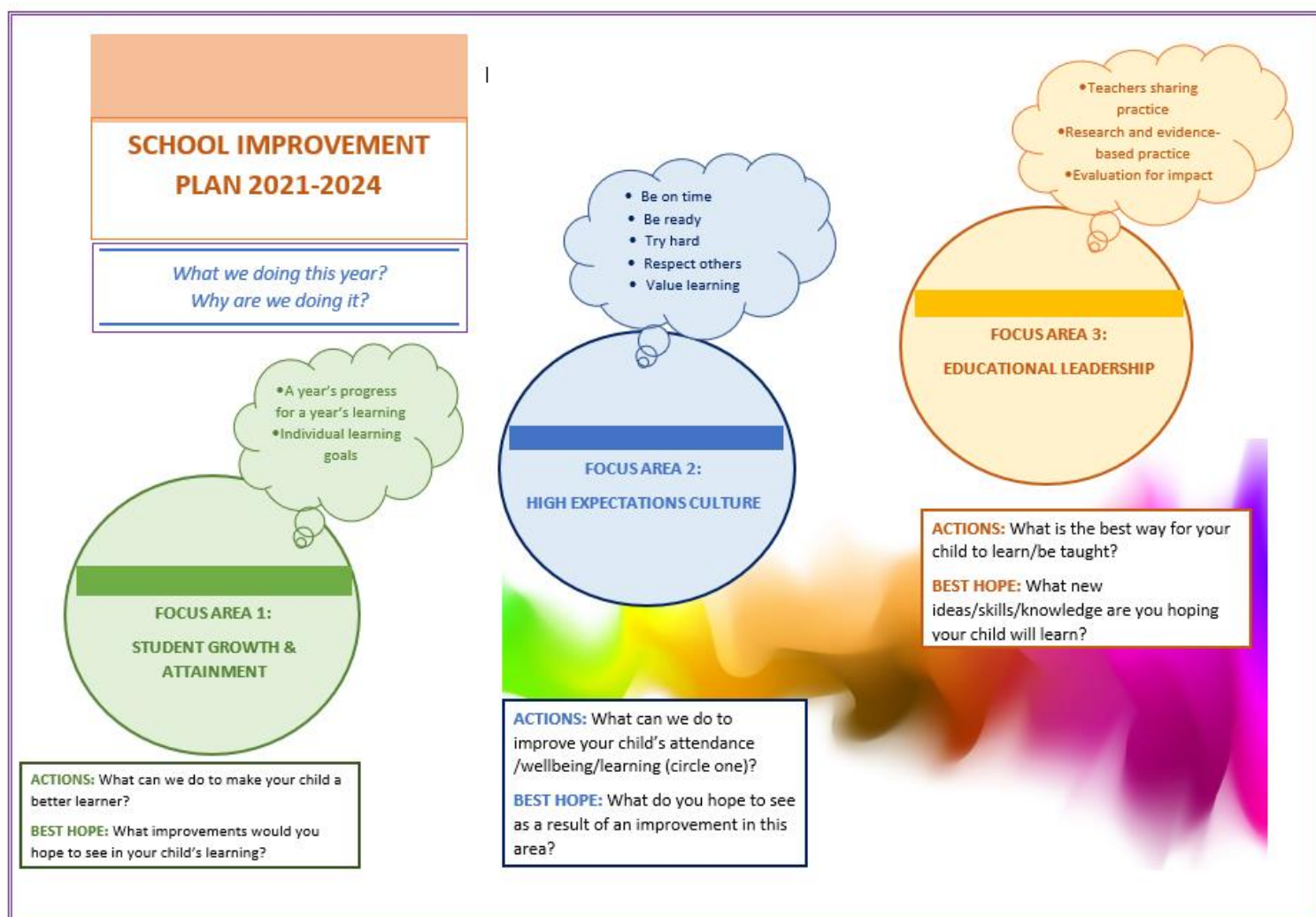
By Corinne Green



School Plan

Our new 4-year School Planning Cycle starts this year. We are currently formalising our three Strategic Directions that will inform the directions for school improvement over this next cycle. Consulting with our school community is important to ensure that we gather the full range of ideas, actions and hopes for our young people. The feedback slips for parents are shown in the three boxes under the headings of *Actions* and *Best Hopes*. This planning is being shared with the community in multiple forums:

- The student body were given a presentation at assembly last week. Feedback slips have been submitted by many which show considered suggestions and highlight ways of teaching and learning that are valued by our students.
- The P&C discussed the plan and provided feedback on suggested actions and their hopes for their children in the three Focus Areas.
- Year 7 parents were shown the attached poster with a brief explanation at the 'Meet and Greet' sausage sizzle on Thursday evening with many completing feedback slips.



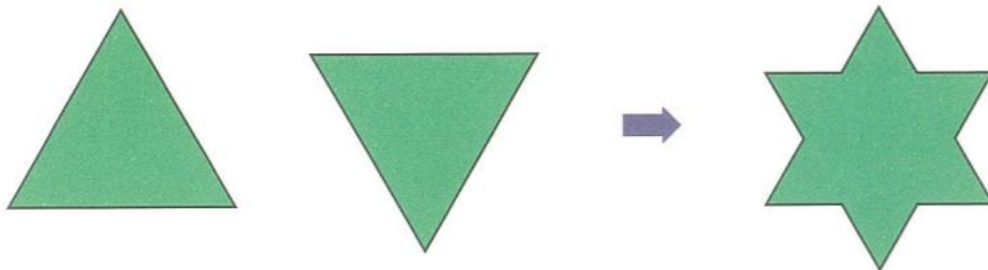
As schools continue to have restrictions on parents visiting in large numbers, *InTouch* is an effective vehicle to further share our planning and invite all parents and carers to have their voices heard.

If you would like to provide feedback under **any or all** of the Focus Areas, please email yass.h-school@det.nsw.edu.au and use 'School Plan Feedback' in the subject field with the relevant Focus Area you are providing feedback on stated in the text. All data will be de-identified. Alternatively, an anonymous letter or note can be sent to school with your child. I encourage you to take this opportunity to be involved in determining the directions the school is taking as we continue to provide a quality education to all young people at Yass High School.

Stage 4 & 5 Problem of the Fortnight

Stage 4:

Annabel has 2 identical equilateral triangles. Each has an area of 9cm^2 . She places one triangle on top of the other as shown to form a star. What is the area of the star in square centimetres?



Stage 5:

In a Year 10 Maths class, there are 30 students. Each student is either 15 or 16 years old, and either left or right handed.

The ratio of right handed students to left handed students is 4:1, the ratio of 15 year olds to 16 year olds is 1:2 and the ratio of left handed 15 year olds to left handed 16 year olds is 1:5.

If the names of the students in this class are placed in a hat and one is selected at random, what is the probability that the student is 15 years old and right handed?

P & C Weather Station

At the end of last year, Yass High School was handed a cheque for a new weather station for the Ag Farm by the Yass High School P&C Association. The cheque has allowed the school to purchase a Vantage Pro Weather station. This weather station will provide information which can be directly accessed by students in the school for use in Agriculture, Science and Geography. The weather station is to be installed on top of the A block building.



Boys Cricket

Oscar Knight is leading a talented squad to Crookwell on Friday, February 19 for a limited over cricket match (40 overs each) - for the Davidson Shield. "Coached" by teacher Fred Clark, the squad is excited for its first match of the term. Other squad members are: Charlie Hodges, Spencer Allen, Taylor Doyle, Jasper Staden, Tony Davis, Harrison King, Brodie Doyle, Liam Barlow, Gus Hinds, Luke Barlow, Ben Duncan.

2021 Lunchtime Clubs Yass High School

Ever wanted to learn how to drum? Interested in playing the stock market? Feel like slaying dragons in your spare time? Need help with some difficult homework? Bring your lunch and your friends and join a Lunchtime Club! Come and try something new. No cost and no obligation to sign up for a block of time. Drop ins welcome. Listen out for more information via Daily Notices.

Club	Teacher	Room	Day
Minecraft	Mr.Grose	Room 10	Monday
Drama Club	Ms.Moss	IL3	Monday
SRC	Ms.Bills		Monday
Didgeridoo Circle	Ms.Vale/Steven	F1	Tuesday A Lunch 2
Textiles Club	Ms.Halley-Barberis	Textiles Room	Tuesday
Chess Club	Mr.Lokudu, Mrs.Stevens, Ms.Vale	Learning Hub 1	Wednesday
Guitar Group	Mr.O'Reilly	Music Room	Wednesday B
Homework Club	Ms.Gaffney	IL Space	Wednesday Lunch 1
D&D	Ms.Vale	F1	Thursday
Maths Tutoring	Mr.Duncan	F2	Thursday
Djembe Drumming	Mrs.Hansson/Steven	Music room	TBA
Stockmarket Game	Mr.Roberts	TBA	TBA

Extra-curricular activities and lunchtime clubs are known to benefit all students; and are particularly effective in supporting young people to socialise with peers in a structured and safe environment. In addition, these activities can:

- Improve social skills
- Increase friendships
- Promote social acceptance
- Create feelings of happiness
- Foster self-confidence
- Provide a space for vulnerable young people at risk of social isolation

Other benefits include:

- Engagement in teamwork, co-operation and collaboration
- Opportunities to increase interests, knowledge and skills
- Increase a sense of safety whilst at school
- Decrease feelings of loneliness
- Learning social cues and opportunity to practice social skills

Lunchtime clubs also benefit school staff by providing opportunities to work with different age groups, as well as sharing their talents and skills whilst getting to know students outside of the classroom.

Yass High School Interagency Support

On Monday morning our friends from Yass Police, Anglicare Youth and Family Services, Mission Australia and Headspace provided a free breakfast for students in the Quad. These services provide support to students and their families in our school. Services are confidential and can be arranged directly through the service or by contacting Bronwyn Ward – Head Teacher Welfare.

PCYC Fit for Life Boxing Program

Beginning on Monday the 22nd July 2021, students from Yass High School are invited to participate in the **Fit for Life (FFL)** program, facilitated by the PCYC in conjunction with Yass High School and NSW Family and Community Services.

FFL is an early intervention program designed to engage local youth and encourage positive choices. Through physical fitness, nutrition and social engagement, FFL aims to improve overall well-being, as well as, prevent and divert youth from offending behaviours.

Focusing on fitness, community engagement and positive growth, FFL builds confidence, communication and leadership, as well as establishing a foundation for a positive relationship between youths and the local police.

FFL runs every Monday morning during school term from 7am-8.30am, and includes:

- Morning fitness session
- **Free healthy breakfast & packed lunch provided to each participant.**
- Transport to school (if needed)
- Rewards scheme

Rewards

FFL operates on a rewards system to encourage ongoing loyalty to the program. Each week, participants will earn points for attendance and participation, which they use to redeem sports equipment (rewards).

One Fit for Life session earns one point. Participants choose to redeem their points for items on the rewards list:

Drink bottle, boxing wraps, cap, t-shirt, sport's bag, boxing gloves etc

Terms and conditions

Participants are introduced to the rewards scheme upon starting the program; and can choose to bank their points in order to redeem the item/s they want. For example, if a participant attends 5 sessions and does not want a drink bottle, they can choose to accumulate their points and attend a further 10 sessions to receive a t-shirt at the 15 sessions attendance mark.

Once points are redeemed, their balance returns to zero and the participant can remain on the program and begin building up their points again to redeem further items. Points cannot be exchanged among participants and/or added together to redeem an item.

If you would like your child to participate in the Fit For Life program, please collect a permission note and PCYC form from Ms Ward at school and return them to **the Front Office** at Yass High School.



Nutrition and healthy food for teenagers

Why older children and teenagers need healthy food and good nutrition

Teenagers go through big physical changes in puberty. They **need extra nutrition to fuel these physical changes**, which means they need to eat healthy food.

Your child's level of physical activity and stage of development determine exactly how much healthy food she needs. But you'll notice she has a bigger appetite, which is her body's way of telling her to eat more.

What is healthy food for older children and teenagers?

Healthy food for pre-teen and teenage children includes a wide variety of fresh foods from the **five food groups**:

- vegetables
- fruit
- grain foods
- reduced-fat dairy or dairy-free alternatives
- protein

It's important for your child to **eat a range of foods from across all five food groups**. This gives your child all the extra nutrition and energy he needs to grow and develop properly.

Fruit and vegetables

Fruit and vegies give your child energy, vitamins, anti-oxidants, fibre and water. They help protect your child against diseases later in life, including diseases like heart disease, stroke and some cancers.

Encourage your child to choose fruit and vegetables at every meal and for snacks. This includes fruit and vegies of different colours, textures and tastes, both fresh and cooked.

Wash fruit to remove dirt or chemicals, and leave the skin on, because the skin contains nutrients too.

If your child doesn't like eating a lot of fruit and vegies now, it doesn't mean she'll never like them. Your child is more likely to try more fruit and vegetables if you do too. Keep encouraging your child to make healthy choices by including lots of fruit and vegies in your family's meals and snacks.

Grain foods

Grain foods include **bread, pasta, noodles, breakfast cereals, couscous, rice, corn, quinoa, polenta, oats and barley**. These foods give your child the energy he needs to grow, develop and learn.

Grain foods with a low glycemic index, like wholegrain pasta and breads, will give your child longer-lasting energy and keep her feeling fuller for longer.

Reduced-fat dairy foods and dairy-free alternatives

Key dairy foods are **milk, cheese and yoghurt**. These foods are high in calcium and also protein.

In puberty, your child needs more calcium to help him reach peak bone mass and build strong bones for life. So encourage your child to have different kinds of dairy each day – for example, drinks of milk, cheese slices, bowls of yoghurt and so on.

If your child doesn't eat dairy, it's important for her to eat **dairy-free foods that are rich in calcium** – for example, tofu, broccoli, nuts, seeds, tinned fish with bones, and calcium-fortified foods like cereal, soy milk and bread. Not all dairy alternatives are fortified with calcium, though, so make sure to read food labels.

Protein

Protein-rich foods include **lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu and nuts**. These foods are important for your child's growth and muscle development, especially during puberty.

These protein-rich foods also have other vitamins and minerals like iron and omega-3 fatty acids, which are particularly important during adolescence:

- Omega-3 fatty acids from oily fish help with your teenage child's brain development and learning.
- Iron fuels your child's muscle growth and increase in blood volume. Girls need extra iron because of their periods.

Protein-rich foods from animal sources have zinc and vitamin B12 too.

Try to include a few different food groups at every meal and snack. You can also speak to a dietitian if you have concerns about your child's eating.

Healthy drinks for teenagers

Water is the healthiest drink for your child. It's also the cheapest. Most tap water is fortified with fluoride for strong teeth too.

Reduced-fat milk is also a good drink option for teenagers. It's rich in calcium, which is good for bone development.

Foods and drinks to avoid

Your child should mostly **avoid 'sometimes' foods**. These foods include fast food and junk food like hot chips, potato chips, dim sims, pies, burgers and takeaway pizza. They also include cakes, chocolate, lollies, biscuits, doughnuts and pastries.

These foods are high in salt, saturated fat and sugar, and low in fibre and nutrients. Too much of these foods can increase the risk of teenage overweight and obesity and conditions like type-2 diabetes.

Your child should **avoid sweet drinks** like fruit juice, cordials, sports drinks, flavoured waters, soft drinks and flavoured milks. Sweet drinks are high in sugar and low in nutrients. They can cause weight gain, obesity and tooth decay. These drinks fill your child up and can make her less hungry for healthy meals.

Foods and drinks with **caffeine** aren't recommended for older children and teenagers, because caffeine stops the body from absorbing calcium well. Caffeine is also a stimulant, which means it gives children artificial energy. Too much caffeine can cause sleep problems as well as problems concentrating at school. Foods and drinks with caffeine include coffee, tea, energy drinks and chocolate.

Healthy alternatives for snacks and desserts

Encourage your child to choose snacks from the healthy food groups. This can include things like nuts, cheese, low-fat yoghurt and fresh fruit or vegetables – for example, carrot and celery sticks.

The same goes for **dessert** at the end of a meal. Sliced fruit or yoghurt is the healthiest option. If you want to serve something special, try homemade banana bread. Save the seriously sweet stuff, like cakes and chocolate, for special occasions like birthdays.

The Australian Guide to Healthy Eating says that children, teenagers and adults should avoid or limit sometimes foods. It's best to save these foods for special occasions.

For more information about parenting teens see <https://raisingchildren.net.au/>

YHS HELP!

Use these **CONFIDENTIAL** links to let us know that you need HELP!

Simply scan the QR code with your phone camera or copy the URL link into your browser

and you will be contacted by your Year Adviser, Student Welfare

or the Learning & Support Team within 24 hours.



<https://forms.gle/Jgwo825B1hL4bKdo6>

2021 Plans for Indigenous Celebration and Cultural Learning

This year we have a full schedule of events and activities planned to celebrate living and learning here on Ngunnawal country.

Buddy and Budda from Gugan Gulwan are coming back, and we will be having lots of fun with them. We are keen to resume the Gugan Woodwork Group and finish off the didgeridoos and other items that we started working on last year. On that note, Didg Circle will be starting again soon at lunchtimes – listen to the Daily Notices at Roll Call for more info.

Our Yass Public Mentoring Program will be running again, and we love the opportunity to head over and participate in leadership and cultural activities with the students there.

NAIDOC Week this year celebrates the theme of Healing Country! We are planning a year full of activities to celebrate this, including multiple Clean Up days along the Yass River, tree planting events and more.

Reconciliation Week will see us bring back our film festival in the library, along with an art competition.

Our Notice Board in the front office continues to be a place where information about upcoming events, competitions and University opportunities is displayed.

Our Indigenous Laptop Program continues, and students should speak to Ms.Vale about this if they are interested in accessing this program.

We are looking forward to guest speakers and members of the community coming in to share knowledge and culture with us, and we welcome families and community members getting in touch with ideas about how we can promote and celebrate Ngunnawal culture here at school.

Please contact Ms.Vale here at school with any questions.



Sean Bell working on his didgeridoo in the Gugan Woodwork Group.



YASS HIGH SCHOOL

We value respect, responsibility, safety and learning.

Principal: Linda Langton

Deputy Principals: Andrew Facer, Ruth Riach

18/02/2021

Yass High School Homework Policy 2021

Dear Parents and Carers,

We will be refining our homework policy this year as part of our renewed focus on academic achievement for all students at Yass High School.

As it stands, students are expected to complete homework in all years. The amount of homework assigned is minimal in the junior years and builds to be quite substantial for students undertaking the HSC.

This is in line with the best evidence-based research. This research tells us a couple of things: Firstly, that some kinds of homework have a greater effect on learning than others, with homework that summarises, reviews and cements the learning that has been delivered in class having the most benefit. Secondly, that as students move into senior years, homework has a greater positive effect on their learning.

A summary of the evidence can be found here: <https://www.evidenceforlearning.org.au/the-toolkits/the-teaching-and-learning-toolkit/all-approaches/homework-secondary/>

and here: <https://www.evidenceforlearning.org.au/the-toolkits/the-teaching-and-learning-toolkit/australasian-research-summaries/homework-secondary>

Our long-term experience shows us that to be successful in the HSC, students must spend significant amounts time outside of class hours revising their learning and preparing for assessments and exams. Simply put, those who put in the extra work reap the rewards.

Anecdotally, we know that students who are not practiced in completing homework in the junior years often struggle to adjust to the demands of the HSC in Years 11 & 12. Therefore, homework when completed regularly from a young age has the benefit of developing the positive habits for learning that are needed for academic success in senior high school and beyond.

At Yass High we are recommending students in years 7 & 8 complete approximately half an hour of homework per night. This should increase to approximately 1 hour in Years 9 & 10 and to 2-3 hours a night in Years 11 & 12. Your child's teacher will accommodate for this and will assign a regular but minimal amount of homework in the junior years and an amount required for HSC success in the senior years.

We know homework can be challenging for families to manage. We are currently looking options to support students to complete homework and we would like your feedback so we can assist in facilitating the successful completion of homework for our students.

Yass High School invites your feedback. If you would like to comment please complete the survey via the link here:

Survey questions:

1. Does/do your child/children regularly study or complete homework at home?
2. Does/do your child/children have a quiet study space at home?
3. Can your child/children complete homework on their own without your help or supervision?
4. Are there any impediments to your child/children regularly completing homework?
5. Do you have any further feedback regarding homework and your child/children?

Yours sincerely

Scott Grose

Head Teacher English

State Funeral Service - Friday, 19 February 2021

Mayor Lilliane Brady OAM 1930 – 2021

Yass HS will be flying our flags at half-mast on Friday, 19 February 2021 as a mark of mourning and respect for Mayor Lilliane Brady. A State Funeral Service for her will take place at 11.00am on this day for her family, friends and community members.

Mayor Brady was a strong advocate for her community and was first elected to the Cobar Shire Council in 1976, after moving from Sydney to Cobar in the late 1960s. She served as Mayor for almost 23 years, making her NSW's longest ever serving female mayor.

Mayor Brady was awarded a Centenary Medal in 2001 for services to local government and a Medal of the Order of Australia in 2012 for service to local government and to the community of Cobar. In 2018, Mayor Brady was recognised with a Local Government NSW Lifetime Achievement Award. In 2020 she was awarded the Minister for Local Government Award for her commitment to increasing participation of women in local government

Sexuality & Disability

CDS
Centre for
Disability
Studies

A free online workshop for parents, carers, teachers and professionals working with high-school students in Yass

Wednesday March 3 4:00-7:00pm & Wednesday March 17 from 4-7pm

The workshop will be presented online via Zoom

Places are limited



Proudly funded by



[Click here to register](#)

Information:

This workshop will provide a brief introduction and opportunity to explore relationships and sexuality for people with disabilities.

What you will learn:

The following topics will be covered:

- Social skills, relationships and sexuality from a human rights perspective
 - Values
 - Myths and assumptions
 - Providing sex education
 - Duty of care

Participants will take from the session an overview of the above, a knowledge of where to access resources & supports. There will also be the opportunity to reflect on where to from here for their service, practice and the people they support.

Intended Audience:

The course is targeted towards parents of young people with disabilities, service providers, clinicians, case coordinators and educators, however anyone with an interest in the area is welcome to attend.

https://www.surveymonkey.com/r/sexuality_disability_workshop_registration

School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

Ensuring respectful learning environments for all members of NSW Public Schools communities.

We treat each other with **respect**

We **prioritise** the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work **together** with the school



We create
collaborative
learning
environments

We
all play
our part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.
Respectful.
Communication.**

School Community Charter

education.nsw.gov.au

To apply online head to https://it-mqu.formstack.com/forms/ctu_2021



CRITICAL THINKING UNIT APPLICATION

WARRAWI BURAWA – “TO STAND ABOVE”

The Critical Thinking Unit Entry Pathway provides the opportunity for talented Aboriginal and Torres Strait Islander students commencing year 11 in 2021, to enrol into a first-year unit at Macquarie University. Students will complete the unit PHIL1037: Critical Thinking via distance education, with structured support from Walanga Muru and Macquarie University.

Dates: The PHIL1037: Critical Thinking course will run for the duration of Macquarie University's Session One, 2021, (February 2021 – June 2021)

Cost: Free for Aboriginal and Torres Strait Islander students

Support: As an Aboriginal or Torres Strait Islander student undertaking this unit you will be matched with your own tutor to assist with all content based questions. You will also be supported by Aboriginal staff at Walanga Muru and will have access to Studiosity which is an online tutoring system to assist with the final assessment.

Applications should be submitted to your school who will then submit them to the University.

In order for your application to be processed please note you will be required to attach the following:

- A copy your birth certificate or passport **AND**
- **Evidence of Aboriginality:** which can be a Confirmation of Aboriginality - Common Seal or a letter of support from an appropriate community representative e.g.; AECG member, AEO from your high school, Aboriginal organisation etc.

For any further information contact: taylah.pearce@mq.edu.au

APPLY NOW AT

https://it-mqu.formstack.com/forms/critical_thinking_application_2020

Applications close on 10 February 2021





THE HANGOUT

RELAXED BEATS. CHILLED EATS.

The Hangout is here.

We're creating a safe space for 12 to 17 year olds in the Yass Valley to hang out. Catch up with mates (and make new ones!) over a chilled BBQ dinner.

And the best bit ... it's 100% FREE!

THURSDAY 25 FEB
4.30PM-6.30PM

ZAC'S PLACE
PRITCHETT ST, YASS

RSVP VIA TEXT TO ROS 0406 379 561



Communities
& Justice



Coming Events

Date	Event
Thursday 18 February	UOW Discovery Day
Friday 19 February	Vaccination Day Years 7 and 10
Tuesday 23 February	School Photos – Full School Uniform
Wednesday 24 February	Zone Swimming Qbyn Aquatic Centre
Wednesday 24 – Thursday 25 February	Canberra Royal Show
Thursday 25 February	Year 6 Parent Tour 4-5pm
	Year 6 Information Session 5-6pm
Tuesday 2 March	School Assembly – Period 4
Wednesday 3 – Friday 5 March	Year 7 Camp
Friday 5 March	Open Boys Soccer
Thursday 11 March	Parent Teacher Night
Monday 22 March	School Assembly Period 3
Thursday 1 April	Last Day Term 1
Friday 2 April	Good Friday
Monday 19 April	Pupil Free Day
Tuesday 20 April	Students Return