



Enriching student learning through experience

**Congratulations to all the students who participated in
the six week SRC White Ribbon Self Defence Program.
Their efforts really packed a punch!**



Senior executive message

Term 3 has been a dynamic and busy term at Sydney Distance Education High School with many students attending study days, school lessons, excursions, trial examinations and web lessons, as well as participating in the many co-curricular programs offered at the school, including the Boys' and Girls' Mentoring Programs, Girls' Day In, student coffee shop and Self Defence Program.

I would like to wish all of our Year 12 students well with their HSC exams and the current Year 11 students well in starting their HSC courses in Term 4. The Careers team have run a number of sessions to support students with career and higher education transition and with subject selection to support career pathways. Any Stage 6 students who would like career advice can contact the Careers team at the school. It has also been wonderful to see our Year 9 and 10 students engaging so well with their online courses and web lessons.

I would like to congratulate Hugh McDonald, Maximilian Johnston, Alicia Coleman, Nelson McKenna, Anahera-Keita Chessum and Chantelle Nolan who will receive recognition from the Premier's Volunteer Recognition Program 2017 for their contribution to the community through their volunteering activities. Well done, we are very proud of your contribution and citizenship demonstrated through volunteering.

I attended the NSW Secondary Deputy Principals Conference with the other two Deputy Principals from our school and we were very proud to have two of our students, Lizzie Cyrill Curran and Ben Narooz McGrory, act as Masters of Ceremonies for one of the morning sessions of the conference. They were both very eloquent and represented our school proudly.

We have some wonderful events coming up next term including Diversity Day organised by the Student Representative Council, as well as a mentoring program where undergraduate students from the faculty of education and counselling from The University of Notre Dame will be mentoring and assisting students with their work at the Learning Hubs.

On behalf of the staff at our school, I wish all of our students, supervisors, parents and carers a happy and safe term break.

Lisa Keating
Deputy Principal

What's on

Monday 18 September
• Years 7-10 Visual Arts Excursion to Art Gallery of NSW

Tuesday 19 September
• Stage 4 Visual Arts Study Day

Friday 22 September
• End of Term 3

Monday 9 October
• Term 4 commences

Tuesday 24 October
• Stage 4 Visual Arts Study Day

Monday 30 October
• SRC Meeting for Term 4
• Years 7-11 Three day Mentoring and Leadership Camp

Thursday 16 November
• Year 12 Presentation Day

Tuesday 28 November
• Year 12 Mathematics Study Day

Thursday 30 November
• Year 12 Mathematics Extension 2 Study Day

Secondary Deputy Principals Conference

Senior Student Leaders

On Friday 1 September three senior school leaders, Lizzy Cyrill Curran, Benjamin Narooz McGrory and Rachel Prestwidge, attended the NSW Secondary Deputy Principals Association 2017 Annual



Conference at the Hyatt Regency Hotel, Sydney. Our three Deputy Principals, Lisa Keating, David Tracy and Daniel Rattigan, also attended the conference as delegates.

Lizzy and Benjamin as the Masters of Ceremonies addressed more than 500 Deputy Principals from across NSW. It was a great experience for the students and they did a fantastic job.

The students introduced a panel of highly regarded speakers and Rachel was fortunate enough to ask a very important question about young people and learning in the 21st Century.





Presentation Days 2017

Year 12

Thursday 16 November, 11.00 am

Years 7, 8 & 11

Thursday 7 December, 11.00 am

Years 9 & 10

Friday 8 December, 11.00 am

All three Presentation Days will be held in the COLA at Sydney Distance Education High School

Attention all Senior Students!

Sydney Distance Education High School senior jerseys are now available. They were designed by one of our own Year 12 students, and are available to any current Year 11 and Year 12 students for \$79. Show your SDEHS senior pride and purchase a senior jersey today!

Just contact Shona Blinco on 9383 0274 or shona.blinco1@det.nsw.edu.au.



Winners of the School Magazine Art Competition

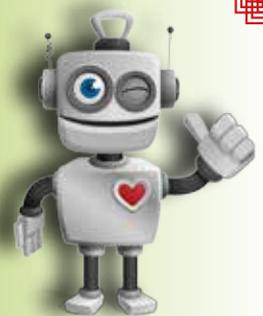


We would like to thank all students who entered the competition. Congratulations to the winners!

1. Liam Goodyer Year 9
2. Nick McAnulty Year 10
3. Sarah Price Year 9

Prizes will be handed out at the Presentation Days.

Winners of the School Magazine Writing Competition



We would like to thank all students who entered the competition. Congratulations to the winners!

1. Raphaella Revis Year 10
2. Jennifer Cockley Year 10
3. Hugh McDonald Year 8

Prizes will be handed out at the Presentation Days.

Youth Councillor's view from the top

The July meeting of the Blue Mountains City Council had a temporary change to its leadership with the appointment of Youth Councillor Benjamin McGrory to serve as Assistant Mayor and co-chair of the meeting.

Mayor, Cr Mark Greenhill, assisted the 18-year-old Blue Mountains Youth Councillor in his role at the top of the meeting table for a period of a few hours.

Benjamin is a returning Youth Councillor, now in the role for his third year. A Katoomba resident and Sydney Distance Education High School student, Benjamin joined the Youth Council to become a voice for younger people in society and help advocate for "a learning space in the Blue Mountains for distance education students to socialise, as well as work with teachers to close learning gaps presented via correspondence learning".

Benjamin also works to help incorporate the needs and opinions of students coping with mental illness. In his previous term in the Blue Mountains Youth Council, Benjamin assisted in planning the Project NOW! Youth Congress and has received training in community consultation.

During the Council meeting, Benjamin assisted the Mayor in announcing the Mayoral Minutes which took place at the start of the meeting.

The opportunity to act in the role of Assistant Mayor and co-chair of the meeting is available to Youth Councillors once a year. Benjamin was selected for the role by random ballot at the previous Youth Council meeting.



Blue Mountains Mayor, Cr Mark Greenhill, with Blue Mountains Youth Councillor, Benjamin McGrory, who was Assistant Mayor and co-chair at Council's May 2017 meeting

Science News

Science teacher Renato Ramsay visit to Rivendell High School

Year 9 and 10 students enjoyed meeting their SDEHS Science teacher Renato Ramsay when he visited Rivendell High School in August.

As most of the content is online, our students enjoyed the opportunity to meet with their teacher and engage in practical activities. Renato brought his Science equipment with him so that the students could get involved with some hands on experiments. They learnt about the oxidation of magnesium – magnesium burning in oxygen (pictured at right). Renato also shared some agricultural expertise when visiting the Lawson garden.



Attention Parents/Carers

Have your family or child's circumstances changed recently? Often things change in our lives and we think nothing of it. Below is a summary of changes that we at Sydney Distance Education High School need to know about:

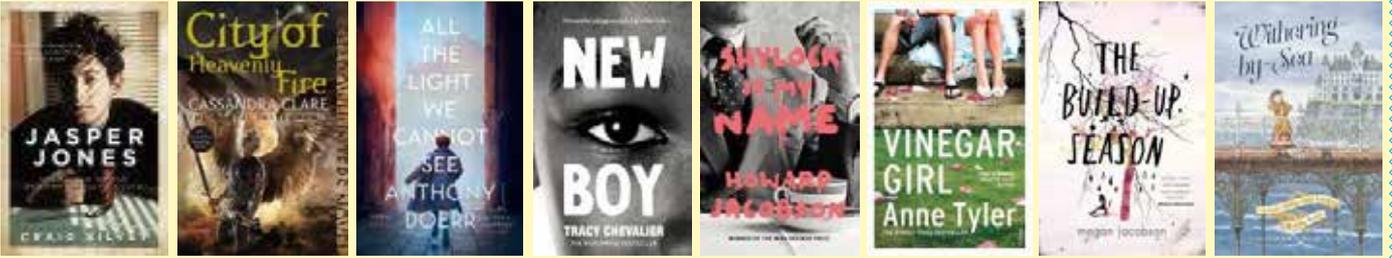
- Medication
- Anaphylaxis and allergies
- Contact information
- Emergency contact information
- Permission to publish

To update your details please call 9383 0200 or even better write an email to sydneyh-d.school@det.nsw.edu.au

A promotional poster for a performance titled "OWN THE MOMENT". The poster features a large, stylized graphic of a person in a blue and white outfit, possibly a diver or a performer, against a dark background. The text "OWN THE MOMENT" is written in large, bold, white letters. Below the title, the dates and times for the performance are listed: "FRIDAY 24 NOVEMBER 11.00AM MATINEE 7.30PM PERFORMANCE" and "SATURDAY 25 NOVEMBER 1.00PM MATINEE 7.00PM PERFORMANCE". The location is "QUODS BANK ARENA SYDNEY OLYMPIC PARK". Logos for NSW Government, Education Public Schools, and Schools Spectacular 2017 are visible at the bottom.

Library news

New books in the library



These novels are currently available for loan. Contact the library on 9383 0270, or use the reservation tool in Oliver library to reserve a title online.



Use Search to locate the title of the book, select the title.

Select the reservations icon on the right hand side of the screen, your request will be forwarded to the library and the book placed on loan and sent out to you!



CBCA Book Week 2017

This year's theme – *Escape to Everywhere* – was explored through escaping into imaginative texts, the display included an activity for students where they took a ticket to discover a subject, author or genre on the bookshelves.

For HSC students

<https://www.artofsmart.com.au/what-are-the-best-libraries-to-study-at-in-the-lead-up-to-the-hsc-exams/>

This website offers reviews of libraries across Sydney. You might like to explore the study space and support available at your local library as well.



Excursion

Year 11 Biology Excursion

On Wednesday 2 August, Year 11 Biology visited the Australian Museum and the Royal Botanic Garden, Sydney to learn about megafauna, adaptations and fossils as part of the topic 'Evolution of Australian Biota'. The first part of the day involved a self-guided session on the evolution, survival and extinction of Australian fauna and an educator-led session where students investigated the differences between modern-day and ancient forms of the same species, such as the platypus.



Plant fossils



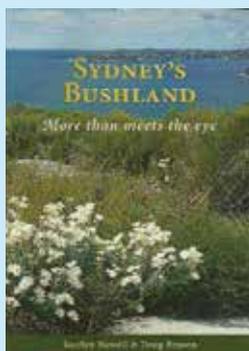
Shingleback lizard (Tiliqua rugosa)

The second part of the day involved interactive lessons on living plant fossils such as the Wollemi pine, reproductive adaptations of Australian flora and the forests of Gondwana. Students then participated in a zoo educator-led session on Australian animals, which included the echidna, the shingleback lizard and the ringtail possum. To make the day even more memorable, Dr Phil from the Royal Botanic Garden kindly donated some books to our school library on bushwalks around Sydney, the history of the gardens and Australian plants.



Wollemi pine (Wollemia nobilis)

By Sophie Chenoweth



The excursion was informative and allowed me to apply all of the information I had learned doing the book work. The museum, Botanic Garden tour and Taronga Zoo visit were insightful and contained relevant information to the unit we were studying. It also solidified everything I had been learning.

By Thomas Lanz



Fancy Dress and Film day

On Wednesday 13 September some of our female home students had the time of their lives dressing up and hanging out together. Many new connections were made and the girls had fun trying on different costumes and getting their picture taken in the photo booth. We broke the ice with some fun games and enjoyed watching a film in the theatrette.

We were very lucky to have a variety of costumes donated by a very generous SDEHS family. Thank you to the Minnis family for such a wonderful contribution to our Girls' Day In.

If you would like to find out more about the programs we run for girls at SDEHS, please contact Rebekah Cowie, Supervisor of Girls on 9383 0460 or rebekah.cowie1@det.nsw.edu.au.



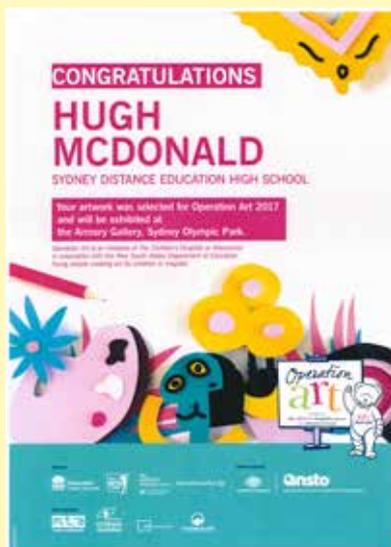
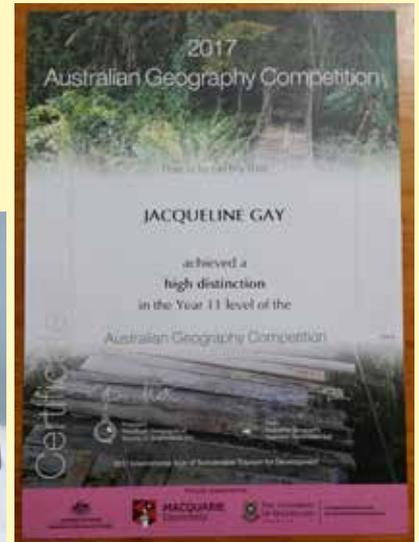


Congratulations to Alexandra Walton Year 10

Alexandra Walton Year 10 has been accepted to the Houston Ballet Academy and will be studying there for the next three years.

Congratulations to Jacqueline Gay Year 11

Congratulations to Year 11 student Jacqueline Gay from Camden High School, who is studying Geography through SDEHS. Jacqueline has achieved a High Distinction in the 2017 Australian Geography Competition run by the Royal Geographic Society of Queensland and the Australian Geography Teachers Association. Jacqueline is also a prominent AFL player with the Auburn-Penrith Giants and an accomplished hockey player.



Congratulations to Hugh McDonald Year 8

Hugh McDonald Year 8 had his artwork framed and exhibited at Operation Art, an initiative of The Children's Hospital at Westmead to produce some artworks by kids for sick kids to make them feel better. His work is called Fire and Water where he recreated the elements as a collage in colour and shape. The inspiration came from the famous artist Henri Matisse and his



Jazz series. Hugh would like to thank his art teacher James for having the collage workshop and entering



his artwork, which has been selected by ArtBank to travel regionally, interstate or maybe even overseas.



Health Myth Busters

Yoga: is it as good as everyone says it is?

One in ten Australians now do yoga weekly, so it must be great, right? Well, yes and no.

If you need to strengthen, promote your balance, stretch your muscles, and improve posture, it is great! If you want to lose lots of body fat in the short or medium term, improve your hand/eye coordination, polish up your power, and are looking for a quick fix for a chronic illness, then it's not so great. In this case, it's best to seek advice from a doctor, not a yogi, or combine other exercises, such as weight training and jogging, with yoga.

Stress relief? Well, yes and no again. This depends hugely on the intensity of the stress you are under, and your personality. You may need to talk about your problems to a counsellor, and make sure you are eating right and sleeping enough.

Before you sign up to a yoga studio for hundreds of dollars, try a class or two at your local gym, or even on YouTube. It is a fabulous way to stay healthy, but it is not a "cure for everything and everyone" as some media reports will have you believe.





Sport Trivia

Be the first SDEHS student to correctly answer the following FIVE questions and email your responses to: julie.barel@det.nsw.edu.au. The first correct entry received wins your very own Sydney Distance Education High School COFFEE MUG!

- Which Southern Star had the most ODI (one day innings) runs in 2016?
(A) Meg Lanning
(B) Ellyse Perry
(C) Alex Blackwell
(D) Alyssa Healy
- After the AFL grand final, what did Western Bulldogs folk hero Tom Liberatore claim to have done?
(A) Utterly dominated former Australian Test bowler Colin Miller
(B) Circumnavigated the globe in a hot-air balloon
(C) Swum the English Channel
(D) Finished a particularly vigorous game of Hungry Hungry Hippos
- Which teams will feature in the inaugural women's AFL season?
(A) Adelaide, Brisbane, Collingwood, Gold Coast, GWS, Melbourne, North Melbourne, West Coast
(B) Adelaide, Brisbane, Carlton, Collingwood, Fremantle, GWS, Melbourne, Western Bulldogs
(C) Collingwood, Essendon, Fremantle, Port Adelaide, Richmond, St Kilda, Sydney, Western Bulldogs
(D) Adelaide, Brisbane, Carlton, Geelong, GWS, Hawthorn, Melbourne, West Coast
- In golf, over how many holes is The Open Championship contested?
(A) 9
(B) 18
(C) 36
(D) 72
- In cricket, how many matches generally make up an Ashes Test series?
(A) 3
(B) 5
(C) 7
(D) 9

Answers to the questions from the last newsletter were:
1. B 2. C 3. D 4. A 5. D

Congratulations to Samantha Pamplin Year 12 who was the first to answer all five Sport Trivia questions correctly from the last Newsletter – well done Samantha!

School Policies and Procedures

Students, parents, carers, supervisors, staff and members of the wider school community are invited to suggest improvements to school policies and procedures.

Suggestions may be emailed to the school at sydneyh-d.school@det.nsw.edu.au and will then be forwarded to the senior executive.



SDEHS Learning Hubs

Learning Hub	Location	Opening Time
Central Coast	Peninsula Community Centre, 93 McMasters Road, Woy Woy	9 am – 3 pm Tuesday
Lower Blue Mountains	1 Ross Street, Glenbrook	9 am – 3 pm Thursday
SDEHS Inner City	Library Seminar Rooms, SDEHS, Forbes Street, Woolloomooloo	10 am – 2 pm Friday
South Western Sydney	Ingleburn Community Hall, Corner of Oxford Road and Cumberland Road, Ingleburn	9 am – 3 pm Tuesday

Book online via the SDEHS home page. For further information contact Hub Coordinator **Duncan Gerdes** phone 9383 0235 email: duncan.gerdes@det.nsw.edu.au



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www.schoolatoz.com.au



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