

HBHS

BUSH BULLETIN



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Swimming Carnival February 2020

UPCOMING EVENTS 2020

Thursday 9 April, 2020	Last day of Term 2
Friday 19 June, 2020	Year 10 Meningococcal Vaccination

Principal

Mr Kevin Elgood



Welcome all parents and students to the 2020 academic year. A special welcome our new parents who have boys commencing at Homebush Boys High School for the first time this year. We look forward to a long and mutually productive relationship over the next six years.

It has been a very busy start to the year and with significant impact on the world community through the spread of COVID-19 it promises to be a continually changing and challenging environment. This is our first Newsletter for 2020 and you will find articles covering some of the amazing activities that we have experienced so far. We have also included articles on some of the events from Term 4 2019. I hope you enjoy this edition.

COVID-19

This week we went from normal in class delivery to online delivery mode. While the school remains open, attendance at school has dropped to 4%. Teachers have had to adapt quickly to delivering content online which has been very challenging. To suddenly change your method of delivery, learn how to work in the new environment, upskill and develop appropriate content is not instantly achievable. I thank you for your support and understanding in this extremely challenging time, teachers are working hard to produce content suitable for online delivery and prepare for the possible next level of restrictions involving delivery of work from home. As I stated in the emails earlier this week, these are unprecedented circumstances, which continue to evolve. The health and safety of our students and staff is of the utmost importance to us. If you have any concerns or questions please contact the school on 9764-3611.

There is information about learning from home on the NSW Department of Education website via the link below. I recommend taking time to read through the information in this site to help your son adapt to this mode of learning which may be with us from some time.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers>

NESA has informed us that they continue to plan to hold the HSC this year and that advice will be provided to principals this week, I will update you and your son's as soon as any advice is provided. This is a very challenging time for all students but especially Year 12 students.

It is important that responsibilities for working at home are clear and understood by both parents and students. Please take time to regularly check on your son's progress and discuss:

- his daily routine for learning
- whether he is able to work effectively and successfully in the space at home
- regular monitoring digital platforms and communication (Google classroom, Moodle, Edmodo, email, etc.) to check for announcements and feedback from teachers
- completing tasks with integrity and academic honesty, doing his best work
- doing his best to meet timelines, commitments, and due dates
- communicating proactively with his teachers if he cannot meet deadlines or require additional support
- complying with the departments' Student use of digital devices and online services policy'
- seeking out and communicating with school staff as different needs arise

Staff Changes 2020

There have been a number of staff changes this year.

Leaving us at the end of 2019:

- We congratulated three members of staff who were successful with merit selection appointments:
 - Mrs Matina Shadwick, who had been relieving as Deputy Principal for the past 4 years was appointed as Deputy Principal at Cumberland High School.
 - Mr Satendra Prasad, Head Teacher TAS was appointed as Head Teacher TAS at Blacktown Boys High School.
 - Mr Daniel Carrozza, who had been relieving as Head Teacher Administration in 2019, was appointed as Head Teacher PD/Heath/PE at Cecil Hills High School
- Two members of staff received transfers to move closer to home:
 - Mr Stephan Madyski, PD/Heath/PE
 - Mr Sachida Mudaliar, Social Sciences

I wish all of these teachers continued success in the future and thank them for the amazing contribution they have provided for the students at Homebush Boys High School.

Joining Homebush Boys High School in 2020:

We have had two new staff permanent appointments who we warmly welcome to Homebush Boys High School for 2020:

- Ms Catherine Player, Deputy Principal. Replacing Ms Caitlin Dwyer who relinquished her position in 2019 after working for a number of years in a seconded position in the Department of Education. Mrs Shadwick had been relieving in this role for the past few years.
- Mrs Lisa Brien, has been permanently appointed to the English Faculty at HBHS.

We also welcomed teachers who are filling vacancies:

- Mr Enver Kerem in the PD/Heath/PE faculty and undertaking the role of Sports Coordinator;
- Mr Steve Casey in the English faculty;
- Mr Joshua Boyd in the TAS Faculty;
- Mr Amar Deep in the Social Sciences faculty;
- Ms Qingye Zhou in the Languages Faculty;

We welcomed Mr Albertson back after taking last year to travel.

I hope you and your family remain safe and well over the coming months. We will continue to communicate through the school email, the school website and school Facebook account. Please check for regular updates. If you have not been receiving emails from the school please contact the school so that we can check our contact information. I have been emailing information to parents and students to help ensure that our communication gets through to you.

From the Deputy's Desk

Ms Catherine Player — Deputy Principal, Years 7 & 10

Term 1 has been a very busy term and I thank everyone for their warm wishes on welcoming me to the school. The staff and students have been very supportive as I settle into the routine of Homebush Boys High School and I am finding out about new and exciting opportunities for our students every day. I would also like to thank the P & C for their warm letter of welcome I received. I really feel part of the school and I am happy to have joined the Homebush Boys High School Community. By way of introducing myself, I have 27 years teaching experience in Department of Education schools. I have been committed to boy's education throughout my career. My teaching background is HSIE, specifically Geography, Economics and Legal Studies. My previous school was Canterbury Boys High school where I was Head Teacher HSIE for 12 years, relieving Deputy Principal for 6 years and Relieving Principal for 6 months. I believe very strongly that every child should be known, valued and cared for and improve every year. I have high expectations for myself and my colleagues to ensure every student excels and I am committed to working with the staff of Homebush Boys High School to nurture the talents of your sons and provide a world of opportunities for them to succeed in their chosen pathways. I look forward to developing partnership – school, parent/community/student to ensure we develop confident and respectful 21st century learners ready to take their place as successful members of the community.

Year 7 Camp



Year 7 Camp was held in Week 4 and was a resounding success. By all accounts the students had a great time and were well fed. The camp was held at Nepean Adventure Centre over three days and year 7 students and a group of senior student peer support leaders had great fun getting to know one another and developing friendships. The boys got to experience zorb ball (a crowd favourite), the high ropes course and many other team building activities. I would like to



thank Thomas Lee and Misbah Khan (year advisors) for all their hard work in putting the camp together and all the staff who went with Year 7 to make the experience a worthwhile one. I am happy to report that they all came back happy if not exhausted from too much fun.

Year 7 Meet the Teacher

It was wonderful to meet so many parents at the Year 7 Meet the Teacher event held in Week 7. It was a great opportunity to give you information about what has been happening in term 1 including Camp, study skills sessions and Peer Support to ensure that all the students have a strong start to their high school life. It was also a great opportunity for to meet your sons' teachers and find out what they have been up to all term. Thank you for attending and I look forward to continuing to work with Year 7 as their Deputy Principal over the coming years.



From the Deputy's Desk

Mr Syarief Achmad - Deputy Principal, Years 8 and 11



It is in unprecedented times that we send out this edition of the Bush Bulletin. I would like to start by congratulating staff, students and parents/carers for their passion and commitment to the education and wellbeing of our students. This year I will be supporting the wellbeing and academic needs of Year 8 and 11 students. Concerns relating to student wellbeing can be referred in the first instance to the Year Adviser and any academic queries should be referred to the classroom teacher or faculty Head Teacher through the front office. Below are some of the highlights for 2020 so far.

Edrolo – Video Platform for Stage 6

Following trials with Atomi and Edrolo in 2019, feedback was sought from all staff and students involved. I am excited to say that we will be continuing with Edrolo for Year 12 in 2020 and accounts have now been reactivated. Edrolo combines interactive video theory, formative assessment, examination practice, and analytics. Edrolo have kindly offered a free trial for Year 11 courses available this year. Staff and students have been given access and Edrolo presented to the Year 11 cohort during their fortnightly assembly in Week 5. As part of our partnership with Edrolo, Staff will also be provided with Professional Learning and guided workshops. The subjects currently offered for Stage 6 are:

Year 11 Edrolo Subjects	Year 12 Edrolo Subjects	
Biology	English Advanced	Geography
Chemistry	English Standard	Business Studies
Physics	English Studies	Legal Studies
Investigating Science	Biology	Studies of Religion 1 & 2
Mathematics Standard	Chemistry	Ancient History
Mathematics Advance	Physics	Modern History
Mathematics Extension 1	Investigating Science	PDHPE
Business Studies	Mathematics Standard	CAFS
Legal Studies	Mathematics Advance	
Studies of Religion 1 & 2	Mathematics Extension 1	
PDHPE	Economics	



Strathfield Network Leadership Day

During Week 5 eight SRC students supported a Strathfield Network Leadership Day at Marie Bashir Public School. It was great to get some fantastic feedback:

Dear HBHS,

I just wanted to say thank you so much for sending us such fantastic students today to be Peer Support Leaders for Leadership Day. They were a credit to your school and displayed outstanding leadership qualities. They were well mannered and excellent role models for our young students. Many thanks for being part of our community event.

Erin Le

Assistant Principal

Marie Bashir Public School



School ICT Preparedness Survey

To help gather information relating to preparedness for working remotely, a short survey was setup on Moodle. It is vital that all students complete the survey so that we can provide support where necessary. Please encourage your child to complete the survey, they have been emailed the link directly.

Staff Professional Learning

This Term HBHS Staff have been engaged in a range of professional learning. During our Twilight Staff Development Session staff were trained in Anaphylaxis and CPR provided by certified trainers from Wollongong First Aid. Staff have also engaged in Edrolo, Google Classroom and Adobe Connect professional learning throughout the term.



On a final note, I would like to wish everyone a safe ending to Term 1. Please look after one another and communicate any questions or concerns you may have directly to the School.

From the Deputy's Desk

Mrs Anna Paleothodoros - Deputy Principal, Years 9 and 12

Welcome back to school

Day One 2020 began with Year Meetings which set the scene of high expectations with the implementation of the school's new Technology Policy – Mobile Phone Use and the updated Uniform Policy. This year the school is focusing on several Department of Education's goals which includes "Every student is engaged and challenged to continue to learn" and with less distractions at school we feel that students will engage more positively in their learning and can achieve their personal best.



Year 12 Study Groups Mondays and Fridays 3:15 – 5:00 pm in Room 21

This year we introduced Year 12 Study groups to enable students to establish and maintain good study habits. Together with Study Skills presentations in year meetings and individual tutoring from dedicated teachers, the school strives to achieve academic excellence for all students. This is a voluntary program where Year 12 students are able to work together in a caring, supportive and collaborative environment. We aim to achieve success at school and for the HSC 2020.



Swimming Carnival

HBHS Swimming Carnival was held on Friday 7 February at the Aquatic Centre on an overcast and rainy day but this did not dampen our spirits. Both staff and students and especially Year 12, enjoyed the fun filled atmosphere of the day. It was meticulously organised by Mr Kerem and Mr Wilson, together with the whole PDHPE staff. The dedicated swimmers made us proud and Year 12 revelled in their glory as this was their last Swimming Carnival. It was a fantastic event that was enjoyed by all.



Open Night – Year 7 2021



On Tuesday 25 February, Homebush Boys High School hosted our annual Open Night for our incoming Year 7 in 2021. The program involved an introductory meeting with parents, which outlined all of our school's processes and procedures, initiatives and achievements. Mr Kiso the Year 7 Adviser 2021 also outlined his role and welcomed both incoming students and parents to our school. The rest of the night involved school tours conducted by our Prefects, which displayed the wonderful work produced by our students and staff. The

school also provided a sausage sizzle for our incoming students and their parents. We would like to thank Peter Smith from Strathfield Rotary who provided us with a BBQ that we used on the night and we would like to thank Mr and Mrs Helou who kindly donated sausages. A big thank you to all the staff who made this night so wonderful and a special mention to Mr Albertson for liaising with Rotary and the Helou family.



What a great start of the year!

Mrs Anna Paleothodoros
Deputy Principal



Highlights from 2019

Ms Matina Shadwick Rel. DP, T&L Years 9 & 12

Farewell HBHS

I have not been looking forward to writing this last part of my report. Many of you may be aware by now that I have accepted a substantive Deputy Principal role at Cumberland High School. I am honoured to have been offered the position through the merit selection process and will commence in the role as of Day 1, 2020.



Please see below my last address to the students at Homebush Boys High School.

Farewell speech to students-Tuesday 17 December 2019

Dear Students,

Good morning and welcome to our last school assembly for 2019 and my last assembly. As you have just heard I have accepted a substantive Deputy Principal position at Cumberland High School commencing Day 1 2020.

Tomorrow will be my last day at Homebush Boys after 26 years at this wonderful school.

It is difficult for me to condense 26 years of teaching experiences, student and staff relationships, as well as parent and community relationships in a 5 minute speech but I cannot leave without addressing you, our students.

Gentlemen-you are the reason we are here and the reason why I wake up every day eager to come to work and support our amazing teaching, non-teaching and office administration staff to provide the best possible educational opportunities for you.

It is with mixed feelings and a heavy heart that I leave our school after such a long period of time. I have served our school for more than half my lifetime, and HBHS is more than a workplace, more than a place where I have grown and developed as a person, friend, sister, teacher, Head Teacher and for the past 4 years as your Relieving Deputy Principal.

Personally, these are nothing more than roles or titles. I came to HBHS as a young 24 year old and worked under 5 Principals, 4 Deputy Principals, 4 Head Teachers of Mathematics. I vividly remember Day 1 when the Principal at the time Brian Greene met me and introduced me to people like Mr Carrozza and Mr Halkidis in Mathematics, Ms Meucci in ESL and Dr Balan in Science and I walked away confident that this place felt like home. 26 years later and this place still feels like home to me!

26 years of memories, friendships, hardships, family tragedies, lots and lots of laughs and one thing in common-this place called HBHS.

I will walk away with an abundance of memories and will attempt to put together the last pieces of the HBHS puzzle. But as with all 5000 piece puzzles, there are many that do not fit as easy. They need thought and careful planning. They need re-positioning and then you come back to the table and see the bigger picture.

For me the bigger picture is this place called HBHS-the people within the buildings, the people in the playground, the people in the neighbouring community. This place where we all fit, regardless of colour, race, abilities and talents.

I hope I leave a legacy of inclusivity and the importance of feeling valued in our school and our community.

As I said to the Year 12 students at the Formal in November, You all have your own memories of HBHS, your friends and your experiences. Treasure these memories and bottle them in your mind.

Open the lid to the bottle and let the memories flow out in moments of reflection or when you feel lonely or in need of comfort. Believe in yourself and shoot for the moon. If you miss this target, my wish is that you land among the stars. My wish for you is that you have a healthy and happy life ahead. Take risks- if you win, you will be happy, if you lose, you will be wise.

The tragedy in life does not lie in not reaching your goals. The tragedy lies in having no goals to reach. Always remember.....the words of Dr Seuss

"You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose".

I hope our paths will cross again one day. When we next meet, I may not remember your Maths score, your sporting achievement, the number of negative Sentral entries in your file or even your name...but I will always remember the way you made me feel.

Thank you for being part of my life.

Thank you for the memories.

Thank you for entrusting in me a belief that I can make a difference to you, our students at HBHS.

I will be in my office today and tomorrow and would love to see as many of you.

If the door is open, please pop in and say hello.

Finally, have a wonderful break. Look after yourself , enjoy time away from school with your families, loved ones and friends.

I will never forget our School and you will always have a special place in my heart. Like you, I will always be a bushy boy. As your Deputy Principal, I am now signing out for the very last time.

To the parents and members of the school community.

Dear parents, staff, colleagues and members in our local community,

I am humbled to have had the pleasure of knowing and working with you and recognise the contributions you have made to my life as a teacher, Head Teacher and Relieving Deputy Principal. I leave HBHS with the memories of a connected community where people care and strive for individual student excellence. Thank you for the opportunity to lead your community and be part of the rich academic, sporting and extracurricular fabric that makes OUR school a wonderful place to work, study, develop and grow.

I have been touched by the many congratulatory comments over the past week and the many students who have made a point of popping into my office to say hello. I have enjoyed the chance to say goodbye and the warm hugs and genuine messages of well wishes for my new school.

HBHS has given me many teaching and leadership opportunities. These did not come easy. My fighting spirit was tested and my determination to be a better person and provide for my students, staff, parent and the community prevailed and guided me to follow my passion.

It has been a pleasure to work alongside you all.

Ms Georgia Anton Career Adviser



Western Sydney U Day

On the 19th of November, students from Homebush Boys High School attended the Western Sydney U Day at Parramatta South Campus.

The day started with an introduction of some of the courses offered at Western Sydney University. Followed by, Q and A from many Alumni and current students enjoying their time at the university. The interaction between students asking questions was very insightful for future references.

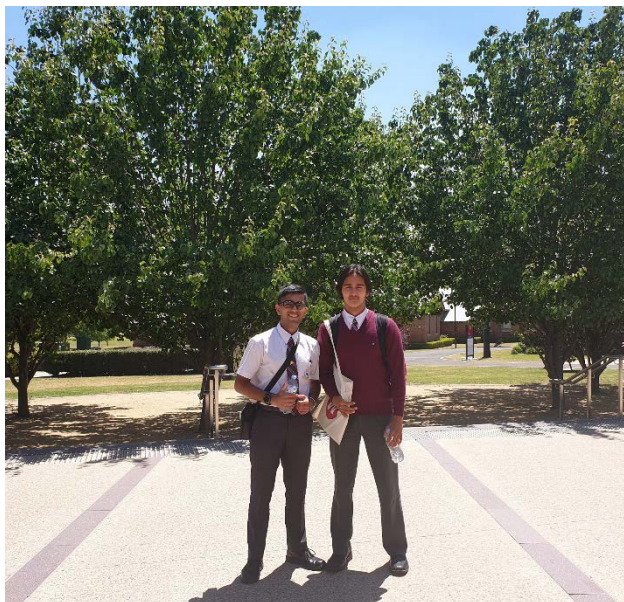
Workshops to gain understanding into different courses offered was followed by the Q and A. Lakshaya and I made our way to the labs, where we explored the interesting and revolutionary field of Data Science. We were given the opportunity to learn that the application of Data Science is very vast, therefore can be seen in many areas ranging from professional sporting communities to analysing data from astronomers.

Next, we visited the field of business, where we learnt many new things, such as where business concepts could be applied. We dived deeper into the topic of business by looking at the skills that could be used in an office environment. Stereotypes such as business being all about money were also broken. The engaging speech was supported by little gifts from the staff given to the students asking questions.

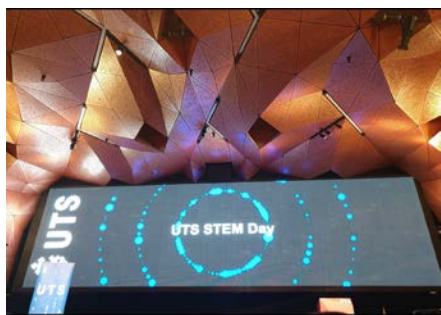
Altogether, today was a success where Lakshaya and I feel blessed with the knowledge we gained through the mentors at Western Sydney University. Let's also not forget the delicious sausages and the unforgettable burgers.

Overall a good day was had by all and we'd like to thank Mrs Anton for the opportunity.

Written by Ishu Rawat and Lakshaya Kaushik



UTS STEM Day



What a Day! Exciting, exhilarating and very engaging. The day took off with a conference in the creatively designed Hall at the University of Technology Sydney where our students caught the inspiring sparks of a ground-breaking speaker, Dr Joshua Chou, whose innovative research in STEM has fast-forwarded our present into the future. Next, our students split into groups with students from various schools around Sydney, where we experienced hints of the different fields in STEM.

Shifting gears

The peer leaders and teachers organised a wonderful and engaging activity of building and racing self-made cars with all the others. We were split into groups of six to design a car and use critical thinking attributes to solve problems such as air resistance, weight balance and the size of the cars considering many factors. Mechanical engineering is a main part of our lifestyle, cars, factories, machines all built by mechanical engineers. Almost all moving parts in a machine.

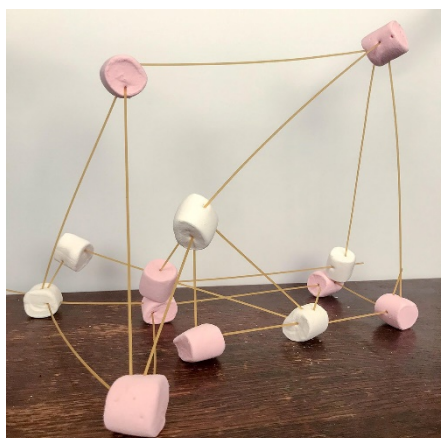


Engineering on body

I had an amazing time working in a team with students from different schools all around Sydney to produce a prosthetic arm that can be used in developing countries. The staff and teachers that were involved provided us with all types of material possible to construct a prosthetic arm, we were given tasks that the arm should be able to complete in order to gain points, and the later pitch the idea of the arm to the audience and the staff. My team consisted of a mix of Homebush boys students and varies different schools, and even though we were the runner-ups, each member of the team enjoyed and had a splendid time. We learnt about how some people aren't as fortunate as others, how they may have lost limbs or other body parts, and what STEM can do to help those in need.



STEM teach



In this workshop, we dived deep into getting to know how it's like to be a teacher in the field of STEM and the courses that UTS provides for teaching. In order to understand the area of teaching we built a tower using pasta and marshmallows that could withstand weight and recorded the results on a board. We used many different strategies that they taught us before the activity and made tower that could hold 300g of weight. We learnt about the strategies and the different ways that they could be taught to children. This workshop gave me an insight of the course of teaching that UTS provides.

Most Outstanding Year 11 Student



On Tuesday 10th December, Peter Smith and I had the pleasure of escorting Jason Qian who was nominated as being the most outstanding Year 11 student. The process involved sitting with their Year Adviser Christopher Burke, to select the top 15 students of the Year 11 cohort and then to provide them the opportunity to be interviewed and present their portfolio / resume to us. The candidature was very impressive and the competition was fierce. In any event Jason rightfully received the nomination. This award will allow Jason automatic entry into Western

Sydney University, he will be given a \$500 grant for 2020 and a conditional scholarship valued at \$20,000 as well as being part of the Western Sydney University Academy. Students with an ATAR of 90 and over are invited to be part The Academy to be mentored and given leadership opportunities from people in industry.

The award is a fantastic opportunity for Jason and he should be commended on being the recipient of this generous prize. I would like to congratulate Jason and his peers on their outstanding attributes and wish them well in the future endeavours.

Well done Jason! A big shout out to Western Sydney University for their support in ensuring that students excel in all aspects of their life.

Ms Sahay English Teacher



Diwali Celebration 2019

We celebrated Diwali, the Hindu Festival of Lights with a special assembly on Tuesday, 29th October. Gurik Sall of Year 7 and Suraj Masal of Year 8 gave a detailed speech on the origins of this popular festival and the meaning of dispersing evil from hearts. It was fantastic to see a lot of staff dressing up in Bollywood costumes. The assembly was followed by a staff lunch provided by members of staff who observe this Festival of Lights. There was a wide range of dishes, mostly prepared on the day by staff members themselves.



A huge thank you to everyone who contributed to making this day a success. Let's hope more traditions are celebrated next year!

Ms Phirum Duch
Rel. Head Teacher Social Science



Prefects' Initiatives in Action

Term 4 has been extremely busy, yet fruitful for the prefect body. After their camp, they went to the National Young Leadership Conference, gaining valuable inspiration and knowledge from various motivational speakers such as John Coutis, Erin Molan and Laklan Smart, the student leaders put their Prefect Project, "BROS" into action.

The acronym BROS: the letter B stands for belonging to Homebush Boys – the Bushy Boys Spirit, the R for resilience – the ability to bounce back, work hard and pick up yourself and move on. The letter O for outstanding education at Homebush Boys High School. The S represents the school's Safety, Learning and Respect matrix. The project aims to promote positive school culture, safety and learning at Homebush Boys High School. Respect of oneself, teachers and other students is also a strong focus of the project. There will be three prefect students who will present the BROS project to each year group during the Year Assembly. The topics for Year 7 include resilience and anti-bullying. Year 8 programs include the SLR matrix and positive school culture. Year 9 programs will cover aspects such as empowerment and engagement. Year 10 will learn about life lessons such as how to tie a tie. Year 11 students will benefit from study tips from the prefect students. Year 12 will create a collage Polaroid and Year Book in preparation for their graduation.

Below is an article written by Anshul Trevedi, Prefect Communication Liaison Personnel about the National Young Leaders Conference.

On the 4th of November 2019, the 2019-2020 Prefect Team was privileged to attend the National Young Leader's Day at the Sydney Convention and Exhibition Centre to a plethora of inspirational and motivational speakers, who shared their successes and defeats through life and the lessons they learned from them.

The first speaker, John Coutis was a living breathing example of resilience, self-discipline and determination. He spoke about the importance of parents and the paramount role they have in their children's lives, and how we as the younger generation take what they do for granted. John further iterated the value of experience in shaping our individual and collective human experiences, saying that "Life is about getting out of your comfort zone." John ended his speech by emphasising the importance of goal setting and the motivation they provide in times of hardship and the forward direction they put us on through our journey of life.

The second speaker was the former star of the Australian Diamonds netball team, she laid the foundation and importance of self-worth and image while also shining light on the doubts and 'negative voice' which occasionally pokes its head out in times of strife. She stated that 'the most powerful muscle in your body is your brain,' and the importance of training it to make it stronger is paramount. Bianca spoke further about the importance of surrounding yourself with positive and energetic people to drive and motivate you further, using her own experience on the Diamonds and the Block to do so. She finished speaking by saying, "Keep following what makes you feel good ... find your strengths... own who you are."

Erin Molan, 9 network's NRL sports presenter spoke next. She shared her life experiences and how they enabled her to grow as an individual allowing her to carry those lessons forward for the future. She further talked about the importance of hard work and that perseverance is greater than talent. Erin shared the harsh reality of life and the need to take criticism and feedback as a positive rather than a negative reflection of one's self; in order to enable a sense of self maturation. She said, "You have a choice to let people affect you," resonating with her message of standing up for yourself, "Don't be a victim."

The final speaker of the day was Lachlan Smart, a former record holder for youngest person to fly across the world solo. His story embodied the notion of perseverance in the face of hardship, and the need to pursue your ambitions. Reiterating Molan's message he said, "Setbacks are the foundations of success," enunciating how one's experience and stories can be used as tools to be further applied in the future. "It comes down to how bad you want something," the lesson of resilience and determination was omnipresent through all the speeches on the day, its impact and importance in everyday life is taken for granted and Lachlan was able to project that within his speech. Lachlan finished of the day with a call to action, "Everybody in front of me is a leader of the future but that doesn't mean you can't be leaders of today."

On behalf of Homebush Boys High School, it was an honour and privilege to be able to listen and learn from such influential and talented individuals, the prefect body of 2019-2020 will take on the lessons and experiences shared by the speakers in order to grow as individuals but holistically as well while also helping to spread these messages throughout the school.

Other initiatives that have been actively promoted by the prefect team in Term 4 was Movember. In the month of November, the Prefect Team was busily raising funds and educating the student body about men's health. The Prefects had implemented a fundraising scheme which seeks to raise money through the use of a donation box inside the canteen. This scheme operated for the course of Movember and allowed students and staff to donate to the charity to help raise funds and promote awareness about men's health and more specifically, prostate cancer.



On Monday 11th of November 2019, Homebush Boys High School Prefects attended the special Remembrance Day Ceremony held at the Auburn War Memorial Park. It is important that all young Australians participate in this commemorative event as Remembrance Day is a very significant date in Australia's history. By participating in this event, the students shared with the Returned Services Men and Women the traditions and spirit of Anzac. Engaging in the ceremony, the Prefects were invited to place an individual name tag on a field of 140 miniature crosses, one for each of the men of Auburn who have died in the Great War.

Below is an article written by Prefect Anshul Trevodi about the Remembrance Day Ceremony.

On the 11th of November, 1918 guns fell silent along the Western Front after four years of continuous warfare. The German's declared an Armistice in which they accepted the terms of the Allied notions entailment in the complete surrender of the German forces. The 11th November was then universally associated with the remembrance of those who had died in the war, in which over 70 million people had been mobilised, and between 9 and 13 million dead, with as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

One hundred and one (101) years later a small confluence of Homebush Boys Prefects congregated at Auburn to commemorate the sacrifices and loss of lives. These altruistic men and women enabled the development of Australia and the place we call home.

Members past and present of the armed forces spoke, sharing their experiences of serving Australia, and how we should not take the freedom that we have for granted. The ceremony concluded with a live recital of the Last Post,

symbolising the final resting place of the deceased soldiers. Each of the speakers resonated with the timeless values of comradery, and further emphasised the true Australian spirit and the values which make us Australian.

On Friday 15th November, the Prefect Body of 2019-2020 was officially inaugurated into their leadership positions, marking the beginning of a new era. On this auspicious day, prefect executives, family, friends and teachers gathered to congratulate and officially welcomed the future leaders. The nervous energy grew to a climax upon singing of the national anthem, marking the beginning of the pinning ceremony. As each of the men towered over their parents, they braved the impending chance of being stabbed by their parents. Upon signing the names into the BOOK OF LEADERS they pondered on the countless leaders which came before them and the effect they had left on the school. The names hidden behind the pages held the legacy of this fine institution, Homebush Boys High School bearing the responsibility of not only upholding but improving the name of the school on each of our set of 21 shoulders. To conclude the ceremony, our School Captain Zain Ousmand made a speech, rousing our spirits and emphasising the importance of brotherhood and believing in oneself.



students' leaders, the prefects held a formal assembly under the leadership of Ahmad Alameddine and Bassam Maaliki, where they worked tirelessly with our school counsellor, Ms Katherine Gudgeon and the Prefect Coordinator, Mrs Phirum Duch to raise awareness about mental health and provide strategies that can be used to assist students who suffer from either anxiety or depression to seek help. The main point of the Men's Mental Health Initiative is that "when you have the flu or you are generally feeling unwell, you don't question going to the doctors to seek medical advice. Let's not place a stigma on seeking help from a counsellor or someone who you trust for mental health issues."

Below is a speech written by Ms Katherine Gudgeon, one of the Homebush Boys High School counsellors to raise awareness and support for students and staff who may experience mental health issues.

School counsellors provide you with a confidential service where you can speak about anything that is troubling you. We also provide you with strategies to help you better manage your emotions or to deal with difficult feelings.

Mental health is just like physical health sometimes you feel okay and other times you don't feel as good, so what should you do?

Boys gain lots of support and connection by just hanging out and knowing what's going on with their mates. But, boys aren't always great at beginning the conversation if they're worried about a friend.

Showing your mates that you're there for them might mean starting the tough conversation. It could be the moment you prevent your friend from becoming really unwell and that's worth the momentary strangeness you might feel when starting a sometimes difficult conversation.

*There is a **check in App on the Beyond Blue website** which helps you with this conversation with a friend.*

There are **3 things** that you can do if you are concerned for a friend: You can **Ask, Listen** and **Support** them:

You can ASK

1. Is everything OK?
2. Would you like to talk with me about what's happened?
3. Have you thought about seeing your doctor or speaking to the school counsellor?

You can LISTEN by encouraging your friend to talk:

1. Just take your time, there is no rush. I know talking about this can be difficult.
2. How are you feeling about that? How's that affecting you? What's that like for you?

You can SUPPORT by saying

1. I'm here for you. I can see this is a really hard time for you.
2. What can I do to help? Just tell me how.

Adapted from: <https://www.youthbeyondblue.com/>

I'd like to commend those students who have visited the counsellor's office and had the courage to speak openly and honestly about issues troubling them and also to commend those boys who have brought friends to our office for support.

Boys are often told that talking about how they're feeling is somehow weak or unmanly. This kind of thinking can be really damaging. Just like the message that boys and men don't cry. We know that is untrue. I want to let you know that if I see you crying I do not see weakness, I see that you are brave. You speak about your toughest times, your deepest pain and trauma. Sometimes you say words that have never been said out loud. You are brave when you speak to us and I commend you for your courage.

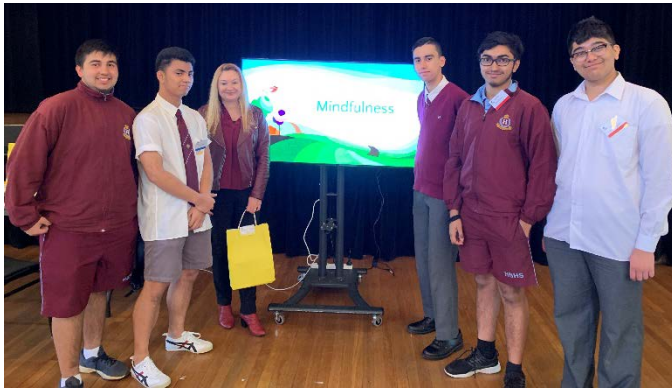
Other supports available:

Speak to an adult you trust: parents, family, friends, a teacher, a mentor, your Year Advisors, the Deputy Principals, the Principal, Head Teacher Wellbeing.

- **KidsHelpline-** <https://kidshelpline.com.au/>
Ph: 1800 55 1800
- **Headspace-** <https://headspace.org.au/>
Ph: [9193 8000](tel:91938000) (Ashfield) [1300 737 616](tel:1300737616) (Parramatta)
- **eheadspace-** <https://headspace.org.au/>
[Ph: 1800 650 890](tel:1800650890)
- **ReachOut-** www.reachout.com
- **Youth Beyond Blue -** <https://www.youthbeyondblue.com/>
Ph: 1300 22 4636 (24 hours)
- **Bite Back-** www.biteback.org.au



Ms Katherine Gudgeon School Counsellor



Mindfulness Matters

A group of Year 10 students were privileged to attend the Mindfulness Youth Program run by the Muslim Women's Association.

Mindfulness simply means paying attention to the present moment. Practising mindfulness can help with coping with everyday life, at school or at home, emotionally, physically and mentally. Through targeted workshops and hands on activities, using a combination of

facilitated discussion and moments of self-reflection, students considered the many aspects that make up their identity. It was also a great opportunity for students to consider how their identity develops and how they have control over their self-expression.

The following are some comments from students who attended the event:

"It was fascinating learning particular concepts. It was beneficial to self-development and mindfulness. It was great meeting new people who were also interested in Mindfulness and who were willing to better themselves as well. It gave me perspective on my experiences and taught me a lot about mental health as a whole." Daniel Aaron

"Through targeted workshops I learnt some great strategies to enable me to have control over my self-development." Udit Rav

"The Mindfulness program to me was beneficial and an important learning opportunity for my personal growth. It was great when I got to meet new people from other schools who are also interested in Mindfulness and self-development. This gave me perspective on mental health and Mindfulness. What I really liked about the program was the storytelling portion which allowed us to express how we tell stories and view ourselves as a person." Garish Kugathan

"The Mindfulness program was successful in teaching us about how to manage both our positive and negative thoughts. The program improves your personal growth from an emotional, mental and physical perspective. Mindfulness helps you to self-regulate and gain meaning behind your actions and also taught us how to foster our self-development." Angelo Mun

"The Mindfulness Program was a big success. On the day we enjoyed the group activities that included a slideshow, Mindfulness stories, games, pizza and a free Mindfulness goodie bag. It was also great to interact with other students." Nicholas Valenzuela

Katherine Gudgeon (Mind Gym)

Ms Kate Fitzsimmons Head Teacher PD/HEALTH/PE



On the 31st October Homebush Boys High Year 10 Physical Activity and Sports Studies classes had the opportunity to attend Australian College of Physical Education (ACPE) as well as the GWS Giants training facilities. This was an excellent opportunity for the students to explore Technology in Sport as well as open their eyes to the plethora of employment opportunities that exist within the sporting industry.

The boys were able to a cutting edge program that elite teams use to analyse games, tactics and techniques with the guidance of industry experts who are working currently with elite sporting teams.

On the 1st November Year 11 PDHPE students had the honour of attending ACPE and beginning to look at Core 2 Factors Affecting Performance as well as see the concepts that are taught in action. They explored each of the energy systems and then participated in testing for each energy system. The highlight being two boys having the opportunity to challenge themselves in a VO2max test. Both athletes Stephen Tang and Dylan Chau recording elite results. They also attended GWS training facilities where they could experience the employment opportunities in the sporting industry and hopefully inspire them towards a career.

VO2 Max
In this test you will observe how the analysis of gas exchange during exercise can be used to measure the efficiency of an athlete's Aerobic system.

Activity: Conduct VO₂max testing protocol and enter results in Table 1
NAME: Dylan Chau DOB: 27/05/03 HEIGHT: 176 BODY MASS: 61

Table 1
VO₂max Protocol

Time	Workload (watts)	Heart Rate (b/min)	VO ₂ (l/min)	VO ₂ max (l/min)	RER	HR	APL
REST							
Rest 0-1	-	-	4.45	7.30	0.85	106	-
Rest 1-2	-	-	4.72	7.33	0.87	104	-
Rest 2-3	-	-	4.80	7.28	0.87	101	-
Rest 3-4	-	-	4.85	5.92	0.73	98	-
Rest 4-5	-	-	4.15	6.17	0.74	96	-
EXERCISE							
EX 0-1	0	1	1	1.85	0.86	138	-
EX 1-2	0	1	1	2.15	0.87	142	-
EX 2-3	0	1	1	2.20	0.87	144	-
EX 3-4	0	1	1	2.30	0.87	146	-
EX 4-5	0	1	1	2.40	0.87	148	-
EX 5-6	0	1	1	2.50	0.87	150	-
EX 6-7	0	1	1	2.60	0.87	152	-
EX 7-8	0	1	1	2.70	0.87	154	-
EX 8-9	0	1	1	2.80	0.87	156	-
EX 9-10	0	1	1	2.90	0.87	158	-
EX 10-11	0	1	1	3.00	0.87	160	-
EX 11-12	0	1	1	3.10	0.87	162	-
EX 12-13	0	1	1	3.20	0.87	164	-
EX 13-14	0	1	1	3.30	0.87	166	-
EX 14-15	0	1	1	3.40	0.87	168	-
EX 15-16	0	1	1	3.50	0.87	170	-
EX 16-17	0	1	1	3.60	0.87	172	-
EX 17-18	0	1	1	3.70	0.87	174	-
EX 18-19	0	1	1	3.80	0.87	176	-
EX 19-20	0	1	1	3.90	0.87	178	-
RECOVERY							
Recovery 1-2	-	-	-	-	-	-	-
Recovery 2-3	-	-	-	-	-	-	-
Recovery 3-4	-	-	-	-	-	-	-
Recovery 4-5	-	-	-	-	-	-	-
Recovery 5-6	-	-	-	-	-	-	-
Recovery 6-7	-	-	-	-	-	-	-
Recovery 7-8	-	-	-	-	-	-	-
Recovery 8-9	-	-	-	-	-	-	-
Recovery 9-10	-	-	-	-	-	-	-



EVENTS IN 2020

Homebush Boys High Year 9 and 10 students were selected and competed at the inaugural Inner West Shield AFL Gala day. The boys had never played AFL before so expectations were to have fun and enjoy the day out. In the lead up the boys had training that was organised by Wests AFL club who were sponsoring the event. After seeing the boys train I was unsure at how they would perform on the day. My expectations were blown out of the water with the boys winning the Inaugural Shield. They competed hard and fair whilst having fun. They represented our school with pride and played with Bushy Boy heart. I was very proud of each of them. Player of the final was Abdul Sabbagh and player of the tournament was Ibrahim Elchiekh.



By Clark Apted and Jackson Cooney

Ms Rashmi Singh Year 9 Adviser



Year 9 – First Assembly of 2020

The students of Year 9 cohort had their first assembly of the year on Tuesday 25th February. The Principal, Mr Elgood, welcomed the students into the brand new year of 2020 and shared his vision of work ethic, application and his expectations for them.

The students have been touched by the unprecedented event of extreme bushfire season throughout the summer holidays and were happy to welcome Balmoral Village RFS Captain, Mr Brendon O'Connor and Ms Victoria Herrera as guest speakers.

Mr O'Connor has been with the Rural Fires Brigade for over 20 years and the last 10 years in the capacity of the Captain of the base. He and his team started to fight the 2019 fires right before the winter season on the far North Coast. The local fires started in October in Yerrandrie, moved to Oakdale, Thirlmere and then to the Balmoral village. Balmoral village was hit by fires 10 times between 19th December and 21st December. A total of 20 houses were lost and sadly 2 firefighter volunteers who were protecting other people's lives and properties, also lost their own lives.

Mr O'Connor in his speech told everyone that we have just one Earth and it's our job to look after it. We all are one inside despite our different looks on the outside. We should all join each other in protecting our environment. Every little effort counts.



Ms Herrera who was actively volunteering to save other people's lives and properties ended up losing her own home. She told about the horrific moments when the fire shed, where her daughter was taking shelter, became too hot as the flames were attacking the door ferociously and when her daughter felt that instead of protecting her, the shed may harm her. She expressed her gratitude to the many people who simply visited the village regularly after the fires and helped the village people in all possible ways to get back on the track.

Needless to say, the students were quite in awe of events and applauded the firefighters for their courage and selfless service to the humanity. At the end, the Deputy Principal, Ms Paleothodoros, suggested that some Year 9 students may visit the village some time during the year to show their solidarity to the village people.



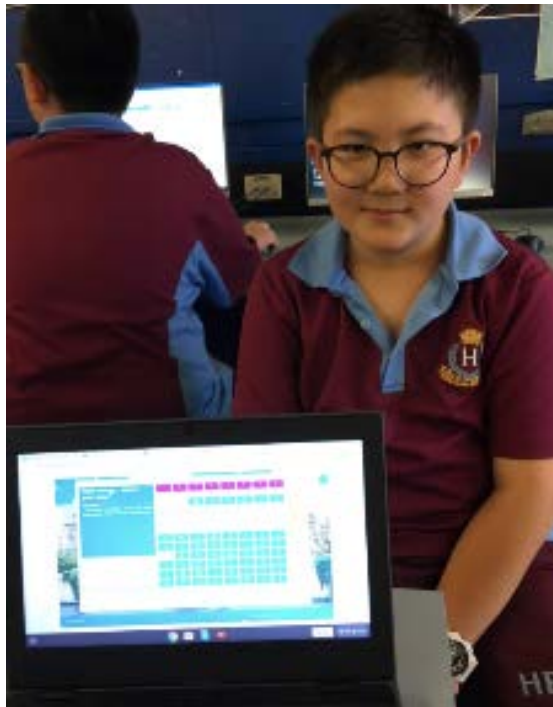
Ms Judith Edwards Literacy Support Teacher



Accelerated Reader

Mrs Degney, acting Librarian, and Ms Pearce, Library assistant, are very busy ordering, labelling, covering and shelving new novels! Many of these new books are associated with the Accelerated Reader program, which is in full swing. The year 7 students have taken online tests during their Literacy class, which have placed them on book levels that are comfortable for their reading ability. They then take a quiz on their completed book so their comprehension can be tracked. The HBHS library has a wide range of novels that appeal to every age group, so there's no lack of reading material. Students may also read books they have at home. They only have to check if that novel is part of the Accelerated Reader scheme.

The students are given an opportunity during their Literacy class to borrow and read their novels. It is expected that the students will read for 20 minutes each night at home. They must take their novel quiz under the supervision of their teacher during their Literacy lesson.



Year 7 students have been given their WordFlyers account details. HBHS has purchased WordFlyers for all year 7 students, which enhances their comprehension, punctuation, spelling and writing skills. This program can be accessed from home. Year 7 Literacy students are asked to work complete at least five activities a fortnight for homework.

Ms Emily Yong
English Teacher/Refugee Support Coordinator
Prime Minister's Spelling Bee Year 7 and 8



On Tuesday 17th of March, 14 students from Year 7 and 8 took part in the Prime Minister's Spelling Bee. This is the first time Homebush Boys students have participated in this competition. The competition required students to use their laptop and headphones as they listened to 30 words. They then had to accurately spell each word in 25 seconds. Anthony King from year 8 spelt 29 of the 30 words correctly in 1 minute and 29 seconds! State finals will occur on the 29th of April and we hope some Homebush Boys results will make them eligible to compete in this event. If you think you are an excellent speller maybe you should think about competing next year!

Ms



Emily Yong

Literacy/numeracy program:

Mr Martyn Bawden

Parents – Here are some of the important current issues in literacy and numeracy. Some of them impact directly on your son's credentialing, and all will affect his **schooling!**

Year 7 students:

The Accelerated Reader program is now well in progress, and a letter has been sent to all Year 7 parents about this program. As the Term continues, please make sure your son is completing his at-home reading of his Accelerated Reader book. At least 20 minutes per evening is needed.

Year 7 & 9 students:

Year 7 & 9 students are being prepared for the upcoming NAPLAN tests (12th – 22nd May) - remembering that Year 9 will also be attempting Minimum Standards Literacy & Numeracy tests early the following year. This year, again at this school, all NAPLAN tests will be on-line, so it is important that students are ready for this (a letter has been sent to all Year 7 and 9 parents). Year 9 students should be especially diligent in completing the final weekly Moodle literacy/numeracy homework.

Year 10 students:

As already advised, the NSW Educational Standards Authority (NESA) has stated that, from now on, students need to achieve minimum literacy and numeracy standards in order to gain an HSC. In Week 10 this Term, all Year 10 students will all need to sit for three on-line tests (in reading, writing and numeracy), in order to demonstrate these standards. A letter has been sent to Year 10 parents, to provide more details.

Year 11/12 students:

If uncertain about the status of your son with respect to Minimum Standards, please do not hesitate to contact Mr Bawden (Tuesdays and Thursdays), at the school. Contact details are listed below.

All students:

Homework Help commenced in Week 3 of this Term, on Mondays and Tuesdays, after school for one hour in the library. Assistance, especially in literacy, is available at these times. Make use of this valuable time!

If there are further enquiries, please ring Mr Bawden (Literacy/numeracy Support Person) at the school (Tuesdays and Thursdays), Ph. 9764 3611.



Ms Phirum Duch Rel. Head Teacher Social Science



Social Sciences Faculty Report

Term 1, 2020 has been very hectic in the Social Sciences Faculty. The 2019 HSC analysis for our subjects: Legal Studies, Geography, Economics, Business Studies, Studies of Religion and Business Services have revealed strong value adding to the education of our students. In Legal Studies, five students achieved a personal best score, with 57% of students achieving a band 5 or higher. Also one student achieving a band 6 (putting the course in the top 13.47% of the state). In comparison to 2018 there is a significant increase in the higher bands, especially band 5.

In addition, Year 11 and 12 students are taking part in the 26th annual Australian Geography Competition this term. The Competition gave teachers an opportunity to highlight Geography in Homebush Boys High school and challenge their students. Coronavirus and Australia's prolonged drought, hot summer and recent severe bushfires highlights that Geography is a vital subject that all young people should be studying. Understanding place and people, and the socio-economic and environmental interactions at local, regional, national and international scales is important to the economic and environmental future of Australia and globally.

To promote engagement in Geography, Year 12 students went to an excursion to Barangaroo and Millers Point for their fieldwork. Below is the highlight of the fieldwork written by Eric Nobile:

Year 12 Geography and Ms Duch met at Flemington Station at 8:00 am on Monday 2nd March, ready to begin our fieldwork excursion to Barangaroo to study Urban Dynamics. We arrived at Wynyard station at 9:20am, and walked down to the Barangaroo tunnel, and continued walking to the Harbour of the bay. We met with another school Nepean High School. Our two schools enjoyed the excursion

together, we walked around southern Barangaroo with an educational tour guide, where we saw the 3 International Tower Sydney buildings as well as two of the biggest timber constructed buildings in Sydney, and walked across iconic walkways. At 11:00 am we went to a food court, named the Canteen, where there were many facilities to buy food and drinks. We then continued the excursion with a walk around Barangaroo towards the northern end of Barangaroo, followed by the Narwee Cove near the cutaway, where there was a large car park found underneath a parkland. We went up an elevator to see central and northern Barangaroo, the view of Sydney harbour, the city and the surrounds are breathtaking. We then walked past residential houses in Millers Point that used to be used for workers, but is now owned by millionaires. Here's hoping I live here one day. We then went for a walk around to see the old infrastructure that was decayed and currently being renovated. We were told that these houses cost a crazy \$5 million dollars to buy, and there were around 206 houses within Millers Point and Barangaroo that were all sold, there is none for sale properties at the moment. The last property sold in the area was January 2019. We ended our fieldwork at Observatory Park, where we took our last photos and said our goodbyes and thank you for the informative tour. We departed from the tour and made our way back to Wynyard Station to go back to Homebush arriving at 2:30pm, tired but happy to be dismissed early. A big thank you to our teacher, Ms Duch for organising a fantastic fieldwork that has enhanced our knowledge and understanding of the concepts and skills in the topic "Urban Dynamics".

STUDENT LEADERSHIP – PREFECT INITIATIVES

Bushfires Appeal

On Friday 13th December 2019, the Homebush Boys Prefect body brought back an old school favourite, the 2 in a roll to support the NSW Fire services who battled against the raging fires which burned across the state late last year. The prefect body organised and sold combo deals and singular 2 in a rolls to the masses of students during lunchtime, raising over \$700 to go towards affected communities and firefighting services. The role and responsibility of emergency services are undervalued and underappreciated by most citizens of the community. The risks these individuals take and their altruism towards serving and protecting the community is unparalleled by most people. It is important to support the hard-working Australians who put their lives on the line and ensure that they are able to continue to protect citizens of the community.

Anshul Trevedi practicing excellent customer service...



Tom and Zain making two in a Roll

International Women's Day and Anti-violence Against Women Assembly

On Tuesday 10th March 2020, to celebrate International Women's Day, Homebush Boys High School Prefect body and the Student Representative Council raised and educated the school community to eliminate domestic violence against women in our community. Throughout the assembly, guest speakers including Mrs Diana Humphries, President of Zonta and Detective Chief Inspector, Paul Albury, spoke about alarming issues relating to domestic violence and the main strategies of how the school community can unite and prevent this type of violence. Mr Ahmad, Deputy Principal, led the boys to pledge allegiance to stop acts of violence which affect women. The Prefects from Strathfield Girls provided insight on their struggles and experiences of violence perpetrated against women in society. Towards the end of the assembly, the Prefect Body presented a white orchid to Strathfield Girls Prefects as a symbol of Homebush Boys' allegiance to eliminate violence against women. Below, is a speech presented by one of the prefects, Rishabh Somani to eliminate violence against women.

Since the start of history, humans have made incredible progress, we have been to moon and studied the stars, but something that we have not progressed in, which has darkened our history ever since, is "Domestic Violence." Violence is violence, the domestic part doesn't matter. Violence committed anywhere, on anyone is not acceptable, and never will be. Violence has no other shade to it, except for the shade of a purely devilish nature. A statistic suggests that "1 in 4 Women have at some stage, been emotionally abused". This means we are in a state of silent war, a war against ourselves, which is injuring the members of our community every week, every day, every hour. And, we are not being attacked by some, external genesis, its men from our own community who are dipped, in ignorance believing they have right to attack a woman. Many of you, might question, within yourselves – "What can I do about it?" But there is always something that you can do. Firstly, is to not be a bystander to such an act, which I do understand, is much easier said than done. And, you might be alone or scared, but remember, for these things to change it has to start with "1" with someone, someone like you and me. Also remember, somewhere – someone has to help the sufferer, or else the cycle will continue. Secondly, pledge to yourself and the women you love that you never be part of, or in any way support, an act of violence. Believe me when I say this, big revolutions have small starts, and this revolution to end violence against women, has to start here, it has to start now. With our only intention being, to end this, to end it forever, because humans don't want to stay in a world where one needs to hide to love while violence can be committed in broad daylight.



Images of Prefects hosting Afternoon Tea.....



Resources for Adolescents during Remote Learning

Are you in danger?

If you, or someone you are with is in immediate danger please call:

000

or

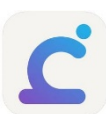
go to your nearest hospital emergency department

If you need to talk to someone...

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 	eheadspace 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/eheadspace/





QLife 	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talk 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 	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 	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
	Child Protection Helpline	13 21 11	https://reporter.childstory.nsw.gov.au/s/mrg

If you are looking for an app...


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

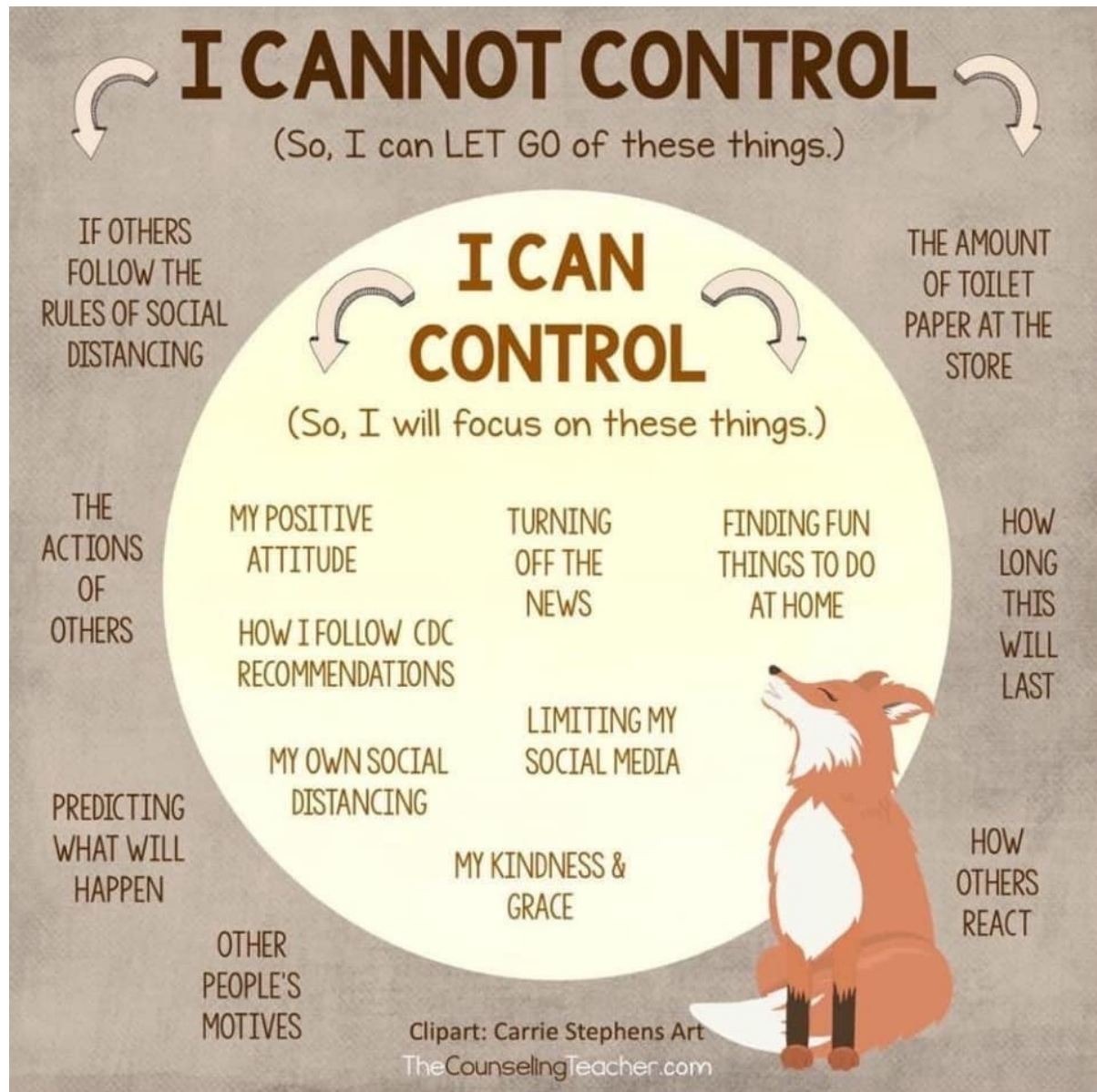
Clear Fear 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
ReachOut Worry Time 	<p>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</p>	<p>Free</p> <p>App Store</p>
ReachOut Breathe 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
Smiling Mind 	<p>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.</p>	<p>Free</p> <p>App Store Google Play</p>
WellMind 	<p>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.</p>	<p>Free</p> <p>App Store Google Play</p>

If you are looking for online support...

Name	About	Website
Bite Back 	Promoting resilience and wellbeing in 12-18-year old's through activities	https://www.biteback.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/
ConnectEDSpace 	A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents	https://www.connectedspace.com.au/
Smiling Mind 	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/
MyCompass myCompass	Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression	https://www.mycompass.org.au/YoungAdults

If you are seeking additional information...

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/



This animation is an ACT based intervention, by Russ Harris and would be useful for students to watch. Helpful for us all I think!

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Australian Psychological Society - Tips for coping with Coronavirus anxiety

<https://www.psychology.org.au/COVID-19-Australians>