



### IMPORTANT DATES

**31 October**  
Year 11 (12 2020)  
Parent & Teacher Night  
4-6pm

**3 December**  
Speech Day

**6 December**  
Orientation Day

**20 December**  
End of Term

**28 Jan 2020**  
Year 11 & 12 return

**30 Jan 2020**  
All years return

## From the Principal – Tim O'Brien

Welcome to Term 4.

The HSC has begun with the final exam being Design and Technology on Monday 11 November, 2019. The official sign out days for Year 12 are Monday 4 November and Monday 11 November. Full details will be provided by Ms Coleman, Year Adviser.

Year 11 reports were issued today and the Parent/Teacher Night is on this Thursday. Please check the availability of your son's teacher as some teachers are committed to HSC marking.

Our Student Well-being Action Team (SWAT) has been formed to support "Men's Health" by promoting RUOK? One of the team members, Matias Aguilera, from Year 10, entered a poster competition and his design won. It is on the official RUOK Facebook page. Congratulations Matias and the team.

<https://www.facebook.com/ruokday/>

Sometimes People Feel Sad

Sometimes People Feel Mad

Sometimes People Have A Bad Day

So Start A Simple Conversation with

RUOK?

## Senior Executive Report

Narelle Kathryn – Years 9 and 12, Jessica Schadel – Years 8 and 11, Seddique Martin – Years 7 and 10

### Warmer weather:

With Year 12s no longer in the playground and the football fields open at recess and lunch the playground seems to be quite empty as boys migrate to the ovals to hone their skills for their chosen summer sports. A reminder to all parents that summer is now upon us. Students are advised to wear a school cap and sunscreen for recess and lunch, and bring a refillable water bottle to access our refrigerated bubblers.

### Start of Summer Sporting Season

The summer sporting season is well under way. Congratulations to all the boys getting the opportunity to represent Epping in a grade sport and travel to rival schools in our zone. Wednesday afternoon sport is an important aspect of Epping boys and all families are reminded that attendance is compulsory. If you need to make a medical appointment for your son please do so outside school hours so your son is able to participate in his sporting choices.

## Senior Executive Report – cont.

### End of Year Assessments

The final assessment tasks for the year will be held throughout Term 4. This can be a stressful time for our boys, especially if they chose to leave things to the last minute. These tasks will consist of a series of hand-in components and examinations and in some cases may dictate their class for next year. Please ensure your son is aware of when his tasks are due and that he leaves ample time to complete them to his highest standard. Good luck to all the boys in their Final Assessment Tasks.

### Year 7 Luna Park Excursion

Year 7 will get the privilege of going on the Mathematics excursion to Luna Park in Week 6, Friday 22<sup>nd</sup> November. Boys are reminded to return their permission slips promptly.

### Year 8 Raise Mentoring

Congratulations to the Year 8 Boys who were involved in two terms of RAISE Mentoring. They attended their graduation from the program at the end of last term and acquitted themselves in an exemplary manner, showcasing the skills they have learned throughout the program; leadership, relationship building and conflict resolution. Most importantly, Mr McKenzie and Ms Schadel were incredibly proud that all boys expressed gratitude to their mentors and were able to identify how far they had developed as individuals over the two terms. Congratulations to all boys involved and thank you to mentors for the commitment to our Year 8



### Subject Selections

The Year 9 electives and Year 11 subjects for 2020 have been posted on the school notice board. If any boy has a blank space next to their name could they please see Ms Kathryn asap to choose a subject. Also if anyone has changed their mind and wishes to alter their subject selection they will need to collect a subject change form and have a parent sign the form. If boys see Ms Kathryn when they pick up the form we can check availability of the subjects.

### Life Ready

The "LIFE READY" course for Year 10 students will run across Weeks 8 and 9 and will include our 3 day camp. Life Ready is a mandatory 25 hour course for all students in government schools and replaces the *Crossroads Program* as a pre-requisite for the HSC. The course reflects a renewed focus on students confidently and successfully transitioning to post-school employment/study, participation and independence, in addition to the existing focus on preparing senior students to lead, and contribute to, healthy, safe and meaningful lives as they prepare to exit the NSW Government schooling system.

Information regarding this program and the Year 10 Camp was sent home in Week 10, Term 3 and will consist of a number of guest speakers, external course providers and staff-led information sessions. Students are required to attend all sessions of this mandatory program.

The Year 10 Camp to Coolendell will take place in Week 9, 11 – 13 December.

### Assessment Schedule and Assessment Guidelines

Our new Year 12 boys have been handed out their Assessment Schedules and the Senior School Assessment Guidelines. Although Mr Symonds has outlined what is in the 2 documents it is vitally important that both students and parent/carers read these documents and are aware of the procedures for Year 12.

### Study Skills

The Year 12 cohort of 2020 has started the term with a variety of talks from guest speakers ranging from a Mental Health speaker giving them some tips for their own mental health through to some of our Old Boys coming back to give to boys an insight into what it is like to be part of the Epping Old Boys culture. The week finished off with a day dedicated to helping them plan their study and help them to be prepared for the year ahead.

### HSC Begins

Last Thursday the HSC Examinations began for our 2019 Year 12 boys. They started with a positive outlook to their exams and I am hopeful that this positivity stays with them throughout the HSC period. It is very important that the boys check their HSC timetables, particularly the start times for their exams, and be sure they are at school well before that time. I wish the boys all the best in their HSC and hope they are able to attain the results they wish to move into 2020 in their chosen field.

## Duke of Edinburgh's Award– Gold Awardees Presentation – Mitchell Leggo

Our Gold Duke of Edinburgh Awardees were presented with their official parchments on 13 September 2019 by His Royal Highness, The Prince Edward Earl of Wessex at Sydney Town Hall. Awardees were recognised for their consistent effort and dedication shown throughout their completion of the award.

Each have undertaken over 150 hours of service, sport and skill development, in addition to two expeditions and a residential project. They have demonstrated their maturity and preparedness to act as valued citizens of the community.

Assisting his Royal Highness were Premier Gladys Berejiklian and Sydney Lord Mayor Clover Moore. Awardees were supported through the ceremony by author, journalist and radio presenter Indira Naidoo.

Congratulations to all our Gold Duke of Edinburgh Awardees.

Mitchell Leggo, DOE Co-ordinator

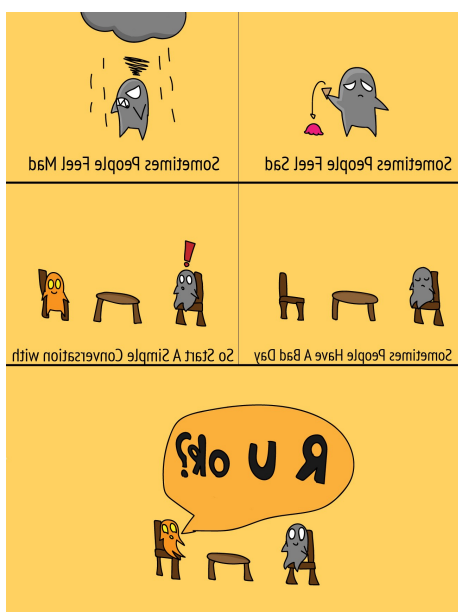


## R.U.OK? Day

On Thursday the 12th of September it was R U OK? Day and the school's newly established SWAT team (Student Well-being Action Team), coordinated by our HT Well-being Mr Cameron Gordon and our School Chaplain Mr Nic McInerney, were on the case organising many initiatives around the school to promote this important day. These included a breakfast for Year 7 students to invite a male mentor to come in and have bacon and eggs, our famous "mancakes" and a coffee as a way of saying thank you to these men for their presence in the lives of the boys. The team also designed lessons in the BTM (Boys To Men) classes for various year groups, spoke at assembly, ran an art competition and made over a thousand R U OK? Shaped cookies all in order to educate the boys on the issues surrounding mental health. Well done boys.

R U OK? Day is all about encouraging people to have honest, and at times, confronting conversations to check in with those around them and see if they are OK. and most importantly, if you are NOT OK, to be honest with someone you trust and reach out and get some help. No one benefits from trying to go solo and suffering in silence, we are better together and there is always someone willing and waiting to help you if we will only ask.

See here one of the winning artworks in the form of this simple but powerful cartoon, created by M Aguilera in Year 10. Well done!





## Music - Michael Tabrett

Term 4 has begun with many performances planned for our ensembles. All staff, students and families are invited to these events which will showcase the outstanding and varied talent that we have at our school.

Epping Boys High School presents.....

# JAZZ NIGHT

Wednesday 20 November 2019  
EBHS Hall 6.30pm

Featuring..... EBHS Jazz Band  
Year 9 Jazz Ensemble  
EBHS Stage Band  
Mike Kenny Jazz Quartet

Adults: \$10  
Children & Concession: \$5  
Light supper provided



# An Afternoon of Concert Band Music

Sunday 24 November 2019  
Epping Boys High School Hall  
213 Vimiera Rd, Eastwood  
Concert begins at 2.30pm

Epping Boys High School Wind Ensemble & Concert Band present a varied and exciting program together with:

- ◊ Epping North Public School Senior Band
- ◊ Harmonix Concert Band

All proceeds go towards the EBHS Music Program

Admission: Adults \$10  
Children & Concession \$5  
Afternoon Tea available for a small donation



Join us for

# An Afternoon of Percussion

Presenting an innovative program featuring works written entirely for percussion instruments

Showcasing Epping Boys High School's  
Junior Percussion Ensemble  
Intermediate Percussion Ensemble  
Senior Percussion Ensemble

Admission: Adults \$10  
Children & Concession \$5  
Afternoon Tea available for a small donation, all proceeds go to EBHS Music Program

Sunday 1 December 2019  
Epping Boys High School Hall  
Performance begins at 2.30pm





## Hornsby Community Radio Station

Harry Bowen and Maea Applegarth from Epping Boys High School were impressive on Hornsby Community Radio Station 100.1 Triple H. Each Friday from 3.00 to 4.00 pm, Turramurra Rotarian, Ian Stuart, has a one hour interview session on Rotary Matters on Triple H which has an audience of around 18,000.

Ian interviewed Epping Rotarian and former teacher from EBHS, Bruce Jacob and Harry Bowen and Maea Applegarth on two projects partnered by Epping Rotary and Epping Boys. These are The Model United Nations Assembly (MUNA) and the Oecusse Province project in East Timor.

Epping Rotary and Epping Boys currently share 12 projects or links and these are two of them. Epping Rotary sponsors two MUNA teams each year from EBHS and in turn Epping Boys provides free facilities for hosting the 42 team event and caters for the 180 students and Rotarians involved from their hospitality centre.

This year EBHS came second in our District MUNA, went to National MUNA at Old Parliament House in Canberra and were Highly Commended, coming in the top 6 nationally.

Epping Rotary has been supporting projects in Oecusse since 2012 and in 2017 decided to have a joint 6 year partnership with the then Year 7 cohort at Epping Boys (now Year 9).

These students outlined how the school and their Year group had the privilege of having Peter Fitzsimons speak and mentor them on Oecusse (Peter is a generous benefactor), the role of Judy Charnaud, a Rotarian who lives there 6 months of the year and of the fundraising and projects that their school and Year group have achieved.

This includes the donation of 40 computers, dozens of old football and rugby boots, sports clothes and equipment, several thousand dollars from mufti gold coin days. Currently the Year 9 group is in the process of compiling dozens of boxes of books, pens, pencils, sports equipment etc that will be packaged and then sent via the Rotary transport links.

Ian was very impressed by the confidence and eloquence of both Maea and Harry and has asked me back in 6 to 12 months to give an update.

Bruce Jacob.



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## Wellbeing and Boys to Men (BTM)

It has been an extremely busy start to the term with a number of presentations and incursions taking place to motivate, prepare and support boys for their upcoming yearly assessment tasks.

Year 9 were spoken to by two time Olympian, Tom Laurich. Tom represented Australia in the sport of rowing during the 2004 and 2008 Olympic Games. He spoke about his career, including his motivation, successes and setbacks along the way. This presentation was part of the *Olympics Unleashed* Program, where a variety of former Olympians and athletes aspiring for Tokyo 2020 visit schools across the country to inspire students to be the best version of themselves. The boys really made the most of this opportunity with many insightful questions and respect for Tom throughout the entire presentation.

During Week 2 all Year 10 students were taken through one of Batyr's programs. Batyr is a for-purpose preventative mental health organisation, created and driven by young people, for young people. Young, relatable speakers engaged the students with their stories of hope, resilience and courage in their experiences with mental ill-health. Trained facilitators educated students on the support networks and services available to them, with the aim to empower students to reach out for help when needed.

Our Year 11 students have now commenced their HSC studies. On the first day of Term 4 all students were spoken to by Psychologist Megan Turnbull from *The Kidman Centre, UTS and Prince of Wales Hospital* about "*Managing HSC Stress*". This practical and insightful presentation was in addition to a number of Study Skills Workshops from different members of staff and also talks from "Old Boys" to assist all boys to commence the HSC in the most organised and prepared manner possible.

### This month on School TV - Resilience

Resilience is one of those skills that all children need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child will not experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy and positive risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of School TV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience. We hope you take time to reflect on the information offered in this month's edition. If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help. Here is the link to this month's edition:

<https://eppingboy-h-schools.nsw.schooltv.me/newsletter/resilience>

Cameron Gordon  
Head Teacher Wellbeing

### PARENT VOLUNTEERS

#### HELPERS NEEDED IN THE DAYLIGHT UNIFORM SHOP FOR ORIENTATION DAY

**FRIDAY, 6<sup>TH</sup> DECEMBER, 2019**

**Come and join us for a fun day!!** Have a yummy lunch and coffee (on us) AND earn a shop credit voucher!! No experience necessary. A limited number of helpers are needed to assist in the sale of uniforms at the Daylight Uniform Shop for incoming Year 7 students on Orientation Day on **Friday, 6<sup>th</sup> December, 2019** from about 8.30 am till 1.00 pm (or any part of that time).

Please call me Delma Marsden 0451 255624 for more info or to leave your details. Look forward to hearing from you.



Please note that we are now bag free

## Community Notices



Daylight Sportswear Pty Ltd  
 ABN 76 069 733 455  
 6-8 Lone Pine Place, Smeaton Grange NSW  
 2567  
 Telephone: (02) 4648 1066 Fax: (02) 46470143  
 Email: daylight@daylightcorp.com

## Epping Boys High School Uniform Shop

**Price List**

Name: \_\_\_\_\_ Year: \_\_\_\_\_ Date: \_\_\_\_\_ Rec# \_\_\_\_\_

Item	Price \$	Size	Qty	Total incl GST
Tailored Trousers	45.00			
Grey Beltloop Shorts	37.00			
S/S Grey Middle School Shirt	32.00			
L/S Grey Middle School Shirt	35.00			
S/S White Senior School Shirt	32.00			
L/S White Senior School Shirt	35.00			
<b>Jumpers</b>				
Green Wool Jumpers 10, 12, 14, 16, 18	72.00			
Green Wool Jumpers 20, 22, 24, 26, 28	72.00			
Polar Fleece Jacket	45.00			
<b>Sport / PE</b>				
Microfibre Jacket	67.00			
Winter Jacket	67.00			
Trackpants	42.00			
Sport Polo	37.00			
Sport Shorts Darvall (red)	26.00			
Sports Shorts Harris (yellow)	26.00			
Sports Shorts Terry (green)	26.00			
Sports Shorts Midson (blue)	26.00			
<b>Others</b>				
School Socks S 2-8; M 8-11; L 11-14; XL 14-17	7.50			
Rugby Socks	8.00			
Boys Blazers	121.00			
Caps – one size	12.00			
Middle School Tie	20.00			
Senior School Tie	20.00			
<b>Total to Pay</b>				

Cash and credit card – eftpos facility. **Cheques will NOT be accepted.**

The Uniform Shop is open:

Monday 10.00 am until 2.00 pm  
 Thursday 7.30 am until 11.30 am

The Uniform Shop is located in G Block. If you have any queries, please contact Delma Marsden on 0451 255 624

**Why not order online?? It is quick and easy. Simply create an account profile, place your order and pick-up from the Daylight Uniform Shop on the next open day.**  
 Daylightsportswear.com/epping or phone 0451 255 624 to place your order when paying by credit card (expiry date & CCV are required).



## Community Notices



**3 & 4 NOVEMBER • SAT & SUN • 10AM - 4PM**

Greenwich Village Arts Trail is on again!  
A popular community event for all the family where you can see how an artist works, chat to them and ask them how they create - and buy directly from them.  
Now in its 7th year, there are 29 artists at 24 sites - paintings, sculptures, pottery, children's book illustrations, hand-printed textiles, photographs, jewellery and more.  
Refreshments and harbourside picnic spots available - plus a FREE SHUTTLE BUS.  
Pick up a map at Greenwich local shops, FB or [www.greenwichvillageartstrail.com.au](http://www.greenwichvillageartstrail.com.au)



*Retirement party*  
*Honouring*  
*Jill Kethel*  
*After 30 years of caring, nurturing and*  
*educating*  
*Please join us on*  
*Thursday 5<sup>th</sup> of December 2019*  
*4pm-5pm*  
*At*  
*North Ryde Community*  
*Preschool*



**YOUTH FOR UNDERSTANDING**  
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or call us on 1800 654 947

**NEW STUDENTS ARRIVING SOON**



**open  
minds  
and  
hearts**



Find us on  
Facebook



## Community Notices



### 2<sup>nd</sup> Hand Uniform Shop

The 2<sup>nd</sup> Hand uniform shop (located at the back of the School Hall) currently opens 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month during term time 12-2pm.

Dates for the rest of the year are as follows;

#### Term 4 2019

Monday 21st October	12.00-2.00pm
Monday 4 <sup>th</sup> November	12.00-2.00pm
Monday 18 <sup>th</sup> November	12.00-2.00pm
Monday 2nd December	Orientation Day (hours to be confirmed)
Monday 16 <sup>th</sup> December	10.00am-2.00pm

We are happy to open outside these hours a few times per term. Please contact Jo Hogben 0425 295101 to arrange if you are unable to come along on a Monday.

Payment is currently by CASH or CHEQUE only. Most good quality items sell for \$5 or \$10 although we may charge a little more for clothing in pristine condition.

Thank you for supporting our 2<sup>nd</sup> Hand Uniform shop. Donations of outgrown uniform are gratefully accepted at the School Office any time.

All proceeds go to the School via the Events Support Committee.



## Play Cricket with West Epping Cricket Club

Saturday mornings from  
mid-September

New facilities at West Epping Park

**REGISTER NOW  
TO PLAY FOR WEST EPPING  
at [playcricket.com.au](http://playcricket.com.au)**

(\$100 Active Kids Voucher can be used)

Boys & Girls 8-16 all welcome

[westeppingcricket@gmail.com](mailto:westeppingcricket@gmail.com)

President - Iain Wood

0404 431 409

**HORNSBY  
RELAY FOR LIFE**  
2 - 3 NOVEMBER, ROFE PARK, HORNSBY HEIGHTS

**YOUTH CUP**

The Youth Cup is aimed at teams of youth walking as many laps as they can in the space of 6 hours. The team with the most average laps per team member will receive a prize.

**12:30PM - 6:30PM SATURDAY 2 NOVEMBER**  
**\$20PP REGISTRATION FEE**

There will be a Box Car Rally at 3pm where you should let your creativity run wild and design your dream cardboard car as well as the Youth Lap at 5pm where we encourage all Youth teams to assemble and walk together behind their team flag or banner. Following the Youth Cup there will be a presentation ceremony at 7pm.

For more information and to sign up your team, contact [hornsbyrelayforlife@gmail.com.au](mailto:hornsbyrelayforlife@gmail.com.au)

Join the Relay For Life movement!  
Get your team together. Walk or run. Each step takes us closer to beating cancer. Raise funds for Cancer Council NSW's world class research and local prevention and support programs.



Epping Boys High School  
is on Facebook

## Dr Who Club

TUESDAYS during lunchtime in K04



See Ms Lane in the science faculty for more information

**ALL WELCOME**

## Board Games Club

Want to make new friends? - Are you bored at lunchtime?  
Come to the Board Games Club

1.20pm

Come along and have some fun  
EVERYONE IS WELCOME

EVERY DAY AT LUNCHTIME  
1.20 pm to 2.00pm  
In **F5** Classroom

2.00pm



## CHESS CLUB

is located in K23 during lunch time on  
Monday, Tuesday, Thursday and Friday.  
No experience necessary. Come along and  
make new friends.

**ALL WELCOME**

## RECYCLE YOUR BATTERIES @ EBHS

Batteries are made up of heavy metals and other toxic elements, including nickel, cadmium, alkaline, mercury, nickel metal hydride, and lead acid. It is these elements that can threaten our environment if not properly discarded and/or recycled.

A household battery recycle bin can now be found outside the science staff room.

Please take advantage of this service and help reduce toxic chemicals poisoning our environment by disposing of your household batteries in our recycle bin.

Recycle bins can also be found at Eden Gardens at North Ryde



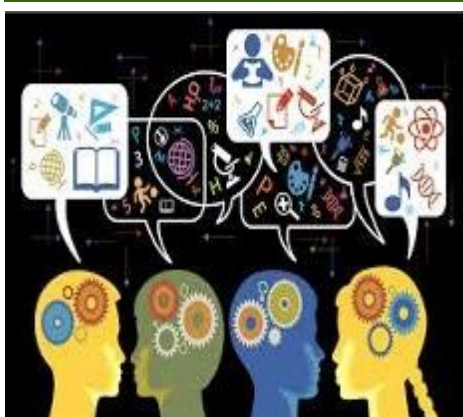
## STEAM

ScienceTechnologyEngineeringArtsMathematics

STEAM challenges students to solve the problems of the future in a creative way supported by evidence and first-hand research.

All students are welcome to come along and change the world on  
Tuesdays at lunch time in K07.

**See Mr Leggo in Science**





## EBHS CHANGE OF STUDENT PERSONAL INFORMATION

Student First Name: ..... Student Surname: ..... Roll Class: .....

Previous Address: .....

..... Date Address Changed: .....

New Address: .....

..... Post Code: .....

Home Phone: .....

Parent/Guardian 1: Work Phone: ..... Parent/Guardian 1: Mobile: .....

Parent/Guardian 1: Email: .....

Parent/Guardian 2: Work Phone: ..... Parent/Guardian 2: Mobile: .....

Parent/Guardian 2: Email: .....

### Emergency Contact 1 (someone other than Parent/Guardian)

Name: ..... Emergency Contact Phone: .....

Relationship to Student (eg Aunt, Friend): .....

### Emergency Contact 2 (someone other than Parent/Guardian)

Name: ..... Emergency Contact Phone: .....

Relationship to Student (eg Aunt, Friend): .....

Parent/Guardian Name: .....

Parent/Guardian Signature: ..... Date: .....

OFFICE USE ONLY

☐ ERN

☐ Student File

☐ NESA

☐ Transport

## SMS NOTIFICATIONS

### Absences

If you receive a text regarding your son's absence, please only reply if he is sick or on leave.

If you believe your son is at school or on a school excursion etc., please telephone the school on 9869 2701.

### General SMS Information

Due to the SMS system we have, all text messages are sent in bulk from the computer. We are unable to reply to any text messages we receive. If you have any queries about an SMS please phone the school on 9869 2701.

### Notification of Absence

If your son is going to be absent, please call the school ASAP and upon return, please use the following form to explain your son's absence. NB: Early Leavers permission notes should be submitted to the Front Office. These notes must be signed by a deputy principal prior to being submitted to the front office. If your son will be away for five or more days, an application for extended leave/travel form must be filled out and submitted to the Principal two weeks prior to absence.

Forms may be collected from the Front Office.



## NOTIFICATION OF ABSENCE

Student Surname: ..... Given Name: ..... Roll Class: .....

WHOLE DAY ABSENCE Date(s): ..... LATE ARRIVAL Date: .....

EARLY LEAVER Date: ..... Departure time: .....

Reason for absence: .....

Parent/Guardian Name: ..... Parent/Guardian Signature: ..... Date: .....  
(Please Print)