EPPING HIGH STANDARD

THE NEWSLETTER OF EPPING BOYS HIGH



Telephone: 9869 2701 | Fax: 9868 1198 | Email: eppingboy-h.school@det.nsw.edu.au | Website: www.eppingboy-h.schools.nsw.edu.au

Issue No: 7-11 June 2019

IMPORTANT DATES

7 June - 27 September Flannel Friday

10 June

Queens Birthday

15-16 June MUNA Weekend

25 June

Year 8 Parent Teacher Evening

28 June

School Dance

2 July

Honour Book Assembly Year 10 Parent/Teacher Evening

4 July

Multicultural Day Business Day

5 July

End of Term 2

22 July

Staff Development Day

23 July

Start of Term 3

From the Principal - Tim O'Brien

Learning is Hard Work

It is imperative that all our boys embrace the challenges and joys of learning; one cannot exist without the other. What is the message here? That all learners need greater resilience, all learners need to make mistakes, but, importantly, all learners **must** reflect on these mistakes and learn from them! So, I challenge all boys to move out of a soft comfort zone and find out more about yourself - as a persona and also as a learner. There is far greater satisfaction in mastering a difficult skill or task than an easy one.

Silver Duke of Edinburgh Walk

Well done to all the 25 boys and teachers for a successful expedition over 3 days in the wilderness at Turon National Park experiencing the very cold weather. I thank the teachers, Jessica Wiseheart; Ian Hungerford; Mitch Leggo and Nick Bell, who were involved in leading this walk and providing such a valuable opportunity for these boys to achieve such a prestigious credential.

Lateness

Lateness to school is unacceptable. All boys are expected to be on time to school each day. Potential traffic issues or transport challenges need to be planned around, not used as an excuse. Parents/caregivers are asked to support punctuality.

Uniform

Despite the cooler weather our expectations for full school uniform every day has not changed. Full School uniform includes the correct jackets and jumpers, this does NOT include jackets or jumpers with hoods! The wearing of a 'hoodie' is will result in the student being recorded for a uniform violation and potentially being placed on a before school detention. Show pride in our school by wearing the correct uniform.

Flannel Friday for Farmers

Every Friday, until 27 September, is Flannel Friday for Farmers. Wear a Flannel and bring a gold coin to raise money for Tullamore Central and Community.



Epping Boys High School has registered for the *Earn and Learn Promotion* that Woolworths is currently running. (1 May - 25 June). If you shop at Woolworths please ask for the stickers at the checkout. You get one sticker for every \$10 you spend. Please send them along to the school front office or to Mr Cameron Gordon in the library. The stickers will be used for Tullamore Central School.

https://www.woolworths.com.au/shop/discover/earn-and-learn



Deputy Principal, Years 11 and 12 - Narelle Kathryn

I have been looking through the assessment schedules and am aware that many of the boys have a number of assessment tasks due between now and the end of Term. Please encourage the boys to use their time wisely and pace themselves with their multiple tasks so they are not leaving them to the last minute. Preparation and study is key to their success, this coupled with support and encouragement from home should enable the boys to work to the best of their ability.

Many of our Senior boys have been away from school participating in numerous off site activities. The VET boys have been to a variety of work placements for Hospitality and Construction. I have heard some really good reports about how the boys conducted themselves whilst they were out representing the school. Well done, boys. Also the Silver Duke of Ed boys were accompanied by 4 EBHS staff out to the hills between Lithgow and Mudgee for a very brisk 4 day hike. There was a bit of rain but all involved survived the cold and emerged with great experiences to tell their families about. There are so many activities for the boys to be part of and again I would encourage all boys to be part of some of the many co-curricular activities that the school provides.

One more reminder about not allowing the boys to wear a hoodie to school. It is department policy that hoodies are not to be worn at school as they can hide the identity of the wearer. Please ensure your boys are wearing full school uniform, if they are cold they can wear a white shirt under their school shirt for an extra layer of warmth. Thank you.

Deputy Principal, Years 9 and 10 - Seddique Martin

Year 9 and 10 have just completed their half yearly examinations. This can be a very stressful time for those who are not organised and or fully prepared. Throw into that mix a surge of testosterone and boys can be become quite difficult to understand/interpret and can sometimes be unpredictable and angry. Often they are not quite sure why they are angry, but they seem to wake up this way and continue like this for some time. Perhaps your son will be different, maybe he will not go through this development phase deciding whether he is a man or boy. Some come out of this by the time they are 17 years old, others in their 20's. Hopefully your young man will get through this quickly.

Epping has reignited the "Friday Flannel for Farmers" and will endeavour to collect donations for our cousins in the country. The boys are asked to donate a gold coin/s every Friday and we would appreciate a subtle reminder from parents every Friday. Flannels are to be worn over their school uniform and we would like to see greater involvement as the weeks progress.

A kindly, reminder that Year 10 Parent Teacher evening is on the 2nd July (T2, Week 10). Year 9 Parent Teacher evening is on the 29th July (T3, Week 2). Please ensure that you check emails to secure a booking with teachers.

Deputy Principal, Years 7 and 8 - Jessica Schadel

Organisation

Often around this time of the year we find we are having a lot of conversations about organisation, especially with Year 7, and still sometimes with Year 8. I would remind all boys and their families of the importance of the school diary. Simply relying on memory can, as we all know, be highly problematic. The diary does not only need to be used to record large assignments but also day-to-day homework and to keep track of classwork that needs to be finished up. As we move into the second half of term and lots of due dates loom class teachers, Year Advisers and learning and support staff will all be reminding the boys to dust off their school diaries and reignite basic habits of organisation.

Parents who require additional information on how to support their children with this may wish to explore the following link: https://raisingchildren.net.au/teens/school-education-work

Duke of Edinburgh Silver Walk, 3 - 5 June











Sport@EBHS

Congratulations to all the Epping boys who played in the CHS Rugby Championships held in Narrabeen over the last few days.

The results did not go in the desired direction but all of the boys played with true Epping spirit!

An extra congratulations to Nick R in Year 11 for making NSW CHS Firsts and Ezra P of Year 10 for making NSW CHS 16s.





Congratulations
Tamas T
for reaching thirty
1st grade games in
Water Polo.

Grandparents Day

Who would have thought that grandparents were smarter than kids when it comes to technology, music and sport?

Grandparents Day started with a humorous slideshow with images of what the school used to be like, receiving many laughs. Our bands then played some fantastic pieces of music getting great applause.

Our grandparents then shared their wisdom along with stories of their time at school and many found it interesting to hear what the schools used to be like. This was followed up with a quiz between grandparents and grandchildren with a nail biting result.

Our grandparents were the eventual winners. After all this a light lunch was provided which my own grandparents didn't expect and highly enjoyed. I would recommend bringing grandparents to this fantastic day.

Oliver P



World Turtle Day - 23 May 2019—Jessica Schadel and Susan Day

Thank you to all students who took part in the Art/Science competition. Thank you to Zayan Ricchetti for preparing an engaging poster.

Art/Science competition – winners

Sharone Justin for his scientific report, Dillian Harris for his art work – Mutant Turtles and Justin Sam for his art work and Adam Langer for his poem. Winners received a movie voucher. Tarum Balasubramanyam and Ben Giles won canteen vouchers for Highly Commended and all students who entered received a bamboo toothbrush.

Born to War

A chaotic rush of hundreds
A wave of confusion and panic.
Struggling over dunes and through ditches;
A desolate no-mans-land to cross.

A constant threat of air and earth
Enemies striking viciously from above,
The treacherous ground slipping away beneath.
Blind resolve staving off fear.

Left and right, comrade fell Shells littered the field. Death had gone to work on them Life gone before it had begun.

The waves lost its strength, Whittled away by Death's arbitrary wrath. The lucky few to remain in this mortal coil Had fought, and reached their goal.

Disorientated, exhausted, traumatised, They entered the welcoming surf; The gentle, warm embrace of the sea Taking them to safety.

They had been born into war: Birds above and sand below. One in a thousand will see adulthood Those never to be, forgotten.

But although the first battle is over,
Their troubles are far from it.
For these turtles are yet to face their biggest challenge:
The waste man leaves behind.

by Adam Langer - 12P



Ben Giles





Justin Sam

Photographer of the Month Competition

The standard of this competition is very high, evident in the winning images so far this year.

Over 50 students have joined our google classroom and we receive a significant number of entries each month that show a diverse interest in photography and the wonderful talent of the boys in our school.

Students can enter by joining google classroom code: **mjncgjd**



Photographer of the Month - May Dibyesh Ganguly - Year 8



Photographer of the Month - March *Oliver Koraca* - Year 11.

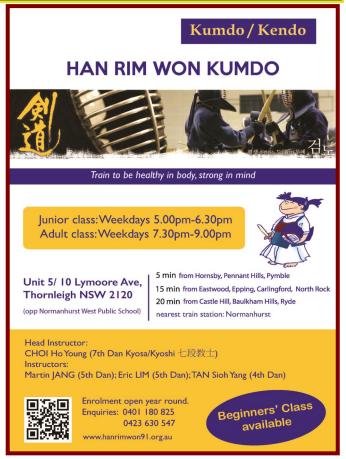
Drama Workshop

Last week, our Elective Drama classes from Years 9 -12 had the amazing opportunity to work with actors and directors from @Little Eggs Collective, who are known for their collaborative devising and creation of beautiful physical theatre.

The boys learned key skills for devising under their expert guidance and had loads of fun in the process!

A big thank you to the wonderful creatives who gave their time and energy to nurture our boys' theatrical understanding.







Wellbeing and BTM (Boys to Men) - Cameron Gordon, Head Teacher Wellbeing

SchoolTV EBHS Launch

It's never been more challenging for parents to raise happy, healthy and resilient children. Like never before, parents need to be informed with clear, fact-based information on the many challenges faced by today's youth. Topics such as youth anxiety, depression, self-harm, drug and alcohol use, cyberbullying and many others need clear explanation and guidance.

SchoolTV is a new ongoing resource that is now available to our parents. Each edition will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

You can access the SchoolTV resource here: https://eppingboy-h-schools.nsw.schooltv.me/category-latest-newsletter



Uniform Shop

Why not shop **ONLINE** – it's quick and easy. Simply create an account profile, place your order and select 'walk-in' to pick up your order from the School Uniform Shop on the next open day (Mondays 10am – 2pm or Thursdays 7.30am – 11.30am) **Daylightsportswear.com/epping** or **PHONE** to place your order paying by credit card – **0451 255 624**

When ordering ONLINE, orders must go through the Daylight Sportswear website, NOT Epping Boys High School (see the above address)

SOCKS – thank you for your patience while we are waiting for our delivery of socks. They should be back in stock at the end of May/early June.

*for those of you who have left your name and phone number – I will phone as soon as I have them in the shop.

Delma Marsden - On behalf of Daylight Sportswear Uniform Shop

Wesley Mission Winter Food Drive - Give a little. Change a lot

Epping Boys High School is currently participating in the Wesley Mission Winter Food Drive. The Wesley Mission serves those in our city who are facing hardship, crisis, homelessness, or other severe challenges.

Students were issued with blue enviro bags in the last few weeks that can be filled and returned to the school.

Your donations really make a difference to providing people with immediate support during times of crisis and helping them get back on their feet. Suggestions of non perishable food items and household essentials can be found below.

Pasta Coconut milk Lunchbox snacks for kids

Pasta sauce/tomato pasteInstant noodlesBaby foodRiceSandwich spreadsNappiesTinned ready to eat mealsCheese spreadsBaby wipesTinned soupsBreakfast CerealDeodorant

Tinned Tuna, Salmon Muesli/Breakfast bars Feminine hygiene products
Tinned Ham UHT long life milk Shampoo and conditioner

Tinned fruit and vegetables Biscuits Soap

Stir fry sauces Tea bags/Coffee/Milo Toothpaste/Toothbrushes

Please return donation to the Science Staff room in K Block by Friday 21 June.

Community Notices

Build English for work or study

* no cost for eligible students

Want to build your reading, writing and speaking skills to help you get a job?

Need basic computing skills for work or study?

Thinking of returning to study, but want to develop your language skills?

Our range of full and short courses at Meadowbank TAFE will help you achieve your goals.

To express your interest, contact nsi.foundationenquiries@tafensw.edu.au







When you call Triple Zero (000) Emergency

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly.
- Tell us exactly where to come. Give an address or location.

Stay focused, stay relevant, stay on the line

- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000). Triple Zero calls are free.



City of Ryde



Got problem waste? No problem!

Did you know that City of Ryde has drop-off stations around our City? Drop off the following items for free:







Why can't I put these items in my household bin?

If problem waste is placed in any of your kerbside bins, they can contribute to contamination of recyclable products or leachate in landfill. They also contain heavy metals and components harmful to human health and the environment, so it's best to dispose of them safely and correctly!

Find out more about what's accepted in our problem waste drop-off stations and view locations at www.ryde.nsw.gov.au/dropoffstations.



www.schoolatoz.com.au

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) maindicate pneumonia. Chickenpox Varicella) Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.		until they are feeling better. Antibiotics may be needed. for 5 days from the onset of the rash and the blisters have dried.		
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	for at least 24 hours after diarrhoea stops.		
Fever	A temperature of 38.5°C or more in older infants and children.	until temperature is normal.		
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	for at least 24 hours after diarrhoea and/or vomiting stops.		
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	for at least 4 days after the rash appears.		
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	unless they're feeling unwell.		
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	until all blisters have dried.		
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	unless they feel unwell or are taking a medication which makes them sleepy.		
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	while continuing to treat head lice each night. Tell the school.		



Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.		
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	if they have symptoms. Contact your doctor before returning to school. first outbreak) and no symptoms.		
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	until antibiotic treatment starts. Sores should be covered with watertight dressings.		
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	until well.		
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	appears.		
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.		
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.			
Mumps	Fever, swollen and tender glands around the jaw.	for 9 days after onset of swelling.		
Ringworm* (tinea corporis]	Small scaly patch on the skin surrounded by a pink ring.	for 24 hours after fungal treatment has begun.		
Runny nose or common cold		unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.		
Scabies*	ltchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	until 24 hours after treatment has begun.		
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.		
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	as it is most infectious before the rash appears.		
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.		
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	and tell the school as other parents will need to know to check their kids.		

^{*}It is important that the rest of the family is checked for head lice, scabies and ringworm





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

Year 8 are invited to play on the

BIG OUTDOOR BOARD

in the Year 8 area on Thursdays at lunchtime



RECYCLE YOUR BATTERIES @ EBHS

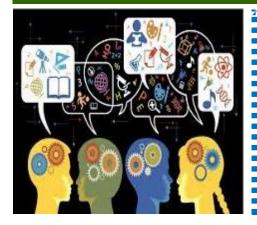
Batteries are made up of heavy metals and other toxic elements, including nickel, cadmium, alkaline, mercury, nickel metal hydride, and lead acid. It is these elements that can threaten our environment if not properly discarded and/or recycled.

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





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



Daylight Sportswear Pty Ltd
ABN 76 069 733 455
6-8 Lone Pine Place, Smeaton Grange NSW 2567
Telephone: (02) 4648 1066 Fax: (02) 4647 0143

Email: daylight@daylightcorp.com

Epping Boys High School Uniform Shop Price List

valle. Teal. Date. Nec#	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	2		
S/S White Senior School Shirt	32.00			
L/S White Senior School Shirt	35.00	2		
Jumpers				
Green Wool Jumpers 10 – 16	72.00			
Green Wool Jumpers 18 – 22	72.00			
Green Wool Jumpers 24 – 28	72.00			
Sport / PE				
Microfibre Jacket	67.00			
Winter Jackets	67.00			
Trackpants	42.00			
Sport Polo	37.00			
Sport Shorts Darvall	26.00			
Sports Shorts Harris	26.00			
Sports Shorts Terry	26.00			
Sports Shorts Midson	26.00			
Others				*
School Socks S 2-8; M 8-11; L 11-14; XL 14-17	7.50			
Rugby Socks	8.00			
Boys Blazers	110.00			
Caps – one size	12.00			
Middle School Tie	20.00			
Senior School Tie	20.00			
Total to Pay			*	

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



Please note that we are now bag free

EBHS CHANGE OF STUDENT PERSONAL INFORMATION Previous Address: New Address: Post Code: Home Phone: Parent/Guardian 1: Email: 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 (eq 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: Roll Class: Roll Class: WHOLE DAY ABSENCE Date(s): LATE ARRIVAL Date: EARLY LEAVER Date: Departure time: Reason for absence:

Parent/Guardian Name:

(Please Print)