

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: 9– 5 August 2019

IMPORTANT DATES

9 August - 27 September
Flannel Friday

5 August
Year 12 Trials commence
P&C Meeting 7.30pm

15 – 16 August
Prefect Camp

20 August
Rugby Dinner

22 August
Prefect Induction Assembly
Football Dinner

27 August
Evening of Music

30 August
Winter Sports Assembly

3 September
Art Exhibition Opening Night
Technology Expo

9 September
Year 11 Exams Commence

18 September
Year 12 Graduation Dinner

23 September
Year 7 Vaccinations

25 September
Year 12 Community Concert

26 September
Year 12 Farewell Assembly

27 September
End of Term 3

14 October
Start of Term 4

From the Principal – Tim O'Brien

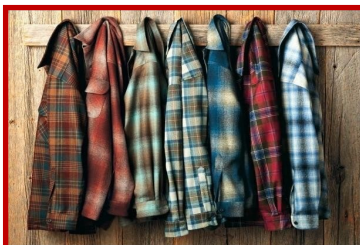
Welcome back to all students for Term 3. I urge all parents to take a close interest in events listed on the school calendar for this term as there are many important events happening that will allow our boys to demonstrate their abilities and challenge themselves in various areas of school life. Highlights will include:

1. Evening of Music
2. Year 12 Graduation Dinner and Community Concert
3. Football Dinner
4. The Rugby Dinner—will be a combined event including our other successful sports (more information will be communicated to parents regarding this).
5. TAS Expo

I request people stay for the full duration of all events and enjoy the abilities of all boys.

I am speaking to all year groups individually about the importance of resilience. It is very apparent that our boys need to feel okay and supported when they fall down, but even more important that they are able to dust themselves off and continue to seek success in all aspects of their life – even when things are tough. **Life is not always the way we want it to be – it's just the way it is.**

With this in mind we all need to be accepting of being uncomfortable, to have the belief of: “be comfortable being uncomfortable”. In my opinion it is important that parents and carers provide a guiding hand behind their son, show support, help them up when they are down BUT not clear a path in front of their son so they do not experience life's challenges for themselves.



Support Flannel Friday for Farmers

continues in Term 3



Drama Night



Senior Executive Report

A reminder that we have had a reshuffle of Deputy Principal Roles. Should you have a significant wellbeing or academic concern regarding your son/ward the Deputy Principal's year groups are as follows:

Year 7 – Seddique Martin
 Year 8 – Jessica Schadel
 Year 9 – Narelle Kathryn
 Year 10 – Seddique Martin
 Year 11 – Jessica Schadel
 Year 12 – Narelle Kathryn

It is hard to believe that winter sport has come to an end. Boys have made their summer sport selections and will be trialling over the next 4 weeks. Good luck.

Thank you to all the parents who volunteered to billet boys from the United Kingdom over the last weekend. Ivybridge High School thoroughly enjoyed their time with us and indicated that they will be back in a couple of years with Sydney as their first stop. Congratulations to the boys who played in the rugby game and chalked yet another rugby win for EBHS, 33 – 7. Well done.

Year 7:

Year 7 Parent Teacher Evening was yet again well attended. Year 7 boys have settled in quickly and seem to be back on track with doing work and ensuring they are better organised for the busy periods this semester. The Middle School Team has organised a Year 7 Boys Mentoring Program for Term 3. The aim of the program is to enhance decision making capabilities, improve sense of self, personal confidence and build individual resilience. In Week 5, 22nd August we have the annual Evening of Music in which year 7 will be singing as a massed choir; an event we all enjoy.

Year 8:

The Subject Selection evening for Year 8 was held on Tuesday 23rd July and was very well attended. This is an incredibly exciting time for Year 8 to start making choices regarding their curriculum path. Our hope is that the boys find subjects that interest, challenge and excite them.

Subject selections are due by Friday 9th August

Year 9

A reminder to all parents/carers that reports were issued last Friday. Any parent who is unable to access these via the SENTRAL Parent Portal should contact the school office for assistance. Parent Teacher Evening on Monday provided a worthwhile experience for parents to gain a clear understanding of the goal setting required for their son/ward in the final Semester of their Middle Schooling.

Year 10:

A good start to Term 3 for our Year 10 boys. Subject Selection Evening went well with about 140 boys/families attending. Parents spoke positively of the evening and found it helpful in understanding how the HSC subject selection works and assisting in making good choices. A reminder that these selections are due on **Friday, 9th August (Week 3)**. Boys are also reminded to put English as their first preference and Mathematics as their 6th and ensure they pick and prioritise their other subject from 2 to 5. Students are also reminded to discuss the level of Mathematics and English with their teacher or Head Teacher to assist them with choosing appropriate levels for these subjects.

Year 11:

Year 11 have all been reminded that there is only a short amount of time this term for them to complete their preliminary course and that these last 8 weeks should be spent really fine tuning the skill set needed for their exams at the end of the term. Importantly any questions or concerns they have regarding their understanding of a subject area should be addressed with their teacher as a priority!

Year 12

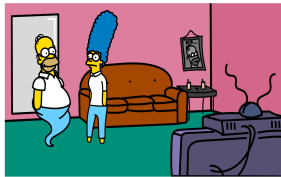
The Trial HSC starts on Monday 5th August in the Edmund Barton Centre. Of course our expectation is that all boys are studying diligently for their exams. A reminder that they need to be present at school every day before hand, teachers know and are more experienced in the subjects than the boys are so take advantage of their knowledge. In subjects with a practical component major projects are starting to be due: IT Timber and Electronics is first (**Due in week 4**) Boys need to plan their time and organise themselves to minimise stress.

EPPING BOYS HIGH SCHOOL

TAS EXPO 2019



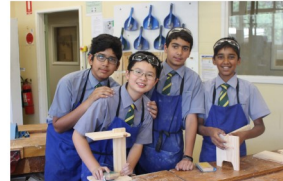
Industrial Technology
ENGINEERING



Industrial Technology
MULTIMEDIA



Industrial Technology
MULTIMEDIA



Industrial Technology
TIMBER



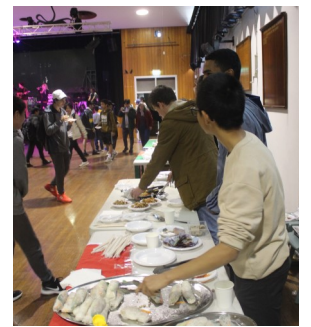
Industrial Technology
INFORMATION SOFTWARE

Tuesday 3rd September

7 pm – 9 pm

in F block

Multicultural Day



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

Middle School BTM Assemblies

Year 7, 8 and 9 all recently participated in Year Assemblies to acknowledge the outstanding achievements of boys from Semester One. Students were recognised for their consistent ability to uphold the three school values of Respect, Responsibility and Engagement. Congratulations to all students who received awards. Students and staff were also treated to brilliant musical performances and creative videos throughout the Assembly, which highlighted the unique talents of numerous students.



Year 7

Year 7 students recently attended a presentation from the Independent Drug Education Australia (IDEA). This comprehensive presentation provided students with a broad covering of all drug concepts including prescription & OTC medications, alcohol, tobacco, illicit & performance enhancement drugs. This information will be consolidated in Health lessons throughout the term.

Year 8

The focus for Year 8 BTM lessons at the start of this term will be Building Resilience in Young People. Students will explore the following concepts that are essential for building their resilience:

1. Emotional awareness and self-regulation
2. Impulse control
3. Optimism
4. Flexible thinking
5. Empathy
6. Self-efficacy
7. Connectedness and reaching out

Year 9

This term will be a highly practical term for Year 9. Students will be provided with opportunities to learn invaluable skills that they will be able to apply to the rest of their lives. Activities will include learning how to change a tyre and maintaining a car, ironing a shirt and managing a budgeting. It will be interesting to see how students engage in these activities and to observe which boys already know how to complete these skills.

Year 10

Towards the end of Term 2, all Year 10 students engaged in the *Sleep Connection* Incursion. The aims of this program were to create an awareness of the current level of sleep deprivation among students and the effect that is having on all aspects of their lives as well as empowering students with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health, and provide information to students and parents regarding options for those who may require professional help. Students are encouraged to incorporate these strategies into their daily routine.

Year 10 students have also been recently given permission slips about two other upcoming incursions:

Module 1: Leader of your Life of the GAME PLAN FOR GREATNESS program delivered by Daniel Merza. - Tuesday 27th August 2019 (Period 2 – during timetabled BTM lesson)

In the midst of self-discovery, social survival and navigating life's possibilities on the roller coaster adolescent journey, this program will empower, inspire and equip students to become the leader of their life through greater self-awareness, self-belief, and resilience – leaving empowered and inspired to get the "monkeys" of their back. *Key Focus: Personal leadership, inspiration, empowerment.*

Batyr Standard Program - Tuesday 22nd October 2019 (Period 2 – during timetabled BTM lesson)

The original Batyr program! This original program is designed to be both informative and fun, for students and teachers alike. Young, relatable speakers engage the students with their stories of hope, resilience and courage in their experiences with mental ill-health. Trained facilitators educate students on the support networks and services available to them (including the school's services), and empower students to reach out for help when needed.

Wellbeing and BTM (Boys to Men) - cont.

Year 11

On Friday the 27th of September Northern Sydney General Practitioners and Nurses will be facilitating a GPs in Schools workshop for all Year 11 students. GPs in Schools is a 2.5-hour workshop that is delivered by Sydney North Primary Health Network who are funded and guided by the Australian Department of Health. The evidence-informed program brings registered General Practitioners and Nurses into their local schools to build confidence and health literacy in areas such as access to free healthcare, specific youth health issues, confidentiality, Medicare, bulk billing, and their healthcare rights.

GPs in Schools includes:

- What is health?
- How to use the Australian healthcare system
- Health services available, where they are, how to use them, and what they cost
- Student Anonymous health questions

Parents and guardians must return the opt out omission note directly to Mr Gordon if they do not want their son to be part of this program. This note will be handed out to all Year 11 students early in Term 3.

Year 12

At the end of Term 4 all of Year 12 attended a Batyr Mental Health Seminar - Stressed Out? The program revolved around two relatable, young people sharing stories about their lived experience with mental ill health. Their stories were real, empowering and had a focus on reliance and hope. The "Stressed Out" Program in particular is designed to equip students with coping strategies for dealing with stress and managing anxiety. The facilitator provided tips that students could implement into their daily lives, identified supportive resources and services available, and promoted the effectiveness of practicing mindfulness.

Wellbeing Website – Latest Report: E-cigarettes and Vaping

E-cigarettes and vaping are quickly gaining in popularity, especially amongst teenagers. Manufacturers of these products are deploying sophisticated marketing campaigns in an attempt to glamorise and promote smoking to young people.

Vaping is the act of inhaling and exhaling the vapour produced by the heated nicotine liquid of an e-cigarette or vape pen. Many teens believe that vaping is less harmful than smoking as it is often formulated with flavourings to appeal to younger users. Be aware that e-cigarettes stating 0 mg of nicotine, may still contain nicotine. It is a highly addictive substance that can slow the brain development in kids affecting their memory, concentration, learning and mood. Because vaping is new, the short and long-term health effects remain unknown.

However, studies have shown that kids who have tried vaping, are more likely to smoke tobacco products later in life than kids who have not tried vaping. As e-cigarettes leave little odour, they are particularly easy to conceal and use discreetly in public places, even in schools. In this Special Report, parents and care givers will be provided with the facts relating to e-cigarettes and vaping, whilst also highlighting the potential dangers and surrounding legislation. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

Here is the link to your special report

https://eppingboy-h-schools.nsw.schooltv.me/wellbeing_news/ecigarettes-and-vaping-au

Reminder to parents and guardians

Students across all year groups are regularly given permission notes for upcoming BTM incursions and seminars. Students are reminded via Morning Assembly, Roll Call, Google Classroom, email and School Newsletters about these permission slips and upcoming events. Permission notes and the relevant payment should be returned to the Administration Office as soon as possible to ensure students don't miss out on these valuable learning experiences.

Uniform Shop - Delma Marsden

INTRODUCING -- NEW POLAR FLEECE JACKET

The new Polar Fleece Jacket will be available very soon at the Daylight Uniform Shop (hopefully within the next week or so). The Polar Fleece is very warm and will sell for \$45.00. There will be limited stock this year. The Polar Fleece is green with a touch of yellow (surprisingly) and has a short zip at the neck.

RETURNS & EXCHANGES

Returns and exchanges will only be accepted at the Uniform Shop up to 3 months from date of purchase (receipt required). Uniforms MUST BE returned in original condition with tags attached and not washed or worn and, preferably, not straight out of school bags. We are aware that this has become a little challenging with the 'no plastic bag' policy in the shop. Your help in this matter is appreciated.



Wellbeing and BTM (Boys to Men) - cont.

EPPING BOYS HIGH SCHOOL

213 Vimiera Road, EASTWOOD, NSW 2122

Ph: 9869 2701 Fax: 9868 1198 Email: eppingboy-h.school@det.nsw.edu.au

Principal: Timothy O'Brien, BEc, Dip Ed



Dear Parent/Caregiver,

The Wellbeing Faculty has organised two incursions for Year 10 as part of the BTM program. Details are below:

Tuesday 27th August 2019 (Period 2 – during timetabled BTM lesson)

Module 1: Leader of your Life of the GAME PLAN FOR GREATNESS program delivered by Daniel Merza. In the midst of self-discovery, social survival and navigating life's possibilities on the roller coaster adolescent journey, this program will empower, inspire and equip students to become the leader of their life through greater self-awareness, self-belief, and resilience – leaving empowered and inspired to **get the "monkeys" of their back**.
Key Focus: *Personal leadership, inspiration, empowerment.*

Tuesday 22nd October 2019 (Period 2 – during timetabled BTM lesson)

Batyr Standard Program

The original Batyr program! This original program is designed to be both informative and fun, for students and teachers alike. Young, relatable speakers engage the students with their stories of hope, resilience and courage in their experiences with mental ill-health. Trained facilitators educate students on the support networks and services available to them (including the school's services), and empower students to reach out for help when needed.

Dates: Tuesday 27 August & Tuesday 22 October, 2019

Venue: School

Time: EBHS during Period 2.

Cost: 2 x \$5.00 = \$10

Accompanying staffer is Cameron Gordon and BTM Teachers who have CPR and emergency care training.

In case of an emergency, on the day, please ring the school on 9869 2701.

Please complete the Permission Slip and return with full payment to the Payments Office by **Thursday 22nd August, 2019**

Tim O'Brien
Principal
24 Jul. 19

Cameron Gordon
Coordinator

✂-----
Permission / Excursion and Date

I give permission for my son/ward _____ Roll Class _____ to attend the incursions, Game Plan for Greatness & Batyr on 27th August & 22nd October, 2019.

☐ I have enclosed /made full payment of \$10.00

My son has the following special needs/allergies (please provide full details and include any relevant medical details): _____

Parents must supply all necessary medications for their son (e.g EpiPen, Asthma puffer, allergy medication)

I give ☐ / do not give ☐ permission for my son to receive medical treatment in case of an emergency.

Signature _____ Dated _____
Parent/Caregiver

Online Payments can be made when you log onto the school site at: <http://www.eppingboy-h.schools.nsw.edu.au>
Click on "Make a Payment" and follow the prompts.

****Note:** If paying over the weekend, payments will not be received by the school until Tuesday

Cheques: Made payable to EBHS

☐ I have made an online payment. My receipt number is: _____



EBHS Spring Working Bee

Sunday **25th August**

9 am to 12 md including yummy lunch



**Come and help improve the grounds.
Lots of hands make light work.**

Contact Claire Roos on Lncroos@internode.on.net
or Sue Day susan.day388@gmail.com

<https://www.eventbrite.com.au/e/ebhs-working-bee-tickets-64166239951>

News from Social Sciences – Jaye Dunn

NSW Law Society Mock Trial

During Term Two, selected Year 11 Legal Studies students represented Epping Boys High School in the NSW Law Society Mock Trial Competition. In our second round, we hosted OLMC Parramatta. Whilst we did not win the trial, students learned valuable information about the procedures involved in a civil trial and argued valiantly against the opposition, who was representing Westfield Sydney. Even props were used to defend our client! Thank you to Mr Meng Lee and Ms Sue Cooper who acted as the magistrate and associate at very short notice.

In our third round, the team took on Pymble Ladies College. This time, it was a criminal trial and the Epping team was the defence. With a few rounds of practice and lessons learned, this was our strongest round. A well-deserved trial win capped off a great learning experience.

Congratulations must go to all students that participated during the course of our three trials - Jack, Tom, Oscar, James J, James C, Luke, Sam L, Lachlan, Liam and Sam C. A special thank you also to parents and caregivers that transported the team to and from venues, and came along to support.



Enrichment Cross Curriculum Projects

Both 7E and 8E have begun their Cross Curriculum Projects in the last few weeks. The CCP tasks are designed to encourage collaborative learning and the development of problem solving skills and critical thinking.

7E are working in groups to redesign the school campus to meet the learning and recreational needs of students present and future. Already groups have devised some excellent ideas and solutions and are actively surveying the staff and student body to ensure the right plans are made.

8E have started to develop their ideas for the Videos for Change Project Based Learning task. Videos for Change is a popular and successful digital media competition each year. It empowers young people to become agents of social change. It is a real world, student-led, project-based learning experience in which students create one-minute videos to raise awareness of social issues they feel passionate about. For the 8E Enrichment Project, students will work in groups to create their own Video for Change. At present, the groups are starting to put their ideas together and decide on ways to make change is relation to issues they feel passionate about.

Tournament of Minds Mini Challenge

Middle School students have recently been given the opportunity to apply for the Tournament of Minds inter-school competition. Due to overwhelming number of applications and the excellent quality of candidates, a mini challenge event was held on Wednesday June 26th. A short recount is provided below by Nik H.

The Mini Tournament of Minds was a competition for students in Years 7 and 8 to try and make the official TOM teams. Students were divided into 5 groups of either 4 or 5 students and competed against each other. There were challenges that tested each group's creativity, cooperation and accepting others ideas and offers.

I really enjoyed how I had to think creatively and outside the box. I also enjoyed the challenges, for example, the challenge was to create a 4 player game that uses a spoon, skateboard and a candle. I learnt how important cooperation in a short space of time is and how to think of creative solutions in a really short space of time.

Overall, it was an enjoyable experience.



Innovative Solutions

In 2020, as part of Enrichment Education for **all** students, Epping Boys High School is offering a new Year 9 Elective incorporating project based learning, critical thinking about problem solving. Topics will be delivered in the format of **Project Based Learning**. The program will progress from a structured format, developing the skills of inquiry based learning, to a student centred context. The specially designed curriculum allows students to demonstrate their knowledge and understanding across a spectrum of **Key Learning Areas**.

For more information on the topics, teaching program or structure, please refer to the Year 8 into 9 Subject Selection booklet or contact the school.

STEAM Education—Mitchell Leggo, Science

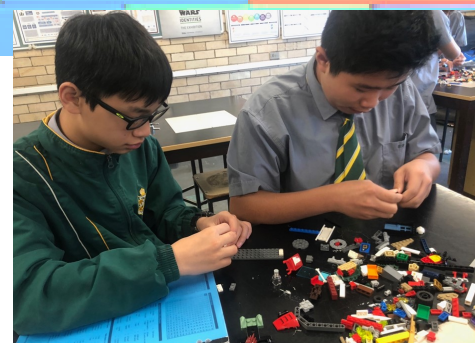
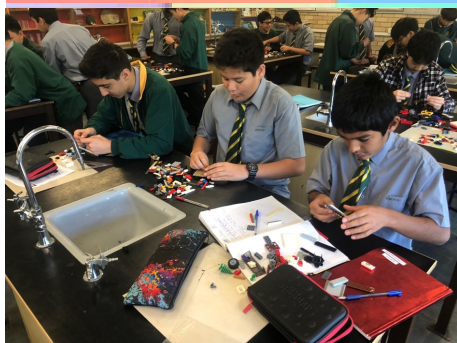
Lego – A Vehicle for Learning

STEAM education is the learning of science, technology, engineering, art and mathematics in an interdisciplinary or integrated approach. Students gain and apply knowledge, deepen their understanding and develop creative and critical thinking skills within an authentic context. It may include inquiry and project-based learning.

Faculties at Epping Boys High School approach engagement with learning within their programs. Lego serves as a tool for developing students' understanding, providing hands-on experiences that stimulate communication, creativity, collaboration, and critical thinking skills.

The school wishes to build its resources in this area, however, we are also aware of the environmental impact plastic has upon our ecosystem. As such we are looking to repurpose any unwanted Lego resources families may no longer have need of and put them to use in the education of our future problem solvers.

If you would like to contribute to the EBHS Lego resource, your donation of any unwanted bricks would be most appreciated. Please drop them into Mr. Leggo in the Science Staffroom.



Sporting Achievements

Skiing

Tristan C, Zayan R and Giustino R competed in the Interschools Ski Races at Perisher Valley over the school holidays.

All three boys skied well in atrocious conditions for the Alpine Downhill ski race. Gale force winds, a mixture of rain, snow and sleet and near freezing temperatures made racing conditions very difficult. To make it worse, the race was conducted under lights from 5pm – 8pm!

All three boys represented EBHS with passion and bravery. Tristan was successful in qualifying for both skier Cross and Alpine for the Northern Australia State Championships (NSW and QLD Combined state Championships) to be held in Perisher from 21st September.



Football—Sporting Excellence

Ryan Teague of Year 12 has been training in Canberra over the break for the U17s World Cup Squad heading to Brazil in October. Ryan will be sitting his HSC while representing his country.

Ryan was also been selected to travel with Sydney FC A-League Squad to play against Paris Saint-Germain in Suzhou China, played on 30 July.

As a school, we are full of pride, Ryan's not just a great sportsman but a great young man. Well done, Ryan.



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



LOST PROPERTY

If your son has lost anything recently, please ask him to ask at the school office.

We have many items of clothing, including jumpers, jackets, shoes and hats, sports gear, keys, lunch boxes, drink bottles etc.....

Any unclaimed items of school clothing will be donated to the second hand clothing pool at the end of the term.

Please label your son's belongings



Hillsbus Timetable Changes

Service adjustments for Hillsbus were implemented on 28th July 2019.

The changes may impact how students travel, and we encourage students and parents to check Transportnsw.info for details on these changes.

Kumdo / Kendo

HAN RIM WON KUMDO



Train to be healthy in body, strong in mind

Junior class: Weekdays 5.00pm-6.30pm
Adult class: Weekdays 7.30pm-9.00pm



Unit 5/ 10 Lymoore Ave,
Thornleigh NSW 2120

(opp Normanhurst West Public School)

5 min from Hornsby, Pennant Hills, Pymble
15 min from Eastwood, Epping, Carlingford, North Rock
20 min from Castle Hill, Baulkham Hills, Ryde
nearest train station: Normanhurst

Head Instructor:

CHOI Ho Young (7th Dan Kyosa/Kyoshi 七段教士)

Instructors:

Martin JANG (5th Dan); Eric LIM (5th Dan); TAN Sioh Yang (4th Dan)



Enrolment open year round.

Enquiries: 0401 180 825

0423 630 547

www.hanrimwon91.org.au

**Beginners' Class
available**

Service adjustments from Sunday 28 July

To improve reliability and meet customer demand, timetable adjustments will occur on many bus routes from Sunday 28 July. There are also changes to the timetables of many school services.

Trip planning and further information

Parents and students are encouraged to plan their trip to see if these timetable changes will impact the way that they currently travel to and from school. More information, including timetables, maps, Trip Planning and school service details is available at transportnsw.info. You can also view school service information on the Transit Systems website.

transitsystems.com.au

Student Opal Card Reminder

Please ensure your students are aware of the condition of use of their Opal Card, and the importance of carrying and using their card whenever they travel.

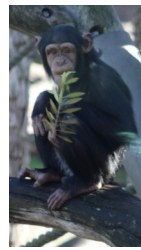
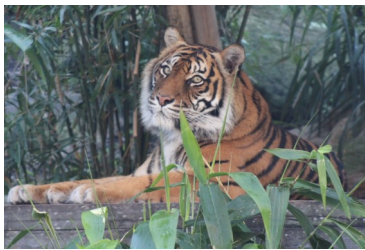
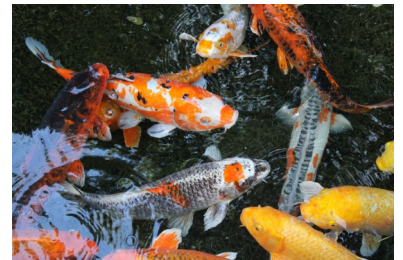
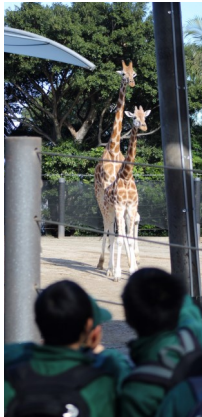
It is a condition of travel that all students tap on with their Student Opal card every time they board the bus, and tap off when they alight. This allows Transport for NSW and bus operators to assess the patronage of bus services, including School Special buses, to ensure that resources are used efficiently and meet customer demand.

Transit Systems

P: (02) 8118 7102

A: Level 1, 230-240 Balmain Road, Leichhardt, NSW 2040

Year 7 Zoo Excursion



tiles | pavers | stone | retaining walls

**Amber Tiles
Eastwood
is now open!**

Bring in this advert to receive
10% off your first order*

amber.
EASTWOOD

606 Blaxland Rd Eastwood
9804 6755
ambertiles.com.au

STRIVE TO ACHIEVE

Community Notices

PARENTING *Teens*

A one-day guest speaker event

7th September 2019 | 10:00 - 4:00pm
Manly Golf Club - 40 Balgowlah Road, Manly

THE PARENTING TEENS 2019 IS A LOCAL COMMUNITY ONE DAY EVENT

With a professional guest speaker forum covering the many important topics and challenges of raising teens that are common to all of us. The audience will hear from mentors, practitioners and community leaders about all the issues facing our local teens in the age in which we live. We were all teens once but perhaps in a very different world.

SPEAKERS



DR KRISTY GOODWIN
Digital Wellness



PAULINE POLLARD
From Anxiety to Calm & Confident



MATTHEW JOHNSTONE
Mindset and Wellbeing



LEONIE SMITH
The Cyber safety lady



DIANNE LAVENDER
Building Resilience



GABRIELA BILIBIO
Building Resilience

WHAT TO EXPECT

Our intention is for you to leave the Parenting Teens event uplifted and confident about the road ahead. Feeling empowered and equipped with strategies, solutions and expert advice to help you and your teen navigate through the challenging years.

WE GRATEFULLY ACKNOWLEDGE THE SUPPORT OF...

G.J. Gardner. HOME



TICKETS

Visit www.parentingteens.com.au to book your place now



www.parentingteens.com.au
[parentingteens](https://www.facebook.com/parentingteens)
[parentingteensips](https://www.instagram.com/parentingteensips)



Crisis Support. Suicide Prevention.

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GIANT BOOK FAIR

OVER 60,000 QUALITY PRE-LOVED BOOKS ALL CATEGORISED PLUS CDs & DVDs

SAT 31st AUG
SUN 1st SEP

8am - 5pm BOTH DAYS

MACQUARIE UNIVERSITY
12 Wally's Way
NORTH RYDE



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Find us on www.facebook.com/lifelineh2h

Enquiries: www.lifelineh2h.org.au

Tel: 9498 8805



Pennant Hills High School **CREATIVE AND PERFORMING ARTS FESTIVAL 2019**

Wednesday 21 August, VA Exhibition, MPC, open 11am - 8.30pm, Official Opening at 7pm

Thursday 22 August, VA Exhibition, MPC, open 9am - 3pm

Friday 23 August, VA Exhibition, MPC, open 9am-3pm

Friday 23 August, Stage 6 Music Soiree, MPC, starting at 7.30pm

Community Notices



FREE Seminar on Youth Mental Health 12 August 2019

The **Rotary Club of North Ryde** in partnership with the **Centre for Emotional Health** is pleased to present a **FREE** community information evening for parents, carers and teachers and professionals on **Feeding the Inner Lion: Helping children overcome their fears, worries, and shyness**

The seminar will be held at the Hearing Hub, Level 2 Lecture Theatre at Macquarie University.

Join us on **Monday 12 August from 6:00 pm to 7p.m.** to hear about **Helping children overcome their fears, worries, and shyness presented by Professor Ron Rapee.**

- ☐ What do young people worry about?
- ☐ How do you know when your child's fears are a problem?
- ☐ Why are some kids more fearful than others?
- ☐ How can parents help their children overcome anxieties?

LEARN MORE AND REGISTER

Further information can be found here:

<https://it-mqu.formstack.com/forms/feedingtheinnerlion>

The North Ryde Fun Run

The North Ryde Fun Run for Youth Mental Health is a community event organised by the Rotary Club of North Ryde, with venue partner Macquarie University and local community groups.

The **2019 Fun Run** will be held on **Sunday 25th August from 9am to 1pm** at the **Macquarie University Sport Fields**, corner of Culloden and Talavera Roads, Macquarie Park.

The proceeds raised go towards funding research into youth mental health through the **Australian Rotary Health** organisation and to treatment programs through the **Centre for Emotional Health**. Check out the details and register to attend: northrydefunrun.com.au

Do you want to make a difference in the life of a child?



Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0-18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email CapsMetroCentral@facs.nsw.gov.au



Family & Community Services

Have Fun
Good Health
Worthy Cause

North Ryde Fun Run
25 August 2019 (Sunday)
9am-1pm

Macquarie University Sport Fields,
corner of Culloden & Talavera Roads,
Macquarie Park

Program:
9:00 Registrations open for events
9:45 Assemble for Open 2km Walk
10:00 Open 2km Walk starts
10:15 Pram Push starts
10:30 Assemble for 5km Run
10:45 5km Run starts

PRAM PUSH
CASH Prize for school
MC by Stephen Sim
Warrior of Stalls
BBQ sausages & Gables
Raffle prizes
Free Gables bags

Sports Star Ambassador
Michael Wells
(rugby World)

For Youth Mental Health
research & treatment - Cool Kids Program at
Macquarie University Centre for Emotional Health
& Rotary projects

COST:
\$25 for adults
\$15 for students/children
\$10 Pram Push
www.northrydefunrun.com.au
www.northryderotary.com

Find us on Facebook

Organised by:
Rotary Club of North Ryde

Sponsored by:
MACQUARIE UNIVERSITY
NSW Health
macquarie university
Bentley Bank
VISION
TELSTRA
Ray White
HARVEY KALISH
rebel
thePod
OfficeWorld
Lexus



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



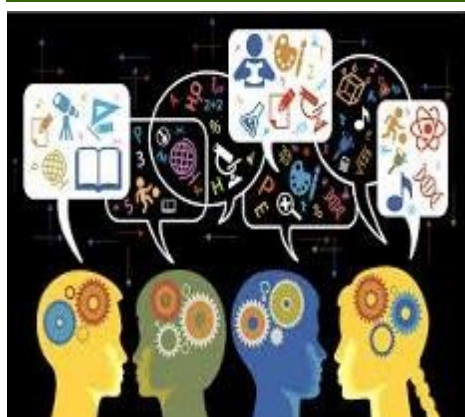
STEAM

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





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

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			
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

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)