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: 718 August 2020

IMPORTANT DATES

14—31 August Year 12 HSC Trials

31 August

P&C Meeting (held virtually)

7 —18 September

Year 11 Yearly Exams

24 September

Year 12 Farewell Assembly

25 September Last Day Term 3

12 October

Students Return

20 October—11 November Year 12 HSC Written Exams

26 October

P&C Meeting (held virtually)

23 November

P&C Meeting (held virtually)

16 December

Last Day Year 7—11

From the Principal - Tim O'Brien

Prefect Induction

Congratulations to our newly inducted Year 11 Prefects. We look forward to the fine leadership that these boys will display at our school.

In particular I congratulate the Senior Executive of the newly inducted Prefect Body:

School Captain: Vivek Waller

Vice Captain: Lachintha Kankanamage

Senior Prefect: Timothy Xu

Prefect Team:

Darin Candappa Max Hibbard William Neilson Alexander Smirniotis

Daniel Craig Eli Keenan Ben Papandrea Jack Spence

Dustin Dao Qiufei Lai Christopher Pennington Gordon Tam

Hugo Day Chengchao Li Angus Piper Rex Traje

Max Gould Chengyue Li Conor Preece Jacob White

Michael Han Ibrahim Mahmood Siddarth Pandit

Caleb Harris Rohan Mavila Matthew Simmons



I would also like to remind parents of the importance of maintaining high standards for all boys at our school. This means wearing the correct school uniform, being on time each day and being prepared for lessons. COVID 19 has provided us all with many challenges but I urge all boys to look up at the horizon not down at the ground and be proud members of our school community.

STRIVE TO ACHIEVE Prefect Induction Ceremony: giving us an opportunity to thank our Prefects of 2019/20 and welcome our new Prefect group for 2020/21 H **EPPING BOYS**

Senior Executive Report

Narelle Kathryn 7 & 10 | Seddique Martin, 8 & 11 | Jessica Schadel, 9 & 12

There have been a few comments and emails sent regarding reports and the lack of information on the reports sent out, with respect to marks and ranks. It is important for our community to put things in perspective with regard to reporting on student performance.

Epping Boys High School was the first school in NSW to report a student having the virus. As a result, the school was closed at the end of Term 1, Week 6. The school remained closed while NSW Health conducted contact tracing and identified about 80 students from Year 10 and 11, notifying students and parents about the outcome and getting tested for COVID – 19, as well as isolating for two weeks. The *Learning from Home* period also presented challenges with lessons uploaded to Google classrooms and with timetabled ZOOM sessions. This then continued into Term 2. We were then informed to partially open the school, but student attendance would need to factor in social distancing. This resulted in opening the school to selected year groups per day on a rotational bases, making our Year 12 cohort a priority. In Week 5, it was communicated that schools could open their doors for 'normal' classroom lessons although restrictions would remain in place for a number of activities, including assemblies, inter-school sport, having adults on school grounds, parent teacher evenings, etc. This was the end of an 11-week period where boys had limited access to their teachers and/or face-to-face time. This is also the time that most subjects would be preparing for Half-Yearly Assessments, which would not go ahead for a range of reasons relating to equitable access to information, teachers or lessons based on individual student access to technology and attendance.

Our focus at this time became the physical and mental wellbeing of our boys rather than the mark and rank accumulated through assessment. Any staff member can be emailed via the school email for parents wishing to seek feedback on their son's performance in a particular subject.

This term it has been wonderful to have the boys back in their Grade Sports, albeit for a vastly changed and shortened season. It has also been pleasing that PBL awards for respect, responsibility and engagement have also been presented to many boys in Years 7-10, with some boys also receiving the much-coveted tie pin for particularly impressive efforts across multiple areas of school life. We encourage all boys to work towards recognition through the Positive Behaviour for Learning system that is so important in our school.

We are hopeful that school will continue as 'normal' for the remainder of 2020, but are prepared for the fact that things can change quite quickly.

PREFECT CAMP 2020

Our incoming prefects for 2020/21 spent the last two days at 'camp'. This year was a little different as we held our leadership sessions at school. The boys were absolutely brilliant, working as a supportive team and establishing a shared vision for their



FOOTBALL IS BACK!



Water Polo



Following on from the previous Water Polo rep announcement, Ben Lucas has been selected in the Born 2005 Cadet Boys "Launch to LA Aus Squad".

Earlier in the year, Ben was named in the Australian 16 and Under squad for potential selection to compete at the Under 16 World Championships. Unfortunately, COVID-19 resulted in none of the above mentioned proceeding this year.

Off the back of those disappointing circumstances, this is a fantastic achievement for Ben and a testament to his dedication to the sport.

Well done Ben!



PHOTOGRAPHER OF





Arjun Arora - Year 9



Raising Screenagers

WITH





This webinar will help confused and concerned parents navigate the digital world with their sons, without suggesting that they ban devices. Dr Kristy will arm parents with research-based yet realistic advice to help parents feel confident about how they can best support their adolescent's physical health, mental wellbeing and learning as they grow up in a digital world. Kristy will explore:

// Why young people are susceptible to POTENTIAL PITFALLS ONLINE given what we know about BRAIN DEVELOPMENT;

// Why teenage boys are often infatuated with digital technologies, why they can develop PROBLEMATIC BEHAVIOURS & why they find it hard to SWITCH OFF;

// A simple (& realistic) formula to determine healthy SCREEN TIME limits for adolescents (based on their BASIC NEEDS);

// Why parents need to be the PILOT of the DIGITAL PLANE and set 5 BOUNDARIES to ensure that young people's time online supports their PHYSICAL HEALTH and MENTAL WELLBEING;

// How to support their son's 'DIGITAL DNA' and safety when online & be aware of current CYBER-SAFETY RISKS;

// Why DIGITAL DISCONNECTION is critical for boys' PHYSICAL HEALTH and MENTAL WELLBEING.

SEMINAR DETAILS

DATE: 24th of August 2020

TIME: 5pn

LOCATION: Webinar

AUDIENCE: Parents and Guardians of EBHS Students **REGISTER:** https://drkristygoodwin.com/webinar-ebhs/



Dr Kristy Goodwin is a leading digital wellness expert, researcher, author & former teacher (and mum who understands the digital dilemmas facing modern parents). She translates the latest research into essential and digestible information and tips, for parents, educators and health professionals so that they can safely navigate the digital terrain... without suggesting that the iPad be banned! Kristy has spoken at and consulted with hundreds of public and private schools throughout Australia and Asia, she's regularly called on by the media for her expert opinion.

Please contact Cameron Gordon (Head Teacher Wellbeing) if you have any questions about this Webinar.

Uniform Shop

NEW SOFT SHELL JACKET

Introducing the new Soft Shell Jacket – a warmer style jacket for winter. The new jacket has a full zip with 2 zip pockets and is soft to the touch. The Soft Shell Jacket will replace the Winter Jacket – it's the same price as the Winter Jacket - \$67.00. Ranging in sizes 12 to XL. There is a limited supply of Winter Jackets left in stock.

Delma Marsden

Refund and Exchange Policy

- All School uniforms MUST be returned in original condition (not washed or worn).
- All refunds or exchanges will only be accepted up to 3 months from date of purchase.
- Manufacturing faults may be assessed for repair/replacement within 3 months from date of purchase.
 - Original sales receipt required as proof of purchase for all refunds or exchanges.

If these conditions are NOT met, the item cannot be returned and NO refund or exchange will be given.

NSW School Updates app

The NSW School Updates app allows parents are carers to receive operational status updates for NSW public schools.

The app will complement the other means of communication available to parents and carers from schools and the Department of Education to ensure families receive timely, accurate information in a crisis.

This app is free and available now for iOS and Android users.

- Download for iOS App Store
- Download for Android Google Play

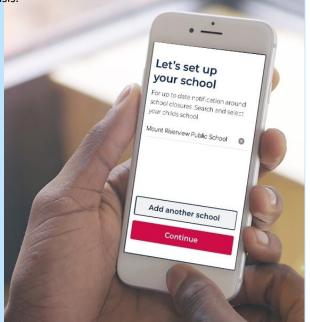
You can opt in for notifications about the operational status of as many NSW public schools as you choose.

Privacy information

The app doesn't store any personal or identifiable information. When using the app, it communicates with the department's servers storing a unique identifier for your device; the schools that you wish to receive updates for; and if you've opted into receive push notifications information to send notifications to that device.

For more information visit:

https://education.nsw.gov.au/parents-and-carers/nsw-school-updates-app



NSW Families can now get notified when their school becomes non-operational, wherever they are.

A managed return to school





Students at school 5 days a week.



Students must bring their own water bottle.



Non-essential visitors are not permitted on school ground. Parents and carers must physically distance at drop off and pick up.



Follow health advice and keep your child home if they are unwell.



For full details, visit education.nsw.gov.au/covid-19/advice-for-families

NSW Department of Education

Take care of your mental health



It's okay to feel stressed, anxious or worried.



Use credible sources when looking for information about COVID-19 and how to stay safe.



If you're feeling overwhelmed, take a break from watching the news and social media.



Try these healthy coping strategies to find the ones that work best for you:

- Talk to family, friends or teachers about your problems.
- Do something you enjoy.
- Use relaxation techniques like deep breathing or meditation.

If you want to talk it though with someone or find more tips, reach out to one of the following groups:

Kids Helpline 1800 55 1800 (24/7) kidshelpline.com.au

Reachout au.reachout.com

headspace 1800 650 890 eheadspace.org.au

Lifeline 13 11 14 (24/7)



Please use hand sanitiser



COVID-19 (Novel Coronavirus) Information

Community Information

Trusted sources of information and multilingual resources

Where can I find trusted sources of information?

Whilst media coverage of COVID_19 can help you feel informed, it can also trigger feelings of anxiety and agitation. To stay up to date with accurate, factual information you can access:

- NSW Government COVID-19 webpage: gov.au/covid-19
- Services NSW App (available in the Apple App Store or Google Play)
- The Australian Government Department of Health Coronavirus Australia App (available in the Apple App Store or Google Play)
- The Australian Government's WhatsApp channel on iOS or Android for official advice and information in real-time
- Australian Government Department of Health website: health.gov.au
- World Health Organisation Confirmed Cases Overview Map
- The Australian Government Department of Health 'Coronavirus at a glance' infographic. This is designed to give an overview of the COVID-19 situation in Australia and is updated daily.

Sometimes the information provided by the NSW Ministry of Health and Australian Government Department of Health may differ. This is because the NSW Government provides information specifically for NSW, which has the highest number of confirmed cases of COVID-19. The Australian Government provides information which is relevant for the whole of Australia – as a result, their messages may not be identical.

– What is COVID-19, what are the symptoms and how is it spread?

What is it?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19 is a new strain of coronavirus that has not been previously identified.

Novel coronavirus (COVID-19) was discovered in China in late 2019 when number of people in the province of Wuhan sought medical advice for pneumonia-like symptoms. When tested by doctors, it was discovered that these individuals had developed a strain of coronavirus that hadn't been seen before.

What are the symptoms?

Coronavirus symptoms include fever, flu-like symptoms (coughing, sore throat, head aches) and difficulty breathing. Severity can range from from mild illness to pneumonia.

Experts believe that this outbreak is likely to have originated in an animal species and spread to humans. Some countries, including Australia, have reported human-to-human transmission.

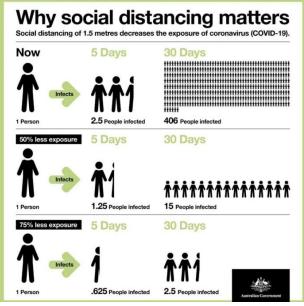
How is it spread?

Human coronaviruses are spread from someone with confirmed coronavirus to other close contacts with that person through contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

- How can I stop the spread of COVID-19?

To help stop the spread of COVID-19 everyone should:

- Stay at home unless you are an essential worker, you need to shop for groceries or you are exercising. This is important to help protect vulnerable people from the virus. Find out what you can and can't do in NSW under the new laws. In particular, anyone over 70 years of age (or over 60 if they have a long-term illness, or over 50 if they are from an Aboriginal or Torres Strait Islander background) should stay at home as these age groups are most likely to suffer from serious complications. Visitors to residential aged care facilities are also limited or this reason.
- Practice good hygiene measures
 - make sure you clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub
 - cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow
 - avoid close contact with anyone with cold or flu-like symptoms
 - clean and disinfect your home or business to help to prevent the virus from spreading from contaminated surfaces
 - stay at home if you feel unwell or are experiencing any symptoms
- Practice Social Distancing You should stay at least (1.5m) away from other people at all times and be with no more than 1 other person in any indoor and outdoor space. Avoid physical greetings of any kind such as hugs or handshakes.



Some people should:

- Self-isolate If you have been diagnosed with COVID-19 you must separate yourself from other people to prevent the spread of the virus for 14 days.
- Self-quarantine If there is potential that you are carrying
 the virus because you have returned from overseas or
 have been in contact with someone who has a confirmed
 case of COVID-19 you must also avoid contact with other
 people for 14 days.

For more information visit:

sydneynorthhealthnetwork.org.au/news/coronavirusinformation

Do I need to get tested for COVID-19?

From 24th April anyone with Coronavirus symptoms should get tested.

Symptoms can range from mild illness to **pneumonia**. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience:

- fever
- cough
- · tiredness (fatigue)
- · sore throat
- · shortness of breath.

If you have COVID-19 symptoms you can:

- · call your GP
- call Healthdirect on 1800 022 222 or use the Healthdirect symptom checker at the bottom of this section
- visit a respiratory clinic (see details below)
- · visit a NSW Health COVID-19 clinic (see details below)
- In an emergency dial 000

COVID-19 testing options: what are the differences?



This factsheet explains the various services that offer COVID-19 testing. Your GP may also offer testing at their practice – please speak to your GP receptionist before you visit.

What to expect	Respiratory Clinics (funded by Aust Govt) Free, seen by a GP Can test for COVID-19, plus other respiratory illnesses like flu and pneumonia. Will assess people with mild to moderate respiratory symptoms including a fever, cough, shortness of breath, sore throat and/or tiredness. Spend time with a GP or nurse. Receive advice about managing respiratory symptoms. The clinic will advise you	NSW Health COVID-19 Clinics Free, test only Health Unlike GP respiratory clinics, these only test for COVID-19, not other respiratory illnesses. You can be tested here if you have a fever, cough, sore throat or shortness of breath and meet the current testing criteria. Walk-ins accepted. Get tested by a nurse. Receive test results via SMS. You will be contacted as a priority if you test positive.	Prive-through pathology collection Test only, needs GP referral Cost covered by Medicare Your doctor can refer you to a drive-through pathology collection service if you are a low-risk patient. Remain in your vehicle while throat and nasal swabs are taken by a pathology collector. Results will be sent to your referring doctor who can provide advice on managing your respiratory symptoms.	COVID-19 pathology collection centres Test only, needs GP referral Cost covered by Medicare Your doctor can refer you to a dedicated COVID-19 pathology centre if you are a low-risk patient. Have throat and nasal swabs taken by a pathology collector. Results will be sent to your referring doctor who can provide advice on managing your respiratory symptoms.	DIY self-collection test kit at your home – test only Cost covered by Medicare If you can't leave home, ask your GP about self-collection home testing. You cannot self-collect if you are unable to take a good-quality sample or need a clearance test for employment or medicolegal reasons. Have a test kit delivered to your home where you will self-collect throat and nasal swabs before a courier collects and returns them to a
	of your results and can send a copy to your GP.	 You will need to contact your GP for advice on managing your respiratory symptoms. 			pathology lab. Results will be sent to your referring doctor.
Accepts low-risk people (mildly unwell)	~	~	~	~	~
Accepts people with mild- moderate symptoms	~	~			~
Appointment required	✓		✓	✓	
Referral/pathology request form required from your GP			~	~	~
Advice available on managing your symptoms	~				
Locations, bookings (if applicable) and other details	Click <u>here</u>	Click <u>here</u>	Click <u>here</u>	Click <u>here</u>	Click <u>here</u>



PROTECT YOURSELF AND THOSE AROUND YOU











wasn you hands regularly

Coveryour coughs and sneezes

Avoid touching your face

Keep 1.5 metres away from others (as much as you can)

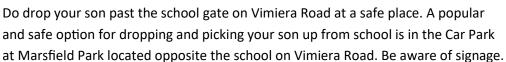
School Drop-off and Pick up Arrangements

Epping Boys High School is a very busy school, with more than 1300 boys entering and exiting the school at peak times before and after school. To keep your students safe, we all need to follow some simple rules.

While we encourage the boys to make their own way to and from school to encourage responsibility and self-sufficiency, we understand that it is not always possible. From time to time you may need to drop him off or pick him up from school.

If you are going to drop off or pick your son up before or after school please ensure you:

- O Do NOT drive into the school grounds
- O NOT stop in the Bus Zone
- O Do NOT stop in the No Stopping Zone









It is extremely important that we have the most up to date information in case of an emergency.

If there are any changes to your son's Student Emergency Contact Details, please email or call the school front office immediately.





<u>Please remember to label all of your son's belongings.</u>

Lost property will be returned to students if they are labelled with their name.

Items in lost property that are not labelled and have not been claimed by the end of term will be donated to the 2nd Hand Clothing Pool.



Community Notices



Wear it Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.



Friday 28 August



LITTER:

PREVENT THE SPREAD

Keep yourself and the environment safe from harm.







AUGUST 17-23

Keep-

IT'S ASTHMA WEEK 1-7 SEPTEMBER

There are many symptoms that could be masking your asthma which is unnecessarily causing vou to suffer.

#asthmaweek

Visit our website for ways you can unmask your asthma this Asthma Week.

asthmaweek.org.au



What you're going through isn't easy. It's good we can talk about it.

> That's tough. Keep talking, I'm listening.

Have you been feeling this way for a while?



Learn what to say at ruok.org.au A conversation could change a life

Community Notices





2019 NSWRL VOLUNTEER OF THE YEAR AWARD WINNER! 2018 NSWRL "RESPECT" AWARD WINNER! 2017 NSWRL GRASSROOTS CLUB OF THE YEAR!

Mini Footy (Ages 4-8) Mod Footy (Ages 9-12)

Safe Play modified rules used for boys and girls from U6-U12 age groups. League Tag (Girls Teams)

Come play "Non-Contact" League Tag. Open to girls from U11s, U13s & U15s.

Rugby League (Ages 13-17)

Safe Play Rugby League rules used for U13s and above.

ason Kicks Off in April

To register online today, visit CarlingfordCougars.com.au and click the 'Register Online' link.

For more info contact us on

0426 200 181 info@carlingfordcougars.com.au







Our games are played on SUNDAYS as part of the Balmain IRL.

All players receive jersey, shorts, socks training shirt and NRL passcode. (Mouthguard, headgear and boots not included)

· Contact us for further information about the Active Child rebate.

Registrations close June 30

Discipline • Team Work • Fair Play

To register visit: www.ryderugby.com.au/2020-registration Contact 0474 498 775 | register@ryderugby.com.au





Through COVID-19, we're here for you.

© Lifeline 13 11 14

Board Games Club

Want to make new friends? - Are you bored at lunchtime?

Come to the Board Games Club





Epping Boys High School

is on Facebook





SCIENCE | TECHNOLOGY | ENGINEERING | ARTS | MATHS

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 Thursday Lunchtimes in K05

See Mr Leggo in Science



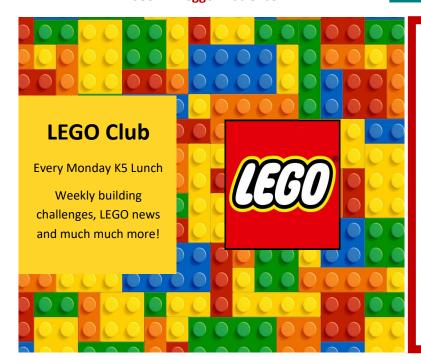
RECYCLE YOUR BATTERIES!

AT Epping Boys High School

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





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



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#	ŧ

Item	Price \$	Size	Qty	Total incl GST
Tailored Trousers	45.00			
Grey Beltloop Shorts	37.00			
S/S Grey Middle School Shirt	35.00			
L/S Grey Middle School Shirt	37.00			
S/S White Senior School Shirt	35.00			
L/S White Senior School Shirt	37.00			
Jumpers				
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			
Sport / PE				
Microfibre Jacket (summer)	67.00			
Winter Jacket	67.00			
Trackpants	45.00			
Sport Polo	37.00			
Sport Shorts Darvall (red)	30.00			
Sports Shorts Harris (yellow)	30.00			
Sports Shorts Terry (green)	30.00			
Sports Shorts Midson (blue)	30.00			
Others				
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 Beanie – one size	12.00 15.00			
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 BRING YOUR OWN BAG*

Why not order online?? It is quick and easy. Simply create an account profile, place your order and pickup 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).



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: Roll Class: WHOLE DAY ABSENCE Date(s): LATE ARRIVAL Date: EARLY LEAVER Date: Departure time: Reason for absence:

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

Parent/Guardian Name:

(Please Print)