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  
- Daniel Craig  
- Dustin Dao  
- Hugo Day  
- Max Gould  
- Michael Han  
- Caleb Harris  
- Max Gould  
- Shayan Mavila  
- Rohan Mavila  
- Siddarth Pandit

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.
Prefect Induction Ceremony: giving us an opportunity to thank our Prefects of 2019/20 and welcome our new Prefect group for 2020/21
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 time as prefects over the coming year. We ended camp as we always do with the election of our School Captain, Head Prefect and Vice Captain. Congratulations to all the boys.
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 THE MONTH

Arjun Arora - Year 9
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 POTTENTIAL 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:** 5pm  
**LOCATION:** Webinar  
**AUDIENCE:** Parents and Guardians of EBHS Students  
**REGISTER:** [https://drkristygoodwin.com/webinar-ebhs/](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

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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.


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

5 days a week

- 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
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

headspace
1800 650 890
eheadspace.org.au

Reachout
au.reachout.com

Lifeline
13 11 14 (24/7)

Please use hand sanitiser

education.nsw.gov.au
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:

- 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, headache) 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.
STRIVE TO ACHIEVE

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

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**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

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**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.

<table>
<thead>
<tr>
<th>Respiratory Clinics (funded by Aust Govt)</th>
<th>NSW Health COVID-19 Clinics</th>
<th>Drive-through pathology collection</th>
<th>COVID-19 pathology collection centres</th>
<th>DIY self-collection test kit at your home – test only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free, seen by a GP</td>
<td>Free, test only</td>
<td>Test only, needs GP referral</td>
<td>Test only, needs GP referral</td>
<td>Cost covered by Medicare</td>
</tr>
<tr>
<td></td>
<td>NSW Health</td>
<td>Cost covered by Medicare</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**What to expect**

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, sore throat or shortness of breath.

- Spend 15 minutes with a GP or nurse.
- Receive advice about managing respiratory symptoms.
- The clinic will advise you of your results and can send a copy to your GP.

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.
- You will need to contact your GP for advice on managing your respiratory symptoms.

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.

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.

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 medicare/medicare 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 pathology lab.
- Results will be sent to your referring doctor.

Accepts low-risk people (mildly unwell): Yes

Accepts people with mild-moderate symptoms: Yes

Appointment required: Yes

Referral/pathology request form required from your GP: Yes

Advice available on managing your symptoms: Yes

Locations, bookings (if applicable) and other details: Click here

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**IMPORTANT:** After your COVID-19 test, you must self-isolate until you receive an ‘all ok’ (known as a negative) result. When you get tested you will receive more information about self isolating. V1.1
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:

- **Do NOT** drive into the school grounds
- **Do NOT** stop in the Bus Zone
- **Do NOT** stop in the No Stopping Zone
- Do drop your son past the school gate on Vimiera Road at a safe place. A popular and safe option for dropping and picking your son up from school is in the Car Park at Marsfield Park located opposite the school on Vimiera Road. Be aware of signage.

EMERGENCY INFORMATION CONTACT DETAILS

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.

Please remember to label all of your son’s belongings.

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**

**Friday 28th August**

**Wear it PURPLE**

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

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**Cancer Society Daffodil Day**

*With your help there is hope*

**Friday 28 August**

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**LITTER:**

**PREVENT THE SPREAD**

Keep yourself and the environment safe from harm.

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**IT'S ASTHMA WEEK 1-7 SEPTEMBER**

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

#asthmaweek

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

asthmaweek.org.au

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**THERE’S MORE TO SAY AFTER R U OK?™**

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

Have you been feeling this way for a while?

That’s tough. Keep talking. I’m listening.

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**RU OK?™ DAY**

10 September 2020

Learn what to say at ruok.org.au

A conversation could change a life
Community Notices

**North Ryde Farmers Market**

**When:** Sat August 23, 2020 @ 8:00am - 1:00pm  
Sat August 29, 2020 @ 8:00am - 1:00pm

**Where:** North Ryde RSL Car Park 27-41 Magdala Rd North Ryde

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**Community to Achieve**

**COME & PLAY**

**Rugby Is Back On!**

Come and join one of Sydney's best Rugby Clubs, make new friends and learn new skills.

Mini (G4 to U9) and Juniors Rugby (U10 to Open) starts again from July 18. Ryde Rugby is currently running non-contact COVID-19 Safe training sessions at our home ground in Ryde Park.

All new players receive free shorts, socks and a water bottle as part of their Rugby kit. Minis (G6-U9) players also get a free personalized backpack!

Registration starts from only $110.00

ONLY $10.00 when using the Active Kids Voucher (must be under 12)

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

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**TRAMSHEDS GROWERS MARKETS**

Every Sunday from 8am-2pm

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**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

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

Dr Who Club
THURSDAY lunchtime in K2
See Ms Lane
in the science faculty
for more information
ALL WELCOME

STEAM
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

LEGO Club
Every Monday K5 Lunch
Weekly building challenges, LEGO news and much much more!

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
Please note that we are now bag free

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**Epping Boys High School Uniform Shop**

**Price List**

Name: _____________________________  Year: ________  Date: ____________  Rec# ________

<table>
<thead>
<tr>
<th>Item</th>
<th>Price $</th>
<th>Size</th>
<th>Qty</th>
<th>Total incl GST</th>
</tr>
</thead>
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<td>Tailored Trousers</td>
<td>45.00</td>
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<td></td>
<td></td>
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<tr>
<td>Grey Beltloop Shorts</td>
<td>37.00</td>
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<tr>
<td>S/S Grey Middle School Shirt</td>
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<td></td>
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<tr>
<td>L/S Grey Middle School Shirt</td>
<td>37.00</td>
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<tr>
<td>S/S White Senior School Shirt</td>
<td>35.00</td>
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<td>L/S White Senior School Shirt</td>
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<td>Jumper</td>
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<tr>
<td>Green Wool Jumpers 10, 12, 14, 16, 18</td>
<td>72.00</td>
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<td>Polar Fleece Jacket</td>
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<td><strong>Sport / PE</strong></td>
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<tr>
<td>Microfibre Jacket (summer)</td>
<td>67.00</td>
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<tr>
<td>Winter Jacket</td>
<td>67.00</td>
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<tr>
<td>Trackpants</td>
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<tr>
<td>Sport Polo</td>
<td>37.00</td>
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<tr>
<td>Sport Shorts Darvall (red)</td>
<td>30.00</td>
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<tr>
<td>Sports Shorts Harris (yellow)</td>
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<td></td>
<td></td>
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<tr>
<td>Sports Shorts Terry (green)</td>
<td>30.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Shorts Midson (blue)</td>
<td>30.00</td>
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<tr>
<td><strong>Others</strong></td>
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<tr>
<td>School Socks  S 2-8; M 8-11; L 11-14; XL 14-17</td>
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<td>Rugby Socks</td>
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<td>Boys Blazers</td>
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<tr>
<td>Caps – one size</td>
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<td></td>
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<tr>
<td>Beanie – one size</td>
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<tr>
<td>Middle School Tie</td>
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<tr>
<td>Senior School Tie</td>
<td>20.00</td>
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</tbody>
</table>

**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 pick-up from the Daylight Uniform Shop on the next open day. Daylightsportswear.com/epping or phone 0451 255 624 to place your order when paying by credit card (expiry date & CCV are required).
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.