

Randwick Boys' High School

Guiding Young Men to Success

Corner Rainbow and Avoca Streets, Randwick NSW 2031

Phone: 9399 3122 Fax: 9399 9546

Issue 26

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08 September 2017

School Leaders Induction Ceremony





From the Principal

NAPLAN Online

I would like to congratulate our Year 7 & 9 students for the way they conducted themselves during the 'Naplan On-line' testing. The students were tremendous and completed the tasks, as they were instructed. Congratulations, gentlemen.



Leadership Investiture

Friday 8th September at 10am was a time when we celebrated our new student leaders and witnessed them take the 'oath of office' in an investiture in our school hall.

I would like to congratulate the new leaders and wish them well in their new roles.

We have a new School Captain and Vice-Captain, new Prefects, new Student Representative Council members and new Sports Captains. These fine young men have elected to take on very important formal leadership positions within the school and represent our student body. Well done, gentlemen!



Year 12

Year 12 students have now entered their final 2 weeks of secondary education. 13 years of formal Primary and Secondary education will end on the 22nd September, before students are then studying for their Higher School Certificate exams which begin on Monday 16th October. At this time, students need to be increasing their study routines and sending 'practice HSC papers' to their teachers for marking. Past papers are available on the NESA website (formally BOSTES). It is never too late to improve marks and be better prepared for HSC examinations.



Exams

Whilst we have 2 weeks remaining in Term 3, I would like to remind all students and parents that the yearly examinations for all year groups is not far away. From day one next term, exams start and continue until week 5. I would like to wish all our students well in preparation for these exams.



Parents and Citizens

I would like to remind the school community that most people need to vote in Council elections this weekend.

Randwick Boys' High School will be a polling station and our wonderful P & C have organised a cake stall and BBQ. I know they have many people assisting already; however, if you can spare some time on Saturday, it would be tremendous to get even more assistance on the day.

I would like to thank our P & C for supporting us, our school, our students and your son/s. As always, your efforts are greatly appreciated.



L Raskall
Principal

COMING EVENTS FOR TERM 3

Week 9	Week A/Events
Monday 11 September	Year 11 Yearly Exams begin Homework Centre, Library, 3:30 - 5pm
Thursday 14 September	RUOK Day Homework Centre, Library, 3:30 - 5pm

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RUOK? DAY™
A conversation could change a life.



The Colour Run

When: Thursday 14th September
Why? To raise awareness for R U OKAY Day and fundraise for The Thomas Kelly Youth Foundation

HOW TO REGISTER:
 Please return your Permission and Registration form to the front office by **Monday 4th September.**

• • • • •

Attention parents

PLEASE ensure your son brings the correct money when paying at the office as we have limited cash on the premises.

Admin

**School uniform**

Please write your son's name on his school uniform as it is easier to identify when found.

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Year 9 Industrial Technology - Timber

It was with great pleasure that class teacher Mr Tuvik invited the principal Mr Raskall to inspect the completion of the Year 9 timber project- the wooden tray. Workshop skills, ranging from the use of hand tools to power machinery, were on display. The standard of work was extremely high, with all the boys achieving possibly more than they expected to.



The smiles and self-satisfaction were evident to see on all the students' faces.

Special mention to Shaun Eilerson and Freddy Whalebone for an exceptional standard of work.

Congratulations to all the students.



S Tuvik
Industrial Technology Timber

Road Safety Forum

This week Year 10 participated in a Road Safety Forum, where they learnt valuable skills in relation to safe driving and making positive choices.



The forum provided students with the opportunity to hear from guest speaker, Jarrad Ingram who suffered a brain injury in a car accident due to reckless driving. He spoke very passionately about the importance of making smart choices and maximising safety in relation to driving and being a passenger.



We would like to thank Ian Luff and his team at Safer Driving Academy for delivering such a powerful program. Ian offers valuable resources for parents on his website <http://www.drivetosurvive.com>. You can log on by clicking on the SCHOOLS PROGRAM option using Randwick Boys as your identification.



Leah Pappin
Head Teacher Well-Being



AROUND THE GROUNDS

Summer sport 2017/18 – Round 2

SPORT	OPPONENT	SCORE	
		RBHS	Other
Basketball 1s	North Sydney	44	43
Basketball 2s	North Sydney	38	30
Basketball 15s	North Sydney	29	39
Basketball 14s	North Sydney	25	27
Cricket 2	No match		
Cricket 15	No match		
Futsal 1s	North Sydney	7	4
Futsal 2s	North Sydney	3	10
Futsal 15 As	North Sydney	2	4
Futsal 15 Bs	North Sydney	3	3
Oztag 1s (2 nd grade)	Ashfield	7	3
Oztag 15 As	Ashfield	5	3
Oztag 15 Bs	Ashfield	2	6
Tennis 2 nd Grade	North Sydney	1	5
Tennis 14s	North Sydney	0	6
Volleyball 1s	North Sydney	0	2
Volleyball 2s	North Sydney	0	2
Volleyball 15s	North Sydney	1	2
Volleyball 14s	North Sydney	0	2
Waterpolo 1	Ashfield	12	2
Waterpolo 15s	Ashfield	2	7

Winning ways across the board for RBHS Grade

Continued success for many of our grade teams including: opens 1sts & 2nds basketball and opens oztag maintaining their undefeated status. It was fantastic to see several sides chalk up their first victories for the summer grade sport season.

Our cricket sides have been training hard using the school nets facility over the past month. They have been waiting patiently and eager to commence their season, starting next week. Good luck in your first matches against Normanhurst.



Again, a friendly reminder to check the sports notice board every Monday throughout the season to follow the draw fixture. Good luck to all teams in their third round of competition.

RBHS gets physical

One of our most popular recreation sports that filled up quicker than a water bottle during a 40-degree day is 'Weights & Fitness', ably run by PDHPE teacher, Mr Jackson. The students' responses to the weekly challenges, comprising of a combination of cardiovascular and muscular endurance, have been positive. Each student has set a personal goal to achieve by the end of the year, ranging from improving their overall fitness, to completing 20 consecutive pull ups.

A special mention to Joshua Wendy who completed a 'half Murph': 800m run, 50 pull-ups, 100 push-ups, 150 squats and another gruelling 800m run to complete the session. "He displayed great determination and mental toughness, refusing to stop until the workout was completed". Mr Jackson continued by praising all of our boys who are consistently giving their all.



SPORTS QUOTE OF THE WEEK



P Noreika
Sport Coordinator



Packages from \$575

Open Booth or Booth & Backdrop
Live Big Screen Slide Show
Unlimited custom prints
Box of props
Live email & Facebook
Secure online gallery
Download link - all photos and prints
Set up/pack down

www.hotshotsphotobooths.com.au
0432 899 175
@hotshotsphotobooths






Rocketboy Randwick
is proud to be a gold sponsor
of the show
'When I Grow Up'



PICK UP • EAT IN • HOME DELIVERY • 7 NIGHTS A WEEK
CHOOSE PIZZA MADE BETTER

Randwick City Council

Proudly supporting our City's young local artists and leaders of tomorrow. Gold sponsors of The Show 2017.






Established in 2008
Ruby's Diner is focused on serving quality coffee and fine food.

Located at shop 1&2, 173-179 Bronte Road, Waverley
Opening hours Monday-Saturday 6.30am-4pm and Sunday 7am-4pm



Ruby's Diner is proud to be a gold sponsor of the show
'When I Grow Up'.




Phoenix Phones is an M8 Optus branded licensed store.

Visit us
Shop 1, 1 Edgecliff Road, Woollahra

Telephone
93878899

Phoenix Phones prides its business on exceptional service and partnership with every client. m8 is 100% Australian owned and holds both an Optus Retail Master License and an SMB Business Partner Master Agreement, delivering the complete Optus Mobile and Fixed product ranges.



Phoenix Phones is proud to be a gold sponsor supporting 'Randwick Girl's & Randwick Boys' show 'When I Grow Up' for 2017.



9588 4588

39 President Avenue, Kogarah
info@kogarahvet.com; www.kogarahvet.com;
Follow us on Facebook at Benny and the Pets Kogarah



Monday to Friday 8am-1pm; 3pm-8pm
Saturday 9am-5pm
Sunday 10am-4pm

Our practise offers a full range of veterinary services assisting with your pet being happy and healthy.

Among the services we provide are general health and wellbeing reviews, microchipping, vaccinations, dermatology, desexing, dentistry, endoscopes, pathology, diet, radiology, ultrasound, CT scanning, chemotherapy, surgeries, acupuncture, behavioural issues and emergency hospitalisation.




To our wonderful sponsors,
thank you for believing in
our journey and supporting
the show for 2017.

WHENIGROWUP



Randwick Boys' High School

Telephone: 9399 3122 - 9399 3233 Facsimile: 9399 9546 Email: randwickb-h.school@det.nsw.edu.au
Cnr. Avoca & Rainbow Streets, Randwick NSW 2031

Dear Parent/Caregiver,

Randwick Boys' High School prides itself on the opportunities it provides to all of its students to reach their potential, to understand their worlds and to reflect on their experiences.

R U Okay Day is on Thursday 14th September. This year we are raising funds for the *Thomas Kelly Youth Foundation*.

The aim of the *Thomas Kelly Youth Foundation* is to foster behavioural change in young people in order to create a safer and healthier community. The initiative is all about looking after yourself, your family and even strangers. The Thomas Kelly Youth Foundation also launched the **Stay Kind** initiative this year, in memory of Stuart Kelly, who can be remembered for his continued support and kindness to his brother, Thomas. We believe that R U OKAY Day is an ideal opportunity to raise funds for this important foundation.

It is our responsibility to seek permission for your child to participate in the **School Colour Fun Run**.

All measures have been taken to ensure that this event is safe for all students. There will be various colour powder stations throughout the course as students complete laps of the school oval being blast with colour!

The volunteers will do their best to throw the powder at the torso, however wind and other factors can cause the powder to protrude on the face. For this reason, included in the cost of registration is a pair of protective sunglasses.

The colour powder used in the event is non-toxic, biodegradable and environmentally friendly consisting of 98% corn starch and 2% food colouring. It will likely washout of your son's clothing, however we recommend that your son brings to school a white shirt that you don't mind being coloured. That's what the event is all about! Based on the toxicology profiles of the powders used, their concentrations in the formulation and the mode of use of the products poses a low level of toxicology risk. The product is considered safe for use.

For those parents and guardians who consent for their child to participate in the event, DON'T FORGET to bring a white shirt and a towel to school before the event.

Get ready for a **BLAST OF COLOUR** and thanks in advance for your support! Happy fundraising!

Please complete the consent form on the back of this letter and return the form along with your **\$15 Registration Fee** to the front office or online www.randwickb-h.schools.nsw.edu.au/our-school and select the 'Make Payment' option, no later than **MONDAY SEPTEMBER 4TH 2017**.

Andrew
Relieving Principal

Leah Pappin
Head Teacher Well-Being





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SCHOOL COLOUR FUN RUN - PARENT CONSENT AND REGISTRATION FORM

I, give my son / s from to participate in the School Colour Fun Run in order to raise funds for the *Thomas Kelly Youth Foundation*.

I understand my son will need to bring a white t-shirt and towel for the event.

I have discussed appropriate and safe behaviour with my son in relation to this event.

Parent Signature: Date:

Student Registration:

<u>Student Name:</u>	<u>Year:</u>	<u>Roll Call</u>	<u>House</u>





Free Effective Parenting Course



This **five** week course is facilitated by experienced clinicians specializing in adolescent development and behavior. The course will assist parents to build stronger parent-child relationships and better manage and understand their adolescent's behavior. **This is a skills building and educational program only.** Places book out well in advance as we prefer to keep spaces limited.

"This course is one of the MOST beneficial things we have done as parents- everyone should be taught these strategies/knowledge. Totally needed in the community"

"Both facilitators were extremely knowledgeable and generous with their information. It was great to have practical experience to reinforce the theory. I thought the content was pitched correctly to the target audience. Great service and felt privileged to have access to it"

"Absolutely life changing for me! Already recommended it to a few people"

TOPIC AREAS INCLUDE:

- ✓ Understanding your child - adolescent development
- ✓ Reflecting on your parenting - the impact of various parenting styles
- ✓ Setting limits and boundaries that stick
- ✓ Effective communication and conflict resolution strategies
- ✓ Practical strategies for building resilience in your children
- ✓ Special topics: alcohol and other drugs, sex, mental health and enhancing internal regulation

WAYS/BONDI BEACH

63A Wairoa Ave North Bondi

DATE: Mondays from Monday Nov 13th -
Monday 11th of December

TIME: 6PM - 8PM

P. (02) 9365 2500

E. daniel@ways.org.au

Please call and speak to Daniel or Michal to register or to enquire



YOUTH in The CITY



SCHOOL HOLIDAY PROGRAM

Monday 25th September 2017 to Friday 6th October 2017

FOR AGES 13 – 18 (or under 13 if in High School)

WEEK 1: MONDAY 25 SEPTEMBER

COST:
\$13.

TIME: 10.30AM—4PM
SURFING LESSONS AT MAROUBRA BEACH

BYO lunch, drink, towel and hat or money to buy

WEEK 1: TUESDAY 26 SEPTEMBER

COST:
\$8.

TIME: 10.30AM—4PM
MOVIES AT FOX STUDIO
BYO lunch or money to buy.
Movie will be decided on day

WEEK 1: WEDNESDAY 27 SEPTEMBER

COST:
\$3.

TIME: 10.30AM—4PM
LEICHHARDT POOL
BYO lunch or money to buy

WEEK 1: THURSDAY 28 SEPTEMBER

COST:
\$7.

TIME: 10.30AM—4PM
CREATIVE WORKSHOP WITH ART GALLERY NSW

Lunch provided

WEEK 1: FRIDAY 29 SEPTEMBER

COST:
FREE

TIME: 10.30AM—4PM
BASKETBALL AT WOOLLOOMOOLOO

Lunch provided

WEEK 2: MONDAY 2 OCTOBER

NO PROGRAM
PUBLIC HOLIDAY

WEEK 2: TUESDAY 3 OCTOBER

COST:
\$17.

TIME: 10.30AM—4PM
PARKOUR AT TEMPE

Cost includes 1.5 hours lesson..
BYO lunch and drink or money to buy

WEEK 2: WEDNESDAY 4 OCTOBER

COST:
FREE

TIME: 10.30AM—4PM
SOCCER AT COOGEE BEACH
Lunch provided.
BYO towel, drink, sunscreen and hat

WEEK 2: THURSDAY 5 OCTOBER

COST:
\$11.

TIME: 10.30AM—4PM
INFLATABLE WORLD
BYO Lunch, drink and socks or money to buy

WEEK 2: FRIDAY 6 OCTOBER

COST:
FREE

TIME: 10.30AM—4PM
OZTAG AT BLACKTOWN

Lunch provided

NEW BOOKING AND PAYMENT SYSTEM:

TO BOOK ONLINE : WWW.CITYOFSYDNEY.NSW.GOV.AU

FOLLOW THE LINKS: COMMUNITY/YOUNG PEOPLE/SCHOOL HOLIDAYS

<http://www.cityofsydney.nsw.gov.au/school-holidays>

FOR MORE INFORMATION CONTACT 8512 8771

Several convenient pick up and drop off locations for the School Holiday Program:-
Sydney, Erskineville, Redfern, and Ultimo

**Please note that bus pick up and drop off times may vary for each location*

cityofsydneyyouth



Bookings are now open at <http://www.cityofsydney.nsw.gov.au/school-holidays>

MENTAL HEALTH MONTH

ACTIVITIES FOR YOUNG PEOPLE



YOUTH MENTAL HEALTH CONVERSATIONS
'SHARING THE JOURNEY'



'SHARE THE JOURNEY' WITH US WITH MASSAGE

Take time out during your studies and relax those muscles with **3 minute massages** in the study area at the Lionel Bowen Library. Free for young residents aged 12 to 24 years.

**Tuesday 3 & 10 October
4pm to 7pm**

Study area,
Lionel Bowen Library,
669-673 Anzac Parade,
Maroubra



'SHARE THE JOURNEY' WITH US WITH MINDFULNESS

Join us for **mindfulness meditation sessions** at Lionel Bowen Library. All are welcome.

**Saturday 7 & 14 October
10am to 12pm**

Level 1
Vonnie Young Room,
Lionel Bowen Library,
669/673 Anzac Parade,
Maroubra



'SHARE THE JOURNEY' WITH US WITH TAI CHI

For early risers: join us at Maroubra beach every Friday in October for **Tai Chi**. Free – no bookings required. Look out for the 'meet here' sign and wear comfortable, loose clothing and lightweight, flexible shoes. All are welcome.

**Every Friday in October
7am to 8am**

Maroubra Beach

MENTALHEALTHMONTH.WAYAHEAD.ORG.AU