

Randwick Boys' High School

Guiding Young Men to Success

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Issue 31

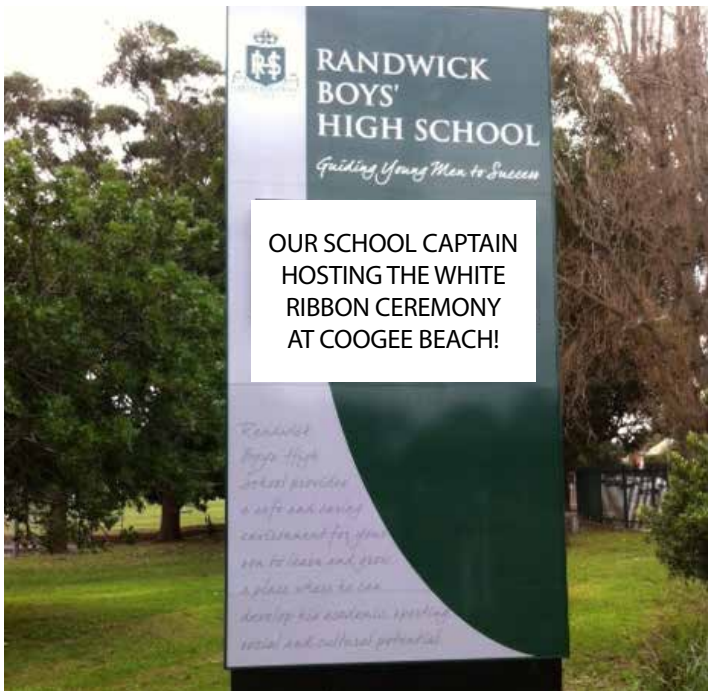
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16 November 2018

Remembrance Day Assembly





English Portfolios

Year 10 students have been busy discussing their learning this week. The English faculty has once again organised students to collate a portfolio of their work throughout semesters one and two. Students discuss their best work with staff and some parents, including: what they need to improve, give feedback on topics taught by the faculty and feedback for the teachers. It is an extremely worthwhile experience for the students and they gain a great deal from reflecting on their learning. I would like to thank Ms Payne for once again coordinating the process, all staff for assisting and our wonderful parents who volunteered their time.



Leadership camp

On Monday 19th November until Wednesday 21st November, our Student Leadership group will venture off on their annual camp. The students have chosen a different venue, under the guidance of Ms Austen. We wish them well with their planning for 2019 and hope they enjoy their time away.



From the Principal

Remembrance Day assembly – Monday 12th November at RBHS

I would like to acknowledge our wonderful community for the solemn Remembrance Day assembly held on Monday 12th November. Ms Olsen organised the assembly and had assistance from the History and Music Departments. One History class researched various battles and conflicts and one of the students spoke of a local man who was tragically killed whilst serving. Prefects and SRC read stories and letters from soldiers serving and a multimedia presentation allowed images to reflect what was being discussed. Two members of the Coogee RSL Club attended and one read the Ode. They commented on our superb students and the wonderful welcome they always receive at our school. Well done, to all!



P & C BBQ – Tuesday 20th

On Tuesday 20th November, our Parents and Citizens will be hosting a free sausage sizzle at the school during lunchtime. Cans of soft drink will be available for a gold coin donation on the day. Year 7, 8 and 9 will be invited to the BBQ area during the first half of lunch and Year 10 and 11 will be invited during the second half of lunch. We would like to thank the P & C for organising this event for our students and for all the wonderful work they do for our school.



Paul Wade – Motivational Speaker



This week we welcomed ex Socceroo, Paul Wade to our school. Mr Dimopoulos organised Paul to speak with Year 10 students about tying ones interests and motivations to career plans and future aspirations. This is timely, as Year 10 will be completing Work Experience from Monday 26th November until Friday 7th December.

P & C meeting 20th November

The final P & C meeting for the year will take place on Tuesday 20th November from 7pm in the staff common room. Please feel free to attend.



White Ribbon Day activities

White Ribbon Day will take place on Friday 23rd November. Randwick Boys' High School has been involved for many years and in many ways. This year, the Student Representative Council will join the White Ribbon Walk, leaving from High Cross Park at 7.30am, walking down Coogee Bay Road and ending with a ceremony at Coogee Beach. Veron Singh, our School Captain is one of four hosts for the event. Following the walk, Year 7 students will sit with senior students from Randwick Girls' High School to discuss issues surrounding the White Ribbon movement. I would like to thank Ms Austen for organising our students and Ms Pappin and Mr Benson for their work with the Year 7 and RGHS students.



L Raskall
Principal



COMING EVENTS FOR TERM 4

Week 6	Week B/Events
Monday 19 November	Excursion: Prefects & SRC Leadership Camp, Day 1 Excursion: Aboriginal Education Excursion, La Perouse Homework Centre, Library, 3:30 - 5pm
Tuesday 20 November	Excursion: Prefects & SRC Leadership Camp, Day 2 P & C Meeting
Wednesday 21 November	Excursion: Prefects & SRC Leadership Camp, Day 3
Thursday 22 November	Excursion: Earth & Environmental Science, Australian Museum, 8:30am Homework Centre, Library, 3:30 - 5pm
Friday 23 November	Vaccinations - Visit 3 Excursion: White Ribbon Day Walk



The next P & C Meeting
will be held on
Tuesday 20 November
7pm
Staff Common Room
All welcome



U n i f o r m s



Please write your son's name on his school uniform as it is expensive for you to replace lost items.



Change of Address/Phone/Email



Please inform the school of any change of address, phone numbers or emails for us to list the correct data on the computer.

Admin



Procedures for students permanently leaving RBHS

If your son is:

- Returning overseas
- Transferring to a new high school
- Enrolling in TAFE

OR

- His employment is confirmed

Parents:

- Notify in writing or by email that the student is leaving RBHS.
- State the student's name, academic year, date of leaving and where he will be going.
- Pay for elective subjects and school contributions.

Student:

- Officially clears from our school by signing out from his classes and completes a clearance form.
- Returns all RBHS text books and library books (payment is due if books are not returned).

Admin

The World's Largest Mental Health Lesson

Last Friday, Randwick Boys' High School Year 10 students participated in The Worlds Largest Mental Health Lesson. Around 1500 Year 9 and 10 public high school students converged on Sydney Olympic Park, or joined a live cross to participate in the challenge, beating the current record set in the UK by a whopping 651 students.

The record attempt was to raise the discussion on mental health and introduce students to mental fitness and resilience through an interactive lesson for students.

Students were provided with many strategies to ensure they make mental health a priority. These included:

Enhancing awareness that mental wellbeing is a lifelong journey with ups and downs for everyone.

Enhancing awareness of how to maintain one's own mental wellbeing.

Improving your ability to start a conversation about mental wellbeing.



Increased confidence about seeking help if required.

Increased confidence in helping a friend in need.

The department's successful attempt to break the Guinness World Record for the World's Largest Mental Health Lesson was livestreamed to more than 9,000 students across NSW.

Thanks to Year 10, Mr Benson and Ms Munro for making our participation possible.

Some thoughts from our Year 10 students on the lesson:

"The lesson gave us resources so that we know where to go for help".

"We learnt that it's important to talk about mental health".

The lesson helped us to realise that we need to be grateful for the things we have, because there are other students out there struggling".



Leah Pappin
Head Teacher Wellbeing



Year 8 Creative Writing

In English last term, Year 8 were given the task of creating their own villainous characters and writing an original creative piece. Sebastian Presland is in 8 English 3 and we're very proud of the piece he produced.

Ms Firulovic
English teacher

THE RAVEN'S TALE

Written by Sebastian Presland



It was a stormy night when it happened. The wind released a terrible moan. The darkness surrounded me along with street lights that flickered. I remembered it so clearly... the cold embrace of death.

But where should I begin? I was only nine when I developed an interest in studying and catching birds. One morning in the park, as I observed them from afar, a certain species had caught my eye, the raven. It had glossy black feathers, a polished beak and red menacing eyes. I then decided to study that one species of bird. Every day at school, at home or even in my spare time I dedicated time to drawing and watching them. Eventually, they grew fond of me. I started to talk to them, and as we chatted for hours, it felt like I could understand them...

The gift

But that's when I noticed weird occurrences... a flock of them started to watch every action I made. They hung and stood on street lamps and telephone wires. No matter where I went, they were always near me. Wherever I went, I could see them. I thought it would stop but it never did. Suddenly, on my tenth birthday, they left. I thought, was I finally free? When I arrived back home after school, there was a package on the doorstep addressed to me, on a small grey note, it read, "From us to you."

A contract between *friends!*

After taking the parcel inside, I decided to open it. Inside was a necklace and pin. On the necklace, there was a dark glistening marble carved skull hanging from a black thread. On the pin; however, was a dark purple emblem in the shape of a cross that covered the whole thing, and a raven's skull covered in glistening silver. On the necklace I noticed there was another tag written in ink that said, "Don't let go." Being the naive child that I was, I decided to put them on. For ten years they stayed on me.

All those years

As those ten years passed by, many things changed. But a curse had sewn itself to me. At first, it was nothing really, just some simple things, like broken plates and glasses; and forgetting to pack. But as I grew stronger, the curse grew also. It started to consume my sanity. When I noticed it consuming my sanity, I decided to take it off, but that was a mistake. Shadows came to life, black ooze, dripping out of my mouth and eye sockets, my voice had gone, along with the rest of my sanity. I then fainted.

And that's where I left off, so let's continue shall we, doc?

A raven's tale

When I awoke, everything seemed like a dream, but I knew it wasn't. I was constantly blacking out, and every time I did, I could see a brief image of a tall, hooded figure holding the objects I once possessed, in one hand, and in the other was a raven perching on its arm with red glistening eyes. The figure came closer and the blackout stayed longer.

It's a deal then *pal*

Eventually, the figure got too close and I was able to see his face clearly. The figure had red eyes emitting a frightful glow and possessed a menacing smile, that could send a shiver up your spine. When the blackout started, my skin became more grey, my teeth sharpened and my eyes darkened, along with the inability to feel pain.



At first, the power to not feel pain was great, but everything had a price, and that price was my soul, my emotions. As soon as I blacked out, for what felt like the hundredth time, the very same figure let go of the objects and raised his hand towards me. I refused. Then I woke up again.

The same day as I walked around an empty park, the blackouts were more frequent. Soon, I couldn't take it anymore. During the next blackout, I grabbed his hand and suddenly the figure burst into a flock of ravens. Unaware, I had just made a deal with death himself.

A barter with death

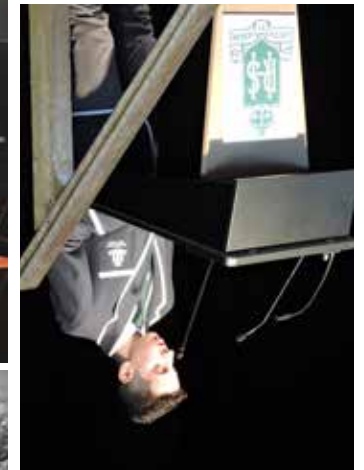
The next morning I found myself in the woods, surrounded by dead trees, and ravens on each branch eyeing me down. Suddenly, they flew towards me, cutting me with their razor-like wings. As I began to bleed, the same figure appeared looking at me. With my last bit of strength, I flung them away and marched up towards the figure and uttered the one word to change me, "Why?"





Remembrance Day Assembly

Armistice 1918-2018
Australia Remembers



Photos by:
Nicholas Franciskus &
Hayden Wong Wing Kee



AROUND THE GROUNDS

Summer sport 2018/19 – Round 9

SPORT	OPPONENT	SCORE	
		RBHS	Other
Basketball (opens) 1s	North Sydney	65	25
Basketball (opens) 2s	North Sydney	20	62
Basketball 15s	North Sydney	51	46
Basketball 14s	North Sydney	29	35
Cricket (opens) 2s	North Sydney	5/90	5/86
Cricket 15s	Epping		8/150
Futsal (opens) 1s	North Sydney	2	6
Futsal 15 As	North Sydney	4	3
Futsal 15 Bs	North Sydney	1	0
Oztag (opens) 1s	Asquith	8	6
Oztag (opens) 2s	North Sydney 2	13	4
Oztag 15 As	Asquith	5	3
Oztag 15 Bs	Asquith	8	2
Tennis (opens) 2s	Ashfield	5	1
Tennis 15s	Ashfield	5	1
Volleyball (opens) 1s	North Sydney	2	0
Volleyball (opens) 2s	North Sydney	0	2
Volleyball 15s	Epping B	2	0
Water polo (opens) 1s	Epping 2	1	1
Water polo 15s	Asquith	4	3

RBHS Flies around the bend in Round 9

A healthy rivalry has certainly developed over the years, and this round lived up to the hype and expectations with the majority of matches going down to the wire. Well done to our oztag (opens) and futsal 15 As, continuing their unbeaten status, displaying clinical performances once again.



Coach Mr Lochen was impressed by Michael Kokoviadis' (Yr 9) and Daniel Zarei's (Yr 8) performances on game day.

ATHLETE

*** OF THE WEEK ***

Jed Necco



Cricket 15s - Jed Necco scored an impressive 40 runs off 15 deliveries!

SPORTS QUOTE OF THE WEEK



P Noreika
Sport Coordinator

NSW Volleyball Schools Cup

On Sunday, 11 November, 8 students from the U15s, 2nd and 1st volleyball teams formed an U16s team to represent Randwick Boys' High School at the NSW Volleyball Schools Cup in Homebush.



During the course of the day, the RBHS team competed against other schools, such as Sydney Boys' High School, Kelso High School, Normanhurst Boys' High School and Cumberland High School. Our first game was against top seeded Sydney Boys' HS. We had to find our rhythm, because we had never played as a team. Although we lost, it was a valuable learning curve for the games to come. We lost the next 2 games against Kelso and Normanhurst, but gave them a good run. The final game of the day was against Cumberland High School. In this game, we played really well together and came out with a win. Afterwards, we got to watch the Junior Australian and NSW teams battle it out.



Overall, our first time at the Schools Cup was a fun experience for all players and a great opportunity for the team to bond. Special thanks to Mr Sharma for organising the whole day.

From left: Josh, Archie, Alex, Ben (in front), Jackson, Nima, Michael, Liam and Henry



Benjamin Schickinger
Year 8





P&C NEWS

Randwick Boys' P&C is a group of parents, carers, staff & community members who work together to provide opportunities for all students at RBHS. We meet on the third Tuesday of the month during school term at 7pm. Everyone is welcome!

Next Meeting

Tuesday 20 Nov

7pm

Staff Room

All welcome!

Please join us for
light refreshments to
celebrate our last
meeting for 2018!



The P&C invites all students and staff members of RBHS to a lunchtime **BBQ**

FREE: Sausage on a roll

GOLD COIN DONATION:

Soft drinks, water and Ice Pops

Tuesday, 20 Nov @ Lunch

We would love to hear from someone with **web design skills**. If you can help or know someone who can help, please send us an email to info@randwickboyspandc.org.au.



Randwick Boys' High School

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Cnr. Avoca & Rainbow Streets, Randwick NSW 2031.

2018 School Vaccination Program

Third and Final Visit

Friday 23rd November 2018

Dear Parent/ Caregivers,

On **Friday, 23rd November**, the South Eastern Sydney Public Health Unit, will be at Randwick Boys' High School offering **Year 7 and 8 students** the following **vaccinations**;

Year 7 all Students

- **Human Papillomavirus Vaccine (HPV) – Dose 2.**
- **Catch up HPV Dose 1 – for students who missed it on Visits 1 or 2 this year.**
- **Catch- up Diphtheria Tetanus & Pertussis (dTpa) 1 dose only – for students who missed Visits 1 & 2.**
- **Catch up HPV Doses 1 – for students who missed it on Visits 1 &/or 2.**

Year 8 students (catch-up only):

- *For those who have not completed a second Dose HPV course that commenced at school in Year 7 in 2017.*

Year 10 Students:

- **Meningococcal ACWY - 1 Dose. Meningococcal ACWY for students who missed the vaccination in term 2, 2018.**

If you have begun the Vaccination Program the nurses have your son's vaccination cards (Years 7 & 8).

If your son has NOT received any vaccinations, including the Meningococcal vaccination and has NOT begun the School Vaccination Program at Randwick Boys' High School, he can begin the program on 23rd November. Your son will need to collect a consent form from Ms Cassar. You will need to complete the consent form and your son will need **to return the Consent Form to the Front Office or Ms Cassar by Tuesday 20th November.**

The clinic will be operating in the school hall, from 9am- 1pm.

If you have any questions regarding the vaccinations, please contact school reception on 9399 3122. Alternatively, you can phone *South Eastern Sydney Public Health Unit, Sydney Office on 9382 8333.*

Ms Cassar.
Relieving Head Teacher Administration.

An Exclusive Education in an Inclusive Environment



BRAINSTORM PRODUCTIONS: Newsletter Template

Award-Winning In-School Theatre Performances

Verbal Combat

On **07 December**, Brainstorm Productions will be presenting their student wellbeing program 'Verbal Combat' for **Year 7 students**.

Words are powerful. Words can hurt and cyber bullying is devastating. Verbal Combat is a live theatre program that follows three friends who learn that their online words can last forever. The desire to fit in and be liked is strong and when one friend starts to post witty, but mean rumours to get more online likes, the play takes a cruel twist. All too soon, the posts are wreaking havoc in all their lives and the characters quickly discover that there is no easy way out. Verbal Combat is essential learning, that addresses the dire consequences of cyber bullying and will help students understand that their digital footprints are hard to erase and so are their mistakes.

Verbal Combat is part of our student wellbeing curriculum and the program has been developed in consultation with teachers, psychologists, as well as real-life student experiences. The methodology of the program is safe, supportive and nonjudgmental and designed to provide students with positive and useful tools that they can use in their everyday lives.

More than 350,000 Australian students have already benefited from Brainstorm Productions multi award-winning educational theatre programs over the past twelve months. Their programs cater to the specific wellbeing needs of students, helping to create a healthy and harmonious school environment. If you would like to know more about Brainstorm Productions, visit their website at www.brainstormproductions.edu.au



Belong INC is about empowering children and young people 12-18 years to belong in their community, including those who do not have an NDIS plan.

We deliver individualised, flexible, capacity building supports to children and young people

Improve skills
Support key life transitions
Empower families and carers
Create inclusive communities



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Belong INC 2018

Are you thinking about what to do when you finish high school?

Do you live in the Inner West or South Eastern Sydney?

Are you living with disability and want to know what you can access?

Do you want to access activities in your community?



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