

Randwick Boys' High School

Guiding Young Men to Success

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20 September 2019

2019 UNSW Cancer Symposium





From the Principal

Year 12

It is an exciting time for Year 12 as they near the end of thirteen years of formal education. It is a time to celebrate their achievements and to recognise the contribution they have made to the Randwick Boys' High School community. There will be the traditional 'clap-out' on Thursday 26 September, when the students and staff farewell Year 12 by clapping them out, just as they clapped them in for Year 7. Year 12 will assemble in the gymnasium in the morning and participate in the clap-out during Period 2. Following the clap-out, Year 12 students are able to remain at school before their Graduation at 6pm at Souths Juniors. Many Year 12 parents give permission for their son to leave school following the clap-out and return home to prepare for their graduation. If this is the case, please ensure your son has returned the signed permission note. If you do not want your son to leave at this time, please inform him and our school and he will attend lessons as usual. We look forward to celebrating the achievements of our Year 12 students on Thursday 26 September.



Year 11 Yearly Examinations

Year 11 have completed one week of their yearly exams, signifying the completion of their Preliminary courses. All Year 11 students begin preparing for their HSC in Term 4 so, once they return from holidays, it will be straight back into it! We wish all Year 11 students

the best of luck as they enter the second week of exams next week and we wish them well as they enter Year 12.



Gifted and Talented interviews

The formal interviews for our Gifted and Talented program are continuing. It is a rewarding and exciting process to meet motivated, driven young individuals from Year 6 who aspire to be part of our extension program and join the Randwick Boys' community. It is also a delight to see current students of Years 7, 8 and 9 backing themselves by applying to join the program. I would like to extend a special thanks to Year Advisers Ms Al-Anbagi, Mr Kassab, Ms Wallis and Mr Jackson for participating on the panel to interview these students.



Happy holidays!

I would like to wish all students, teachers and any parents lucky enough to be joining their young people in having time off, a happy and safe holiday. Holidays begin on Friday 27 September and we look forward to seeing all students back at school on Monday 14 October (there is no Staff Development Day at the beginning of next term).



Louise McNeil
Relieving Principal

COMING EVENTS FOR TERM 3

Week 10	Week B/Events
Monday 23 September	Year 11 Yearly Exams continue Homework Centre, Library, 3:30 - 5pm
Thursday 26 September	Year 12 Clap-Out Year 12 Graduation Dinner, 6pm, South Sydney Juniors Rugby League Club, Kingsford Homework Centre, Library, 3:30 - 5pm
Friday 27 September	Year 11 Yearly Exams end

COMING EVENTS FOR TERM 4

Week 1	Week A/Events
Monday 14 October	School resumes for all staff and students Year 10 Yearly Exams begin
Wednesday 16 October	Excursion: Duke of Edinburgh Gold Practice Journey, Day 1
Thursday 17 October	HSC Exams start Excursion: Duke of Edinburgh Gold Practice Journey, Day 2 Homework Centre, Library, 3:30 - 5pm
Friday 18 October	Year 10 Yearly Exams end HSC Exams continue Excursion: Duke of Edinburgh Gold Practice Journey, Day 3 Excursion: AIME Program, Day 3
Saturday 19 October	Excursion: Duke of Edinburgh Gold Practice Journey, Day 4

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Sport - wet weather

When sport is cancelled due to rain on Wednesday afternoons, the students are to remain at school in 'wet weather' classrooms to do schoolwork while supervised.

Admin

**Early Leavers from School**

From time to time, students are required by their parents to leave school early. On all occasions, we require written authorisation from parents to be able to approve this. This is especially important on sport afternoons (Wednesdays) when large numbers of students are off site at different venues.

Students should bring their parental letters to the Deputy to get signed. Letters are then taken to the rolls office where the early leave is logged on our system.

Administration

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Tell Them From Me

Randwick Boys' High is again inviting parents to offer feedback to staff on various matters to do with our school. The 'Tell Them From Me' survey is conducted in many schools in NSW and gives parents and caregivers the opportunity to voice their opinions.

The survey is entirely confidential, and your responses cannot be identified with you. We hope that you will answer frankly and fully. The link below will take you to the survey platform, and is accessible on a smartphone, tablet or similar internet-connected device. Please allow about ten minutes to complete it. For all but one question, a response is optional and you may choose to skip certain questions.

The survey will be available until the end of Term 3, 27 September.

Thank you very much for taking the time to tell us about you and your son's experiences in education.

<http://nsw.tellthemfromme.com/h8gmw>

Australian History Competition

Year 10 Elective History students from Randwick Boys' High School showcased their superb historical knowledge and skills in the annual Australian History Competition. Thousands of students across Australia participated in this competition, which assessed aspects of the Stage 5 curriculum. The high results that this class achieved showed not only these students' passion for History but also foreshadows their success next year for senior History. A special mention to the following students, who achieved some outstanding results:

Jordan Bean – Distinction (top 20% in the state)

Muyang You – Distinction (top 20% in the state)

Hayden Edwards – Credit

Alexander Ivanov – Credit

Nathan Nah – Credit



The students were recognised for their success in the School Assembly on Wednesday, September 4. Good job boys! Also, a big thank you to Rebecca Wellington for organising the competition!

L Calandra
HSIE teacher



2019 UNSW Cancer Symposium

On Friday, 13 September, 10 students from Year 10 participated in the 2019 NSW High School Cancer Symposium (NSW HSCS) and Competition. The NSW HSCS follows in the footsteps of the highly popular and successful Victorian High School Cancer Symposium, which over 400 Year 10 students have attended since 2016. The HSCS was a full day event organised by the Australian Cancer & Health Sciences Competition. It is designed to provide an exciting and unique chance for Year 10 students to explore and develop their interests in cancer research.



Some of the activities the students participated in on the day included:

- A tour of world-leading cancer research labs at the Lowy Cancer Research Institute
- A workshop with cancer survivors about their journeys with cancer
- Listening to engaging presentations from Pheobe Phillips, a leader in her field with the UNSW's Adult Cancer Program and Josh McCarroll who works with the Children's Cancer Institute in Australia.

All the students received a participation award for attending the day. Well done!

A big thank you to Ms Betros for organising the event.

Yasmine Manzalji
Science Teacher



AROUND THE GROUNDS

Summer sport 2019/20 - Round 3

SPORT	OPPONENT	SCORE	
		RBHS	Other
Basketball 1s	Ashfield	67	46
Basketball 2s	Ashfield	40	56
Basketball 15s	Ashfield	45	44
Basketball 14s	Ashfield	41	19
Cricket 2	North Sydney	WASH	OUT
Cricket 15	Ashfield	WASH	OUT
Futsal 1s	Bye		
Futsal 15 As	Ashfield	3	2
Futsal 15 Bs	Ashfield	0	12
Oz tag 1s	Normanhurst	WASH	OUT
Oz tag 2s	Normanhurst	WASH	OUT
Oz tag 15 As	Ashfield	WASH	OUT
Oz tag 15 Bs	Ashfield	WASH	OUT
Tennis 2s	Normanhurst	WASH	OUT
Tennis 15s	Normanhurst	WASH	OUT
Volleyball 1s	Ashfield	2	0
Volleyball 2s	Ashfield	0	2
Volleyball 14s	Ashfield	WASH	OUT
Water Polo 1s	Normanhurst	3	6

'Wishy washy' results for RBHS grade

The relentless downpour of rain throughout the week resulted in plenty of games being cancelled. All games considered 'washed out' will be played for double points later in the season.



This week we saw our junior 15As basketball and futsal sides take up the reins against Ashfield Boys' HS. Congratulations to both teams; grand stand finales in their matches eventuated with the Wicks coming out on top!



Again, this is 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 round 4 matches, to wrap up Term 3.

SPORTS QUOTE OF THE WEEK

WHEN I LOST
ALL OF MY
EXCUSES
I FOUND
ALL OF MY
RESULTS

P Noreika
Sports Coordinator

.....

IMPROVE CONFIDENCE AND LEARN TECHNIQUES FOR SAFER DRIVING

PCYC | DRIVER SAFETY

SAFER DRIVERS COURSE FOR LEARNER DRIVERS

THE SAFER DRIVERS COURSE INVOLVES TWO MODULES

MODULE ONE:
A three-hour facilitated group discussion on how to manage risks on the road.
This will involve a maximum of 12 participants and will be delivered by a facilitator.

MODULE TWO:
A two-hour, in-vehicle coaching session to develop low-risk driving strategies.
This will involve two participants and a coach.

LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.

\$140

Next course date: Saturday October 12th 2019

ALL PARTICIPANTS MUST:
Hold a valid NSW Learner Licence; be 16-24 years of age and have completed a minimum of 50 hours of actual on-road driving hours in their Learner Logbook (not including bonus hours).

Book online at www.saferdrivers.org.au

02 9314 2536
easternsuburbs@pcycnsw.org.au

Find us on

PC NEWS

Randwick Boys' High School 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 in the Staff Common Room on Level 1 of the Admin building. Everyone is welcome!



Next P&C meeting Tue 22 Oct - 7pm

2019 meetings:
Tue 17 Sep
Tue 22 Oct
Tue 19 Nov

2019 P&C Committee

Birgit Schickinger - President
Sarah Brill - Vice President
Michelle Bradley - Vice President
Leanne Bergan - Treasurer
Suzy Forrester - Secretary

MEETING CHANGE

Please note our next P&C meeting will be held on Tuesday **22nd** October.

Our guest speaker is Dr Marjorie O'Neill MP, Member for Coogee. Marjorie will introduce herself to our parent community, provide updates on any developments with the upgrades, and provide information on how she can advocate on our behalf.

We would like to thank Ms Leah Pappin, Head Teacher - Wellbeing, who was our guest speaker on Tuesday night. Leah presented a recently introduced program called Stymie. This program empowers students to look out for and stand up for their peers making our school an even safer place to learn. For more information go to about.stymie.com.au

We wish everyone safe & happy holidays!

Connect with us:

 info@randwickboyspandc.org.au

 Randwick Boys High School P&C



Beat procrastination

Keep the balance

Less stress

THE KIDMAN CENTRE UTS

Free Holiday Workshop for Year 11 Students: Taking Charge of HSC Stress

Are you a Year 11 student who will be kicking off your HSC journey in Term 4 2019?

These holidays are a perfect time to reflect on some of the possible stresses that you may face in the year ahead, and to come up with your own personal plan for how you manage these.

To help you to do this, The Kidman Centre UTS (based in Randwick), is offering a FREE **'Taking Charge of HSC Stress'** workshop on Monday, 30 September 2019, from 10:00am to 11:30am.

The workshop will be run by Louise Remond, one of our experienced clinical psychologists and author of ***Good Thinking: A Teenager's Guide to Managing Stress and Emotion Using CBT***.

Bookings are essential as numbers are limited.

The workshop will focus on practical strategies and cover the following topics:

- Identifying common sources of stress for HSC students
- The fight-or-flight response
- Understanding the symptoms of acute and chronic stress
- The three step approach to managing stress:
 1. Challenging unhelpful thinking (cognitive therapy skills)
 2. Taking action (goal setting, problem solving, study skills, strategies to beat procrastination, rewards)
 3. Self-care (diet, exercise, breathing techniques, time out, sleep strategies)
- Sources of further help

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.



Workshop and Booking Details

When

10:00am to 11:30am on Monday, 30 September 2019

Where

The Kidman Centre UTS, based at the Prince of Wales Hospital Randwick Parkes Building Level 10 East High Street, Randwick (See here for a [video](#) on how to find us)

Who

Presented by clinical psychologist and author, Louise Remond

What

1.5-hour workshop followed by pizza

RSVP/Bookings

Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://www.eventbrite.com.au/e/taking-charge-of-hsc-stress-workshop-tickets-72349389973>



HSC RESCUE

2019

Helping you with your HSC Prep

Totally Quiet Study Space, 3pm - 5pm

Wednesdays to Fridays, 2 to 23 October

Study Assist (Tutoring) Thursdays, 2pm - 3pm

3 (English), 10 (Maths), 17 and 24 October

Eastgardens Library, 152 Bunnerong Road

Free pizza (Thurs 2-3pm). Free back and neck massages and other relaxation tips (Thurs 17 and 24 only). No bookings necessary.





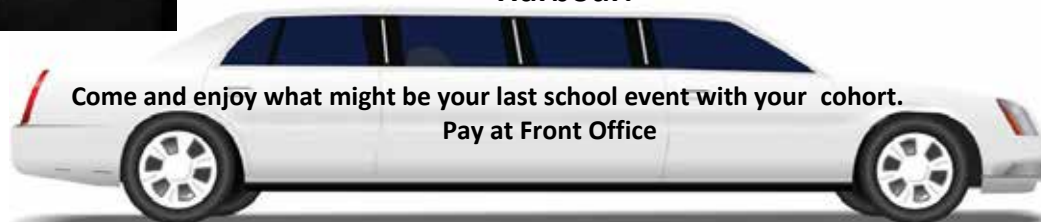
Class of 2019

FORMAL

Tuesday, 19 November 2019

L'Aqua, Darling Harbour

\$89 per person for a three course meal, soft drinks and a DJ with glorious views of Sydney Harbour.



**Come and enjoy what might be your last school event with your cohort.
Pay at Front Office**