

Randwick Boys' High School

Guiding Young Men to Success

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Issue 11

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20 May 2022

Year 9 Marine Studies students with their CPR and Water Survival Certificates



Year 7 Science experiment





Yondr

RBHS is committed to ensuring a quality learning environment for our young men. We are looking at strengthening our policy on the use of digital devices at school and are seeking feedback from parents and families about implementing Yondr pouches. I have attached some information about the purpose of the pouches to strengthen students' positive wellbeing and engagement, as well as how it works during the school day. An email will be sent to parents with the same information, as well as a link to a short survey to gather feedback on the community's support of the program. Please look out for this email in your inbox; we look forward to hearing your feedback.

High Potential Gifted Education Applications for 2023

Applications for our HPGE classes for 2023 are now open, closing at the end of next week. To access information about the program and the application package, you can find the link on the front page of our school website! Please contact us if you need any further information.



From the Relieving Principal

Half Yearly Exams

This week, Year 7 completed their Half Yearly Exams across most subjects. These went very smoothly and a huge congratulations to the students for doing their very best work. Year 9 exams will be held next week, followed by Year 10 and Year 8. Please remember to bring all necessary equipment, be on time and ensure digital devices are switched off in your bags. Good luck!



NAPLAN catch-up exams

After a very successful week of NAPLAN exams last week, catch-up tests were provided in the library throughout the week. Thank you to all involved, especially Mrs Loizou, Ms Vierboom, Mr Matin and Mr Keating for your facilitation and supervision. We look forward to analysing students' progress upon receiving the results, to further inform our teaching practice here at RBHS.

Uniform

With the change in weather, a reminder that students should be in school jumpers only. Long trousers are available from LOWES if needed. Students need to ensure they are in black leather shoes. Thank you to all families for the improvement in uniform over the past few weeks.

Support for our P & C

Our P & C will be providing a BBQ on election day tomorrow. Who doesn't love a bacon and egg roll, sausage sizzle or delicious cake whilst voting!? We look forward to seeing you here at the school tomorrow!

The P & C are also currently running a raffle to raise funds for our Independent Learning Centre and literacy initiatives. To support this fundraiser, you can buy tickets via the link below. Thank you for your ongoing support and advocacy for our students.

www.rafflelink.com.au/rbhspc-election-2022



[Fundraising Raffle to Support Randwick Boys' High School Parents & Citizens Association](http://www.rafflelink.com.au/rbhspc-election-2022)

BE A WINNER WHOEVER WINS
ELECTION 2022!

www.rafflelink.com.au

Emma Payne
Relieving Principal

COMING EVENTS FOR TERM

Week 5	Week A /Events
Monday 23 May	Year 9 Half-Yearly Exams start Homework Centre, 3:30 - 5pm
Thursday 26 May	Homework Centre, 3:30 - 5pm
Friday 27 May	Year Half-Yearly Exams end

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Garden Club success

Garden Club students were excited to share our beautiful herbs, which are booming and supporting local ecosystems, by providing safe homes for harmless and curious insects. The sweet smells of oregano, thyme, rosemary and basil filled the nose of the lucky teachers who received bunches of herbs.

Regards,

R Carle
Garden Club Coordinator



SRC events

Over the last few weeks, the SRC has been busy organising and promoting upcoming events. In the first week of term, SRC councillors held a raffle fundraiser at NIDA to raise funds for the school show. Earlier this week, the SRC visited roll calls to promote the upcoming Handball Competition and Sausage Sizzle to be held on 03 June. This weekend, councillors will be manning the grills on Saturday for the P&C Federal Election BBQ.

Kind regards,

N Fulton
SRC Coordinator



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Year 9 Marine Studies Certificates

Year 9 Marine Students were issued their CPR and Water Survival Certificates this week after completing all theoretical and practical components and training.

J Wallis
Marine Studies



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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

AROUND THE GROUNDS

Winter Round 6

SPORT	OPPONENT	SCORE	
		RBHS	Other
Rugby 14s	Ashfield	47	34
Football 1s	Homebush	1	2
Football 2s	Epping	9	2
Football 15s	Normanhurst	2	0
Football 14s	Normanhurst	1	2
Football 13s	Normanhurst	4	5
Badminton 1s	Normanhurst	0	6
Badminton 2s	Normanhurst	0	6
Table Tennis 1s	Normanhurst	0	4
Table Tennis 15s	Normanhurst	4	1
Table Tennis 14s	Normanhurst	0	4
Tennis 1s	Normanhurst		
Tennis 14s	Normanhurst	2	4

MATCH OF THE ROUND:

Rugby 14s: Randwick VS Ashfield

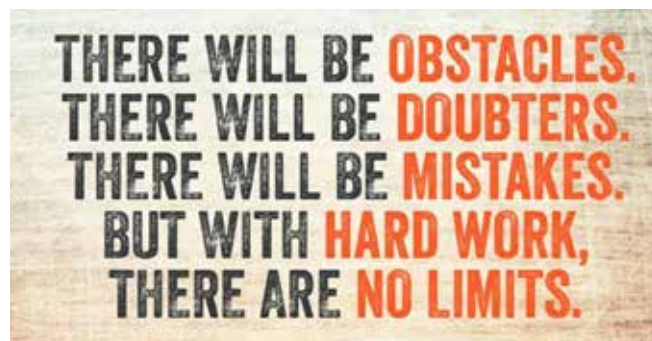
The 'Wicks' hosted Ashfield Boys' for the much anticipated, first playable match to finally kick off their season.



A plethora of tries were scored from both sides in a high scoring affair. Several notable individual performances include: Brodie Marshall bagged 4 tries, Angus Duncan's try line defence, and well done all goal kickers who converted 100%.

Good luck to all grade teams against their opponents for Round 7, when a majority of matches are against Homebush Boys' High School.

SPORTS QUOTE OF THE WEEK



P Noreika
Sports Coordinator

RBHS Grade Round 6 results

Who would have thought, 23 degrees accompanied with blue skies, could happen on a Wednesday! It was FANTASTIC to see that all of grade, house & recreation sport went ahead this week.



Game Changer Program: a Future Skills student recognition program



Right across high school life, students are building important **Future Skills** crucial for the careers they will pursue. They're developing these skills in their learning in all subjects e.g. in classwork, assignments, projects; in their involvement in extra-curricular or enrichment activities; in representing the school; and in their general conduct. Each fortnight we **recognise** students in their endeavours and achievements in five key **Future Skills** areas.



Daniel Moore Y7

When Daniel spoke at the High Potential and Gifted Education Program (HPGE) information session so enthusiastically about the program and RBHS, he convinced many young students and their families to apply! Daniel was an outstanding public speaker and representative of our student body.



Ryan Allen Y8

Ryan is an active member of Student Representative Council (SRC) and created a very professional poster for Men's Health Week coming up in week 8. Well done Ryan, it's very informative and eye-catching!



Ethan Marshall Y11

Ethan has undertaken the lead role in Garden Club, a group which focuses on supporting our Food Technology classes with fresh produce and tending to gardens which house local fauna. Ethan offers kind, respectful guidance to younger students and develops fantastic proposals to extend the positive impact of Garden Club. He is a true leader who cares greatly about the joy of sharing produce and supporting local ecosystems.



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Jude Hutchings Y8

Jude was a valued member of the 2021 transition to high school team, helping Year 6 students make the jump from primary school to high school. We had a new student enrol into Year 7 just last week and Jude put his skills to good use in making the student feel safe and welcome. He provided him a tour of the school and explained day to day operations such as interpreting a timetable, responding to bells for change of classes etc. Jude's efforts and his pleasant manner was acknowledged by the new student's parent. Well done Jude for demonstrating the qualities of what it is to be a "Randwick Boy".



Jhett Crawford



Connor Digan Y9 Rowan Courtley Y9 Jhett Crawford Y9

During our studies on Dangerous Marine Creatures in Marine Biology, the students had to complete a unique research task of creating a water-based Pokémon edition. These students put so much effort into their cards and they look amazing!



Connor Digan - titled Creatures of the Abyss



Rowan Courtley



Critical Thinker

Forms objective judgements through analysing, critiquing & evaluating

Uses logic & reasoning



Active Communicator

Shows empathy & inclusion of others

Compelling story teller or influencer - conveys ideas for understanding & engagement

Collaborates & works effectively with others



Creative Thinker

Is curious & innovative
Generates imaginative or original ways to solve problems

Explores artistic talents & abilities



Resilient Spirit

Uses inner strength when handling challenges & setbacks

Learns & grows from experiences



Thoughtful Citizen

Acts with integrity
Demonstrates strong sense of school & community respect

Displays environment & cultural awareness

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Jaydan Collins Y11

When given a research task based on Shakespeare's 'Othello', Jaydan composed a fantastic critical analysis of the tragedy through the lens of Jazz music and African American culture. This analysis eloquently utilised research and echoed a level of critical thinking that occurs in university level study of literature.



Karan Baumeister Y11

Karan excels in English Extension 1 and finds incredible joy in creative writing. He recently drafted, refined and published a chilling horror story - to rival the likes of author Stephen King! Karan is 'one to watch' as a future renowned author.



Darby Mayock Y11

Ben Kelsey-Thomson Y11

Jeramiah Tamata Y11

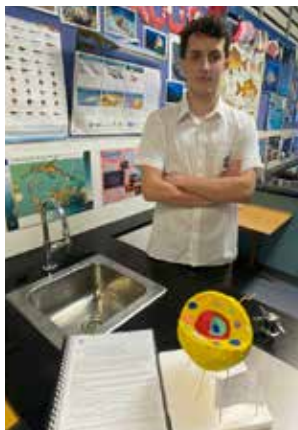
Ethan Marshall Y11

Noah Cano Sambola Y11

Year 11 Biology students had to create a model of a cell of an animal or plant for their depth study assignment. These boys produced very informative and creative models.



Darby Mayock



Ben Kelsey-Thomson



Jeramiah Tamata



Ethan Marshall



Noah Cano Sambola



Critical Thinker

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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. During Covid-19 restrictions, meetings will be held via Zoom. All welcome!



COMING UP...

- Tue 17 May - P&C General Meeting 7:00pm
- Sat 21 May - Election Day BBQ, Cake Stall & Raffle

All Welcome!

For meeting links, please join our mailing list:
<http://eepurl.com/ggUloz>

RBHS P&C Assoc

BSB: 633-000
A/C: 185 282 738



2022 Office Bearers

President: Jason Bates
V. President: Effie Joulianos
V. President: Katja Klikauer
Secretary: Suzy Forrester
Treasurer: Helena Whalebone

LOYALTY PARTNERS:

Rebel
The Athlete's Foot Eastgardens
ReCollect

CONNECT WITH US



LAST CHANCE!

Our "RBHS P&C Be A Winner Whoever Wins Election 2022" raffle **closes tomorrow** at midnight. Tickets are only **\$2** and you could win **over \$1,500** in prizes, including **more than \$1,000** in gift vouchers to our fantastic local business sponsors!

We're closing on half-way to our fundraising goal, but we really need your help to get us all the way. **Every ticket counts!** Please get your own today and put the word out to family and friends to help us raise valuable funds to support our students - **WINNER!**



<https://rafflelink.com.au/rbhspc-election-2022>

CLOSES TOMORROW!
ENTER NOW TO BE A WINNER!



<https://forms.gle/geKqXhtnLCVPU9jA9>



IT'S TOMORROW! MAY 21
ELECTION BBQ & CAKE STALL



Thanks to everyone who's already put their hand up! If you would like to help out, please let us know via the QR code or link. Cake stall items can be dropped at the School Office today, Friday 20 May, if they don't need refrigeration, or at the stall tomorrow. If you can't come for a sausage, please consider a donation to help us cover costs. Thanks!

We acknowledge and pay respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



BE A **WINNER** WHOEVER WINS!
Election 2022
RAFFLE



Feel good whatever happens **TOMORROW** with a ticket in the Randwick Boys' High School P&C Raffle!

YOU COULD WIN:

Over \$1,500 in prizes!

1st Prize:

An AEG Brushless Jet Blower Kit 58v (including Blower, Charger, and Battery) from **Bunnings Randwick** (RRP **\$449**).

Or win one of over \$1000 in gift vouchers from our wonderful local business sponsors:

- ~ **Bunnings Randwick**
\$100 gift voucher
- ~ **Rebel Sport Randwick**
3 x \$100 gift vouchers
- ~ **Sizeable Shoes Randwick**
4 x \$50 gift vouchers
- ~ **Boston For Men Randwick**
3 x \$50 gift vouchers
- ~ **Born To Bake Greek Eastlakes**
3 x \$50 gift vouchers
- ~ **Café McKenzie Randwick**
2 x \$50 gift vouchers
- ~ **Niji Sushi Bar Kingsford**
\$50 gift voucher
- ~ **Gelato Messina**
\$50 gift voucher

ENTER NOW TO WIN!

TICKETS ONLY: \$2

YOUR SUPPORT WILL:

Help us raise vital funds for the RBHS Independent Learning Centre and literacy initiatives including the Drop Everything And Read (DEAR) program.

Whatever happens in Election 2022, you can feel good knowing that by entering our raffle you're supporting students across our Randwick Boys' community to achieve their best - **WINNER!**

GET YOUR TICKETS HERE:



www.rafflelink.com.au/rbhspc-election-2022

RAFFLE CLOSES:

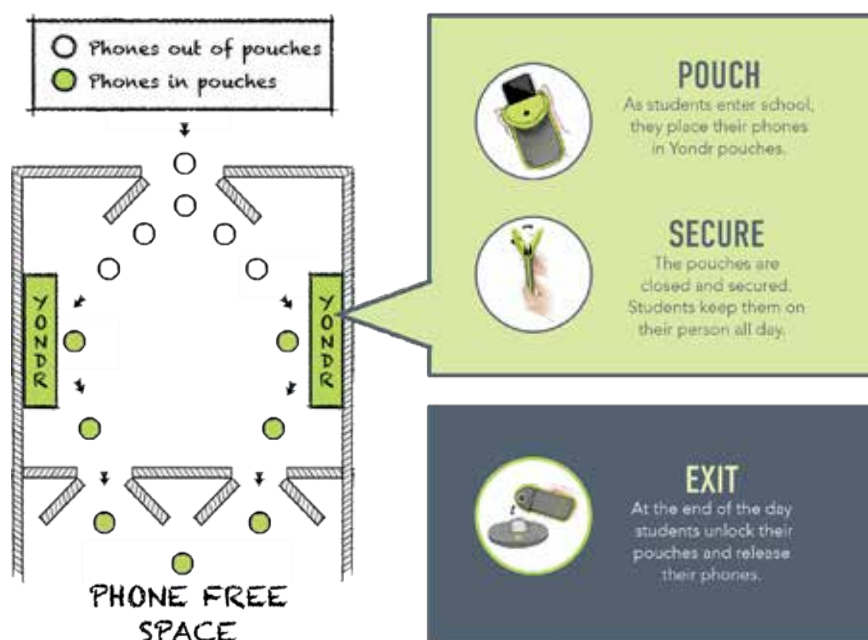
Midnight on Election Night
Saturday 21 May 2022





YONDR FOR SCHOOLS

We partner with educators to create phone-free learning environments through a comprehensive annual Yondr Program. How it works:



Included in the Yondr Program

- Full customer service — implementation support, staff training, check-ins
- Free accessories including unlocking bases, distribution totes and storage hampers
- Free replacement pouches with adherence to Yondr's implementation protocol
- School Resources — parent letters, student presentations, signage
- Student Work Program for students 18+ in select cities
- Student Art Program — selected work will be printed on external materials

adolescents (age = 11–15) found a positive association between social media use and poorer sleep quality, anxiety, and depression; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

[Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults](#)

Nearly twice as many teens displayed high elevated levels of “school loneliness,” an established predictor of depression and mental health issues.

[Teens around the world are lonelier than a decade ago. The reason may be smartphones.](#)

"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

- Jean M. Twenge, *The Atlantic* (2017)
[Have Smartphones Destroyed a Generation?](#)

Yondr surveyed over 900 school partners regarding their experience with the Yondr Program, of which:



Saw an improvement in academic performance



Saw an improvement in student behavior



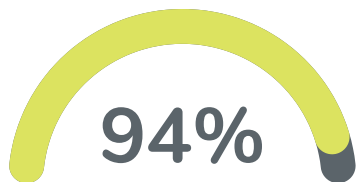
Saw an improvement in student engagement in the classroom



ACADEMIC PERFORMANCE & BEHAVIOR

An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

[Media Multitasking and Cognitive, Psychological, Neural, and Learning Differences](#)



Of teachers identified more teaching and learning time in their classrooms after implementing Yondr

[Wyong HS: 2021 Yondr Impact Study](#)

PARTNER TESTIMONIAL

"The changes have already been profound. There's so much more joy and interaction, and I can't count the number of parents who have asked me, 'How do I buy this for my home?'"

"I'm not wasting class asking students to get on task - Yondr increased valuable academic time."

"I look out at our center space and see kids laughing, playing Uno together, and looking at one another. They seem to be learning how to connect again."

FOR PARENTS AND CARERS

THE FACTS ABOUT VAPING



Do you know what they're vaping?
For more information visit health.nsw.gov.au/vaping



Do you know what they're vaping?

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

Vaping facts

- Many vapes contain nicotine making them very addictive. The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.
- Vapes can leave young people at increased risk of depression and anxiety.
- Young people who vape are 3 times as likely to take up smoking cigarettes
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes can cause long-lasting negative effects on young people's brain development.

Signs your child might be vaping

Tell-tale signs that your child might have started vaping include the symptoms of nicotine addiction such as feeling irritable or anxious.

The laws around selling vapes

Young people often purchase vapes online, from retail stores or from friends and contacts on social media.

- It is illegal to sell vapes to anyone under the age of 18 years.
- It is illegal to sell nicotine vapes to anyone, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people. This is a crime. If you suspect someone is selling vapes to minors, you can report it to NSW Health [via its website](#) or by calling the Tobacco Information line on 1800 357 412.

Talk to your child about vaping

Whether you suspect your child is vaping or not, take the time to talk to them about vaping and help them understand the risks. Try to start the conversation in a relaxed easy-going way, be patient, and remember your goal is to have a conversation, not deliver a lecture. Importantly, have your facts ready.

For more information

Get the evidence and facts at www.health.nsw.gov.au/vaping

Posters advertising the ill effects of vaping have been displayed around the school.

Melissa Olsen
Acting Deputy Principal

Dear parents/guardians.

Great news! Year 7 Camp is back on!

The NSW Government Office of Sport requires that a new online registration form must be completed by all parents and guardians, due to the rescheduling of the Year 7 Camp. We do apologise for the inconvenience; however, it is mandated by policy.

Online registrations are now open for Year 7 Camp - Randwick Boys High School at Broken Bay Sport and Recreation Centre, commencing **Wednesday 15th of June 2022 – Friday 17th**.

Please take a few minutes to complete the online registration form provided through the link below.

The information will be collected by the Office of Sport and Recreational Centre and will also be made available to the school for our records.

Please be aware that this registration form must be completed by the 31st of May, for your son/ward to attend camp.

<https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=VWVvdkN2eGRLY09zYVFub09nNUFhQT090>

Regards

Amir Matin
Year 7 Advisor