



Bonny Matters

"I shall Strive for the Best"

Volume 1, Issue 2

Upcoming Events

7th November – Year 12 Clearance day
7th November – Girls Rugby League development day
7th November – Premier's Debating 9/10 Grand Final
8th November – Year 11 U@Uni Hackathon
9th November – Year 12 Formal
9th November – Past The Shallows Performance
10th November – I-Innovate CSIRO STEM Showcase
11th November – Year 9&10 Korean Excursion
11th November – CheerBrandz Cheerleading Excursion
14th November – Beyond The Thrills Luna Park Excursion
14th November – Bonny Live rehearsals
15th November – School Spectacular
16th November – 12 Visual Arts Body of Work Assessment Interviews
16th November – Short Sharp Dance Festival
18th November – Zone Gala Day 7&8

Message from the Principal

Welcome to another newsletter

The HSC has come to a close and we hope the students have done themselves and their family proud. It has been a difficult two years of study for them and on behalf of the staff we wish them well in the future.

The P&C had another successful meeting. A tour of the school facilities was conducted and enjoyed by all. The President, Mr Ben Stewart, outlined that no response had been received by the Minister for Education to his letter concerning new buildings for Bonnyrigg High School. He also outlined the funding application being submitted to gain extra funds for the library. I would like to see more parents at the P&C as their purpose is to provide for all the children.

The Department of Education is bringing in a range of new policies and procedures, especially in the area of student behaviour at school. There is a new policy, Behaviour Code for Students, which will be circulated to all parents at the start of 2023. It outlines what students are expected to do, especially in the areas of Respect, Safety and Engagement. We will be expecting each student and parent to sign a return slip acknowledging receipt of the policy. The document is located at: <https://education.nsw.gov.au/inside-the-department/directory-a-z/inclusive-engaging-and-respectful-schools/resources/student-behaviour.main-education--category---catalogue---postvention--->

Anti Vaping is a big push by the NSW Department of Health. It is a current and future health problem not only for the individuals but also for society. Many of the vapes contain serious poisons which are not on the label. I urge parents to look at Please see resources, in a range of languages. **Facts about vaping, information for parents and carers.** There are new multilingual resources for parents and carers of young people aged 14 to 17 years. Though I'm sure some of our staff need this information too! <https://www.health.nsw.gov.au/tobacco/pages/vaping-parents.aspx>

Vaping Toolkit - Multilingual resources NSW Health has developed a Vaping Toolkit to increase young people's awareness of the dangers of e-cigarettes use. The resources educate young people that vaping is not safe. Vapes can contain harmful chemicals and can be addictive due to high levels of nicotine. The Vaping Toolkit translated resources include factsheets, social media tiles, and a poster. <https://www.health.nsw.gov.au/vaping>

Until next time

MNBryce
Principal

FOR PARENTS AND CARERS


THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vaporized liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.


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

DO YOU KNOW WHAT THEY'RE VAPING?




NICOTINE

Many vapes contain nicotine making them **very addictive**




FRUITY


The nicotine in 1 vape can = **50** cigarettes




Young people who vape are **3 times** as likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**

Do you know what they're vaping? Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)

*All statements are backed by evidence which can be found on the website

SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

It is illegal to sell any vape to anyone under 18 years of age. Many young people purchase their vapes at school from friends and contacts using social media.

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.

IS YOUR CHILD VAPING?

You may not know your child is vaping as vapes are small and resemble common items like highlighters, pens and USB drives. They are also not easy to smell.

Tell-tale signs that your child might be vaping include the symptoms of nicotine addiction such as your child feeling irritable or anxious. If your child is vaping, encourage them to stop and let them know that help is available and you are there for them. Stopping vaping can sometimes be hard and your child may need advice from a GP.

It also helps to set a good example by being tobacco and vape-free yourself.

MISLEADING AND DANGEROUS LABELLING

Vaping products are often not labelled or are incorrectly labelled.

The labels may state that vapes are nicotine free, but many of these products contain nicotine and a lot of other chemicals.

They just don't put it on the pack.

THE IMPORTANCE OF TALKING TO YOUR CHILD


If you suspect your child is vaping, take the time to talk to them about it and help them understand all of the risks.

As vaping is often common in schools, they may see it as a normal or safe thing to do, but that is not the case.

It is important to let your child know the risks of vaping. Try to start the conversation with your child in a relaxed setting, away from taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

Do you know what they're vaping? Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)

*All statements are backed by evidence which can be found on the website



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 84% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.



NICOTINE IS HARMFUL FOR YOUNG PEOPLE

Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray,
- toxins such as formaldehyde and heavy metals,
- ultrafine particles that can be inhaled deep into the lungs,
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.



Do you know what they're vaping? Get the evidence* and facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)

*All statements are backed by evidence which can be found on the website



DO YOU KNOW






WHAT YOU'RE VAPING?



Vapes can have the same harmful chemicals like in cleaning products, weed killer, bug spray and nail polish remover. They just don't put it on the pack.

Get the facts at [health.nsw.gov.au/vaping](https://www.health.nsw.gov.au/vaping)



March 2022 © NSW Health. SHRN (CPH) 22091.

Well Being

As we move into a new month we focus on new ways November. Trying something new is a great way to break the routine and make new connections not only with others but with yourself.

Listed below are 4 benefits of trying something new:

1. Time becomes more memorable
2. Your sense of adventure grows, and fear takes a back seat

1. You'll get to know yourself better
Creativity and brainpower will be stimulated.

New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your normal routine today and notice how you feel	6. Try out a new way of being physically active	
7. Be creative. Cook, draw, write, paint, make or inspire	8. Plan a new activity or idea you want to try out this week	9. When you feel you can't do something add the word "yet"	10. Be curious. Learn about a new topic or an inspiring idea	11. Choose a different route and see what you notice on the way	12. Find out something new about someone you care about	13. Do something playful outdoors - walk, run, explore, relax
14. Find a new way to help or support a cause you care about	15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective	17. Try a new way to practice self-care and be kind to yourself	18. Connect with someone from a different generation	19. Broaden your perspective: read a different paper, magazine or site	20. Make a meal using a recipe or ingredient you've not tried before
21. Learn a new skill from a friend or share one of yours with them	22. Find a new way to tell someone you appreciate them	23. Set aside a regular time to pursue an activity you love	24. Share with a friend something helpful you learned recently	25. Use one of your strengths in a new or creative way	26. Try out a different radio station or new TV show	27. Join a friend doing their hobby and find out why they love it
28. Discover your artistic side. Design a friendly greeting card	29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times				

Year 12 Clearance Day

To all our Year 12 Students 2022 clearance Day is coming Up!

Please see the schedule and process for your clearance/sign out next Monday.

You will only be required to attend the front office and hall

Year 12 Clearance/Sign out
Monday 7th November 2022
9AM-12PM HALL

- 9AM - 12K00R1, 12SRC, 12INT 12R1
- 10AM - 12R2, 12R3, 12R4,
- 11AM - 12R5, 12R6, 12R7,
- 12PM - 12R8, 12R9, 12R10

Step 1

Arrive to the front office at the time allocated to your roll call

Step 2

Go to front office and pick up your clearance form

Step 3

Pay any outstanding school fees

Step 4

Go to the hall and return textbooks

Step 5

Clearance form will be signed by a staff member at the hall

DON'T FORGET TO BRING YOUR TEXTBOOKS AND PRINTING TAGS
Lost printing tags and text books will be charged

Year 12 Formal

YOU'RE INVITED TO THE

Year 12 Formal

FOR THE

CLASS OF

2022

NOVEMBER

WEDNESDAY 9 6.30 PM

DOLTONE HOUSE MARCONI
121 - 133 Prairevale Rd, Bossley Park
NSW 2176

\$85.00 PAYMENT TO FRONT OFFICE
BY THE 10TH OF OCTOBER 2022

30 Days of Notable November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Happy 10th Anniversary Teachers Matter 10-4 Challenge Online Course	2. Light an aromatherapy candle and enjoy the aroma	3. Write a thank-you note for a special person in your life	4. Buy yourself some flowers	5. Fresh Fruit Friday - add an extra piece of fruit into your lunch	6. Cook your favourite meal and enjoy with someone special in your life	
7. Savour your favourite chocolate at least once a week	8. Buy a gift for yourself	9. Do something small that scares you today	10. Buy, download or borrow an inspiring book to read	11. Fresh Fruit Friday - add an extra piece of fruit into your lunch	12. Blow up some balloons and give them away to a child	
13. Sit in the sunshine and soak up the rays	14. Finish your day with focusing on your favourite things	15. Write a list of your great qualities	16. Donate some items that you no longer use or need	17. Fresh Fruit Friday - add an extra piece of fruit into your lunch	18. Take a bubble bath or pampering shower	
20. Delete 3 apps of your phone that you don't need or are wasting your time!	21. Dance like no one is watching	22. Focus on what you are grateful for today	23. Ring, hug and/or spend time with the people you love	24. Get some sunshine (for people in positions)	25. Eat cake & enjoy	26. Watch a sunrise or sunset today!
27. Plan your week, including some paper and downtime - just for you	28. Turn your devices and screens off by 8pm	29. Write a list of all your achievements in your life	30. Go for a brisk walk in the fresh air			

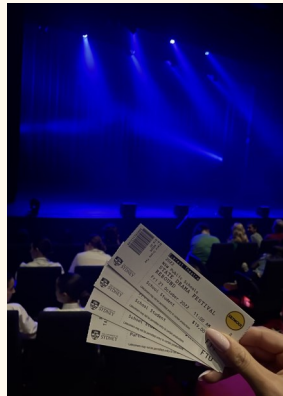
What's Been Happening

Seymore Centre

YEAR 9 DRAMA WENT TO THE THEATRE!

Over the past few weeks, Miss Katirci's year 9 Drama class had the privilege of attending The Seymour Centre for two very special productions. The first being the 'NSW Public Schools State Drama Festival', where one of our very own talented students, Rosanna Ramsay was performing as part of the Drama Ensemble. The second being a remarkable production called 'Found' where young refugees from Miller Technology High School share their own true stories in a symphony of spoken word, music and movement.

- Miss S . Katirci



Agriculture Unit

7PIX technology Mandatory class doing some gardening yesterday as part of their agriculture unit

- Miss L . Goro



School Spectacular

Our Year 11 dance students, have begun the long process of rehearsing for their performance at School Spectacular this year. Tickets are for sale now for anyone that wants to come along and support our students.



- Miss L . Babeleh

School Athletics Championships

The following is from Joshua coming 3rd in NSW All Schools 15 years Pole Vault representing Bonnyrigg High School. The 3rd place finish also qualifies Joshua for the 2023 National Juniors Championship in Brisbane. He has only been competing in Pole Vault for about a year so is on a steep learning curve.

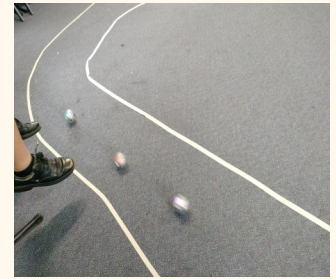
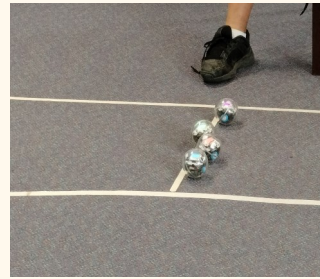
- Ms S . Seymore



Sphero Bolt Robots

Every fortnight (Week A Thursdays), Year 7 students are welcome to come to Legions in room HP24 to play with Sphero Bolt robots. This term, the students are using the robots to race around circuits they create using different materials (e.g. masking tape).

- Maths Faculty



Sydney Zoo Excursion

On November 1st, Ms Li and Ms Waters went on an excursion to Sydney Zoo with 19 students across several grades. They spent the day there observing the animals the vast zoo had on offer, including camels, elephants, meerkats, gorillas, lions, sharks, and many more. The animal groups were separated based on country of origin, e.g. Australia, Malaysia, Africa. The highlight of the day was the fight between the primates, which entertained the students greatly

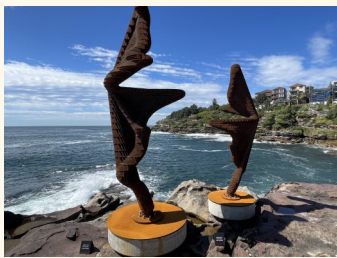
- Miss J. Li



Sculpture by the Sea

On Thursday 27th of October, 9 Visual arts, 9 Photography and 10 Visual arts classes attended the Sculpture by the Sea excursion as part of their practical assessment. This was the first Sculpture by the Sea excursion in three years. Exhibited along the coastal walk from Bondi beach and Tamarama beach, this is Australia's largest outdoor sculpture exhibition showcasing site-specific sculptural artworks from Australian and International artists

Mr J . Peng & Mrs J . Pavlik



Year 11 Jacket committee

This year, the yr11 jacket committee have been working really hard on designing their reversible bomber jacket. They have finally arrived early this term and the year group has been eager to show it off.

Mr J . Peng & Mrs J . Pavlik



Bonny Live Concert

For the first time in three years, our 'Bonny Live' concert will be returning this year with a bang! Our music students are practising tirelessly for this upcoming event which will showcase a range of performances in a variety of musical styles by music students in Years 7 through to 12. This event will take place on Thursday 17th of November at 11:00am in our school's auditorium and is already much anticipated by the music community at Bonnyrigg High School

- Mrs J . Leung



Attendance Matters

PUNCTUALITY

If any of these sound familiar, then it's time to fix your timekeeping!

"Sorry I woke up late and then waked too slow"

"I didn't want to get out of bed this morning"

"I was playing games all night and slept in"

"My school uniform hadn't dried last night!"

5

MINUTES LATE PER DAY ADDS UP TO 3 DAYS LOST OF SCHOOL TIME!

10 minutes = 6.5 days lost per school year
15 minutes = 10 days lost per school year
20 minutes = 13 days lost per school year

Attendance Matters

On Time: First Time, Every Time

Every Day Counts

100%	99% - 97%	96% - 92%	91% - 90%	89% - 88%	87% - 85%	84% - 80%	Below 80%
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DANGER ZONE - EDUCATIONALLY AT RISK

What Circle are you in?

ABCDEF
GHIJKLM
OPQRST
UVWXYZ

TERM 4, WEEK 2

KOORI HOMEROOM

PERFECT ATTENDANCE

WELL DONE TO THE STUDENTS FROM THE KOORI HOMEROOM WHO ATTENDED SCHOOL EVERYDAY IN WEEK 2!

Enjoy your canteen vouchers!

Attendance Matters

Every student. Every day.

Careers News

University - Institutes

UOW College Certificate III in Fitness for Year 11 & 12 students

Students will learn from industry experts using the high performance training facility located at the UOW UniActive gymnasium. Whilst this course is highly practical in nature it also aims to prepare you academically for further study. Upon completion of the statement of attainment, you may apply to study the remaining units required to be awarded the full SIS30315 Certificate III in Fitness qualification.

As a part of this course, you will learn from experts in Strength and Conditioning, Nutrition, Exercise Physiology, Customer Service, Communication and First Aid. You will have use of the UOW's own high performance training facility, accessing the latest programming equipment and attend tutorials and workshops with local industry experts in the field of Sport and Exercise Science. This course also includes mandatory work placement with the UOW UniActive gymnasium or Innovation Gymnasium.

The UOW College eVET (Vocational Education & Training) program provides a range of course options that you can study while you are completing years 11 and 12.

<https://www.uowcollege.edu.au/study/high-school/vet-programs/>

Macquarie University Faculty of Science Sustainability Scholarship

Apply by 6 November

The Faculty of Science Sustainability Scholarship aims to support students who have the potential to make a positive impact in support of the UN's Sustainable Development goals. Applications are open!

<https://mq.edu.au/study/admissions-and-entry/scholarships/domestic/faculty-of-science-and-engineering-sustainability-scholarship>

Aboriginal and Torres Strait Islander Pathway Program Western Sydney University Upcoming Assessment Rounds

16th and 17th November 2022 (for 2023 commencement)

The Aboriginal and Torres Strait Islander Pathway Program is an alternative entry pathway for Aboriginal and Torres Strait Islander people. Whether you are working, unemployed, studying at TAFE, or coming straight from high school, this program is an option for you.

<https://www.westernsydney.edu.au/future/study/application-pathways/aboriginal-and-torres-strait-islander-pathway-program/how-to-apply.html>

University of Sydney - Bachelor of Engineering: Civil, Construction and Structural Engineering

19 October

Join this webinar to find out more about the Bachelor of Engineering in Civil, Construction and Structural Engineering. The University of Sydney is ranked 2nd in Australia and 17th globally for Civil and Structural Engineering*. Our systems approach to teaching allows students to graduate with the much sought-after design, research and problem-solving skills needed to create and manage sustainable built and natural environments.

https://uni-sydney.zoom.us/webinar/register/WN_oLrc2ZnET0q-dtAVS59xYg

Southern Cross University Advice for Year 12s

Don't stress and enjoy the moment: top tips for finishing Year 12 and starting uni.

<https://www.scu.edu.au/engage/news/latest-news/2021/dont-stress-and-enjoy-the-moment-top-tips-for-finishing-year-12and-starting-uni.php>

Study Medicine Latest deadline info for high school students applying for med

<https://www.studymedicine.com.au/deadline-info>

Medicine Offer Quiz assists students understand their chance to be accepted

<https://www.studymedicine.com.au/chance-of-acceptance-into-medicine>

Subscribe for detailed info/dates on all Aust medicine degree applications

<https://studymedicine.memberspace.com/member/plans/4743703b7p>

<https://www.studymedicine.com.au/deadline-info>

TAFE

TAFE NSW Volvo Apprenticeship Program

The Program provides school leavers with an exciting and challenging opportunity to receive formal qualifications through extensive product training while in full-time employment. Utilising the national network of Volvo Retail Centres, Volvo offers a comprehensive three-year Apprenticeship Program.

<https://www.volvocars.com/au/apprenticeship-program>

TAFE for Music, Fashion, Art, Floristry, Photography, Sound, Design, Signs, Graphics, Film and Screen

Creative, fashion and music courses offer students a chance to explore their passions and bring their artistic ideas to life. Courses in this sector are formulated to equip you with the practical skills and background knowledge you need to accomplish detailed design tasks and utilise the latest technology within any organisation.

https://www.tafensw.edu.au/courses/arts-design-digital-media?utm_campaign=20191015%20002%20b2c%20Career%20Advisor%20edm%20october%20newsletter%20initial%20SCHOOLS%20awareness&utm_medium=email&utm_source=Eloqua

Uniform Shop

Location:

431 Elizabeth Drive, Bonnyrigg

Entrance to the shop for parents/carers is via carpark

Opening Hours:

Parents/Carers please note that the Uniform Shop is attended during the student opening hours, if you arrive outside of those hours, please proceed to the School Office.

Students:

Monday: 8:15 – 8:38

Tuesday: 8:15 – 8:38, 10:40 – 11:00

Wednesday: 8:15 – 8:38, 10:40 – 11:00

Thursday: 8:15 – 8:38, 10:40 – 11:00

Friday: 8:15 – 8:38, 10:40 – 11:00

Parents/Carers:

Monday: 8:15 – 10:40, 11:10 – 2:00

Tuesday: 8:15 – 2:00

Wednesday: 8:15 – 2:00

Thursday: 8:15 – 2:00

Friday: 8:15 – 2:00

Payment Method:

Preferred method of payment is EFTPOS, but we do also accept CASH and CHEQUES.

If paying by CASH or CHEQUE, you will need to pay at the School Office before you can collect your uniform



School Uniform

It is the responsibility of the parent and/or caregiver of the student to ensure the students are in full school uniform each day.

Joggers, name brand sports apparel, navy blue hooded jackets/jumpers, black or navy leggings are NOT school uniform.

No exceptions will be allowed.

House shirts or sports uniform (including sports shoes) can only be worn for PDHPE practical lessons or on your designated sport day ONLY.

A reminder about school footwear

The school expects students to follow Department of Education Policy and the WHS Act 2000 by wearing **black, enclosed leather, lace-up, buckle or velcro fastened shoes**.

They must cover the whole top of the foot and have a low heel. Failure to wear these types of shoes may result in temporary exclusions from a practical subject

This year our teachers are focusing on building strategies to actively teach their students what is expected of them whilst in the classroom.

Classroom Expectations

Teachers set their classroom expectations at the beginning of the year once they have met their students. Teachers have put together the following classroom expectations to ensure that there is a consistent approach across the school.

PROMPT



- ★ Be on time.
- ★ Enter classroom quietly.
- ★ Quickly get seated.

PREPARED



- ★ Have all your equipment.
- ★ Submit assessments on time.
- ★ Be dressed appropriately.

PRODUCTIVE



- ★ Focus on your learning.
- ★ Try your best and follow instructions.
- ★ Electronic devices away.

POLITE



- ★ Respect yourself, your peers, your teachers & your classroom.
- ★ Be kind to everyone - swearing, teasing and bullying **is not** OK.

PATIENT



- ★ Wait respectfully and calmly for your turn.
- ★ Listen to others and remain seated.
- ★ Be safe and raise your hand.

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD
-NELSON MANDELA

Social media Platforms

Our school posts regularly on our school's social media platforms. Give them a follow to make sure you never miss out on anything we may post throughout the year.

These are some of our main ways we like to communicate with our students and parents online.



DID YOU KNOW?

Parents can choose to translate your school communications into over **80 languages.**

HOW?

On the School Stream app:

1. Go to the side menu and click Settings
2. Click Translate Content
3. Select Language

