



### A Message from the Principal

#### Year 8 VALID Testing

On various days throughout four days this week.

8E & 8A Monday

8W Tuesday

8I & 8T Wednesday

8C Thursday Morning

Catch up Thursday afternoon for any absent students

The testing will be held in D2 and Miss Chen is leading the delivery of the 2 hour test.

#### Construction Work Placement Continues

For selected students involved all week.

#### Year 7 Swimming Program

Year 7 students, in classes will be participating in two weeks of swimming lessons, as per the aquatics PDHPE curriculum during sport time. Our students are the only ones who will be at the pool, which means this activity complies with COVID-19 restrictions. This week 7I students will attend and learn safe water practices and rescue skills. [Information note.](#)

#### Year Assemblies

Will be held this Tuesday in the following areas:

Year 7 – Bottom of Library

Year 8 – Basketball courts

Year 9 – Canteen quadrangle

Year 10 - Canteen

Year 11 Drama Room

#### Year 6 to 7 Transition

Will be held at 1:30-2:30pm each Tuesday starting from Week 3 via zoom to the Primary school classrooms. There is a google classroom set up for some activities and some activities will be live via zoom or recorded video. Our students and staff have done a wonderful job preparing videos and fun activities to welcome our 2021 Year 7 students while following COVID restrictions.

#### Year 8 Black Dog Survey update

Thank you to all the Year 8 students that signed up to the study. Please find below a note from the Black Dog future Proofing Team: [Study Apps](#)

The next 6 weeks are very important for the study as students will use the study apps.

**SPARX APP:** SPARX is an evidence-based mental health program designed to help teenagers develop and enhance their mental resilience and coping abilities. To support students' completion of SPARX, please remind students to use it over the next 6 weeks!! The program has backing from several other studies that shows students who use the program have a **reduction in symptoms of anxiety and depression.**

#### Rock and Water

Will be held for selected students on Monday with Mr Rumpler and Mr Eldridge.

**RAGE**

Will continue this week and be held for selected Year 7 students this Wednesday with an OASIS Youth Worker.

**White Card Training**

Will be held this Wednesday for selected Year 8-10 students with Mrs Swaisland at school. White card information can be found at <https://www.safework.nsw.gov.au/licences-and-registrations/white-cards>

**Top Blokes**

Continues this Thursday for selected Year 9 and 10 boys.

**Junior AECG Leadership Mentoring**

Continues Thursday Week As during Period 5 for 5 weeks.

**Strive Report 5**

Will be published this week.

**Head Lice notice**

Parents are advised that there has been a case of head lice reported to the school. The parent has taken appropriate care of the matter. Parents may find additional advice relating to head lice at

<https://education.nsw.gov.au/parents-and-carers/wellbeing/health-and-safety/removing-head-lice-and-nits>

Have a great week!

Warm regards,

Nicole Hunt

Principal

### Upcoming Events:

- **NAIDOC Week** – Sunday 8<sup>th</sup> – Sunday 15<sup>th</sup> November
- **Year 8 2021 Camp** – 10-12 February 2021. [Note](#).

### Junior Assessments:

#### This week Week 3 Term 4

- 10 History Task – Rights and Freedoms Essay
- 9/10 Fashion Task – Practical Project 3
- 9/10 IT Engineering Task – Practical Project & Folio Report
- 9/10 Photography – Case Study Portfolio

#### Next week Week 3 Term 4

- 9 Geography ICT Task Changing Places
- 9 Maths (5.1,5.2,5.3) Google forms task
- 10 English Examination
- 9/10 Child Studies – Practical task Growth & Development. [Task](#).
- 9/10 Commerce – Group Research Task
- 9/10 IST – Project 4 Games
- 9/10 iSTEM – Aerodynamics Task
- 9/10 PASS – Coaching Accreditation

### Assessment Schedules:

[Year 12 2021](#)

[Stage 5 \(Year 9 & 10\)](#)

[Year 8](#)

[Year 7](#)

### Important Information:

[Bell Times 2020](#)

[2020 Canteen Menu](#)

[Uniform Policy](#)

## Week 3A

**Monday, 26 October to Friday, 30 October 2020**

### Monday, 26 October

- **HSC Exams continue**
- **Year 8 VALID Science Testing** – 8E 8:40 – 10:40am. 8A 11:10am – 1:10pm. Room D2.
- **Construction Work placement commences** – Year 11 students
- **OASIS RAGE Wellbeing Program** – selected Year 7 students + Mrs Heaps. 9:40am – 10:40am. Reconnect Room.
- **Rock and Water** – selected students + Mr Rumpler. 11:10am – 12:10pm. Hall.
- **Rock and Water** – selected students + Mr Eldridge. 1:40pm – 2:40pm. E Block.

### Tuesday, 27 October

- **HSC Exams continue**
- **Year 6 Transition Program commences** - Selected staff. 1:20 – 2:30pm via ZOOM.
- **Year 8 VALID Science Testing** – 8W 8:30 – 10am. Room D2.
- **Year Assemblies.**
- **Rock and Water** – selected students + Mr Eldridge. 11:10am – 12:10pm. E Block.
- **Term 4 Sport** – Years 7-11 students. [Notes](#).
- **Year 7 Swimming program continues** – 7I students. 12:10 – 2:40pm. [Information note](#).

### Wednesday, 28 October

- **HSC Exams continue**
- **Year 11 IDT HSC Study Day** – 11IDT students + Mr Guinness. 8:40am – 2:40pm. Room D2.
- **Whitecard training** – Selected Year 8-10 students + Mrs Swaisland. Room J2.
- **Year 8 VALID Science Testing** – 8I 8:40 – 10:40am. 8T 11:10am – 1:10pm.
- **Homework Centre** – Years 7-12 students welcome. 2:40pm – 4:00pm. Library.

### Thursday, 29 October

- **HSC Exams continue**
- **Year 8 VALID Science Testing** – 8C 8:40 – 10:40am. Catch up periods 11:10am – 1:10pm.
- **Top Blokes Mentoring Program** – selected Year 9 students. 12:10 – 1:10pm. Room C1. [Information note](#).

### Friday, 30 October

- **HSC Exams continue**

### How we Communicate:

**Website:** <http://www.lisarow-h.schools.nsw.edu.au>

**Facebook:** <https://www.facebook.com/LisarowHighSchool>

**LHS Canteen:** <https://www.facebook.com/lhscanteen/>

**Who to Contact:** [Communication Pathways](#)