

# SARAH

STRENGTH THROUGH LEARNING  
NEWSLETTER MAGAZINE ISSUE 1 YEAR 2018 T3

## *matters*

### Endicott Cup – Round 3



**Minto Public School**



### SRHS Wins the Debate



# SRHS SCHOOL CALENDAR - SEPTEMBER 2018

Mon	Tue	Wed	Thu	Fri
3 • Online NAPLAN testing Years 7 & 9	4 • Online NAPLAN testing Years 7 & 9 • Legacy Public Speaking Regional Final	5 • Online NAPLAN testing Years 7 & 9 • Excursion Jewish Museum • Fire in the Fields	6 • Online NAPLAN testing Years 7 & 9	7 • Online NAPLAN testing Years 7 & 9 • Pathways to Dreaming Year 11
10	11 • AFL Indigenous Program	12 • Year 7 Art Pathways	13 • Fast Forward - Year 9 Uni Day • Year 11 Preliminary Exams	14 • Show Your Colours Day • Zone blues Presentation • Year 11 Preliminary Exams • ABCN Goals Program
17 • Year 11 Preliminary Exams	18 • Year 11 Preliminary Exams • AFL Indigenous Program • Aboriginal Awareness Education and Prevention Youth Corroboree	19 • Year 11 Preliminary Exams • Aboriginal Awareness Education and Prevention Youth Corroboree	20 • U15 Netball • Year 11 Preliminary Exams • Aboriginal Awareness Education and Prevention Youth Corroboree	21 • Year 11 Preliminary Exams • Year 7 Immunisation • Robotics Workshop
24 • Sports Assembly	25 • AFL Indigenous Program • ABCN Aspirations Program Year 11	26 • Year 12 Graduation Assembly	27 • Year 12 Formal	28 • Last Day of Term
1 LABOUR DAY	2	3	4	5
8	9	10	11	12

**SCHOOL  
HOLIDAYS**

- Term 4 Commences Monday 15 October

- *Calendar dates are subject to change*





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@SarahRedfernHS



Download our School App



## Principal's Message



As we approach the middle of term three I would like to acknowledge the outstanding efforts of this year's Year 12 students. I have been so impressed with every interaction I have had with our Year 12's whether it is in the playground, the classroom or at a community event. They are an outstanding group of students who are displaying genuine qualities of respect and responsibility. They show a genuine pride in their school and are outstanding role models, and the pride that Sarah Redfern High School has in them is a reflection of their commitment and dedication to their studies, regardless of the pathway that each individual student has chosen for themselves.

I have seen rigorous application to their work which ranges from presentations by students in work studies to outstanding results in various trial examinations. Before Year 12's time at Sarah Redfern High School comes to a close at the end of this term I would like to pass on my congratulations to them for their achievements in making it through the challenges that come for every student who finishes Year 12 and also to their families. The HSC is certainly a family affair and without the support of people at home this success would not be possible.

As our students are approaching the HSC exams it is likely that their levels of stress will increase significantly and families often bear the brunt of this. Sometimes this can be overcome by a packet of Tim Tams and a cup of tea to break the tension during study sessions. If however you are concerned about the level of stress your child is exhibiting please let us know and we can utilise the support services of our School Counsellors, Year Advisors and Career Advisor.

I am very much looking forward to meeting the families of our Year 12 students at our upcoming Graduation Ceremony on Wednesday 26 September and celebrating with our students at the Year 12 Formal.

I was also extremely impressed with the Year 11 Student Leaders who recently presented their Captaincy Speeches to a panel for selection. This is a very difficult task, and boy, did these students rise to the challenge. They were articulate, confident and extremely insightful. The calibre of the candidates was outstanding and left the panel with an extremely difficult task. Having such strength in our student body leaves me very excited for the future of our school, both in regards to the results these students will produce, but also the role modelling and leadership they display for our younger students.

Last week we again held the Endicott Cup and I had the opportunity to tour the school during this event. It is great to see our future students in action and engaged in learning. This term's focus was STEM, and our young people from our local primary schools are certainly very creative and focused in being able to produce outstanding work.

There have once again been many outstanding achievements from students who have been supported by our hardworking staff, from the sporting field VET Classrooms, Student Leadership events to our debating teams. I would like to acknowledge those staff members for going above and beyond to ensure these opportunities are created for our students to participate and be successful. I would also like to acknowledge our students who participate with such pride, enthusiasm and hard work. Congratulations to all involved in the many extra-curricular events at Sarah Redfern High School.

Kind regards,

Lyndy Clowry

Principal - Sarah Redfern High School



Education

# Meet Debate Team A

## They are in Year 10 at Sarah Redfern High School

Did you know our year 10 debating team are quite the powerhouse! They have been quietly advancing with honour and intellectual rigour through to the upper levels of NSW Premier's Debating Challenge, competing against some of the state's highest performing selective schools along the way!

These wonderful young people, pictured below from left to right, are:  
Mariza R (2<sup>nd</sup> speaker), Miss Rosen (team coach), Tahiya I (team advisor), Sweta N (3<sup>rd</sup> speaker) and, in the middle front, is Joy J (1<sup>st</sup> speaker).



After winning three out of three debates at the local rounds level, with topics from the set categories of Education (trade skills should be mandatory), Sport (online gaming as an Olympic sport) and Politics (voting should be voluntary), this excellent team made it into the Inter-Zone finals. In this debate our students debated against Hurlstone Agricultural HS on a topic about getting rid of school sport....and they won! From there it was a one week turn-around to debate Macquarie Fields HS in the Regional Quarter Finals. It was a nail-biting debate on a topic about public transport being free. The Macquarie Fields HS team narrowly won this debate, you can see from the picture below, the adjudicator struggled to finalise who had actually won.





As it happens, our team learned that the same student team from Macquarie Fields HS had been State finalists in the debating competition last year.

For now our Team A are invited audience guests to the Regional Final debate at Sir Joseph Banks HS next Friday. Our highly accomplished debate team are also invited to try out for places in the Regional team for the State Championships Competition, running at University of Sydney in early December. Only teams that made it to the Inter-Zone rounds of the Premier's Challenge competition are eligible to try out for the State Championships. We wish our excellent year 10 debaters the very best of luck!



Miss S Rosen  
Debating Team Coach



# Another Public speaking Triumph for Sarah Redfern!

***“You can speak well if your tongue can deliver the message of your heart.”***

At the recent Legacy Junior Public Speaking local final competition, our Year 9 student Ljiljana Kasic impressed one and all and won this round. We are indeed very proud of Lilly's achievement and with this win, our school has added to its public speaking gains over the past few years.

This is the second win this academic year, where Sweta Narayan of year 10 winning the Sydney Morning Herald's plain speaking competition.

Lilly's prepared speech was titled "A Place to Call Home" which saw her speak very passionately about homelessness in Australia. She did exceedingly well in the impromptu round also, delivering a strong message from her heart.

We wish her all the best at the next round and hope she makes it to the finals. You made us proud Lilly! Go for gold!



Mrs C Fernandes  
Public Speaking coordinator







Taking steps on their success journey Sarah Redfern High School Year 9 students were welcomed into Western Sydney University's fantastic Fast Forward program, getting them ready to work towards their future selves. Well done on being engaging speakers .







## Sarah Redfern High School

1 Monaghan St  
Minto NSW 2566  
Ph: 9820-1566  
Fax: 9820-3050

20<sup>th</sup> August 2018

Dear Parent or Carer

The Validation of Assessment for Learning & Individual Development (VALID) test for Year 10 students will be held between **Monday 3<sup>rd</sup> September** and **Friday 14<sup>th</sup> September 2018**. **Sarah Redfern High School will conduct the test during Science lessons on Tuesday the 4<sup>th</sup> of September. Those absent on the day will sit for a catch up test on Wednesday the 5<sup>th</sup> of September.** The test takes approximately 70 minutes. The VALID Science 10 test is an interactive, multimedia test completed entirely on a computer.

VALID Science 10 contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 5 outcomes and essential content in the NSW Science Years K–10 Syllabus. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas

Students also complete a survey about their opinions, attitudes and values.

Since students complete VALID Science 10 on a computer, each student needs to bring **headphones or earbuds** that plug into a school computer. Earbuds for an iPod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact the school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 4 2018. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test.

Mr B. Rahman, the School Test Administrator, is able to provide you with more details about the VALID Science program if you require additional information.

Yours sincerely

Elizabeth Sculley  
Deputy Principal

Praveen Krishna  
Head Teacher Science/Maths/PE

Bacha Rahman  
School Test Administrator



Education



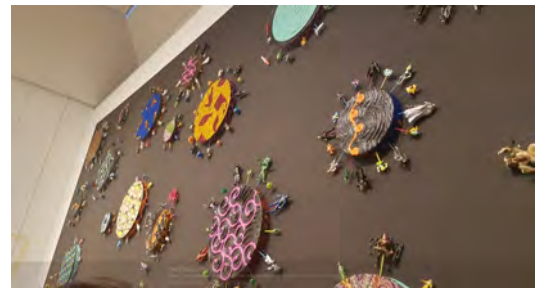
# ASSEMBLY OF EXCELLENCE - SILVER AWARDS

On Wednesday 8 August SRHS held the Assembly of Excellence for Silver Awards. We were entertained by various dance and musical performances by our students who did an amazing job. Congratulations to all students who received awards and we look forward to the next assembly in Term 4.





# ART GALLERY NSW



Year 7 Art Pathways attended an excursion to the art gallery of NSW on August 15.





# Speak Up! Because of Her I Can!

Tameisha, Rachel and Jeremy represented Sarah Redfern HS at the 2018 Speak Up! Training Day conducted at New South Wales Parliament House last week. The Year 7 and 8 representatives arrived extremely nervous; however, thanks to some excellent coaching tips from the Aboriginal Education team they are now ready to take up the challenge in preparation for the Public Speaking Competition on 7 November, 2018. All three participants stated that they will still be nervous on the day; but, are confident they will be able to deliver their deadly prepared speeches titled: *Because of Her I Can* and stand exactly where the NSW Premier normally stands to do so!



Veronica Jones  
Aboriginal Education Officer

## The School Door is Always Open!

It is timely to have students from the Graduating Class of 2017 return to the school to either share their success stories in the *world of work* or seek support to further their individual career paths as departing Year 12 students consider post school life.

Brittney-Lee has just completed a Certificate III in Health Services Assistance (Assisting in Nursing Work in Acute Care) which qualifies her to be employed in her chosen industry. This qualification is also Brittney-Lee's *ticket* to University where she is hoping to complete a Nursing Degree which includes Midwifery. Currently, Brittney is working in aged care as she awaits her acceptance to university. Congratulations Brittney!

Another student Jessie had been gainfully employed since graduating; however, was looking to take up an apprenticeship in Carpentry to secure his career path. Jessie also returned to the school for assistance recently and was referred to *My Gateway (Employment and Recruitment Agency)* who is a great supporter of students from Sarah Redfern High School. Congratulations to Jessie also who has been offered, accepted and commenced his Carpentry Apprenticeship.

**To students who will be  
commencing post school life  
this year; please remember:**

**The School Door is Always  
Open to You!**



Karen Reveleigh

Relieving Careers and Transition Co-Ordinator

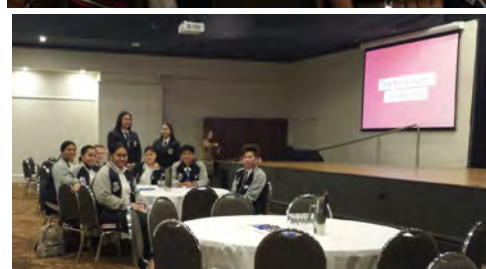
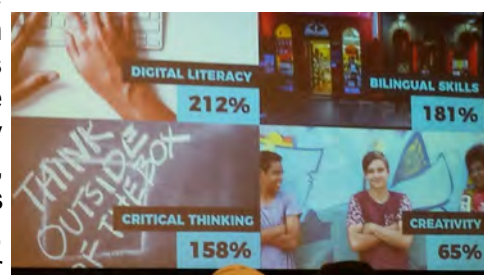


## The New Basics for Year 13....Higher Pathways

A number of Year 12 students representing the Academic and Transition Streams attended a one day workshop at Wests Leagues Club recently. The workshop was to upskill Year 12 students in career management and enterprise learning. Students had the opportunity to participate in: face-to-face workshops on enterprise and career management skills delivered by Foundation for Young Australians (FYA) expert youth facilitators; career mentoring; and coaching opportunities.

All students who participated in the workshop acknowledged that the world is changing at an unprecedented pace. Automation, globalisation and casualisation are drastically reshaping our economy and work. FYA's research demonstrates that work opportunities for young people will be very different from previous generations. Seventy percent of today's entry level jobs are at high risk of being automated in the next 10-15 years, while 70% of the jobs of the future will require **enterprise skills** such as digital literacy, financial literacy, communication, collaboration, resilience, teamwork, creativity and problem-solving. There is an urgent need for early intervention while young people are still in school, to help them transition into the jobs of the future.

Sarah Redfern HS students demonstrated outstanding potential and are to be congratulated for their individual and collective efforts on the day in all aspects of the workshop. It was evident that they possessed a number of the enterprise skills required for future success! Exceptional school representatives on the day were Joan, Ana, Emma S, Kiana, Jared, Margueritte, Herman and Christopher – Well done to all!



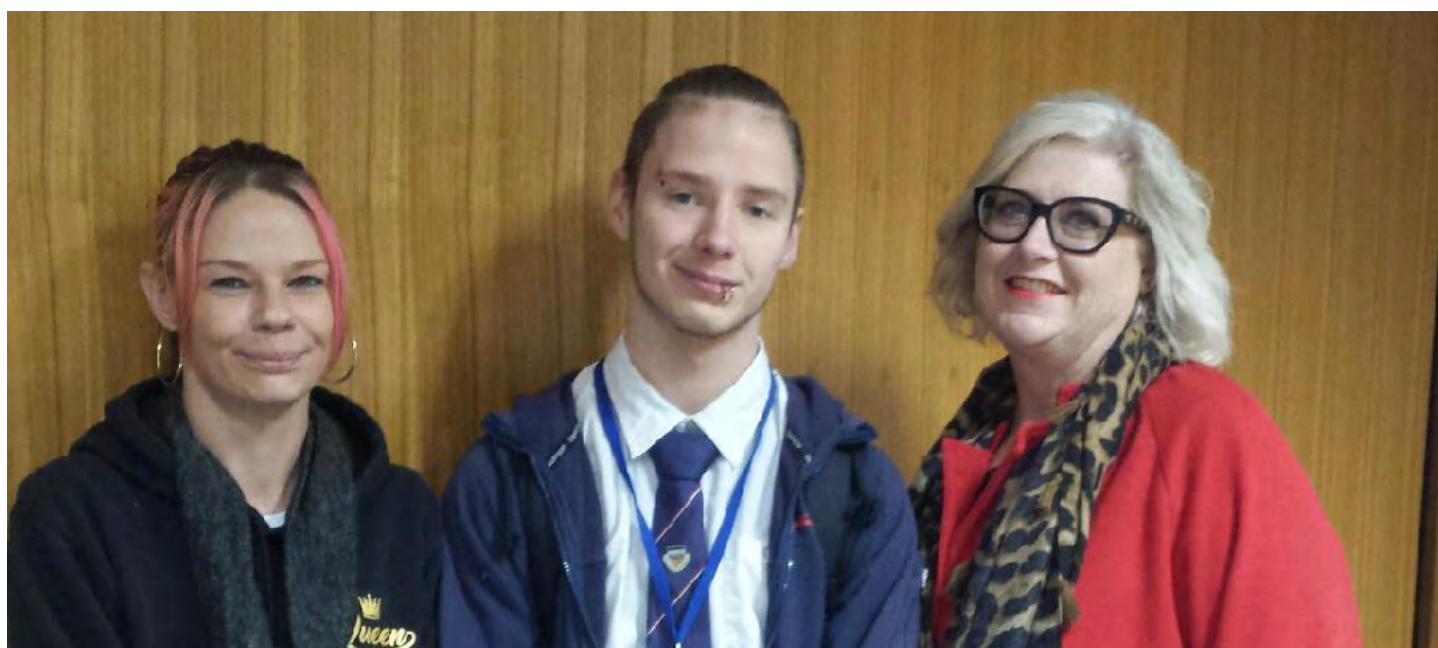
Karen Reveleigh

Relieving Careers and Transition Co-Ordinator

# CAREERS & Transition

Year 11 student Michael B being congratulated by proud mum Jess, Mr Bordado and Principal (Mrs Clowry). Michael has successfully Transitioned to the Workforce via a Traineeship McDonald's Australia.

Michael is employed full-time with McDonalds and is currently in the process of completing a Certificate III in Retail. He is thoroughly enjoying life post school and we have been advised that Michael's diligence to both the theory and practical components of the Certificate III are highly commendable. Congratulations Michael!



Karen Reveleigh  
Relieving Careers and Transition Co-Ordinator



# CAREERS & Transition

*Hepa and Callum drop by to elaborate on their Carpentry Apprenticeship journeys talking dollars with their Year Advisor, Ms Fernandes and MSEAA, Mr Bordado. We look forward to welcoming them to Graduation and the Formal to celebrate their Transition to the Workforce success.*



*Jacob (Year 10); Johnathan and Timothy return to share tales of their Carpentry Apprenticeships to date.*



## HOW TO APPLY FOR A SCHOLARSHIP FOR UNIVERSITY

### Five Simple Steps to Apply for a Scholarship

With research to do, forms to fill out and deadlines to meet, there's no doubt that applying for a scholarship can be tricky. If you're in the midst of scholarship applications or need some pointers to help you get started, working your way through our five-step checklist of scholarship tips will put your mind ease.

<https://www.gooduniversitiesguide.com.au/education-blogs/tertiary-study/five-steps-to-apply-for-a-scholarship>

#### ACU

[http://www.acu.edu.au/study\\_at\\_acu/fees\\_and\\_scholarships/scholarships\\_and\\_financial\\_support/scholarships\\_browser](http://www.acu.edu.au/study_at_acu/fees_and_scholarships/scholarships_and_financial_support/scholarships_browser)

#### ANU

<http://www.anu.edu.au/students/scholarships>

#### CSU

<http://futurestudents.csu.edu.au/help-with-costs/scholarships/csu-scholarships-and-grants>

#### Macquarie University

<https://www.mq.edu.au/study/why-study-here/scholarships/domestic-scholarships-and-grants>

#### Southern Cross University

<https://www.scu.edu.au/scholarships/index.php/9>

#### University of Canberra

<http://www.canberra.edu.au/future-students/scholarships-and-financial-support>

#### University of New England

<http://www.une.edu.au/scholarships/school-leaver>

#### University of NSW

[http://www.scholarships.unsw.edu.au/scholarships/search?for=HIGH\\_SCHOOL\\_LEAVERS&show=all](http://www.scholarships.unsw.edu.au/scholarships/search?for=HIGH_SCHOOL_LEAVERS&show=all)

#### University of Newcastle

[https://www.newcastle.edu.au/scholarships#filter=level\\_undergraduate\\_first](https://www.newcastle.edu.au/scholarships#filter=level_undergraduate_first)

#### University of Notre Dame

<https://www.notredame.edu.au/current-students/opportunities/scholarships/sydney>

#### University of Sydney

<http://sydney.edu.au/scholarships/undergraduate/year12/index.shtml>

#### University of Technology

<https://www.uts.edu.au/future-students/scholarships>

#### University of Wollongong

<https://scholarships.uow.edu.au/scholarships/search>

#### Western Sydney University

[https://www.westernsydney.edu.au/informationabout/scholarships\\_home/find\\_a\\_scholarship](https://www.westernsydney.edu.au/informationabout/scholarships_home/find_a_scholarship)





Courses and careers which may be of interest to Year 10, 11 and 12 students. It only takes one piece of information to help you on your way...

#### CAPA

Dance, Drama, Music, Visual Arts

#### TORRENS UNIVERSITY INFORMATION NIGHT

4 September. 6.00pm to 8.00pm

46-52 Mountain Street, Ultimo

**We know choosing the right course is top priority and a BIG decision, that's why we make sure everyone is on deck to answer your questions at Info Night; lecturers, students, graduates, campus support staff and our Course & Careers Advisors. Learn about our creative courses in more detail:**

Graphics/Communications, Interiors, Photography, Fashion, Gaming and Digital Media. Visit:

[HTTPS://WWW.TORRENS.EDU.AU/ABOUT/EVENTS-AND-WORKSHOPS/INFO-NIGHT-SYDNEY](https://www.torrens.edu.au/about/events-and-workshops/info-night-sydney)

#### *Raffles College Open Day*

6 October. 10.30pm to 2.00pm

1 Fitzwilliam St, Parramatta

Raffles College is opening up our doors to all students interested in design or fashion to have a glimpse into your potential college and career path! There will be live caricature drawings, live photo shoots, music, food, drinks and much more!

Graphic Design

Fashion Marketing

Photography

Interior Design

Games Design

Animation

Visual Arts

*Fashion Design*

#### *AIE INFORMATION EVENING*

20 September. 6.00pm to 8.00pm

Level 2, Wentworth Park Grandstand, Wattle Street, Ultimo

Discover the courses designed to get you started in game development, 3D animation and visual effects at the AIE Information Evening at Sydney, Melbourne Canberra campuses will be opening their doors to visitors eager to find out about full-time and part-time courses starting in 2019. The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. Student work will be on display and our teachers will be available to speak with you one on one about our courses and how AIE can get you into a creative career.

<http://www.aie.edu.au/information-evening>

#### *Sydney Design School Open Day*

3 November. 10.00am – 12.00pm

Level 2, 40 Oxley Street, St Leonards

- Create an inspiring interiors mood board
- Attend a presentation from our Director about our courses
- Take the opportunity to talk to our Educators who all work in the professional world of design
- Explore work opportunities after you graduate in Interior Design and Decoration
- Discuss any questions you have with our course advisors

Look around our state of the art studios

<https://sydneydesignschool.com.au/information-sessions/>



Education



## ENGLISH

News - CSU Bachelor of Communication (Radio)

Charles Sturt University (CSU) and ACE Radio Broadcasters Pty Ltd have signed a Memorandum of Understanding (MoU) to work together to build the future talent base for regional commercial radio.

The MoU commits both parties to advance the Regional Radio Endorsement Program for students enrolled, or interested to be enrolled, in the Bachelor of Communication (Radio) in the CSU School of Communication and Creative Industries in Bathurst. Students will have access to ACE Radio Network facilities and practical hands-on experience combined with industry-leading education from Charles Sturt University. Course director in the Faculty of Arts and Education Dr Travis Holland said the partnership comes on the back of revisions to our radio program to meet the needs of radio organisations around the country. Students in the course will get a mix of experience in producing, presenting, and radio sales and operations.

<http://news.csu.edu.au/latest-news/media-and-communication/csu-ace-radio-mou-to-boost-regional-commercial-radio-talent>

## P.D.H.P.E.

*Community and Family Studies, P.D.H.P.E.*

## ENDEAVOUR COLLEGE OF NATURAL HEALTH – WEBINAR – STUDY COMPLEMENTARY MEDICINE

6 September. 11.00am

Thinking about studying a Bachelor of Health Science in Complementary Medicine?

Join Endeavour College's Complementary Medicine academics for a interactive webinar to get insight into studying Complementary Medicine at Endeavour College of Natural Health.

The webinar will include topics such as:

- Bachelor of Health Science (Complementary Medicine) course structure
- Future of Complementary Medicine and the wellness industry
- Complementary Medicine careers

<https://www.endeavour.edu.au/events/20593>

## SCIENCE

*Senior Science, Biology, Chemistry, Earth and Environmental Science, Physics*

*The International Science School*

7 July to 20 July 2019

Plan now. Are you going to be in Year 11 and 12 in 2019? Do you love science? If so, you've got to apply for the Professor Harry Messel International Science School (ISS)!

Every two years the ISS gathers together 140 top science students from Australia and overseas (China, Japan, India, New Zealand, Thailand, the USA and the UK) for a two-week residential program of talks by world-renowned scientists, laboratory tours and hands-on activities... not to mention a swag of social events like the Sydney Harbour cruise and ISS talent quest!

<https://sydney.edu.au/science/industry-and-community/community-engagement/international-science-school.html>



Education



## T.A.S.

Agriculture, Design and Technology, Engineering Studies, Food Technology, Industrial Technology, Information Processes Technology and Technology, Software Design and Development, Textiles and Design

## *Whitehouse Institute of Design 2018/2019 Summer Workshops*

December and January

2 Holt Street Surry Hills

Registrations for the 5 day 2018/2019 Summer Workshops in Fashion Illustration, Image Styling, Sewing, Interiors Illustration are now open. For bookings phone 1300551433 or email [enquiry@whitehouse-design.edu.au](mailto:enquiry@whitehouse-design.edu.au)

## *Sydney Design School Open Day*

3 November. 10.00am – 12.00pm

Level 2, 40 Oxley Street, St Leonards

- Create an inspiring interiors mood board
- Attend a presentation from our Director about our courses
- Take the opportunity to talk to our Educators who all work in the professional world of design
- Explore work opportunities after you graduate in Interior Design and Decoration
- Discuss any questions you have with our course advisors

Look around our state of the art studios

<https://sydneydesignschool.com.au/information-sessions/>

## *Furniture Industry Association - Cabinetry and Furniture Apprenticeships*

The Association for cabinetmakers and joiners list their vacancies here. See if there is one right for you.

<https://www.fiaa.com.au/find-post-a-vacancy.html>

## *Kenvale College Courses*

38 High Street, Randwick

Barista - 6 October. 9.00am – 1.00pm

[http://kenvale.edu.au/news-events/short\\_courses/barista-courses/](http://kenvale.edu.au/news-events/short_courses/barista-courses/)

RSA- 25 October. 9.00am – 4.30pm

[http://kenvale.edu.au/news-events/short\\_courses/responsible-service-alcohol-rsa-course/](http://kenvale.edu.au/news-events/short_courses/responsible-service-alcohol-rsa-course/)

[http://kenvale.edu.au/news-events/short\\_courses](http://kenvale.edu.au/news-events/short_courses)

## *THE WILLIAM ANGLISS INSTITUTE – SCHOLARSHIPS*

The William Angliss Institute Foundation provides educational opportunities and financial assistance to support disadvantaged students in achieving their hospitality career ambitions.

<https://www.angliss.edu.au/future-students/scholarship-information>



Education



## VET COURSES

Read our 5 top VET FAQs

With the end of the school year looming, now is a great time to help yourself with your study choices by checking out our five top VET FAQs.

**You'll find the key information you need to know**—from getting into an apprenticeship or traineeship through to the hundreds of jobs a VET qualification can help you into. Go to: <https://vet.nsw.gov.au/about-vet/faq>

## Mentoring for Apprentices

The Industry Specialist Mentoring for Australian Apprentices (ISMAA) program aims to increase apprentice retention rates, particularly in the first two years of training, in order to improve completion rates and support the supply of skilled workers in industries undergoing structural change. The ISMAA program provides an intensive and specialist level of assistance to apprentices and trainees who are experiencing barriers to completing their training through frequent contact from a highly skilled industry mentor with appropriate skill sets. The apprentice or trainee will develop an Individual Mentoring Plan with their mentor that will outline the range of support that will be provided.

<https://www.australianapprenticeships.gov.au/programs/industry-specialist-mentoring>

## VET Automotive

Vantage Automotive – Apprenticeships - Audi, VW, Skoda, Jaguar, Land Rover, Volvo

As a leading training provider for the retail motor industry, Vantage Automotive's Apprentice Learning Division offers an unrivalled range of motor industry qualifications. Our qualifications demonstrate skills and competence, which are the foundation of a successful career.

<http://www.vantageautomotive.com/va-apprentice-programs>

## VET Business Services

Bedford College Open Days

15 and 22 September

Bedford College Open Days is an exciting opportunity for future students to see both campuses and interact with on-site staff, current and past students. This means they can discuss future career options for our courses offered, as well as attend our information seminars throughout the day and inspect our facilities & resources. Visit: <https://www.bedford.edu.au/>

## VET Construction

Furniture Industry Association - Cabinetry and Furniture Apprenticeships

The Association for cabinetmakers and joiners list their vacancies here. See if there is one right for you.

<https://www.fiaa.com.au/find-post-a-vacancy.html>

## VET Electrotechnology

Indigenous Electrical Apprenticeship Readiness Program

**emPOWER is designed for Aboriginal people. It opens up amazing opportunities in electrical apprenticeships. You'll do group work and make friends as you learn.**

emPOWER is all about giving you the skills and confidence to be recruited as an apprentice electrician.

<https://www.necatrainng.com.au/electrical-apprentices/empower-indigenous-program/>

## VET Hospitality

Kenvale College Courses

38 High Street, Randwick

Barista - 6 October. 9.00am – 1.00pm

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[http://kenvale.edu.au/news-events/short\\_courses/responsible-service-alcohol-rsa-course/](http://kenvale.edu.au/news-events/short_courses/responsible-service-alcohol-rsa-course/)

[http://kenvale.edu.au/news-events/short\\_courses](http://kenvale.edu.au/news-events/short_courses)

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<https://www.angliss.edu.au/future-students/scholarship-information>

## OTHER FIELDS

Should you consider working in aged care?

Here are 5 reasons to consider working with the elderly after completing a Certificate III in Individual Support: <https://www.myhealthcareer.com.au/career-and-university/certificate-iii-in-individual-support>

Want more? Check out the latest news on My Health Career: <https://www.myhealthcareer.com.au/latest-news>

## *University of Sydney – HSCram*

3 October - Blacktown - <http://whatson.sydney.edu.au/events/published/hscram,-max-webber-library>

4 October – Liverpool - <http://whatson.sydney.edu.au/events/published/hscram,-liverpool>

5 October – Campbelltown - <http://whatson.sydney.edu.au/events/published/hscram,-campbelltown>

8 October – Cabramatta - <http://whatson.sydney.edu.au/events/published/hscram>

9 October – Cabramatta - <http://whatson.sydney.edu.au/events/published/hscram,-cabramatta-session-2>

HSCram is a one-day intensive program in the October holidays that supports Year 12 students through small group subject-specific tutoring, exam practice in exam conditions and HSC Exam Prep workshops. Tutoring offered in:

Mathematics: General, Mathematics, Extension 1 and Extension 2

English: Standard, Advanced, and Extension 1

Biology, Chemistry, and Physics

Business Studies and Economics

Essay Writing for Humanities (Legal Studies)

Modern History, Ancient History

[http://whatson.sydney.edu.au/events/tabs-landing-page/upcomingevents?mode=results&current\\_result\\_page=6&results\\_per\\_page=10](http://whatson.sydney.edu.au/events/tabs-landing-page/upcomingevents?mode=results&current_result_page=6&results_per_page=10)

## *Ace the HSC - HSC Workshops in the October Holidays for Year 12 students*

October School Holidays. 9.00am to 5.00pm

UTS, Macquarie University, UOW and UON are hosting HSC in the Holidays' in-depth, subject-specific workshops in the October holidays. Improve your knowledge, skills and confidence with personalised assistance from expert teachers and markers. Workshops run across 15 subjects. Find out more and call 1300 677 336 or visit:

<https://hscintheholidays.com.au/>





# HIA TRADES CAREER EVENT



WHO DO  
**YOU** WANT  
TO BE?

**DATE:** THURSDAY 13 SEPTEMBER 2018  
**TIME:** 10:00AM REGISTRATION  
10:30AM EVENT PRESENTATIONS  
12:30PM-1.30PM SPEAK TO TRADES  
& CAREERS PROFESSIONALS  
**VENUE:** NOVOTEL SYDNEY OLYMPIC PARK  
**COST:** COMPLIMENTARY  
(LIGHT LUNCH PROVIDED)  
**RSVP:** WEDNESDAY 5 SEPTEMBER 2018

To register your attendance, please register at  
<https://www.eventbrite.com.au/e/hia-trades-career-event-tickets-47702937771>  
or contact HIA NSW events 02 9978 3333 or  
e-mail [nsw\\_events@hia.com.au](mailto:nsw_events@hia.com.au)

The HIA Trades Career Event is a **FREE EVENT** for people interested in careers in the building industry and is supported by the NSW Department of Industry and Department of Education.

A great program of practical information and expert interaction, with industry professionals talking with attendees about vocational education and training, career pathways and trade and skilled careers.

**Apprenticeships: all you need to know about being an apprentice; different career paths**

- > Quality vocational training
- > Industry skills shortage sectors
- > Finances
- > Pay and conditions
- > School leavers: how to become an apprentice
- > Students: How to get apprenticeship ready
- > VET school pathways

**NRL players "Real Skills for a Real Career" video and live presentation**

Presented by Trades-Qualified NRL players. Information and motivation combine to give inspirational advice on goal-setting, discipline and commitment towards LIFE SUCCESS!!

**Question & answer panel – trades, Industry experts and successful apprentices**

All the audience questions answered and discussed by an expert panel of trades employers, trainers, vocational professionals and current apprentices.



**APPRENTICES**



Department  
of Industry



real skills for  
real careers

**Sarina Russo**  
Apprenticeships



# HSC STUDENTS CAN GET PAID TO STUDY TO BECOME A TEACHER

Visit [teach.nsw.edu.au](https://teach.nsw.edu.au)



## Rotary Changeover Dinner

On Tuesday 26 June The Rotary Club of Ingleburn held their annual Changeover Dinner with about 60 members, supporters and friends. Sarah Redfern High School musicians and singers and some members of the SRHS Interact Club participated in this event.



## Public Speaking Quota

Two of our students Blake F and Sweta N were involved in a public speaking competition held by Quota Club of Ingleburn. They had to each give a prepared speech and an impromptu speech as well as going through an interview process, the students did an exceptional job and received certificates for their efforts.



Ms F McKinnon  
Community Engagement Officer





The Macarthur Multicultural children's Festival was held on Sunday 5 August, a fun day bringing people together, with Sarah Redfern High School students Manjot K and Sarah T, Annabelle P and Mikaela A performing dances on the day.

This was the first time this event was held in Macarthur, this event is a local branch of the successful Sydney Multicultural Children's Festival, which has previously been held in the CBD and Bankstown.. The festival had something for everyone with a Scavenger Hunt, Obstacle Course, Mermaid Tank, All day long Live Entertainment on stage, Craft & Games, Costume Parade, Food & Market Stalls, Cosplay Corner, Henna, Face Painting.... and lots more excitement.



Ms F McKinnon  
Community Engagement Officer



## ENDICOTT CUP - ROUND 3

Round 3 of the Endicott Cup took place on Tuesday 21 August, congratulations to Minto Public School on winning this round in both Stage 2 and Stage 3. Round 3 consisted of STEM based challenges with Stage 2 students competing in Tower of Terror, a game that required students to build the tallest self-supporting tower out of pipe cleaners. Then there was Fast and the Furious, teams were asked to create a sail out of materials provided. Once made the sail had to be attached to a car which was then sent hurtling down a track using air power. The car that travelled the furthest and fastest won.

Stage 3 students were asked to build a car in the Jet Blaster challenge out of materials provided. Using balloon propulsion these cars raced to finish line, fastest car winning the challenge. The final game in the challenge was the Paddle Power Challenge, teams were asked to build a paddle boat using a plastic bottle and other materials racing the boats at the end.



Ms F McKinnon  
Community Engagement Officer

## CENTRE FOR WOMEN'S, CHILDREN'S & FAMILY HEALTH

### Health and Wellbeing Workshops for Women

#### Yoga Wednesdays

Yoga is the union of mind, body and breath. In class we will explore and practice a wide range of gentle yoga poses, work with the breath and participate in deep relaxation. If you can breathe you can do yoga...and all yoga poses are adaptable to honour your body. This class will suit all women wishing to try or return to this beautiful practice. See you on the mat. Namaste!

**Wednesday (10weeks)** 25<sup>th</sup> July until 26<sup>th</sup> September 10am- 11am

#### Meditation, Relaxation and Self-Care Group

Balance mind, body and spirit as you gently breathe stress from your body, nurture yourself with loving kindness and join other women in a calm healing meditation.

**Friday (10 weeks)** 27<sup>th</sup> July until 28<sup>th</sup> September 10am- 12pm

#### 1x Day workshops

#### Sound Healing Workshop

Sound has been utilized in various cultures for thousands of years as a tool for healing. Sound helps to facilitate shifts in our brainwave state by using entrainment. The harmonic vibrations have a deep penetrating effect on the receiver, promoting healing and well-being.

**Monday (1 off workshop)** 6<sup>th</sup> August 10am -12pm

#### Body Image Workshop

Join us for a workshop that explores the relationship women have with their bodies, what influences body image and strategies to support women to develop a healthier, more loving and respectful relationship with their bodies.

**Thursday (1 off workshop)** 27<sup>th</sup> September 10am -12pm

*Please be aware that all of our groups and workshops are FREE of charge.*

## TERM 3, 2018 GROUP PROGRAM



### Therapeutic Groups

#### Managing Difficult Emotions

A group for women seeking practical tools and skills for understanding, living with and expressing difficult or overwhelming emotions. Practical strategies for dealing with emotions such as grief, anger, frustration, sadness, fear, anxiety, depression etc. Creative and practical strategies around increasing self-esteem, feelings of Self-worth, self-confidence, assertiveness, happiness and hope.

**Tuesdays (8 weeks)** 24<sup>th</sup> July until 11<sup>th</sup> September 10am- 12pm

#### Putting the Pieces Back Together

This therapeutic support group explores the dynamics and tactics of domestic violence and helps women develop strategies to overcome the effects of violence and abuse on their lives and relationships.

**Mondays (6 weeks)** 20<sup>th</sup> August until 24 September 10am- 12pm

#### Identifying Your True Self

An exploration of self through creative mediums over 8 weeks with each week exploring a part of your internal self, such as your grounding influences, your feminine and masculine self, and the person you present to the world. Ultimately each individual will create an identity box that can be taken home

**Thursdays (8 weeks)** 26<sup>th</sup> July until 13<sup>th</sup> September 10am-12pm

**Bookings are essential**  
Make sure to register your interest at least 2 weeks prior to the beginning of group  
- Limited child care available -

To register, please phone Intake on 1800 077 760 (free call)





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**Monday 10<sup>th</sup> (9am-1pm), Wednesday 12<sup>th</sup>(1pm-5pm)  
and Saturday 15<sup>th</sup> (9am-12pm) SEPTEMBER**

**SHELF STOCK ONLY, NOT VALID ONLINE, NO LAYBY, NO SPECIAL**

**THANKYOU FOR YOUR SUPPORT**