

Top of the Hill

Newsletter of Duval High School



SWIMMING CARNIVAL CHAMPIONS

Gardner has once again blitzed the House Competition at Duval's swimming carnival held on the evening of Thursday, 15 February. This result is a repeat of preceding years: Gardner has topped the tally sheet for at least the past ten consecutive swimming carnivals!

House Competition points for the 2018 Swimming Carnival:

Gardner	901
McIntyre	864
Crane	766
Walker	628

For more on the Swimming Carnival see page 8 for Age Champions and pages 9 and 10 for lots of photos!



Newsletter

No. 2

27 February 2018

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DATES FOR THE DIARY

- ◆ 27 February University Road Show 12.30pm
- ◆ 6/7 March School Photos Days
- ◆ 12 March Nymboida PASS Excursion
- ◆ 5 March P&C Meeting @ 6pm
- ◆ 30 Mar-2 Apr Easter Public Holidays
- ◆ 10 April Safe on Social
- ◆ 13 April End of Term 1



*What is the success
criteria for your
lesson?*

CORNER

PBL

*Publication of this newsletter is made possible through the generous support of the
Duval High School Parents & Citizens Association.*

PRINCIPAL'S NEWS



There was a time in years gone by when I used to begin these reports with a phrase like, "It's been a very busy time at Duval High School..." Clearly, I had no idea what *really* being busy was like! On top of the usual beginning-of-the-year orientation and

familiarisation activities, 2018 has started with a huge range of work related to the consolidation project for the Armidale Future School.

The Combined Executive of both schools are meeting fortnightly, as are most of our faculties and teams (including the Futures Learning Team and the Quality Learning Culture team.) We are working together to align the curriculum and structures of both schools to ensure that the transition for your children is as smooth, painless and educationally sound as possible. No matter what else is happening, normal teaching and learning is going ahead!

As I noted in the last newsletter, this is going to be a big year, with lots of activities designed to bring the two existing schools much closer together. However, we are determined that your children will be well prepared for the change, and totally supported. Therefore, we have begun, as we always do here at Duval, by focussing on the wellbeing of the students. This has been supported by a number of events, including the very well-attended Year 7 Welcome BBQ, our annual Twilight Swimming Carnival, and the fabulously successful Year 7 to 10 Belonging Days at UNE.

I wish to thank all of the staff, parents and P&C members who have worked very hard to organise and implement these activities. I also wish to thank you, the parents and carers, for your support and patience. Could I please take this opportunity to remind parents that the Duval High School P&C Canteen is a *truly* Healthy School Canteen and is always desperately seeking volunteers to help out our hard-working team of Suellen, Belinda, and Katy!

In relation to the consolidation project, construction of the "Temporary School" on our site will commence this term, starting with the Support Unit, so that the students over at Armidale High School can commence their gradual transition to this site over the rest of the year. However, all demountable and modular buildings will need to be in place before the end

of this year, ready for Day 1 of 2019.

Parents who came to the first drop-in session will have seen the plan for the buildings at Duval 2019-2020, along with the concept designs for the Future School. These concept layouts will shortly be on display in the school foyer. Please be reassured that, as much as humanly possible, this construction work will take place during weekends and school holidays.

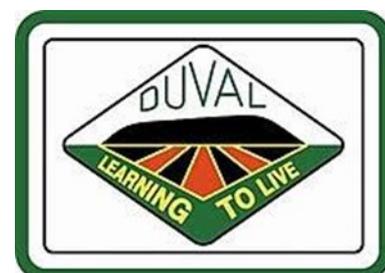
In the meantime, some *very* strange rumours have been doing the rounds of social media in recent weeks (including one that I am leaving at the end of this term, which is patently untrue!) Similarly, staff were told last week that, during the construction process, they would have no access to the car park! Also completely untrue!

Can I please appeal to all our parents, staff and community members to contact one of the Project Team members if you have any questions, concerns or queries about the Project, rather than listen to scuttlebutt! Sue Brown, Kris Croft, Carolyn Lasker and I are usually available to talk about what is going on, and our respective Executive teams are kept as up-to-date with news and information as possible.

Just please remember that sometimes we won't know the answer to questions, because they will only become clear as time goes by! For example, the school name won't be known until the options are approved by the Geographical Names Board in mid-March, then the final name will be chosen by the Minister of Education. How long will that take? We just don't know.

Our goal is to keep everyone in the community updated with the progress of the design project through the drop-in sessions we will be holding; with information updates on our websites <https://armidalefutureschool.com.au/> and <http://www.duval-h.schools.nsw.edu.au/>; and through regular emails; as well as via posts on the Duval High School Facebook pages.

Stafford Cameron
Principal



DEPUTY PRINCIPAL'S DESK

It's hard to believe that we are fast approaching the midpoint of the term. We have already had so many great things happen across our year groups, and next week Year 7 head off to Coffs Harbour for their year excursion. With lots of fantastic activities planned I know they're all really excited.

This year I will be participating in the international 'Shadow a Student Challenge', where school leaders from across the globe "walk in the shoes" of their students and take action at the school. I have scheduled the shadow day for 6 March 2018, where I will spend a full day with a student including break times and all their classes.

The challenge is open to all school leaders - at any school, anywhere in the world. Over the last two years over 4,000 school leaders and educators from all 50 states and 56 countries have signed up.

The purpose of the challenge is to amplify the practice of shadowing, create a community of leaders driven to make change in their schools, and support them to take action toward deeper learning. The challenge is designed to build empathy, which is the root of human-centered design and key to the innovation process. I am really looking forward to gaining an insight into the life of a student in 2018.



School success starts
with attendance

Scott Breen
Deputy Principal

SCHOOL ATTENDANCE

Information for Parents and Caregivers

Why your child should go to school?

The Education Act (1990) states that children must attend school unless there are justified reasons for an absence. All absences must be explained to the school within seven days of their occurrence.

Why must I send my child to school?

The law in NSW states that all children between the ages of 6 and 17 years of age are required to attend school regularly. It is the responsibility of parents or caregivers to make sure that their children attend school every day.

Must I send my child to school everyday? **YES** unless.....

- Your child is too sick to go to school
- Your child has been injured
- Your child has to go to a special religious ceremony
- Your child has an infectious illness (eg. Chicken pox, mumps or measles)
- There is a serious family situation which requires their involvement.

Must my child attend school sport?

YES Sport and other exercise help the healthy physical development of children. Sport is part of normal school activity which students must attend. If they are unable to attend you need to contact the school BEFORE school on sport day.

Why is regular attendance at school important?

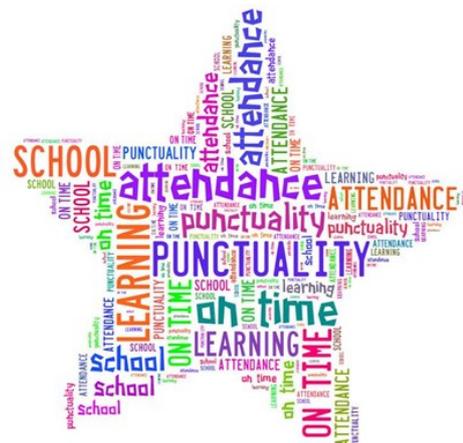
Attending school every day makes learning easier for your child and helps build and maintain friendships with other children. Regular attendance at school will help your child succeed in later life.

Unsatisfactory school attendance may affect the awarding of both the School Certificate and the Higher School Certificate (HSC).

My child won't go to school. What should I do?

You should contact the principal or deputy principals as soon as possible to discuss the problem and ask for help. The principal may ask a Home School Liaison Officer to contact you to discuss the issue.

School is a place, where parents and caregivers, staff and children learn and grow together.



COMMUNITY RESPECT EXCELLENCE SAFETY TEAMWORK

At Duval high school we are working hard to build community resilience, and encourage all of us to discourage bullying behaviour. Please take time to study the diagrams we have put together to help create a positive culture at our school

As a parent at Duval High School I will adopt the following positive actions:



I understand that early intervention is the best solution.
Should I notice symptoms or signs – I need to do something – take action – ask for help.

As a parent at Duval High school I need to avoid the following behaviours:



IMPROVING LITERACY AND NUMERACY

ADVICE FOR YEAR 10 STUDENTS

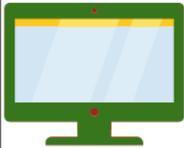
February 2018 update

This year, you will have the first of many opportunities to pass the **minimum standard online tests** to receive your HSC.



THE ONLINE TESTS

To show that you meet the standard, you need to pass 45 minute online tests of basic reading, writing and numeracy skills needed for everyday tasks, including:



- ✔ a multiple choice **reading** test
- ✔ a multiple choice **numeracy** test
- ✔ a short **writing** test based on a choice between a visual or written prompt

2017 NAPLAN TESTS

If you achieved Band 8s or above in one or more of the 2017 Year 9 NAPLAN tests you are recognised as having met the HSC minimum standard in that area/s and will not need to sit the corresponding online test/s.

MULTIPLE OPPORTUNITIES

Don't worry, you don't need to pass the online tests this year. In fact, you get **many opportunities** to pass them, from Year 10 until a few years after Year 12.

Your teachers will help you to decide when you are ready to take the tests, and once you have passed them, you won't need to take them again.

TEST DATES



The online test dates (school days only) for 2018 are:

- Term 1: 19 February to 23 March 2018
- Term 2: 21 May to 22 June 2018
- Term 3: 13 August to 14 September 2018
- Term 4: 5 November to 7 December 2018

Your school will decide when to run the tests within these test windows.

WHAT TO EXPECT?

Visit educationstandards.nesa.nsw.edu.au/HSCminimumstandard to:

- ✔ try demonstration questions to get a feel for the test format
- ✔ view sample test questions and answers online
- ✔ take short practice tests which your school may organise



STUDENTS WITH DISABILITIES

Some students with disabilities will be eligible for extra provisions for the minimum standard online tests, or an exemption from the HSC minimum standard requirement.

You are encouraged to talk to your teachers to determine whether you are eligible for provisions.

STAY UP TO DATE

NSW Education Standards Authority

educationstandards.nsw.edu.au/HSCminimumstandard

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POWER HOUR

Tuesday after school @ Duval High library



Students are encouraged to visit the library on **Tuesdays from 3.35 to 4.35** to get extra support completing homework, assignments or help with understanding what they are learning in their classes. A teacher will always be available to support and assist students.

Students will have access to computers, laptops, printers and the internet.

Our study centre provides a secure, supervised learning environment in space where staff can assist students in managing their homework, assignments and learning needs.

All students are welcome.

Afternoon tea from 3.25 to 3.45.

The school bus will drive people home who live within the town boundary.

Tuesday 27th February 12:30pm

UNIVERSITY Roadshow
Let's GO!

All you need to know about university
Costs & Scholarships
Accommodation
Entry Requirements
Early Entry
Chat with current uni students



ATTENDANCE CORNER

My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help.

Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks.

The principal may seek further support from the Home School Liaison Program to

SAFE ON SOCIAL

Parenting at the speed of light

#1- Verification

Across the country, younger and younger children are using social media.

Safe on Social Media uses the term "Parenting at the speed of light". We speak to parents and carers most nights of the week and have found that they are struggling to keep up with what children are using to communicate with their friends online.

We will be emailing out practical tips for parents and carers each week. This way we can help you to help keep kids in your care stay safe on social media without having to be an expert on every single app they are using.

Our primary position on Social Media use is to ask that parents and carers respect age restrictions, and game classifications they are there for a reason, and most apps are 13+. However, for those that have decided that their child can use apps younger than the recommended age, we need to make sure children are safe and well educated on risks that are easily avoidable.

YouTube, Instagram, Snapchat and [Musical.ly](#) are the most popular with very young children. One of the questions we always ask in our talks with children is to ask them how they identify that they are following a real celebrity. We step them through a case study and ask them to point out what is missing. It is rare that Primary School age children can answer the question. The reason we ask is that we have seen multiple fake accounts trying to lure young people into following them. In extreme cases, we have been told by young people during our talks that they have received private messages from celebrities. Conversations with these "celebrities" often involve asking for inappropriate photographs of the young child. Please make sure that your children know that a celebrity will not send them a private message. Ever.

Be aware that whenever someone who is hugely popular with young children is touring the country, fake accounts start to appear. For example, Ariana Grande is about to visit and we may see fake accounts being set up pretending to be her but there is someone who you do not

want contacting your child hiding behind the fake profile.

Fake accounts will often have a slight typo in the name, usually so minor that a young child will not be able to notice. You cannot monitor 24/7 what your child sees on social media unless you are holding the device and hovering over their shoulder. Even with monitoring devices in place, some things slip through. They are never foolproof solutions. We support building a relationship based on trust and a good education that you can provide children with knowing the basics.

Our first "parenting at the speed of light" tip is to educate on what verification is.

Every parent and carer needs to know how to identify a real celebrity. Most major social media platforms have a verification process to prove that it is the real celebrity or organisation. Please check through with children each celebrity account they are following and unfollow the profiles that do not have the following verification symbols in place.

- Facebook has a tick in a circle next to the name of the page.
- Instagram it is a blue circle, with a white tick in a circle next to the name of the page.
- Snapchat calls its verified accounts "Official Stories". When you follow a famous person on Snapchat, you'll know they're verified if they have an emoji to the right of their name. And yes, celebrities get to pick their emojis.
- Twitter has a blue circle with a white tick in it beside the name.
- [Musical.ly](#) has a crown emoji next to the profile picture of the celebrity.
- YouTube has a red tick in a white box with a red border.
- If you have any questions please get in touch: wecanhelp@safeonsocial.com

Kind regards,

Kirra Pendergast
Director, Safe on Social
Media Pty Ltd

www.safeonsocial.com



HONOURING NATIONAL SERVICEMEN



School Prefects Elizabeth Bizo and Fahad Algahtany laid a wreath on behalf of the Duval community at

Armidale's National Servicemen's Day 2018 Memorial Service on Sunday 11 February.

The Memorial Service was in remembrance of the national servicemen (conscripts) who were killed in action, died during their service, and those who have passed away since completing their military service.

BANGARRA DANCE COMPANY WORKSHOP

Armidale High and Duval dancers travelled to Tamworth to workshop with Bangarra Dance Company. It was a great day, all dancers worked hard with this awesome dance company. Congratulations to Dion Whitfield for making the short list for the state ensemble again and thank you to Bruce Dennison for driving the bus.



FUTURE SCHOOL FOCUS GROUP

Decisions, decisions, decisions!



Kris Croft has met with students to discuss preferences for Future School uniform colours.

WELLBEING DAYS

Year 9



Year 7



**SWIMMING CARNIVAL
AGE CHAMPIONS**

Open



April Heagney



Adam Lucas

16 Years



Bethany Counsell



Tumi Thorsteinsson

15 Years



Heather Girard



William Fittler

14 Years



Rosa Coady



Kyran Peltonen

13 Years



Clio Knight



Henry Lawson



Hannah Angel

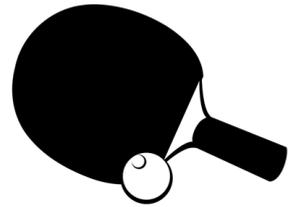
12 Years



Riley Dowd

TABLE TENNIS NEWS

Members of the Armidale Table Tennis Club are delighted to have been able to move their club activities to Duval High School. As part of our move, we have brought competition standard tables with us which we will make available for shared use with the school. In this way, both the school and the club will have access to a full complement of top quality tables.



Our club also has two accredited coaches – Mr Robert Ramazani and Mr Jamie Suddaby. Students at the school will already be familiar with Mr Suddaby in his role of table tennis coach as he has been doing this with the school for some time now.

Now we are located at Duval, our club can offer a broader range of opportunities for students to get involved in table tennis.

We have a regular coaching session on Saturdays during school terms – 12 midday until 1.45pm. School students are encouraged to come along and improve their skills.

There is no charge for the coaching itself, but participants will need to join the club (\$15 annual membership) and there is also a session fee of \$1 to help the club replace balls and nets as they are broken or wear out.

If you would like to find out more about this exciting new arrangement, please contact Mr Suddaby at the School, or Club President John Wolfenden on 0403 736 256.

In addition, information about club activities is posted on Facebook (just search for Armidale Table Tennis Club), and also on our website.



SWIMMING CARNIVAL - THE RACE IS ON! - THE CHEERING SQUAD IS READY



NOW FOR SOME SWIMMING CARNVIVAL FUN!



For more information please call 1300 136 833
or email sportscouncil@armidale.nsw.gov.au

Registration forms available from Newcastle Permanent or online at
[www.armidaleregional.nsw.gov.au/community/sport-and-recreation/
get-active-armidale](http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale)



Come & Try

GET ACTIVE

7 - 20 March 2018

Netball

Wed 7
Time: 4.00pm - 5.00pm

Zumba Dance Fitness

Wed 7 & 14 • Mon 12 & 19
Time: 6.15pm - 7.15pm

Boxing

Thu 8 & 15 • Tue 13 & 20
Time: 5.30pm - 6.30pm

No Lights No Lycra Armidale

Thu 8 & 15
Time: 6.30pm - 7.30pm

Muay Thai

Thu 8 & 15 • Tue 13 & 20
Time: 6.30pm - 7.30pm

Mountain Biking

Thu 8 & 15
Time: 5.00pm - 6.00pm

Road Cycling

Sat 10
Time: 3.00pm - 4.00pm

Hollywood Circuit

Sat 10 & 17
Time: 6.00am - 7.00am / 7.00am - 8.00am

Group Fitness – Sisbock Fitness

Mon 12
Time: 6.00am - 6.35am

Physical Culture

Mon 12
Time: 4.00pm - 6.15pm
Wed 14
Time: 4.30pm - 6.15pm

Australian Dance Enterprises

Armidale & Guyra
Mon 12 & 19 • Thu 8 & 15
Time: 3.45pm - 4.45pm / 5.00pm - 6.00pm
(check online for ages limits & locations)

Cub Scouts

Tue 13 & 20
Time: 6.00pm - 7.30pm

Scouts

Wed 7 & 14
Time: 6.30pm - 8.30pm

Junior Rugby Union

Wed 14
Time: 3.45pm - 5.45pm

Information Session: Eating Well in 2018

Thu 15
Time: 6.00pm - 7.00pm

Bell Ringing

Thu 15
Time: 5.30pm - 7.30pm

Rowing

Sat 17
Time: 8.30am - 10.30am

Body Pump @ Sport UNE

Wed 7 & 14
Time: 1.00pm - 2.00pm

Mobility Plus (Aged & Rehab) @ Sport UNE

Thu 8 & 15
Time: 9.30am - 10.30am

Yoga @ Sport UNE

Fri 9 & 16
Time: 8.00am - 9.00am

RPM @ Sport UNE

Sat 10
Time: 8.00am - 9.00am

Body Balance @ Sport UNE

Sun 11
Time: 5.00pm - 6.00pm

Fitness Plus @ Sport UNE

Mon 12
Time: 9.30am - 10.30am
Tue 13
Time: 7.00am - 8.00am

Pilates @ Sport UNE

Thu 15
Time: 1.00pm - 2.00pm

Silver Sneakers @

Healthy Inspirations (55+ yrs)

Mon 12 & 19 • Tue 13 & 20 • Wed 7 & 14
• Thu 8 & 15 • Fri 9 & 26 • Female only
Time: 9.30am - 10.30am (check online for class details)

HIIT-IT @ Healthy Inspirations

Wed 7 & 14 • Female only
Time: 1.00pm - 1.45pm

Healthy Pump @ Healthy Inspirations

Thu 8 & 15 • Female only
Time: 1.00pm - 1.45pm

Healthy-fit @ Healthy Inspirations

Fri 9 & 16 • Female only
Time: 1.00pm - 1.45pm

Zumba @ Healthy Inspirations

Sat 10 & 17 • Female only
Time: 9.30am - 10.30am

B-Fit @ Healthy Inspirations

Mon 12 & 19 • Female only
Time: 1.00pm - 1.45pm

Monkeynastics @ PCYC (3-5yrs)

Fri 9
Time: 4.00pm - 5.00pm
Sat 10
Time: 9.00am - 10.00am
Cost: \$2 per child

Lunch Box @ PCYC (13+ yrs)

Mon 12 • Wed 14
Time: 1.00pm - 1.30pm
Cost: \$2 per session

Morning Burn @ PCYC (17+ yrs)

Mon 12 • Tue 13 & 20 • Wed 14 •
Thu 15 • Fri 16
Time: 7.00am - 8.00am
Cost: \$5 per session

Morning Burn @ PCYC (17+ yrs)

Mon 12 • Tue 13 & 20 • Wed 14 •
Thu 15 • Fri 16
Time: 7.00am - 8.00am
Cost: \$5 per session

Boxfit @ PCYC (13+ yrs)

Tue 13 • Thu 15
Time: 5.30pm - 6.30pm
Cost: \$2 per session

Visit our website to
register & for more
info on each activity!

ARMIDALE
Regional Council

[Right click and select Open Hyperlink to Armidale Council Website for the Registration Form](http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale)

<http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale>

COMMUNITY NOTICEBOARD

Harlequins Hockey Club



Harlequins Hockey Club are seeking expressions of interest from players interested in playing junior hockey this year. We will be fielding teams in Under 9s, 11s, 13s and 16s. Girls can play in all divisions and boys are welcome to play in the under 9 and 11s competition. Please send an email nominating your child's intention to play and which age division they are eligible to play in.

If there are any boys who would like play in the boys competition on Friday nights, they are most welcome to join the Harlies Hockey Club.

Please contact the Junior coordinator at harliesjnrhockey@outlook.com

You're invited to the

BREAKFAST CLUB

8:20 am - 8:50 am
Monday Tuesday Wednesday
Friday

Staff Common Room
- enter via the stairs near the canteen.



NEWSFLASH! NEWSFLASH! NEWSFLASH!

United Hockey Registration Days

Saturday 3 March

Come for a free sausage sizzle

at Curtis Park 12-2pm

Sunday 4 March Royal Hotel

12pm - 2pm

Our Sponsors



We Support



New England Junior Nomads

Come & Try / Registration Day

Thursday 1st March 2018

Bellevue Oval, Handel Street Armidale

4.30pm to 6.00pm Contact 0488 921 324

Sign up for junior footy at play.afl

More Info Contact : Vanessa 0414232804 Iron & Clay Armidale

\$5 Tickets @ door

IRON AND CLAY Bible talk
Kurt Langmead

CONCERT
FRIDAY 23RD FEB
6:30-9pm

NEGS - Multi Purpose Centre

PROCEEDS WILL BE DONATED TO ASSIST ORGANISATIONS SUCH AS ARMIDALE SANCTUARY HUMANITARIAN SETTLEMENT IN ITS SUPPORT FOR REFUGEE SETTLEMENT