



Week 3 | Term 4 | 2019

Welcome back to Term 4, and thank you to our Year 11 students and their families for attending our HSC information evening. By working together I believe we can better support the academic and wellbeing needs of our students over the next twelve months. Deputy Principal Mr Moisidis and Head Teacher Ms Andrew presented a wide range of information, online services and emphasised the importance of consistency to sustain top performance. Congratulations Ms Nguyen, Ms Tuake and 7RMaths who designed a bridging maths challenge which required students to be creative, problem solve and to test bridge structures for strength. Our students proudly presented their work to Fairfield City Councillor Di Le, ex-student and engineer Michael Grasso and parents. I am also excited about the outdoor cover built during the last school holidays providing much needed cover

for our students, and acknowledge our wonderful General Assistant Mr Vaccari for his project management. Finally I am so proud of our Year 12 students Mel, Hannah, Cynthia and Kevin who featured on Channel 10 and the Sydney Morning Herald. They did an exceptional job in representing our school while sharing their experiences of the first HSC exam, even though they described the exam as 'incredibly stressful' and 'obscure' our students took time out of their busy schedules to put a positive spotlight on SJPHS.

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Important Dates

- Monday 28 October—Year 12 ACPE excursion
- Thursday 31 October—Special Education OLS Community Participation
- Thursday 31 October—Year 12 Information Evening
- Monday 4 November—Year 10 Exams Commence
- Tuesday 5 November—Student Leadership Induction Evening
- Thursday 7 November—Year 12 Legal Studies Court Visit
- Thursday 7 November—Special Education OLS Community Participation
- Thursday 7 November—Olympic Guest Speaker for Year 8
- Monday 11 November—Years 7—9 Exams Commence
- Tuesday 12 November—Year 12 Clearance
- Thursday 14 November—Zone Blues Award Ceremony
- Thursday 14 November—Special Education OLS Community Participation
- Friday 15 November—Year 10 Picnic Day
- Monday 18 November—Year 10 EX-10-SION
- Thursday 28 November—OLS1 Community Participation



Study Hub - After school support for students

Over the years, St Johns Park High School has shown a commitment to supporting students in their academic pursuits. Nothing demonstrates this commitment more than our dedicated Study Hub which runs weekly from 3 - 5pm on a Tuesday and Thursday. The Hub provides students with an opportunity to study, complete homework, access support, extend themselves academically and work on assessment tasks in a controlled and calm environment. Students are also given afternoon tea to keep them focussed after a long day. We encourage all parents and students to consider this after school program.

SMS reminder

A reminder that an SMS is sent to parents if you child is late to school or if they are absent from school. This is an automatic service that aims to improve the level of communication between you and the school about the absentee levels of your child. If you are not receiving these messages, please contact the school to check that we have your correct mobile number.

Mobile Phones at school

It would be fair to say that parents expect their children to be able to learn in an environment with little or no distractions. St Johns Park High School has clear expectations on the use of mobile phones by students. It is an expectation that mobile phones are silenced and in bags during class time as they are often the catalyst for negative behaviour and a lack of concentration on the student's part. We kindly ask that any parents who wish to contact their child do so by contacting the Office Ph. 9610 8035. We assure you that we will endeavour to find your child as soon as practically possible to deliver any message.

Year 7-10 Yearly Examinations are fast approaching

A reminder to parents and students as we head into school holidays, that just around the corner is Yearly Examinations. Year 10 students exams are throughout Week 4 and Years 7-9 are during weeks 5 and 6. Students should be thinking about the best way to prepare and develop a regular study routine

Good luck to all students during their examinations.



Mr Steven Moisidis



Mr Steven Daoud





Ms Nicole Sullivan

Ms Renee Carniato



Our School Captains

Abigail Sio

My name is Abigail Grace Hakalavea Faletau Sio but you can just call me Abi and I am the 2020 School Captain of St Johns Park high school. I have and will always be a proud student of St Johns and will forever appreciate all that has been and that will be done for me. So a little bit about myself, I am the oldest girl of 9 siblings, my ethnicity is Samoan, I love my rnb old skool/90's hip-hop music and my favourite subject of all time, is of course, ENGINEERING! The subjects that I am taking at school are - Advanced English, 3 unit maths, Physics, Chemistry and Engineering.

Growing up in a Samoan and Christian like environment with a family of 11, it has always been a part of me to treat everyone you come across with Respect. As one of the captains of 2020, it is one of my main intentions to be proactive in promoting respect amongst students and provide support to all students at St Johns Park High School. Another goal of mine is to let students know, 'To always be themselves, never be fake and if there is a problem in your life, the only way is through it, so take it the challenge', because it is the challenges in life that strengthens us, so head up, stand tall and stay strong.

Jacky Huynh

My name is Jacky Huynh, proud and honoured to be school captain of St Johns Park High School. I suppose I am a proud weirdo but that's what got me through my school life. Me being "weird" or "different" has been a challenge, especially if I'm trying to make friends. Believe me when I say "Being yourself is hard" because it is, it's a struggle but that doesn't mean you should give up on yourself. My experience with school is that if you're "different" and able to make others happy, chances are you will be happy too. It's a gift we all share and accept, to which I personally appreciate every second of it. If it wasn't for how I could believe in being myself, I would have never been close to achieving in the position of captaincy. With this title in 2020, I want to set a goal that I believe we as a community can raise awareness in our school so students are able to pursue their passions by truly being themselves without any worries and I want to help acknowledge that. If there's anything that needs assistance, it will be my pleasure to try my best to help.

But as for now, my friendly advice is that if you can stand up and out for yourself, you're making a life that is worth living.





Our School Vice Captains

Aleme Capric

Hello everyone! My name is Aleme Capric and I am the Vice Captain of St Johns Park High School for 2020. I have been at the school since Year 7 and experienced great challenges as well as made unforgettable memories during my time here. I decided to join the Student Representative Council (which we know of as SRC) in Year 8 as I thought it would be an interesting experience that would take me out of my comfort zone and it has really helped me develop as a person. So naturally, when I had the opportunity to run for the School Leadership Team of 2020, I embraced the idea and that brought me to where I am now.

Throughout my time as Vice Captain in 2020, I am aiming to do my best to ensure that all students feel a sense of belonging within our school. Each person will be facing different ideas or challenges throughout the different years and I want to be someone who can help in making it just that little bit easier.

Truong To

I am Truong To and your Vice Captain in 2020. Five years ago, as a new student entering the gates of our school, the thought of even being in this position I'm in today and the amazing role I get to play never even crossed my mind. But as a person who is always down to do extra things to help out, I was naturally drawn to the leadership council where I have learnt so much from the teachers and students of our school. It's been quite an adventure since starting at our school. I've had many different and eye-opening experiences which have shaped me into the person I am today and the leader I aspire to be.

The most important thing I learnt during my time at St Johns is that you're never alone. No matter what you're going through or how hard your life may get, there will always be someone who can shed a light on any situation. I know this to be true because, throughout my years, I've encountered many many issues, which were solved through the wisdom and guidance of my teachers, friends, year advisors and past leadership teams and I'm grateful for the support I was given. So as your school Vice Captain, I aspire to be someone who you can approach with any of your issues, knowing that I'll try my best to help you in anyway I can and I look forward to making 2020 a memorable one.





On 11 September year 10 Geography students exhibited their work as part of the Bridging the Gap project. The topic looks at Human Wellbeing and students were tasked with raising awareness about the issues faced by disadvantaged groups in society.

Students showed active citizenship to work with outside agencies to create activities that would educate the public about social issues. Students also reached out to local council to investigate how the government plans to improve human wellbeing in the local area. Jennie Truong lead an investigation into the inclusion of playground equipment for students with a disability, Jennie corresponded with local Member of Parliament Nick Lalich who was able to provide the school with information about Fairfield City Council's Disability Inclusion Action Plan.

The following is an excerpt from a letter from the Manager of City Assets:

PLAYGROUND - ALL ABILITIES

Thank you your letter making representation on behalf of Ms Jennie Truong of St Johns Park, regarding local parks for children with disabilities.

Fairfield City Council in 2017 adopted its reviewed Disability Inclusion Action Plan reaffirming how Council will ensure that our City remains an inclusive and accessible place for everyone.

Whilst Council is implementing a number of strategies to meet this objective, we are pleased to advise that a new accessible playground is currently in construction at Fairfield City Showground (Deerbush Park). This park is designed with a number of fully accessible features including a Liberty Swing, full access public toilet (including an adult change table) and a range of other exciting play equipment designed to cater for children with disabilities.





Regional Table Tennis Knockout Competition

Congratulations to our talented students Sydney Nguyen (Year 12), Tommy Le (Year 12), Daniel Lin (Year 11) and Jeffery Lek (Year 11) represented the St Johns Park High School team for the Regional Table Tennis Knockout Competition leaving the tables undefeated with a bronze medal out of 32 teams that competed. Alisha Pham and Vivienne Le came third overall in the Schoolgirls State Challenge Cup out of 16 teams that they've competed against. This is a great result for these students who have been training every Friday after school since they were in Year 7.

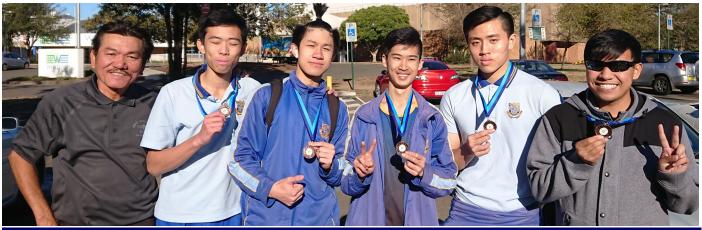
All students are welcome to attend our supervised training sessions every Friday after school from 3pm to 4:30pm in the MPC, for more information please see Mr Ho in the Maths staffroom



Join Today! Supervised Training Sessions Every Friday 3pm - 4:30pm See Mr Ho in Maths Staffroom for more information

Providing students with an opportunity to pursue their interests, skills and passions







Cook Like a Chef Challenge



Ist Place - Jhai Green Curry



2nd Place-Rose Crepes



3rd Place- Apple Lustard Crumble



4th Place- Cheese Burger





Student Leadership Camp 2019

This was a two day camp held at Wollongong Surf Leisure resort. Ninety five SRC, House & PR Student leadership members attended this camp where they got to know their team members, spend fun and quality time planning the rest of 2019 and into 2020.

Our students always impress the staff at our camp venue and it is an absolute pleasure to see our student leaders develop as brilliant and caring young adults that contribute positively to our school spirit.

Thank you to Ms LE, Ms Waesch, Ms Cooper, Ms Gravante, Mr Cooper, prefects and House and PR execs who collaboratively designed, led and delivered various exciting and fun workshops.















Entrepreneurs Unearthed

Seven of our talented Year 10 students recently took part in the Entrepreneurs Unearthed initiative.

This program was held over a number of weeks at one of the largest professional firms in the world, Ernst & Young and was yet another exciting opportunity that our partnership with ABCN provides for our students.

Through a series of structured, facilitated sessions, students explored entrepreneurial themes, participated in creative activities and worked with and learnt from experienced corporate mentors from EY. Our students were able to discover their untapped entrepreneurial talent and build their enterprise skills.

Eleen Al Manhal, Lara Bebe, Marco Di Bella, Jimmy Huynh, Lasenia Ishaq, Allison Nguyen and Myer Trang were outstanding participants and ambassadors for St Johns Park High.

Excitedly and with pride, I announce that Eleen, Lara, Marco and Lasenia presented the top pitch on presentation day which had them declared the winners. Well done.

Congratulations and thank you to all our participants and ofcourse to our oragnisers— ABCN, Ernst & Young, Yen Nguyen, Jane Andrew and Julie Le.



SAFE

Connecting students with Australian Business

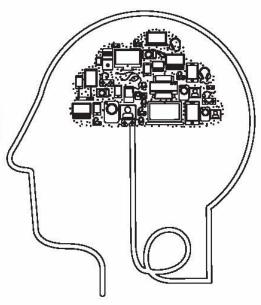


RESPECTFUL | LEARNER

Supporting our students



PARENTS GUIDE: HOW TO HELP YOUR TEEN COPE WITH MENTAL HEALTH ISSUES



Every generation tends to be different when it comes to facing up to certain challenges and coping with new phenomenons that are now part of our lives like social media pressure.

On a basic level, these challenges are really the same struggles that have had a meaningful impact on many teenager's lives but just different versions adapted to an ever-changing world.

Bullying has evolved to cyberbullying and peer pressure, body shaming, and negative self-perception issues are the sort of things that may have visited your life as a teenager and now you have to find a way to guide your teen through this same emotional jungle.

The list of mental health issues that can affect your teen is a long one and each person is unique in the way that these pressure affect them and how they cope or fail to contend with these traumatic circumstances and pressures.

One thing that is certain is that a good number of the challenges that adolescents face can have a detrimental impact on their mental health.

As a parent, you will want to understand what your teen is going through and be able to offer them guidance on how to cope with these problems without resorting to drugs and self-harming as a way of dealing with the pressure they are feeling at this emotionally-challenging chapter in their life.

Parents need to know the telltale signs that their teen is struggling to cope or has resorted to drug abuse as a coping mechanism.

Here is a look at the key signs that you need to look out for and some tips and information on how to help your teen stay in positive control of their mental health.



PARENTS GUIDE: SPOTTING THE WARNING SIGNS

Unfortunately, it can be very difficult to be sure that your teen has a mental health problem and they may try to hide their problems from you.

There are definitely some clues that you can look out for and if you know some of the common nonverbal cues and physical signs that are not often associated with mental illness, you will be in a better place to offer the help that they clearly need at this point.

Here are some of those classic warning signs that parents need to be aware of -

- You observe that your teen is feeling noticeably more anxious or worried
- The frequency of tantrums or periods of irritability are more than you would expect, even allowing for the hormonal challenges your teen will face in their formative years
- Your teen seems to be suffering from regular headaches or stomach pains without any identifiable explanation
- Your teen seems unable to sit still or quietly for any length of time
- They have trouble sleeping and seem to have frequent nightmares
- You notice that they suddenly lose interest in things they have always enjoyed doing
- They withdraw from their social group and seem to avoid spending time with friends
- School grades and performance shows signs of decline
- Your teen talks about their fears of weight gain and seems to diet or exercise excessively
- They seem to suffer from very low energy levels, or alternatively, they have spells of intense and inexhaustible activity
- Signs of self-harming such as cutting or burning their skin
- Appear to be happy to engage in destructive or risky behaviour
- Smokes, drinks alcohol or uses drugs
- Talks about having thoughts of suicide
- Your teen believes that their mind is being controlled or is out of control, or they are hearing voices

It can be very difficult distinguishing whether some of your teen's actions and behaviours are just part of their adolescent adjustment process or whether they are signs and symptoms of a problem that needs discussing with a health professional.

A good guided is often that if their symptoms last weeks or months and are having a noticeable impact on their daily life, this would be an opportune moment to seek some professional guidance.



FORTNIT

Age Rating in the App Store:

Fortnite is a video game for PlayStation 4, Xbox One, Windows, Mac and mobile allowing up to 100 users per game onto an island/map to build structures, hunt for weapons and equipment. Players are dropped onto the game map and must compete to be the last one standing. There are three modes of play in Battle Royale: Solo, Duo and Squad.

Challenges

Micro transactions

There are opportunities for players to spend real money on items in the game.

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FORTNITE

Fortnite encourages a membership upgrade called a Battlepass, as well as in-game currency called V-Bucks to buy bonus items. You can buy things like new looks and new dances. Most platforms allow you to block in-app purchases via parental controls, so be sure to set up yours if you don't want your kids maxing out the credit card. CRF recommends using a pre paid credit card or gift card for in-app purchases.

The game's online chat feature (especially in Battle Royale) can expose younger players to offensive language, mature content and contact from strangers. CRF doesn't recommend games with open chat for kids under 13.

How do I turn off voice chat?

Open the Settings menu in the top right of the Fortnite home page by selecting the three bars, then the cog icon. Choose the audio tab at the top of the screen. From there, you can adjust several audio features, including voice chat. Turn the setting from on to off by tapping the arrows. You will need to take steps to make sure your child isn't exposed to the inappropriate language of other players by keeping them in solo mode or ensuring that they're teaming up with friends.

To report

Users can report other users for harassment, inappropriate language, bullying and hacking. Just click 'Email Us' and fill out the required fields. After selecting the Product and Game Mode, select Report Player as the Issue Type. This will make sure these reports are directed to the correct team.

If a user wants to delete a 'friend' within the game they can simply go to the icon on the top right of the screen with the three figures and select the user and click 'unfriend'. There is no way to block a user in the game. If a user is harassing another user they should follow the appropriate steps above to report them.

Like any online game, Fortnite can be a positive social activity that keeps kids connected to their friends (not to mention a great potential bonding experience if you choose to play with your child). Just be mindful of screen time and monitor that chat. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com



Tik Tok is a social media platform for creating, sharing and discovering short music videos. Every day, millions of people use Tik Tok as an outlet to express themselves through singing, dancing, comedy, and lip-syncing. The app celebrates creativity with videos recorded in 15 seconds or less and shared across the Tik Tok community.

You have the ability to make cool, short videos-songs or short dialogues – that you can share with the world, and people can see them. Think MTV meets SNL meets karaoke meets Dubsmash meets American Idol meets Instagram.

Challenges

- 12+ content in the songs lyrics. Swearing and adult concepts in the provided music.
- Pornography, graphic content, suicide notes.
- Tik Tok users can search for other users to view or follow near their own location/city.
- User generated videos can be viewed and shared onto other social media and messaging apps increasing exposure.
- Bullying in comments.
- Users can publicise their messenger usernames or social media profiles on their Tik Tok profile.
- Many fake user accounts, used to hijack views or set up to bully.
- Hacking of accounts by promotional accounts (Free Tik Tok Crowns) within the apps.
- Not easy to report accounts for being fakes or underage inside the app.
- Many underage accounts with large amounts of followers.
- Easy for users to create multiple accounts and hide them from their parents.
- Fake Tik Tok apps on the app store that charge for download or offer followers.

How Do I Delete My Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the person icon at the lower right of your screen to open your profile.
- Click on the three dots located in the upper right corner.
- Click on 'Privacy and Settings'.
- Click on 'Manage my Account'.

- Add a phone number if you haven't already.
- A verified phone number is a requirement for removing your Tik Tok account.
- Scroll to the bottom of the page where it says 'Thinking about removing your account?' Tap it.
- Tap 'Send Code'.
- Wait for the code to be sent.
- Enter the 4-digit code within 60 seconds of it being sent to you. Then hit continue.
- Read over the implications of removing your account. Hit continue if you agree with the terms.
- Hit 'Delete Account'. You'll be logged out and your account will be deleted.

How Do I Block a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the … icon.
- Tap 'Block'.

How Do I Report a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the … icon.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com



Age Rating in the App Store:

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INSTAGRAM

Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken/selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.

How does it work?

After the user has created an account they can follow other Instagram users and '*like*' or '*comment*' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some challenges around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page, scroll down to '*Privacy and security'* - 'Account *privacy*' then switch on the toggle '*Private Account*'.

We would recommend turning off the location function for the camera on the users mobile device. By doing this, it ensures that the location of where the photo was taken isn't embedded in the image. If location services are turned on for the camera then any one can drag and drop a photos geotag information into a Google search and locate exactly where the photo was taken. For most smart devices, this option can be toggled within their 'Settings' menu.

How do I block or report another user on Instagram?

To report a post:

Tap the three dots above the post Tap Report and follow the on-screen instructions

To report a profile:

Tap the three dots at the top of the profile Tap Report and follow the on-screen instructions

Like any social media Instagram can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com



Age Rating in the App Store:

Facebook is a social networking service where millions of people go to interact with others. Facebook has over one billion active users, more than half of them use Facebook on a mobile device. The user can create a personal profile with photos, lists of personal interests, contact information, and other personal information which is shared among their chosen friends.

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed, users have the ability to interact in public conversations with people who are not within their friends list.

How to make your Facebook profile private

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FACEBOOK

Step 1

- 1 Click on the three parallel lines at the bottom right corner of the screen.
- 2 Scroll to the bottom and click the 'Settings & Privacy' tab and click 'Settings'.
- 3 Click on the Timeline and Tagging option. You can control everything with regards to who gets to post and tag on your Timeline and also who can see it. Go through all seven options and customise it for you. Activating Timeline review is also recommended. Once you've done this your Timeline will only be viewable to the people you choose to look at it.

Step 2

Go to the 'Privacy' tab in the settings page. Facebook offers you several different options so you can adjust exactly how private you want to be. Check your privacy settings regularly. Often when Facebook updates the settings may go back to public by default.

Other Privacy Settings

To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the three lines on the bottom right of your screen. Scroll down to 'Settings & Privacy'. Here you can change a number of settings: Restricting who can see the users profile and timeline.

Under the 'Who can see my stuff?' section, users can manage who is able to access their timeline and profile. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

How can I report a fake profile?

If you have a Facebook account and want to report someone that's pretending to be you or someone you know:

- Go to the profile of the impersonating account.
- Click on the cover photo and select Report.
- Follow the on-screen instructions for impersonation to file a report.

How do I block another user on Facebook?

- Click at the top right of any Facebook page.
- Click Privacy Shortcuts.
- Click 'How do I stop someone from bothering me?'
- Enter the name of the person you want to block and click Block.
- Select the specific person you want to block from the list that appears and click Block again.

App Fact Sheets available from the Carly Ryan Foundation. Please email: info@carlyryanfoundation.com



Summer Master Class University of Wollongong

Opportunity for Year 12 Students

Do you want to set yourself apart when for applying to university? Do you want taste test what's on offer at university? Do you want to start your UOW degree while you are still at high school?

If the answer to any of these is yes, then the UOW Summer Master Class is for you!

With three subjects to choose from on offer at our South Western Sydney Liverpool Campus, the Summer Master Class program is your chance to:

- Prepare for your HSC
- Get a taste of Uni life attending while attending classes on campus
- Earn 6 credit points towards your UOW degree
- Secure a guaranteed engagement or interview as part of Early Admissions at UOW

To participate during the Summer Holidays (6-24 January 2020), the University of Wollongong is now taking applications at <u>uow.info/yr12summer.</u>



Year 10 Ex-10-SION begins Monday 18 Nov, 2019

Please see note for more details



St. John's Park High School ensures that student, parent and staff privacy in our newsletter is maintained. If photographs or written material offend or permission was not given please contact the school and notify Lisa Ida or Renee Carniato. We apologise for any inconvenience.

St Johns Park High School

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School Stream App