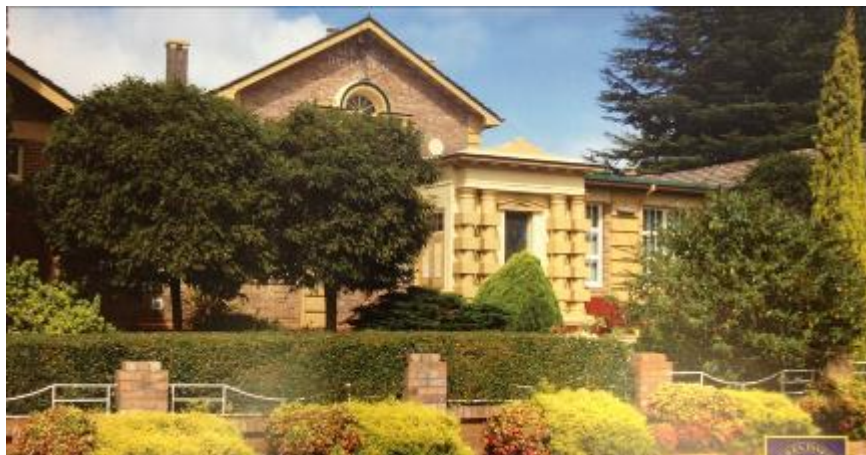


**GIHS
Core
Values**

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**Glen Innes
High School**

NEWSLETTER *Term 4 Week 6 Monday 2 December 2019*

Year 12 Formal



Edward Street, PO Box 405, Glen Innes 2370

Phone: (02) 6732 1322 Fax: (02) 6732 1972

E-mail: gleninnes-h.school@det.nsw.edu.au

Website: <https://gleninnes-h.schools.nsw.gov.au/>

Facebook: <https://www.facebook.com/GlenInnesHighSchool/>



Principal's Report

Bushfires

Our thoughts are with all fire-affected students and families in our school community. We are aware of great losses for our current and future students. Counselling and financial services available for students, parents/carers and staff are as follows:

Healthwise Counselling Services

Please find further in the newsletter 'Mental Health Self-Referral Forms' for bushfires and drought from Healthwise. This service is available for parents/carers and students. These forms are also available on our school's Facebook page and hard copies are available from the school office upon request.

Community Announcement - NSW Bushfires

Disaster Recovery Payment

Help for people adversely affected by the bushfires occurring in August, September, October and November 2019 in NSW, can be accessed by clicking on the link below:

https://www.humanservices.gov.au/individuals/services/centrelink/nsw-bushfires-september-2019-australian-government-disaster-recovery-payment?fbclid=IwAR1Q_08OZzXswHpIST0Ia8kjF9wQystAXiA9TdcZWIA3b5KWR2MMdVG_ek0

Schools Spectacular 2019

We had four students perform at Schools Spectacular 2019 at the Qudos Bank Arena - 22 & 23 November 2019. Congratulations Brooke Burgis, Taylah Grob, Ryan McAllister and Alexandra Millar.

Northern Schools Steer Competition

Glen Innes High School hosted the Northern Schools Steer Competition at the Glen Innes Showgrounds on 20 & 21 November 2019. Well done to Agriculture teachers Ms Jody Lamph and Mr Mathew Lewis and the GIHS Agriculture Show Team. Thank you to all those schools that travelled to Glen Innes to participate over the two days. Thank you also to Mrs Julie Donnelly, Mr Shad Bailey and his fellow judges, Colin Say & Co. and Taylor's Livestock Haulage for their help.

Glen Innes Horse Sports Day

The Glen Innes Horse Sports Day took place on Friday 22 November 2019 at the Glen Innes

Showgrounds. Well done to Mrs Jacqueline Kiehne and our school's Horse Sports Team. Thank you to those schools that joined us on the day. Thank you also to Mrs Naomi Muggleton and the school's Hospitality students, Ms Clark, Miss Tilse, Miss Clarke and all the parent and teacher helpers on making it such a successful day.

Year 10 Work Experience

Year 10 students undertake their second Work Experience session in Week 8. Thank you to all those businesses and organisations that provided opportunities to our students this year.

2019 Art Impress!

This year's Art Impress!, a showcase of our students' art, will have its opening night at 6:00pm on Thursday 5 December 2019. The art can then be viewed until the end of Week 9 from 10am to 4pm at the Glen Innes Art Gallery, Grey Street.

Year 9 Wind Down Excursion

Due to a lack of participation from the Year 9 cohort, the Year 9 excursion to Coffs Coast Adventure Centre is now open to Year 8 and 10 students. Permission notes can be collected from the school office. Please forward the permission note with a \$50 deposit to the school office to secure a place for your child. Places are limited, first come first served basis applies, don't miss out!

Eco Garden - Water Restrictions Exemption

Glen Innes Severn Council has classified Glen Innes High School's Eco Garden as a Public Garden and granted an exemption from the current water restrictions for it to be watered with a hand-held hose between the hours of 2:00pm and 3:00pm.

This exemption is only applicable for the current level four water restrictions and will be reviewed by Council if it is necessary to impose tighter restrictions at a later date.

Armajun Hearing Tests

Glen Innes High School, in partnership with Armajun Health Service, will be conducting hearing tests for all Aboriginal and Torres Strait Islander students on Wednesday 4 December. A reminder that permission notes are available from the school office and must be returned to the school ASAP.

Mr Adam Forrester
Principal



Year 9 History - WWI Lesson

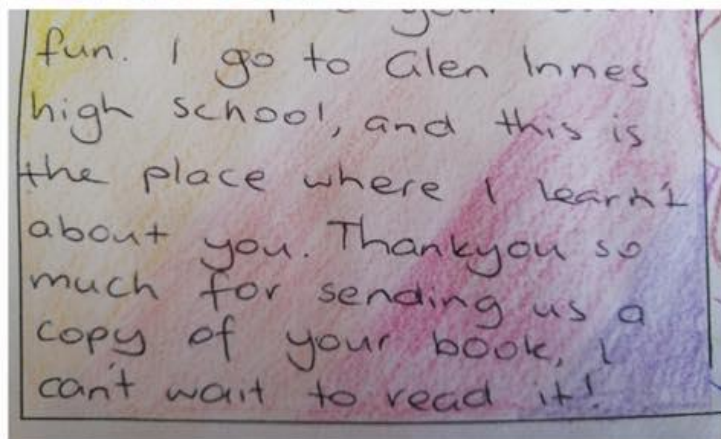
Mrs Chapman-Burgess' Year 9 History class had the opportunity to sample Hard Tack. Hard tack, also known as "ANZAC Wafer", or "ANZAC Tile", has a very long shelf life, unlike bread. Hard tack or biscuits were eaten during WWI. The original biscuits were made by Arnott's.



A Brush with Fame for Year 8 Green

This term, Year 8 Green classes have compared the novel and film versions of 'Red Dog.' Students have been working away at creating some brilliant digital presentations to apply their learning.

Mrs Danielle De Redder has brought this story to life by arranging for students to write postcards to Nancy Gillespie. Nancy is a main character in both the novel and film, and has donated two copies of her own non-fiction account of Red Dog, signed by herself and Rick Fenny (Red Dog's vet and Channel 9's "Desert Vet"). We really appreciate Mrs Gillespie taking the time to read our students' work and hope she enjoys the messages and artwork from our students.



Year 10 Work Experience

Work experience can take you many places and give you many opportunities. One of our Year 10 students, Courtney Wright, recently applied for work experience with the ADF in Brisbane and was successful in obtaining a spot. Courtney had the most magnificent time and has further cemented her desire to join the armed forces. Congratulations Courtney for taking the initiative!

Year 10's second week of work experience is in week 8. The opportunity is there for any Year 10 student who wants to see what the world of careers is like before they take on Year 11 and 12.

Ms Nicole Schafer
Transition and Careers Counsellor



Courtney Wright at the ADF in Brisbane

Duke of Ed Adventurous Journey

At the start of the month, five adventurous Year 10 students (Bridgitte Beatty, Kyara McIntyre, Jye Williams, Cameron Winter and Courtney Wright) took to the wilderness for their first practice journey. The three-day, two-night hike is the final component of the Duke of Edinburgh Silver Award. This award promotes leadership, skills development, adventure and community service.

On the first day, the students navigated the Salisbury Waters Track at Dangar Gorge, a gruelling eight-hour return hike down into the gorge and back to the top, carrying 15kg packs. The next day involved the McDirty's walking track and Trelfall track at Gara Gorge. Finally one more walking loop at Gara Gorge finished off the trip.

The students were responsible for organising and preparing their own meals, setting up camp and other logistical matters during the journey. These students are to be commended for their teamwork, respect and resilience, and reflected effectively and maturely on the challenges of the trip and future preparation. Mr Cowan and Ms Emmerton were extremely impressed with the group's maturity and teamwork.



Bridgitte Beatty, Courtney Wright, Kyara McIntyre, Cameron Winter and Jye Williams

EEHRINDIAN 2019!

Pre-order your Year Book now! \$30

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YEARBOOK**
Pre-Order

**SCHOOL
YEARBOOK**
Pre-Order

**SCHOOL
YEARBOOK**
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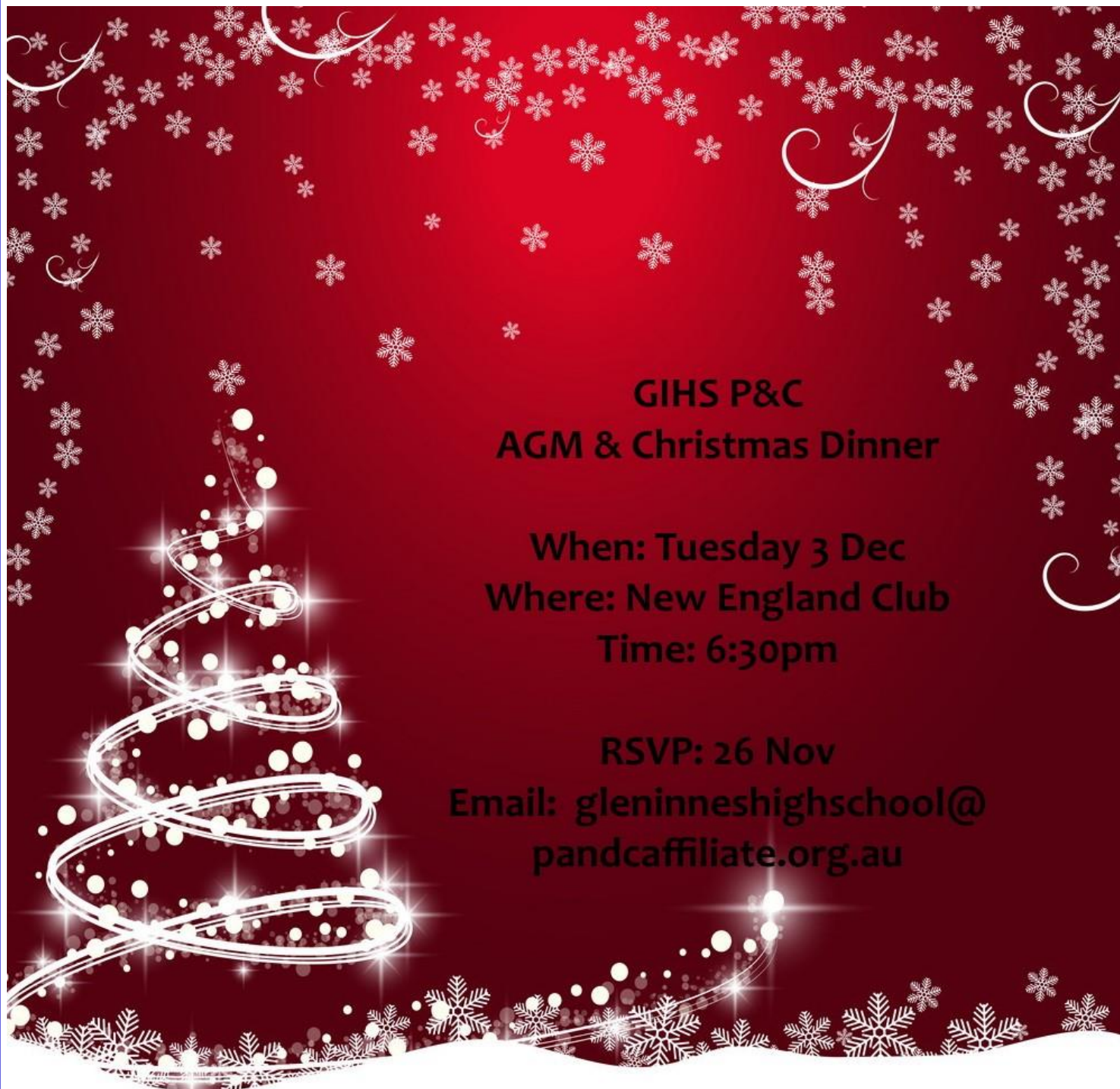
**SCHOOL
YEARBOOK**
Pre-Order

**SCHOOL
YEARBOOK**
Pre-Order

Schools Spectacular 2019

Congratulations to Brooke Burgis, Taylah Grob, Ryan McAllister and Alexandra Millar on being selected to represent Glen Innes High School at Schools Spectacular 2019. Here they are photographed getting ready to leave for Sydney and at rehearsals. They performed on Friday 22 November and Saturday 23 November at the Qudos Bank Arena, Homebush. The show will be televised at 7:00pm on 7 December on Channel 7.





**GIHS P&C
AGM & Christmas Dinner**

**When: Tuesday 3 Dec
Where: New England Club
Time: 6:30pm**

**RSVP: 26 Nov
Email: [gleninneshighschool@
pandcaffiliate.org.au](mailto:gleninneshighschool@pandcaffiliate.org.au)**

Clothing Pool

If your child has outgrown any uniform items, please consider donating them to our Clothing Pool.

With the warmer weather we are especially in need of shorts, tartan skirts and blue polo shirts.

Donations can be left at the school office.

Anyone wanting to access the Clothing Pool for second-hand uniform items, please contact the school office on 6732 1322.



ART IMPRESS!

GLEN INNES HIGH SCHOOL ART EXHIBITION

OPENS 6PM
THURSDAY
5TH
DECEMBER
FRIDAY 6TH-
FRIDAY 13TH
DECEMBER
10-4PM T

GLEN
INNES
ART
GALLERY

Where Can Work Experience Take You?

Nick Ellem was promoted to Fruit and Vegetable Manager earlier this year at Woolworths Glen Innes. Nick was one of our first work experience students for the Woolworths program. He did such an amazing job during his one-week work experience that he was hired after the program and has never looked back.

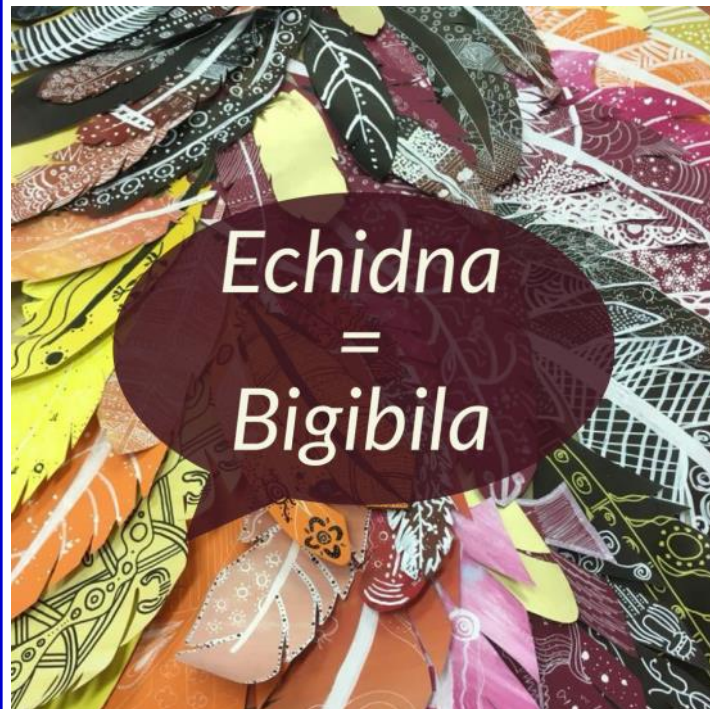


Three more of our Glen Innes Year 10 students will be embarking on a one week work experience with Woolworths in Week 7. I wish them the very best.

Ms Nicole Schafer
Transition and Careers Counsellor

Gamilaraay/Yuwaalaraay Word of the Fortnight

For more information about the 2019 International Year of Indigenous Languages, check out: <https://www.arts.gov.au/what-we-do/indigenous-arts-and-languages/2019-international-year-indigenous-languages>



Community Notices

SHINING A RAY OF LIGHT THIS FESTIVE SEASON

This Christmas, Ray White Glen Innes is again participating in the campaign 'A little Ray of Giving'.

We are partnering with GLENRAC to help the drought affected families who may need a little extra light in their festive season.

The Ray White team are calling on the local community to embrace the giving season and dig deep for families who need it most.

This is the second year that we've run 'A little Ray of giving' and we want 2019 to be our biggest year yet. If you would like to donate a gift please bring it wrapped into our office from 25th of November, some gift ideas; fuel vouchers, produce vouchers, women or men pamper gifts, children's toys, anything is welcome.

Those who wish to donate a gift just need to inform the Ray White team if the gift is for a male or female and nominate an age group.

Ray White Glen Innes is located at 188 Bourke Street.



FREE SANITARY ITEMS



THE PINKBOX MACHINE DISPENSES
FREE SANITARY ITEMS
TO WOMEN & GIRLS IN NEED

EACH PERIOD PACK CONTAINS
6 REGULAR TAMPONS & 2 ULTRA-THIN PADS (REG)

Pinkbox located at-
Glen Innes and District Community
Centre
268 Grey St, Glen Innes

**IF YOU NEED HELP, REACH OUT,
SPEAK OUT. ASK FOR HELP.**

LIFELINE AUSTRALIA 13 11 14
1800 RESPECT 1800 737 732
BEYOND BLUE 1300 224 636
KIDS HELPLINE 1800 551 800
ASK IZZY askizzy.org.au

f t i sharethedignity.com.au





Mental Health Self-Referral Form – Bush Fires

This service provides person-centred, psychological support and strength-based strategies for people whose lives have been **directly impacted by Bush Fires and are experiencing mild to moderate mental health symptoms**. This service is currently being offered in **Armidale, Ashford, Barraba, Bingara, Bundarra, Glen Innes, Gunnedah, Inverell, Manilla, Moree, Mungindi, Narrabri, Quirindi, Tamworth, Tenterfield, Uralla, Walcha, Wialda and Wee Waa**.

Client Details:

Name: _____ DOB: ____ / ____ / ____ Gender: _____

Address: _____ Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Reason for referral:

Access to support may be face to face or by phone/ skype depending on the client's needs and location.

Please select your preferred option:

Face to face ☐

Phone ☐

Skype ☐

Parental/Guardian consent is required for clients under 18 years:

Parent/Guardian: _____ Relationship to client: _____

Address: _____ Contact: _____

Referrals can be faxed to 1300 452 059 or emailed to mentalhealth@healthwise.org.au

For more information, please contact HealthWISE 1800 931 540

**PLEASE NOTE HEALTHWISE IS NOT A CRISIS SERVICE
IF ANY PERSON IS AT IMMEDIATE RISK OF HARM
PLEASE CALL 000**

t 1800 931 540
f 1300 452 059
e mentalhealth@healthwise.org.au
w www.healthwise.org.au
ABN 48 603 486 442

Head Office:
213 Peel Street
TAMWORTH
NSW 2340


HealthWISE
Mental Health · Allied Health · Aboriginal Health



Mental Health Self-Referral Form - Drought

This service provides person-centred, psychological support and strength-based strategies for people whose lives have been **directly impacted by the ongoing drought and are experiencing mild to moderate mental health symptoms**. This service is currently being offered in **Armidale, Ashford, Barraba, Bingara, Bundarra, Glen Innes, Gunnedah, Inverell, Manilla, Moree, Mungindi, Narrabri, Quirindi, Tamworth, Tenterfield, Uralla, Walcha, Wyallda and Wee Waa**.

Client Details:

Name: _____ DOB: ____ / ____ / ____ Gender: _____

Address: _____ Postcode: _____

Phone: _____ Mobile: _____

Email: _____

Reason for referral:

Access to support may be face to face or by phone/ skype depending on the client's needs and location.

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Face to face ☐

Phone ☐

Skype ☐

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 TAMWORTH
 NSW 2340


HealthWISE
 Mental Health · Allied Health · Aboriginal Health



Foundations Care



Centacare
New England North West
Rural Resilience

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE



SUPPORTING CHILDREN WITH DEVELOPMENTAL TRAUMA

The training will focus on:

Understanding the behaviour of children with developmental trauma, helping young children thrive and attachment and why it's important.

Your Training Facilitator: Pedro Sousa has worked as a facilitator since 2008 running parenting and relationship programmes for Centacare New England North West in the Family Relationships Centre.

He has an interest in helping parents and caregivers treat children with dignity and respect to cooperate together to support children to thrive who are hard to manage, have been exposed to trauma or neglect, or are simply having a hard time coping!

WEDNESDAY 4TH DECEMBER 2019

10:30AM TO 2PM

**ADDRESS - CENTACARE GLEN INNES – 200A BOURKE STREET,
GLEN INNES - NEXT DOOR TO FIRE STATION**

- Light Lunch/Snacks and refreshments provided
- Centacare require each participant to complete a registration form before the start of the course – please contact below

**Bookings Essential – Ring Centacare on 1800 372 826
by Friday 29th November 2019**