

BATLOW TECHNOLOGY SCHOOL

'SCOOP'

80 Pioneer Street BATLOW NSW 2730

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15 December 2020

Term 4 – Week 10 (A)

*We wish you a very happy Christmas,
we know that this past year has been very difficult and
we hope everyone enjoys the summer holidays*



School Captains for 2021

Jessica Bedard and Carter Ironside

Captains

Julie-Anne Cupitt and Metta Sweeney

Vice-Captains



Primary School Leaders for 2021

*Cate Pascoe, Annie Jones
and Shari Thompson*



Principal's Message



Dear parent

As the school year draws to an end, we should reflect on 2020 and be thankful for our family and friends. This year has been difficult for our small town, our community spirit has continued to support and nurture Batlow to repair and recover from the devastating bushfires and other incidences throughout 2020.

Students are tired and deserve a quiet, restful break with their families, they have persevered throughout the school year and have gained deeper skills and knowledge to ensure they become positive future citizens.

Planning for 2021 is underway, with COVID-19 guidelines relaxing our carnivals, excursions and activities for students. We are at the moment in the planning stages, more information will be available at the start of Term 1 2021.

Enjoy the break with your families, all of the staff wish you all a very joyful Christmas and a safe and happy New Year.

We look forward to welcoming students and families back to school in 2021, please ring the school office if you have any queries.

Take care

Michelle Wainwright

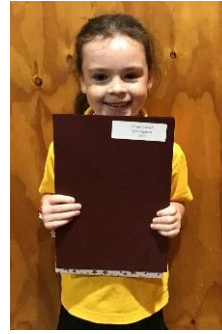


Wishing you a very Merry
Christmas filled with fun and
laughter, and we hope you
have a fabulous New Year!

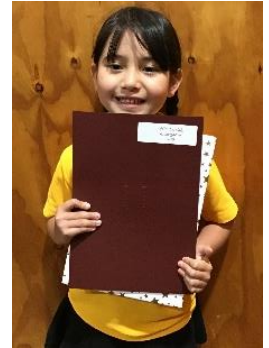
PRIMARY PRESENTATION DAY

Kindergarten

Harper Crouch: Kindergarten Graduation Award



Jack Hughes: Kindergarten Graduation Award



Mira Lesniak: Kindergarten Graduation Award



Josie Williams: Kindergarten Graduation Award



Year 3

Cody James: Primary Quiet Achiever Award



Year 4

Lily Cowin: Primary Speech and Drama Award



Leela Hill: P&C Primary True Citizen Award



Jayla-Marie Ngatikaura: Primary Literacy Award

Lily Nolan: Batlow Fruit Company Most Outstanding Primary Student Award



Year 5

Annie Jones: Batlow Rotary Club Award



Hayley Poi: Batlow Technology School Primary Award for School Spirit



Tobie Stubbs: Primary Music Award

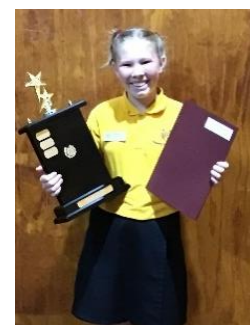


Year 6

Aeden Anderson: Primary Numeracy Award



Georgia Hilton: Mrs Vicki Dodd's Award and Snowy Valley Council Award
First in Year 6



Jim Howell: Primary Science and Technology Award and Snowy Valley Council Award
First in Year 6



Mackenzie Morton: Ian Giles Memorial Award



SECONDARY PRESENTATION DAY

YEAR 7-2020

Elizabeth Pascoe: First in Year 7 and
Ian Giles Memorial Award



YEAR 8-2020

Holly Casey-Patterson: First in Year 8



YEAR 9-2020

Aiyana Ironside: First in Year 9 and
HV Smith Most Outstanding Student

YEAR 10-2020

Savannah Cooper: Australian Defence Force 2020
Future Innovators Award





Georgia Pate: First in Year 10 and Australian Defence Force Leadership and Teamwork Award



Cody Lee:
Evan Ross Memorial Award

YEAR 11-2020



Carter Ironside:
Secondary School Spirit Award



Metta Sweeney: First in Year 11 and Martin Keenan Quiet Achiever Award

YEAR 12-2020



Bree Bowman: P&C School Service Award, Batlow Rotary Club Award, Citizenship Award for leadership and support of the school and local community from Kristy McBain MP and the 2020 Director of Educational Leadership Award for Commendable service to school and community.



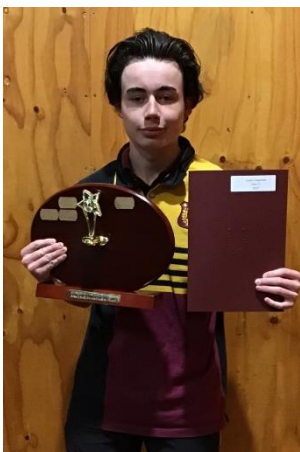
Ryley Collins: Snowy Hydro Secondary Technology Award



Jack Gould: John (Jack) Brown-Mathematics Award, Batlow Fruit Company-Most Outstanding Student in Science Award, **Snowy Valleys Council Award for Academic Excellence in Year 12,** Caltex Award and Australian Olympic Change-Maker Award.



Tahlia Grant: Rueben F Scarf Award



Liam Lengronne: John (Jack) Brown-English Award, Gundagai Lodge Award, Australian Defence Force Leadership and Teamwork Award and Australian Defence Force 2020 Future Innovators Award.

KINDERGARTEN/YEAR 1

Kindergarten/Year 1 have had enjoyed a positive end to the school year with Miss Singleton. We have been working hard until the end and have particularly enjoyed hands on maths, literacy and art learning.

In mathematics, we have been playing our TEN games each day and learning about telling the time. As a reward to celebrate the end of this learning, Kindergarten/Year 1 played some games of time bingo.

It was a big hit with all of the students!



Aleisha Singleton, Kindergarten/Year 1 Teacher

BOOK DONATION

Thank you to Bernadette Cahill on behalf of St Vincent de Pauls for donating a range of picture books that were gifted to students in Years 1 to 4. The students are very grateful for their new books and enjoyed reading them before taking them home.



Bushfire Response Program

Support During the School Holidays

There is no right or wrong way to feel – people can respond to the same event – like a bushfire- in very different ways.

Some of these responses can include:

- feeling anxious, overwhelmed or confused
- feeling sad, irritable or angry
- feeling numb – as though you can't feel anything at all
- feeling unwell – headaches, difficulty sleeping, weight loss/gain; increased alcohol, drug use
- feeling grief and loss

Simple strategies such as:

- getting enough sleep
- regular exercise
- connect with others - talk to family and friends
- finding time to do something you enjoy each day can help
- practise deep breathing exercises and coping statements.
- Try using breathing apps for some guidance like [Smiling Mind](#), [Calm](#), or [Reach Out](#)

You may find the AIMS model for Emotional Preparedness useful to help you manage your thoughts and feelings over Summer.

| | |
|---|-------------------|
| A | Anticipate |
| <p>Anticipate that you may be feeling worried or anxious around certain sights, smells, noises and information in relation to the next bushfire season. Remember that these feelings are normal (although not always helpful) responses to a possible life-threatening situation. When we understand and anticipate our usual responses, we can learn ways to manage those feelings as they happen.</p> <p>Try and anticipate how <u>you</u> might feel as we approach the anniversary and upcoming bushfire season.</p> | |
| I | Identify |
| <p>Identify the physical feelings in your body when you are anxious, fearful or even angry as well as the thoughts that come with these body signs but are adding to the fear.</p> <p>Evidence tells us that when we 'name' these feelings, we can 'name' these feelings.</p> <p>Remember: we may not always know how we might feel or what might be the cause of certain thoughts/feelings.</p> | |
| M | Manage |
| <p>Manage your responses using simple but effective techniques to help us feel more in control: deep controlled breathing (with a longer outbreath), connecting with others and helpful self-talk so that you stay as calm as possible and can focus on the practical tasks that need attention.</p> | |

For more information: [Psychological preparation for natural disasters](#)

Talking to a professional can also help you process your reactions and develop healthy coping strategies. If you want some more support, if people you know are worried about you, or if you aren't starting to feel better after trying some simple strategies – it is a good idea to talk to someone.

Remember: help is available.

Bushfire Response Program

Online support services

| | | | | | | | | | | |
|---|---|--|--|---|--|---|--|--|---|---|
| <p>Kids Helpline 1800 55 1800 24 hours / 7 days a week A free, private and confidential telephone and online counselling service for young people aged between 5 and 25.</p> | <p>ehedspace Support 1800 650 890 9am-1am / 7 days a week Free online chat (24/7) and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.</p> | <p>Catholic Care 1800 068 698 Session delivered via telehealth services The Bushfire Support Counselling program offers a free counselling service to support individuals, families and communities impacted by bushfires</p> | <p>Children & Adolescent Bushfire Recovery Team 0448 412 103 8am-8pm / Monday to Friday Counselling for Children/Adolescents and their families who have been affected by bushfire.</p> | <p>Tumut Community Mental Health Team 1800 800 944 (Tumut MHECS 24/7 6947 0800) Child and Adolescent Mental Health service- for young people requiring psychiatrist review and medication and/or possible hospital admission and risk of self-harm/suicide</p> | <p>Beyond Blue Support Service 1300 22 4636 24 hours / 7 days a week Immediate, free short-term one-on-one support from a trained mental health professional.</p> | <p>1800RESPECT 1800 737 732 Confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.</p> | <p>MindSpot Clinic 1800 61 44 34 8am-8pm / Monday to Friday 8am-6pm / Saturday An online clinic providing free assessment and treatment courses for Australian adults with anxiety or depression.</p> | <p>MensLine Australia 1300 78 99 78 24 hours / 7 days a week A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.</p> | <p>Reachout for Parents One-on-one support for parents who have children aged 12+; https://parents.au.reachout.com/one-on-one-support Book a session- anytime https://parents.au.reachout.com/coaching-eligibility/sign-up</p> | <p>Suicide Callback Service 1300 659 467 24 hours / 7 days a week Free counselling for suicide prevention and mental health via telephone, online and video for anyone affected by suicidal thoughts</p> |
|---|---|--|--|---|--|---|--|--|---|---|

The types of support you can get with an account



Develop your self-help skills

There are interactive exercises that allow you to manage your own mental health. These bite-sized activities help you reflect on your own needs, build your everyday skills and set goals to improve your mental health.

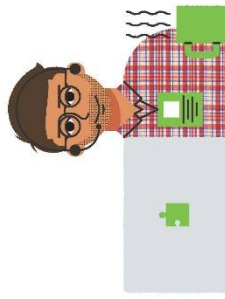
Discover tips such as improving your sleep, understanding emotions, getting active or problem-solve, just by doing one of these exercises.



Connect with others

Join our safe and supportive online community which provides a great way to connect with others, and share resources that are helpful to you.

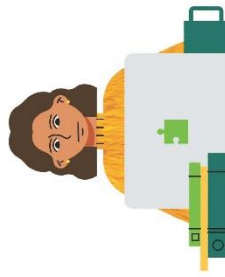
Our regular group chats bring young people together and explore topics that are important to the community. Our peer-led chats, held every week, are where you can share tips and experiences with others. There are also chats run by our professional counsellors who explore topics and provide resources, strategies and advice to help build your skills.



Chat privately with professionals

You can chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEST). It's a safe space if you want some advice, unsure of what help you need or maybe just want to talk things through.

You can also chat with counsellors at your local headspace centre who are providing services via the phone, video or webchat.



Get support with your work and study

You can get support with your work and study goals by speaking with our vocational specialists via webchat, video chat, email or phone and it's free. We can help you with everything from writing resumes and job applications through to planning course options, practicing interviews and managing your mental health with your work and study. Visit onlineheadspace.org.au to register or call 1800 810 794.

Resources and tips

Want to do your own research? There are heaps of resources available which can be a great starting place to gather information that's relevant to you.

For more information visit headspace.org.au and create an account

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

You can access headspace anywhere in Australia via:

Web chat at headspace.org.au

Calling us on 1800 650 890

Emailing us by visiting headspace.org.au

headspace web chat and telephone

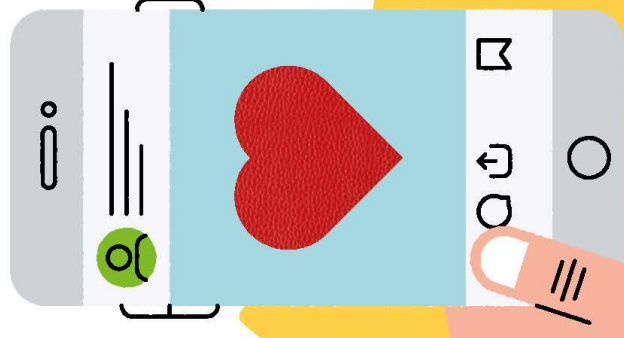
support is available 7 days a week,

9am – 1am Australian Eastern Standard Time (AEST), but you can email anytime.



Is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on **000**. If you need to speak to someone urgently, call Kids Helpline **1800 55 1800** or Lifeline **13 11 14**.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

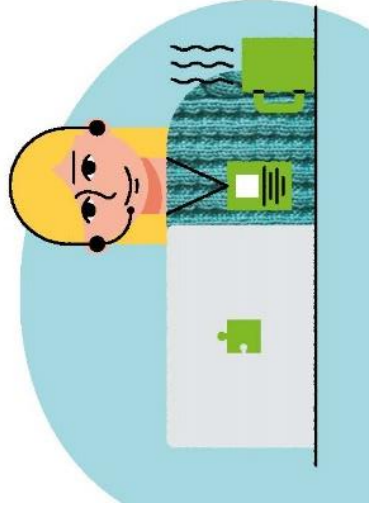
headspace supports young people aged 12 to 25 years who are going through a tough time.

We provide eheadspace for young people who might be too far from a centre, might not feel comfortable with face-to-face support - or just prefer this way of chatting.

It's a safe place and it's free*. You might use eheadspace if you need advice, if you're feeling isolated or worried, are unsure of what help you need or just want to talk things through. We want you to get the help you need sooner rather than later.

Who is eheadspace?

At eheadspace, we are experienced youth mental health professionals – psychologists, social workers, mental health nurses and occupational therapists. We help by listening, talking things through, giving you information and offering other support options to help you. You can also get support from our family and friend specialists. eheadspace web chat and telephone support is available 7 days a week, 9am – 1am Australian Eastern Standard Time (AEST), but you can email anytime.



How do I register?

Head to eheadspace.org.au to get started. The same information will be asked if you contact by phone (1800 650 890) but don't worry, you won't need to provide a full name, we just ask for an email address.

What information do you need?

The more information you feel comfortable providing us, the more we can help. Some helpful information to share would be how you've been feeling, if you've had any mental health issues before, whether you are already using a support service and if you have any concerns or don't understand any part of the session. Feel free to let us know what you want from us and what can we help with.

Different ways to chat

We'll always do our best to get to everyone, but at times eheadspace can get really busy. If you can't access web chat when you log on, another option may be to send an email or contact us on 1800 650 890. You can even email us to book a time to chat.

Group chats are another way for you to ask professionals some questions in a anonymous online environment. These sessions are held online once a month, each based on a specific topic. If you are unable to attend on the night, you can go into the headspace website and view past chats online.

Head to eheadspace.org.au to discover tools and articles you may find helpful.

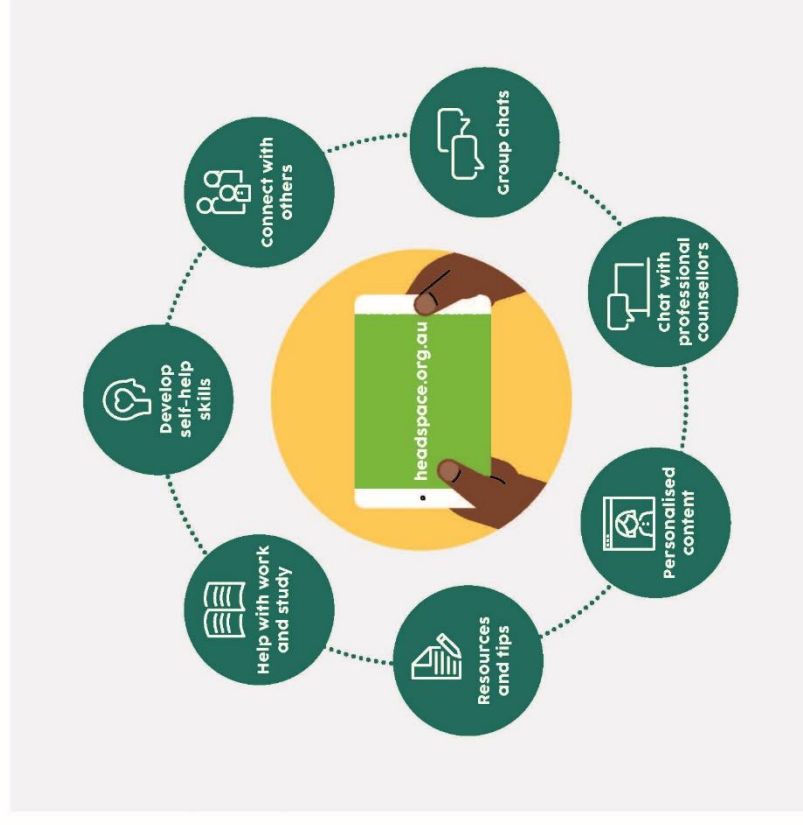
*All eheadspace online services are free but if you call 1800 650 890 from a mobile phone a normal call charges apply.

how headspace can help you online

With COVID-19 changing the way we live, there are lots of things for young people to think about - school, study, work, relationships, physical and mental health. Whatever you're facing, headspace is here to help.


Your journey, your choice

In addition to one-to-one counselling by phone or video, headspace has a range of ways that can support young people online, just by visiting the headspace website at eheadspace.org.au and creating an account.



BATLOW TECHNOLOGY SCHOOL 2021 SECONDARY BOOK AND EQUIPMENT REQUIREMENTS



| Year 7 and Year 8 | Subject | Equipment and/or Book Requirements |
|-------------------|---|--|
| | Art | 1 x 11" by 14" black plastic covered Art Diary A3 (<i>can be purchased from the school \$8.00</i>) has 60 pages 1 x 2B pencil, 1 x black fine line felt pen (eg 0.4) Coloured Pencils |
| | Computer | 1 x A4 display folder |
| | English | 1 x 180 page book and A4 display folder |
| | Geography | 1 x 128 page book (<i>not shared with History</i>) and A4 display folder |
| | History | 1 x 128 page book (<i>not shared with Geography</i>) and A4 display folder |
| | LOTE (<i>language other than English</i>) | 1 x 128 page book A4 1 x display folder |
| | Maths | 1 x 196 page 5 mm grid book (practical) 1 x 96 page lined (theory) Calculator required  |
| | Music | A4 Music exercise book with manuscript section in middle, plus, display folder to hold loose leaf sheets. Thumb drive, headphones |
| | PDHPE | 1 x 196 page book Joggers for PDHPE |
| | Science | 1 x 196 page book (A4 size) normal lined. Not 'Science' Book A4 display folder and USB |

Please note: All students (Year 7 to Year 12) require a USB, which will be used for all subjects.

Year 9 and Year 10

| Subject | Equipment and/or Book Requirements |
|---|--|
| Art | 1 x 11" by 14" black plastic covered Art Diary A3 (<i>can be purchased from the school \$8.00</i>) has 60 pages 1 x 2B pencil, 1 x black fine line felt pen (eg 0.4) Coloured Pencils |
| Drama | 1 x A4 Art book (<i>can be purchased from the school \$3.50</i>) or 1 x 196 page book |
| English | 1 x 196 page book and A4 display folder |
| Food Technology | 1 x 64 page book Container (plastic type) for practical lessons |
| Geography | 1 x 180 page book and A4 display folder |
| History | 1 x 180 page book and A4 display folder |
| Maths | 1 x 196 page 5 mm grid book (practical) 1 x 96 page lined (theory) Calculator required |
| Music | A4 Music exercise book with manuscript section in middle, plus, display folder to hold loose leaf sheets and headphones |
| Personal Development, Health and Physical Education (PDHPE) | 1 x 196 page book Joggers for PDHPE |
| Physical Activity and Sport Studies (PASS) | 1 x 196 page book Joggers for PASS |
| Science | 1 x 196 page book (A4 size) USB |
| Industrial Technology | USB |
| Design and Technology | 1 x 128 page book |



All students will need:

- black, blue and red ballpoint pens
- ruler marked in mm
- dictionary

- glue stick
- pencils (HB or 2H)
- eraser (soft)
- coloured pencils

- set of headphones
- highlighters
- geometry set
- thumb drive


**BATLOW TECHNOLOGY SCHOOL 2021
SECONDARY
BOOK AND EQUIPMENT REQUIREMENTS**



| Year 11 | Subject | Equipment and/or Book Requirements |
|---------|--|--|
| | Biology | 2 x 196 page book (A4 size) 1 x display folder, USB |
| | Construction | Long-sleeved shirt |
| | Design and Technology | Folder A4 |
| | English | 2 x display folders and loose-leaf paper, 1 x 256 page books and palm cards |
| | Hospitality (VET) | Folder A4 |
| | Industrial Technology | USB |
| | Mathematics - General 1 - General 2 - Standard 1 - Standard 2 | 1 x 196 page book 5mm grid book 1 x 196 page book 1 x 256 page grid book or equivalent <i>Calculator required</i> |
| | Metal and Engineering (VET) | Personal Protective Equipment (PPE) supplied by school |
| | Music | Headphones, Clear display folder, 1 x 128 page book and A4 music book with manuscript in the middle |
| | Sport Lifestyle and Recreation (SLR) | 2 x 128 page books Joggers for SLR |
| | Personal Development, Health and Physical Education (PDHPE) | 1 x 256 page book 1 x display folder |
| | Society and Culture | 1 x 256 page book, 1 x display folder and palm cards |



Please note: All students (Year 7 to Year 12) require a USB, which will be used for all subjects.

| Year 12 | Subject | Equipment and/or Book Requirements |
|---------|--|---|
| | | |
| | Biology | 2 x 196 page book (A4 size) 1 x display folder, USB |
| | Design and Technology | Folder A4 |
| | Drama | 2 x 128 page books and 2 x 180 page books |
| | English | 2 x display folders and loose-leaf paper 1 x 256 page binder books and palm cards |
| | Hospitality (VET) | Folder A4 |
| | Industrial Technology | USB |
| | Mathematics - General 1 - General 2 - Standard 1 - Standard 2 | 1 x 196 page book 5mm grid book 1 x 196 page book 1 x 256 page grid book or equivalent  |
| | Metal and Engineering (VET) | Personal protective equipment (PPE) supplied by school |
| | Music | Headphones Clear display folder, 1 x 128 page book A4 music book with manuscript in the middle |
| | Sport Lifestyle and Recreation (SLR) | 2 x 128 page books |

| | | |
|---|---|--|
| All students will need: <ul style="list-style-type: none"> black, blue and red ballpoint pens ruler marked in mm dictionary | <ul style="list-style-type: none"> glue stick pencils (HB or 2H) eraser (soft) coloured pencils | <ul style="list-style-type: none"> set of headphones highlighters geometry set thumb drive |
|---|---|--|

Primary Equipment Requirements 2021

| Year | Equipment |
|-----------------------|--|
| Kindergarten – Year 3 | Headphones and Library Bag |
| Year 4 – 6 | Headphones, USB, Library Bag, two red pens, two blue/black pens, coloured pencils, ruler, glue stick. (They will need to replace their equipment throughout the year as they are responsible for their own belongings). |

Names need to be clearly marked on all equipment and clothing items.

*Christmas, the only time of the year
in which one can sit in front of a
dead tree and eat candy out of socks.*



Preparing Future Citizens

Return Dates for 2021

Wednesday 27 January 2021 and Thursday 28 January 2021

Staff Development Days

Friday 29 January 2021

Year 1 to Year 12

Wednesday 3 February 2021

Kindergarten