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The Journal of the Federation of Parents and Citizens Associations of New South Wales

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The P&C Journal is published once a Term and is a great way to showcase what your P&C Association and school community is up to. If your School, Students or P&C Association is doing something special this year, share your story and photos with us and fellow school communities.

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PRESIDENT'S MESSAGE

By Susie Boyd

Term 4 has arrived, which is the time when schools across the state prepare to round off a year's worth of work. We at P&C Federation are also consolidating a very busy year and are preparing for the year ahead. We have recently held our Annual General Meeting, where we adopted motions on education policies that will set the framework for our activities over the coming year. With State and Federal elections approaching, it is particularly important that we have a concrete set of demands for public education that we can put to our elected representatives. As always, our advocacy work stems directly from directives from our members, and we strongly encourage all our members to take initiatives themselves in advocating for their communities. In an election cycle where funding for public education for years to come is at stake, we encourage everyone to pressure elected representatives in all political parties to support public education.

This is also a major moment in New South Wales education, as NESA is preparing the first review of the New South Wales curriculum in decades. With a final report due at the end of 2019, the review is investigating how to best equip students for life in the 21st Century. Given the importance

IT IS PARTICULARLY IMPORTANT THAT WE HAVE A CONCRETE SET OF DEMANDS FOR PUBLIC EDUCATION THAT WE CAN PUT TO OUR ELECTED REPRESENTATIVES.

of this endeavour, we are working carefully on our own submissions to this review to ensure the new curriculum allows our children to reach their full potential to become contributing members of society. Ensuring the new curriculum delivers the

best educational experience for our children requires as much participation as possible from all stakeholders, and so over the course of this 18-month period, we will keep our members fully informed of opportunities to contribute to this landmark review.

In addition to all of this advocacy work, our agenda for the next 18 months includes a raft of new services for our P&C Association members. We are finalising a set of guidance documents that we hope will help improve the operations and governance of P&C Associations. We are preparing to publish them on our website shortly, so I urge everyone to keep a lookout in our

WE ARE WORKING CAREFULLY ON OUR OWN SUBMISSIONS TO THIS REVIEW TO ENSURE THE NEW CURRICULUM ALLOWS OUR CHILDREN TO REACH THEIR FULL POTENTIAL TO BECOME CONTRIBUTING MEMBERS OF SOCIETY.

regular e-bulletin for when those guidance documents are available. We are also due to launch the Members Portal on the Federation website, which will allow our members to update their office bearer details, upload annual audit reports and keep track of their insurance coverage.

Among the biggest successes of this year was the P&C Federation 2018 Conference, for which there was overwhelmingly positive feedback. We intend to build on that success at the 2019 Conference, which will be held on Friday 1 March and Saturday 2 March. As well as numerous workshops and networking opportunities, part of the Conference involves presenting the 2018 Volunteer of the Year Awards at an awards dinner. If your P&C Association wants to nominate someone deserving of the title, you can



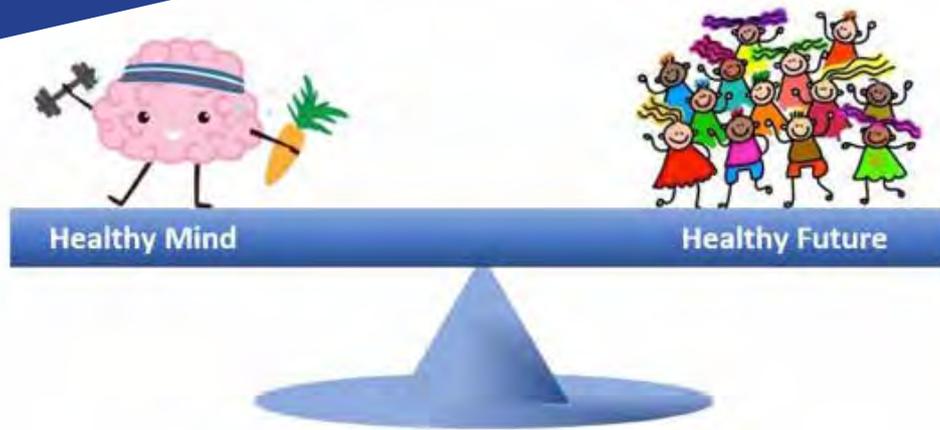
P&C Federation President,
Susie Boyd

now submit your nomination on the P&C Federation website under the Members tab.

This Conference will be coupled with a joint seminar next year on 28 February involving P&C Federation, the NSW Parents Council and the Council of Catholic School Parents. It will be a rare opportunity for a discussion between parent representatives from the government, independent and Catholic school sectors, and I encourage everyone to watch this space as more information becomes available.

I must finally wish the best of luck to our Year 12 students as they prepare to sit their HSC exams. For many Year 12 students, the pressure of the exams will be intensified by the knowledge that the HSC marks the end of an era, as their school lives wrap up and they must plan a new phase of their lives. As a parent, I often find students' stress can be eased by reminding them that the HSC is not the only pathway to a fulfilling life and that whatever they do we will always have their backs.

Once again, if you wish to learn more about anything to do with P&C Associations or advocacy, contact P&C Federation's office on 1300 885 892 or mail@pandc.org.au



P&C FEDERATION 2019 CONFERENCE

1st & 2nd MARCH, 2019

HEALTHY MIND, HEALTHY FUTURE

The theme for P&C Federation's 2019 Conference is "Healthy Mind, Healthy Future", focusing on the wellbeing of our children and young people.

As adults we know there is no one thing that covers health and wellbeing and this is no different for children and young people. In planning of the conference the theme has been kept at the forefront, engaging speakers from the Department of Education, Reachout.com, NSW Health, and a Clinical Psychologist.

Attendees will have the opportunity to

participate in Q&A sessions with speakers as well as various workshops.

As announced in our Term 3 Parent & Citizen journal, Andrew Fuller – Clinical Psychologist, Author and Family Therapist, will again be one of our guest speakers, this time delivering an engaging presentation on "Neurodevelopmental differentiation - Optimising brain systems to maximise learning".

We all know that everyone learns in different ways and it is no different for children. Identifying this and building on

their strengths can have a huge impact on a child's education and ability to learn and flourish. This will certainly make for a very interesting presentation.

The conference is open to P&C Associations across New South Wales to send 2 representatives and P&C Federation would like to encourage as many P&C Associations as possible to participate. To register please go to pandc.org.au and click on the events tab or to make further enquiries email Debbie at: projects@pandc.org.au

AWARDS DINNER FRIDAY 1ST MARCH 2019

P&C Federation Awards Dinner hosted on the evening of Friday 1st March 2019 is set to be an evening of fun, where NSW P&C volunteers can enjoy chatting and sharing experiences with like-minded people who have a passion for supporting their public school, its community and most of all its students. The highlight of the evening will be acknowledging each of the finalists nominated by their peers



from each electorate statewide, with the finale of the formalities being the announcement of title winner for "NSW P&C Volunteer of the year 2018"

2019 CONFERENCE EXHIBITOR OR SPONSORSHIP INFORMATION

Do you have a business that provides goods or services to P&C Associations or public schools? Are you interested in being an exhibitor or sponsor for P&C Federation's 2019 Conference? Then for more information go to pandc.org.au and click on the 2019 conference button or to ask questions email Debbie at: projects@pandc.org.au.

THE FUTURE THROUGH THE EYES OF STUDENTS

By Mark Scott

What does the school of the future look like? That's the question we asked of 100 students who brought our head office alive as they created prototypes of their visions in real and virtual worlds.

It seems logical for a student-centred education system to ask the young people who will be learning, studying and working in a world of artificial intelligence and disruptive technologies how *they* want to learn in the future.

The message from our students – and from our research in the NSW Department of Education – suggests that the status quo will not be good enough to deliver quality teaching and learning in this rapidly changing world. And it will not solve the learning challenges our students and teachers are already facing as automation, robotics and artificial intelligence change workplaces and our lives.

In NSW we are exploring the strategic implications for education of these advancing technologies, because education will always be the foundation from which to liberate opportunity.

In August we ran the inaugural Game Changer Challenge, a three-day design-thinking project where student and teacher teams from 16 primary and secondary schools came up with their visions of future schooling. The students took on complex and demanding issues and some common themes emerged:

- Individualised learning – today's students are saying that their education in the future is going to be different. It's going to be an individual journey that makes the best use of technology and connects them globally to other students.

- They want a more flexible curriculum so they can follow their passions and self-direct their learning at any time of the day.
- Ethics, social intelligence, empathy and cultural understanding are highly valued. Students want a sense of purpose. Beverly Hills Girls High School students came up with a slogan that captured this thinking: "Not just I or AI but we (humanity)."
- Real-world learning – students want more interaction and partnerships with business and industry so they can solve real problems, gain work-ready skills and contribute their ideas and energy.
- Sustainability was a key issue, particularly for primary students – from



Students working collaboratively at the Game Changer Challenge in Parramatta.

- recycling measures and plastic-free schools to kinetic playgrounds that generated energy and slippery dips that captured static electricity, charged batteries and powered lights.
- Virtual reality – to bring the world closer to students, particularly regional and remote students – and immersive experiences to study the big moments in history, such as the age of the dinosaurs and travelling through space.



Mark Scott, Secretary
NSW Department of Education

Carenne School in Bathurst, the winner of the secondary challenge, identified a solution to a real-world problem, with a 'wellness biome' or glass dome sanctuary for students with anxiety or depression to safely engage and enable learning using intuitive technology and counselling support.

Smart watch technology was used to alert a teacher and the counsellor if an anxious student's heart rate was elevated and the student needed to go to the wellness biome to calm down. The technology would then track the location and heart rate and send information back to the classroom.

Another real-world problem – the drought affecting most of NSW – was tackled by Cudgegong Valley Public School, the winner of the primary challenge, with its vision for a sustainable school self-sufficient in power, water and food. The students created a drip sensor from LEGO EV3, with laser technology to detect moisture levels in the ground.

These children are shining a light on the future, and are already on the path towards lifelong learning.

COMMITMENT TO ABORIGINAL EDUCATION

By David de Carvalho

NESA is committed to working in partnership with Aboriginal communities and supporting teachers, schools and schooling sectors to improve educational outcomes for Aboriginal children and young people.

To better support Aboriginal students NESA developed our Commitment to Aboriginal Education.

We are now after feedback on what we can do better, how we can best work with local communities and schools. Plus, we want to know what Aboriginal students themselves think.

So over the next few months we are asking parents, teachers and students across the state to provide feedback on the Commitment.

And you can tell us what you think by completing a survey, attending a consultation meeting, and/or sending a written response.

Please go to our website for details.

NSW CURRICULUM REVIEW

Public consultations on the NSW Curriculum Review will start following the release of the review's Terms of Reference.

Prior to that we discussed with the P&C Federation Executive what should be in the Terms of Reference, and I again spoke to Susie and the Executive group at the Annual General Meeting of the P&C Federation in late August to work out how we can best work together.

Over the next few months, NESA and Professor Geoff Masters, who is leading the review, will hold public meetings in regional and metro areas in NSW. This is to engage with the wider community and have an open discussion about the purpose of education in a rapidly changing society.

We're also holding targeted consultation meetings with key groups, including the P&C.

Our Curriculum Review website is an easy way to provide a written submission. I encourage all parents, teachers and students to have their say and contribute to the first review of the whole school curriculum in nearly 30 years.

Your feedback will help us ensure we get it right.

Doing their own research on a topic that interests them, this course connects students with university researchers and business.

SCIENCE EXTENSION COURSE

The new HSC Science Extension course starts this term for students beginning Year 12.

Doing their own research on a topic that interests them, this course connects students with university researchers and business.

This means Science joins English, Maths and History with an extension course. Also, and for the first time for the HSC, this course will have an online exam. This means students will use a computer instead of pen and paper.

If you want to know more about this course parents are encouraged to speak to their child's school. There is also a great video and details about the course on our website.

NESA is really excited about this new course which has been publicly supported by the



David de Carvalho, CEO
NSW Education Standards Authority

Australian Academy of Science and the former Australian Chief Scientist Professor Ian Chubb.

NAPLAN ONLINE

In 2018 around 550 NSW schools did their annual NAPLAN tests online. What we heard from students was that they liked doing the tests using a computer. This is welcome feedback ahead of planning for the 2019 NAPLAN test when another 1000 or so schools will complete NAPLAN Online.

If your child's school is moving to NAPLAN Online in 2019 their school will let you know and provide information to you about the tests. Schools that don't move in 2019 are scheduled to move to NAPLAN Online in 2020.

If you are interested in more details the ACARA website has information specifically written for parents.



P&C FEDERATION 2018 AGM

On Saturday 25th of August 2018, P&C Federation's Councillors and Delegates came together for the 2018 Annual General Meeting (AGM) which was hosted at Skye Hotel in Parramatta.

The AGM was opened with a Welcome to Country by Uncle Bruce Gale, Durag Elder and followed by P&C Federation President, Susie Boyd. Susie spoke of P&C Federation's accomplishments and obstacles over the past year and reinforced the role of P&C Federation to advocate and continue to strengthen the vision going forward for a first class, equitable Public Education system for all students in NSW Public Schools.

Guest speaker David de Carvalho, CEO of NESA (New South Wales Education Standards Authority) delivered an informative presentation focusing on the NSW curriculum review emphasising the importance of parents providing input and be part of the consultations. Consultations

have been taking place since the 3rd of September 2018 and will conclude on 30th of November 2018. There are three ways you can provide your input: via quick feedback, an online submission or by attending one of the roadshow events which the review leader Professor Geoff Masters, CEO of the Australian Council for Educational Research, will be present. For further information, you can visit NESA's website: <https://nswcurriculumreview.nesa.nsw.edu.au/home>

P&C Federation's AGM is the opportunity where all members of P&C Associations can submit motions. A number of motions were received and placed on the AGM agenda. These motions made for healthy discussion and were voted on by P&C Federation Councillors and Delegates. The AGM is the ideal event for Councillors to gather information from those they represent so they can continue to strengthen the voice of P&C Associations across New South Wales.

The AGM is the ideal event for Councillors to gather information from those they represent so they can continue to strengthen the voice of P&C Associations across New South Wales.

The AGM finished off with a session with brainstorming and progressive discussion regarding State and Federal funding, raising issues such as infrastructure, wellbeing, professional development, NAPLAN and curriculum, technology, and regional, rural and remote needs.

The AGM concluded at 4:00pm with Councillors and Delegates equipped with ideas, information and the energy to continue positively into the new year.



P&C Federation Councillors and Delegates with David de Carvalho, NESA. At P&C Federation's 2018 AGM.



NOMINATIONS NOW OPEN

“NSW P&C Volunteer of the Year 2018”

Closing 31st December 2018

Without volunteers there wouldn't be P&C Associations, providing wonderful support and resources to NSW public schools and their students. Nominate a volunteer from your P&C that you feel deserves to be acknowledged for their outstanding commitment and passion to make a difference in their school community. To nominate a volunteer visit our website at: pandc.org.au and click on the 2019 conference button to submit your nomination.

UPCOMING P&C FEDERATION INFORMATION SESSION



P&C Federation would like to invite your P&C Association to attend any of the free information sessions

| | | |
|-------------------------|--|---------------------------------------|
| Tuesday 16 October 2018 | Bald Face Public School, Stuart St, Blakehurst | Sign-in 5.30pm, Start 6.00pm-9.00pm |
| Tuesday 23 October 2018 | East Hills Public School, Lucas Rd, Panania | Sign-in 9.30am, start 10.00am- 1.30pm |
| Tuesday 23 October 2018 | East Hills Public School, Lucas Rd, Panania | Sign-in 5.30pm, start 6.00pm- 9.00pm |
| Tuesday 30 October 2018 | Randwick Boys High School, Avoca Street, Randwick | Sign-in 5.30pm, start 6.00pm- 9.00pm |
| Friday 16 November 2018 | Soldiers Point Public School, Cromarty Rd, Soldiers Point | Sign-in 5.30pm, start 6.00pm- 9.00pm |
| Monday 19 November 2018 | Panania North Public School, Bransgrove Rd, Panania | Sign-in 5.30pm, start 6.00pm- 9.00pm |

To attend go to our webpage pandc.org.au and click on P&C Federation Information Session icon (on the homepage) to register.

If your P&C Association would like to host a P&C Federation Information session in 2019, please send an email to mail@pandc.org.au, and you will be contacted.

EDUCATION WEEK 2018

THE FUTURE ON SHOW TODAY



Game Changer Challenge primary school winners, Cudgong Valley Public School in Mudgee.

The limitless possibilities of education in the future – and the exciting initiatives in today’s public schools – were showcased during Education Week 2018.

This year’s theme, *Today’s schools – creating tomorrow’s world*, highlighted how schools are preparing students of today to thrive in a globalised world featuring artificial intelligence and disruptive technologies.

The Secretary of the Department of Education, Mark Scott, said Education Week emphasised how public schools belonged to the community. “They are successful because of the great partnerships that exist with the community,” he said, pointing to the important connections with P&C Associations across the state.

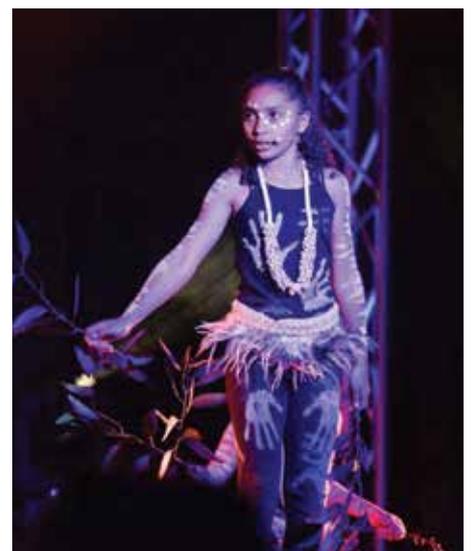
“We know that students are at the centre of our system and our commitment is that we

will know, value and care for every child in a NSW government school as we place them on a path to lifelong learning to secure their future, but also the future of our community, the future of the state and the future of our country as well.”

Education Week 2018 was launched jointly at Kiama and Parramatta public schools linked via a live simulcast broadcast to all NSW public schools.

Premier Gladys Berejiklian said there were no barriers to what students at public schools could achieve.

“I know that all schools across the state are highlighting and celebrating what we all value in public education – where someone like me, who couldn’t speak a word of English when she started school, has somehow ended up being the Premier of NSW,” she said.



Alira Morgan performs the acknowledgement of country at Kiama Public School

The keynote addresses were delivered at Kiama by Terara Public School Year 6 student Lucy Boundy, Molly Chapman, a

Year 8 student at Dapto High School, and Nowra East Public School instructional leader Vishanti Govender.

Lucy said education was about opportunity: “Opportunity to learn, opportunity to improve and opportunity to make a difference.”

“In our school we learn how to achieve our goals by using a growth mindset, and in this way we can make change in ourselves and ultimately, the world around us,” she said.

Molly said she struggled with learning in primary school but a more hands-on approach to study at her high school had a huge impact on her.

“I learn more effectively by seeing and doing things, because it gets in my head more easily and pictures are worth a thousand words. Thanks to school, I’m exceeding in almost everything I touch,” she said.

“Schools today are aware of the importance of student voices as we are going to influence the future. School students may only be 20% of the population but we are 100% of the future.”

The inaugural Game Changer Challenge brought 100 students and 32 teachers from 16 public primary and secondary schools to education headquarters in Parramatta where they competed to design the school of the future.

Students and teachers spent three days problem solving, design-thinking and prototyping their projects. The challenge culminated in a pitch session where each team was required to perform a five-minute presentation to a panel of industry and department experts.

Carenne School in Bathurst was named the secondary school winner for its plan for a ‘wellness biome’, while Cudgegong Valley Public School was crowned winner of the primary school division with its plans for a sustainable school self-sufficient in power, water and food.



The Premier, Gladys Berejiklian, with (from left): Education Minister Rob Stokes; State Member for Parramatta, Geoff Lee; Department of Education Secretary Mark Scott; student performers and compères, and the Principal of Parramatta Public School, Gail Charlier (far right).



Carenne School in Bathurst, secondary school winners of the Game Changer Challenge.



Parramatta Public School students

COMMUNITY SPIRIT IS THE KEY TO SUCCESS

When it comes to fundraising, Manly West Public School on Sydney's Northern Beaches knows how to make it a success.



MW Carnival rides - The MW Carnival - offers something for everyone.

From the biennial Manly West Carnival, to student art auctions, to the Easter Morning Tea, Manly West mixes it up and reaps the rewards.

“By offering a range of fundraising activities means you can involve the entire school community,” says Tracey Martin, Manly West’s P&C Events and Fundraising Coordinator.

“Our diverse range of events offers something for everyone. They build strong community spirit among our parents, and that’s essential to the success of our events”, Mrs Martin added.

Chatting at the Easter morning tea, getting to know each other at the ‘Kindy Cocktails’ event or sharing a table at a riotous Trivia Night are just a few of the events on the school’s busy

calendar and build much-needed support for the biggest collaborative fundraising event, the Manly West Carnival.

The Carnival is held on school grounds every two years and uses every single resource available at the school. It attracts around 3000 people and can raise up to \$60,000. But it needs the entire school community to make it happen. There’s a dedicated Carnival Committee, several sub-committees, and each class is allocated a stall – more than 35 of them! There’s something for everyone from crazy hair and face painting through to rides, jumble sales, book stalls, tombola stalls, chocolate wheels, hooky games and plenty of food.

The result from such a mammoth effort, such an intense collaborative partnership,

is a school that can embark on major improvements.

The secret to this success is a P&C that works incredibly closely with the students and staff. Whether it’s dance-a-thons, Mother’s and Father’s Day stalls or election day BBQs, the coordination is evident, with all forms of communication used to spread the word and teachers turning up to mingle with the mums and dads.

“Projects like upgrading our oval, installing solar panelling and increasing our Mathematics, Literacy and Technology resources have all been realised by the dedication and the generosity of our whole school community,” says Manly West Public School Principal, Julie Organ.



Easter Morning Tea volunteers. It takes a good team – P&C Executive and parent volunteers combine to make this day so much fun.

We all know fundraising is tough, particularly in this fast-paced world and it seems that every charity is asking for donations.

So how do you cut through all the noise and make your fundraiser THE BEST?

“You need to look at all the options available to you,” says Mrs Martin. “Building collaborative partnerships is essential.”

Manly West does not solely rely on their parent body to reach their fundraising targets – they consider all the options including the involvement of the Student Representative Council and Staff. Manly West has also collaborated with the school to gain support from the Department of Education, has successfully applied for a number of local community grants, and has approached local businesses for support.

The school also received a number of wonderful resources by participating in activities such as Woolworth’s Earn & Learn and the Coles Sports in Schools program. This year, Manly West gained over \$4,600 worth of sporting equipment all thanks to parents, students and staff support who were willing to spread the word, bundle the



Official opening of the school oval. It’s all about collaboration - The school Principal and the P&C President are joined by Department of Education officials, teachers and the team behind the construction of the new oval.

vouchers, return them to the counting house and organise the equipment.

These are all things open and available to most schools and they don’t always need a huge team to make them happen.

It seems that the key to success at Manly West is collaborative partnerships. They work closely with all stakeholders, they connect with the wider community through effective communication and value collaborative teamwork.

“A good fundraising program can provide

wonderful things for the school and the students”, said Mrs Martin, “But the rewards don’t stop there,” she added. “Helping to build a wonderful sense of community spirit is the best outcome any school P&C could ask for.”

So, before you start planning your next school fundraising event, consider all the options available to you, build those collaborative partnerships and make sure you have fun.

With these in place, anything is possible.

INTER-GENERATIONAL COLLABORATION



Desert Pea Media is a film production group that focusses on modern day Aboriginal song lines. They go into schools and communities to connect with students, schools and Aboriginal communities. Earlier this year they approached Maclean High School on the North Coast of New South Wales to do a project with around 25 students ranging from Year 7 to Year 11. Maclean High School has around 11% of students that identify as being Aboriginal, the majority of these students are Yaegl descendants. The Yaegl nation is found on the lower reaches of the Clarence estuary and the coastal strip between Black Rocks to the north and Red Rock to the south.

In June the Desert Pea Media film crew visited the school and over five days the film clip Yaegl Biirrinba was produced. The first three days of the project involved community consultation and workshops where main ideas and themes were discussed with the Yaegl Elders. The Yaegl nation is a unique area with its own language and culture, existing between two larger nations of Bundjalung and Gumbayngirr. The Elders' recollection of their experiences growing up on the Clarence and on Ulgundahi Island was authentic, and at times, very moving. Their desire for a better future for the younger generations is the central theme of the film clip. Their message is simple, 'Strive for whatever you want to achieve, nothing is impossible; believe in yourself and in your culture'

At first the project seemed very daunting, a five day program with three days doing intensive workshops and two days filming. The success of the program depended on community support and guidance from the Elders. The school is very fortunate that it has a very positive and collaborative relationship with the Yaegl Elders, who regularly come to the school for cultural days and consultative meetings.

The consultative phase of the project was very powerful because it enabled discussion and time for the Elders to tell their stories. They relayed the hardship they endured in the 1950s and 60s, when they were the same age as the students are now. Their stories were resonated with everyone involved in the project, however, the Elders were adamant that they never let such experiences define them.

The remaining two days of the project was the filming phase. The film clip was shot in specific locations that have significance to the Yaegl people such as the Clarence River, Woolitji House in the main street of Maclean (where the invisible segregation line existed), Maclean Lookout, Pippi Beach Yamba, Red Cliff and Brooms Head.

One of the unique parts of the film clip is that not only did the Elders consult on the storyline they also sang the

chorus in language. Some of them were also able to give their time to appear in the clip with the students on the banks of the river in Yamba at sunset.

This has been a ground breaking project of intergenerational collaboration which will continue to create greater understanding and appreciation for all members of our school community.

Maclean High School continually strives to make stronger connections with the community and the Yaegl Elders because of the importance of cultural identity, wellbeing and educational aspiration; something we strive for each day for all our students.

Liza Hamilton -Deputy Principal Instructional Leader Aboriginal Students. Maclean High School.

You can watch the video on <https://tinyurl.com/380crew-yaegl> Or: www.desertpeamedia.com or by scanning the QR code below.



MACLEAN HIGH SCHOOL HEALTHY CANTEEN IMPLEMENTATION



My name is Danielle Bryant and I am the canteen manager at Maclean High School. The canteen is run by the Maclean High School P&C Association. Since the Healthy Canteen Strategy has been put in place, our canteen has been through many changes.

When I first learned of the changes being put in place I was unsure of what it would entail but looked forward to the challenge. Since attending a healthy canteens seminar in May, I have gained a huge amount of experience in how to audit a canteen and make appropriate changes. This also provided a great list of websites for referencing information and help to complete an audit. As a result, we are now 84% healthy canteen compliant, with the minimum requirement being 75%.



Since attending a healthy canteens seminar in May I have gained a huge amount of experience in how to audit a canteen and make appropriate changes

At first I thought kids would be a little reluctant to change and honestly, some were. At first when I started making fresh low-fat fruit muffins as opposed to the single choice of bakery iced finger buns, I think they were a little stand offish. Gradually as children began to try them, and word spread, we went from making 1 dozen muffins a day and getting 4 dozen finger buns a day in, to now making 3-4 dozen muffins or more a day and ordering in 2 dozen finger buns a day and lucky to sell 1 and a half dozen of these, which we are now dropping to ordering in only a dozen and a half with the idea of fazing them out completely.

We also do daily specials which we have incorporated lots of vegetables in such as penne pasta bolognese (4 x vegetables), chicken noodle stir-fry (5 x vegetables), and curry chicken and rice (4 x vegetables). Recess options have gone from finger buns and chips to things such as yoghurt muesli tubs, snack boxes (crackers, fruit sticks and dips), fruit salad tubs, fruit muffins.



White bread has been replaced with multigrain, pie sales are down and rice paper rolls and wraps are up.

The biggest challenge with these changes is accessing fresh produce at an affordable price. Larger more populated areas such as Sydney have a vast choice of fresh produce at competitive prices making it affordable for canteens in larger areas to comply with the healthy eating strategy. This could be something that could be addressed with healthy canteens N.S.W. Our school is trying to be pro-active with this issue by creating our own canteen garden with basic produce to use daily such as tomatoes, lettuce, cucumbers, herbs etc. It would be great if

some form of funding could be provided for remote area schools to be able to achieve this. Also assistance with finding volunteers for canteens is another issue.

To allow schools to provide healthy options for children, canteens need to be profitable to stay open. This is harder and harder with many canteens already paying a canteen manager and also now having to pay assistants to ensure successful daily operation due to lack of volunteers. If canteens have to close because they are not financially viable, healthy options become non-existent for those children who do not get them at home.

Danielle Bryant

SCHOOL INFRASTRUCTURE NSW (SINSW)

Creating opportunities for P&C Associations, Principals and the Department of NSW to connect and work together is what Far West Councillor for NSW P&C Federation Natalie Walker, along with delegates Helen Carpenter and Diane Darcy were recently able to achieve.

Wednesday 20 June saw a visit to Forbes High School in the Far West Electorate from the CEO for School Infrastructure NSW Mr Anthony Manning. Accompanying Anthony was Executive Director of Asset Management Mr Terry Stevens, Ms Lesa Dunn Director North Western NSW Asset Management Unit based in Orange and Mr Lance Bright from North Western NSW Asset Management Unit based in Tamworth.

The Far West electorate covers a third of the state and includes 120 Public schools, which accounts for 22985 students. Attending the information session on the day were 14 schools, with an additional two schools joining in via video conferencing from across the electorate. The Information session was an opportunity for school P&C Associations and Principals to come together and look at and discuss ways they can work together with Schools Infrastructure NSW to build successful schools in NSW.

Natalie Walker, P&C Federation Councillor for the Far West electorate said, "We were hoping that information sessions such as these will create opportunities for P&C Associations and Principals to work together to support improved outcomes for our children in public



Far West NSW Participants at Schools Infrastructure Information session held in Forbes

education. Being the first one in the Far West, it was really encouraging to receive the positive feedback from participants involved in the day and the support from Principal, Mrs Bristina from Forbes High School in hosting the event with us".

Schools Infrastructure NSW is a relatively new arm of the Department of Education. The Information session enabled participants to discuss and learn about the future directions of the Department of Education Schools Infrastructure NSW section. During the information session, discussions were held around a new initiative whereas of the first of July, schools and P&C Associations are to work together to identify 10 projects for their individual schools and look at developing a long-term vision for their school. Mrs Walker commented that "Anthony has been fantastic to engage with for us as parents and the direction being taken by him and his team within the Department in such a short period of time is really encouraging for us as

parents to see". Anthony Manning also talked about ways P&C Associations and schools can work together as a partnership to achieve positive outcomes for students relating to Infrastructure and how best to work with the AMU – creating improved partnerships and understanding the processes.

Helen Carpenter, P&C Federation delegate for Far West commented that, "It's great to see the NSW Department of Education take such an interest in coming out to our schools and meeting with parents, community members and Principals to share information and create stronger connections. With the challenges of distance, it is opportunities like these that we truly value in the Far West Electorate".

Mrs Walker also commented she hoped it was the first of many more to come and would like to encourage more P&C Association members and Principals to keep an eye out for future information sessions in the Far West.

Grenfell schools benefit from visit

The Principals of The Henry Lawson High School, GPS and Caragabal along with their P&C Association representatives and Community members took the opportunity to attend the Information Session held in Forbes last week at the Forbes High School Offered by the P&C Federation in conjunction with the CEO of Schools Infrastructure NSW Mr Anthony Manning.

Natalie Walker Councillor and Helen Carpenter Delegate for P&C Federation Far West Electorate said "It was pleasing to see Weddin Shire Schools so well represented at this information session"



Weddin Shire Representation at Schools Infrastructure Information Session L to R Mr Phil Diprose, Jodie Toole- Caragabal, Ian Pattingale - The Henry Lawson High School, Hollie Forde - Caragabal, Mr Anthony Manning CEO Schools Infrastructure, Helen Carpenter - Delegate P&C Federation & The Henry Lawson High School, Jan Parlett, Michelle Morley - GPS and Lesa Dunn- AMU

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NANGA MAI AWARDS

The 12th annual Nangai Mai Awards celebrated the outstanding achievements of a wide range of outstanding individuals and schools, in an inspiring ceremony at Taronga Zoo.

Nanga Mai means “to dream” in the Eora (Sydney) language, and these awards are an opportunity to acknowledge dreamers and achievers amongst Aboriginal students, Aboriginal and non-Aboriginal teachers and staff, Aboriginal community members and schools.

Award recipients received trophies, certificates, and a range of fabulous prizes thanks to the generosity of the Aboriginal Education Council, CQUniversity, Macquarie University, Mattel/Scrabble, Teachers Mutual Bank and the University of Technology, Sydney.



Aaliyah Parnell from Alexandria Park Community School, recipient of the Student Leadership Award

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HEALTHY SCHOOL CANTEEN SUCCESS



Congratulations to Young High School for being the first secondary school – in all of NSW – to have officially been certified as a Healthy School Canteen.

I spoke with Emma, their canteen manager, to find out how she achieved this.

“I made this my priority. I knew it would be a big job so I just worked my way through each section of the canteen. I started with hot food because I knew that would be the most important to get right for our school” Emma explained.

Emma’s first port of call was the Healthy School Canteen website which she still refers to daily. She went to the For Canteen Managers section and read everything she could.

“One of the resources, the 10 Steps to a Healthy School Canteen, was the perfect guide to follow. Everything I needed to do is explained so well and it literally steps you through the process,” Emma told Elisa Bland.

She said that understanding the food and drink criteria is critical and then going through the menu, looking at portion sizes, healthy recipes and the percentages of everyday foods compared to occasional foods.

Emma also realised it wasn’t just about the



Young High School Principal Keith Duran and Canteen Manager Emma Bigwood. Photo courtesy of The Young Witness Newspaper

menu, it was also about the display and promotion of the healthy choices, making it easier for students to choose the healthy options.

I asked Emma what advice she could offer to other School Canteen Managers and without hesitation she said “Network and talk to other Canteen Managers to get lots of ideas and learn how they overcame hurdles you may be facing. My most popular snack item was an idea from a school in Wagga, a \$1.00 pizza melt that is an everyday food and I sell out of them every single day. That’s why went to another networking meeting last night, to get

great ideas of other school’s big sellers.”

Emma’s final step was to undertake the Menu Check to gain certification which she proudly displays. Now her goal is to exceed the 75% of everyday foods and offer at least 80% everyday foods... every day.

Every NSW Department of Education school canteen must meet the Healthy School Canteen Food and Drink criteria before the end of 2019, so all canteens should be making the transition now. . For more information and 10 Steps to a Healthy School canteen, go to healthyschoolcanteens.nsw.gov.au.



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SHINING STARS

Shining Stars, an inspirational arts education program for students with disabilities has grown in leaps and bounds for 2018. Providing dance, drama, music and visual arts opportunities for students with a variety of disabilities, Shining Stars will culminate in a 2-day student showcase in Campbelltown on 24+25 October.

Thanks to a grant from the Ultimo Local Arts Council, Garry Walden Fund and the generous support from a variety of organisations and businesses, students are being engaged in creating artworks and performance pieces for the student showcase.

Over the past five years, Shining Stars has been able to support arts education for almost 400 students from 65 schools across the state. It has allowed the students and their teachers from mainstream, support units and schools for specific purposes to work together to develop student learning experiences to produce a performance piece and artwork to be exhibited. Unique professional learning opportunities are also provided to teachers through the use of industry professionals.

It's expected that this inaugural Shining Stars Showcase will involve 200 students and 50 teachers, showcasing their work in the professional performance environment and exhibition space afforded by the Campbelltown Arts Centre.



Some of the Shining Stars with a raffle prize donated to the festival

These students, whose disabilities range from intellectual, autism, behavioural, physical, and sensory will not only benefit from the confidence they've built throughout the process and interaction with live audiences and fellow performers. They will also go home with a visual record of their work across the year in the lead-up to the event, in the form of a celebratory program/yearbook.

Support in the form of art supplies, printing services and raffle prizes has already come from Wests Tigers, Frame Today, Bunnings and ecoDesign ecoPrint, with more expected to follow as the festival approaches.



Students hone their skills at the Drama Festival Ultimo Public School, held at the NIDA Theatre early in August.



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STEM KITS BRING A NEW LEVEL OF 'COOL' TO SCHOOLS



Students Neil, Sunrtha and Vaibhav from Parramatta Public School test out the new STEM kits.

Students across NSW will soon be taking 'tours' of ancient Egypt or 'visiting' outer space with the rollout of 660 STEM kits across the state.

The \$23 million package of digital learning kits includes robotics, 3D printing, coding, film-making and virtual reality equipment are available for schools to borrow from the start of Term 4.

The Minister for Education, Rob Stokes, said the STEMShare Community program included the technology kits, teacher training, expert support, curriculum-linked learning and online tools to ensure schools could make the most of the new resources. STEM stands for Science, Technology, Engineering and Mathematics.

"Our students will need to think critically, solve problems creatively, work in teams, communicate clearly in a range of media and continue to learn to engage with new and ever-evolving technologies," he said.

"We are supporting our students to develop

future skills for work and study."

Students at Parramatta Public School were given a sneak preview of the new equipment at the launch of Education Week.

Year 3 students Neil, Sunedha and Vaibhav, who used iPads to code robots, gave the resources the thumbs up.

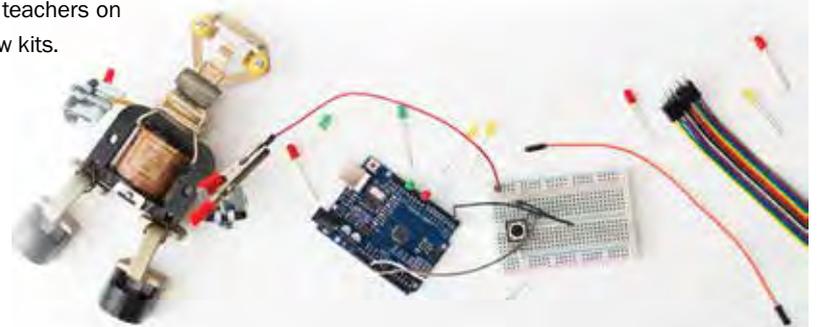
"They are really cool and they are helping us learn in a modern way using things like coding," Vaibhav said.

Former Gymea Bay Public School teacher Darren Avery is one of the new team of STEMShare Leaders advising schools and teachers on using the new kits.

Mr Avery said lessons for the kits covered a range of curriculum content and inspired students to think creatively and develop problem-solving skills.

"One of the things I've seen in my area as a teacher is that students are good at doing tests, but give them a problem and they really struggle to work through it," he said.

"With these kits, as a teacher you can start them off with a simple challenge and the next thing they are giving you ideas and driving the lesson."





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Did you know that the NSW Department of Education (DoE) **does not** provide accident or medical cover for students enrolled in government schools?

When your P&C Association purchases a Student Injury policy, each child enrolled at the school will have cover whilst at school and at home. That's right, the cover is not limited to school hours, it provides 24 hours a day 7 days a week cover for an affordable cost!

Accidents can happen when you least expect them especially with active adventurous children.

We encourage your P&C Association to discuss and consider purchasing Student Injury Insurance for your school.

This product provides peace of mind for the families of children enrolled in your school. Your child can be covered on the way to school, at school and at home on the weekends – round the clock cover for your little learner.

The cost of this cover is less than \$5.00 per child, but the policy must be taken out on a whole of school basis, not individually.

If you have any enquires, or if you'd like to discuss this cover in more detail, please contact our Insurance Brokers. The team at Andrews Insurance Services will be happy to help. Call 1300 885 982 Option 1 or email ela@andrewsinsurance.com.au | insurance@pandc.org.au

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P&C ASSOCIATION – PRE-ANNUAL GENERAL MEETING (AGM)

It's approaching Annual General Meeting (AGM) season for most P&C Associations. The below checklist can be used as checklist before holding an Annual General Meeting (AGM) to ensure you're not missing any important steps.

P&C Associations are to refer to its applicable Prescribed Constitution or Standard Constitution (clause 7), along with its by-laws and any policies it may have in place when holding an Annual General Meeting (AGM).

For more information and checklists for steps on during and after an Annual General Meeting (AGM), please see visit our website www.pandc.org.au.

-
- AGM Date** Check the time and date of the AGM in your P&C Association by-laws.
-
- Membership** Check that the member register is correct.
Financial members are those who paid for their membership at a previous meeting
-
- Advertise** Advertise to the school community P&C Association members at least 14 days prior to the meeting being held. This notice will include a list of representative positions to be elected at the meeting.
-
- Remind** Remind members to submit apologies to the Secretary if required and indicate in writing if they are happy to accept nomination to a position or wish to be nominated to a position.
-
- Reports** Ensure all reports required are submitted i.e. President's, Treasurer's and Audit Report.
Any report not relevant to the AGM are to be tabled at the next general meeting.
-
- By-laws** Check the by-laws to see if there is a limited tenure on any office-bearer or representative positions and inform the Returning Officer.
-
- Minutes** Distribute the minutes of the previous AGM as well as a copy of the Constitution and by-laws to all members.
-
- Audit** Ensure that the Treasurer has presented all the records of the P&C Association for auditing to the auditor appointed by the P&C Association at the last AGM.

The records consist of:
- Minute book
 - Cash book
 - Deposit book
 - Cheque book
 - Receipt book
 - Invoices
 - Bank statements
 - Subcommittee bank accounts
-
- Returning Officer** Identify who the Returning Officer will be and ensure that the P&C Association have provided guidance to the Returning Officer in relation to their electoral process.
The Returning Officer is usually the Principal as the Principal cannot hold any positions.
-

Tip: For more information on Annual General Meetings, refer to the Checklist and FAQ at www.pandc.org.au or call our office on **1300 885 982**

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