



# TEMPE HIGH SCHOOL

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Office Hours : 8.30am—3.15pm

## Newsletter 3

Term 2 Week 5

May / June  
2015

### From the Principal

#### Anzac Day

Our student leaders commemorated the centenary of the ANZAC landing at Gallipoli by participating in the Marrickville Remembers March. Additionally our school ANZAC day assembly was led by our student leaders who delivered a sombre memorial aided by our school band and a perfectly behaved student body. It was moving to see the school population quietly reflect on the sacrifices that had been made by the ANZACs during the minutes silence as the last post was played by Eden Neilsen of year 9.



ANZAC Day



ANZAC Day Assembly

#### Fundraising

The SRC and the student body have been busy raising funds for worthy causes. Pink stumps day to raise money for the Jane McGrath foundation which is fighting Breast Cancer. Loud shirt day raised money for students with hearing impairment. In the last few weeks students have been raising money to support victims of the earthquakes in Nepal. All together these fundraising activities have raised in excess of \$3000 for these causes and given students a sense of agency in the world, knowing that through their efforts they can make a positive difference to the lives of others.

#### Road Safety

Please be aware that dropping students off at the top end of Collins Street remains a problem. Not only is it illegal and dangerous, it is discourteous to the drivers who are trying to turn into Collins Street at a very busy time. Some Parents have taken the sensible approach of dropping students off at Way street or in the safe drop off zones on the Princes Highway. Please drop off students in accordance with the law as outlined below.



#### IMPORTANT DATES:

**Tuesday 16 June**  
Parent teacher night for Years 7, 11 and 12

**Wednesday 24 June**  
Year 10 Job Interview day

**Thursday 25 June**  
Year 7 Immunisation

**Tuesday 21 July**  
Parent teacher night Years 8, 9, and 10



### Harmony and Multiculturalism

This Year's Harmony day assembly celebrated the diversity that is an integral part of what makes our community strong and interesting. In September we will be celebrating further with a multicultural day that will tie in with the P&C Tempe Springfest. I am sure it will be a wonderful event that will once again bring our community together.



Multicultural Day

### Uniform

We survived the big wet at the beginning of the term, but issues with uniform are still persisting. All students should be in full school uniform on Mondays and Fridays with year 7 and 8 allowed to wear sports uniform on Tuesdays, Year 9 on Wednesdays and Year 10 on Thursdays. Students who have PE on other days need to change for those lessons. The second hand uniform shop operated by the P&C offers uniforms for heavily discounted prices and details about opening times are displayed elsewhere in this newsletter. If any family is having difficulty with purchasing uniforms they should approach me for assistance.

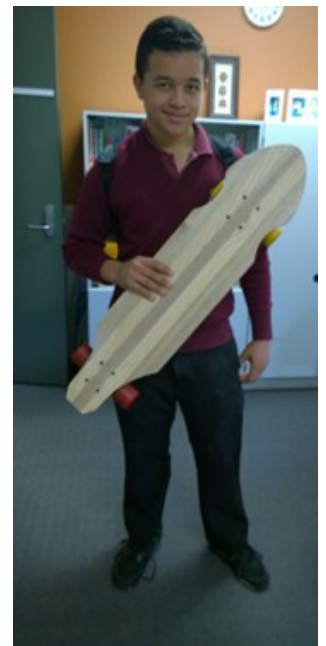
In general our students are well presented and take pride in their appearance, I ask for parental support to ensure that they leave home every day in the correct uniform.

**Mr S Dassaklis—  
Principal**



Wet weather in  
April

### Talented Tempeites in TAS:



### Athletics Carnival 2015





### It's All About Attitude

When students start secondary school, they are usually very positive and optimistic about school. Then things can start to get harder, a bit more challenging, maybe they get a bad mark and become discouraged, or maybe their friends start to influence their attitude. Some students are able to overcome these challenges, while others let it affect their attitude and application to school.

### Take the time to determine reasons to put in effort into your schoolwork.

*Think about which of the following reasons might be motivating for you:*

- To achieve the best mark you are capable of at school
- To give you lots of options for what subjects you can choose in the senior years
- To give you lots of options of what you can choose to do when you leave school
- To have a personal sense of satisfaction about doing your best
- To show your gratitude to your parents for giving you an education
- To avoid getting in trouble from your teachers
- To avoid getting in trouble from your parents
- To avoid getting a detention or other negative consequences from not working
- To avoid disappointing your parents

So you don't feel bad about wasting your parent's time and money giving you an education.

We often talk about 'carrot' and 'stick' people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or whack it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

*Learn more this year about how to motivate yourself and deal with distractions and procrastination by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). Our school's access details are:*

Username : tempehs  
Password : 61success

**Dr Pinnington-Wilson—Deputy Principal**

### School Counsellor

### Mindfulness Mediation for Year 12

Year 12 can be a very stressful and difficult time for some young people.

Working through stress and feelings of anxiety are extremely important.

Tempe High would like to provide all interested Year 12 students the opportunity this term, term three and during their HSC Exam the ability to attend a weekly relaxation/stress buster class.

This class will focus on teaching students how to reduce their feelings of anxiety and stress through;

Learning and practising quick and easy relaxation techniques

Learning and practicing mindfulness meditations

Learning to let go of their anxious thoughts

Seated Yoga Exercises

It is anticipated this class will run every Tuesday with the School Counsellor, Vanessa Worrall.

Students will be provided with a note to indicate what time would best suit them if they wish to attend so as to not interrupt their teaching classes.

If you have any questions please do not hesitate to contact me.

Thank You

**Vanessa Worrall—School Counsellor**



dear stress,  
lets break up.

♥ me

**P & C SECOND HAND UNIFORM SHOP**

For details concerning second hand uniforms please email:

[tempeuniformshop@gmail.com](mailto:tempeuniformshop@gmail.com)

Opening hours for the Uniform Shop are

The **FIRST** Monday of each month 8 30am to 9 00am

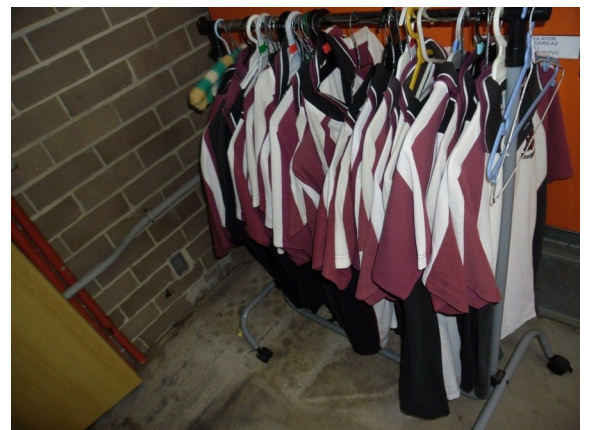
The **THIRD** Monday of each month 12 50pm to 1 20pm



Any donations of second hand uniforms  
would be gratefully accepted



If any parent is interesting in helping  
out with the Uniform Shop  
your assistance  
would be greatly appreciated  
Please contact the P & C  
at the above email address





**ENGLISH CORNER: Term 2**

Students have had plenty of opportunities to flex their creative muscles this term in English. Mr Dias organised a Claymation incursion which saw students from a range of year groups work collaboratively to produce their own digital version of a myth or legend. The productions were clever, humorous and artistic expressions of student personalities.

We are also proud of our junior and senior debaters who debated against Sydney Technical High School. Both our teams were successful in winning debates against Sydney Tech. We were thoroughly impressed with their ability to formulate considered and informed arguments and deliver them in an engaging and fluent manner. Our students displayed excellent teamwork and supported one another in this team sport. We also congratulate Sydney Tech students who won debates against a Tempe team on the day as well. Thank you to Ms Brewer for her wonderful work with the debating teams!

The English faculty has been working hard on revamping our scope and sequence for Years 7-10 to ensure we are meeting the needs of the new curriculum. We will be uploading these course guidelines to the school website shortly. There will be a student friendly version sheet of the scope and sequence that will also be handed out by class teachers. This sheet should be pasted in student work books to ensure they remain aware of assessment tasks, unit directions and penalties for late submissions.

Teachers have also been familiarising students with the style of NAPLAN exams, ensuring that students have some exposure to the layout and expectations of this exam before they are tested as we would do with the HSC exams. Literacy strategies are embedded in our units of work so we do not encourage an excessive treatment of NAPLAN workbooks; integration of grammar and literacy needs inform our instruction of students.

We would like to see more senior students use the Study Skills website to enhance their time management skills and ability to compose relevant and effective study notes. This service has been provided by the school and students interested in maximising their comprehension and performance need to ensure they are actively using this invaluable resource.

Please encourage your child to continue reading a range of texts to build their comprehension and general knowledge. We find that students who have a steady and effective reading regime often grasp new content quickly and are more confident writers. Students still have time to meet the Premier's Reading Challenge deadline and can see our librarian for further details.

**Ms W Taoube—Head Teacher English**





## SCIENCE

### Year 12 Excursion to Jibbon Beach

The Year 12 Earth and Environmental Science class went on an excursion to Jibbon Beach at Bundeena. Students met their teacher at Cronulla train station where they then took the short walk to the Ferry. It was a pleasant twenty minute ferry ride to Bundeena where the class was met by a teacher from the Royal National Park Environment Education Centre.

Students were there to satisfy requirements for their year 12 syllabus. Highlights for the day included the ferry ride, finding deer droppings, weeding, walking along the beach surveying the presence of introduced species and taking lots of measurements. Students then enjoyed lunch by the water before heading back to catch the ferry. Introduced species whose presence was detected included deer of which there are 4000 in the Park, Fox, Mother of millions and asparagus fern.

### Mr A Murphy—Head Teacher, Science





## CAPA

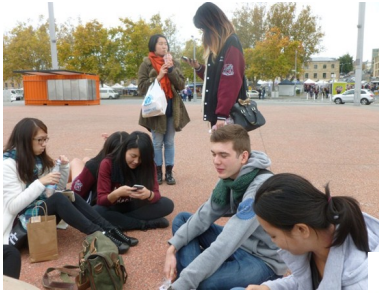
### 'MONA' TASMANIA 2 – 3 May Y12 HSC Excursion

On the first weekend of May, a posse of Year 12 Visual Art students went down under to Tasmania. Upon arrival, we paid a visit to the Salamanca Markets which was filled with a wide variety of stalls selling cute things (like wooden statuettes) and delicious food – such as battered mushrooms (they were amazing!). Afterwards, we explored the much anticipated MONA (Museum of Old and New Art), quite an impressive art gallery with unconventional architecture, design and use of technology. The gallery innovatively used technology to replace the “white cards” that provided an explanation of the artworks, by utilising iPod touch devices that had been customised to showcase each work and exhibition, as well as provide people with a source of interaction with the art world.

Luckily enough, we had accommodation at a mansion with a riverside view as well as ripped wallpaper (which led to the lack of sleep for those staying up telling horror stories). We also managed to surprise the pizza delivery man, with an order of 10 pizzas to a mansion dominated by teenagers.

On our last day of stay, we drove around Hobart and visited Australia's oldest stone bridge – eating at the Richmond bakery for lunch as our last meal before we had to return to the glorious abode of Sydney. On the flight home, we all fell asleep due to exhaustion (which doesn't sound bad but to our horror, we had one particular student taking pictures of her sleeping peers).

### Ms J Evangelinos—Head Teacher CAPA

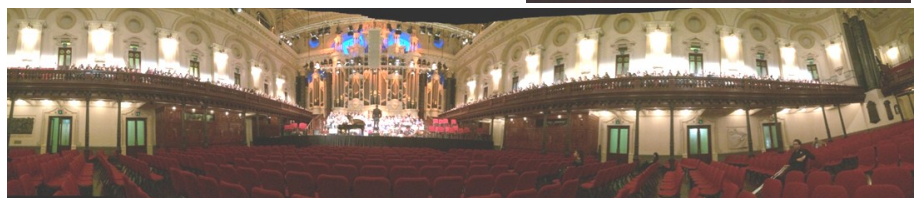
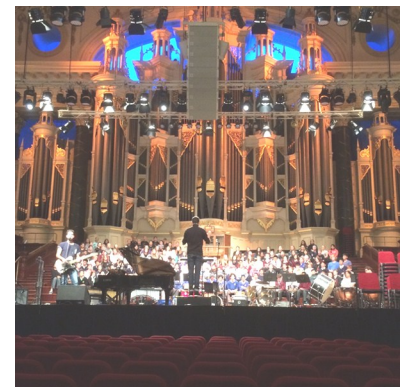


## MUSIC

### CELEBRATE 2044—Tempe Vocal Ensemble— Sunday 17 May



### In Concert Choir— Sydney Town Hall— Monday 18 May



## NRL ENCOURAGES STUDENTS TO DREAM BELIEVE ACHIEVE



The NRL has relaunched its Dream Believe Achieve resource at Tempe High School.

St George Illawarra Dragons forward Joel Thompson and star Jillsaroos fullback Samantha Hammond united to share their own experiences with Year 10 students and deliver key messages about the importance of having goals and aspirations.

Joel spends many hours outside of his football schedule out in the community hoping to inspire students with similar backgrounds to his own to dream big. Samantha spoke passionately about her journey towards becoming a world champion and the Jillsaroos' recent success in the Anzac Test.

The Dream, Believe, Achieve resource has been designed by teachers to educate students about the importance of having a dream. The resource uses the profile of the NRL, the players and the game of rugby league to inspire students to achieve in their chosen fields.

**St George NRL Club**

**Organised by Mr J Hartley—Acting Head Teacher, PDHPE**