

Prairiewood High School

Principal Ms B Giudice

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15 December 2020

ADVICE TO PARENTS AND STUDENTS ON RETURN TO SCHOOL FOR TERM 1 2021 & KEY INFORMATION REGARDING CHANGES TO SCHOOL OPERATIONS IN 2021

Dear Parents/Carers and Students,

Thank you for your support in what has been an extraordinary year.

Key information for the end of the 2020 school year

School concludes for students this Wednesday 16 December 2020. Year 7 to 10 Semester 2 reports, including Special Education, were handed out to on Tuesday 15 December 2020. For students who did not receive their reports, they can be collected from their Year Advisor at the beginning of the 2021 academic year. Any Special Education students who did not receive their reports may collect them from the Special Education staff in 2021.

Key dates for the beginning of the 2021 school year

The NSW Department of Education announced two School Development Days (SDD) at the beginning of the year. Staff will be on site for the SDDs on Wednesday 27 January and Thursday 28 January 2021. Enrolment enquiries and uniform sales are welcomed during this time.

We will welcome students in Years 7, 11 and 12 back to school on Friday 29 January 2021. Students in Years 8, 9 and 10 will return on Monday 1 February 2021.

Enrolment enquiries and uniform sales

Our administration staff will be available for enrolment enquiries and uniform sales during the SDDs on Wednesday 27 January and Thursday 28 January 2021. During February, school uniforms can be purchased from the school during school hours. From March onwards, Tuesdays and Wednesdays 8.00am – 1.30pm is the allocated selling time.

For all enrolment enquiries, please contact the school on 9725-5444.

Key changes to school operations in 2021

Bell Times and Roll Call

In 2021, we will no longer have a formal Roll Call. A warning bell will ring at 8.25am and school will begin at 8.30am with Period 1. The roll will be marked at the beginning of Period 1. During COVID we have been operating this way and it has worked well. School will therefore finish at 2.30pm as opposed to 2.45pm. These changes will also allow more time for students who catch scheduled school services buses to catch their bus safely. For Special Education students who use the Assisted School Travel Program, your provider will adjust the pick-up and drop-off times accordingly. Special Education students will start at 8.30am and finish at 2.30pm every day, Monday to Friday.

The 8.30am start also supports the arrival time of scheduled school buses. The only exception to the school finishing time will be a Friday Week B where the majority of students will finish at lunch time. Minimum supervision will be provided for students remaining on-site – more information related to this is included later in this letter.

A comparison between the 2020 and 2021 bell times:

2020 Bell Times			2021 Bell Times		
Warning Bell	8.30	<i>Learning time</i>	Warning Bell	8.25am	<i>Learning time</i>
Roll Call	8.35 – 8.45		Period 1	8.30 – 9.30	60 mins
Period 1	8.45 – 9.35	50 mins	Period 2	9.30 – 10.30	60 mins
Period 2	9.35 – 10.25	50 mins	Recess	10.30 – 11.00	
Recess	10.25 – 10.55		Period 3	11.00 – 12.00	60 mins
Period 3	10.55 – 11.45	50 mins	Period 4	12.00 – 1.00	60 mins
Period 4	11.45 – 12.35	50 mins	Lunch	1.00 – 1.30	
Lunch	12.35 – 1.05		Period 5	1.30 – 2.30	60 mins
Period 5	1.05 – 1.55	50 mins			
Period 6	1.55 – 2.45	50 mins			
		= 300 mins			= 300 mins

Length of lessons

The above table highlights that in 2021, our school day will change. We will be moving from a SIX period day (6 x 50/minute lessons) to a FIVE period day (5 x 60/minute lessons). This is to reduce movements between classes and allow for the changes we have made to curriculum – see next point below. There is NO change in the amount of learning time for students through these changes. Students are still engaged in classes for 5 hours/per day. There will be no changes to the duration of recess and lunch. Recess and lunch will still remain at 30 minutes each.

Curriculum

In 2021, we have modified our curriculum after evaluating a range of whole school practices in the delivery of curriculum, and after an independent evaluation into Student Wellbeing and Engagement. This evaluation involved extensive analysis of programs and curriculum, and feedback from students, staff and parents/community. These evaluations have highlighted the need to be responsive and continue to meet the academic and socio-emotional needs of the diversity of student learners at Prairiewood High School.

For our Year 7 students, we are adding a Library lesson to their timetable to enhance their digital and information literacy skills. Special Education students have integrated library lessons within their English Life Skills program and this will continue. We are also adding a third elective subject for Year 9 and 10 students. This will more directly support their interest and passions and assist in their career transition patterns for the senior school. Last week, students in Years 9 and 10 received notification of the three electives they will be studying in 2021.

In 2021, students across Years 7 to 10 will have a discrete wellbeing curriculum that meets their needs and allows the school to celebrate whole school events that usually occur within scheduled curriculum time. This includes events such as: school carnivals (Swimming, Athletics, Cross Country), Student Leadership Investiture (Prefects, SRC, Sports Council), Multicultural Day, NAIDOC week, International Women’s Day, White Ribbon Day, Wear It Purple Day, and R U Ok? Day. These events and the Wellbeing Curriculum will all occur on Friday Week B (“Day 10”) of our two-week cycle for Year 7 to 10 students. Friday Week B will also be the priority day of choice for all day programs that some of our students are involved in. This includes the Links to Learning program and the PARKES Community program for selected students. It will also provide scope for interested students to use this a regular timetabled opportunity for Work Experience, Volunteering or engagement within an SBAT (School Based Apprenticeship or Trainee) program. On a Friday Week B, the majority of students will finish school at lunch time. This is to allow for targeted literacy and numeracy support and for student engagement in a range of co-curricular clubs and programs. Students who remain on site will be supervised and participate in our Period 5 program. More information on this will be provided at the beginning of the 2021 year.

The Special Education students will remain at school Friday Week B until 2.30pm to participate in a range of wellbeing programs. These include programs such as the Life Skills Program, Travel Training Community Access, Work Experience, Social Skills and other life skills/independence programs. The Special Education students will still participate in all whole school events such as carnivals and assemblies with the rest of the school.

To make these changes happen, the school has:

- Reduced the time dedicated to Special Religious Education (Scripture). Currently, students have the opportunity to engage in weekly Scripture lessons of 50 minutes. With the change to 60-minute lessons in 2021, Scripture will now be one 60-minute lesson during Tuesday period 5 on a fortnightly basis. These changes are policy compliant and have been made in negotiation with our providers. Special Education students will continue to follow their usual curriculum instead of scripture. Their day will still finish at 2.30pm.
- Decided to remove the discrete numeracy lessons (50 minutes/week) for Year 7 students and literacy lessons for students in years 7 to 10 (currently 150 minutes/cycle).

The numeracy lessons will integrate back into the Mathematics curriculum and all students will still be able to access Mathematics and Education Perfect software programs to support their learning. Students will have the opportunity to choose Intensive or Extension English as an elective subject in Year 9 and 10 (250 minutes/cycle), and the Accelerated Maths program will run during the Year 9 and 10 third elective time. This will ensure NESAC compliance across the remaining two electives. In 2021, the school will begin a one day per week in-residence partnership with the Sydney Story Factory, providing yet another strategy to support student literacy development. Special Education students will continue to develop their literacy and numeracy skills through their Individual Education Programs.

Further, our Learning Support Team will implement a range of programs supporting students that require additional literacy and numeracy support. In 2021, the school has been provided with an additional \$378,000 of funding as part of the COVID Intensive Learning program. In addition to school-based initiatives, students will be provided with the opportunity to participate in literacy and numeracy skill development during Period 5 as part of the Friday Week B program and/or during the school's after school Homework Centre. Special Education students will continue to be provided with extra support from their SLSOs and the Special Education teachers.

Senior student implications

Currently, Year 11 and 12 students finish at lunch on a Monday and do not attend Scripture. This equates to 6 periods or one full day of learning. The school has elected to 'combine' this time for Year 12 students in 2021. This means that they will have NO scheduled classes on a Friday Week B in 2021; however, they will now have timetabled classes during Monday afternoons. The Friday Week B can be used for extended study, for participation in regular Work Placement or Volunteering programs, or for attendance at school to support their learning. It can also be used as additional dedicated time for students who choose to work on their major work projects. In addition, students in Year 12 will finish school at the end of Period 3 on Tuesday, Week A. Again, students may elect to remain at school for extended study or to work on major projects. In 2021, Year 11 students will also have timetabled classes on Monday afternoons. Previously, Year 11 students would finish at lunch time. Students will now finish at lunch (1.00pm) on a Friday Week B and on a Tuesday Week A when Scripture is scheduled. Special Education senior students will still attend school on Friday Week B as per their normal timetable, until 2.30pm.

I would like to take this opportunity to wish our community a Merry Christmas and a Happy New Year. I have attached the 'Holiday Survival' resource: a support guide for parents and students in terms of managing student wellbeing over an extended break.

More information linked to the above changes will be communicated in 2021.

Yours sincerely,



Ms Belinda Giudice
Principal

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For wechat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

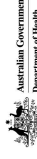
If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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A low-angle, upward-looking photograph of a person riding a bicycle. The person is wearing a white t-shirt and blue jeans with a colorful waistband. The background is a bright blue sky filled with white, fluffy clouds. The bicycle's front wheel and handlebars are visible in the lower portion of the frame.

HOLIDAY SURVIVAL

**Planning for
your wellbeing
over the break**

Contacts:

Kids Helpline

1800 551 800

www.kidshelp.com.au

Youthbeyondblue

1300 224 636

Reachout

au.reachout.com

Headspace

www.headspace.org.au

MAKING THE DAY WORK FOR ME

This page is to help you plan for the holidays and keep your days on track. The plan covers activities you will enjoy, self care and someone to call if you get stuck.

THIS HOLIDAY I WOULD LIKE TO GO TO/

TRY:

- Activity:
- Event:
- Class:
- Movies:
- Volunteer:
- Beach:
- Join an online forum eg reachout.com
- Other:

I KNOW IF I GET STRESSED, I CAN CALL:

- Name: Ph.....
- Name: Ph.....
- Name: Ph.....

(Maybe you want to let these people know that you might call on them and what you might need eg for them to listen, to call a helpline or counsellor with you.)

Contacts

Kids Helpline
1800 551 800
www.kidshelpline.com.au

Recreation Worker
1800 091 888
Recreation@reachout.com
www.reachout.com.au

Healthcare
www.healthdirect.gov.au

THE THINGS I CAN DO TO COPE WHEN FEELING STRESSED

ARE: (eg activities that make you feel more relaxed)

-
-
-
-
-

I WOULD LIKE MY DAILY ROUTINE TO INCLUDE:

-
-
-
-
-

Beating boredom

There are lots of options for holiday activities including FREE things to do. You can contact:

- A youth worker through your local area Council**
- Search 'Youth Worker' on your local council website**

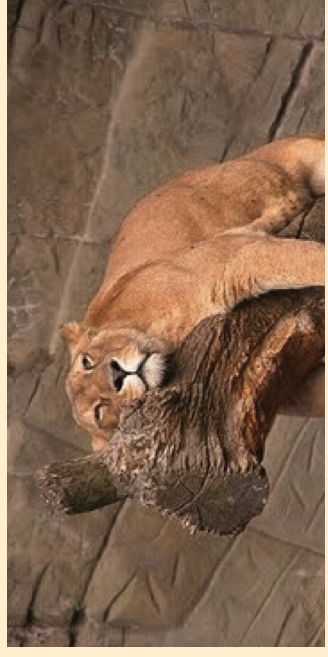
Or talk to your School Counsellor to find help finding the right service for you

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HOLIDAY SURVIVAL

Not everyone looks forward to the holidays

Holidays are not always the happy and fun time that we would like them to be.

This card has been designed to help you plan to make the most of your break. Please fill this out with your counsellor.

What can I do to get through?

Have a list of who to contact if you need to (use the opposite side of this card if you like).

Busy vs Bored: Have a balance between keeping busy so you don't get bored, and enough relaxation time to not feel stressed. And get enough sleep- about 8 or 9 hours a night. Remember to use what has worked in the past, whether this is time out from stressful situations, relaxation etc

Medications: Many services close over the break, so if you need to renew a prescription or buy medications, get them before the public holidays

Getting going: Don't forget the importance of physical activity on your mood, plan some walking, swimming or something else you like for 15-30 minutes a day

Outings and Activities: Plan a regular outing or activity for each day or week. Routine is important, even in holidays. Plans don't have to be brilliant, just ok. Don't forget the public holidays when many activities or services will not be open.

sometimes we need help to get through the holidays



10 TIPS TO STRESS LESS 10

- LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES** (IF WONDER TICKET)
- GO FOR A WALK WITH A FRIEND** (PARKPASS)
- ASK FOR HELP** (MULTIPASS)
- YOU GIVE SOMEONE A COMPLIMENT** (YOU HAVE TO GIVE SOMEONE A COMPLIMENT)
- GO TO BED EARLIER** (DREAM TICKET)
- REMIND NISCE** (WINNING TICKET)
- FREE AIR** (BREATHE)
- GOOD TICKET FOR YOUR JOB** (GET INVOLVED WITH A CAUSE YOU BELIEVE IN)
- ENJOY THE RIDE** (FOCUS MORE ON THINGS YOU CAN CONTROL)
- VERY IMPORTANT PERSON** (TAKE A DANCE CLASS)
- VISIT WWW.MENTALHEALTH.ASN.AU** (MENTAL HEALTH ASSOCIATION NSW 1300 794 991)

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