



<b>TERM 2 WEEKS 9 AND 10</b>		
<b>14 – 25 June 2021</b>		
<b>Important Dates – Term 2 2021</b>		
W9	Wed 16 Jun	Year 11 Student, Parent, Teacher Evening, 4pm – 8.30pm, Remote meetings
W10	Tue 22 Jun	School Council Meeting 6pm, Front office
W10	Wed 23 Jun	ValYOU Day As organised by FatFish and YFC
W10	Fri 25 Jun	Last day of classes for Term 2 Seminar Day, Year 11 2021 Western Sydney Careers Expo, Year 12 2021
<b>Important Dates – Term 3 2021</b>		
W1	Tue 13 Jul	First day of classes for Term 3
W3	Mon 26 Jul	School examination period begins
W3	Tue 27 Jul	School Council Meeting 6pm, Front office
W7	Tue 24 Aug	School Council Meeting 6pm, Front office
W8	Tue 7 Sep	Heritage Day 2021 Details TBC
W10	Wed 15 Sep	School Captain 2022 Elections Details TBC
W10	Thu 16 Sep	Major Works Assembly Details TBC Rehearsal – Graduation Year 12 2021 Details TBC
W10	Fri 17 Sep	Last day of classes for Term 3 Graduation Year 12 2021 Seminar Day, Year 11 2021

**Principal's Report**

We have just finished another fantastic school athletics carnival at Blair Oval with records being broken, personal best performances being exceeded and fun had by all. Thank you to Jo Brines for her organisation of this wonderful event and the support provided by her team and other staff to ensure the carnival ran smoothly. As you are reading this newsletter, the Werrington Zone athletics carnival will have just taken place and Jo hopes to provide an update of those students who have progressed to Sydney West. Congratulations to Cluster Five on their win at our school carnival, and to our students for dressing up and all our participants. The SRC cubby has been decorated in pink in honour of Cluster Five's victory.

At this busy time for sport, I would also like to congratulate the members of our Girls Basketball Team who have placed third in NSW at the recent CHS carnival for the final eight teams in the state. After fourteen games to get to the bronze medal, our players are to be commended on their tremendous determination, commitment and sportsmanship during the tournament and the finals carnival. Thank you again to our team coach, Jo Brines as well as to all of

*Continued over the page →*



## Principal's Report continued

the families and friends who have showed enthusiastic and unwavering support throughout the competition.



In Term 3, Year 12 Trial Higher School Certificate and Year 11 Examinations will be held commencing on Monday 26 July and concluding on Friday 13 August. During this time period we will not be granting travel leave to students and it is expected that students will present for their examinations on the published dates. The examination timetable has been made available to students and families, via the website, Skoolbag and Sentral as well as attached to emails from the school. If a student is absent from an examination due to illness, family emergency or unforeseen circumstances, they must follow the school's assessment policy for illness and misadventure as outlined in the assessment booklet issued to all students at the commencement of their course. If you have any concerns during this period, please contact the respective Deputy Principal of the relevant year group:

- Year 11: Danielle Ervine – [danielle.ervine@det.nsw.edu.au](mailto:danielle.ervine@det.nsw.edu.au)
- Year 12: Leah Havord – [leah.havord@det.nsw.edu.au](mailto:leah.havord@det.nsw.edu.au)

Recently we have seen an increase in reports that young people may be using e-cigarettes (otherwise known as 'vaping') in our community. We have not had any reports of vaping in our school grounds but there have

been concerns raised by students that this may be occurring outside of school. In this newsletter we have included some fact sheets for our community to increase the understanding of the negative health effects of this practice for us all.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporiser. The vapour can contain nicotine and other substances and may expose users to chemicals and toxins which are harmful to the user's health. The devices are small and can be easily hidden in a pocket or bag. The most popular disposable vapes resemble large USB sticks or highlighter pens.

As this is the last newsletter for the term, I hope all of our students find some time to relax and recharge for Term 3.

**Sally Smithard**

*Principal*



*Congratulations to Cluster 5 (the "Pink Panthers") on their athletics carnival win!*



# THE CRITICS' CHOICE

## The health effects of tobacco smoking and e-cigarette use

### Effect of tobacco smoking on your health:

- Smoking is the main cause of **preventable** death and disease in Australia!
- Smoking is linked to **40+ diseases**, including lung cancer, liver cancer, emphysema and eye and mouth diseases.
- When you smoke, extremely harmful chemicals enter your body and can reach your heart, brain and go everywhere your blood flows.
- Smoking affects how you look and feel.

### Effects of e-cigarette use on your health:

- E-cigarettes contain chemicals that **haven't been tested for safety** when inhaled into the lungs.
- E-cigarette makers don't list all their ingredients and it can be hard to find out what they are. Some e-cigarettes contain nicotine even when they are labelled "nicotine free".
- Nicotine is **highly addictive** and can harm your brain development.
- Studies have shown that young people who use e-cigarettes are **more likely to smoke** and become addicted to cigarettes in adulthood.

#### Smoking can:

- Stop your lungs growing properly and make you less fit.
- Give you tooth decay and sore or bleeding gums.
- Make you wheeze or trigger an asthma attack.
- Cause addiction to the drug nicotine.

#### Using e-cigarettes can:

- Make you wheeze or trigger an asthma attack.
- Make you moody, anxious and irritable.
- Expose your lungs, body and brain to harmful chemicals.
- Cause addiction to the drug nicotine.

### Smoking and e-cigarettes affect your brain:

Your brain is particularly sensitive to the effects of nicotine. Your brain is still developing until you are about 25 years old, so if you use nicotine your brain may not be able to properly develop. This means that you are more likely to develop anxiety and mood disorders.

### What does all this mean for you?

Smoking or using e-cigarettes:

- is bad for the health of your body, lungs and brain
- costs a lot of money and can mean you miss out on doing fun activities
- exposes you to addictive and unknown substances
- gives you yellow teeth and unhealthy gums.

**By choosing not to smoke or use e-cigarettes you are setting yourself up  
for a healthier and happier life!**

# E-Cigarettes

## What you need to know as parents.



If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

### WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)



## Year 11 Student, Parent and Teacher Interviews

Year 11 Student, Parent and Teacher Interviews are coming up soon.

Year 11 Student, Parent and Teacher interviews will take place **on Wednesday 16 June between 4 pm and 8:30 pm**. To comply with social distancing regulations, teachers will undertake interviews via phone or Zoom, depending on teacher preferences.

Bookings will be in 15 minute blocks which will give teachers time to have a 10 minute conversation with parents, caregivers and students, while also allowing for technical issues, dropouts or call failures.

Teachers will contact parents and caregivers by phone or Zoom teleconferencing to conduct interviews. Teachers will indicate which platform they will be using to students before the evening.

Teachers will call parents and carers on the phone number that we have on file, which parents and carers provided when students enrolled in the school. If you have changed your phone number since then, students can come to the office to collect a change of contact details form, or parents and carers can email their new contact details to the school email address, [stmaryssen-h.school@det.nsw.edu.au](mailto:stmaryssen-h.school@det.nsw.edu.au) . If anyone needs help updating their password for Sentral, please email [matthew.topp@det.nsw.edu.au](mailto:matthew.topp@det.nsw.edu.au) .

Teachers who are using Zoom for interviews will provide the link needed to students prior to the interviews.

The window for booking Year 11 interviews will be open from 8am on Monday 7 June until 8am on Monday 14 June 2021.

A short “how to” regarding booking interviews can be found on the following pages.

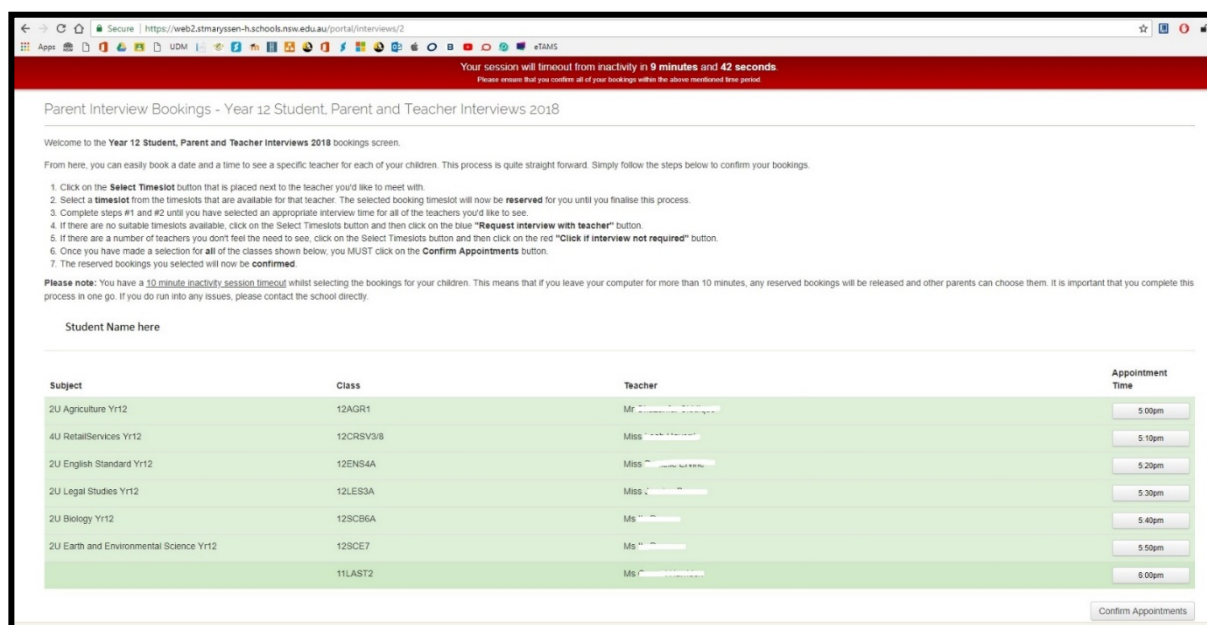
***Luigi Serra and Matthew Topp***

*Student, Parent, Teacher Interview Coordinators*



## How to book interview times with teachers

1. Log into the Parent Portal at <https://smshs.sentral.com.au/portal>
2. Interview bookings will open **at 8am on Monday 7 June for Year 11**. After that time, click on the yellow banner to open the PTI booking page.
3. The next window shows all classes in which a student is enrolled. Parents and carers can select times from the buttons on the right of screen. The sample student here shows all time slots filled.



Parent Interview Bookings - Year 12 Student, Parent and Teacher Interviews 2018

Welcome to the Year 12 Student, Parent and Teacher Interviews 2018 bookings screen.

From here, you can easily book a date and a time to see a specific teacher for each of your children. This process is quite straight forward. Simply follow the steps below to confirm your bookings.

1. Click on the **Select Timeslot** button that is placed next to the teacher you'd like to meet with.
2. Select a **timeslot** from the timeslots that are available for that teacher. The selected booking timeslot will now be **reserved** for you until you finalise this process.
3. Complete steps #1 and #2 until you have selected an appropriate interview time for all of the teachers you'd like to see.
4. If there are no suitable timeslots available, click on the Select Timeslots button and then click on the blue **"Request interview with teacher"** button.
5. If there are a number of teachers you don't feel the need to see, click on the Select Timeslots button and then click on the red **"Click if interview not required"** button.
6. Once you have made a selection for all of the classes shown below, you **MUST** click on the **Confirm Appointments** button.
7. The reserved bookings you selected will now be **confirmed**.

**Please note:** You have a **10 minute inactivity session timeout** whilst selecting the bookings for your children. This means that if you leave your computer for more than 10 minutes, any reserved bookings will be released and other parents can choose them. It is important that you complete this process in one go. If you do run into any issues, please contact the school directly.

Student Name here

Subject	Class	Teacher	Appointment Time
2U Agriculture Yr12	12AGR1	Mr [Name]	5:00pm
4U Retail/Services Yr12	12CRSV3/8	Miss [Name]	5:10pm
2U English Standard Yr12	12ENSA4	Miss [Name]	5:20pm
2U Legal Studies Yr12	12LES3A	Miss [Name]	5:30pm
2U Biology Yr12	12SCB6A	Ms [Name]	5:40pm
2U Earth and Environmental Science Yr12	12SCE7	Ms [Name]	5:50pm
	11LAST2	Ms [Name]	6:00pm

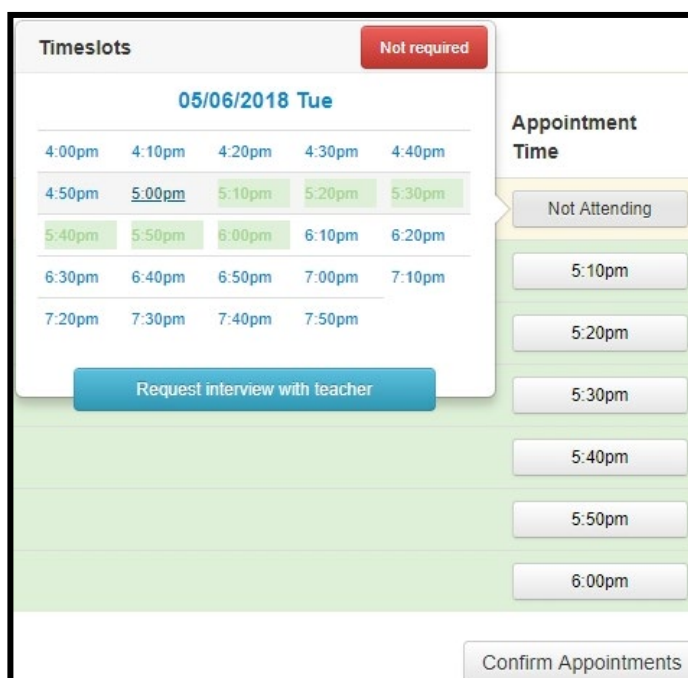
Confirm Appointments

4. When you click to set a time for each interview, the booking window looks like the image shown on the right.

Times that are greyed out are unavailable for a parent and carer, either because the teacher is unavailable or because they have a clashing time already booked.

Parents and carers can choose not required if they so desire.

Once all times have been selected, click on "Confirm Appointments", which should lock in your times.



Timeslots Not required

05/06/2018 Tue

4:00pm	4:10pm	4:20pm	4:30pm	4:40pm
4:50pm	5:00pm	5:10pm	5:20pm	5:30pm
5:40pm	5:50pm	6:00pm	6:10pm	6:20pm
6:30pm	6:40pm	6:50pm	7:00pm	7:10pm
7:20pm	7:30pm	7:40pm	7:50pm	

Request interview with teacher

Appointment Time

Not Attending

5:10pm

5:20pm

5:30pm

5:40pm

5:50pm

6:00pm

Confirm Appointments

5. When complete, you can choose to receive an email with times and dates as a calendar file.

**WHO WILL BE ON YOUR TEAM?**

# **SCHOOL LEADERSHIP PROGRAM**

**Monday December 13th -  
Wednesday December 15th**

**GET READY FOR 3 DAYS OF FRIENDS, EXCITEMENT  
AND SERIOUS COMPETITION**



**Collect your permission note from the  
tables outside the Front Office today!**

**Open at all Year 11 2021 students not attending  
Collaroy Camp or End of Year Trek**





# This fortnight @ SMSHS

Monday 14 Jun	Tuesday 15 Jun	Wednesday 16 Jun	Thursday 17 Jun	Friday 18 Jun
<p><b>Public Holiday</b></p>	<p><b>Year 12 Economics</b> – Asst 3 due</p> <p><b>Year 12 English EAL/D</b> – Asst 3 due</p> <p><b>Year 12 Hospitality</b> – Cluster E Part 1 due</p> <p><b>Year 12 SDD</b> – Asst 3 due</p> <p><b>Year 11 Biology</b> – Asst 2 due</p> <p><b>Year 11 Food Technology</b> – Asst 2 due</p> <p><b>Year 11 Hospitality</b> – Cluster C due</p> <p><b>Year 11 Japanese Beginners</b> – Asst 2 due</p> <p><b>Year 11 Korean Beginners</b> – Asst 2 due</p> <p><b>Year 11 Legal Studies</b> – Asst 2 due</p>	<p><b>Year 11 Student, Parent, Teacher Evening</b></p> <p><b>CAPA Lunchtime Concert @ the COLA</b></p> <p><b>Year 12 English Extension 1</b> – Asst 2 due</p> <p><b>Year 12 Maths Extension 1</b> – Asst 3 due</p> <p><b>Year 11 Japanese Continuers</b> – Asst 2 due</p> <p><b>Year 11 Investigating Science</b> – Asst 2 due</p> <p><b>Year 11 Italian Beginners</b> – Asst 2 due</p> <p><b>Year 11 Photography 2</b> – Asst 2 due</p>	<p><b>PERIOD ZERO BELL TIMES</b></p> <p><b>Year 12 Chemistry</b> – Asst 3 – Period Zero Task</p> <p><b>Year 12 CAFS</b> – Asst 3 due</p> <p><b>Year 11 French Beginners</b> – Asst 2 due</p> <p><b>Year 11 Maths Extension 1</b> – Asst 2 – Period Zero Task</p>	<p><b>LightsUP Drama Festival</b></p> <p><b>Year 12 Music 1</b> – Asst 4 begins – Trial HSC Practical Examinations</p>
Monday 21 Jun	Tuesday 22 Jun	Wednesday 23 Jun	Thursday 24 Jun	Friday 25 Jun
<p><b>PULSE Rehearsal</b></p> <p><b>Year 12 Dance</b> – Asst 3 due</p> <p><b>Year 12 Earth and Environmental Science</b> – Asst 3 due</p> <p><b>Year 12 History Extension</b> – Asst 2 due</p> <p><b>Year 12 PDHPE</b> – Asst 3 due</p> <p><b>Year 11 Earth and Environmental Science</b> – Asst 2 due</p>	<p><b>PERIOD ZERO BELL TIMES</b></p> <p><b>School Council Meeting</b>, 6pm in the front office</p> <p><b>Year 12 Dance</b> – Asst 3 due</p> <p><b>Year 12 Japanese Beginners</b> – Asst 3 due</p> <p><b>Year 12 Maths Extension 2</b> – Asst 3 – Period Zero Task</p> <p><b>Year 11 Business Studies</b> – Asst 2 – Period Zero Task</p> <p><b>Year 11 Spanish Beginners</b> – Asst 2 due</p>	<p><b>ValYOU Day</b>, as organised by FatFish and YFC</p> <p><b>CAPA Lunchtime Concert @ the COLA</b></p> <p><b>Year 12 Business Services 2 Unit</b> – Cluster E due</p> <p><b>Year 12 Dance</b> – Asst 3 due</p> <p><b>Year 12 English Extension 2</b> – Asst 3 due</p> <p><b>Year 12 French Beginners</b> – Asst 3 due</p> <p><b>Year 11 Textiles</b> – Asst 2 due</p>	<p><b>First Aid Course</b>, Year 12 PDHPE</p> <p><b>Year 12 Dance</b> – Asst 3 due</p> <p><b>Year 12 Korean Beginners</b> - Asst 3 due</p> <p><b>Year 12 Spanish Beginners</b> – Asst 3 due</p> <p><b>Year 11 Ancient History</b> – Asst 2 due</p> <p><b>Year 11 Entertainment</b> – Cluster C due</p>	<p><b>Last day of Term 2 2021</b></p> <p><b>Western Sydney Careers Expo</b>, Year 12 2021</p> <p><b>Seminar Day</b>, Year 11 2021</p>



## Our Teams

Principal:	Sally Smithard
School Council President:	Sonia Matthews
School Captains:	Alice Chitos Chloe Nolasco
School Executive:	
- Deputy Principal (Year 11)	Danielle Ervine
- Deputy Principal (Year 12)	Leah Havord
- English	Julie Robinson
- Mathematics	Simone Pett
- Science	Lidija Radovancevic
- Commercial Studies	Salochna Reddy
- HSIE (Rel)	Rebecca Langham
- CAPA	Nicole Bonfield
- Computing	Matthew Topp
- LOTE	Luigi Serra
- TAS/PDHPE	Rebecca Powell
- Secondary Studies	Liz Hemmings
- Learning and Wellbeing	Melissa Jacka
- First Australians	Leah Havord
- Sport and Recreation	Joanne Brines
- Business Manager (Acting)	Rebecca Zinghini
- School Administrative Manager (Rel)	Lynette Deuis
Student Advisers:	
- Year 11, Surnames A-G	Mitchell Baker
- Year 11, Surnames H-O	Nicole Leong
- Year 11, Surnames P-Z	Jesse Vassallo
- Year 12, Surnames A-G	Nicola Preston
- Year 12, Surnames H-O	Luigi Serra
- Year 12, Surnames P-Z	Tim Weston
Learning Support:	Carmel Harriden Dianne Pyne Nicole Leong Carly McPherson
Careers Adviser:	Lynette Tuckwell

## Contact Us



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St Marys Senior High School Official Site -  
Facebook



St Marys Senior High School -  
Skoolbag App

