LBHS Celebrates Harmony Day 2016

From the 18th of March to the 21st of March, Liverpool Boys High School celebrated Harmony Day with a range of activities. Harmony Day is a special day in which Australia promotes and celebrates diversity and acceptance across all groups in society. On Friday the 18th, Years 7 and 8 listened to some music items and videos designed to inspire students to think about what harmony means to them, before drawing a poster about harmony in groups of five. The SRC then judged the best representations of harmony across the year groups. On Monday the 21st, Year 8 also participated in a harmony-inspired welfare day in which they explored topics such as bullying, manners and friendship through a range of workshops. The days were a great success!

The following is an excerpt of school captain, Ahmed Khan’s, address to the school about Harmony Day on assembly:

“For those who have come across the seas, we’ve boundless plains to share”. As we place our arms by our side, we, as Australians, deliver the anthem with a sense of pride and nationalism. A sense of freedom. A sense of harmony.

Good morning teachers and fellow students. Next Monday marks the annual celebration of Harmony Day. A day where we forget the “I” and become “we”. A day where nothing else matters, except for the importance of being human. A day where we are able to build on our self-confidence and acknowledge that our differences are our strength. Our strength is our power and our power is our right.

Harmony Day entwines a myriad of important social causes that ought to be broadcasted. It is a day of cultural appreciation, anti racism, anti-discrimination, equality and above all, unity in diversity. Harmony Day allows us to break the barrier between “us” and “them” to become one single entity.

In a world controlled by the media and its portrayal of mankind, our role in society has never been more crucial. Seeking knowledge about culture is obligatory upon you, and I. We have been granted the opportunity to embrace the idea that we do not need to be alike, to become one. What we need, in this day and age, is to realise our true potential both as individuals, and as a community. This is why it is critical to acknowledge Harmony Day as a day that beckons us towards a liberal and multicultural environment.

Your turban, beard, kilt, jelek, abaya and nón lá are ALL valid. Whether you are unable to walk or whether you are suffering from an illness or disease. These are only opportunities that allow us to increase our willingness to educate society. To prove that my skin colour, race, age, gender, religious beliefs or physical characteristics are not in my control. But what IS in my control, is being able to see behind these differences.”

Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8 April</td>
<td>Last day of Term 1</td>
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<tr>
<td>26 April</td>
<td>Staff Development Day</td>
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<tr>
<td>27 April</td>
<td>Term 2 Starts (students return)</td>
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<td>28 April</td>
<td>Comm. Bank Start Smart Program</td>
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<td>College Visual Arts Biennale</td>
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<td>Excursion to Cockatoo Island</td>
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<td>2 May</td>
<td>Dental Van Visits Commence</td>
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<td>4 May</td>
<td>LBHS School Disco</td>
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<td>10-12 May</td>
<td>NAPLAN- Years 7 and 9</td>
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Year 8 PBL News

This term, the boys have been working on three different projects in each of their TASCAPA project classes:

1. ‘Conscious Cooks’- students have discovered the importance of making healthy food choices to promote our emotional and physical well-being. The boys have created a healthy recipe, sourcing healthy ingredient alternatives. These recipes have been collated into a class cookbook with photographs.

2. ‘Make It’- students have learnt the design process and have designed and created a mini putt putt golf hole!

3. ‘Advertise Me’- students have been exploring social issues and have created an advertising campaign that promotes one of these social issues. Students have designed and screen-printed logos onto flags, made posters and short films to promote their social issue.

Parents were invited to attend the TASCAPA exhibition and we thank those parents who came to support the boys.

Year 8 Humanities students have written a narrative on the Vikings this term. These stories are going to be collated into a book that we are going to deliver and exhibit at Warwick Farm Public School and Liverpool Public School Week 1 next term.

Year 8 STEM students have also been working on three exciting projects this term. These exhibitions are going to take place in week 11-

STEM 1- ‘Move Me’- students have created a vehicle that is powered by sustainable energy - this vehicle must carry a certain mass and move a certain distance on exhibition day!

STEM 2- ‘Lean Mean Machine’- students have designed an exercise and diet regime for an athlete. Boys will be presenting these in class this week.

STEM 3- ‘Show Me the Money’- the boys have designed and built an environmentally sustainable model house powered using solar energy.
Conscious Cooking in Year 8

Hi everybody, my name is Raj and I am going to tell you about what I am learning about in Project C. In Project C with our Teacher Miss Martelli, we are learning about ‘Conscious Cooks’ in which we have to produce a cookbook as a whole class from what we have learned and what we have cooked during our time in the kitchen.

The first thing we learned about in this subject was the ‘Eat Well Plate’ which basically outlines the six core food groups. The six core foods are fruit and vegetables, dairy, grains, protein and fats (which we have to eat in small amounts to have a healthy lifestyle). The second thing we learned about was how to maintain a balanced diet by including nutrient rich foods. It is important to keep the balance of nutrients correct. Each day a healthy diet should include foods from different food groups as outlined in the ‘Eat Well Plate’ and the Australian healthy eating guidelines. A balanced diet means eating the right types of food in the right amounts so that the body can get the nutrients it needs. Nutrients provide energy and the building material required for survival and growth.

Our first cook involved making a simple banana smoothie but with a twist, it had to be healthy so we added skim milk which wasn’t that tasty!

In our second cook, we made Apple Turnovers and they were delicious! They had the same taste as an apple pie but much better. We started to look at food labels and what we need to to maintain a healthy body. The things you need to check on food labels are the ingredients listed on the back of a product, recycled label, the weight of a product, name and description of food, percentage daily intake or %DI and lastly, the most important thing, the best before date to ensure you eat the food before it expires! If you want to be healthy make sure there is not much sugar, it must be 10g per 100g and remember the less sodium the better, maybe about 400 mg/100g.

We also made apricot and oat muffins which were great! Making these muffins allowed me to build confidence around baking cakes and other desserts. The next cook after that was Vegetarian Rice Paper Rolls which was an Asian dish and these were also fantastic.

We also learned about bacteria which are single cell organisms that can rapidly multiply and spread. GI is another thing we learned which is short for Glycaemic Index. It is a ranking given to foods to describe how quickly the carbohydrate in the foods is broken down and absorbed in the bloodstream. Hopefully, our last cook for this term should be to make delicious cupcakes. That would be great!

By Rajneel Lal, 8T

We also discovered that carbohydrates give the human body energy and fat gives the body warmth and energy. Calcium gives the body strong bones and teeth, and iron provides the body with healthy blood. Vitamin A helps with healthy eyesight, Vitamin B is like fibre and it helps the digestive system. Vitamin C helps with the healthy growth of skin and helps the body to heal from cuts and bruises.
In Year 8 Who has been......

**Respectful**
- Nikola Djakovic
- Tony Bui
- Mohammed Al Kaaby
- Bassam El Jamal

**Responsible**
- Farhad Ibrahimi
- Trung Nguyen
- Nazih El Nabouche
- Rushil Deo

**A Good Learner**
- Ibrahim Hamdache
- Henry Phan
- Jackie Zhu
- Sebastion Nguyen
Wraps With Love

Over the past term, the SRC have been learning to knit squares for the not-for-profit Wraps With Love (WWL). WWL is a mission of mercy that began in 1992. It is a non-denominational organisation which aims to deliver blankets to needy people across the world, including refugees, homeless people, nursing home residents, orphans, displaced peoples and communities affected by natural disasters. Together with WWL, they are distributed across the world by charities such as World Vision, Austcare, Mission Without Borders, and so on.

WWL’s motto is ‘cold humanity is our concern, people caring about other people.’ WWL relies on individuals and groups coming together to knit squares that are 25cm by 25cm; 28 of these squares are then sent away assembled by WWL volunteers into beautiful warm blankets for those in need. It has taken a whole term for the majority of the SRC to learn to knit, but they are practising hard in roll call time and excited to put together their very first blanket for charity. If any parents would like to be involved in this worthwhile cause, they can contact SRC coordinator Cynthia Martins at LBHS.

Community News

To increase community engagement a program was initiated four years ago called Parent’s Café. The program provides parents with workshops and information sessions on various topics. This term we presented a session on school rules, procedures and behaviour expectations where parents were given opportunities to discuss educational matters and how they can engage in partnerships to support their children’s learning.

The purpose of this café is to empower the parents, to give them a voice, to engage them and make them feel welcome in a safe and unthreatening environment.

These programs are maintained through partnerships with organisations such as the South Western Sydney Local Health District in Liverpool, Centrelink, Legal Aid, SaverPlus, Anglicare, Salvation Army, Liverpool City Council, Migrant Resource Centre and other health and local social service agencies. We also run English classes for our refugee and newly arrived parents.

The program creates opportunities for parents to discuss aspects of their culture, their needs and to share stories with other parents.

The Parent’s Café is run twice a week combining LBHS and LGHS and we have between 15 and 20 parents attending regularly.

We have also organised campus visits for parents to UTS to inform them about the educational options available to their son after they leave school. 17 parents from our combined schools attended and the feedback was really positive. We also organised excursions to various places such as Manly, Sydney Olympic Park and the Japanese Gardens in Auburn.

At the end of the year, we invite the parents to bring a plate of food from their culture for a shared lunch with the school staff.
The Australian Mobile Dental Clinic

At Liverpool Boys High School our students are very lucky that a mobile dental van comes to us.

We find that this service encourages your sons to be aware of their personal dental hygiene whilst they receive the dental care that they require. It is handy and convenient!

The Dental Van will be on school grounds Term 2 Weeks 7 and 8.

Communication will be issued to all parents at the beginning of Term 2.

Despite improvements over the last few decades there are signs that Australian child oral health is declining. In particular:
• Over the last decade, the oral health of primary school children has deteriorated by 20%
• A huge number of children have never visited a dentist.
• More than one-third of children do not visit a dentist annually.
• More than 50% of children in NSW have evidence of tooth decay.
• Children in lower socio-economic groups experience nearly twice the tooth decay as those in higher socio-economic groups.
• A child with a parent (mother) born overseas in a non-English speaking country has 66% more decayed, missing or filled teeth than a child whose mother was born in an English speaking country.
• In remote and very remote areas, children have approximately 38% more decay than those living in major cities.
• The current Child Dental Benefits Schedule (CDBS) targeting 3.4 million Australian children aged 2 to 17 years is a means-tested program offering dental assessments and essential general dentistry services, including check-ups or examinations, X-rays, cleaning, fissure sealing, fillings, root canals and extractions, with a cap of $1,000 per child every two years (mean-tested).

Government Changes in Medical Records

Changes have been made in the Department of Education schools in regard to your child’s medical documentation. It is time for the school to update the paperwork for your child if he has a medical condition or takes medication.

If your child has any of the following: asthma, diabetes, any allergies, epilepsy, vision or hearing issues etc. then please contact the school and we will forward the paperwork either by mail or email for you to complete.

High School Immunisation Program and Centrelink

Many families are contacting the school office with concerns about changes to their Centrelink payments and their child’s immunisation.

Here is the process:
A parent must send an email to schools.records@sswahs.nsw.gov.au include the student’s;
- full name
- D.O.B.
- and all the schools that this child has attended.

They will then get a transcript of the immunisations that have been given as part of the School Immunisation Program.
There are two further dates for immunisation for Year 7 in 2016: 2 May (Term 2) and 17 October (Term 4).

CHANGE OF ADDRESS FORM

If you have recently moved house, or have a new contact phone number, it is essential that you notify the school immediately.

We must be able to contact our parents and carers in case of emergency, sickness or general behavioural/welfare enquiries. Your son can become quite distressed if we are unable to make contact with a parent/carer during times of sickness or emergency.

Please make sure that the school has your most up-to-date details.

In order to update your contact details, please complete the form over the page and return it to the school, alternatively, you can phone the school with any updated details or your son can collect a yellow form from the back office.

Alternatively, you can email it back to us at
Date of change of address supplied to the school. ______ / ______ / ______

Student Name __________________________________________________ Year: ___________ Roll: ___________

Parent/Guardian Name: __________________________________________

New Address: House/Unit Number: ________ ________________________________
Street: ________ ________________________________
Town/city: ________________________ NSW ☐ ☐ ☐

Parent/Guardian’s Work Phone & Mobile Numbers

Mother Work No: ________________________________ Mobile Phone No: ________________________________
Father Work No: _________________________________ Mobile Phone No: ________________________________

EMERGENCY CONTACT (only if changes have been made)

1st choice
Name: _________________________ _______ Relationship: _______________________
Phone No: ____________________________ Mobile Phone No: ________________________________
(Work/Home)

2nd choice
Name: _________________________ _______ Relationship: _______________________
Phone No: ____________________________ Mobile Phone No: ________________________________
(Work/Home)

CHANGE OF PARENT / CAREGIVER DETAILS:

Have any of this students Parent/Guardian details changed due to custody issues? YES / NO
If YES please provide a contact Number that we can reach you on to discuss these issues: __________________________

EMAIL ADDRESS:

Parent 1 Name: _____________ Email _________________________________________________

Parent 2 Name: _____________ Email _________________________________________________

___________________________________________________ Date ____ / ____ / ____

Office use only

Student Admin. Data entry in ERN : ________________________________ Date ____ / ____ / ____

admin/2016/proformas/changestaffdetails
CIRCUMSTANCE
Lyrics by William Soliola

VERSE 1
My name is William, I like to play sport I like to play anywhere field or court I know I’m not tall I’m very short but I don’t care at least I got taught

CHORUS
I will sing I will dance I will play sport at any circumstance even if it’s rainy even if it’s not even if it’s cold even if it’s hot

VERSE 2
I like to listen to music any kind and when I mean that I mean anything I find and when I really like it I press rewind so when I grow up I can get signed

CHORUS
I will sing I will dance
I will play sport at any circumstance
Even if it’s rainy even if it’s not
Even if it’s cold even if it’s hot

Year 7 PBL News

Year 7 explored a new topic called ‘Encapsulate Me!’ in this project the students produced three main products. These three products were an autobiography, a cap that represents them and a song or rap about themselves! Year 7 had many drafts to perfect. They were never allowed to finish in just one draft. This learning is called 21st century learning. This allowed them to improve on their English, Visual Arts, Technology, Music and Physical Development skills. Year 7 had to prove and show their creativity, collaboration, communication and critical thinking. All of Year 7 had to exhibit their work on Tuesday the 7th of April. This was a time they got to see what they achieved, accomplished and discovered. This topic was one tough topic for Year 7.

By Danny Ta, Year 7
Verse 1
My name is Ayden and I am 11
And I played games when I was 7
I played on a PS1 and PS2
But also some consoles that were new.

Verse 2
In my free time, sometimes I rhyme
I’m not the best, but at least I try
I think of something to rhyme
But I’m thinking I’m just wasting my time.

Chorus
I’ll try my best x2
Just like the rest x2
I try to impress

Verse 3
If I could play any sport
It’ll be soccer, I’m not the best
But at least I can kick a ball
Oh yeah I forgot to say, my last names Sean.
This term, in Project A, Year 7 focused on the topic “Encapsulate Me”. This topic focused on the Key Learning Areas of Music, English, Visual Art, Technology and PD/H/PE. Year 7 students needed to produce an autobiography which focused on four major events in their life and their goals for the future. The students were also expected to create a poem which they needed to set to music using Garage Band and a cap which represented them.

The autobiography assessment task was very important and it was also the first task we needed to create. This was a task which was presented on A3 pieces of paper. The autobiographies were presented in the exhibition rooms on Exhibition Day. This also contributed to our English marks.

Our caps were an assessment task that contributed to our Technology and Visual Arts marks. We used a logo and symbols which had to represent us. The symbols were made by hand, whereas the logo was created digitally using whatever program we were comfortable using. The teachers however wanted us to use InDesign, which is a program manufactured by Adobe. The logo and symbols were then pasted onto our caps, using PVA glue.

Year 7 were also expected to create a poem which was then set to a backing track, which we created using Garage Band. This poem had to be about our lives. Year 7 learnt a lot about notes and beats.

Another PBL topic was “Cloudy with a Chance of Meatballs”. Don’t let the name fool you. “Cloudy with a Chance of Meatballs” was our main topic for Project B this term, mainly focusing on the Key Learning Areas of Science. Year 7 were expected to create a Periodic Table of Food and a place mat about either honeycomb, popcorn, sherbet or ice cream.

The Periodic Table of Food was an assessment task, which was a replica of the Periodic Table of Elements, except it has food, not elements on it. The Periodic Table of Food was a research task that took a lot of time and effort. Year 7 students had to research at least 100 different ingredients and put them into categories. For Example:- chicken = poultry/meat or grapefruit = fruit. We then had to draw the food in the boxes and create symbols for them. For Example:- chicken = Ck or grapefruit = Gr.

Our place mat was our second assessment task for Project B. This task had to either be done on ice cream, honeycomb, popcorn and sherbet. We had to research one of them and find the science behind it. After doing that, we had to summarise it and place it on our place mat. This was then presented in room 44 on Exhibition Day.

A speech was also expected to be written for both Project A and B. The speech written for Project A had to be about our cap, logo and symbols. Our Project B speech was about what we learnt in Project B and our opinions and reflections about the assessment tasks. These also contributed to our overall Project A and Project B marks.

By Drazzel Singh, 7P.
LETTER TO PARENTS

In May 2016 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 10-12 May 2016.

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<tr>
<th>TUESDAY 10 MAY</th>
<th>WEDNESDAY 11 MAY</th>
<th>THURSDAY 12 MAY</th>
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<tbody>
<tr>
<td>Language Conventions (Spelling, Punctuation and Grammar)</td>
<td>Reading</td>
<td>Numeracy</td>
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<tr>
<td>Writing</td>
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In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 13 May – A 'catch-up' day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the school principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at [www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html](http://www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html).
LBHS NEW UNIFORM POLICY
We have reviewed our uniform policy at LBHS. Please read the below information carefully to ensure that all students are in the correct uniform at the beginning of Term 2.

Liverpool Boys High School

Respect, Responsibility, Learning

Dear LBHS Learning Community

We have recently surveyed our learning community (students, parents & staff) to gather and collate information to help us evaluate and review our school’s uniform policy.

The uniform is therefore as follows:

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<th>Junior</th>
<th>Senior</th>
<th>Sport</th>
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<tbody>
<tr>
<td>Shirt</td>
<td>Mid blue collared shirt, or polo shirt or school polo/sports shirt</td>
<td>White collared shirt, or polo shirt or school polo/sports shirt</td>
<td>School sports/polo shirt</td>
</tr>
<tr>
<td>Pants</td>
<td>Plain grey trousers or shorts (no track suit pants)</td>
<td>Plain grey trousers or shorts (no track suit pants)</td>
<td>Black sports shorts</td>
</tr>
<tr>
<td>Shoes</td>
<td>Plain black leather</td>
<td>Plain black leather</td>
<td>Joggers/runners</td>
</tr>
<tr>
<td>Jumper</td>
<td>Navy jumper or Sloppy Joe (no hoods)</td>
<td>Navy jumper or Sloppy Joe (no hoods)</td>
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<tr>
<td>Hat</td>
<td>School cap/dark blue or black cap (no logos)</td>
<td>School cap/dark blue or black cap (no logos)</td>
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<tr>
<td>Tie</td>
<td>School Tie (optional)</td>
<td>School Tie (optional)</td>
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The LBHS learning community’s expectation is that all students must wear correct uniform every day. Senior Executive, Head Teachers and classroom teachers will monitor uniform throughout the day. Head Teachers will interview boys and phone home when a student is continually out of uniform. Deputy Principals will follow up students who still continue to be out of uniform – as referred by Head Teachers.

New Polo/Sports Shirt
A new polo shirt will be available for purchase in Term 2 from MUE Uniform Shop, George Street, Liverpool. This shirt will replace the existing sports shirt. The new polo/sports shirt will be acceptable to wear as both a school and sports shirt. Obviously there will be a transition period to the new polo/sports shirt. The existing sports shirt will be acceptable until it needs to be replaced.

Thank you for your feedback and participation in our survey.

Should you have any enquiries, please contact Mr. Surace or Ms. Gorman (Deputy Principals).