

Richmond High School Newsletter

Providing quality education where all can maximise their potential



Lennox Street, Richmond 2753 Phone 45 78 1177 Fax (02) 45 88 5885

Email: richmond-h.school@det.nsw.edu.au Website: <https://richmond-h.schools.nsw.gov.au/>

Issue 3, Week 9, Term 3, 2018

20th September, 2018

Student Leaders 2019

Recently our Year 11 Senior Leaders addressed our students and staff on our weekly school assembly. Well done to all nominations for their efforts.

We are proud to announce our School Leaders for next year pictured below with our Principal Mr Ralph and Deputy Principal Mrs Cullen.

Captains: **Chevelle M & Aaron M**

Vice Captains: **Aleisha T & Tristan C**

Senior Leaders: **Emma H & Cameron W**



Next term we will feature information on our leaders and what they hope to achieve in their new roles.

P&C Trivia Night raises \$2264!

Thank you to everyone who supported our P&C Trivia Night and helped our wonderful P&C raise much needed funds for resources for our school.



Above: Richmond High ex-students from different decades enjoying one last event in the MAC. See page 8 for more photos

Dates to Remember - Term 3/4

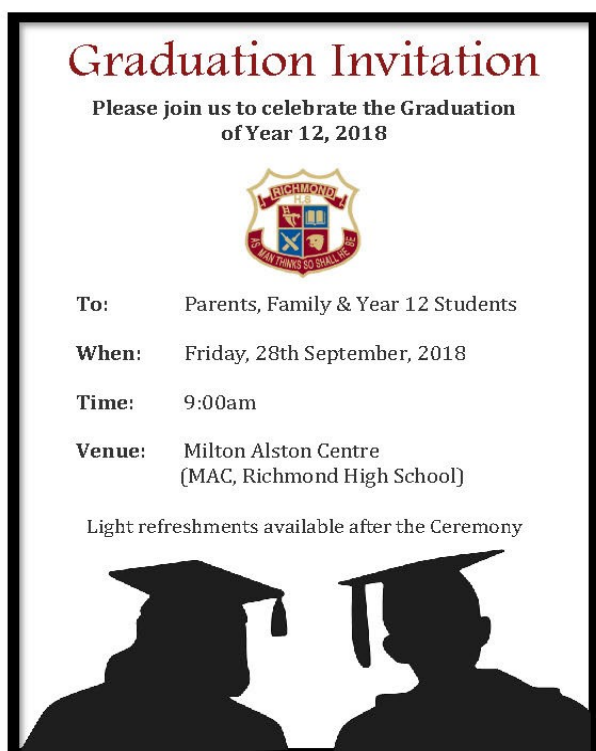
| | |
|------------|--|
| 21/09/2018 | Yr 11 Yearly Exams |
| 21/09/2018 | Stg.5 Elective History |
| 22/09/2018 | Yr 11 Yearly Exams |
| 23/09/2018 | Yr 11 Yearly Exams |
| 24/09/2018 | Yr 11 Yearly Exams |
| 24/09/2018 | Yr 12 Farewell Breakfast |
| 25/09/2018 | Yr 11 Yearly Exams |
| 26/09/2018 | Yr 11 Yearly Exams |
| 26/09/2018 | RuOK Day BBQ |
| 26/09/2018 | Abseiling Excursion - Strength & Shine |
| 27/09/2018 | Yr 11 Yearly Exams |
| 27/09/2018 | Year 12: Graduation Rehearsal Period 5 |
| 28/09/2018 | Yr 12 Graduation |
| 28/09/2018 | Last day of Term 3 |
| 15/10/2018 | First day of Term 4 |
| 18/10/2018 | HSC Exams |
| 19/10/2018 | HSC Exams |
| 20/10/2018 | HSC Exams |
| 21/10/2018 | HSC Exams |
| 22/10/2018 | HSC Exams |
| 23/10/2018 | HSC Exams |
| 23/10/2018 | Yr 7 Gala Day |
| 24/10/2018 | HSC Exams |
| 25/10/2018 | HSC Exams |
| 26/10/2018 | HSC Exams |
| 26/10/2018 | AIME Yr 9 & 10 |
| 27/10/2018 | HSC Exams |
| 28/10/2018 | HSC Exams |
| 29/10/2018 | HSC Exams |
| 30/10/2018 | HSC Exams |
| 31/10/2018 | HSC Exams |
| 1/11/2018 | HSC Exams |
| 2/11/2018 | HSC Exams |
| 3/11/2018 | HSC Exams |
| 4/11/2018 | HSC Exams |
| 5/11/2018 | Yr 7-10 S2 Assessment Period |
| 5/11/2018 | HSC Exams |
| 6/11/2018 | Yr 7-10 S2 Assessment Period |



Principal's Report

Congratulations Year 12

Congratulations Year 12 on reaching a milestone in your learning journey. Thirteen years ago you were enrolled in Kindergarten. On Friday 28th September you will officially end your Secondary Schooling when you graduate from Richmond High School as the Year 12 Class of 2018. I look forward to your Graduation Assembly where we will farewell you from Richmond High School. I also wish you well in your final preparations for your HSC examinations and hope that you realise the results that you deserve.



HSC Practical Examinations and Major Works

Over the past few weeks there have been a number of HSC courses which have a practical component that is marked before the examinations. The Industrial Technology Major Works were marked at the school and the quality of the classes work was outstanding. This class was taught by Mr Bernays who spent many hours with the class outside of class time.

Drama Performances were also marked at the school and the class was able to demonstrate the skills they have developed under the guidance of Ms Fakes, who has worked with this group since Year 9 dedicating time to developing their talents. Music Performances were recently assessed in the Trade Training Centre and the quality of performance was outstanding. Ms Moxon who taught the class spent much time in class and at other times assisting students to perfect their performances.

Multi-Purpose Centre

Construction of our upgraded Multi-Purpose Centre that is replacing the Bini-Dome (MAC) has reached some milestones recently. The framing was completed and the roof has been installed. The wall cladding will proceed through Spring School vacation and the internal fit out will occur throughout Term 4.

P&C Trivia Night

Our annual P&C Trivia Night was held in the MAC on Saturday 15th September. This was the last community event scheduled for the MAC and it was an opportunity for our community to come together in support of the school. The night was made even that much more enjoyable by our quiz master, Mr Scott Smith. Thank you to all of our P&C members for their organisation of the Trivia Night and their ongoing support of Richmond High School.

Staff Changes

Mr Scott Smith was successful in gaining a Head Teacher position at Erskine Park High School at the end of this term. He will take up his position from day one of Term 4. Congratulations to Mr Smith on his promotion and I wish him success at his new school. Ms Kinsey will relieve as Head Teacher Mathematics during Term 4 until the position is able to be filled permanently.

Spring Vacation

This will be the last newsletter for Term 3, 2018 and I wish all our students a safe and enjoyable Spring Vacation. I look forward to leading the school in Term 4 which is always a busy term of assessments, HSC examinations and reporting in the lead up to the Annual Presentation Night.

Mr Cliff Ralph

PRINCIPAL



*Congratulations to **Lachlan K** (Year 10) pictured above, who was awarded his scholarship from One Giant Leap Australia at a recent assembly. A very exciting journey ahead for Lachlan who is off to Space Camp in the USA.*

Deputy Principal's Report

Year 12

A Message to Year 12

Dear Year 12 2018,

With only one week of school to go and then your HSC Exams in October/November, I'd like to take the opportunity to thank you for your contributions to Richmond HS, especially since I met you in April 2014 as Year 8 students. As a Deputy Principal, I got to meet many of your peers who are no longer with us, very quickly, but its only over the last 2-3 years that I have really got to know the "heart" of the year group, and the special young people you have grown into today.

I have really appreciated and enjoyed working with you as you are a sincere, honest, friendly and good humoured group of young people, who have not only looked out for each other, but have also made tremendous contributions to both your school and wider community. I have enjoyed talking with you; laughing with you; sharing your ups and downs; your wins and losses; listening to your trials and tribulations; and just plain sharing in your lives at school.

In the next few months keep working hard, revising and completing practice examinations, whilst ensuring that you still have some relaxation time in the run up to the exams. As for the HSC exams themselves, PREPARE as best you can, stay in touch with your teachers, but then PLEASE just RELAX and DO YOUR BEST. No one can ever ask any more of you than that. Your marks in the HSC will NOT define you as a person. I hope that you all get the results that you aspire to and that you move into the careers of your choice. However, if you don't get what you desire, don't forget that there is always a "Plan B". The profession that I love today was not "Plan A".

"Success seems to be largely just a matter of hanging in there after others have let go."

To the future, I will enjoy seeing your results from the HSC. Some of you have experienced tremendous success already – to our school leaders for gaining office and fulfilling the role so admirably – to all the students who ranked 1 or will receive meritorious efforts in HSC courses at Graduation – to our CAFS,

Drama, Industrial Technology, Music, Society & Culture and Visual Arts students for completing Major Works or Research Projects – to our sportsmen and women representing school, zone, region and state – to our vocational students for the service they have provided to the school and for the skills they have developed on the journey – to those students who worked off N Award warnings in Term 3 so they will attain their HSC – and to some of you, just completing an extra 2 years of schooling when you didn't think you would be back in 2016, and now being ready to move on to the next stage of your life. WELL DONE!

It has been a pleasure to be your Deputy Principal for the last 4 years and 3 terms. I hope you will look back at your school years at Richmond High School with fond memories. I always look forward to Graduation Day when we celebrate you completing 13 years of schooling, but this year will be that bit extra special to me, with you being the first Richmond High School graduating class to wear graduation caps and gowns. Good luck for your exams, beginning with English on October 18 and ending with Drama on November 9, and then we celebrate the end of your school years at your Formal on November 14. Enjoy the final stretch and please stay safe as you celebrate the last 13 years of schooling.

Best wishes,
Mr Gordon



Term 3 Ends

As Term 3 comes to its conclusion. Mrs Cullen and I would like to thank all students for their positive contributions to the Richmond High School Community. The majority of students continue to excel as safe respectful learners, both in and out of the classroom. To our parents and carers, thank you for your support in encouraging your children to perform to the best of their ability at school. Please do not hesitate to contact Mrs Cullen or I, if you have any questions or concerns. We hope everybody has a safe and relaxing Term 3 break.

Mr Phil Gordon
DEPUTY PRINCIPAL



Year 12 2018

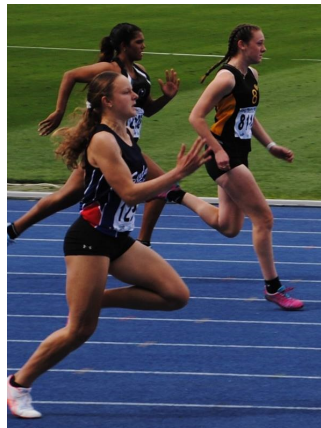


Richmond High Stars!!

We are very proud of our students' achievements in external events and competitions and are committed to recognising their achievements, however, this cannot happen unless we are informed. Please ring us or send us something in writing if your child or a group of students achieve success in external events so we can recognise their achievements in our newsletters.

State Athletics

Well done to **Erin G** (Year 10) who competed on Thursday September 6th at the NSW Combined High Schools Athletics Carnival. Erin qualified for the final of the 100m at the State Carnival the following day achieving 10th place. This makes Erin in the top 10 sprinters in the state for her age (15's).



Erin is pictured in the lead on the above photo.

NRL School to Work

The School to Work (S2W) Program was developed in response to research highlighting that Indigenous youth who had not found an employment or training pathway six months after leaving school, had a significantly higher chance of being long term unemployed.

The S2W Program has been operational since 2012 and utilised the positive profile of rugby league to support and encourage Year 11 & 12 Indigenous students to achieve their HSC and prepares them as they transition from school to employment or further education.

The S2W Program also works with each participant to identify available work experience and employment opportunities using the NRL and NRL Clubs business networks, where relevant, to help participants make informed career choices.



White Ribbon Soccer

On Friday the 31st of August 2018, Richmond High School competed in the 4th Annual White Ribbon Cup Soccer Tournament hosted by Windsor High School.

All six Hawkesbury High Schools, along with members from the Windsor Police Station, competed on the day. The aim was to raise awareness and money to a worthy charity. White Ribbon is aimed at bringing support to women who have been victims of domestic violence and preventing any further harm.

There were 14 male students along with Mr Harkins, and an officer from Windsor Police Station who competed against Bede Polding and Arndell Colleges. We had a draw and a loss with the boys ending up finishing 4th, however the results weren't important but rather the spirit in which the day was played. Our team had a great day representing Richmond High and this worthy charity.



Under 15's Basketball

Girls: After a win against Erskine Park, we were drawn to play Blaxland High School. They started very slowly and in an extremely physical contest, they were down by 10 points at half-time. Improvements with their defence and shooting in the second half saw them close the gap, but it wasn't enough to get the win.

The final score being 31-24 to Blaxland. I would like to acknowledge the following students and thank them for their efforts; **Izabella C, Anjali K, Schae S, Marlee D, Emma C, Molly W, Erin G, Melonie G, Emily B, Charlotte B and Koadie H.** A very special thank you to Mr Scott Smith for helping referee this game, his last for Richmond High.

40. I would like to acknowledge the efforts of the following students; **Adam C, Aryan K, Mathew O, Joshua E, Damon L, Aaron N, Michael W, Riley P, Adam B, Liam W, Ethan K, Adam B and Charlie K.**

As this is the final basketball report for the year, on behalf of the numerous students both past and present, I would like to thank Mr Scott Smith for his contribution to the Richmond Raptors. We look forward to playing against you during your time at Erskine Park High School. We will miss you.

Written by Mr Pereira

Multi Purpose Centre

Our new Multi Purpose Centre is progressing well. Here are some recent drone shots thanks to Mr Wyatt.



Boys: After a comfortable win against Hawkesbury, the boys had to face Glenmore Park High School. There were a lot of new faces to this team and we were considerably smaller and struggled initially against our bigger and more physical opponents. After being down at half time 21-16, the boys rallied and equalised, before eventually losing 36-



My Gateway Apprenticeship

Brad L (Year 12) recently attended the My Gateway Apprenticeship and Traineeship information night at Penrith Panthers. Initially Brad was intent on following a university pathway but has since considered the possibility of becoming an apprentice. The My Gateway, specialists employ and support some 230 apprentices across Sydney and beyond. They introduced Brad to one of their host employers Baker & Provan Pty Ltd. Brad's passion for fitting and machining impressed them and an interview has been scheduled.



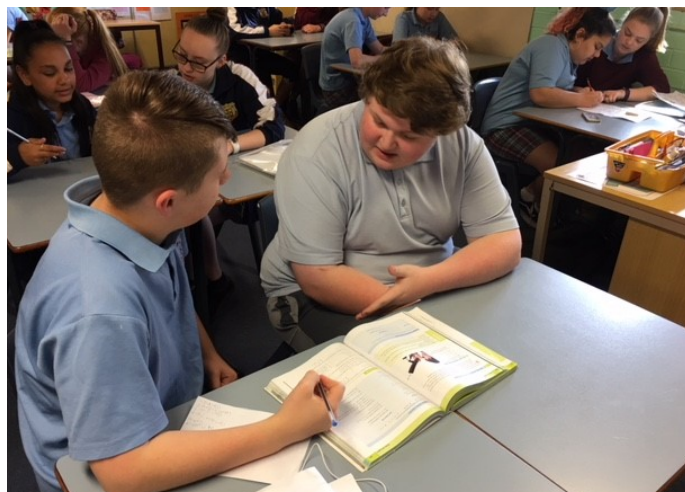
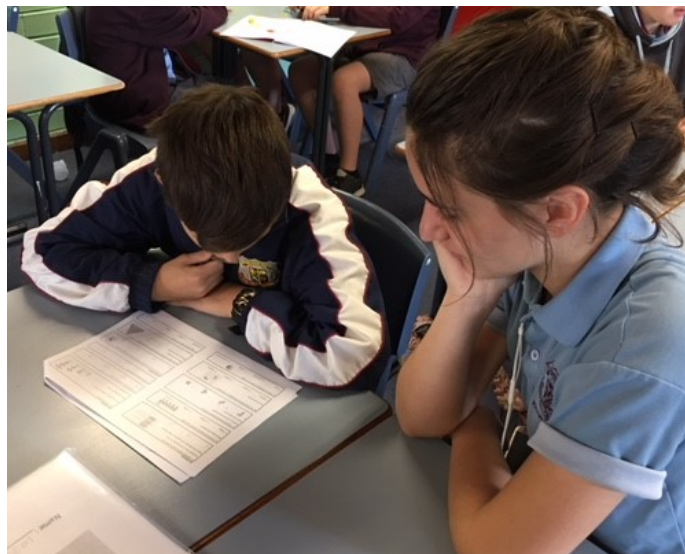
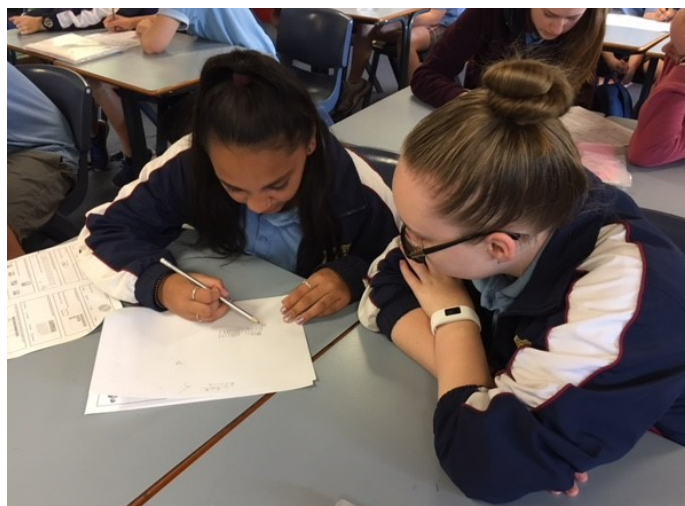
Japanese Exchange

Richmond High School has been extremely lucky to have one of our students currently participating in the Hawkesbury Sister City Exchange Program for 2018. **Alana H** (Year 11) is currently in Japan representing Richmond High School and the Hawkesbury community. We look forward to hearing about her adventures when she returns.



Peer Tutors

Several of our Year 10 students are involved with our peer tutoring program which takes place each morning during roll call. In the photos below you can see them in action, working on Numeracy skills with Year 7 students. The program incorporates hands on activities, mental strategies and Naplan practice.



Second Hand Clothing

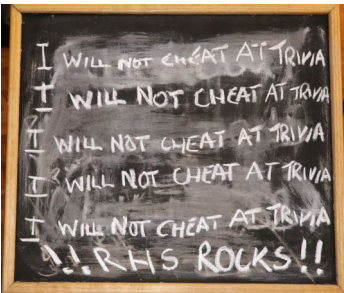
We would like to remind our parents and carers that we happily accept any unwanted items of uniform that your students may have grown out of. If you have anything suitable please drop it into the front office.

P & C Trivia Night

Our annual P & C Trivia Night was held on Saturday September 15. This was our last event to be held in the MAC. It was a close contest, narrowly won by a team of trivia enthusiasts. Other than just the challenge of the trivia, the night also consisted of a sausage sizzle, games, prizes, sweet treats and loads of laughs. Our MC, Mr Smith, kept the crowd entertained as always. It was great to see so many ex-students enjoying the night, along with staff, parents and family members.

Special thanks to the companies and individuals who donated prizes for the event.

Well done to our P&C members. Your efforts in raising \$2264 for our students is greatly appreciated. All money raised will go towards resources for our students.



2018 Principal Award Recipients

Congratulations to the following students on being awarded **Principal Awards** recently this Term. These wonderful students have been formally recognised with a **Principal Award for earning 5 Head Teacher Awards** or **5 Year Advisor Awards**. These awards are recognition for the pursuit of excellence through both classroom and school based extra curricular activities such as outstanding school reports, positive behaviour, participation, citizenship or class effort.

Well done to:

Caitlin B (Year 7)

Charlotte C x 3 (Year 10)

Kaylee B (Year 10)

Michael P (Year 12)

Noah R (Year 12)

Simon H (Year 12)

Brad L x 3 (Year 12)

Justin W x 3 (Year 12)

Ryan S x 6 (Year 12)

Brad L and **Ryan S** will now go on to receive their Bronze Awards at the upcoming Year 12 Graduation. Well done boys!



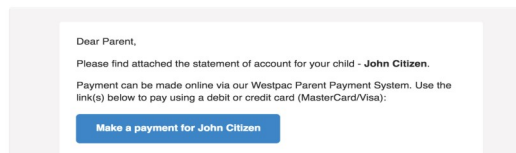
Katelyn K (Year 8), **Richard W** (Year 8) and **Cameron D** (Year 11) with our Principal Mr Ralph being awarded Principal's Awards from Term 2.

Statements of Account - Online Payment Guide

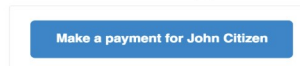
From Term 4 onwards Richmond High School will be sending student statements of account & fee reminders directly to parents via email using a system called School Bytes. These statements will include a link to make secure payments online through the Westpac Parent Online Payment (POP) system (Visa & Mastercard credit/debit cards accepted).

To make an online payment for your child(ren)'s school fees, please follow the steps below:

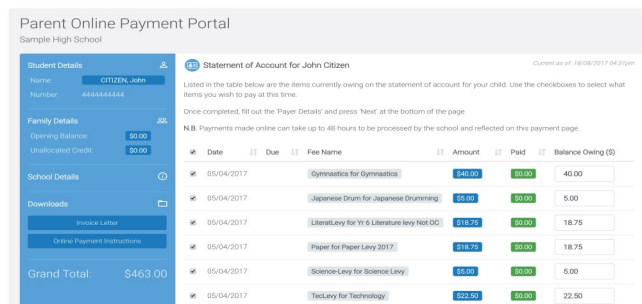
1. You will receive an email from the school's email address (richmond-h.school@det.nsw.edu.au) with the subject 'Student Statement of Account' or 'Student Fee Reminder'.



2. To make an online credit card payment, click the secure payment button in the email.

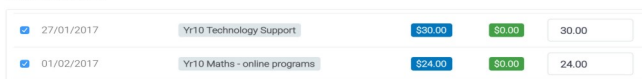


3. Once this button is clicked, you will be taken to a webpage on www.parentpayments.com.au. On this page, you will see a list of all currently outstanding school fees for your child. By default, all fees are selected/ticked for payment.

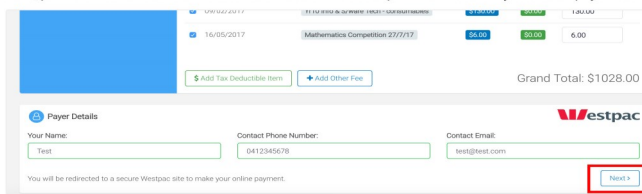


4. If you wish to change the amount you would like to pay for an item, enter the desired amount in the number field under the 'Balance Owing' column.

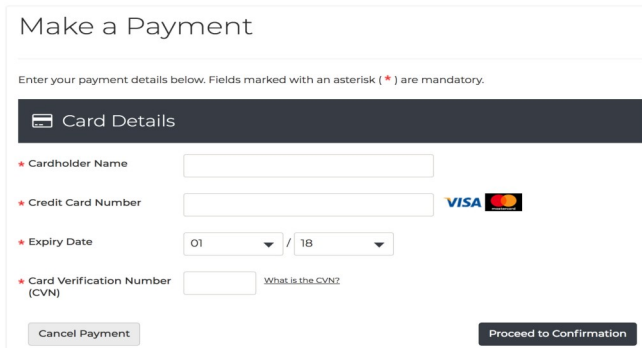
To not pay for a certain item, untick the checkbox in the left-hand column of the table next to the fee you wish to remove.



5. Once you have selected what fees you wish to pay, enter your name, phone number and email address under 'Payer Details'. This allows the school to identify which parent/caregiver is making the payment. Now, press the 'Next' button to be redirected to a secure Westpac site to finalise your online payment.



6. Once redirected to Westpac, you will see the following screen. Enter your credit card details into the appropriate text fields on this screen. Once completed, press the 'Proceed to Confirmation' button.



IF YOU REALISE YOU HAVE MADE A MISTAKE IN SELECTING WHAT ITEMS YOU WISH TO PAY ON THE PREVIOUS PAYMENT PORTAL SCREEN, PLEASE CLICK THE 'Cancel Payment' BUTTON.

7. You will then see a payment summary screen where you can confirm your details. When ready, press the button at the bottom of the page to confirm and make your online payment.

NOTE: To pay for another child in the family, return to the original email you received and click the payment button with the other child's name on it.

For information relating to the security & privacy of this service, please refer to the following link: <https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/all-files/School-Bytes-Student-Privacy-Information.pdf>

Year 12 Breakfast

Please join us for a Special Farewell Breakfast in honour of our Year 12 Class of 2018



To: Year 12 Students & Staff of RHS

When: Monday 24th September 2018

Time: 7:45am

Venue: Trade Training Centre (Richmond High School)



Year 11 Exam Timetable

| Day / Date | Subject | Time | Venue |
|--------------------|---------------------------|--------------|-------|
| Thursday 20/09/17 | English Advanced | 9:15 – 10:55 | Gym |
| | English Standard | 9:15 – 10:55 | Gym |
| | English Studies | 9:15 – 10:55 | Gym |
| Friday 21/09/17 | Standard Mathematics | 9:15 – 10:50 | Gym |
| | General Mathematics | 9:15 – 10:50 | Gym |
| | Exploring Early Childhood | 9:15 – 10:50 | Gym |
| | Business Services | 9:15 – 10:50 | Gym |
| Monday 24/09/17 | Biology | 9:15 – 11:20 | Gym |
| | Legal Studies | 9:15 – 11:20 | Gym |
| | Investigating Science | 9:15 – 12:20 | Gym |
| | *Music Practical | 9:15 – 2:55 | Rm 44 |
| | Mathematics Extension 1 | 12:50 – 2:55 | Gym |
| | Construction | 12:50 – 2:55 | Gym |
| | English Extension 1 | 12:50 – 2:55 | Gym |
| Tuesday 25/09/17 | Modern History | 9:15 – 11:20 | Gym |
| | Business Studies | 9:15 – 11:20 | Gym |
| | CAFS | 9:15 – 11:20 | Gym |
| | Visual Arts | 9:15 – 10:50 | Gym |
| | Music | 12:50 – 2:25 | Rm 44 |
| Wednesday 26/09/17 | Chemistry | 9:15 – 11:20 | Gym |
| | Hospitality | 9:15 – 10:50 | Gym |
| | Industrial Technology | 9:15 – 10:50 | Gym |
| | Drama | 9:15 – 10:50 | Gym |
| | Society & Culture | 9:15 – 11:20 | Gym |
| | Agriculture | 9:15 – 11:50 | Gym |
| Thursday 27/09/17 | Ancient History | 9:15 – 11:20 | Gym |
| | Food Technology | 9:15 – 10:50 | Gym |
| | Physics | 9:15 – 11:20 | Gym |
| | PDHPE | 9:15 – 11:20 | Gym |
| | Catch Up PM | 12:50 – 2:55 | Gym |

Please keep our students safe

In the interest of our students' safety, we request that parents **DO NOT** use the staff car park (at the commencement or end of the school day) to drop or collect their children.

The entrance to the Administration Block in our school is **ONE WAY** and has a high level of student and staff pedestrian activity in the morning and afternoons. Please utilise the designated areas on Lennox West Market Street or Castlereagh Road to **drop off** or **pick up** your children.

If you do need to utilise the Administration Entrance please ensure you exit via the adjacent Staff Car Park exit. There are signs on the gate indicating that this is an entrance only.

Planning to travel?

Please keep in mind that if your student will be absent for five or more days we ask that you pop into the Front Office to fill out a form for our records.

Once signed by our Principal we will give you a copy to take with you.



Boys 7-10 Uniforms



Sports

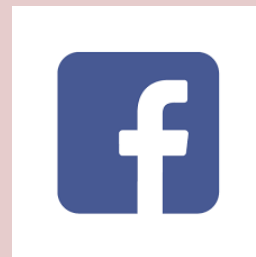


Girls 7-10 Uniforms



Senior 11-12 Uniforms

Uniform - Be in it



Stay up-to-date with important information at Richmond High School. Simply **Like** Richmond High School's Facebook page...

English Faculty
WRITING COMPETITION

WRITE A SHORT STORY OR POEM IN 150 WORDS EXACTLY ON A TOPIC OF YOUR CHOICE

SUBMIT TO THE ENGLISH FACULTY WITH YOUR WORD COUNT BY THE END OF WEEK 10

enter to win

PRIZE - \$50 VOUCHER OF YOUR CHOICE

* ALL ENTRIES WHO DO NOT MEET THE EXACT LIMIT OF 150 WORDS WILL BE DISQUALIFIED

2018 Creative Writing



School App Update - Digital Forms

Great news! We are endeavouring to make our school notes accessible via our App. The great benefit of this function is that you can submit the form from the convenience of your phone.

If you visit the 'Digital Forms' section of our App you can see three forms that will be available at all times:

- Absentee Forms
- Change of student details
- Special Religious Education

Where possible moving forward, we will also upload excursion permission notes and other relevant forms.

Keep up to date with important notices and events by downloading our free School App to receive instant alerts!

Apple users:

Open the App Store and search for "Richmond High School"

Android users:

Open the Play Store and search for "Richmond High School"

Windows users: Open the Windows Store and search for "School Enews" - Download - Open the App - Search for "Richmond High School"

Richmond High School Careers

In 2018, our Richmond High School Careers FB page takes a new identity. For the parents and carers of our Year 10, 11 & 12 students, please LIKE and follow this page to stay up to date with what's happening with the Careers Faculty at our school.

Posts on this page will include: job alerts, scholarships, information sessions, short courses, apprenticeship vacancies etc and when the time comes, information and important dates for Years 10, 11 and 12 with regard to University and TAFE applications.

[Richmond High School Careers Facebook Page Link](#)

To find out more information about the HSC Minimum Standard visit the NESAs website:

[NESAs Website: HSC Minimum Standards](#)



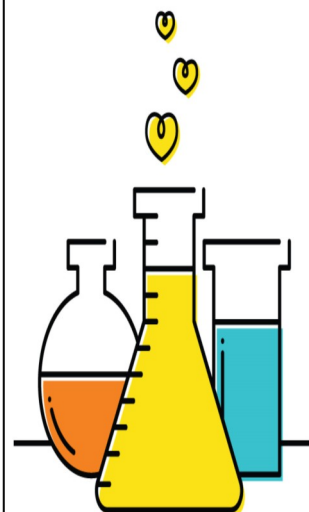
Science HSC Tutoring

Physics - Wednesday Lunch for Week A & B in Lab 3

Senior Science - Tuesday 3-4pm for Week A & B in Lab 4

Biology - Tuesday 7.50-8.30am for Week A & B in Lab 1

Chemistry - Thursday Lunch for Week A & Friday Lunch for Week B in Lab 3



These sessions are to help students learn how to apply the knowledge they are learning in class to answering HSC questions at a high level. Studies show students who work through past papers questions perform at higher levels in their HSC than those students who do not. Having the opportunity to work with their teachers to enable them to gain a deeper understanding of how to apply their knowledge and skills to HSC style questions is an invaluable tool for achieving higher levels of success in the HSC and all students studying one of the Sciences are strongly encouraged to attend.



Online Payments

Westpac have recently undergone updates to make the online payment portal more user friendly for our parents and carers.

Amongst other changes, payments can now also be made by direct debit as well as credit card.

You can make payments via our website:

www.richmond-h.schools.nsw.edu.au

Click on: **\$ Make a Payment**

Complete all required fields

Please note that our School Eftpos machines in our Front Office and Canteen have a minimum transaction spend of **\$10.00.**



RICHMOND HIGH SCHOOL P&C NOTICEBOARD

The P&C committee meets on the second Tuesday of every month with the exception of school holidays. Our next P&C meeting will be held:

Tuesday, November 13, 2018
6:30pm in the Staff Common Room
(via the Front Office)

New members always welcome!

Email Address: rhspc60@gmail.com

COMMITTEE

President
 Jannette Conway

Vice President
 Alison Webster

Vice President
 Amanda Peters

Secretary
 Karen Worrell

Treasurer
 Janine Werner



www.schoolatoz.com.au

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

| | | |
|--|--|---|
| Bronchitis | Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia. | ... until they are feeling better. Antibiotics may be needed. |
| Chickenpox (Varicella) | Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab. | ... for 5 days from the onset of the rash and the blisters have dried. |
| Conjunctivitis | The eye feels 'scratchy', is red and may water. Lids may stick together on waking. | ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause. |
| Diarrhoea (no organism identified) | Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps. | ... for at least 24 hours after diarrhoea stops. |
| Fever | A temperature of 38.5°C or more in older infants and children. | ... until temperature is normal. |
| Gastroenteritis | A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches. | ... for at least 24 hours after diarrhoea and/or vomiting stops. |
| German measles (Rubella) | Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. | ... for at least 4 days after the rash appears. |
| Glandular Fever (Mononucleosis, EBV infection) | Symptoms include fever, headache, sore throat, tiredness, swollen nodes. | ... unless they're feeling unwell. |
| Hand, Foot and Mouth Disease (HFMD) | Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies. | ... until all blisters have dried. |
| Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke | Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches. | ... unless they feel unwell or are taking medication which makes them sleepy. |
| Head lice or nits* (Pediculosis) | Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp. | ... while continuing to treat head lice each night. Tell the school. |

| | | |
|---|---|--|
| Hepatitis A | Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools. | ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school. |
| Hepatitis B | Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine. | ... if they have symptoms. Contact your doctor before returning to school. ... if they have a chronic infection (not the first outbreak) and no symptoms. |
| Impetigo (School sores) | Small red spots change into blisters that fill up with pus and become crusted, usually on the face, hands or scalp. | ... until antibiotic treatment starts. Sores should be covered with watertight dressings. |
| Influenza | Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches. | ... until well. |
| Measles | Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days. | ... for at least 4 days after the rash appears. |
| Meningococcal Disease | Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash. | Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics. |
| Molluscum Contagiosum | Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years. | |
| Mumps | Fever, swollen and tender glands around the jaw. | ... for 9 days after onset of swelling. |
| Ringworm* (Tinea corporis) | Small scaly patch on the skin surrounded by a pink ring. | ... for 24 hours after fungal treatment has begun. |
| Runny nose or common cold | | ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school. |
| Scabies* | Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes. | ... until 24 hours after treatment has begun. |
| Shigella | Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting. | ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed. |
| Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum) | Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose. | ... as it is most infectious before the rash appears. |
| Whooping Cough (Pertussis) | Starts with a running nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air. | ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic. |
| Worms (Threadworms, pinworms) | The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night. | ... and tell the school as other parents will need to know to check their kids. |

*It is important that the rest of the family is checked for head lice, scabies and ringworm

Richmond High School is willing to support advertisements for local businesses and community functions for our youth, however parents will need to assess for themselves the quality of products and services advertised and the suitable management of functions attended by their children.

BRYNORM'S Fab Fabrics

School Uniform Specialists

Ask for your Brynorm's School Fundraising Card

- 5% loyalty points for your family
- Every 100 points will reward you with a \$5 gift voucher

Shop 2
328 Windsor Street Richmond
Ph: (02) 4501 1143



#sharethjourney2018
COMMUNITY MENTAL HEALTH MONTH EVENTS

Penrith-At the Mondo (between Westfield and Joan Theatre)
Thursday 4th October, 2018 * 12pm - 4pm

Richmond-At the Oval
Tuesday 9th October, 2018 * 12pm - 3pm
ENTRY IS FREE!

Musicians * fun activities * jumping castle * face painting * food

<https://www.facebook.com/PenrithMentalHealthWellnessEvent/>



| | | | |
|---|--|---|----------------|
| Helping Kids deal with Anger WITH FREE CHILDCARE | For carers of children aged 0-12 years | Wednesday 26th September 2018 | 10am - 12.30pm |
| My Space - Our Space | For Primary School children aged 9-12years | Tuesday 2nd October 2018 | 9.30am—12.30pm |
| Toddler Behaviour - Tactics for Parents WITH FREE CHILDCARE | For carers of children aged 0-12 years | Wednesday 17th October 2018 | 6.30—9pm |
| Oppositional Defiance Disorder (ODD) - Help for Parents WITH FREE CHILDCARE | For carers of children aged 0-12 years | Monday 22nd October 2018 | 9.30am—1pm |
| Coping with Anxiety & Panic Attacks WITH FREE CHILDCARE | Adults with anxiety and panic attacks | 3 weeks ongoing Weds 17th, 24th & 31st October 2018 | 10am—12noon |
| Healthy Anger Skills for Parents WITH FREE CHILDCARE | For carers of children aged 0-12 years | 3 weeks ongoing Saturdays: 20th & 27th October & 3rd November 2018 | 10am - 12.30pm |

FREE LIVE ONLINE INFORMATION SESSION

Hear from our very experienced, Senior staff, find out more about discounts and scholarships available and ask questions.

Wednesday, 19th September 7.30pm

Register now

Visit [studentexchange.org.nz] www.studentexchange.org.nz or call 0800 440 079 for more information

CAREERS CAMPSITE

Caravan Camping Outdoor Lifestyle EXPO

EXPLORE AND APPLY FOR JOBS IN THE CARAVAN AND CAMPING INDUSTRY!

FREE ENTRY TO OUR SITE

APPRENTICESHIP careers SYDNEY

JOB INTERVIEWS

SKILLSROAD.COM.AU

CAREER ADVICE

EVENT DETAILS

SYDNEY SHOWGROUND
Sydney Olympic Park
Thursday 20th to Sunday 23rd September
9am to 4pm daily.

Come with your resume
Apply for jobs on the spot
Free career advice
Prizes and giveaways

FIND US HERE

CAREERS CAMPSITE

The Lounge Bakery Cafe

Murray Rose Avenue

OLYMPIC PARK TRAIN STATION

Downs Fraser Avenue

Macquarie Towns Arts Society's School Holiday Art & Craft Workshop Program October Holidays, 2018

- Tuesday 2nd Oct
10 am - 12noon Draw a Dragon
1pm - 3pm Paint a Sparkly Princess
- Wednesday 3rd Oct
10 am - 12noon Make Coloured Clay Critters
1pm - 3pm Decorate Treasure Boxes
- Thursday 4th Oct
10 am - 12noon Draw & Paint Mermaids
1pm - 3pm Decorate Photo Frames
- Friday 5th Oct
10 am - 12noon Make Pottery
- Monday 8th Oct
10 am - 12noon Make Dragons
1pm - 3pm Make Your Own Slime!
- Tuesday 9th Oct
10 am - 12noon Create Crystal Fairies
1pm - 3pm Draw & Paint Dinosaurs
- Wednesday 10th Oct
10 am - 12noon Make Magic Lanterns
1pm - 3pm Make Little Clay Animals
- Thursday 11th Oct
10 am - 12noon Paint Jungle Animals
1pm - 3pm Make Stencilled Bookmarks
- Friday 12th Oct
10 am - 12noon Make Jewellery

Cost: \$15 / 2 hour workshop; everything supplied

Venue: Richmond Art Supplies
Shop 1, 328 Windsor St, Richmond

Bookings Essential: phone Deidre 0412 979731

Uniting

...to inspire people, enliven communities and confront injustice

Free Western Sydney NDIS information sessions!

These workshops are for participants and carers to empower them with knowledge about the NDIS.

Visit the website:

<https://uniting.org/services/disability-services/uniting-and-ndis/local-area-coordinators/events-workshops>

AUTISM SUPPORT FOR HAWKESBURY



The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

RICHMOND SUPPORT GROUP

When: Meets second Wednesday each month 10am to noon
Venue: Richmond Golf Club

WINDSOR YOUTH CLUB

When: First Friday of the month 4.30 to 6 pm
Venue: Deerubin Centre in Windsor

For more information :
www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036

Australian Farmers need our support

Help us help Australia's farming communities through **BUY A BALE**

donations can be made at www.buyabale.com.au or by calling **1300 327 624**

donations can be made at www.buyabale.com.au or by calling **1300 327 624**

ALL DONATIONS OVER \$2 ARE TAX DEDUCTABLE




PART OF THE HAWKESBURY SPORTING COMMUNITY FOR OVER 35 YEARS

KURRAJONG / BILPIN LITTLE ATHLETICS 2018-2019

FUN FOR EVERYONE! TINY TOTS 3/4 YRS - U/17



Providing children, teenagers & families with a fun, safe social environment and a wide range of both track & field events

We compete Friday nights with Tiny Tots from 5pm & U6 - U17 from 5.30pm

REGISTRATIONS ALWAYS OPEN

\$100 ACTIVE KIDS VOUCHER CAN BE USED FOR REGISTRATION

Enquiries: Susan 0402 917 126

MCMAHONS PARK • KURRAJONG •



PLUS fitness

TAKE ACTION this September

Only **\$6.50** per week For the first 4 Weeks

24 HOUR GYM

RICHMOND
303 Windsor Street,
Richmond NSW 2753
Ph: 02 4578 7770
richmond@plusfitness.com.au

Join Online at:
PLUSFITNESS.COM.AU




Facebook: [accendoncedance123](https://www.facebook.com/accendoncedance123)

Instagram: [accendoncedance1](https://www.instagram.com/accendoncedance1)

accendoncedance@bigpond.com
0404 084 833

Accent On Dance

LEADING DANCE SCHOOL IN THE HAWKESBURY

Enrol online now for the New Year

Royal Academy of Dance Classical Ballet, Pointe, Tap, Jazz, Hip Hop, Modern, Musical Theatre, Acrobatics & Preschool Dance

2018 CLASSES RESUME MONDAY 29TH JANUARY

Fully qualified teaching staff
Air conditioned Studios

New students can attend for a week of free lessons
Registration day Saturday 3rd February 10.30am-12.30 pm at Richmond High School

www.accendoncedance.com.au