



# PRINCIPAL NEWS

**Steven So**  
Principal



## TERM 3

As I write this report I am masked-up working in my office at Tech. Unfortunately, COVID has struck again this year. As such Sydney Tech has quickly engaged our remote learning online since the beginning of Term 3. This year we have made refinements, allowing teaching and learning to be more structured and specific to the needs of our gifted students as a result of listening to community feedback from last year.

Thinking back to late last term, I fondly recall some of the fantastic events that showcased your talented sons when they out performed staff physically in a 100m relay at the athletics

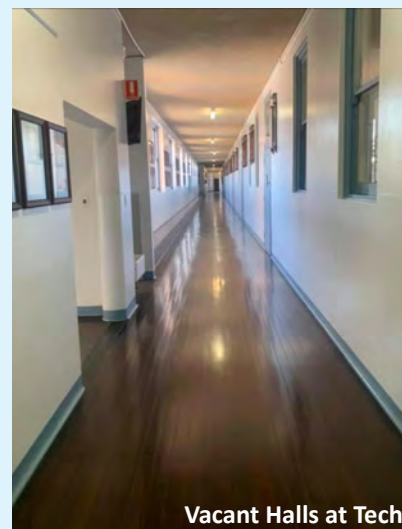
carnival, outsmarted the teachers in “The Chaser” and performed marvellously at Musicale evening.



Steven So - Taking Advantage of Wellbeing Wednesday

How things have changed in a matter of weeks. The physical site is vastly different but the spirit

of Tech continues to be strongly forged in the background. A great example was when our SRC leadership team conducted our first Zoom Wellbeing assembly for their peers.



Vacant Halls at Tech

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## STUDENT LED ONLINE ACTIVITIES

Friday Assembly: The 40 strong student members representing Year 7 to 12 were responsible for the organisation of all duties from behind the scene support, technical support and presenting motivational speeches. I was very honoured to be invited to talk to our students in this inaugural event. The assembly proceeded without a hitch and was well received by all.

Another SRC led initiative called "Sydney Tech Olympics" motivates pupils to get involved in activities not involving a computer screen. Students win prizes for entries best demonstrating the described events.

## PARENT SUPPORT

Remote learning has not been easy for our community and I would like to acknowledge the hard work of parents for your assistance in supporting your son's learning from home. I have heard about your diligence in maintaining great classroom control, encouraging learning of concepts and ensuring completion of all class activities. Many parents have led PE lessons ensuring your son remains fit and strong. Your support is very much appreciated during the learning from home period.

## STAFF

I'd like to warmly welcome Nan Chen our Student Support Officer who will be part of our Wellbeing team as of this term. Many of you will know her as our very hardworking P&C President, but sadly Nan has relinquished her position to focus on supporting our students. Being an active part of our community for many years, Nan has a deep understanding of Tech culture and has already started working on an innovative program to support the boys.

It's with a sad heart we farewell a longstanding and highly respected Science teacher, Ms Melanie Tan. Melanie will leave us to assume her new promotion position as Head Teacher Science at Lindfield Learning Village. I'd like to take this chance to congratulate and wish her the very best in her new journey and I know we will all miss her.

As many of you may know our music teacher Shane Gamage has taken leave to teach at an international school in China. I know it has been a dream of his to immerse himself in teaching overseas and we wish him the very best but look forward to his return in the future. I would like to extend our welcome to Iris Li who has accepted the position to replace Shane.

## SCHOOL CALENDAR Term 3 - 2021

Due to the current lockdown situation, most events have been cancelled or postponed. Some events may be online so please stay tune for up to date information via email.

## PARENT PARTNERSHIP PROGRAM DATES FOR TERM 3

### YEAR 7, 8 and 9

There will be no presentation for Years 7, 8 and 9 in Term 3 as the planned talk from the Federal Police cannot go ahead in any form.

**STAY TUNED FOR INFORMATION  
REGARDING THE SESSIONS FOR YEAR 10  
and YEAR 11/YEAR 12**



Greetings Sydney Technical High School! My name is Nan Chen and I am most honoured to join your school's Wellbeing team this term. As you may already be aware, I have been a parent of STHS for nearly six years, have been involved in your P&C for that time and the STHS P&C executive

team for four years. I have loved my time being connected to the parents and contributing to the school community. This year, I signed on as your P&C President. However, my passion is supporting students and the whole school community, and I have had to make the difficult choice of relinquishing my role on the P&C team to avoid conflict of interest so I can join the school staff.

I return as your new Student Support Officer (SSO). It is a youth outreach worker, non-teaching role, designed to mentor students, focusing on wellbeing and welfare, and connecting them to the myriad of external school services available. The Wellbeing team at STHS are doing a fantastic job for student wellbeing and mental health. I am excited to join such a dynamic team of dedicated teachers and experts, to support them as best as I can. In my role, I will be supporting students individually, in small and large groups, and help facilitate evidence-based student programs and fun events at the school.

As part of your Wellbeing team here at STHS, I hope I can get to know you all. I always value feedback and am data driven. My role is student-centred, to help build resilience, pro-social behaviours, enhance engagement and learning, help students build networks and run various student programs that would meet the needs of the students. I am a part of a cohort of over 500 SSOs statewide, a recruitment drive to be completed by 2022, funded by the NSW government and Department of Education.

My work experience in student wellbeing and mental health is over 10 years, mostly at the primary school level, at Rockdale Public School, where I worked in student learning support, with the last few years as a team leader, and most recently, teaching literacy in a COVID Intensive Literacy Support Program. I've been an integral part of the Positive Behaviour for Learning team, amongst many other social committees, P&C and School Council at the school.

Throughout my time, I have seen some challenging cases which has piqued my interest in wellbeing and mental health. My passion is in mentoring people, young or old, and helping people, both colleagues, parents and students, as a whole community.

I have a multidisciplinary educational background from medical research, special education and psychology. For my Bachelor of Science (hons) degree, I majored in Pathology at the University of NSW (UNSW). I Then worked on bone and biomaterials as a post-graduate research project. I also worked on stem cell therapy in the Graduate School of Biomedical Engineering. After I had my children, my direction changed to enable me to focus on my three boys and family. I worked with children who had disabilities and special learning needs. I joined the University of Newcastle (UON) and completed my Master of Special Education. I noted the prevalence and importance of mental health in the community, so completed my Graduate Diploma of Psychology online with Monash University, in order to understand human behaviour and how I can help. My mentoring experience includes: parent mentor coordinator at Sydney Boys High School in their P&C team, a mentor at the iLead program at UON, and a mentor at UNSW, as well as assisting teaching there, all has sparked my journey as an SSO.

I look forward to collaborating with the experienced school staff, parents, caregivers and families, as well as all the external service providers, to make all our students feel empowered, included, inspired, resilient, respected, safe and most of all, know that they are loved at STHS.

**Ms Nan Chen**  
**Student Support Officer**

# Wellbeing Wednesday Afternoon

Wellbeing Wednesday afternoon is an initiative to address the stress and anxiety caused by the latest Covid-19 pandemic and resultant lockdown and will run at Sydney Technical High School during sport until such time that we are back at school or can fully re engage in school sporting activities.

STHS is rolling out this strategy to devote Wednesday afternoons to wellbeing. We will not be taking rolls or monitoring activity of students or staff but hope to assist boys, their parents and staff to reduce screen time, take a break from online teaching, learning and home-schooling and engage in activities that focus on the body, mind, family and connecting during the allocated Wednesday afternoon sport time or any other time during the week.

The initiative asks the school community to focus on four areas - Body, Mind, Family and Others. It supports the Department of Education's Wellbeing Framework for Schools in creating a space on Wednesday afternoon that enables students, staff and their families to focus on their health, happiness, engagement and success during the stressful time of the pandemic and lockdown and links to the frameworks themes of Connect, Succeed and Thrive.

Practical suggestions are provided in the interactive document attached. (See the interactive document at the end of Tech Talk.) This has been sent out to all staff and families with links to more information and support agencies. It has been posted in the wellbeing

hubs for students and on our Facebook and school website.

The philosophy behind Wellbeing Wednesday afternoons is as follows:

**Body:** With Australians estimated at gaining over 50 million kilograms during the first COVID-19 isolation, we all need to increase, maintain or even commence a regular movement regime. Being active can increase your psychological wellbeing by keeping your mind and body engaged.

**Mind:** Learning new things is associated with higher levels of emotional and psychological wellbeing.

**Family:** Building relationships with family and others will support and strengthen you every day.

**Others:** Helping others is associated with higher levels of psychological and emotional wellbeing. Seeing yourself, and your happiness, linked to those around you can be incredibly rewarding and creates connections with people.

The school community has been encouraged to upload photos and a couple can be see here.

**Aphrodite Cox**  
**Deputy Principal**



Maxwell Lim



Jordan Wang

# ARE YOU THINKING OF BUYING YOUR CHILD A SMART TOY, SMART PHONE, TABLET, E-SITE MEMBERSHIP OR SOMETHING ELSE DIGITAL?

Children and teenagers are going online and using social media with increasing frequency. While many enjoy their online experiences, there are risks involved. Parents, schools and the broader community need to work together to help keep children's online experiences safe.

The Commonwealth Office of the Children's eSafety Commissioner has developed a resource for parents – **iPARENT** – which helps parents deal with the connected devices in their children's lives.

iPARENT – found at <https://esafety.gov.au/education-resources/iparent> - provides facts and statistics about Australian children online, managing technology in the home and strategies that can be used by parents to keep children safe online.

A parent's guide to online safety can be downloaded from this site. A range of other useful information is also available from the website. For example parents can access information about cyberbullying including:

- how to talk to their child about cyberbullying;
- what to do if their child is being cyber bullied or is engaging in cyberbullying behaviour themselves; and
- sources of professional support and help.

The website also provides information about how parents and children can report unwanted online contact and/or inappropriate, offensive or illegal content online.

**If you are thinking of buying smart toys, smart phones, tablets, drones, e-gift cards or membership in an e-gaming site may like to check out the e-Safety Commissioner's eSafety Gift Guide at - <https://www.esafety.gov.au/giftguide> - so you can be savvy and secure when you pick out tech gifts.**

Finally, if someone you know is adversely affected by an online experience, free and confidential advice, assistance and support is available from:

- the Kids Helpline (ages 5 to 25) on 1800 55 1800; and/or
- eheadspace (ages 12 to 25) on 1800 650 890; and/or
- Lifeline on 13 11 14.

**Of course if you need urgent assistance ring 000.**



# P&C CHAT

**Matthew Jensen**  
Vice President

Much has happened since our last Tech Talk – a fantastic musicale, the start of lockdown, and a P&C resignation.

At the end of last term - it seems like an age away - the school's Creative Arts Faculty produced the *Musicale*. It was a fantastic night showcasing the amazing musical talents of our boys. The P&C organised a raffle and lucky door prize for all who attended. Special thanks must go to Phillip Simmons who coordinated the event for the P&C along with his multiple helpers who made and sold tickets, took video and/or donated prizes. These people include Janet Lee (from Janet's Music), Alan Chen (from ShapeShifters), and many parents (Jocelyn Camara, Hong-Dao Dang, Anita Polimenakos, Vanessa Seto, Alex Troyak, and Herina Wang).

But then lockdown hit so plans had to be modified. As a result, our combined P&C meeting with St George Girls where we were going to be introduced to the new DoE High Potential and Gifted Education (HPGE) Policy had to be postponed. Once we have worked out the new date, we will let you know. Further, we have had to cancel our plans for a Father's Day celebration this year.

Finally, to bring you up to date on past happenings, our President Nan Chen resigned because the DoE offered her a job at Tech. She is now settling into becoming the Student Support Officer. In her letter of resignation from the committee she wrote:

"Thank you for your support these last few months. I am proud of the work the team has completed and everyone has always tried their best. These parents are most hardworking, and dedicated to the parent community, and the school's best interest. I am truly honoured to have been a part of a great team of volunteers who gave up their time and energy to help. I will miss you all."

"Although this is farewell, it is not goodbye as I now begin my learning journey and work supporting the students of STHS and the whole school community.

**Upcoming P&C is on Tuesday  
3 August 2021 starting at  
7:00pm via ZOOM**

**Meeting ID: 662 5600 1624  
Pass code: 915270**

**Looking forward to seeing you  
then.**

**All parents are welcome.**

**Following Meeting will be  
Tuesday 7 September 2021**

**Parents will be notified with  
Details for this meeting prior to  
the date.**

I look forward to working with parents again to help their sons. This time I will join the school team, to focus on student mental health, wellbeing and welfare which is my personal passion."

We are sad to lose Nan from the P&C executive committee but congratulate her on the position. We look forward to working with her for the wellbeing of our sons as they study at Tech.

So what can we look forward to in the up-coming months?

At this month's P&C meeting, we have a special presentation from Andrew Kinch from GameAware about how we can help our sons develop healthy gaming habits – a topic which in our present circumstances is much needed.

The meeting is Tuesday 3 August at 7:00pm via ZOOM:

Meeting ID: 662 5600 1624

Passcode: 915270

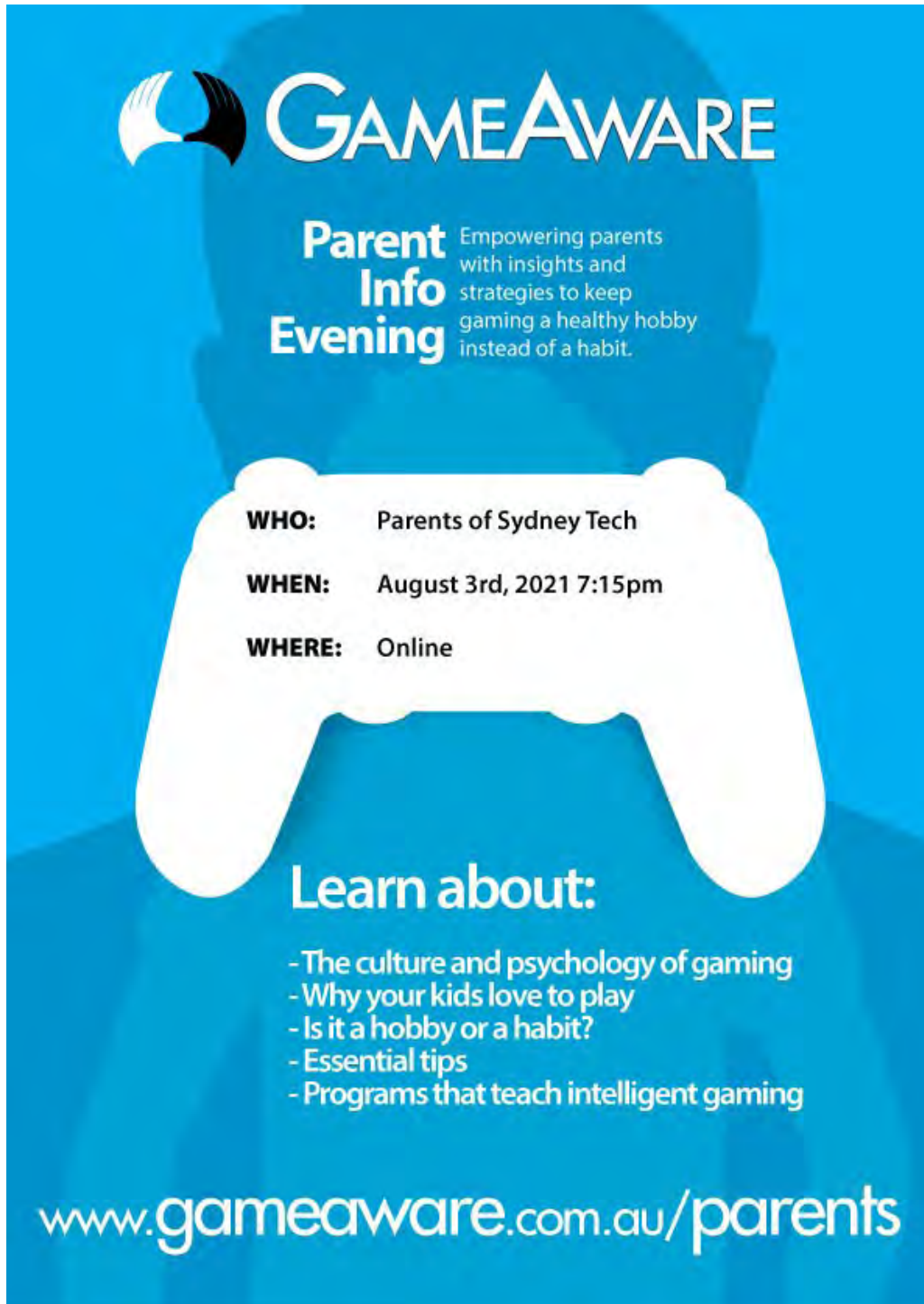
In addition to Andrew's presentation, we will be electing a new President to replace Nan, hearing reports from Mr So and Mr Grinham about the school, and conducting our other normal business. Please attend – all parents are warmly welcome.

Naturally, the rest of the year's plans depend on coming out of lockdown. However, they provisionally look like this:

- Teacher's Appreciation Day
- Summer Ensembles Event

To finish, I would like to wish you and your families safety in this uncertain time and hope to see you online Tuesday night.

**Matthew Jensen**  
Vice President



The poster features a blue background with a white silhouette of a person's head and shoulders. A white game controller is positioned in front of the silhouette. The GameAware logo, consisting of a stylized white and black 'G' icon, is in the top left. The text 'GAMEAWARE' is in large white letters at the top. Below it, 'Parent Info Evening' is written in a bold, sans-serif font, with a subtitle 'Empowering parents with insights and strategies to keep gaming a healthy hobby instead of a habit.' to its right. The event details are listed in white text: 'WHO: Parents of Sydney Tech', 'WHEN: August 3rd, 2021 7:15pm', and 'WHERE: Online'. A 'Learn about:' section lists five topics in white text. At the bottom, the website 'www.gameaware.com.au/parents' is displayed in white.

**GAMEAWARE**

**Parent Info Evening** Empowering parents with insights and strategies to keep gaming a healthy hobby instead of a habit.

**WHO:** Parents of Sydney Tech

**WHEN:** August 3rd, 2021 7:15pm

**WHERE:** Online

**Learn about:**

- The culture and psychology of gaming
- Why your kids love to play
- Is it a hobby or a habit?
- Essential tips
- Programs that teach intelligent gaming

[www.gameaware.com.au/parents](http://www.gameaware.com.au/parents)



# WORLD OF CAREERS IN LOCKDOWN

Jerry Mouzakis  
Relieving Careers Adviser

As the Delta variant of COVID has forced us into lockdown we need to adhere to Robert Pryor's and Jim Bright's Chaos Theory of Careers. This theory recognises that change and chance influence our lives and career development as much as stable factors like our ability and personality do. By learning to be adaptable and resilient, we begin to live on what Pryor and Bright call the "edge of chaos".

This is particularly relevant for our current Year 12 cohort. If you are interested in applying for early entry and or scholarships, these should be started now and drafts can be submitted to me.

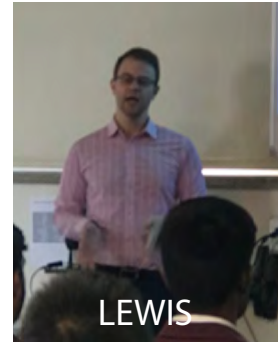
The Cooperative scholarships offered by UNSW, UTS and Macquarie are all prestigious scholarships. These are all open. The closing date for most of these is the end of this term.

Early entry application and the UAC school recommendation scheme including the University of Sydney E12 scheme and the UNSW Gateway scheme are currently open and close at the end of this term.

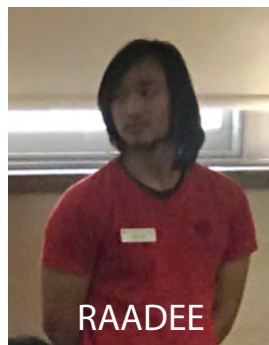
Even with the current situation we were fortunate to complete our schedule of external university presentations, our annual UAC information evening and some career exploration from visits by a few Old Boys - Glenn, Raadee, Lewis and Lochie. I would like to thank them again for giving back to the school to inform our current students about undergraduate medicine, postgraduate medicine, dentistry and ideas on how to improve your scholarship applications.



GLENN



LEWIS



RAADEE



LOCHIE

If you are applying for a scholarship, please email me so that I can fast track your reference.

If you require additional information after viewing the presentations held at our school, I recommend that you go to the upcoming Open Days at the Universities in which you are interested. Some Universities also have Virtual Tours available of the campus. The interactive file of links to all University Open Days is at the end of this Tech Talk. The interactive file will also be sent to all senior students in the next edition of the careers newsletter "The Oracle". See facing page for University Open Day dates.



## 2021 UNIVERSITY OPEN DAYS AND TOURS

### Australian Catholic University

- Sun 15 Aug 2021 - Ballarat
- Sat 7 Aug 2021 - Brisbane
- Sat 7 Aug 2021 - Canberra
- Sun 8 Aug 2021 - Melbourne
- Sat 14 Aug 2021 - North Sydney
- Sat 7 Aug 2021 - Strathfield

### Australian National University

- Sat 14 Aug 2021

### CQ University

- Wed 18 Aug 2021  
Sydney Virtual 10am-1pm
- Thursday 26 August 2021  
(Sydney Information Session)

### Griffith University

- Sun 8 Aug 2021

### La Trobe University

- Sun 8 Aug 2021 - Melbourne
- Sun 15 Aug 2021 - Albury-Wodonga
- Sun 29 Aug 2021 - Bendigo

### Macquarie University

- Sat 14 Aug 2021

### National Art School

- Sat 4 Sep 2021

### Charles Sturt University

- Sun 29 Aug 2021 - Orange
- Sun 8 Aug 2021 - Wagga Wagga
- Sun 15 Aug 2021 - Albury-Wodonga
- Sun 22 Aug 2021 - Bathurst
- Sun 1 Aug 2021 - Port Macquarie
- Sat 4 Sep 2021 - Dubbo

### Notre Dame

- Sat 28 Aug 2021 - Sydney

### Southern Cross University

- Virtual Tour on line

### UNSW

- Sat 4 Sep 2021

### University of New England

- Contact Uni to book a tour

### UNSW (ADFA)

- Sat 21 Aug 2021 - Canberra

### UTAS

- Sat 14 Aug 2021 - Rozelle/Darlinghurst

### University of Technology Sydney

- Contact UTS for August tours

### University of Canberra

- Sat 21 Aug 2021

### University of Newcastle

- Sat 28 Aug 2021 - Newcastle

### University of Sydney

- Sat 28 Aug 2021

### University of Wollongong

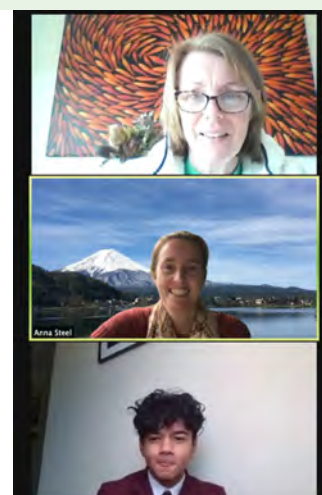
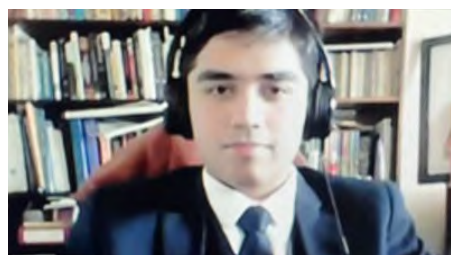
- Sat 7 Aug 2021

### Western Sydney University

- Sun 15 Aug 2021 - Parramatta

In the last week of July we completed the Year 10 Academic Adviser interviews via Zoom.

These interviews were a part of the subject selection process, ensuring students have the requisite information leading into subject selections so that they can make an informed decision about the subjects they will take into the HSC.



# SCHOOL UNIFORM

- STUDENTS ARE EXPECTED TO WEAR FULL SCHOOL UNIFORM TO AND FROM SCHOOL AND DURING SCHOOL HOURS.
- UNIFORM MUST BE WORN CORRECTLY: SHIRTS TUCKED IN, TIES DONE UP TO THE COLLAR AND SCHOOL CAPS REMOVED WHEN INSIDE BUILDINGS.

## SCHOOL SHIRT

- Junior - sky blue with short or long sleeves
- Senior - white with short or long sleeves

SHIRTS ARE TO BE WORN TUCKED IN

## SCHOOL TIE

- Junior - maroon and sky blue striped tie
- Senior - maroon tie with STHS crest
- Music - Performing Ensemble Tie

## SCHOOL BLAZER

- The maroon blazer is **COMPULSORY** as the **OUTER GARMENT** for warmth all year
- Terms 2 and 3 the blazer **MUST** be worn

## SCHOOL JUMPER

- Maroon jumper with STHS crest
- The school jumper is **never worn** as an outer garment - in Terms 2 and 3 the jumper can be worn as well as the blazer

## SCHOOL SHOES

- Black lace up leather shoes, not suede
  - Sport shoes are not acceptable
- Shoes with impervious uppers are required for Science and Technology Rooms

## SCHOOL TROUSERS

- College worsted mid-grey - long or short
- Permanent press polyester shorts - OK
  - Cord or drill material is not OK
  - Button or zip but not elastic
  - Belts should be black or grey

## SCHOOL CAP

- Optional school cap - black with school lettering

## SCHOOL SOCKS

- Short grey socks with long pants
- STHS school grey long socks pulled up knee high with shorts

## UNIFORM INFRACTIONS

- Three uniform infractions per term = 1 Friday Detention
- Six uniform infractions per term = 2 Friday Detentions
- Nine uniform infractions per term = Formal Warning of Suspension



# 2 DAY EVENT

## ZERO & REWARDS CARD HOLDERS

2 DAYS ONLY - 5TH & 6TH AUGUST

# 20% OFF

# SCHOOLWEAR

## & EVERYTHING ELSE



IN THIS CURRENT LOCKDOWN  
**SHOP ONLINE >**

**Not the right size? - No worries!**

See our exchange and return policy on our website.

**WE DON'T WANT ANYONE TO MISS OUT!**  
**A SECOND 20% OFF SALE WILL BE HELD FOR YOU WHEN RESTRICTIONS EASE.**



FREE DELIVERY over \$100<sub>AUD</sub>



# CAPERS AT CAPA

**Julie Ryan**  
Head Teacher Creative Arts

## Musicale and Performing Ensembles Camp

In 2020, COVID created a silence that was deafening to all involved in the Creative Arts at Tech. Once restrictions lifted and the music began to play again, the music staff worked with fervour to regain the joy of music and re-establish the performing ensemble groups. As a result, we currently have almost 120 students involved in one or more of our musical groups which is an impressive percentage. This year we have brought in a new tutor to conduct the Intermediate Band and established a new term-by-term fee system to ensure that the students get exactly what they pay for.

On 15-17 June, we held a wonderful performing ensembles camp. There was much music made, activities done and also some wonderful friendships established. 101 students went to Stanwell Tops where we rehearsed lots of music, did go cart racing, went on the goliath swing, did archery, ate lots of food...and noodles...

got evacuated...because of the noodles, and had a great time. Thank you to all the teachers who came, Shane Gamage, Julie Ryan, Nathan Brown, Irene Chork, Annette Falconer and James Kong.

On 22 June, STHS held a very successful Musicale. It was a stellar representation of the talent that is at Tech. The ensembles played a very high level of music in a very impressive way. There were soloists and small ensembles from Year 7 to Year 12 with genres ranging from instrumental concertos to rock 'n' roll.

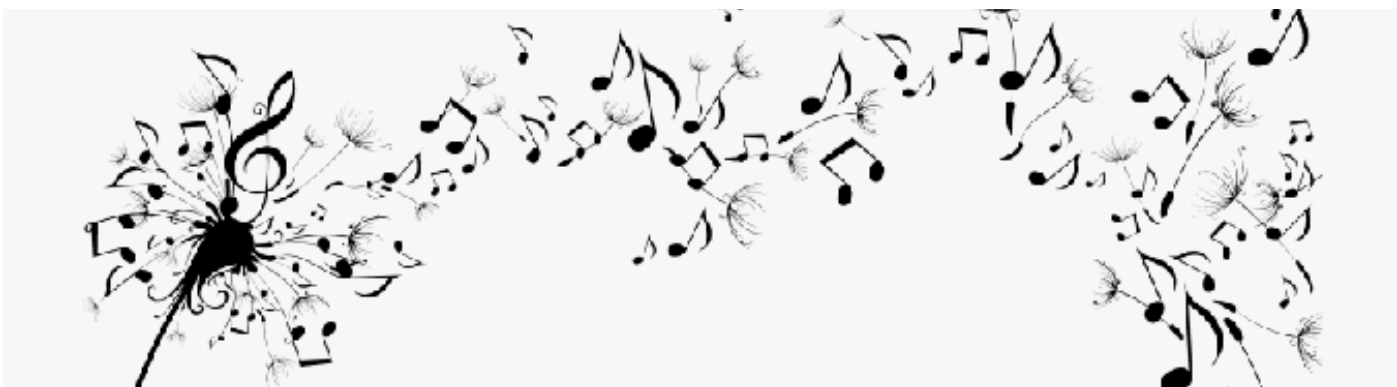
These events were made possible by the powerful combination of well nurtured talent, consistent support and the tireless effort and goodwill of a great many people who comprise the Sydney Technical High School community. Thank you to Steven So (Principal), Kirk Grinham, Alison Peachey and Aphrodite Cox (Deputy Principals) for their commitment to and support of the performing ensembles program.

The energetic and spirited input of the talented musical directors, Vov Dylan, Dave Panichi, Nick Watson and Joshua McNulty have been a driving force behind the musical growth and expertise of our performers.

The support of Nan and the Sydney Tech P&C is most appreciated. The relationship between the Performing Arts and the parents of the school is a wonderful celebration of how the community of Tech does not just stop at the student but extends to all members of the family. Thank you to the parents who are 'instrumental' in developing young musicians and contribute so much to the quality of the school throughout the year.

Thank you to our Musicale comperes Andy Ng and Kayne Fong (Year 12). These boys have been in the ensemble program since Year 7 and they were an obvious choice to introduce the ensembles to which they are so dedicated.





To all the office staff, particularly John Howard and Cheryl Feigen, for their initiative with printing and advertising - thank you for your continual patience and support. Thank you to Mark Burwood for donating his time to drive the truck to the ensembles camp and also to Tom Bradley for their assistance with the management of BBQ equipment and auditorium preparation for all our activities throughout the year.

Thanks to Ian Coulston and the students who provided technical, stage crew support, and sound and lighting. This year we have invested in professional light and sound engineers, Birdie Productions, to support the boys and to help them grow as entertainment providers.

The school would like to recognise and thank Shane Gamage who has worked tirelessly for the school for over a decade and as he embarks on his next musical adventure, he leaves an indelible legacy and enormous shoes to fill.

I thank him for all that he has brought to Tech and the many students who have been enriched by his expertise and love for music education. I wish Shane good luck for all that the future holds for him and his family.

It was so wonderful to be able to bring back such a successful display of talent and until next time keep practicing.

**Julie Ryan**  
**Head Teacher Creative Arts**

*"If art decorates space...  
 music decorates time."*

See over page for photos of Ensembles Camp and Musicale Rehearsals and Musicale.

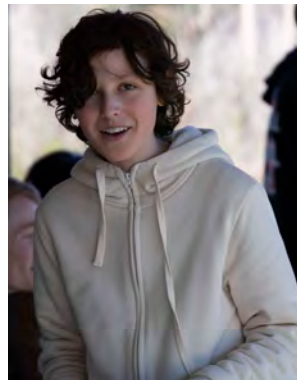


**Pre Musicale: Rehearsing and Sound Checks**













# Ensembles Camp







# LIBRARY **LOCK DOWN** EDITION

Welcome to the Library Lockdown edition of Tech Talk! What a doozy\* of a start to Term 3!

Students who borrowed up big for the school holidays are likely congratulating themselves for their forward-thinking (as they should!), but if your son was not one of them, never fear!

If the bookshelves at home have already been raided, and the constant wails of "there's nothing to read!!!!" can be heard, point your son in the direction of the Wheelers eResources within our Library collection.

There are two ways students can access these resources. They can log into Oliver Library (within their student portal) and either perform an **Advanced Search** or browse the **Reading Lists** for eResources. Alternatively, they can use the [Sydney Technical High School eLibrary](#) directly.

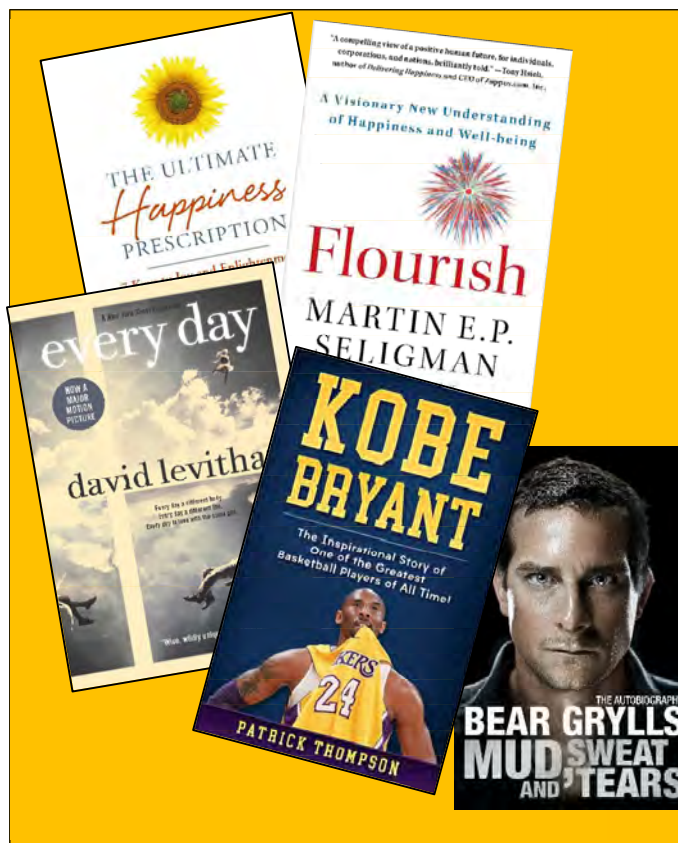
Students use their DET login to access either site. eResources can be borrowed and returned within either Oliver or the eLibrary and loans made in either platform will be listed under **Current loans** in Oliver until the item is returned.

A new addition to the digital Library this year is the **Wellness collection**. This includes specific fiction and/or non-fiction titles on personally challenging topics such as bullying, anxiety, depression, anger, and grief etc. It also includes resources that introduce the practice of mindfulness, self-compassion and gratitude. In this ever-changing, challenging time some of these titles may be useful in providing support for some students.

## Teachable moment


Doozy = something extraordinary or unusual, especially something unusually bad.

Have you had any doozy moments lately?



A selection of some of the titles available within the Wellness Collection within our eLibrary

Just a friendly reminder...



- ✓ **4 WEEKS** until the Challenge closes
- ✓ Student reading record **closes 3 September 2021 (11:59 pm)**
- ✓ **Year 7-10 students are eligible.** See the [Challenge Rules](#) for details.


NSW Department of Education

**2021 NSW Premier's Reading Challenge**

Start reading now!

www.premiersreadingchallenge.nsw.edu.au

Key dates for students in N.S.W.  
Challenge opens Monday March 1  
Challenge closes for student entries Friday August 20  
Awarded by Dr Benjamin Balshine





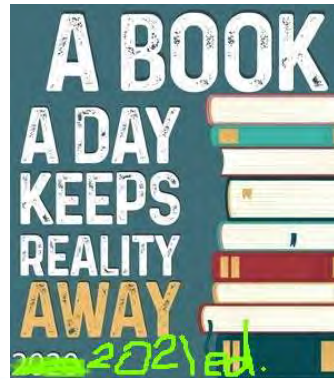
STHS Library website

Check out the Oliver News Page next week for T.H.E L.I.N.K

Sneak peek of the home page below.....you're welcome 😊



Sydney Technical High School Library



Latest Health advice\* from the Library

\*not a doctor



Pig the Pug photographs courtesy of F. Prideaux Yarrowarra Public School

## COMPETITION

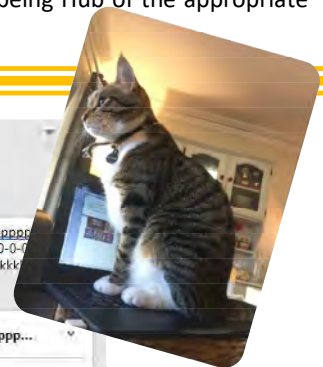
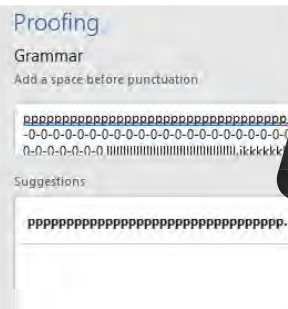
### LOCKDOWN TITLES

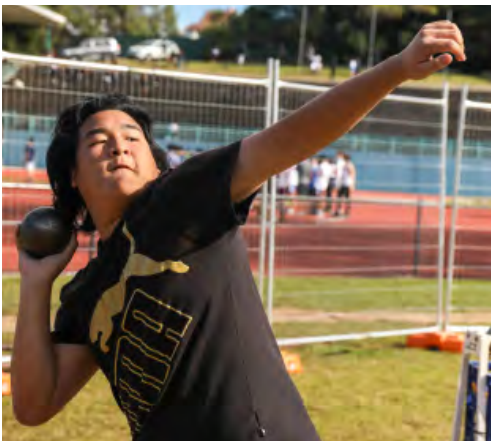
Time to have some fun and get the creative juices flowing! Rewrite a title to suit lockdown. It can be a children's book, manga, classic, a film based on/inspired by a book ... choose the title and your imagination is the limit.

You don't have to be a Photoshop genius or artist extraordinaire – entries will be judged on creativity and prizes will be awarded at the end of each week. See the Wellbeing Hub of the appropriate year level for more details.

I would just like to acknowledge the contribution and stubborn assistance of Lilo\* in the writing of this month's Lockdown edition of Tech Talk. Her dedication and talent for warming a keyboard is second to none. Her spelling however does need work.

\*AKA Lockdown Lilo, Miss Moody, Scratch Cat, Princess, Lilla Rina, Crazy Cat, Little Ms Sassy & Sassy Cat. Will answer to anything for treats.



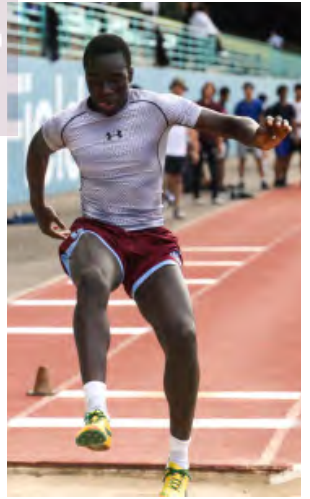


athletics carnival

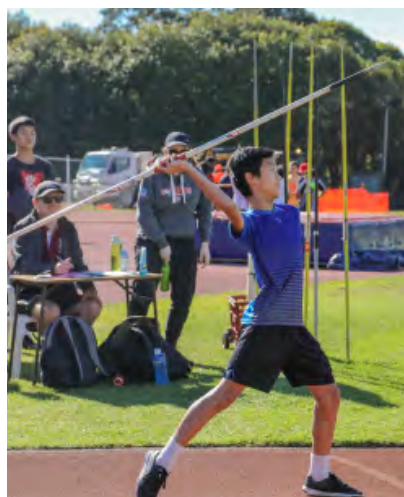
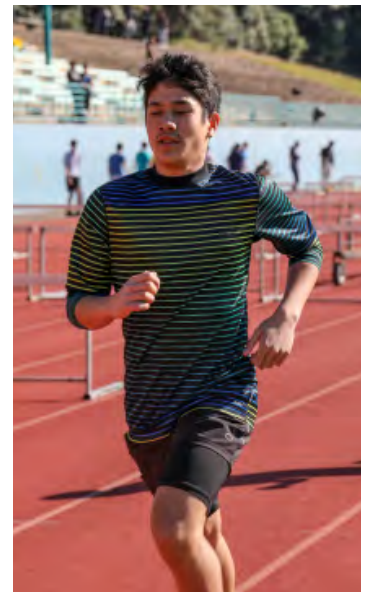




mt



athletics carnival



# School Athletics Carnival Results

Event	1st	Result	2nd	3rd
<b>12 YEARS</b>				
100m	Boron Saha		Joel Park	Baha Kim
200m	Boron Saha	29.16	Baha Kim	Joel Park
Hurdles	Rayd Khan	18.1	Rex Zhang	Caleb Simmons
800m	Joel Park	3:16.7	Yu Lin	Hang Lin
High Jump	Krishnan Rishi	1.2	Ho Yin Ng	Roman Samsonov
Long Jump	Baha Kim	3.66	Krishnan Rishi	Yu Lin
Discus	Roman Samsonov	14.57	Hang Lin	Ho Yin Ng
Shot Put	Roman Samsonov	6.76	Ho Yin Ng	Rishi Krishnan
<b>13 YEARS</b>				
100m	Alfred Tram		Daniel Chen	Jeff Chen
200m	Callum Chu	28.78	Rayd Khan	Aiden McManus
Hurdles	Koshy Cherian	17.72	Vincent Shi	Tokiya McDermott
800m	Aiden McManus	2:30.1	Adam Ajami	William Brownlie
High Jump	Iman Chowdury	1.28	Andy zhang	Adrian Sharafi
Long Jump	Nicholas Fung	4.5	Caleb Kang	Callum Chu
Discus	Roger Diesendorf	17.72	Andy Khang	Bryan Liu
Javelin	Caleb Simmons	18.81	Roger Diesendorf	Sahej Grewal
Shot Put	Jayden Luo	8.52	Andy Zhang	Jacob Song
<b>14 YEARS</b>				
100m	Bosco Chen		Joseph Ashnish	Marcus Young
200m	Qianrui Chen	27.31	Bosco Chen	Macquis Yu
400m	Danny Dong	1:04.4	Jai Naidu	Qianrui Chen
Hurdles	Koshy Cherian	17.71	Vincent Shi	Tokiya McDermott
800m	Jai Naidu	2:33.4	Ryan Tran	Jojo Le
1500m	Jai Naidu	4:54.0	Jeff Vun	Oliver Lyu
High Jump	Nhat Le	1.3	Qianrui Chen	Justin Wilson
Long Jump	Koshy Cherian	4.78	Vincent Shi	Qianrui Chen
Discus	Ezzekai Okoli	23.72	Adrian Tu	Jojo Le
Javelin	Nhat Le	20.53	Omotade Toluwani	Zayaan Syed
Shot Put	Sanad Haq	6.42	Oscar Moon	Salih Mujala
<b>15 YEARS</b>				
100m	Isaac Kwan		Kevin Ji	Jeremiah Bong
200m	Kevin Ji	25.0	Isaac Kwan	Cian Cameron-Gleeson
400m	Cian Cameron-Gleeson	1:01.0	Benson Liu	Zubair Khan
Hurdles	Cian Cameron-Gleeson	17.07	Jei Han	Karthik Varma
800m	Benson Liu	2:21.6	Krish Chadha	Mehmet Demdi
1500m	Benson Liu	4:53.0	Krish Chadha	Hayden Van
Triple Jump	Fahim Chowdhury	10.4	Dane Seto	Jeremiah Bong
High Jump	Krish Chadha	1.48		
Long Jump	Isaac Kwan	4.91	Fahim Chowdhury	Kevin Ji
Discus	Oscar Sadrana	22.43	Shen Chi Tan	Nathan Zhou
Javelin	Jei Han	22.8	Nathan Zhou	Helman Li
Shot Put	Ryan Khan	10.18	Suhash Kabir	Shen Tan



Event	1st	Result	2nd	3rd
<b>16 YEARS</b>				
100m	Auranya Mubtasim		Saihil Arandkar	Alex Kim
200m	Peter Kasthestides	26.37	Auranya Mubtasim	Alex Kim
400m	Minol Jayawardana	1:01.9	Cameron Stevens	Peter Kathestides
Hurdles	Alex Kim	16.75	Lalit Sahni	Brandon Wang
800m	Minol Jayawardana	2:29.6	Kishan Kumar	Joshua Bae
1500m	Eugene Waetford	4:49.0	Nathan Ho	Minol Jayawardana
Triple Jump	Christopher Yap	10.9	Alex Kim	Shaun Lee
High Jump	Keith Trayhurn	1.3	Dante Vicino	Eugene Waetford
Long Jump	Chrisopher Yap	5.33	Keith Trayhurn	Arnon Masum
Discus	Eugene Waetford	23.37	Peter Kathestides	Sahir Fundolley
Javelin	Farhan Anjum	29.5	Eugene Waetford	Terry Rakis
Shot Put	Jordan Allen	10.28	Peter Kathestides	Jason Lee

### OPENS

100m	Zubair Hossain		Phu Dang	Goddy Dadson
200m	Rayyan Hossain	25.5	Goddy Dadson	Mehmet Demdi
400m	Chanson Lee	1:00.8	Kevin Zhang	Goddy Dadson
Hurdles	Deon Argiratos	15.9	Phu Dang	Jayden Phan
800m	Jolly Andrew	2:22.9	William Mititelu	Chanson Lee
1500m	Finn MacMillan	4:22.9	Chanson Lee	Daniel Jenson
Triple Jump	Marcus McGeary	12.45	Deon Argiratos	Jayden Phan
High Jump	Marcus McGeary	1.62	Aryan Chauhan	Adam Milosavljevic
Long Jump	Sebastian Fatingana	5.67	Marcus McGeary	Aryan Chauhan
Discus	Deon Argiratos	32.56	Ushnish Chaudhuri	Yashas Narayan
Javelin	Deon Argiratos	39.63	Marcus McGeary	
Shot Put	Deon Argiratos	11.58	Marcus McGeary	Leon Callan

## Age Champions

Age	Champion	Runner Up
12 Years	Ho Lin Ng	Baha Kim
13 Years	Andy Zhang	Rayd Khan
14 Years	Qianrui Chen	Jai Naidu
15 Years	Krish Chadha	Cian Cameron-Gleeson
		Isaac Kwan
		Benson Liu
16 Years	Alex Kim	Eugene Waetford
Opens	Deon Argiratos	Marcus McGeary

## House Point Scores

1. Turner	489
2. McMullen	451
3. MacKinnon	359
4. Broome	304
5. Williams	248
6. Gotto	242

# School Cross Country Results

## 12 Years

Yu Lin, Joel Park, Carlos Choi, Roman Samsonov, Aaron Soo, Parth Pratim Murali, Boron Saha, Ho Yin Ng, Hang Lin, David Chen

## 13 Years

Aiden McManus, Vincent Lloyd, Adam Ajami, William Brownlie, Hayden Man, Emmanuel Kasadelis, Caleb Simmons, Callum Chu, Nicholas Fung, Shourya Surana

## 14 Years

Jai Naidu, Jeff Vun, Qianrui Chen, Vincent Shi, Ryan Tran, Macquis Yu, Harry Young, Tokiya McDermott, Leon Nguyen, Jojo Le

## 15 Years

Krish Chadha, Benson Liu, Hayden Van, William Wang, Deepit Gurung, Cian Cameron-Gleeson, Kevin Ji, Aaryan Singh, Mehmet Demdi, Mahmud Islam

## 16 Years

Nathan Ho, Eugene Waetford, Kishan Kumar, Sravanram Sivaji, Aaryan Pala, Roshan Bhat, Hanjun Shi, James Nguyen, Peter Kathestides

## 17 Years

William Mititelu, Chanson Lee, Sharan Deivendran, Michael Ahmad, Kevin Zhang, Deon Argiratos, Thivyan Aravindan, Finn MacMillan, Goddy Dadson, Arnav Raina, Albert Lee

## Opens

Daniel Jenson, Adrian Smith, Jay Nishimura-Smirthwaite

# Regional Cross Country Results

Name	Place	Name	Place
<b>13 Years</b>		<b>17 Years</b>	
Aiden McManus	1	William Mititelu	1
William Brownlie	5	Chanson Lee	3
<b>14 Years</b>		Michael Ahmad	5
Jai Naidu	2	Kevin Zang	6
Ryan Tran	5	Deon Argiratos	7
Qian Chen	9	<b>18 Years</b>	
<b>15 Years</b>		Finn MacMillan	1
Krish Chadha	1	Daniel Jensen	3
Benson Liu	5	Goddy Dadson	5
Hayden Van	6		
<b>16 Years</b>			
Kishan Kumar	4		
Minol Jayawardana	5		
Roshan Bhat	6		

# Air Cadet Jack Ruen

Sydney Tech Year 8 student Jack Ruan was again selected to participate in this year's Birthday Parade for Her Majesty Queen Elizabeth II as part of his Air Force Cadet program. The Ceremony was held on Saturday 12 June at Government House Sydney.

Jack also participated in the Anzac Day parade this year. That's him in the photo at front left with the snare drum.

Jack only joined the Air Force Cadets earlier this year, but has participated in quite a few Cadet activities in the last few months, include the Anzac Day Parade and Queen's Birthday Parade (pictured below).

## Anzac Day Parade:

344 FLT was invited to be one of 10 bands to participate in the 2021 City of Sydney Parade this year. They were leading the RAAF contingent which in the year of RAAF 100 is a huge honour.

## Queen's Birthday Parade:

344FLT was invited to participate in the Queen's Birthday Parade at Government House on Saturday 12 June 2021. The band will be combining with the Corrective Services of NSW Band and AAFC Band.









# Rotary U-Turn the Wheel

The U-Turn the Wheel program is a one day in school program that is delivered to Year 11 Students. The program is coordinated by Rotary and includes expert presenters who talk to students about the issues facing young drivers. The program reinforces the messages the decisions and actions made by drivers on the roads are their responsibility alone and can often lead to unforeseen and tragic consequences. There are six components of the program.

1. Keeping your Ls and Ps - NSW Highway Patrol
2. Buying a Used Car - NRMA
3. Driver Distractions - Youthsafe
4. Picking up the Pieces - NSW Paramedic, NSW Ambulance Service
5. Being Fit to Drive - St George Youth Services
6. New Driver Survivor - Trent Driving







# Year 11 Camp











# DURING LOCKDOWN SCHOOL NOTICES

## VISITORS ON SITE/ SCHOOL PAYMENTS

Due to the current lockdown in Greater Sydney and some regional areas of NSW, there are to be NO visitors to the school.

The school office is currently locked. If there is an instance that work needs to be dropped off at school or work is to be picked up, then this area for drop off or pick up is just outside the front door of the administration building.

If a teacher has organised to meet with you, then you will have to email the school on [sydneytech-h.school@det.nsw.edu.au](mailto:sydneytech-h.school@det.nsw.edu.au) prior to leaving home with your due time of arrival at the school. The teacher will then be notified.

**IN ACCORDANCE WITH COVID-19 AND DEPARTMENT OF EDUCATION GUIDELINES, THE SCHOOL REQUESTS AT THIS TIME, AND IT IS PREFERABLE, THAT ALL PAYMENTS BE MADE ONLINE.**

## SCHOOL SECOND HAND UNIFORM SHOP

Due to the current Covid-19 situation and lockdown across metropolitan Sydney, the Second Hand Uniform Shop is closed.

No visitors are allowed on site.

No volunteers can be on site.

No purchases can be made.

No uniform donations can be brought to the school.

The school will notify parents of the next possible date for accessing the Uniform Shop when Covid-19 lockdown restrictions are lifted.

Many of the photos that you see in all editions of Tech Talk and the Journal are taken by our School Media Team.

I thank these students for their photography efforts. Without the contribution from these students, we would have far fewer photos of our students when they participate in whole school events and excursions.

Cheryl Feigen, School Admin Officer



## **BUILDING FUND**

Sydney Technical High School was relocated to the current site in Bexley from the city and the school opened in 1953. The building is very solid, but not very flexible and of course aspects of the school require constant upgrades.

The financial support of our parent and alumni community is critical in renovating school facilities through support of our Building Fund. Donations to the fund over \$2 may be tax deductible.

Recently, the Building Fund has renovated both the senior and junior toilets together with a major upgrade to the students' change rooms. We are currently upgrading our electrical network to enable upgraded wifi facilities to provide students with continuing future technology resources

Can I urge you, on behalf of our school community, to consider contributing generously to this very worthwhile fund, as we all benefit, towards ensuring that our students learn in an environment which is fit for our purpose: OPTIMUM LEARNING!

## **LIBRARY FUND**

Want to be 'rich and famous'? Then make it a rule to read daily. Famous and very rich people like financier Warren Buffet, and Bill Gates read daily. A number of our students are avid readers and the 7-10 English reading program has given many students a great appetite for good books.

Our Library Fund gives parents and alumni the opportunity to donate to the Library. Donations to the fund over \$2 may be tax deductible.

The fund recently enabled us to renovate the whole area to make it modern, user friendly and a place to hang out. Open every day at 8am, the Library Fund lets the school keep interesting, thought provoking and modern books available for our students. The school introduced the READ program in 2018. Every student and teacher are required to read for 20 minutes every morning.

Could I urge all parents to contribute generously to the Library Fund, so that we can keep up to date with the sorts of novels and series that your son enjoys, and put them on the path to becoming lifelong readers.

### **DURING LOCKDOWN, PAYMENTS TO THE BUILDING FUND AND LIBRARY FUND CAN BE MADE:**

- on line via the school website - Parent Online Payment (POP)
  - <https://sths.nsw.edu.au>



# WELLBEING WEDNESDAY AFTERNOON



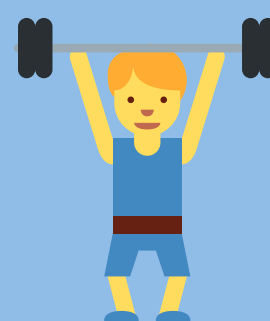
During Term 3-STHS staff, students and parents are encouraged to devote Wednesday afternoons to their well being, reduce screen time and engage in other activities. This is essential to refresh and refocus our attention on the what and who is important in these unusual times.

Aspects of Wellbeing for each Wednesday afternoon should consist of 4 main focus areas; Body, Mind, Family and Others. [Click on each image for some useful links.](#)

## BODY

### GET MOVING-DO WHAT YOU CAN

With Australians estimated at gaining over 50 million kilograms during COVID 19 isolation, we all need to increase, maintain or even commence a regular movement regime. Being active can increase your psychological wellbeing by keeping your mind and body engaged. There are plenty of fun ways to keep active, such as going for a walk or run, playing sport, dancing, riding a bike or even gardening! Doing something every day will make you feel good and clear your mind! Here are some suggestions:



- Walking- (Don't forget the dog!)
- On-line Apps- Nike Training App [\(NTC\)](#) [\(NRC\)](#).
- Arrange your desk to be standing, Sit on a Swiss Ball.
- Learn a new skill- challenge a day.
- Go for a brisk walk around the block for ten minutes during your break.
- Move around the "home"office every hour!

### GET THINKING-KEEP LEARNING

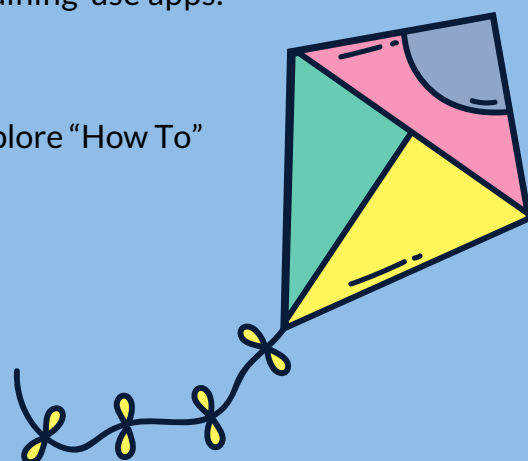
## MIND

Learning new things is associated with higher levels of emotional and psychological wellbeing. Learning can mean you: try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, fix a bike or learn to play an instrument or how to cook your favourite food. Set yourself a challenge! Learning new things will make you more confident, as well as being fun. What about:



- Try reading a new book or genre- Visit your own "home" library.
- Have you tried Yoga.
- Podcasts/audio books can be easily accessed.
- Meditation and mind-fullness training-use apps.

- Crosswords/puzzles/sudoku/Mindfulness Colouring in books.
- Complete a Daily Journal or Diary.
- Try some creative writing, draw/paint or create something-Explore "How To" videos on youtube or google.
- Build something you have always wanted to do!
- Make a kite from recycled materials
- Try a new recipe or hobby.
- Remember one positive thing a day!



## FAMILY

### GET CONNECTED

Talk and listen-Be there, feel connected.

Building relationships with others will support and strengthen you every day.

Relationships aren't limited just to your family; they include your friends, neighbours, co-workers and school friends.

Try these;

- Cook together-Have a Family Master chef competition.
- Cook for Grandparents and organise a free delivery!
- Become a home barista (or hot chocolate).
- Try board games/card/outside games/darts/Totem tennis!
- Plant something or trim something in the Garden.
- Research your Family tree with "everyone online!"
- Try online connections- "House party"- "Face time" or others.
- Phone or email a friend who you don't see often.
- Walk in nature.
- Spend time with pets and animals.



### TAKE NOTICE AND GIVE...

## OTHERS

As well as remember the simple things that give you joy helping others is associated with higher levels of psychological and emotional wellbeing. Do something nice for a friend, or family member, including thanking them, smiling, giving your time, or looking out, as well as in. Seeing yourself, and your happiness, linked to those around you can be incredibly rewarding and creates connections with people . Also try;



- Say "thank you" to someone for something they've done for you.
- Phone a relative or friend who needs support or company. Praise those you love.

- Offer to help with the household chores or do your share of them.
- Send a nice email: Just a quick note telling someone how much you appreciate them, or how proud you are of them, or just saying thank you for something they did.
- Be helpful: Think of others: Refill your neighbour's supplies, too, while you restock your own.
- Be hardworking:

# 2021 University Open Days and Tours

## Australian Catholic University



- [Sun Aug 15 2021 - Ballarat](#)
- [Sat Aug 07 2021 - Brisbane](#)
- [Thu Jul 01 2021 - Blacktown](#)
- [Sat Aug 07 2021 - Canberra](#)
- [Sun Aug 08 2021 - Melbourne](#)
- [Sat Aug 14 2021 - North Sydney](#)
- [Sat Aug 07 2021 - Strathfield](#)  
[TOUR CLICK HERE](#)

## Australian National University



- [Sat Aug 14 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## CQ University



- [Sat Jul 31 2021 - Sydney Virtual 10am-1pm](#)
- [Wed Aug 18 2021 Sydney Virtual 10am-1pm](#)
  - [Thursday August 26, 2021 \(Sydney Information Session\)](#)  
[TOUR CLICK HERE](#)

## Charles Sturt University



- [Sun Aug 29 2021 - Orange](#)
- [Sun Aug 08 2021 - Wagga Wagga](#)
- [Sun Aug 15 2021 - Albury-Wodonga](#)
  - [Sun Aug 22 2021 - Bathurst](#)
- [Sun Aug 01 2021 - Port Macquarie](#)
  - [Sat Sep 04 2021 - Dubbo](#)  
[TOUR CLICK HERE](#)

## Griffith University



- [Sun Aug 08 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## La Trobe University



- [Sun Aug 08 2021 - Melbourne](#)
- [Sun Aug 15 2021 - Albury-Wodonga](#)
  - [Sun Aug 29 2021 - Bendigo](#)  
[TOUR CLICK HERE](#)

## Macquarie University



- [Sat Aug 14 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## National Art School



- [Sat Sep 04 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## Notre Dame



- [Sat Aug 28 2021 - Sydney](#)  
[TOUR CLICK HERE](#)

## Southern Cross University



- [Click Here](#)  
[TOUR CLICK HERE](#)

## UNSW



- [Sat Sep 04 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## UNSW (ADFA)



- [Sat Aug 21 2021 - Canberra](#)  
[TOUR CLICK HERE](#)

## UTAS



- [Sat Aug 14 2021 - Rozelle/Darlinghurst](#)

## University of Technology Sydney



- August [Click Here](#)  
[TOUR CLICK HERE](#)

## University of Canberra



- [Sat Aug 21 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## University of New England



- [Tours](#)  
[TOURS CLICK HERE](#)

## University of Newcastle



- [Sat Jul 31 2021 - Ourimbah, Central Coast, Gosford](#)
  - [Sat Aug 28 2021 - Newcastle](#)  
[TOUR CLICK HERE](#)

## University of Sydney



- [Sat Aug 28 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## University of Wollongong



- [Sat Aug 07 2021 - Click Here](#)  
[TOUR CLICK HERE](#)

## Western Sydney University



- [Sun Aug 15 2021 - Parramatta](#)  
[TOURS CLICK HERE](#)

