

tech talk
february
2022

Sydney
Technical
High School



PRINCIPAL NEWS



Steven So
Principal



WELCOME

Welcome back Sydney Technical High School community. I hope you were able to have a relaxing, well deserved break. The start to this year has been very smooth for both staff and students and I know the community were very happy to resume to face to face teaching and learning. We will continue to provide our students the highest quality education from our dedicated and talented staff who will support academic and social development, ensuring your son is able to achieve his personal best in 2022.

YEAR 7

I would like to warmly welcome Year 7 students and their families to Sydney Technical High School. This year students have come from over 80 different primary schools across Sydney and from both public and private settings. Congratulations on your selection and please take the time to enjoy the fabulous learning environment and appreciate the learning opportunities offered by the teaching staff.

Unfortunately, the P&C hosted welcome BBQ for parents and students is postponed due to current restrictions. I am hopeful we will be able to organise this important gathering in the near future so staff will be able to meet with you soon.



NEW STUDENTS

I would also like to welcome to our school community all new students, and their families, from Year 8 to Year 11. Congratulations and please enjoy the rich educational experience that Sydney Technical High School offers both academically and in the extra and co-curricular domains. I look forward to working with each of you to further your educational journey.

P&C

I wish to welcome and introduce our 2022 P&C executive members who were nominated late last year:

President – Ms Harsha Yadav

Vice Presidents – Ms Eleanor Tan and Ms Ho Dao Dang

Secretary – Ms Janet Kirk

Treasurer – Ms Linda Choy

Senior Committee – Mr Raj Surti

Junior Committee – Ms Herina Wang

Events Coordinator – Mr Giang Ho

I look forward to continuing to work with our brilliant and ever supportive P&C Committee in 2022.

HSC SUCCESS

I am very pleased with our HSC results, and congratulate last year's Year 12 students and their teachers for their perseverance, diligence and hard work. Despite all the challenges that 2021 presented, HSC results were outstanding.

Special mention goes to Quang Huy Nguyen who came Dux of our school with an ATAR of 99.7, Emaduddin Ahmed and Daniel Jensen who came second with ATARs of 99.35, Daniel Jensen and Lachlan Beetham who achieved State rankings in Engineering Studies. Kudos to our 11 All Rounders - Band 6 in all subjects: Emaduddin Ahmed, Justin Chin, Phillip Fotiou, Daniel Jensen, Dennis Lai, Quang Huy Nguyen, Pranit Sarker, Anthony Tawdrous, Kenton Tran, Liam Truong and Rion Ullah.

Congratulations to the nine students who achieved an ATAR above 99 and the 91 students with an ATAR above 90. I can also report 100% of our students have now accepted entry into university degrees.

Congratulations to the 2021 Year 12 group on your outstanding results!

SCHOOL PROJECTS

WiFi Upgrade – The school's WiFi upgrade is now complete and the community are now able to access much faster connection speeds and have more bandwidth available. Connection both within buildings and outside have been boosted to ensure students are able to maximise the use of their devices and ensure uninterrupted learning.

Cooler Classrooms – providing air-conditioning to all classrooms is on course for completion at end of this term. This will ensure students have a very pleasant classroom environment across the span of the year.

Canteen Refurbishment – The finishing touches are being applied to the area adjacent the canteen and will be ready shortly. Students will be able to dine with friends in an open and comfortable space.

SCHOOL CONNECTION

The Parent Partnership program is an initiative which Sydney Technical High School delivers to provide information and skills in supporting your son's education. It also presents an opportunity for parents to connect with each other and to the school. I strongly urge parents to attend these very popular sessions and look forward to connecting with you soon!

Steven So
Principal

SCHOOL CALENDAR Term 1 - 2022

February

- 7 Concert Band Rehearsal Commences
- 8 Intermediate Band Rehearsal - Year 9
- 8 Guitar Ensemble Rehearsal
- 10 Stage Band Rehearsal
- 10 String Ensemble Rehearsal
- 11 Choir Rehearsal
- 14-15 Year 7 Best Start
- 15 Intermediate Band Rehearsal - Years 10/11
- 21 SE Volleyball Knockout/Trials
- 22 Intermediate Band Rehearsal - Year 8
- 23-25 Year 7 Camp
- 24 Year 11 Biology Field Trip
- 25 St George Zone Swimming Carnival
- 28 St George Zone Swimming Carnival

March

- 4-5 Duke of Edinburgh Expedition
- 8 Special Religious Education - Years 7/8
- 10-12 Duke of Edinburgh Expedition

TABLE OF CONTENTS

PRINCIPAL NEWS	1
SCHOOL CALENDAR	3
FROM THE DEPUTIES	4
HSC ACADEMIC SUCCESS.	7
WELCOME TO NEW STAFF	8
WELCOME YEAR 7 2022	9
YOUR WELLBEING @ TECH	12
CAPERS AND CAPA	14
P&C CHAT	16
SSO REPORT	18
WORLD OF CAREERS	19
UNIFORM POSTER	20
SCHOOL NOTICES	21
BUILDING FUND/LIBRARY FUND.	22

FROM THE DEPUTIES



Kirk Grinham
Deputy Principal



Alison Peachey
Deputy Principal

Welcome back to a new year at Sydney Technical High School and welcome to our new students and their families.

It has been a return to covid-safe protocols in the playground and between classes, and we applaud the boys on their exemplary behaviour and adherence to the procedures that aim to keep everyone safe. Well done to our new Year 7s – they have quickly acclimatised and are navigating our large campus and multiple buildings with the assistance of their new friends and the older students. As always, the friendly and cooperative culture of the school is in evidence.

Student wellbeing is of paramount importance to us at Sydney Technical High School. If parents/carers need to talk to someone about their son you may contact either Deputy Principal, although it may be preferable to speak to the Deputy who handles your son's year: Ms Peachey supervises Years 7, 9 and 11 and Mr Grinham Years 8, 10 and 12. Alternatively, you may contact the Head Teacher Wellbeing, Mr Stokes or the appropriate Year Adviser: Year 7 – Ms Stergiou, Year 8 – Mr Ngan, Year 9 – Mr Davis, Year 10 – Mr Cachia, Year 11 – Mrs Kannan and Year 12 – Ms Steel.

Uniform

STHS is a uniform school and our students should be proud to be seen in their uniform. Details about correct school uniform are listed in the school diary. Some further explanation is as follows.

It is a Department of Education requirement that all students wear black lace up leather shoes. Belts must be black or grey. All students must be in correct uniform each day - this includes ties being worn neatly, shirts tucked in, long socks worn (pulled up) with shorts and hats removed inside school buildings. All students are permitted to wear the official school sports uniforms on Wednesdays, but must not wear a combination of school and sports uniforms. Sports jackets are only to be worn on sport day. Blazers are compulsory for students when extra warmth is required. The pullover may be worn underneath for further warmth. For Year 12, they may wear their school jersey on Wednesdays this term.

Students not in correct uniform must see Ms Johnston, R/HT Administration, or a Deputy Principal before school with a note from home in order to obtain a uniform pass (to be shown to classroom teachers). If a student does not have the official pass, he will be automatically placed on Friday detention.

Technology

Any electronic devices that are brought to school are strictly for educational purposes whilst on the school premises. Devices should not be brought on Wednesdays (sport day). No devices are to be used at any times for recreational use. Students who need to use their device for school needs during recess or lunch can do so when rostered into the library or under the direct supervision of a teacher. Phones are not appropriate forms of BYOD. Should you still be deciding which device is suitable for your son, you may use our JB HiFi purchasing portal:

www.jbeducation.com.au/byod. The School Code is STHSBYOD.

Lateness and Leaving Early

Students who arrive late must sign in at the office to gain an entry slip and should provide a note from home explaining their lateness.

Students needing to leave early for urgent matters must bring a note to be signed by a Deputy Principal before 8:45am, then take it to the front office. All class time, and sport, is valuable and as such medical/dental appointments should be made out of school hours whenever possible.

Until further notice, we are being flexible with the arrival and departure time of Year 12 students. If your son does not have a class before recess he can arrive at school later than 8.45am. He must sign in at the library before the end of Period 1 and then attend muster in the quad prior to attending period 2 (if Period 2 is a study period he must go to the library). To not sign in by the end of Period 1 will register a late arrival to school, an SMS home and affect their attendance percentage. This is an optional arrangement; students are welcome in their designated mezzanine space in the library during any of their timetabled study lessons.

Once at school, students may not leave the school grounds until after the completion of their last timetabled class of the day. Year 12 students will sometimes have a study period last in the day. In this case, they may return a permission note for the year providing parent approval for them to leave early to study at home. During their study period they must either sign in at the library (using their ID card) or sign out at the front office, or else will be recorded as truanting.

Parking

Parents who pick up their sons after school should do so in the surrounding streets of Ethel Street or Botany Street; please be aware of the lengthy bus zones and do not stop in them at any time. We suggest organising a pick up location a block or two from the school to minimise congestion, making it safer for all students.

Anderson Street and Forest Road are not appropriate points to pick up or drop off your son.

For the safety of our students please be aware of clearly signed bus zones, crossings, no stopping and no parking zones. Do not double park or park across driveways as it is unsafe, illegal, dangerous and may incur significant fines and loss of points. The Anderson Street and Forest Road car parks are for staff only.

Skateboards, scooters, mobiles phones and other valuables

Students and parents are reminded that skateboards and scooters should not be brought to school. It is also unwise to bring valuable equipment to school. If students bring a mobile phone, it must be turned off inside buildings. Wallets and valuables must never be left in unattended bags. If a student must bring a large amount of money to school, it should be left at the front office for safekeeping during the day. Electronic devices should be kept with the students and are not to be used at recess or lunch in the playground. Should students need to use their device for school work at recess or lunch, they should access the school library.

Illness

Students who are ill during the day or who have an accident must report to the front office. They are not to phone parents directly; that is the responsibility of the office staff, who have very clear procedures to follow when students attend the school sick bay. Parents will be phoned if the office staff and Deputy Principals believe that the student should be taken home or if an ambulance is called.

It is essential that the school has correct contact details. Have you changed phone or mobile phone numbers recently? Please let the school know. This is also important for SMS notification of student absences.

Students driving to school

Senior students who drive to school are reminded of the following:

- There is no student parking in any of the school car parks. Vehicles are to be parked in the streets surrounding the school, while observing the parking signs and being respectful of our neighbours.
- Students are not to leave the school grounds during the school day, except at the conclusion of lessons for the day. Once students have entered the school grounds, study periods must be taken in the library.
- Drivers and their passengers can obtain driver/passenger information forms from DP Mr Grinham or Ms Peachey – these are to be returned to the office before driving to school commences.
- Remember to drive safely and abide by the road rules, which are there for your protection.

Supervision Before School

Students should not be present in the school grounds before 8.30am. From 8.30am until 8.45am the Principal and/or Deputy Principals and/or Head Teacher Administration will be available in the administration block to attend to any incidents which may occur. The library mezzanine is always available for Year 12, the lower area on a cohort basis, including before school. The arrangements for Term 1 are:

	Mon	Tues	Wed	Thurs	Fri
Before school	11	9	7	10	8
Recess	8	10	8	9	7
Lunch	10	7	closed	11	10

Photographs

Occasionally staff take photos of individual students or groups of students for various school forums, such as the school website, Tech Talk, the annual journal, the annual school report, school year photo, artwork and other internal purposes. No photos are ever taken for commercial purposes or for outside groups. Any individual photo taken, such as for the school website, is always with the individual student's permission. Some parents have already completed a Permission to Publish Form. Any other parent who does not wish their son to be photographed will need to put that request in writing and provide it to the Deputy Principal, Mr Grinham by 27 February. In such cases it will be the responsibility of the student to remove himself from any activity where photography may occur.

School Photographs

School Photographs will be taken on Thursday 17 March in the auditorium. Information will be distributed via roll call classes. All students are to be photographed whether they are purchasing photos packages or not as the photos are also used for student ID/library cards. The schedule for the day will be on noticeboards around the school.

K Grinham
Deputy Principal

A Peachey
Deputy Principal

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E: sydneytech-h.school@det.nsw.edu.au
W: sths.nsw.edu.au

Congratulations Class of 2021

**Congratulations to Quang Huy Nguyen,
Dux of 2021, with an ATAR of 99.7.**

**Equal Second to Emaduddin Ahmed and
Daniel Jensen with ATARS of 99.35.**

**Congratulations to our top scholars who were
HSC All Rounders:**

**Emaduddin Ahmed, Justin Wen Sien Chin,
Phillip Fotiou, Daniel Jensen, Dennis Lai,
Quang Huy Nguyen, Pranit Sarker,
Anthony Tawdrous, Kenton Tran,
Liam Ka Yuen Truong and Rion Ullah.**

**Top Achievers: Daniel Jensen -
3rd in the State for Engineering, and
Lohlan Beetham - 8th in the State for
Engineering.**

**251 students were on the NESAs Distinguished
Achievers List.**

**We congratulate our HSC Students
and their Teachers.**

Welcome to New Staff



Angela Hong: Hailing from a school in the West, I've come to join the Sydney Tech team as the Head Teacher Teaching and Learning.

Over the past seven years I have taught across English, Technology and Visual Arts

Needless to say, I really love teaching all sorts of things and some other loves include my dogs, all things Disney and Harry Potter

Greetings to all and I look forward to being a member of the Tech community!



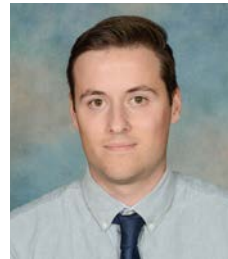
Linda O'Brien: I came to teaching after working as a Pharmacist for 15 years. I was employed as a casual teacher for five years, then was appointed to Randwick Boys' High school in 1997. RBHS is a fantastic school and I worked with colleagues there who really honed my skills and knowledge in Chemistry and junior science. In 2006 I was selected as Head of

Science at RBHS, but in 2011, for medical reasons, transferred to Blakehurst High School, co-incidentally, my old high school from the 1970s!, and a lot closer to my home. I worked there until the end of last year. This year I am taking Leave Without Pay, so that I can fit teaching in with my treatment. I have only worked two days at STHS, but I love it here already. I am from a family of teachers: my husband teaches Visual Arts at Endeavour Sports, and three other family members are teachers too. Teachers rule!



David Bell: I am the new Music Teacher for this year at STHS. I cannot express how excited I am to be here to work in this incredible faculty, school and with such gifted students. I have taught Music for the past five years in multiple areas across NSW including the Central West, Northern Beaches, Bankstown Region and Penrith area. I have a deep love of music performance and have a wealth of gig experience having played in multiple bands and ensembles. Away from music I love to surf, run, swim and am

in the process of training for the Western Sydney Ironman in September. This year will be brilliant, and I am eager to get right into the culture and add to the rich history of this amazing school.



Matthias Sender: I have been working in Mathematics at the school since the beginning of Term 1 2021 and have thoroughly enjoyed my time at Tech. Just to provide you with a brief introduction of myself. I am an ex-student of the school, having graduated in 2014. It has been quite nostalgic returning with dormant memories re-emerging each passing day of the good experiences I had here. I studied Mathematics at University and enjoyed it so much I decided that the teaching of it was the best profession for me to undertake. I look forward to passing on my respect, fascination, and interest of the subject area over to my students. Furthermore, I am also very much a sport fanatic and have played Football for 19 years. I am therefore very eager to become involved in the coaching of the sport at Tech. Other various interests of mine include

the reading of literature (History and fiction), piano playing, writing and film watching. I am very appreciative of how welcoming everyone has been towards me during my time at the school. I look forward to creating further memories here and just simply enjoying what I do.



Shann Preece: I have spent most of my art teaching career at Bankstown Girls HS, with some time teaching art at high schools in London. I took a sidestep from art teaching and worked as a lawyer in community legal centres for five years. I returned to teaching because I missed the creativity and joy of the classroom. I have my own art practice which I get to when I can. I really look forward to working with the dynamic and engaged students and colleagues at STHS.



Welcome Year 7 2022









YOUR WELLBEING @ TECH

Nick Stokes
HT Wellbeing

Welcome back to all our returning students and their families and a warm welcome to our new students and their parents. The last two years have certainly been some of the most challenging years for our school community as we navigate our way out of this current Pandemic.

On the first day of Term 1 all of our new Year 7 students participated in a series of different transition activities to help them settle into High School and they will be involved in a study skills workshop at the Year 7 camp in Week 5. The remaining year groups had Year meetings in their first week back, connecting up with their Year Adviser and joining up to their year's Wellbeing Hubs via the Google classroom platform. The Wellbeing Hubs will be a place where much information about events around the school and extra wellbeing resources will be communicated to the students. It is advised that students check this daily in the first few weeks of Term 1, especially whilst our display screens around the school are out of action.

There are some new and returning faces to the Wellbeing team in 2022:

- Pamela Stergiou (Year 7 Adviser)
- Nathan Ngan (Year 8 Adviser)
- Mitch Davis (Year 9 Adviser & 2IC)
- Andy Cachia (Year 10 Adviser)
- Kristine Lajkoski (Relieving Year 11 Adviser for Anna Steel)

and

- Cheryle Steel (Year 12 Adviser).

Nan Chen is the school's Student Support Officer (SSO), Gai Primmer will continue as the school's Learning and Support Teacher on Mondays and Tuesdays. Jay Dahl Nadia Vares are the school counsellors in Term 1. Jay will be available on Mondays and Tuesdays whilst Nadia is here on a Thursday.

Jerry Mouzakis is our Careers Adviser, Sharron Cleary will take on the role as Junior Transition Coordinator and Jenny Haitidis will be the Transition Coordinator for new students coming to Tech in Years 8–12. Alison Peachey will be the Deputy Principal for (Years 7, 9 and 11) whilst Kirk Grinham is the Deputy for (Years 8, 10 and 12).

For our new parents, the Wellbeing Team is usually the first point of call when contacting the school with issues about the wellbeing of your sons and the team is available to assist you should the need arise.

Nick Stokes
Head Teacher Wellbeing

GUIDELINES FOR GOAL SETTING

The beginning of a new year is an ideal time to start thinking about setting goals for yourself. A good place to start is by using the SMARTIES checklist shown below:

SPECIFIC: Make goals as detailed and specific as possible. Don't make broad wishy-washy goals like 'I want to do better in Maths', make them very detailed and specific. Exactly what do you want to achieve?

MEASURABLE: You want to be able to know when you have achieved your goal so make sure there is some way to measure your success.

ACTION-ORIENTED: Your short-term goals should really be the action steps you need to take to achieve the medium and longer term goals. (Another version of SMARTIES has Aspirational instead of action-oriented, ie your goals should inspire you and stretch and challenge you beyond your comfort level.)

RELEVANT and REALISTIC: Goals change, so if your goal is no longer relevant, you need to change it too. Although your goals should stretch you beyond your comfort zone, they need to be in some sense realistic. Create challenging goals by all means, but not totally unrealistic ones.

TIME-BASED: Your goals need to have a 'to complete by' date to give you something to aim for.

INTERESTING: Make your goals about things that you find interesting and worthwhile.

EMOTIONAL: Use powerful language to express the emotion behind the goals.

SUCCESS ORIENTED: Express your goals in a positive and success focused way.

Parents and their sons can learn more about how to achieve academic goals and other study skills topics at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Username: STHS

Password: 686 success

This year, staff and students will continue to have access to a new online resource called 'Unleashing Personal Potential' for use at our Wellbeing Assemblies to help promote growth mindset, grit and wellbeing. Far too often we see some students fall into the trap of becoming fixed in their way of thinking, making improvement that much harder for them. By educating students about neuroplasticity of the brain and challenging the way we think through growth mindset, grit and positive wellbeing, individual students will be in a better position to show their true potential.

Further information can be found at:

<http://www.unleashingpersonalpotential.com.au/>

ATTENDANCE

Sydney Technical High School has high expectations of all of its students and this includes their attendance. The school must adhere to State and Federal legislature around this as it ensures all children, up to the age of 17, attend school. The demographics of the students at STHS mean that many are travelling long distances each day and rely on public transport that can sometimes be delayed. In these unforeseen instances, the school is always understanding. Where such understanding expires is when student absenteeism and/or lateness becomes too frequent. Students who know that their transport links are unreliable in allowing them to arrive on time to school every day are strongly encouraged to make alternative arrangements. This may mean walking and leaving home earlier. All students are allowed three instances of unexplained lateness to school every term before they will receive an after school detention.

Keeping an accurate and appropriate record of student attendance is a legal

requirement of all schools. A student's attendance record is also a valuable tool for potential universities and employers when ascertaining a person's reliability and punctuality. STHS is aware of this and ensures that attendance is always printed on every semester report. DEC procedures states that parents will have seven days to explain their child's absence (via SMS, letter etc.) before the absence will be recorded as unexplained. The school is no longer required to retrospectively amend a student's attendance record after the seven days have lapsed i.e. if a parent brings in a note with several dates from throughout the year all deemed "sick".

Should you have further questions around this, please contact the school. Full school attendance is a vital part of education and encourages active and responsible participation. We appreciate your support in this important issue.



CAPERS AT CAPA

Julie Ryan
Head Teacher Creative Arts

SYDNEY TECHNICAL HIGH SCHOOL PERFORMING ENSEMBLE PROGRAM - 2022

We would like to welcome David Bell and Kenny Bradshaw who will be joining us this year. We also say farewell to Joshua McNulty and Nick Watson. We thank them for their help with the ensemble program and wish them well in their endeavours.

In 2022, we will continue to raise the profile of music in the school and encourage as many quality performance opportunities for our students as possible.

As per Departmental advice, all visitors to the school are required to be fully vaccinated and are permitted on site after 3:05pm.

We will be splitting the Intermediate Band (see the table below) into cohorts due to its size. All other ensembles are small enough to be able to put them into the Auditorium and other classrooms with appropriate distancing. See below for the COVID conditions that we will be maintaining.

Due to the unusual start to 2022, our first week of rehearsals will be in Week 3.

See the details below:

Ensemble	Date	Time	Conductor	Venue*
Concert Band	7 February	3:05pm – 4:30pm	Mr Bell	Auditorium
Guitar Ensemble	8 February**	3:05pm – 4:05pm	Mr Bell	Room 42
Intermediate Band	8 February	3:05pm – 4:30pm	Mr Bradshaw	Auditorium
String Ensemble	10 February	3:05pm – 4:30pm	Mr Dylan	Rm 40/Audit
Stage Band	10 February	3:05pm – 4:05pm	Mr Panichi	Audit/Rm 42
Choir	11 February**	Lunchtime	Mrs Ryan	Auditorium

* subject to change

** Note change in day of rehearsal

INTERMEDIATE BAND ROSTER

Date	Year Group
8 February	Year 9
15 February	Year 10 and 11
22 February	Year 7 and 8

We anticipate that there may be some changes to the restrictions from 1 March and will reassess the situation at this time.

Students will be charged \$8 per week and will be invoiced per Term. This is regardless of how many ensembles in which the student is involved. When the rehearsal has been cancelled by the school (sports carnival or similar), that rehearsal will not be included in the invoice. Initial Intermediate Band rehearsals will be charged at the normal weekly rate for all students as it is expected that these smaller more concentrated periods of tuition for each year group will be an invaluable start to the year for these students. Invoices are to be paid online through our payment portal on the school website.

Students should bring their instruments and any sheet music from last year and we will (for some, literally) blow out the cobwebs.

Any students wishing to join the Ensemble Program should come and see Mrs Ryan for an information note. Students involved in the 2022 Beginner Band Program should expect some information from Engadine Music regarding this.

There is a Performing Ensembles Camp that will take place at the end of Term 2. It is expected that all ensemble members attend. The cost will be invoiced to you separately and will be approximately \$290. This includes two nights' accommodation, activities, food, transport and all music, tutors and tutorials. More information will be given out at the beginning of Term 2.



IMPORTANT INFORMATION:

- Masks must be worn when not playing your instrument. If your instrument is not a wind instrument, then a mask must be worn throughout the entire rehearsal period.
- If you need to empty your spit valve, please make sure you get an antiseptic wipe to clean it up after rehearsal.
- Hand sanitiser will be available at all rehearsals and proper social distancing measures must be applied wherever possible.
- There is to be NO borrowing of instruments (flutes, trumpets, trombones, clarinets etc) from the school unless you have brought your own mouthpiece and the instrument is cleaned before and after rehearsal. You must bring your own personal instrument and accessories.
- All large school equipment (pianos, drums, percussion, guitars, amps, cellos, double bass, baritone sax etc): you must use hand sanitiser when using this equipment. It is the responsibility of the person using the instrument to ensure this happens.
- Do not play another person's instrument. This includes pianos, drums, mallets and drumsticks.

Any questions can be emailed to Mrs Julie Ryan (Performing Ensembles Coordinator) via email Julie.ryan30@det.nsw.edu.au

I look forward to creating amazing music with you in 2022.

Yours creatively

Julie Ryan
Performing Ensembles Coordinator
Head Teacher Creative Arts

P&C CHAT

Harsha Yadav
President

As we usher in a new academic year, the STHS P&C team warmly welcomes parents of the incoming Year 7 cohort and the new students in the other year groups!

At STHS the P&C actively collaborates with the school to foster its development, create enriching experiences for our boys and build a stronger bond with the community. The school and the P&C are united by our common goal of enhancing student wellbeing and STHS standing in the selective school community. To achieve these aims, the P&C finances several teaching and learning projects and wellbeing initiatives at school. It also creates opportunities for community members to interact with each other and gain a better understanding of the school. Parents can join the WhatsApp chat group, STHS Facebook group and participate in a range of P&C organised activities. They can also volunteer at the Uniform Shop, where students donate their clothes which are then sold to students at a reasonable cost.

In all of our endeavours, we aim to work in tandem with the school and abide by the rules and regulations of the Federation of P&C Associations of NSW.

STHS P&C Association Office Bearers

The office bearers for 2022 are as follows:

Harsha Yadav	President
Eleanor Tan	Vice President
Hong-Dao Thi Dang	Vice President
Linda Choy	Treasurer
Janet Kirk	Secretary
Herina Wang	Junior Coordinator (Years 7– 9)
Rajesh Survi	Senior Coordinator (Years 10-12)
Giang Ho	Assistant Events Coordinator

You may contact these Office Bearers via:

- WhatsApp chat group
- Facebook <https://www.facebook.com/sydneytechnicalhighschool>

or

- Email sydtechparents@gmail.com

The following positions are still vacant on the P&C, and we encourage you to join the team.

- Assistant Treasurer
- Events Coordinator

Subcommittee membership will be announced as and when the committees are created.

P&C Membership

Like any democratic institution, we celebrate diversity and inclusion and encourage all parents to join this forum to discuss and participate in the school decision-making process. We encourage you to become paid members so that you can exercise your right to vote.

Please fill out the membership form below, at your earliest convenience and deposit \$2 in the P&C account to become a paid member:

<https://forms.gle/8XeZTGLNGv958YBA>

Further, a person must be a financial member to be nominated for officer bearer, executive or committee member of a P&C Association.

P&C Meetings

The P&C meets on the first Tuesday of each month at 7:00pm via Zoom during the school term. However, as the Covid situation improves, we aim to host hybrid meetings with the office bearers, the school staff and some members meeting in the Common Room and the other members participating virtually. The agenda of the meeting and the minutes of the previous meeting are circulated to the members in advance. Please feel free to contact the P&C to include your queries/suggestions in the agenda.

Typically, the meeting starts with the Principal and the Deputy Principal/Head Teacher Wellbeing presenting their reports. Then we go through the

items on the agenda, and later the paid members of the P&C vote on specific issues/expenditures. Towards the end of the meeting, the secretary updates the community members about any communication received/made by the P&C. Parents are given an opportunity to voice their concerns/ideas during the 'Other Business' section of the meeting. Sometimes a guest speaker is invited to share their expert knowledge with the parent community. For instance, last year Andrew Kinch held an interactive session to inform and empower parents about how they can manage gaming addiction in young adults



Farewell dinner for the outgoing P&C office bearers, hosted by the new team

Upcoming P&C Meeting

Tuesday

8 February 2022

starting at 7:00pm via ZOOM

The Zoom link is as under: <https://nsweducation.zoom.us/j/65396660525?pwd=eTlXbDZzd2VhUWp1cGVubnJnOXpCZz09>

Meeting ID: 653 9666 0525

Passcode: 632567

Looking forward to seeing you via ZOOM

All parents are welcome.

Meeting following - 8 March 2022



SSO REPORT

Nan Chen, Student Support Officer (SSO)

Contact Email: tan.chen1@det.nsw.edu.au

Summary: Welcome back everyone! I hope you enjoyed your break over the summer. I would like to extend a warm welcome to all our newest members of STHS, especially our young Year 7s.

SSO Introduction:

Hello! I am your Student Support Officer (SSO). For those of you who do not know me or are new, I'm here to support student general wellbeing by mentoring them and helping with transitions in and out of high school.

My role is to: work with the Wellbeing Team and school community; network with external services, the local community and the SSO network.

The SSO program is currently being introduced across state by the NSW government, aiming to have 500 of us by the end of the year, with 1 SSO per high school. We are a big team.

External Services:

Introducing **The Shack Youth Services**, a non-for-profit youth service group who helps the vulnerable young people in the community experiencing hardship. They provide services such as mental health support.

The Shack also runs a **free tutoring program** for students studying in the Bayside area, in conjunction with the University of New South Wales. However, to be eligible, you will need to be unable to access private tutoring due to financial hardship. Tutors are UNSW student volunteers. For more details, email me.

To access their other services, call them on **1800 236 726** or check out their website:

<https://www.benevolent.org.au/services-and-programs/mental-health-and-wellbeing/youth-services>



Troubleshooting Guide

For new students:

If you are having trouble with logging in, make sure you have the correct details written down. Check you didn't accidentally leave the caps lock or num lock on.

Your Year Advisor will be post regular updates in the Google Classroom for the year group, including Wellbeing information. Your class teachers will post subject information for you.



Sentral has the student timetable and roll information.

It's a good idea to check your emails twice a day, once in the morning before school, and once at night, after school.

Study Tips:

- Plan, plan, plan! Use a planner.
- Set a study timetable and follow it.
- Use your student diary or an electronic equivalent.
- Have adequate lighting and proper seating when studying.
- Use brain breaks to help you focus.
- Figure out how you learn best.
- Use effective studying techniques like: pre-testing, quizzing and paraphrasing. Don't just 'read'.

Wellbeing Tips:

- Get plenty of sleep. 
- Stay hydrated (drinks lots of water).
- Make time for family and friends.
- Do something nice for someone else once a week. It will make you feel better.
- Remember that there are lots of things out of our hands, you can't control everything. Let it go.
- Reward yourself when you complete a task. 
- Eat healthy where possible.

Feedback:

This is a new year and I will be organizing new programs depending on what students are interested in.

Feedback is always welcome.

I'm located in the library hub 5 days per week. You can drop by in the morning before school, at recess or lunch times to see me without an appointment. During class time, you would need a slip to come and see me, and preferably an appointment. Feel free to email me.

Event Update:



Isn't it great that camp is on again this year? This will my first camp visit with STHS. However, I've been to other school camps before. Apparently this one for Year 7s is packed with fun activities designed to let the cohort get to know one another. No, you're not actually roughing it in the bush in tents (I wish), but close enough. You'll be housed in nice little cabins with a few fellow students. Now due to COVID, there will be some slight changes to make it a safer and a more spaced out event. However I am looking forward to it and seeing what it's all about. I hope the Year 7s are too! The camp dates are in Week 5, on **Wednesday 23 to Thursday 24 for Group 1** and then **Thursday 24 to Friday 25 for Group 2**. I am sure it will be a fun-filled adventure.

YEAR 7 CAMP





WORLD OF CAREERS

Jerry Mouzakis
Relieving Careers Adviser

Welcome back to another year at Sydney Technical High School. My name is Jerry Mouzakis and I am the Careers Adviser at Sydney Tech.

I hope everyone has settled in well and I look forward to keeping you informed about the world of careers and assisting in the transition of students from school to undergraduate studies. Since our last correspondence, I have relocated offices. I am now based in the library. I am available to help students with resume writing, cover letters, post-schooling options, careers counselling, mock interviews, and scholarship applications.

In light of the Covid restrictions, I am happy to communicate with parents via the phone. My direct number is 9587 5899 extension 110 or via email. Areas that could be of interest might include information regarding career and university options, subject selection, work experience, or medicine and scholarship applications.

The careers newsletter "The Oracle" will be emailed fortnightly to students and their parents. This newsletter will include information about upcoming careers events, extracurricular activities available to students, and current job market information.

Articles relating to careers, leadership, interview techniques, and predicted career growth areas will be copied from sources like the Harvard Business Review, In the Black, AFR, and newspapers. These are available for students to read outside my office near the senior study area in the library. Feel free to peruse these articles and I look forward to chatting with you in the coming year.

The school has a subscription to various career learning sites. One of these 'Jobjump' can be accessed by all students. The school's password is STHScareers and is a valuable resource for students that would like to attempt a career quiz or would like to participate in some e work experience.

The analysis of the destination data from the Class of 2020 has commenced and I will report on this in the next edition of Tech Talk.

Jerry Mouzakis
Relieving Careers Adviser

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CAREERS



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

SCHOOL NOTICES WHILE CURRENT RESTRICTIONS ARE IN PLACE

Under current Department of Education guidelines it is requested that visitors not come to the school.

If you have any queries, please phone or email the school.

IF YOU WOULD LIKE TO MAKE A PAYMENT the school requests at this time, and it is preferable, that all payments be made online.

SCHOOL SECOND HAND UNIFORM SHOP

**THE SECOND HAND UNIFORM SHOP will be open on
Tuesday
8 March 2022 from 10:30-12.**

**All information with regard to opening times will be
updated here in Tech Talk.**

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.

AT THIS TIME OF DEPARTMENT OF EDUCATION RESTRICTIONS,
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>