



BOSSLEY BIZ

NEWSLETTER

NOVEMBER 2019

Bossley Park HS raised over \$1000 for cancer research at Relay for Life.



Upcoming Dates

20th November

Year 12 Formal

21st November

White Ribbon Walk

3rd – 4th December

Year 6 – 7 High School Program

5th December

Plus 2 Excursion to Jamberoo

9th December

Year 9 Team Building Day

10th December

Plus 3 Reward Day

18th December

Last day of school

Back to Bossley BBQ for Year 12 - 2pm



Bossley Park High School



Focussing on Excellence & Success



Vera Chevell
Principal - Bossley Park HS

Supporting improvements in student outcomes

In 2020, schools will be asked to adopt targets in 'NAPLAN top two bands and above for reading and numeracy', and an Aboriginal student HSC attainment target. Schools may elect to adopt other targets in 2020 – other areas such as attendance, wellbeing or HSC (top two or top three bands). At Bossley Park HS we will be including the targets for reading and numeracy in our school plan for 2020. The targets include a range between 5 – 10% increase in the number of students achieving in the top two bands for reading and numeracy by 2022. The Premier's Priority is also to increase the proportion of Aboriginal students attaining their HSC by 50 per cent by the end of 2023, whilst maintaining their cultural identity will also be included in our school plan. The third target will be to increase the number of students with attendance at greater than 90% with the goal to reduce the number of students attending between 60-80% of the time. Specific data associated with these targets will become available in Term 1. Targets support our collective goal in public education that every student, every teacher, every leader and every school improves every year.

Level 1 Water Restrictions

As Level 1 water restrictions are in place, Bossley Park High School has been approved for a water exemption to ensure the continued care of our school animals in the farm, etc. We understand the importance of these restrictions and will adhere to these conditions. We have 5 water tanks on our school premises capacity of 100,000 litres each, total of half million litres when full. We have been informed by Sydney Water that we are permitted to use our tank water without restriction. Our playing field is only watered using tank water which is collected from the roof of many of our buildings.

Introducing our new Deputy Principal to Bossley Park High School

I am proud to announce that our new Deputy Principal for 2020 will be Mr David Foti. Mr Foti is an outstanding teacher and leader and comes as an experienced Deputy Principal from Lucas Heights Community School a K-12 school. Many will already know or remember Mr Foti because four years ago he was the Head Teacher Mathematics at Bossley. He comes with a wealth experience in lifting student achievement through high expectation, explicit teaching and the use of data to inform teaching practice. He has a strong commitment to our community and is passionate about improving student wellbeing as well as inclusive education for all students regardless of disability. I warmly welcome him to our school and look forward to his start in 2020.



Mr Foti

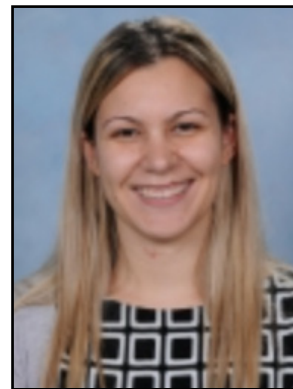
Authentic industry experience for our Hospitality students



Congratulations to Year 12 Hospitality students who recently had the opportunity to run a restaurant for an evening catering for some 90 guests, including many of our teachers and families. In collaboration with SW Connect and Cucina 105 Liverpool, the students prepared, cooked and served all the meals with the support of the restaurants' chefs. The meals were delicious and the students worked like professionals. Despite being exhausted by the end of the evening they found out first hand what it was like to run a restaurant. In addition to our hospitality students our music students provided the entertainment for the evening. A wonderful evening was had by all.

Introducing our Head Teacher History and Head Teacher Administration

Congratulations to Ms Curic (Head Teacher History) and to Mr Navarra (Head Teacher Administration) who have recently been successful at interview to be promoted to the substantive position of Head Teacher. Both are passionate, successful educators who have proven expertise and a strong commitment to leading quality teaching in the school. They are both from the History Faculty and have been relieving in the role as Head teacher for an extended period so there will be no change for 2020. However, a new additional teacher appointment will occur in History for 2020. I am very pleased to have continued to have Ms Curic and Mr Navarra as members of the executive team at Bossley.



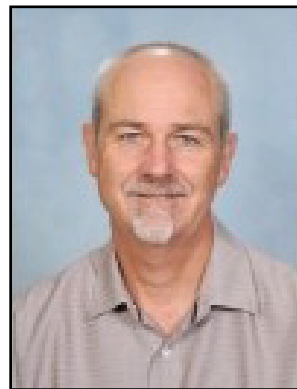
Ms Curic



Mr Navarra

Farewell to our Head Teacher Science and to our General Assistant

At the end of the year we will be saying farewell to our Head Teacher Science, Mr Killeen. Mr Killeen has been a valued executive member at the school for the past 18 years and his leadership and expertise in teaching in Science will be sadly missed. His passion for Agriculture and the success of the farm including the Ag Show team at Bossley is due to his commitment and experience, which can't be readily replaced. He will be on leave for all of 2020 for a well-earned break and hopefully we may see him come back to teach Agriculture. Mr Gillett our General Assistant who has been taking care of the maintenance of the school since 2008 will also be retiring this year. He has taken personal pride and enjoyment in looking after the school and we will miss his support and good nature as we wish him all the very best in a happy retirement at his new home in the central coast.



Mr Killeen



Mr Gillett

Mrs Ager

Deputy Principal - Years 7 & 10



It's been an action-packed term with lots of learning and fun events taking place. I'm very proud of not only the Year 7s and 10s that have been getting involved but all the students who give up their time to help make Bossley a fun and caring community.

Well done to all those who supported this year's Relay for Life. Not only was there Jersey day and bake sales but lots of students turned out to walk the laps and join in the fun of the event over the weekend to raise awareness and much needed funds. Of course a huge thank you should go to Ms Melville for her continued support of this cause and former School Captain Kelvin Tran who continues to help organise the Fairfield event each year.

Our Plus 2 excursion is coming up soon, however the Special Education students were able to celebrate early with a fun-filled trip to Timezone. They have done such amazing work with their teachers this year; I'm pleased to see they had such a great day.

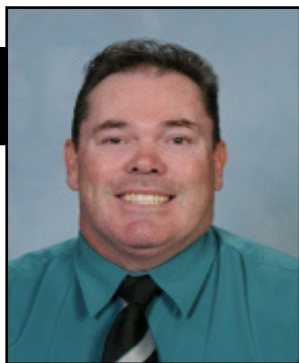
The Robotics events continue this next weekend with a Lego League Regional (right), keep an eye on the social pages for photos and updates next weekend. However, this weekend just passed we had a Rookie team enter our first ever First Tech Challenge (FTC). Two days of events with teams coming from as far as Melbourne, Ulladulla and Wollongong. The team had a successful day and a huge thank you has to go to the teachers, parents and family members that turned out to support everyone. A big thank you to Mrs Wood for these photos and keeping our social media pages updated.

I'm looking forward to reading reports shortly and seeing how much everyone has progressed. I want to remind everyone that just because the yearly exams are done doesn't mean the learning stops. Teachers have many interesting things planned for the next few weeks.



The Robotics Team at the Lego League Regional





Deputy's Desk

Mr Stanley

Deputy Principal - Years 8 & 11

It is very pleasing to see so many students working through the two rewards systems at Bossley. PBL and Plus 2/3 systems reward students who are Safe, Respectful Learners. Can I congratulate the many students for their consistent efforts throughout the year who gained a reward through one or both systems. Well done. I am very confident the plus 2/3 students will enjoy the rewards of attending Jamberoo (Plus 2) and Movie/lunch (Plus 3) later in the term.

Recently, members of the school wellbeing team have been working with several students regarding matters surrounding peer conflict. Some of the conflict has involved social media. Can I stress the importance that parents monitor their child's social media usage to ensure that they are engaging in positive communication. As a school we are working hard with students in regards to appropriate social media use. Our work can be greatly improved with parental support at home. Remember, once something is sent, it can never be taken back. It will remain in cyberspace forever.

Year 8 and 11 Update

Preliminary Course School Reports have been issued via the Parent Portal. Year Adviser letters have also been completed and emailed to parents. The breakdown of letters was as follows: 25% of students received a letter of congratulations; 50% received a satisfactory letter of achievement; 25% received a needs improvement letter. After reading all the reports, I am pleased with the top end students but I am expecting the middle and bottom to improve throughout the HSC course.

Over the past few weeks I have been meeting with many students to discuss their HSC pattern of study. Most have now settled into the courses and number of units they will study for the HSC. These meetings provide an opportunity to review and discuss student's preliminary results, attendance, N warning resolutions, SRL standard and Employment/University/TAFE/other study pathways careers plans. Several students still require some improvement to meet the requirements of studying 10 units for the HSC and I look forward to watching them take on the advice given. The decision to study less than 10 or 11 units is based around ensuring the student is set up for the best chance of HSC success and maximising ATARs for those

who are pursuing a University entry pathway. I review each student request for a change of study pattern on a case by case basis.

Year 9 2020 elective selections are almost final. The vast majority of students were able to be placed in their preferred/ reserve courses. I only needed to meet with a very small amount of students to resolve their elective pattern of study. Shortly all students are informed of their electives for 2020 and following this I will be happy to assist parents and/or students with any queries regarding potential changes. However, many classes are full so spots will be limited.

A growing concern among Year 8 is the increasing inappropriate use of mobile phones and the wearing of PE/ Sport uniform, especially on Fridays. Phones are not to be out in class at any time unless under the direction of their teacher for a specific learning use. However, with BYOD and the use of Chromebooks in the classroom, the need for teachers requiring students' phone use in the classroom is very limited. Students who cannot comply with keeping their phones out of sight will be asked to give their phone to their teacher who will give it the DP for return at 3pm. If this becomes a persistent issue the phone will be locked away and only returned to the parent/ carer and consequences will be issued.

In regards to wearing of PE/Sport uniform, the school also expects students to be able to wear full school uniform Monday to Friday each week. I ask parents/carers to please ensure you have enough uniform items and are organised each week so this can occur. Only in very exceptional circumstances will the school accept a student wearing PE/Sport uniform to school all day and this needs to be in writing from the parent/carers. The reason often given is that 'clothes are in the wash/dirty' which will not be accepted. This trend is particularly evident on Friday when Year 8 have sport Period 1. The school would most appreciate parent/carers support on both the phone and uniform issues.

In closing, what makes Bossley Park a great school?
Wonderful staff, fantastic students, supportive parents and community.



Deputy's Desk

Mr Hooke

Deputy Principal - Years 9 & 12

Year 9

With the end of year examination period in the rear view mirror, it is important that we don't take our foot off the accelerator. The remaining weeks of the term and year are still extremely important in the development of every student's knowledge and skills. Every student should obtain a year's worth of growth in learning every year. All students must continue to engage in learning and ensure they continue to meet the outcomes and expectations of staff over the remaining weeks.

Congratulations to the students who have finished the volunteering program at the Summit Care aged care centre in Canley Vale. This program was run in connection with South West Connect where students were engaging with the elderly as part of the community outreach component of the MMM and BBB programs run by Ms Zeina Iaali (Junior engagement coordinator).

The aim of the program is to educate students about giving back to the community, learning about different generations, developing leadership skills and learning about careers within the aged care industry. The students were matched with residents to share stories, complete art projects and make food. Students will be performing musical items and delivering a speech to residents at the final showcase. The FUSION Volunteering Showcase event at the Aged Care centre will be held on 4th December, where approximately 50 students will celebrate their achievements and say farewell to the residents after two terms of volunteering.

A Big thank you to Zeina Iaali for coordinating the program and for all her work with the students within the program.

Year 9 have a Team Building Day on the 9th of December, where students will develop important skills that will assist them in working effectively with others and which will build their capacity to form productive and functional teams. These skills which enhance an individual's ability to work in a team are essential skills required by all employees in the workplaces of the future. In order to ensure your

child can participate in this day and attain these skills we request that parents pay their child's school fees (wellbeing fee) and return the permission note as soon as possible.

Congratulations to Angus McCarthy who will be performing in School Spectacular as part of the NSW Public Schools Millennium Marching Band, where he will be playing the cymbals. He has spent many days and weekends rehearsing for this huge performance. We wish him all the best.

Year 12

Congratulations Year 12!!!! HSC 2019 is now officially over. BPHS Year 12 students of 2019 demonstrated outstanding behaviour and a high level of maturity throughout the examination period. The outstanding manner in which they conducted themselves even drew praise from Mr Thomas the Presiding Officer, which is a huge achievement in itself as praise from Mr Thomas is rarer than Band 1s at James Ruse. A huge thank you must also go to Mr Navarra for organising and coordinating the Exam Timetable and to Mr Deligiorgakis for downloading all the media files required for listening components within exams. The Year 12 Formal will be held this week at the La Montage in Lilyfield on Wednesday the 20th of November from 6:30 – 11pm. This evening is sure to be memorable and a chance to celebrate with the HSC exams now complete. However, remember that this event is still a school event and the high expectations that we have for students at BPHS are still expected at this event. An enormous thankyou to Ms O'Connor and Mr Nguyen again for their outstanding organisation of this event.

The Back to Bossley BBQ will be held at 2pm on Wednesday the 18th of December. We look forward to seeing all of Year 12 back for one last time so that we can celebrate your success in the HSC Exams and reminisce over your six years at Bossley.

Now that the anxiety, stress, late night study sessions, cups of coffee, junk food, sleepless nights and pressure are all finally just bad memories, all that is left for you to do now is to start the rest of your life. So get to it.

Ms Sari-Daher
HT Wellbeing

Here we are at the end of another busy year, where so many wonderful things have happened and we have more great things to come before finishing up for 2019.

On Thursday 21st November some of our students will be teaming up with other local schools in taking the oath as part of the inaugural White Ribbon march which will end at Terone Park. The walk is designed to raise awareness about Domestic Violence and asks us as a community, to stand up and say 'NO' to violence.

White Ribbon Day

Friday 22 November

Get your community involved
whiteribbon.org.au/day



Our Plus 2 students will once again attend Jamberoo for an action-packed day on the 5th of December. The Plus 2 excursion rewards students who consistently demonstrate safe and respectful behaviour and maintain 90% attendance throughout the year. Our Plus 3 students will be attending a special lunch at Rashay's diner and a special movie treat at Hoyts Cinema on the 10th of December. Thank you to all the students and teachers who make these days such a huge success.

A big thank you to Ms Melville and the fantastic students and staff who took part in the annual Fairfield City Council Relay for Life. It is always great to see our students and staff unite to stand for a wonderful cause.

Remember to follow us on Facebook and Instagram for regular updates.

Halogen Young Leaders Day

by Amanda Eessa (Year 12)

On the 4th of November, three students had the opportunity of attending the Halogen Young Leaders Day Conference at the International Convention Centre in Darling Harbour.

This program aims to inspire students to lead and achieve their aspirations as they have held this conference every year for students all around NSW. It was particularly interesting meeting people from different schools where some travelled almost two hours just to attend this conference. As part of the program they had set activities to get students to interact with others outside their school, which provided an opportunity to get an insight into other schools programs, fundraisers and activities.

Throughout the day there were many guest speakers who talked about their experiences and challenges and how to overcome them. My favourite speaker was John Coutis who presents every year and yet every time his inspirational speeches never loses its effect. Other speakers included Lachlan Smart who at his time was the youngest person to fly around the world solo, Erin Molan spoke about her experience towards being a sports presenter at the Nine network and Bianca Chatfield shared her experience from being a professional netball player to being a contestant on The Block.

Overall, the event provided an insightful experience where we were able to gain an understanding into leadership.



Mazin Noor, Nicholas Cavanaugh & Amanda Eessa



What's Up West

by Serena Izmirlian (Year 12)

What's Up West was a memorably enjoyable experience, and I walked out of the sessions pumped with motivation and confidence. The speakers were principally from Western Sydney, and showed that despite being born in a low-socioeconomic area, wonderful things are possible. My favourite part was when Isaiah Dawe shared his story, and despite all the hardships he faced with being of Aboriginal descent, and growing up in abusive foster homes, he maintains such a positive attitude about life. I also loved the lecture about employability which had a focus on developing the right attitude, and discovered many new skills I can apply in future endeavours.



Peace Awards Ceremony

by Jayden Le (Year 10)

I went as part of the school to the 2019 Peace Ceremony Awards at Cabramatta High School. With our school group, I got to listen and meet with the two winners of the awards, Tarana Burke and Tracey Spicer; nominated for their efforts in the #metoo movement, a movement fighting against sexual violence and assault. It was a great experience seeing these two, the talks and questions given to them gave me a personal insight to the bravery and courage it took to create a movement on such a sensitive and controversial topic - it was inspiring. An event to be kept in memory was Tarana Burke's sort of war-cry that got the entire school and us joining in. She yelled "I AM!" several times, all of us loudly repeating with her. She then finished with, "A 21st Century Leader!" The energy she brought in and the resolve she showed towards the movement that she herself founded, was what inarguably showed and made it a worthwhile and great experience.



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing. It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veges, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

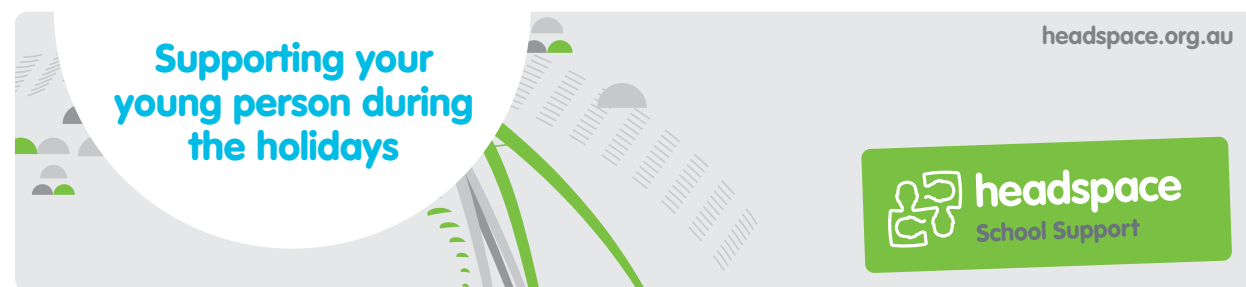
6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Version 1 – June 2015

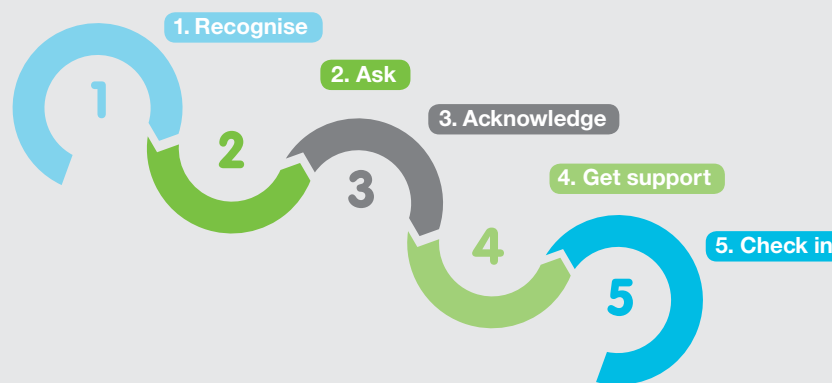
headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.

by Mr Vekic (Sport Organiser)



Tips to help you support your young person

- 1 Recognise** their distress or concerning behaviour
- 2 Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge** their feelings (e.g. "That seems like a really hard place to be in / I can understand why you are upset about that.")
- 4 Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

Please refer to the **headspace** School Support Suicide Postvention Toolkit – A Guide for Secondary Schools for further guidance.

Term 4 has seen most sporting events conclude and preparations begin for a packed Term 1. However, we have had the privilege of attending the Zone Blues ceremony on the 14th of November, with numerous attendees and recipients from Bossley Park High School. Our Zone is made up of 6 schools, approximately 7000 students and over 600 teachers which come together to represent the Lansdowne Zone in the Sydney South West Schools Sports Association. Our students strive to always do their best and support each other throughout their sporting journey. Last Thursday we came together to recognise those athletes that have demonstrated outstanding results within the sporting realm.



On behalf of our Zone and Bossley Park High School, we would like to congratulate our Bossley recipients:

- Connor Potts: Officiating
- Cristina Irving: Officiating & Cross Country Age Champion
- Zumra Vatansever: Swimming Age Champion
- Hayden Dalmazio: Swimming Age Champion
- James Kasovski: Cross Country Age Champion
- Jasper Scicluna: Cross Country Age Champion
- Michael Di Maria: Athletics Age Champion
- Elemani Shabani: Athletics Age Champion & Presidents Award

Open Boys Futsal: Team of the year

- Nicolas Huidobro
- Connor Spurway
- Armando Almada
- Alex Barbaro
- Hayden Dalmazio
- Josip Milicevic
- Mason Phommek

Additionally, a huge congratulations goes out to Elemani Shabani (below) who throughout his years at Bossley Park High School has had numerous achievements across various sports and disciplines. This year was no different as Elemani participated and had great success in both Athletics and Cross Country as well as Football. Most recently, he participated in this year's NSW All Schools Athletics competition held in Homebush, Sydney Olympic Park. To add to his success this year, he finished second and received a silver medal in the 800 metre race.



Congratulations to all of our participants and high achievers throughout the year. Bossley evidently has a strong sporting culture and we hope to see more success in the years to come. Thank you to all staff who have supported Sport this year and given up their time to support, coach and facilitate numerous teams and events.



Bossley Park High School Canteen Menu Term 1 & 4 – 2019

FRESH FOOD FACTORY

* Available through Fast Pass order ONLY E – Everyday food item Prices subjected to change



LUNCH MENU

Served Daily – Recess 2 & Lunch

DAILY SPECIALS- On Rotating Basis

Chicken Burger (Monday A)	\$ 5.00 E
Chicken Schnitzel Burger (Mon B)	\$ 5.00 E
Beef & Cheese Quesadilla (Tues)	\$ 5.00 E
Pizza BBQ Chicken (Wed A)	\$ 5.00 E
Pizza meat lovers (Wed B)	\$ 5.00 E
Pulled Pork Roll (Thurs A)	\$ 5.00 E
Cheese Burgers (Thurs B)	\$ 5.00 E
Toasted Turkish Roll (Friday) see flavour of the week.	\$ 5.00 E

SANDWICHES- Rolls Extra 50c

*Vegemite / Jam / Honey	\$ 2.50 E
*Cheese	\$ 3.00 E
*Tuna & Tomato	\$ 3.50 E
Cheese & Tomato	\$ 3.50 E
*Ham & Cheese	\$ 3.50 E
Ham, Cheese & Tomato	\$ 4.00 E
*Ham, Cheese & Pineapple	\$ 4.00 E
Egg, Lettuce & Mayo	\$ 4.00 E
Chicken Lettuce & Mayo	\$ 4.00 E
Salad	\$ 4.00 E
*Ham & Salad / *Cheese & Salad	\$ 4.50 E

Each Additional Filling 50c

Wraps are also available via FAST PASS

FRESH COLD FOOD OPTIONS

Chicken Caesar Salad	\$ 6.00 E
*Mexican Salad	\$ 6.00 E
*Thai Beef Salad	\$ 6.00 E
*Nacho Salad	\$ 6.00 E
*DIY Salad	\$ 6.00 E
Vegetarian Frittata & Salad	\$ 6.00 E
*Freshly made Pasta Salad	\$ 3.50 E
Sushi- Chicken Teriyaki / Tuna	\$ 3.60 E

HOT FOOD

Pasta Napolitana	\$ 3.50 E
Lasagna	\$ 4.00 E
Cheese Tortellini	\$ 4.00 E
*Fried Rice	\$ 3.50 E
Falafel Plate	\$ 4.50 E
Jacket Potato	\$ 4.50 E
Meat Ball Sub	\$ 4.50 E
Toasted Cheese Wrap	\$ 3.00 E
Toasted Ham & Cheese Wrap	\$ 3.50 E
Chicken Skewers	\$ 2.80 E
Hot Corn Cup	\$ 2.50 E
*Steak Sandwich	\$ 4.80 E
*Veggie Burger	\$ 4.50
Meat Pie	\$ 4.50
Sausage Roll	\$ 3.00
Pizza Rounda	\$ 3.00
*Chilli Chicken Kebab	\$ 4.50
Garlic Bread	\$ 1.00 E
*2 min noodles	\$ 3.00
Sauce	\$ 0.30 E

FROZEN

Frozen Juice Cups	\$ 1.00 E
Frozen Choc Custard	\$ 1.50 E
Frozen Yoghurt	\$ 2.00
Frozen Juice Shots	\$ 0.30 E
Frozen Pineapple Rings	\$ 0.50 E
Frozen Orange Wedges	\$ 0.80 E
Blizzard Slurpee	\$ 2.80 E
Snap Stix – sweet P/apple or Sour Grape	\$ 1.50 E

CANTEEN HOURS

Breakfast – 8:15 am
Recess 1 – 10:10 to 10:25 am
Recess 2 – 11.45 – 12.00pm
Lunch 1 – 1:15 to 1:45 pm

DRINKS

Water	\$ 1.60 E
Sparkling Water	\$ 2.80 E
Plain Milk 300ml	\$ 2.00 E
Plain milk 600ml	\$ 2.50 E
Milk 300ml S/Berry, Choc, Coffee	\$ 2.50 E
Milk 500ml S/Berry, Choc, Coffee	\$ 3.50 E
100% Juice – Orange / Apple / Apple B/Currant	\$ 2.50 E
GLEE –	\$ 2.50 E
Up & Go – choc / Vanilla	\$ 2.50 E
Blizzard Slurpee	\$2.80 E
Waterfords Sparkling water – Passionfruit	\$3.00

FRESH FOOD FACTORY

SNACKS

Veggie Snack Box	\$ 4.00 E
Watermelon Cups	\$ 2.30 E
Fruit Salad & Yoghurt	\$ 4.30 E
Grape Cups	\$ 3.00 E
Mango Chia Pudding	\$ 3.50 E
Low Fat Yoghurt & Muesli cups	\$ 3.00 E
Custard Cups	\$ 1.50 E
Fresh Hot Popcorn	\$ 1.50 E
Apple Dip	\$ 3.30 E
Cinnamon Crisps	\$ 1.30 E
Savoury Crisps	\$ 1.30 E
Red Rock Deli Chips	\$ 1.30

BREAKFAST

Served Daily- from 8:15am & Recess 1

HOT BREAKFAST FOOD

Sausage & Egg Muffin	\$ 4.00 E
Manoosh	\$ 3.00 E
Ham Egg & Cheese Baked Wrap	\$ 4.00 E
Raisin Toast	\$ 2.50 E
Pikelets	\$ 3.00 E
Cinnamon French Toast	\$ 4.00 E
Hash Brown	\$ 1.00
Toasted Cheese Wrap / Sandwich	\$ 3.00 E
Toasted Ham & Cheese Wrap / Sandwich	\$ 3.50 E
Ham & Cheese Roll	\$ 2.30 E
Toast – Vegemite or jam	\$ 2.00 E

FRESH FOOD

Cereal Cups – Weetbix / Milo / sultana bran / cornflakes	\$ 1.50 E
Cereal Cup with milk (as above)	\$ 2.00 E
Mango Chia Pudding	\$ 3.50 E
Apple Dip	\$ 3.30 E
Watermelon Cup	\$ 2.30 E
Grape Cup	\$ 3.00 E
Fruit Salad & Yoghurt	\$ 4.30 E
Low Fat Yoghurt \$ Muesli Cup	\$3.00 E
Custard Cup	\$ 1.50 E
Fresh Sandwiches / Rolls Selections	

DRINKS

Water	\$ 1.60 E
Sparkling Water	\$ 2.80 E
Plain Milk 300ml	\$ 2.00 E
Plain milk 600ml	\$ 2.50 E
Milk 300ml S/Berry, Choc, Coffee	\$ 2.50 E
Milk 500ml S/Berry, Choc, Coffee	\$ 3.50 E
100% Juice – Orange / Apple / Apple B/Currant	\$ 2.50 E
GLEE – (4 x flavours)	\$ 2.50 E
Up & Go – choc / Vanilla	\$ 2.50 E
Blizzard Slurpee	\$2.80 E
Waterfords Sparkling water – Passionfruit	\$3.00
Hot Chocolate	\$ 2.50 E
SMOOTHIE OF THE WEEK	\$ 3.00 E

CANTEEN HOURS

Breakfast – 8:15 am
Recess 1 – 10:10 to 10:25 am
Recess 2 – 11.45 – 12.00pm
Lunch 1 – 1:15 to 1:45 pm

FRESH FOOD FACTORY



Bossley Park High School Canteen Menu 2019

FRESH FOOD FACTORY

* Available through Fast Pass order ONLY E – Everyday food item Prices subjected to change



Artfullness Exhibition



The **Artfullness** exhibition, featuring works from Elective Visual Arts students, had its opening on Friday 25th October. Students, parents and staff were invited to Margot Hardy Gallery, UWS Bankstown, to view the works on display from subjects such as Visual Arts, Visual Design and Photographic & Digital Media.

Students featured in this exhibition had their works shown to the public, consisting of university students and the general public. This exhibition allowed them to experience another side to art making; the public display and exposure of their work.

The title of the exhibition **Artfullness** asks us to consider the therapeutic connections between making art and mindfulness. Often the process of making art invites us to become more focused and attentive with the present moment, resonating with the mindfulness movement that has gained traction over the past few years.

This exhibition will run until Thursday 21st November.



Adobe Workshop

Recently, 7G students participated in an Adobe workshop led by presenter Dr. Tim Kitchen. This workshop introduced new STEM possibilities into the History, Spanish and English curriculum, equipping students with useful tools and technology-based applications for project-based learning across these subjects and other disciplines.

By undertaking practical exercises in using the Adobe tools, students created Spark videos and Character Animations within as little as 10 minutes! Some students made videos about their favourite subjects and passions, including Science and History. Students agreed that Adobe Spark was their favourite application, and they are looking forward to exploring this application further for their next History project!

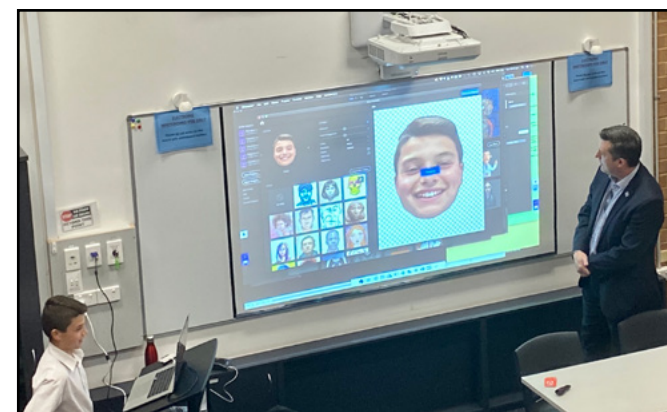
"The Adobe workshop was excellent, it was cool to see all the different things you can do with the apps, making our own presentations with the Adobe apps was really fun."

– Isabella Bathio

"What I liked about the Adobe workshop on Tuesday was that it showed us many of the different applications and how to use the ones that we will most likely use in class. For example, the Spark Video." – Isabella Rawlins

"The Adobe workshop was interesting and fun. My favourite part was using Spark to make a web page."

– Dusan Brasnovic



History Extension Update

On Friday 8th of November, History Extension students participated in a series of seminars and workshops at the State Library of New South Wales. The workshops focused on preparing students for their History Extension Major Project by providing tips on selecting appropriate topics, refining topic ideas and accessing scholarly resources within the library. Students developed their research skills and gained valuable advice, resources and inspiration as they embark on their major work. They were privileged to observe talks delivered by practising historians, archaeologists, museum and library professionals. Workshops explored the idea that supposedly 'hidden' histories are often all around us, using Indigenous Australian histories as an example. Students also completed a hands-on workshop with genuine Mediterranean artefacts, to explore the ancient world through modern scientific approaches.

In another workshop, students reviewed how museums and their curators construct and represent the past by conserving, recording, displaying and interpreting aspects of past reality through the lens of historical thinking. As a result of their participation in these seminars, students have walked away with a suite of new tools, advice, and the confidence to embark on their major project.

by Ms Curic (HT History)

7G Videoconferencing

7G have completed their last videoconference with Hong Nong Middle School in South Korea. For this session, the presentation theme was food. Our students enthusiastically shared their knowledge of Australian culinary history and culture with their South Korean friends, simultaneously learning about and exchanging stories about national foods, traditions and heritage. Our students were especially curious to learn that "Uber Eats" was available in South Korea.



At the end of the session, students gathered around the videoconferencing screen to take a selfie with their South Korean friends. Through this initiative, 7G students have explored the potential of videoconferencing; they have developed their research, group work and communication skills whilst increasing their global citizenship through awareness of cultural understanding and history relevant to South Korea.

"The Korean students taught us a lot about their culture which included foods, clothing and music. Hopefully we taught them as much as they taught us and hopefully we can do another video conference with them."

– Aidan Banh

"The Korean conference provided 7G with a cultural experience that we don't get to witness everyday. 7G is very lucky to have this opportunity and learn the different aspects of Korean food, music, significant locations/ landmarks, sports and famous people."

– Emily and Daniella

"The Korean sessions were helpful and fascinating to know how other people in other countries live. Also it was helpful that they explain more about their culture, foods, celebrations and much more. It was interesting and pleasing to talk to the students overseas in Korea. I hope to do this next year!!"

– Lara Rajkovic

by Riyanka Ramamoorthy and Azra Tekin (Yr 8)



Year Seven and Eight Bossley Park High School Students had the lucky opportunity to be invited to an Autonomous Vehicle's Summit hosted by T4L at Sydney Olympic Park.

Accompanied by Mr El-Miski, Mrs Trikili and Mr Agostino, students arrived at the venue only to be greeted by several different autonomous vehicles and warm welcomes from people who were speaking at the conference. Different universities such as Monash University, located in Melbourne were there and companies like DiDi all the way from America were speaking at the conference as well.

The second we entered the venue, we met the deputy prime minister of Australia - Michael Francis McCormack. Our group took pictures with him and then headed off to explore. We collected badges, got to experience VR, met new people and in general, had fun. After the first hour or so of exploring, we were told to assemble into a group and headed into the conference room where one of our students put the organiser of the event on the spot.

We then visited the autonomous bus which we were able to ride in. This vehicle was specifically designed to transport people around more safely and would reduce car accidents. The vehicle consists of sensors which know what their surroundings are. If there is an obstacle in their way, it automatically finds a new route around the object and they continue to go on the same path. If there are passengers walking around or close to the vehicle it starts to slow down which can decrease the number of accidents on the road or people getting run over. The bus only goes a certain speed which makes it safer as well.



GAT Students meeting the Deputy Prime Minister: Michael Francis McCormack



Students going for a ride on an Autonomous Vehicle



After we gained information and experience inside an autonomous vehicle we were invited to visit a conference. The conference gave us important information on how the older generations rely on Gen Z for our future. We had the chance to ask questions about their plans for our future and how they will include our feedback into consideration. The conference also gave us an opportunity to get inspired by what they are planning to use for the future such as using drones to deliver items to different destinations.

After the conferences, we had a chance to see the autonomous race car vehicle. This was made by Monash University and they are known to compete around the world using an autonomous race car. This car could reach over 100 KM/hr in only 3 seconds. The university takes this race car around the world to compete in competitions. We saw it drive around a track which the car follows using sensors. It can detect its path and it follows it. This was a really cool sight to see as we have a rough idea of our future.

This opportunity is one of a kind. We are all glad we were able to experience the autonomous vehicles which will be placed onto the roads later on in future generations. We the Gen Z are more than happy to help our older generations help our future become brighter. From this experience, we have learnt how they work the vehicle to drive automatically and how the sensors work.



Students being interviewed by the ET4L Group



Autonomous race car vehicle made by Monarch university

by Mr Killeen (HT Science)

FARMBOT is coming!

The assembly of our FarmBot is well underway thanks to the hard work of our Farm Assistant Nick O'Neill. Farmbot is an open-source CNC farming machine which will allow our students to have hands on experience with one of the many types of automation that is taking place in agriculture across the world. Click here for a [FarmBot Video](#).



Home for our farm animals needed over the holidays

Do you have room to keep a goat or 3 over the holidays, or maybe some chickens or guinea pigs? We are planning to temporarily rehome all our farm animals over the holiday break. If you have a secure area free from predators with shelter and water and would love some extra company please contact Mr Killeen or Mrs Dagher. We can deliver the animals and supply feed if needed. We also have cages for the guinea pigs.

by Ms Powell



Textiles Major

Congratulations to Isabelle Camardi of Year 12 Textiles and Design as her Major Textiles Project has been selected for the "Textstyle" Exhibition to be held in early 2020 at "The Muse" in Ultimo Tafe. This exhibition features a small selection of exemplary projects from the 2019 HSC cohort.

Isabelle's project was a Textile Art piece called "Spring Dreams" (imaged) which consisted of three bags. These bags featured handmade felt, silk dyeing and a combination of ribbon embroidery and stump work. An outstanding achievement for a hardworking and talented student.



Relay for Life

by Ms Melville

For 24 hours, our students walked around Fairfield Showground to raise money for the fight against cancer.

Across the weekend of the 16th and 17th of November, more than 30 students attended the annual Fairfield Relay for Life run by Cancer Council NSW. Our fundraising effort of Lap Beads raised over \$1000 over the weekend, adding to our \$1420 total from the bake sale, jersey day and BBQ.



The team was lucky enough to be joined by Year 10 student, Kayde Richards (left), who was able to celebrate his cancer survival journey with his friends and peers.

Throughout the weekend, Bossley Park High School participated in a number of activities such as the Box Car Rally, the Amazing Race and the Teams Got Talent. Denis Parlic successfully drove our Box Car to victory after it was wonderfully decorated by Ms Coleman and her Visual Arts students. The team won a bowling party at Bowlarama for 10 people to celebrate the win. Holly Trikilis, Nicholas Cavanaugh and Tamara Kejic won the Amazing Race on the afternoon, also winning themselves some free bowling passes. The Teams Got Talent saw a wonderful acapella rendition of the school song, although we were outperformed on the night.

Well done to Year 10 student, Stephen Alfaro Panameno, who participated in the head shave raising \$200 dollars.

Congratulations to Year 10 student, Jack Crosbie, who completed the most laps for our team with a total of 289 laps over the weekend. A total of 9 students managed to stay awake for 24 hours.

Many thanks to all of the teachers, parents and students who attended over the weekend to support such a worthy cause. It was also great to see our students involved in performances throughout the weekend with their dance schools or cultural groups. This weekend was about celebrating, remembering and fighting back against cancer. We encourage you all to come along next year to join us in our fight for a cancer-free future.

Year 12 Bossley Students put on a show at Cucina 105

by Alexander Wood, Matthew Eliyashaa, Sophia Simic and Denize Adogdu (Yr 10)

Year 12 students from Bossley Park High in the hospitality course got the opportunity on Monday to use the skills they have learnt over the past few years to apply it to a real world situation. We were able to interview the owner of Cucina 105, Angelo. "If the kids are into hospitality, this experience will help (in their career)."

Once we arrived there at around 5pm, it was clear that the students had been working hard to set up for customers.

"We were here at 12pm to set up the restaurant and prepare for customers", said Samantha, who was working as a cook.

"I do think I could be in hospitality," said Mahdi, who was working hard at making the mash potato.

"I enjoyed making the coffees for everyone", said Ziggy, who was working at the bar.

The atmosphere was inviting and vibrant from the moment we walked in. After being sat down at a well presented table, which exceeded our expectations for the students, we were served by an efficient and accommodating waitress who was there for our every need. Entrees were spectacular and looked stupendous. On top of this, the arancini balls were a stand out dish, as they were the perfect texture and had a perfect ingredient ratio. Following the entrees, our mains came out and looked extremely appetising. The chicken with seasonal vegetables were cooked to perfection, all while the eggplant penne napolitana was also delicious, it all left us wanting more! Finally, there was gelato and tiramisu cake for dessert. Only positive things can be said about both! Overall, the whole dining experience was amazing!





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