



# Cecil Hills High School

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CRICOS: NSW Department of Education – Schools  
CRICOS Provider: 00588M

8 September 2021

## Parent Information Session Update – September 2021

Dear parents and carers,

We had an excellent *Parent Information Session* this month via Zoom with more than 50 participants. Thanks to those parents who attended online. We covered a number of topics:

- **Senior executive:** Mrs Chris Lord introduced herself as our new Deputy Principal.
- **25<sup>th</sup> anniversary:** The 25<sup>th</sup> anniversary of Cecil Hills HS has been postponed for now.
- **Student wellbeing:** Our Head Teachers – Welfare, School Counsellors and Student Support Officer provided an overview of student wellbeing supports at Cecil Hills HS. A new online wellbeing hub can be accessed here:  
<https://sites.google.com/education.nsw.gov.au/chhswellbeinghub/home>
- **Cluey:** We are looking to use Cluey as a provider for small group tuition to support students who may benefit from intensive help.
- **Top Blokes:** We are partnering with Top Blokes who will provide a targeted program for Year 8-10 boys.
- **Feedback on online learning:** Feedback from parents was overwhelmingly positive in relation to our approach to online learning. The school is taking on board feedback about students completing significant amounts of work.
- **Next meeting:** Our next *Parent Information Session* will be held at 6:30pm on Monday, 1 November 2021. These meetings are for us to share information with you and we benefit from these meetings just as much as you. Your presence and ideas are what we need.

Thanks to everyone who logged into our meeting. I look forward to continuing to work with our parents and community members. Please let me know if you have any questions.

**Mark Sutton**  
Principal



# **PARENT INFORMATION SESSION**

**6 SEPTEMBER 2021**

# Communication



***like our  
Facebook  
page***



# Communication

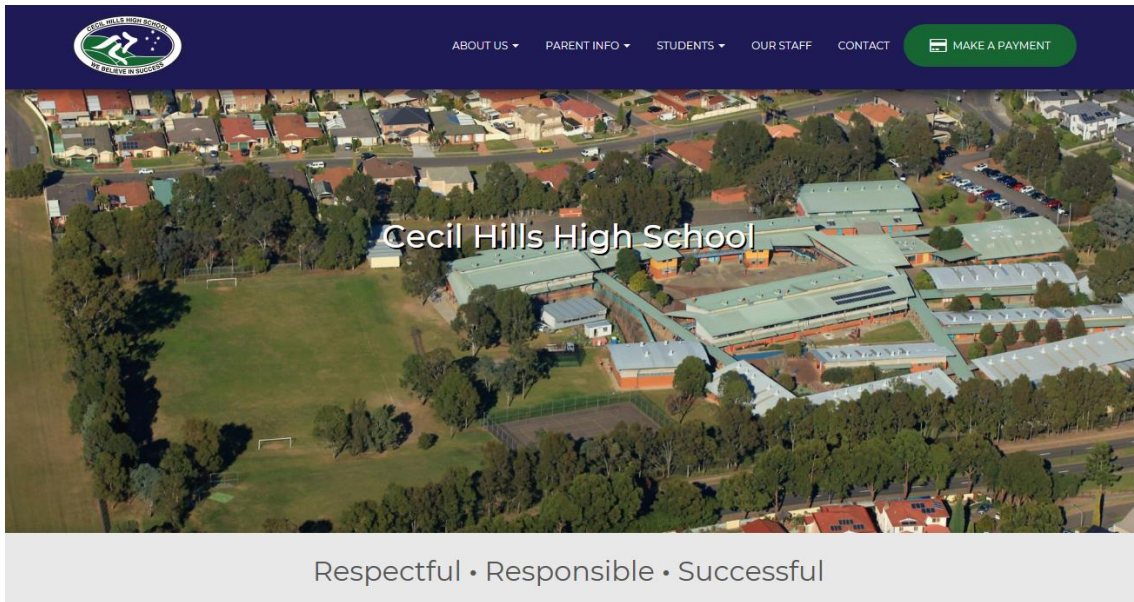


***download our  
app***

***School App  
Solution***



# Communication



***visit our  
website***



# Careers Website

Home | Sitemap | Cecil Hills High School Careers - Home

CECIL HILLS HIGH SCHOOL WE BELIEVE IN SUCCESS **Careers**

Important Information HSC/RoSA Post School Options Workplace Learning For Parents For Students

**Cecil Hills High School Careers**

Our aim is to provide you with all the latest information that will help you make decisions about your future career and your life beyond school.

You can use this site to locate University, TAFE and any other type of course across Australia, get information about the HSC, search for job vacancies and much more. Feel free to drop into the Careers Office if you have any questions.

Produced by: The University of Sydney www.sydney.edu.au

*visit our  
Careers  
website*



Cecil Hills High School Careers

Like Page 194 likes

WHAT SUITS YOU...

Cecil Hills High School Careers on Facebook

Australian Apprenticeships and Traineeships Information Service

Events for the next 14 Days

18.09.2018  
UOW Year 12 Information Evening - Liverpool

18.09.2018  
Parramatta Army Combat Information Session

19.09.2018  
WEP Student Exchange Information Session - Sydney (Surry Hills)

19.09.2018

Please Select a Career Target

Click on the job links below to get more information

***https://www.chhscareers.com.au/***

# Communication



***update your  
email address  
with the school***



# Senior Executive



**Mrs C Lord**

Deputy Principal



**Mr M Sutton**

Principal



**Mrs J Cremin**

Deputy Principal



**Mr M Lane**

Deputy Principal



**Mr J Howard**

Deputy Principal





25<sup>th</sup>

**CELEBRATING**  
Anniversary



# Tips For Families During Lockdown



<https://www.youtube.com/embed/Tplvg5ED05E>

# Top Tips

- **maintain connections with peers**
- **focus on the ‘why’ to increase school motivation**
- **break up work into more manageable chunks**
- **celebrate wins and write down achievements**
- **exercise, diet, sleep**



- **playlist of upbeat songs**
- **ReachOut**
- **moodgym**





# Wellbeing at Cecil Hills

# Outline

Josh Dunn Julian Floriano	Overview of Wellbeing at our school
<b>Belinda Simone Nathan Attard</b>	<b>Counsellor Support and Strategies</b>
Jonathan Brancati	The Wellbeing Hub and SSO Support
<b>All of us</b>	<b>Opportunity of Questions</b>



# Wellbeing at Cecil

- **Head Teachers Welfare oversee:**
  - **Year Adviser Team**
  - **Learning and Support Team**
  - **Careers/Transition Team**
  - **Student Leadership - SRC and House Leadership**
  - **Refugee Students**
  - **International Students**
  - **YARN Students**
  - **Attendance**



# Our Year Advisers know and care for every student



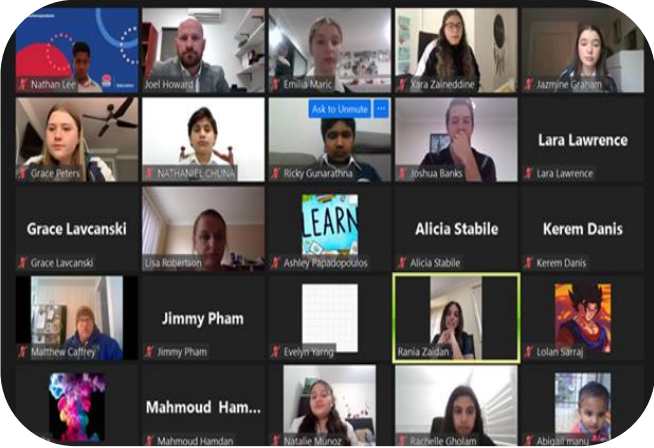


# Upcoming Year Advisers



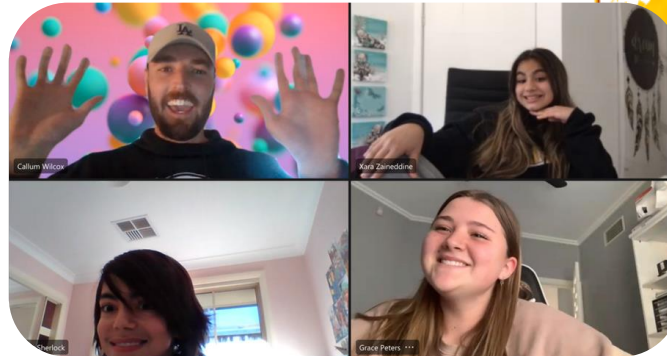
**Year 7 2022**

**Year 7 2023**



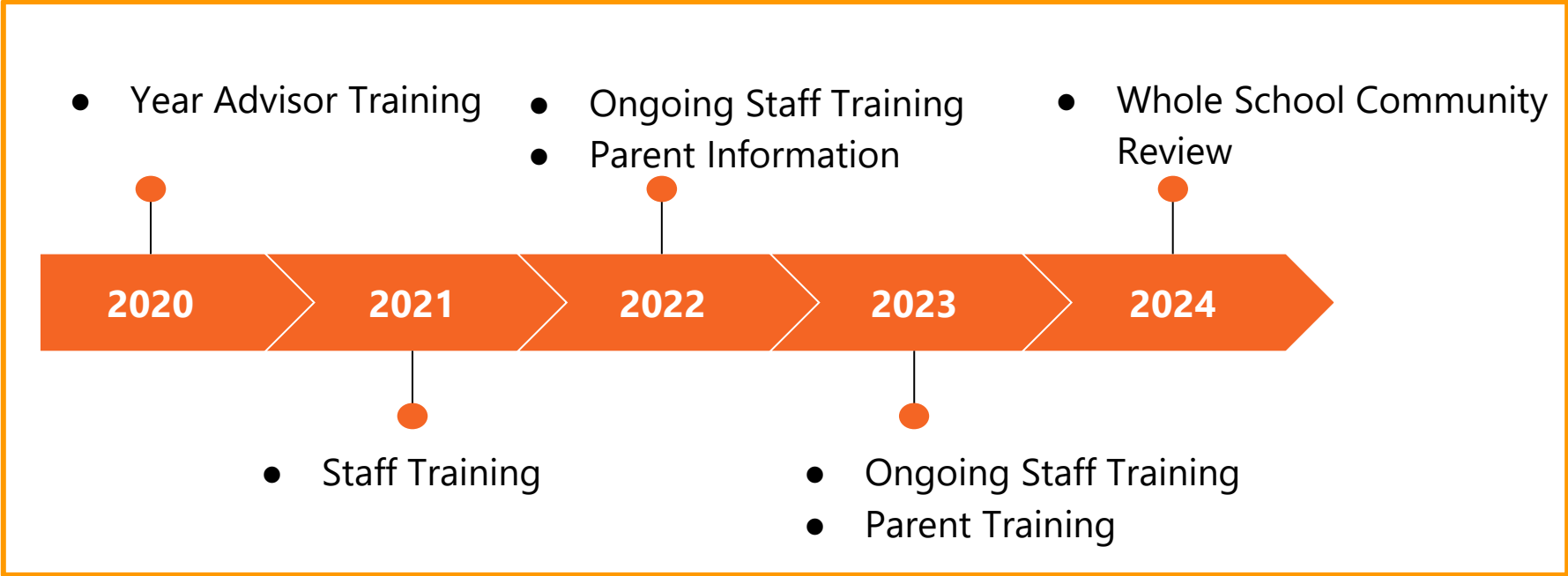
# Connect Program - 8:35 - 8:55

- Year Meetings
- FOCUS Lessons
- Whole School/SRC Initiatives
- Wellbeing Focused



# SAFEMinds

*Equips the school community to support students with mental health concerns*







# CHHS School Counselling Service

Belinda Simone - School Counsellor  
Nathan Attard - School Psychologist (Provisional)

# Who are we?

- CHHS has a counsellor allocated five days a week:
  - **Belinda:** Tuesday and Friday
  - **Nathan:** Monday, Wednesday, and Thursday
- School counsellors and psychologists are required to be registered psychologists
- Part of the Student Welfare and Learning Support teams
- Provide a confidential service utilising evidence-based practice to support student mental health





# Managing home learning

- Healthy diet
- Mindfulness (e.g., Smiling Mind app)
- Exercise regularly (30-60 min p/day)
- Develop a regular sleep routine (8-10 hrs)
- Engage with hobbies
- Seek teacher support for homework/assessments
- Schedule daily down-time and relaxation
- Encourage supportive relationships with friends/family/carers
- Minimise social media and time spent watching the news
- Encourage supportive discussions with your child.



# Seeking help

- If you have mental health concerns for your child and would like them to speak with the school counsellor, let the relevant Year Adviser/s or Deputy Principal know
  - Discuss counselling with your child first
- Speaking with your GP about mental health concerns can help guide your decision





# Services



# Student Support Officer

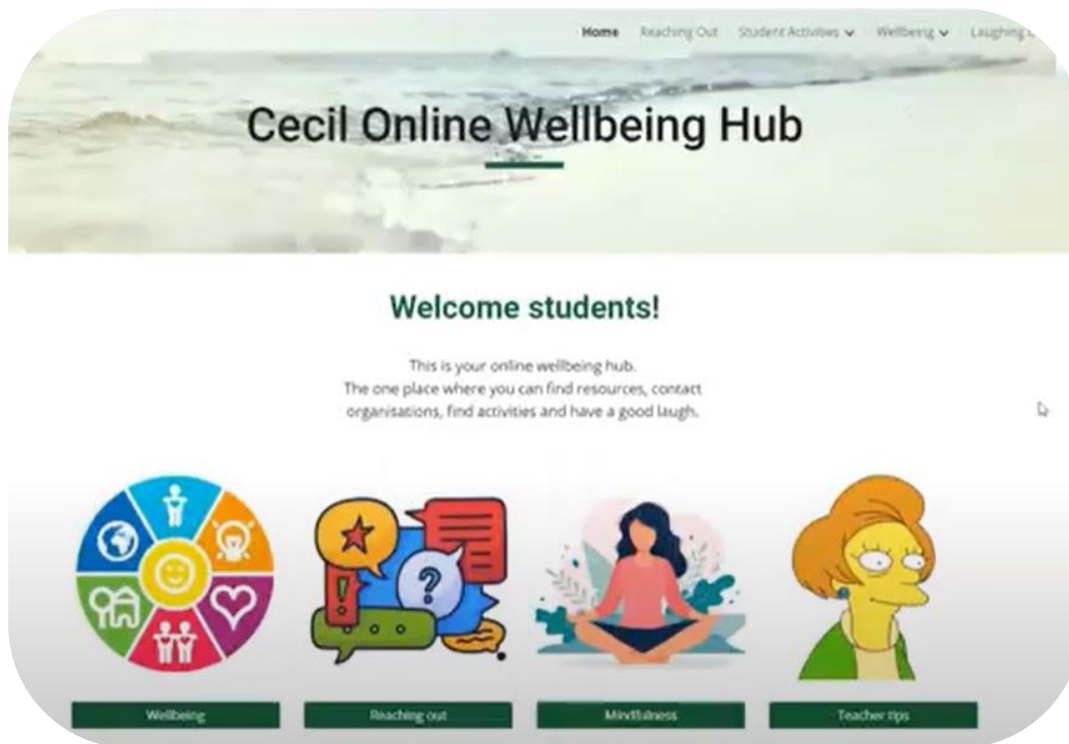


Jonathan Brancati

- Extra level of support for students
- One SSO allocated per school by 2022
- Not a counsellor or a teacher
- Individual cases, referrals and workshops
- Based at the wellbeing hub (old uniform shop)

# Wellbeing Hub

[Click Here to go to our Wellbeing Hub](#)



# Cluey



[https://www.youtube.com/watch?v=mRhZAJc\\_is4&list=PLRnWx9N5MP\\_0Nsei3oC93umTOFw-QQsPq](https://www.youtube.com/watch?v=mRhZAJc_is4&list=PLRnWx9N5MP_0Nsei3oC93umTOFw-QQsPq)



# Top Blokes

## TOP BLOKES FOUNDATION



<https://www.topblokes.org.au/>



# Key Dates: 2021

<b>Year 11 Exams</b>	<b>Week 9/10, Term 3</b>
<b>Year 12 Alternative Assessments</b>	<b>Tue – Fri, Week 9, Term 3</b>
<b>Wellbeing Day</b>	<b>Day 1, Term 4</b>
<b>Year 12 Formal</b>	<b>???</b>
<b>Year 12 Picnic</b>	<b>???</b>
<b>Year 12 Graduation</b>	<b>???</b>
<b>HSC Written Exams</b>	<b>Tue, Week 6, Term 4</b>

# Parent Information Sessions





# Feedback



# schooltv.me

[Home](#)[Case Studies](#)[Contact](#)[Our Latest Edition](#)[SUBSCRIBE NOW](#)

## WELCOME

A wellbeing platform for schools supporting parents

SchoolTV is a world first, wellbeing platform featuring Dr Michael Carr-Gregg. It addresses the modern day realities faced by schools and parents who increasingly need clear, relevant and fact-based information around raising safe, happy and resilient young people.

Whilst there is a great deal of information available, this can often be confusing and overwhelming for parents looking for guidance. SchoolTV addresses this issue. It is an online resource designed to empower parents with credible, sound information with realistic and practical strategies.

SchoolTV is a school branded resource that is available through subscribed schools thus allowing parents to access information on individual topics.

# Exploring Teens (Online Magazine)



ISSUE

## Exploring Teens - Issue 8 - February/March 2016

Exploring Teens is a print and online parenting magazine for parents of teens. Featuring high-quality editorial, it is distributed free in Sydney and NSW. The focus topic for this issue is on Transitions... [Read Full Description](#)

- useful website with loads of information for parenting teenagers
- magazine is produced every two months
- Facebook page regularly links to useful articles on teenagers and education

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





# Raising Children Website/App

**raisingchildren.net.au**  
the australian parenting website

Search the site

pregnancy newborns babies toddlers preschoolers school age pre-teens **teens** grown-ups autism dis

## The Australian Parenting Website

[/raisingchildren.net.au/teens](https://raisingchildren.net.au/teens)

- Behaviour
- Communicating & relationships
- Development
- Entertainment & technology
- Family life
- Healthy lifestyle
- Mental health & physical health
- School, education & work
- Teenagers: videos
- Parenting in Pictures: teens

<https://raisingchildren.net.au/>



# Our Next Parent Meeting

**6:30pm**

**Monday, 1 November 2021**

# Questions



**THIS  
PRESENTATION  
WILL BE  
EMAILED  
TO YOU**



## CECIL HILLS HIGH

## SCHOOL P&C MEETING

### MINUTES

**DATE:** Monday 6<sup>th</sup> September 2021 (online)

**MEETING OPENED:** 6.35 pm

#### **ACKNOWLEDGEMENT OF COUNTRY:**

I would like to acknowledge the *Darag* people who are the traditional custodians of this land. I would like to pay respect to the elders both past and present and also pay respect to other aboriginal people present today.

**APOLOGIES:** Nil

**ATTENDANCE:** 47 (including Parents and Teachers)

#### **Mark Sutton:**

- Introduced Christine Lord – New Deputy Principal
- Explained a way to introduce the students to cope with COVID

#### **Jullian Floriano:**

- Wellbeing of the school. Explained the roles of the Head Teachers within the school.

#### **Josh Dunn**

- Year Advisers – Explained their roles including connect programs. Safemind program 2020 to 2024

#### **Belinda Simone & Nathan Attard**

- School Counsellor – Counsellor Support & Strategies. Belinda is available on Tuesday & Friday. Nathan is available Monday, Wednesday & Thursday. School Counsellors & Psychologists are required to be registered. Part of the student welfare and learning support teams. Provide a confidential service.
- How to manage home learning (see slide show from Minutes)

#### **Jonathan Brancati**

- Student support Officer, provides an extra level of support for students. Not a counsellor or a teacher. Designed a wellbeing hub. It can be found on the school website.

#### **UPCOMING ASSISTANCE**

- COVID Tutoring – more information to come
- Top Blokes program for males Year 7-10
- Ensure Students log into connect prior to classes
- Zoom open to parents for question time
- **Next Meeting 1<sup>st</sup> November 2021.** Meeting Closed 7.30pm

#### **P&C BUSINESS: Started – 7.31pm**

President - Alfred Grasso

Vice Presidents – Kylie Frendo , Vesna Jeromin

Treasurer – Andrea Marambio

Secretary – Dianne Vella

No change to Bank account = \$10,470.84

Requested by Mark if the P&C would be willing to donate a maximum of \$500.00 in order to make care packages in appreciation to staff and parents doing it tough through the pandemic. All members of the Executive committee voted that it would be a great idea, and we will support our local businesses in Cecil Hills

**Meeting Closed at 7.37pm**