

ambarvale-h.school@det.nsw.edu.au

☎ 02 4627 1800



Ambarvale High School

Student and Parent Handbook

Learning from Home
2021

Why remote learning from home

The NSW Government and the NSW Department of Education have made it clear that **students from Greater Sydney will be learning from home starting Term 3, 2021, until further notice** depending on the number of COVID cases circulating in Greater Sydney moving forward.

How to access learning from home

AHS teachers and support staff have been working hard to **ensure students will have access to quality online learning that they can find and complete from home.**

In most instances, teachers will be using **Google Classroom** to communicate and share work with students. Our students are familiar with google classroom and most will be confident to access their learning this way. Those who are unsure can contact their teachers or the school via email (preferably) or phone.

Students are to broadly follow their **normal timetable**, logging in to the relevant google classroom at the time they would have attended each lesson at school. Each faculty will post a message on Facebook and our website (also attached) to give faculty-specific information regarding their subjects, and to confirm how and where students can access their learning.

Students in Year 12 may be contacted by their teacher to organise on-site visits to ensure consistency of learning, particularly in terms of projects and major works, as we move towards the HSC.

Issues accessing technology from home

AHS will receive from the Department of Education a **limited number of 'dongles' to support senior students'** access to the internet. If you are the parent of a senior student and you would like to be considered for a 'dongle', please contact the school by email (preferred method of communication) or telephone. Please only do so if your child will have genuine difficulty accessing the internet. We will be prioritising Year 12 students as they approach the HSC, followed by year 11 students.

We will also be making **available laptops for students to borrow during this period of learning from home.** Again, please email (preferred method of communication) or telephone the school to indicate your interest for your child to be considered for a device to support their learning.

Some **hard copy learning packs** will be available for students who do not have access to the internet and are not in the senior student group receiving 'dongles'. If you are interested in accessing a hard copy general learning package, please email (preferred method of communication) or telephone the school to register your interest.

I am unable to have my child learn from home for essential reasons (eg, I am an essential worker)

If you are unable to make arrangements for your child to learn from home, then **school remains open.**

Students who attend school will be required to wear a mask at all times when they are inside. **If students refuse to wear a mask when inside, or are repeatedly not wearing a mask inside, parents will be contacted to collect their child.**

Please be aware that students who attend school will engage in their learning in general spaces where staff will supervise their engagement with the online learning that students at home are accessing.

The **canteen will be closed** and playground breaks will be segregated into year groups or possibly stage groups, to limit students' exposure to others.

Please be aware that **all excursions and extra-curricular activities are currently on hold** until further notice.

It is very important that students access their learning from home where that is an option for your family.



Remote learning guidelines for students and parents



Stay connected

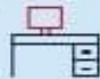


Ask questions



.....
If you don't understand something, ask your teacher or classmates online.

Workspace



.....
Work in a quiet area, at a desk or table and try to limit distractions.

Use classroom language



.....
Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

Focus



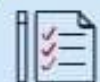
.....
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

Take breaks



.....
Take breaks away from screen. Move around and try not to sit all day.

Your normal routine



.....
Eat breakfast, brush your teeth and get dressed in the morning.



Learning environment checklist

In setting up this space the following should be considered:

- Is the area free of distraction?
- Is there excessive noise in the area?
- Are there trip hazards in the area?
- Is the area exposed to direct glare or reflections?
- Does the area have sufficient power points available?
- Is equipment (extension cords etc) in good, safe, working condition?
- Is there a proper desk and chair and other necessary equipment (light, stationery and devices)?
- Is the chair adjusted correctly?
 - Feet should be flat on the floor and knees bent at right angles with thighs parallel to the floor.
 - The chair backrest should support the lower back and allow your child to sit upright.
 - The chair should move freely and not be restricted by hazards such as mats and power cords.
 - Chair arm rests should be removed or lowered when typing.
- Is the computer adjusted correctly?
 - The screen should be positioned directly in front of your child.
 - The screen should be at a distance where your child can see clearly and easily without straining. The top of the screen should be slightly lower than eye level.
 - The keyboard should be positioned at a distance where elbows are close to your child's body and their shoulders should be relaxed.
 - The mouse should be placed directly next to the keyboard.
- Are their most frequently used items within easy reach from a seated position?



Wellbeing Team 2021

Deputy Principal 7, 9, 11 - Simone Arts
Deputy Principal 8, 10, 12 - Elke Fitzgerald

Head Teacher Wellbeing (Mon, Tues, Thurs & Fri) - Laila Parkin
Head Teacher Wellbeing (Wed & Frid) - Gabrielle Koens

Year 7

Year Advisor - Raquel Nunes
Assistant Year Advisor - Monica Sawiris

Year 8

Year Advisor - Michael Devlin
Assistant Year Advisor - Lara Sitterlee

Year 9

Year Advisor - Jecyka Grasso
Assistant Year Advisor - Mel Omar

Year 10

Year Advisor - Daniel Aquilina
Assistant Year Advisor - Cathy Summerfield

Year 11

Year Advisor - Alyssa Phillips
Assistant Year Advisor - Anaum Zahid

Year 12

Year Advisor - Sarah McAteer
Assistant Year Advisor - Kevin Conca

School Counsellors - Jennifer Mansour & Erin Kremer

Student Support Officers (SSOs) - Natalie Phillips & Bruce Pikula

2022 Year 7

Year Advisor - Sarah McAteer
Assistant Year Advisor - Ria Xian



Welcome to Term 3

English, Drama and Literacy

Ms Nicoll - alyssa.nicoll3@det.nsw.edu.au (Head Teacher)

Ms Zahid - anaum.zahid1@det.nsw.edu.au

Ms Gomes - rosy.gomes@det.nsw.edu.au - Ms Gomes will be teaching Ms Walklate's classes. If you had Ms Walklate in Term 2 you now have Ms Gomes.

Ms Bunce - sarah.bunce@det.nsw.edu.au

Ms Phillips - alyssa.phillips3@det.nsw.edu.au

Ms Makin - leah.hayden@det.nsw.edu.au

Ms Frey - christine.strangiofrey2@det.nsw.edu.au

Mr Vo - thanh.vo50@det.nsw.edu.au

Ms Perwaiz - saira.perwaiz@det.nsw.edu.au

Mr Wales - derek.wales@det.nsw.edu.au

SOME REMINDERS

- . FOLLOW YOUR NORMAL TIMETABLE - YOUR TEACHER WILL BE ONLINE WITH YOU DURING THIS TIME
- . ACCESS YOUR WORK THROUGH THE GOOGLE CLASSROOM - COMPLETE THE ASSIGNED ACTIVITY
- . ASK QUESTIONS IN THE COMMENT SECTION OR EMAIL YOUR TEACHER - WE LOVE TO HEAR FROM YOU

Science

Students should follow their regular timetable for Science and Agriculture. Students should be online on the Google Classroom completing the assigned lessons for each subject.



If you do not have access to the Google Classroom, please email your Science/Ag teacher for assistance.



Mrs Maynard (HT) - samantha.potts2@det.nsw.edu.au
Mrs Bromley (rel.HT) - amanda.irvine4@det.nsw.edu.au
Mr Keen - shane.keen2@det.nsw.edu.au
Miss Kilcoyne - jess.kilcoyne@det.nsw.edu.au
Miss Nunes - raquel.nunes3@det.nsw.edu.au
Miss Xian - ria.xian1@det.nsw.edu.au
Ms Wai - siu.wai1@det.nsw.edu.au
Ms Arts - simone.arts@det.nsw.edu.au
Mr Gray - geoffrey.m.gray@det.nsw.edu.au
Miss Sawiris - monica.sawiris1@det.nsw.edu.au
Mrs Itani - samia.itani@det.nsw.edu.au
Mr Richards - adam.richards3@det.nsw.edu.au

PDHPE FACULTY



Students should follow their regular timetable for PDHPE lessons.

Students should be online accessing, their Google Classroom completing the assigned work. Your classroom teacher will be in the Google Classroom at the same time for any assistance you require.

If you do not have access to your Google Classroom or need any assistance please email your PDHPE teacher or contact the school on 46271800.

kelly.mcgregor1@det.nsw.edu.au (Mrs Page - Head Teacher)

jarrod.sorenson4@@det.nsw.edu.au (Head Teacher)

glenn.spruce@det.nsw.edu.au

caitlin.smith84@det.nsw.edu.au

alisha.ryan2@det.nsw.edu.au

samuel.williams76@det.nsw.edu.au

kevin.conca4@det.nsw.edu.au

vince.cavaleri@det.nsw.edu.au

laila.comer@det.nsw.edu.au (Mrs Parkin)

melissa.omar1@det.nsw.edu.au



SPORT



Students should endeavour to maintain their physical activity levels while engaging in online learning.

Please follow the current government and health advice when participating in sport and physical activity.

A log book will be uploaded by your teacher to your google classroom that you can use to keep track of and record what Sport/Physical Activity you are doing from home in place of Sport lessons.

Recommendations:

- 150 minutes of physical activity can be accumulated over the course of a week in small increments.
- It is not recommended that you complete it in one 150-minute session.
- Please keep in mind that while learning from home, you must stick to your regular schedule. This involves logging on and 'entering' what sport/physical activity you are engaged in from home during your scheduled sport lessons.
- Please follow currently government and health advice when participating in sport and physical activity

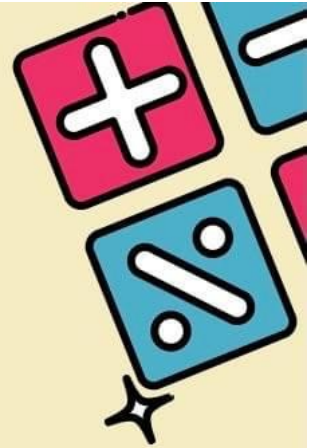
*All current external sporting events have be cancelled or placed on hold.
Please contact Mrs Omar or Mrs Page if further information is required.*

kelly.mcgregor1@det.nsw.edu.au (Mrs Page - Head Teacher)
melissa.omar1@det.nsw.edu.au



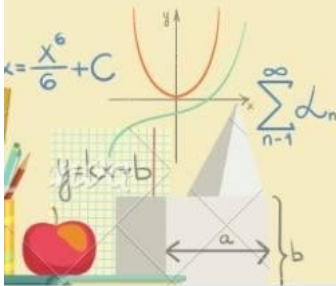
MATHS FACULTY

Lessons have been posted to Google Classrooms for all classes. Students should be following their regular timetable and completing the activities as assigned.



If you do not have access to the Google Classroom or need any assistance, please email your Maths teacher for assistance.

marianne.degning@det.nsw.edu.au
adam.richards3@det.nsw.edu.au
samia.itani@det.nsw.edu.au
geoffrey.m.gray@det.nsw.edu.au
bojan.djoneski@det.nsw.edu.au
mao.qu1@det.nsw.edu.au
amy.fracarossi2@det.nsw.edu.au
monica.sawiris1@det.nsw.edu.au



TAS Faculty

All Technology students should continue to access the Google Classroom that they have been accessing for 2021. If you have not yet accessed a Google Classroom please check your email for an invitation to a classroom.

As much as possible please follow your timetable. Your teachers will be available to contact during school hours however they will be able to answer any questions during your timetabled periods.

Year 7 and 8, your unit of work has changed this semester. You may also find that your teacher has changed as well. Please see the tables below to indicate who your Semester 1 teacher was and who it may have changed to for Semester 2. If you are unsure about your classes or what you should be completing, please feel free to email any of the TAS teachers for assistance.

Class combinations	Tech Class	Semester 2 Unit	Teacher Semester 1	Teacher Semester 2
Vertebra + Sternum	7Te1	Digital Technologies	Koens	Djoneski
	7Te2	Built Environment	Djoneski	Koens
	7Te3	Built Environment	Simmons	Simmons
Mandible + Clavicle	7Te4	Digital Technologies	Dyer	Djoneski
	7Te5	Built Environment	Djoneski	Dyer
	7Te6	Built Environment	Jolley	Jolley
Radius + Tibia + Patella	7Te7	Digital Technologies	Dale	Simmons
	7Te8	Built Environment	Simmons	Dale
	7Te9	Digital Technologies	Koens	Djoneski
	7Te10	Built Environment	Djoneski	Koens
Darwin + Perth	8Te1	Put Your Feet Up	Dyer	Dale
	8Te2	Put Your Feet Up	Jolley	Dyer
	8Te3	From Garden to Home	Dale	Jolley
Adelaide + Hobart	8Te4	From Garden to Home	Dale	Jolley
	8Te5	Put Your Feet Up	Dyer	Dale
	8Te6	Put Your Feet Up	Jolley	Dyer
Melbourne + Brisbane	8Te7	From Garden to Home	Dale	Tan
	8Te8	From Garden to Home	Koens	Dale
	8Te9	Put Your Feet Up	Tan	Koens

Rickelle.jolley1@det.nsw.edu.au (Head Teacher)

Glenn.simmons@det.nsw.edu.au

Mark.koens@det.nsw.edu.au

Bojan.djoneski@det.nsw.edu.au

Boris.tan@det.nsw.edu.au

Clare.dyer1@det.nsw.edu.au

Melissa.omar1@det.nsw.edu.au

CAPA FACULTY

Students should follow their regular timetable and be online on the Google Classroom completing the assigned lessons for each subject.

Students in Year 7 and 8 have changed their Music and Visual Arts classes. All students have been invited into their new CAPA Google Classroom. Classroom codes are listed below.



If you do not have access to the Google Classroom or need any assistance, please email the Head Teacher or your classroom teacher for assistance.

7 Sternum—kwlorjo

7 Vertebrae—llvpluo

7 Clavicle—27avsdS

7 Mandible—3lc7pra

7 Radius—cnmgqcg

7 Patella—oqymweu

7 Tibia—tzyy3uq



8 Darwin—n7gcqnn

8 Melbourne—wvyrwuu

8 Adelaide—gt2kqbr

8 Brisbane—rmspepd

8 Hobart—4nhzaml

8 Perth—qulyyss



donna.sutton1@det.nsw.edu.au (Head Teacher)

sarah.johnson39@det.nsw.edu.au (Mrs McAteer)

adam.marincenvski2@det.nsw.edu.au

cathy.summerfield@det.nsw.edu.au

elizabeth.tobin3@det.nsw.edu.au

jesse.cleal2@det.nsw.edu.au

samantha.emery2@det.nsw.edu.au

saira.perwaiz@det.nsw.edu.au

HSIE FACULTY

Students should follow their regular timetable and be online on the Google Classroom completing the assigned lessons for each subject.

If you do not have access to the Google Classroom or need any assistance, please email your HSIE teacher for assistance.

jo.novak@det.nsw.edu.au (Head Teacher)

daniel.aquilina17@det.nsw.edu.au

jecyka.grasso@det.nsw.edu.au

sharon.milton6@det.nsw.edu.au

anna.morris10@det.nsw.edu.au

wendy.presland@det.nsw.edu.au

gordon.sun4@det.nsw.edu.au

isaiah.tor@det.nsw.edu.au

nidal.zreika7@det.nsw.edu.au



Support Faculty

Support Students should follow their regular timetable and be online on the Google Classroom completing the assigned lessons for each subject.

If you do not have access to Google Classroom or need any assistance, please email your class teacher or call the Support Faculty

Mystique kelly.whitehead1@det.nsw.edu.au (Rel Head Teacher)

Ironman michael.devlin9@det.nsw.edu.au

Thor victoria.woods9@det.nsw.edu.au

Falcon steven.taraboulsis1@det.nsw.edu.au

Colossus lara.minassian@det.nsw.edu.au

Wolverine samuel.baptiste1@det.nsw.edu.au,
alexis.post@det.nsw.edu.au

Phoenix jeremy.robinson15@det.nsw.edu.au

Teaching and Learning @ AHS Online

- If you are in Year 12 and part of the Learning Mentors program, don't forget you can email your Mentor teacher if you need any help!
- If you are in Year 7 then you are part of our 4See program, don't forget we have a google classroom that you can access during our normal lesson time. We will have some fun activities for you to engage in if we do not return to face-to-face teaching next week - so don't forget to stop by! Don't have the code? Email Ms Fracarossi at amy.fracarossi2@det.nsw.edu.au
- If you are in Year 8 then you are part of our MBC program, look out for information updates about this program next week if we do not return to face-to-face teaching.

Accessing Learning and Support during online learning

- If you normally receive learning and support, then we will be contacting you this week to check-in on your progress.
- If you need extra assistance with online learning (literacy or numeracy based), there will be a post on your wellbeing google classroom from Ms Perwaiz or Ms Burcher that informs you how to get help and they will direct any questions to the right person.
- We have a new learning and support teacher joining us this term, so this means more time to support you in your learning. Welcome to Ms Tame!

Learning and Support Teachers email contacts:

Ms Keons: GABRIELLE.KOENS@det.nsw.edu.au

Ms Hornstra: CAROL.HORNSTRA@det.nsw.edu.au

Ms Tame: Molly.tame3@education.nsw.gov.au

Student Learning Advisors email contacts :

Ms Perwaiz: saira.perwaiz@det.nsw.edu.au

Ms Burcher: ELIVIA.COMER@det.nsw.edu.au

Ambarvale High School Book Club



Reading can have many benefits. It can help to:

- strengthen a person's brain;
- increase a person's vocabulary;
- reduce a person's stress; and
- aid a person's sleep.

Reading can also help people to build meaningful connections with each other, particularly when they share an interest in the same genre.

So, welcome to the Ambarvale High School Book Club for Semester 2, 2021.



Image courtesy of Resilient Educator (2021)

For more information, go to your year group's Book Club Google classroom:

Year 7 Book Club class code: [5upoprj](#)

Year 8 Book Club class code: [m653qkr](#)

Year 9 Book Club class code: [57spjbm](#)

Year 10 Book Club class code: [jnqugmd](#)



BEATING STRESS AND WORRIES

COVID-19 | A GUIDE FOR PARENTS & YOUNG PEOPLE

TIPS FOR YOUNG PEOPLE

TIPS FOR PARENTS



Spend less than **10 MINUTES A DAY** watching or listening to news about the virus.

1



Avoid listening to the news more than **1-2 TIMES A DAY** and reading out bad news from the internet/social media.

Ask a parent, teacher or trusted person if you have **QUESTIONS ABOUT THE VIRUS** and tell them if you are feeling scared or worried.



2

Answer your child's questions about the virus **BUT STICK TO THE FACTS** and use trusted sources like the WHO.



STAY CONNECTED to your friends but try to talk about things other than the virus.



3

Reassure your child and give **OPTIMISTIC AND CALM RESPONSES**. Focus on what they can do right now.



MAKE A LIST OF ACTIVITIES that you can do with your family and friends - start a journal or blog, do a puzzle, e-visit the Louvre, train the dog.



4



GET CREATIVE Set-up some simple and fun activities for at home or in non-crowded places.



WRITE A LIST AND DRAW 10 good things in your life and the world.

5

Help your child make a list of **10 GOOD THINGS** in their life and the world.



FIND A WAY TO RELAX Spend 10 minutes breathing slowly and calmly. Imagine that you are in your favourite place for 5 minutes.



6



Try to stick to your regular **FAMILY ROUTINES** and avoid places that are high risk, or you are directed to.



LISTEN TO MUSIC Choose something that makes you feel good.

7

CHECK IN WITH FAMILY MEMBERS but try to talk about other issues and not just bad news and worries about the virus.





Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/ehespace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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