



Education

We, at Bourke High, believe that all students can succeed. Bourke High School is a caring school and we acknowledge that effective learning takes place when students and teachers feel secure and safe, where morale is high, where people are happy and where a high value is placed on working together.

Executive Principal: Mr Andrew Ryder

Deputy Principals Ms Angela Doggett & Mr Simon Hyder



Principal's Report



Reminders

**Each Thursday
afternoon Clontarf
Homework Club**

Mindful Makers

Each Monday

School Holidays

16 to 27 April 2018

Youth Forum

Year 9

2 May 2018

Cross Country

9 May 2018

NAPLAN

16 to 17 May 2018

National Sorry Day

26 May 2018

Athletics Carnival

30 May 2018

Mid Term Break

1 to 4 June 2018

**Parent Techer
Night**

21 May 2018

In the final week of term 1 we are still not slowing down at Bourke High School. Many of our students and staff are out representing Bourke High this week. We have had some fantastic performances at the NSW State swimming carnival. Matthew Bowden, Koby Knight, Jeleall Suckling, Bradley Parnaby, David Hart and James Brookman set a 13 second PB in their 12-17 year old 6x50m freestyle relay in a fantastic effort.

Bourke High School is also currently being well represented by our senior Clontarf boys at their senior carnival in Sydney. Some of you may have seen a few familiar faces in the audience of the Matty Johns Show on Sunday night where it certainly looked like the boys were having a great time. We also have some of our year 8 and 9 students in Sydney at University of New South Wales as part of our Aspire program. As part of this trip Year 8 will be focusing on a STEM workshop while Year 9 are taking part in the workforce detective program.

This week our students in years 7-10 will be completing their PAT tests. These Progressive Achievement Tests are designed to provide objective, norm-referenced information to teachers about their students' skills and understandings in a range of key areas across English, Mathematics and Science.

Our Year 12 students will be given their half-yearly reports this week. These reports provide a valuable feedback tool for HSC students to mark their progress towards their HSC goals at the end of the year.

We have an end of term assembly this Thursday which will acknowledge all of those students who have been identified by their teachers as putting in the most consistent effort throughout the term. It is important that these students are rewarded as it is only effort that leads to success. All parents and carers of our award recipients have been invited and are welcome to be in the audience for the assembly.

This Thursday afternoon our Wellbeing 4 Excellence team are acknowledging those students who have not recorded any negative incidents in the areas of Respect or Safety. These students represent the best values of Bourke High School and while they're often our silent achievers we certainly appreciate their ongoing positive contributions to life at Bourke High School.

I'd like to thank all staff and students for their efforts in Term 1 and wish everyone a relaxing break.

Andrew Ryder

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P&C Acknowledges Maxine Mackay

Bourke High School P&C and AECG would like to say a huge congratulations to Maxine Mackay on receiving a Nanga Mai Award in Sydney for her outstanding contribution to Aboriginal Education in NSW Public Schools. Maxine is a well deserved recipient of this award for her hard work and dedication towards the Bourke schools and Bourke community.



CHS State Swimming Carnival

Huge congratulations to Jeleall Suckling , James Brookman ,Bradley Parnaby, Koby Knight , David Hart and Matthew Bowden who competed at the NSW combined High schools state swimming championships in Homebush this week representing the Bourke High School as a part of the western area swimming team in the 12 - 19 yrs 6 x 50m freestyle relay. All boys swam amazingly and smashed their time swimming 15 seconds faster than their previous time.

Jeleall also competed in the 12 yr boys 50m freestyle swimming a Pb and Bradley competed in the 14 yrs 100 m breaststroke with a Pb swim, Matthew competed in the 17-19 yrs boys 400 m free and 100m Butterfly.

Well done Guys you should all be very proud of yourselves as we sure are.





Bourke High School welcomed Daniel Geale , former Australian Boxing Champion this week.

Daniel spoke with students about the importance of discipline and respect.

Thanks Daniel, Glen and Lillianna for joining us.





WESTERN NSW LOCAL HEALTH DISTRICT WOMEN'S HEALTH SERVICE INVITES YOU TO

ART + HEALTH

A Women's Health Creative Workshop

Wednesday 2nd May, 09:45am-2:30pm
Bourke CWA Rooms, 21 Sturt St, Bourke

All women aged between the ages of 25 to 74 years are invited to join the Women's Health team for a day of Art and Health. Women will have the opportunity to participate in a number of free activities including:

- A doll making workshop with Aboriginal artist Lorryne Riggs, owner of 2 Rivers Pty Ltd. Lorryne is working in partnership with Outback Arts on the Aboriginal Arts Program.
- A chat about the changes to the National Cervical Screening program
- A Women's Health Check and Screening with a trained Women's Health Nurse

Morning tea and lunch will be provided. There will also be show bags and lucky door prizes on the day.

To **RSVP** or for more information please contact Amanda at Bourke Community Health on (02) 6870 8883 or Nakarri from Women's Health on (02) 6369 8184 by April 26th, 2018.



Health
Western NSW
Local Health District

This event is possible with the support of a Cancer Institute NSW Innovations in Cancer Control Grant - cancerinstitute.org.au



HPV vaccine

HPV vaccine fact sheet for students

What is HPV?

HPV stands for human papillomavirus. There are many different types of HPV.

Genital HPV is a very common sexually transmitted infection in males and females with around eight in 10 people being infected at some point in their lives. It usually causes no symptoms and goes away by itself, but can sometimes cause serious illness.

What does HPV have to do with cancer?

Genital HPV infection can cause some cancers including cancer of the cervix, vulva and vagina in females and cancer of the penis in males. It can also cause cancers of the anus and mouth/throat, and genital warts in both males and females.

How do people get HPV?

HPV is passed on from one person to another through intimate genital-skin contact, usually without the person ever knowing it. The virus enters the body through tiny breaks in the skin. You can be exposed to HPV the first time sexual activity occurs, from only one sexual partner.

You may not be thinking about being sexually active yet, however the vaccine works best if it is given before exposure to HPV – that is, before sexual activity starts.

About the HPV vaccine

A vaccine has been developed that can protect you against 90% of cervical cancers, most of the genital cancers in males caused by HPV infection and 90% of genital warts in both females and males.

For people aged 14 and under, the vaccine is given as two injections in the upper arm, six to 12 months apart. It's very safe. The HPV vaccine was carefully tested before it was introduced. Over 270 million doses have been given safely around the world.

The vaccine works best when given at a younger age. Research shows that younger people create more antibodies to the vaccine than those aged in their late teens. This means by having the vaccine at aged 12-13 you are better protected if you are exposed to HPV in the future.

If you're aged 15 or over when you get your first dose, or if you don't receive the injections at least six months apart, you will need three injections. Ideally, the three doses should be given at 0, 2 and 6 months – that is, the second dose should be given two months after the first, and the third dose four months after the second.

The HPV vaccine can reduce the risk of developing HPV-related cancers and disease.
Visit www.hpvvaccine.org.au or call 13 11 20 to find out more.



Who can have the vaccine?

Girls *and* boys aged 12–13 can have the vaccine free of charge at school as part of the National HPV Vaccination Program.

It's important to note however that the vaccine is free for a limited time only and conditions do apply. Your parents or guardian can contact your local immunisation provider or doctor.

If you're outside of these age ranges, ask your doctor or school nurse for advice about the HPV vaccine and whether it's right for you.

Why should I consider having the vaccine?

Having the HPV vaccine means you are far less likely to develop HPV-related cancers and disease in the future.

Cancer Council and important health groups such as the World Health Organization all agree that having the vaccine is a good idea.

How can I have the vaccine?

Under the school-based program, students eligible for the free vaccine will receive a consent card.

Your parent or guardian must sign this form and return it to the school before you can be vaccinated. If you and your parents/guardian agree that you should not have the vaccine, they need to note this on the form and return it to school.

The vaccine is also available from your doctor.

What if I miss an injection dose?

Any missed dose at school can be obtained from your doctor. In some states missed doses are offered at your school.

Tips for a stress-free vaccination day

- Wear short sleeves on the day if possible so the nurse can give you the vaccine in your upper arm easily.
- If you feel nervous, ask your teacher if you can go first, to get it out of the way.
- Make sure you have a good breakfast on the days when you have the vaccine.
- It's best to avoid too much exercise on the days you have the vaccine.
- After the vaccine most people feel fine. But if you don't feel well, make sure you tell the nurse, a teacher or your parents/guardians.

More information: Contact your local immunisation provider or doctor.

This has been and IS happening. It's fantastic!

Photos to come... currently planning projects!



Who

Interested female students from
Bourke High School

What

A group for "makers" to make

When

Monday afternoons 3:15-5pm

Where

BHS Visual Arts room

Why

To make Mondays something to look
forward to, to make! and to practice
mindfulness with other like minded people

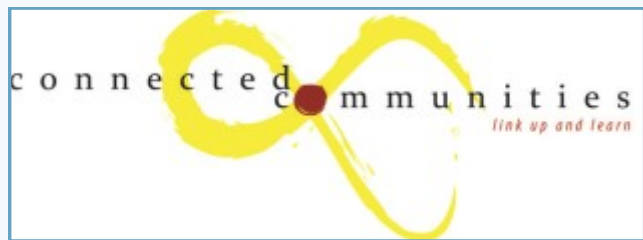
How much

A gold coin donation

Well...

Are you interested? Then come along!
Talk to Miss Smith or Mrs McCorkle for
more information

Makers are going to make



Have your details changed?

If you have moved or changed your phone number please call the office and let us know.

If your child has medical information that is important to his/her health please call us so we can update your file. This includes information on allergies and medication.

If your child will be absent due to illness or family circumstances please call the office and let us know.

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School newsletters are online

<http://school.schoolenews.com.au/bourkehs>

Free iPhone and iPod Touch App for school newsletters

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Any problems email the school bourke-h.school@det.nsw.edu.au

