



Hawkesbury High School

Caring Learning Connecting



Principal's Update

11 March 2019

Our mission - building a caring and safe learning environment where great teaching supports and inspires all students to grow, develop and succeed.



Open Night 2019

A big thank you to everyone who made this year's Open Night so successful. We appreciate the overwhelming positive feedback from everyone who attended and saw first hand the many positive changes focussed on innovation and building a caring, future-focussed learning environment with so many opportunities for all our students.

Caring Learning Connecting



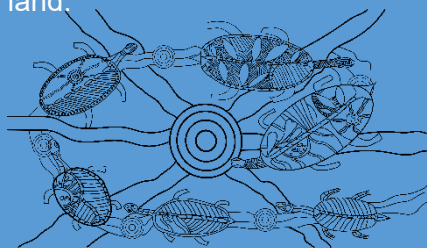
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School Branding

A recent upgrade in the school branding has seen the inclusion of the “turtle motif” in our letterheads and other official stationery, as well as school signs. The turtle motif reinforces the Hawkesbury High School narrative of progress, innovation, connectedness, collaboration, creativity and growth, while also acknowledging that we are learning on traditional Aboriginal land.



Sleep

I recently spoke to a group of Year 7 students who looked very tired, even though it was the beginning of the school week. As a parent of a child in Year 7, I am aware of the demands of adjusting to a new learning environment and the challenges of high school. The students and I also discussed their screen-on time, and how long before going to bed they use their mobile devices. I was pleased to hear that this group of students did not keep their phones in their bedrooms overnight, and that they had anywhere between 8 and 10 hours of sleep each night. At the end of our chat, I gave each student homework for that afternoon – two hours of sleep. All research tells us that students will learn best when they are rested, with 8 to 10 hours of uninterrupted sleep being ideal. I would like to encourage all parents to ensure that their children’s phones are not kept in the bedroom overnight to avoid interruptions and exposure to “blue light” from screens which is known to have a negative impact on sleep.



P&C Donation

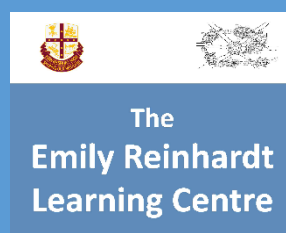
The school’s P&C has made a generous donation of \$5000 to the school for upgrading student laptops. As the school moves towards embracing digital technologies in teaching and learning, the P&C donation will support the school’s laptop and IT upgrade program that will see over \$100,000 spent on data projectors, wireless infrastructure, laptops and digital learning and communication platforms in 2019.



I would like to encourage parents to join our dynamic and passionate P&C to support our students and the Hawkesbury High School community.

School Signs

New signs have been placed all over the school, clearly labelling buildings, rooms and the school’s values and expectations. This is an important initiative to reinforce visually the orderly, safe and creative learning environment enjoyed by our students.



Safety Notice

The school would appreciate if parents observed the following notices to ensure Hawkesbury High School remains a safe learning environment:

The school discourages students from going to the Kurmond Road shops at the beginning and end of the school day. All students who arrive to school by bus are expected to immediately enter the school grounds when get off the school bus. Should a student have a special reason to go to the shops once they get off the bus, they require a note from a parent. Students who are dropped off by their parents, or walk to school, are permitted to go to the shops, but they must use the pedestrian crossing on Kurmond Road.