



WELCOME



TO GOSFORD HS

- TODAY WE'RE TALKING ABOUT UNIFORMS, TIMETABLES, BELL TIMES AND DIARIES -

TIMETABLES

-MOLLY AND ALICE-

HEY GUYS! I'M MOLLY :)

Hiii everyone! I'm Molly and I'm so excited to be apart of your transition team. Congratulations to all of you for getting into Gosford High, you should all be VERY proud of yourself! Us year 7's know what it's like with changing from primary school to high school. I'm not gonna lie, you will feel every emotion possible from excitement to scared. Although, high school has so many more opportunities and everyone can find a group of friends to hang with! This newsletter is probably one of the most confusing but important ones you'll see, it's all about your timetables, uniforms, bell times and diaries!

FOR SOME OF YOU THATS NOT GONNA READ THIS WHOLE THING, JS GO ONTO THE VERY LAST PAGE...BUT TRUST ME, ITS BETTER READING THE WHOLE THING CUS WE EXPLAINED A LOT TO YOU IN FULL DETAIL, AND WE SPENT OUR BLOOD SWEAT AND TEARS TO WRITE THIS...SO YOU BETTER READ ALL OF IT



Now, I'm sure all of you are probably worrying about timetables and how you're going to manage finding and remembering your classes, but don't worry, we all picked it up quickly, and if you need some help there are also friendly faces you can ask!

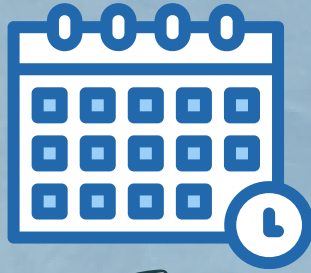


Timetables are probably one of the most vital things you will need to know about high school.

You will receive your timetables at the start of the year, and you will be assigned core classes (7G, 7O, 7S, 7F, 7O, 7R, 7D) these classes are your main classes and you will have the same people for most of your subjects, of course there are a few exceptions. Your TAS (technical applied studies) and Visual Arts classes are smaller than your other main classes, these classes have around 20 kids in each of them.

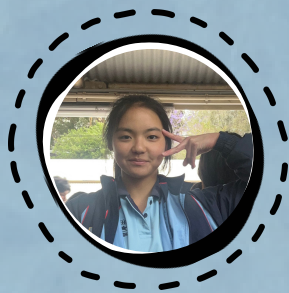
There are 9 different TAS and VA classes:

- 7TAS1 - 7VA1
- 7TAS2 - 7VA2
- 7TAS3 - 7VA3
- 7TAS4 - 7VA4
- 7TAS5 - 7VA5
- 7TAS6 - 7VA6
- 7TAS7 - 7VA7
- 7TAS8 - 7VA8
- 7TAS9 - 7VA9



Now, a brief overview of how to access your timetable! You will receive a paper copy of your timetable at the beginning of the year. You can also go onto Sentral (which is like a high school student portal) which shows you your timetable and any updates that have been made! Alice will explain this more later on. I know this is a LOT of information to take in, but once you understand all the different areas, you'll all be fine! Can't wait to see you all next year! Bye!!!!

HIII, I'M ALICE! ;)



SENTRAL IS WHERE YOU CAN ACCESS YOUR TIMETABLE DIGITALLY!
A TIP: CHECK SENTRAL EVERY MORNING BEFORE SCHOOL FOR ANY CHANGES



Hey! I'm Alice and I'm so happy you're all coming next year!

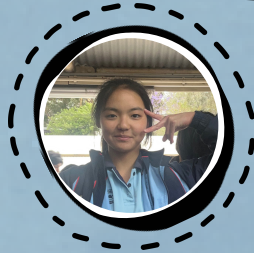
Following on from what Molly said, our timetables are a big part of navigating the school, knowing what class you have, and all the rest of it! With having a timetable, we have a responsibility to know where we're going and what we have next period. Therefore, we have to check where our class is (especially in the first couple of weeks) and if there are any changes like teachers, or the most important one, different classroom. Now, you may be wondering where you can access all this information. Well, the easiest way is to check the Sentral Portal, which is online, and it updates when there are changes, although you can't check your phone! You'll have to check your laptop or iPad or whatever you will use! The school provides 10 minutes at the start of period one to check all your emails and if there are any changes!

TIMETABLE

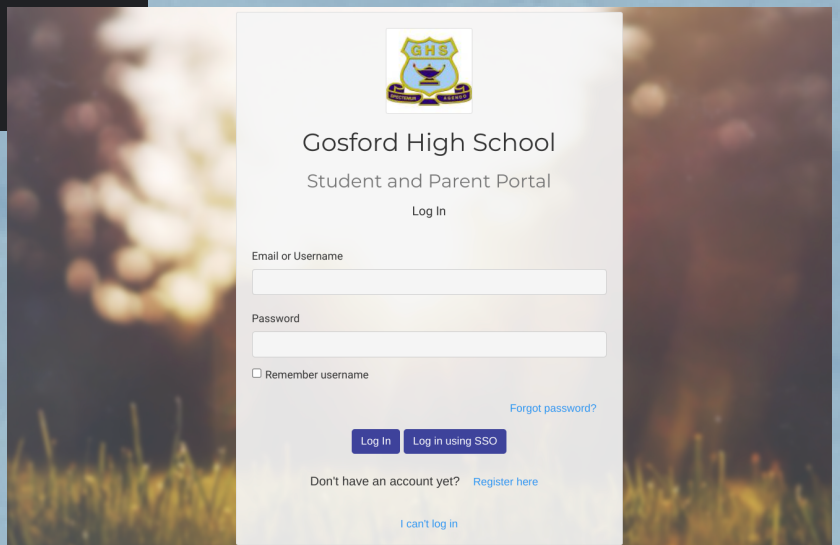
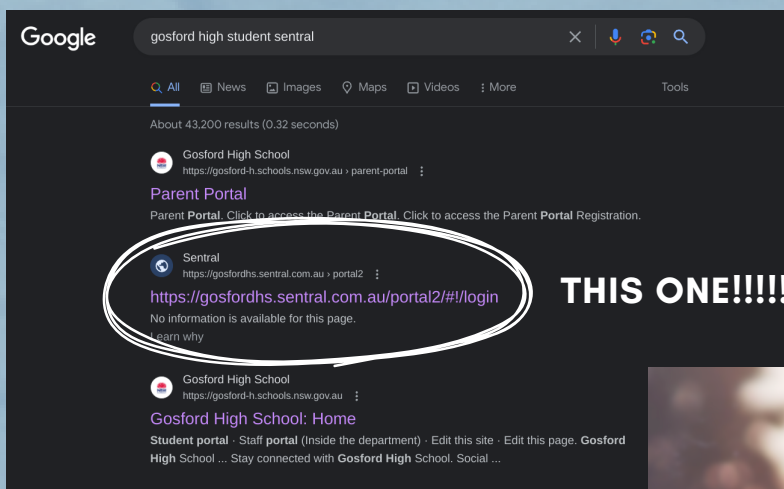
(CONTINUED)

-MOLLY AND ALICE-

➔ IT'S ALICE AGAINNNNN



To access Sentral, in your new tab, type in "Gosford High student Sentral" and click on the second website (or the one that says Sentral). Then enter your education account details and login! Although you may have to wait until a week before school starts for your account to be set up. Don't worry though! You'll pick this up really quickly! See you all next year!



EXAMPLE TIMETABLE (CREDITS TO MOLLY)

| | MonA | TueA | WedA | ThuA | FriA |
|-------|--|--|--|--|--|
| 0 | | | | | |
| 1 | Geography Yr7 (7GEO0) ROOM B4 WITH MRS NICOLE BADIOR. | Maths Yr7 (7MAD) ROOM A16 WITH MR GARRY MITCHELL. | Visual Arts 200 hour Yr7 (7VA8) ROOM AR3 WITH MR RYAN PAULL. | Sport Yr7 (7SPO0) WITH MR JON COBHAM. | Maths Yr7 (7MAD) ROOM A16 WITH MR GARRY MITCHELL. |
| 2 | English Yr7 (7ENG7) ROOM CR2 WITH MRS SUZANNE GREEN. | English Yr7 (7ENG7) ROOM CR2 WITH MRS SUZANNE GREEN. | Science Yr7 (7SCID) ROOM L2 WITH MRS MICHELLE CHALLINOR. | Sport Yr7 (7SPO0) WITH MR JON COBHAM. | PE Yr7 (7PHD) ROOM A6 WITH MISS EMILY BOUWHUIS. |
| R | | | | | |
| 3 | Maths Yr7 (7MAD) ROOM A16 WITH MR GARRY MITCHELL. | PE Yr7 (7PHD) ROOM A11 WITH MISS EMILY BOUWHUIS. | Technology Yr7 (7TAS9) ROOM TX1 WITH MRS HELEN SHADDOCK. | Science Yr7 (7SCID) ROOM L4 WITH MRS MICHELLE CHALLINOR. | Science Yr7 (7SCID) ROOM L3 WITH MRS MICHELLE CHALLINOR. |
| 4/L1 | Science Yr7 (7SCID) ROOM L4 WITH MRS MICHELLE CHALLINOR. | Geography Yr7 (7GEO0) ROOM B4 WITH MRS NICOLE BADIOR. | | English Yr7 (7ENG7) ROOM CR2 WITH MRS SUZANNE GREEN. | Geography Yr7 (7GEO0) ROOM B4 WITH MRS NICOLE BADIOR. |
| L1/L2 | | | | | |
| L2/4 | | | Enrichment Yr7 (7ENR0) ROOM LS3 WITH MRS DEE FRYIRS. | | |
| 5 | Technology Yr7 (7TAS9) ROOM TX1 WITH MRS HELEN SHADDOCK. | Visual Arts 200 hour Yr7 (7VA8) ROOM AR3 WITH MR RYAN PAULL. | Enrichment Yr7 (7ENR0) ROOM LS2 WITH MS JIEN TAN. | PE Yr7 (7PHD) ROOM A4 WITH MISS EMILY BOUWHUIS. | Technology Yr7 (7TAS9) ROOM TX1 WITH MRS HELEN SHADDOCK. |
| 6 | | | | | |

A TIP FROM ALL OF US:

When you get your timetable on Sentral, or diary, the kids in your core class will most likely have the same timetable as you, however, there's a catch. Some of the kids may have a different English class, or a different VA/TAS class as you. So, our tip is, **STICK** with the people/friends that have either the same English and/or VA & TAS class.

| | MonA |
|---------|---|
| Bef_Sch | |
| 0 | |
| 1 | Geography Yr7 (7GEO0) ROOM B4 WITH MRS NICOLE BADIOR. |

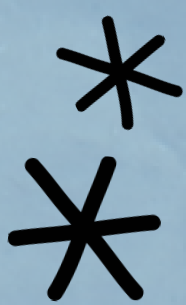
THIS IS THE SUBJECT

THIS IS YOUR CORE CLASS

THAT'S YOUR ROOM

THIS IS YOUR TEACHER





PERIODS &

BELL TIMES



-ELLIE-



➔ HEYY I'M ELLIE :)

Hi! My name is Ellie or Shiho as some may know me as. Transitioning from a primary to high school can be confusing, but that's why we are here to reassure you that it will be okay. Take it from us, we know what it feels like to move to a completely new school and not know anyone, but we can guarantee that you will make new friends who will welcome and treat you well. Anyways I'm here to talk to you about the bell times! Our bell times can get confusing and hard to remember. Although at first, they may be a little confusing, you will get used to them in no time!

So in GHS, on every second Wednesday (Week B), we get to leave early (2.45 PM), while on other days we leave on 3.10 PM, this is because of the assemblies every Week B. On normal days, this is how our day is (excluding Wednesdays).

- School starts - 9:00am
- First period - 9:10 to 10:10am
- Second period - 10:10 to 11:10am
- Recess - 11:10 to 11:30am
- Third period - 11:30am to 12:30 pm
- Fourth period - 12:30 to 1:30pm
- Lunch - 1:30 to 2:10pm
- Fifth period - 2:10 to 3:10pm

Wednesdays have period 4 & 5 both last unlike normal days.

Assemblies can either be a whole cohort (only y7) or whole school assembly.

In these two joint periods (double period), you will have either two 1 hr lessons called Enrichment or Languages (Japanese & French). These are like electives but for y7s.



PERIODS

| | Mon/Tues/Thurs/Fri | Wed A | Wed B Assembly | Wed B no assembly |
|--------|--------------------|---------------|---------------------------|-------------------|
| 0 | 8:00 - 9:00 | 8:00 - 9:00 | 8:00 - 9:00 | 8:00 - 9:00 |
| 1 | 9:00 - 10:10 | 9:00 - 10:10 | 9:00 - 10:10 | 9:00 - 10:15 |
| 2 | 10:10 - 11:10 | 10:10 - 11:10 | Assembly 10:10 - 10:45 | N/A |
| Recess | 11:10 - 11:30 | 11:10 - 11:30 | 10:45 - 11:05 | 10:15 - 10:45 |
| 3 | 11:30 - 12:30 | 11:30 - 12:30 | 11:05 - 12:05 | 10:45 - 11:50 |
| 4/L1 | 12:30 - 1:30 | 12:30 - 12:50 | 12:05 - 12:25 | 11:50 - 12:15 |
| L1/L2 | 1:30 - 1:50 | 12:50 - 1:10 | 12:25 - 12:45 | 12:15 - 12:40 |
| L2/4 | 1:50 - 2:10 | 1:10 - 2:10 | 12:45 - 1:45 | 12:40 - 1:45 |
| 5 | 2:10 - 3:10 | 2:10 - 3:10 | 1:45 - 2:45 | 1:45 - 2:45 |

All 7-10 students commence classes at 9:00am every day.

Assembly will take place on Wednesday B during period 2.

Recess and lunch breaks are in blue. Due to sport on Wednesdays, lunch is after period 3.

A period 0 lesson (eg. an extension class) runs from 8:00am - 9:00am.

At Gosford High you will have 5 periods in a day, and 2 break times (20 minute recess and 40 minute lunch). Every period goes for 1 hour, and you may have a subject that runs for a double period. A double period is simply just 2 periods of one subject! You can have any subject as a double period.

Every once in a while you will have a double period! In year 7, every two weeks you will also have a double sport period. In this time you will go do sports like archery, basketball, swimming, bowling etc. These activities are out of school grounds and they're SOOO FUN!!



When the bell rings to indicate a class finishing, the time in which you take to travel to and from classes is not a mini break, you have to keep moving!

Hopefully this all makes sense!! Bye guys, see you next year!



UNIFORMS



-YEJU, YUNA AND OLIVIA-

Hi I'm YEJU!!!
(JUJU)



Heyy future year 7's!!! First and foremost, congrats all of you into getting into GHS :) As you have probably already figured out, my name is Yeju, or Juju as most people call me. So I'm sure that some of you might not be sure about what uniforms you will wear throughout your future years of GHS, and what rules will come along with it. But fear not! as us; the smart (and not to mention amazing) transition team is here to help you.

FEMALE JUNIOR UNIFORM



So firstly, we have the 'female' formal uniform, 'male' formal uniform and the unisex sport uniform. These formal uniforms both have button down pale blue blouse/shirt along with the GHS logo stitched on a front pocket. The female formal uniform consists of the blue blouse and a checkered dark blue skirt (with optional shorts), and the male formal uniform consists of the shirt and dark blue shorts with 'GHS' embroidered. As for the sport uniforms, these are unisex so we all just wear a polo sport uniform shirt and the sport shorts, or the track pants if it is cold.

MALE JUNIOR UNIFORM



SPORT UNIFORM



Hi I'm YUNA



Hi peeps! My name is Yuna as mentioned. Continuing on from Yeju, I'll explain more thoroughly about the winter uniform.

+ FEMALE FORMAL SHORTS



In winter, we have multiple jumper options such as our blue junior wool jumper (sweater), microfibre and/or softshell jacket. For winter uniforms, girls can wear black stockings underneath the junior skirts or we can wear the formal slacks as an alternative, and for the boys, you just wear the trousers. As for the jacket options, the softshell jumper is a bit thicker than the microfibre one, which makes it more ideal if the weather is colder, however it doesn't really matter which one you wear. There's also the blue junior sweater, which you can just wear over your school shirt.

**WARNING!!
WHITE SOCKS
ONLY!!!**



Links for further info:
<https://www.daylightsportswear.com/gosford#1>

UNIFORMS

(CONTINUED)

HI I'M OLIVIA (LIV)



Hey guys welcome to GHS!! I am Olivia (most people call me Liv), feel free to call me however you like. I know it will be a new experience to step into a new chapter of your journey in life, but don't worry, it isn't much different to primary school. I can still clearly remember how I was nervous to graduate primary school and move onto high school. This was partly because I was the only one from my primary school and I didn't know anyone!! If any of you are nervous about not knowing anyone because you're the only one from your primary school, don't worry and relax. You'll be finding great friends here :))

Here, I'll be talking about the sports uniform and change rooms.

Like most other high schools, we're not allowed to wear our sports uniform for the whole day. You can only wear your sports uniform during your sports and PE (practical) lessons + Wednesdays (whole day). If you don't have these lessons on your timetable, then you will have to wear your formal uniform. As mentioned earlier, Wednesdays are the only days we can wear our runners and sports uniform.

If your wondering when you can change into your sports uniform, this happens when you either have sports or PE (practical) next period. You can change during recess and lunch as the change rooms will always be open.

Also, when you are attending Technological Applied Studies (TAS) lessons or Science, wearing leather shoes is mandatory whether or not you have the lessons on a Wednesday for your own safety.



(ft. Crystal and Yeju's amazing modelling skills)

Sports uniform & Girls formal uniform



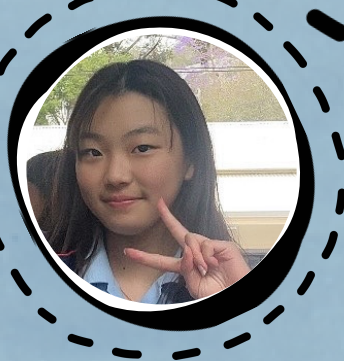
Boys formal uniform

ft. Callum and Keshav



DIARY

- HAYLEY -



HI IM HAYLEY

Hey guys I'm Hayley (as mentioned above). Once again, congratulations for getting into Gosford High School!! This week is probably the most important newsletters you will receive from the transition team this year so take notes as this might be handy for you one day!

I will be telling you all about your diary which you will receive at the start of the year which includes useful assignment and homework trackers and calendars to help you throughout your school life and outside of school. Not only does this diary help you keep track of your week but it also includes the school bell time (more information on Ellie's page), head teachers, absent notes etc. But one of the most important things you will receive in your diary is your timetable. As you guys know, phones has been banned which means its harder to keep track of what classes you have. During the first few weeks of school, looking at the given timetable in your diary is probably the best way to keep track of what period you have left. (Explained by Alice above :)). Oh and you also get it one in the beginning of every year!

Extra stuff:

Now you might be wondering, how do we know where each and every class is? Don't stress about that, because in the first 1st to 2nd week of school, the teachers will help guide you around to your classes, helping you to get used to where each classes are. But after that, even though if you don't know, as Alice said, stick with the people in your class so you don't get lost alone! And also, don't be afraid to ask random teachers/people where your class is! (If you're wondering, you'll probably get used to it in around Term 2!)

DIARY EXAMPLE:

| Monday/Tuesday/Thursday/Friday | | Wednesday Week A | | Wednesday Week B | |
|--------------------------------|---------------|------------------|---------------|------------------|---------------|
| Period 1 | 9:00 - 10:10 | Period 1 | 9:00 - 10:10 | Period 1 | 9:00 - 10:10 |
| Period 2 | 10:10 - 11:10 | Period 2 | 10:10 - 11:10 | Assembly | 10:10 - 10:45 |
| Recess | 11:10 - 11:30 | Recess | 11:10 - 11:30 | Recess | 10:45 - 11:05 |
| Period 3 | 11:30 - 12:30 | Period 3 | 11:30 - 12:30 | Period 3 | 11:05 - 12:05 |
| Period 4 | 12:30 - 1:30 | Lunch 1 | 12:30 - 12:50 | Lunch 1 | 12:05 - 12:25 |
| Lunch 1 | 1:30 - 1:50 | Lunch 2 | 12:50 - 1:10 | Lunch 2 | 12:25 - 12:45 |
| Lunch 2 | 1:50 - 2:10 | Period 4 | 1:10 - 2:10 | Period 4 | 12:45 - 1:45 |
| Period 5 | 2:10 - 3:10 | Period 5 | 2:30 - 3:10 | Period 5 | 1:45 - 2:45 |

Other Information
Wednesday
 Year Meetings follow period 1 on Wednesday week B only.
 Sport p.m. for Years 9 to 10. Optional for Years 11 and 12.
 With permission, senior students may start late and finish early if they do not have timetabled classes.
 All students are required to attend Wednesday Year Meetings.
 Year 7 and 8 have classes on Wednesday Periods 4 and 5.

Bells
 4 short bells signals start/end of day, periods and recesses.
 Continuous bell means Emergency (listen to your teacher's instructions then move in an orderly fashion to the school oval).
 Lockdown - repeated short rings of the bell.

BELL TIME (AS ELLIE MENTIONED)

Gosford High School
 "SPECTEMUR AGENDO" - JUDGE ME BY WHAT I DO

Racecourse Road, Gosford 2250

Telephone: (02) 4325 2048, 4325 7734 Canteen Telephone: (02) 4324 7969
 School Facsimile: (02) 4323 3175 Email: gosford-h.school@det.nsw.edu.au

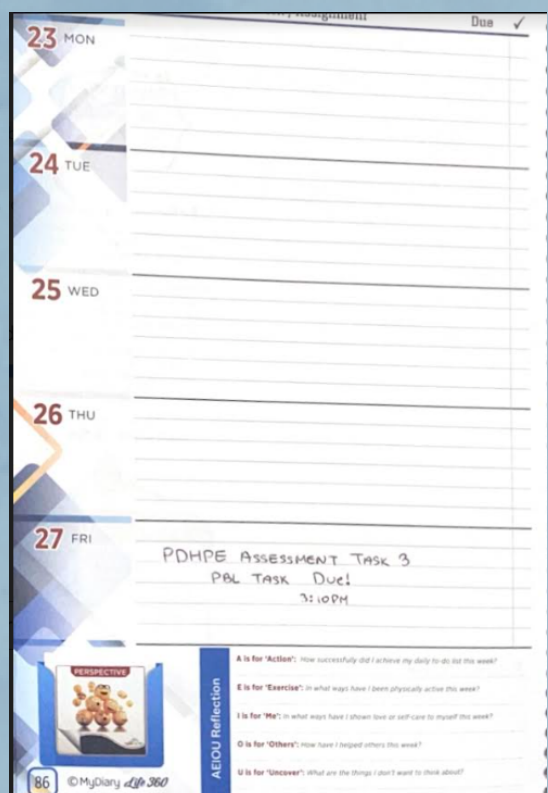
Student: _____ Student ID: _____
 Year Group: _____ Year Adviser: _____

| School Directory | | | |
|---------------------------------------|----------------|--|--|
| Principal | Mr M. Smith | | |
| Deputy Principal 7, 9, 11 | Mrs S. Klemper | | |
| Deputy Principal 8, 10, 12 | Mr B. Marchant | | |
| Deputy Principal Instructional Leader | Mrs A. Scates | | |

| Head Teachers | | | |
|---------------|------------------|-----------------------------------|-----------------|
| English | Ms C. Scott | Secondary Studies | Ms S. Daw |
| Mathematics | Mr B. Scovell | Technological and Applied Studies | Mrs H. Shaddock |
| Science | Mrs K. Barbeler | Creative and Performing Arts | Mr B. Sohler |
| H.S.I.E. | Mr P. Dawell | ICT/Administration | Mr B. Jackson |
| PD/Health/PE | Mr P. Titheridge | Student Welfare | Mr C. Howe |

| Year Advisers | | | |
|---------------|-----------------------------|---------|----------------------|
| Year 7 | Mr G. Newton (HSIE) | Year 10 | Ms M. Gattand (CAFA) |
| Year 8 | Mrs N. Montgomery (English) | Year 11 | Mr J. Abra (Science) |
| Year 9 | Mr B. Leginestra (Science) | Year 12 | Mr E. Pollard (HSIE) |

GOSFORD HIGH SCHOOL HEAD TEACHERS ETC. (COULD CHANGE IN THE MIDDLE OF THE YEAR)



WEEKLY PLANNER FOR THE YEAR (CAN MAKE NOTES OF IMPORTANT DATES SUCH AS ASSESSMENT TASKS, CAMP DATES, CARNIVALS, OUT OF SCHOOL LIFE ETC.)



RECAP!!!!

- BELLA -



HI!! I'M BELLA :)

(MY REAL NAME IS ISABELLA BUT CALL ME BELLA)

OH MY GOD! Can you believe that your primary school days are almost over!? This means that you're just a few steps away from entering a completely different world, also known as, HIGH SCHOOL! Transitioning from primary school to high school may seem overwhelming, but that's 100% alright! And that's what we are for!



IT'S TIME FOR A OVERVIEW! ALL THIS INFORMATION MAY SEEM LIKE A LITTLE TOO MUCH, SO HERE'S SOME BRIEF DOT POINTS!

TIMETABLES

1

Your timetables should be located on your student Sentral portal! It tells you what teacher, class and classroom you have.

BELL TIMES

2

This year the yr 7s have had the honour leaving the school 10 minutes early. most days the bell goes at 3:10 but for yr 7 it ends at 3:00 (May not happen in 2024). Every second Wednesday we get to have the chance leave at 2:45!

CLASS PERIODS

3

Every period is generally 1hr long : period 1 - 9:00 to 10:10 period 2 10:10 to 11:10 recess 11:10 to 11:30 period 3 11:30 to 12:30 period 4 12:30: to 1:30 lunch 1:30 to 2:10 period 5 2:10 to 3:00, end of school 3:10 (3:00)

UNIFORM

4

Our uniform rules are very strict. if you ever have the wrong uniform, you need a uniform pass or you might get a uniform reflection. Girls uniform consists of a skirt and a blouse while the male uniform consists of a blouse and pants. Gosford also provides pants for girls. Although you do not get to wear your sport uniform to school (you can on Wednesday) you get to change into it before and after your sport period!



SPECTEMUR AGENDO
"JUDGE ME BY WHAT I
DO"

