

The Parkway



December, 2012

Parkway Number 11

WISHING YOU A VERY HAPPY CHRISTMAS AND GOOD WISHES FOR THE NEW YEAR
P&C email: nhsbandc@mybiznetonline.com

PRINCIPAL'S REPORT

Well, this is the last full edition of The Parkway for 2012. It is amazing just how fast the year has flown by.

In the coming weeks, the school will be celebrating the successes of 2012 with the Presentation Evening on Wednesday, 12 December 2012 commencing at 7pm and at the final merit assemblies on Thursday, 13 December. Parents, carers and supporters of the school are invited to attend the Presentation Evening. The move to an evening ceremony is being trialled in the hope that this is more convenient for parents and carers. The merit assemblies on the following morning will be attended by all students in year groups providing an opportunity for students to see their peers acknowledged for their achievements.

The work on the new balustrade on the Science block is almost complete. These new balustrades make student access to this block much safer and have improved the northern aspect of the school. New internal handrails will be fitted before the end of the year. External repairs and painting are also taking place at The Cottage and Room 42. The Pride of Place grant from NCC will further enhance this northern aspect of the school. The foyer refurbishment received a major kick along with the presentation of \$500.00 from the Class of 82/84 Reunion (picture right). This money will be spent on installing new lights in the foyer. Thanks for this support from these ex-students.



Our most recent group of ex-students, the Year 12 Class of 2012, has donated two digital cameras to the school that will encourage more photography to appear in The Parkway and on the website. Thanks for this donation Year 12.

In the past few weeks we have been acknowledging the work of several groups of volunteers. The photographs on the following page highlight the success of the Reading Tutor Program. This program only operates as a result of the generosity of the ten volunteer tutors who give up two hours of their time each week to support students.

Thank you tutors!

NEWCASTLE HIGH SCHOOL

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Earlier this month I was delighted to attend the local Vocational Education and Training Awards where Josh Terry, of Year 11, was presented with an award for work placement (pictured below right). Well done to Josh and his teachers who have supported him. It was lovely to see Josh supported by his Mum and Grandmother at this award evening.



Our student leaders have been very busy representing the school at several local community events. The male student leaders, accompanied by Mr Southward, attended the White Ribbon Breakfast last week.

The prefect body has also been involved in the local Christmas Tree Decorating Competition at Wesley Uniting Church in Hamilton. Please come along and vote for our tree, **Number 8**. The prefects are also organising an Out of Uniform *Happy Hippy Day* for Friday, 7 December. Students will be encouraged to come to school dressed in hippy attire on this day, but Workplace Health & Safety (WH&S) guidelines will still apply and footwear should be enclosed leather shoes and no exposed midriffs. We are still a school and need to be sensible with what we wear. As the school is supporting several cancer charities on this day, we need to ensure that our image in the community is enhanced, not damaged.

During November there has been a growth of facial hair among lots of staff who are supporting *Movember*. It is good to see the school staff support community causes like *Movember*. The school has also lent its support to a submission by the Cooks Hills Soccer Club for an upgrade of the local football fields.

As we approach the end of the year, there will be some changes to the normal school routine. Normal lessons will occur until the end of Week 10. However the Wednesday, 12 and Thursday, 13 December will be disrupted with rehearsals for Presentation Evening and the merit assemblies. Reports will be issued to all students in Years 7-10 on Thursday, 13 December. Friday, 14 December will be the last day that the school canteen trades as normal. On Monday, 17 December the canteen will be selling out stock and closing for the Christmas break. On Tuesday, 18 and Wednesday, 19 December normal class will not operate. Students will be organised into groups and faculties have organised alternative activities.

Science will run a Science Sleuth program, HSIE will be conducting a local mapping exercise and Maths have organised a problem solving activity. School is still open on these two days and students who attend are expected to remain at school all day. As the school canteen will not be operational on these days, students who do attend will need to bring their own lunch to school.

This week, Mr Stuart McLellan, our Technical Support Officer leaves us after being transferred to Wyong High School. In his place we welcome Mr Steve Dyball. Mr Chris Alexander has been appointed to the school as Careers Advisor. Mr Alexander is transferring from Warners Bay High School.

From the start of 2013, School Houses will be reintroduced at Newcastle High School. This move has been requested by both students and parents. The 2013 arrangements for school sport have been slightly altered to accommodate this change. Students will be allocated to Houses according to their last name. Four local sporting identities have been approached to see if they are willing to allow their name to be used for the House names. This work has been driven by the school's Sports Action Team made up of students and staff.

Ambulance Cover

Unfortunately, from time to time the school does need to call an ambulance to provide medical services to students. The following information is provided to explain the two ways the cost of this emergency service is met:

In the event that a NSW dependent school student is provided with emergency ambulance services within NSW under the AGCS-S, an invoice will be generated in the name of the person to whom these services have been provided. Upon receipt of the invoice:

- a) If the parent/guardian has private health insurance, a health care card, pensioner concession card or a Commonwealth Health Seniors Card:
 - These details should be recorded in the relevant section on the back of the invoice, endorsed by the private health fund, if covered by private health insurance, and returned to the Ambulance Service of NSW.
 - Depending on the type of private health insurance, the health fund may keep the invoice and forward a cheque in payment.
- b) If the parent/guardian has no other form of ambulance insurance:
 - forward the invoice to the dependent school student's school.
 - The school will write the AGCS-S number on the invoice and provide official certification that the services are covered under the terms of this Policy, and forward it to the Ambulance Service of NSW. On receipt of the invoice the Service will consider the account settled.

Mark Hewitt
Principal

P & C UPDATE

What a big year it's been! As the year draws to a close, it's worth acknowledging the great effort of those volunteers who have contributed so much to the NHS community. Thank you to those who were so willing to give their time and talents to the monthly gardening group, Fun-O-Rama, school canteen, pizza & sausage sizzle days, Reading Tutor Program, serving on selection panels, school tours, providing morning teas/afternoon teas and the myriad of other fundraising and supportive functions that our P&C does so well. It is my fervent hope that this passionate group of parents and carers will grow in number next year! Perhaps you are not able to commit to regular P&C meetings or are too busy to volunteer? You can still help our school by talking to your friends of the positive experiences you and your children have had here at Newcastle High School. Sadly, there are many in our local community who know very little of the great attributes and proud heritage of our school. I had an opportunity to chat to a mum just the other day who will be sending her daughter here next year. It was a great opportunity to let her know about the strong leadership of the school and my many positive experiences at NHS as a parent of a Year 11 student.

Wishing you all a very happy Christmas and good wishes for the New Year.

Rene Smith
President



Footwear Requirements

The Department of Education and Communities (DEC) states in the publication 'School Uniforms in New South Wales Government Schools (2004)', that under the Occupational Health & Safety Act 2000 schools must ensure that students are not exposed to health or safety risks while they are on Departmental premises. The school has a duty to require students to wear appropriate footwear so as to avoid injury.

The DEC policy 'Chemical Safety In Schools (1999)' clearly states:

'It is mandatory that students carrying out practical activities using chemicals or equipment in schools wear enclosed leather footwear. Sandals, open footwear or high heeled shoes must not be worn in workshop or laboratories'.

ACCEPTABLE STYLES

The school expects that students wear closed in leather, lace-up style shoes. They must cover the top of the foot and have a small heel. It includes the following types: The full leather thick strap T-Bar Mary-Jane shoes are acceptable.



UNACCEPTABLE STYLES

Students **MUST NOT** wear skate shoes, black soft 'ballet' style shoes, open styled 'Mary Jane' shoes, canvas shoes or any similar. It includes those shown below:



Note:

If you are not sure as what is appropriate footwear for school, consult with the school before buying a new pair.

STUDENT LEADERSHIP

We need your vote!

On Wednesday, 21 November a group of our Prefects attended Wesley Uniting Church in Hamilton to decorate a Christmas Tree as part of the Wesley Church Christmas celebrations and fundraising activities.

Even allowing for some measure of natural bias, it is fair to say that it is the most outstanding tree of all of the groups taking part. It features over 1400 handmade paper cranes, each of which was folded by students of the school - Sarah Bugbird folded over 600!

The student leadership group have selected SIDS as the charity that they are supporting.

Students who took part in this work on the afternoon were Sarah Bugbird, Grace Jamieson, Leah Sellers-Fay, Tom Duck and Georgie Diplarou. They were supervised by Mr Gotzy.

All members of our school community are encouraged to visit the church and make a gold coin donation as support for the efforts of these wonderful students and to help provide funds for such a worthwhile cause.



INNOVATE, CREATE, COMMUNICATE

A FESTIVAL OF WRITING – EVERYTHING!

WHEN: 27th & 28th June, 2013
WHERE: Newcastle T.A.F.E. Tighes Hill Campus
WHO: Years 5 - 8

WHY:

This festival is to allow interested and talented students to learn and enjoy and experience a wide range of writing genres in an atmosphere of challenge and creativity. The aim of the two days is to provide a stimulating environment for students to enjoy and pursue some of their skills in writing.

The focus will be on students being able to innovate, create and communicate over two days, as well as being exposed to the creativity, skills and ideas of other students and performances. Students will be encouraged to develop their skills and refine their writing 'voice' through a range of workshops of their own choosing and hopefully be able to also have an opportunity over the two days of the festival to publicly express their ideas, thoughts and experiences in some public forums.

INVITATION:

We would love you to be a part of this festival and to share some of your skill, expertise and thrill of writing with our students.

If you are interested and would like to learn more about how you can be a vital part of this new Festival please contact Rachel McNeilly, Head Teacher English, Newcastle High School on 49693177

IMPORTANT DATES Term 4, 2012

Year 7, 2013 Orientation Day	5 December 2012
Years 7- 11 Presentation Evening – 7pm Main Hall	12 December 2012
Merit Assemblies – Semester 2 Reports issued	13 December 2012
Last day of Term for students	19 December 2012
HSC results released	19 December 2012
Staff Development Days	20-21 December 2012

IMPORTANT DATES Term 1, 2013 (Proposed)

Staff Development Day	29 January 2013
Term 1 commences for Years 7, 11, 12	30 January 2013
Term 1 commences for Years 8, 9, 10	31 January 2013
P&C Meeting	4 February 2013
Meet the Teacher BBQ	12 February 2013
Year 7 Camp – Morisset	20-22 February 2013
Zone Swimming Carnival	20 February 2013
Immunisations Years 7 and 9	1 March 2013
Hunter Region Swimming Carnival	5 March 2013
Parent Teacher Afternoon Years 7, 11, 12	26 March 2013
Good Friday	29 March 2013
Easter Monday	1 April 2013
Parent Teacher Afternoon Years 8, 9, 10	3 April 2013
NSW CHS Swimming Carnival	4-6 April 2013
Term 1 concludes	12 April 2013

PDHPE

PARAQUAD On Friday 16 November, a group of Year 10 students from the PDHPE Physical Activity and Sports Studies (PASS) class ventured down to Honeysuckle to participate in a demonstration game of Wheelchair Basketball.

The day was organised by Paraquad (the Paraplegic and Quadriplegic Association of NSW) as an awareness day as part of Spinal Injuries Awareness Week (11-17 November)

“The Mission Possible – Wheels for a Day” activity had teams of 2-3 from various Hunter companies performing a range of normal day to day activities in a wheelchair. It had a theme of accessibility. These teams ventured out around the town and Honeysuckle precinct for about an hour and a half. Whilst this was occurring, our students played in a number of games of wheelchair basketball against a couple of teams from Hunter Sports High School. Hunter Sports High School brought their basketball teams and so some of their male players were nearly as tall as our girls when the boys were sitting in their wheelchair!!

The games were played on the promenade in front of the main restaurant strip at Honeysuckle.

The students had a fun time and experienced the difficulties of mobility when in a wheelchair. Trying to play basketball at the same time provided even more difficulty. Trying to play basketball at the same time and playing in the rain provided even more difficulty!

The students were absolutely fabulous and played a number of games over the hour and a half and didn't let the rain deter them at all. They were all dripping wet by the end.

As well as having a fun day the students gained an appreciation of the difficulties faced by people in these circumstances.

I would like to thank the students for volunteering to be involved in this valuable community activity. There are some accompanying photos of the day. Well done to: Chloe Hackett, Sophie Cowan, Jessica Munro, Lucas Hendricks, Jack Crawley, Jasmine Oswald, Teelah Ellicott, Nicholas Field, Reece Gladys, Haynes Crossley, Lachlan Manning and Emma Jackson.



SPORT

Cricket

Congratulations to our U/14 Boys Cricket Team who defeated Whitebridge High School by 236 to 130 runs in Round 4 of the U/14 Baker Shield Competition. Mr Doherty commented that it was a great batting performance from Newcastle. See Mr Doherty's report in this bulletin.

Open Boys Cricket

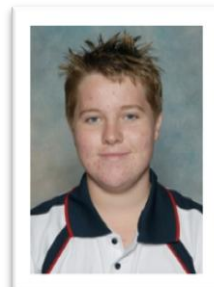
Unfortunately our Open Boys team were defeated by Merewether High 180-154 in their Round 3 match. See Mr Hewitt's detailed report on the match in this bulletin.

Gala Day

The Year 7 City Zone Gala Day for cricket was held on 15 November. See Mr Doherty's report in this bulletin.

Baseball

Congratulations to Tim Voigt who, for the second year in a row, has been selected in the Hunter Region Baseball Team to play in the NSW CHS Carnival early in 2013. Well done Timothy.



Boccia

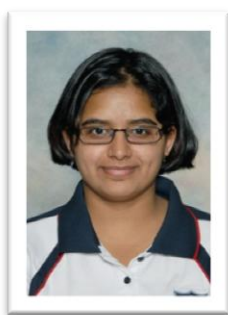
In late October, Claire Bertholli, Eilise Greaves, Bhargavi Sharma, Elsie Crockett and Siobhan Daley competed at the NSW Boccia State Finals at the State Sports Centre at Homebush Bay. The girls had a convincing 7-1 win over Gosford East and a 3-1 win against William Stinson. Unfortunately they only scored 2 to match Cranebrook's 5 in Round 2 and scored 1 against Beaumont Road's 3 in Game 4. It was a fun day for the girls and they represented Newcastle High School for the first time in this competition.



Claire Bertholli



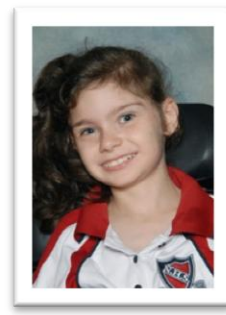
Eilise Greaves



Bhargavi Sharma



Elsie Crockett

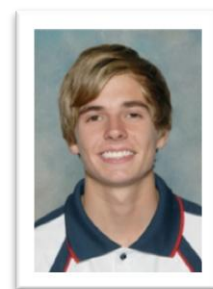


Siobhan Daley

Hunter Region Sports Awards

The end of Term 4 sees the Hunter Region Sports Awards being presented. This year's presentation will be held at Wallsend Diggers on Wednesday, 5 December. Thomas Duck will be receiving a Hunter Region Sporting Blue for his achievements at both Hunter and NSW CHS level in Hockey in 2012.

Tom received a Hunter Sports Award for Hockey last year. A Sporting Blue is the highest award that a student can receive in a sport at Hunter Region level. Well done Tom!



2012 Round Up

In previous bulletins this year, we have acknowledged many outstanding individual and team achievements. This year we have had **36** teams represent our school in **17** different sports. There have been **182** boys and **94** girls represent Newcastle in a sporting team. Whilst the range of success has been varied, it has been pleasing to see so many students keen to represent our school and participate in a sporting activity.

Special mention to the following teams which progressed through a number of rounds of the NSW CHS Knockout:

- Open Boys Cricket (Round 3)
- U/14 Boys Cricket (Round 4 – awaiting Round 5 match – Hunter Region Final)
- Open Boys Hockey (Round 4 – last 4 in the Hunter Region)
- Open Girls Hockey (Round 3)
- U/14 Rugby Union (Winners of Hunter Division – 3rd in the Regional Finals of the Coast to Country Cup)

Congratulations to the **25** students (16 boys and 9 girls) who have represented the Hunter Region in the Sports of Cricket, Baseball, Diving, Triathlon, Swimming, Football, Basketball, Australian Football, Hockey, Cross Country, Gymnastics, Softball and Athletics.

Special congratulations to our NSW CHS Representative Tom Duck for his selection in the NSW CHS Open Boys Hockey Team.

As this is our final bulletin for the year, we would like to congratulate the **276** students who have represented Newcastle High School in sporting teams in 2012. Many of these students represented on numerous occasions in many different teams.

As well as being an enjoyable and valuable opportunity and experience for the students, they have been wonderful ambassadors for our school and once again represented Newcastle High School with pride.

Special thanks to the **20** staff who have volunteered to coach the teams, the many staff who covered their lessons and the parents who supported and transported these students. Without this support these opportunities would not be available to our students. Thank you.

Merry Christmas to all.

Mr P Wagner and Mrs N Blatchford
Sports Coordinators

NEWCASTLE HIGH MARCH INTO BAKER SHIELD FINAL

A dominant victory by Newcastle High's U/14 cricket team over Whitebridge High at Kahibah Oval on the 5/11/12 has resulted in them making the final of the Baker Shield. With Newcastle winning the toss, a steady start was made by Pat Langlois and Gregory Hayes. Callum O'Sullivan then was then elevated up the order through an inspired decision by the leadership group. He then proceeded to take on the Whitebridge attack with a confident display of elegant shot making and timing to amass 85. He was joined at the crease by Jordy Toby who then bludgeoned a quick fire 77 that was a display of power hitting. On O'Sullivan's dismissal, Kye Zanardi then attempted to match Toby's attack on the Whitebridge bowling and smashed 29 off 12 balls. Newcastle finished the 35 overs with 5/236, a huge effort even on a pitch that was starting to resemble Parkway Avenue.

Whitebridge High started their batting innings steadily with the Newcastle High bowlers keeping the runs down through tight bowling and some excellent fielding. The best of the bowlers were Callum O'Sullivan 2/15, confirming his 'Man of the Match' performance. O liver Hendriks took 1/3, taking his first ever wicket and Kye Zanardi 1/8, who again bamboozled the batsman with his legspin.

The boys again enjoyed great support from parents and grandparents and we all look forward to the final to be possibly played at Maitland later in Term 4.

Andrew Doherty
Coach

CITY ZONE YEAR 7 CRICKET GALA DAY

Sixteen Year 7 boys from Newcastle High competed in the City Zone Cricket 10/10 gala day conducted at Myer Park and Adamstown Ovals on the 15 November. The day gave a chance for all students of any cricket experience or skill to take part in a competition that promoted a fair go for everyone. The special rules of the gala day encouraged all members of teams to have a bat, bowl or wicket keep in each of the four games that were played.

Newcastle High had great success during the qualifying group games against Wallsend, Lambton and Kotara 2. Notable efforts with the bat during these games included Sam O'Sullivan, Gregory Hayes, Max Stanyer, Pat Langlois and Luke Ferrier. While with the ball, Gregory Hayes, Charlie Candrick, Taine Barker and Tom Boughenout bowled well.

Newcastle met Merewether in the final and put up a total of 46 from their 10 overs with solid efforts from Pat Langlois and Luke Ferrier. Newcastle showed great endeavour to defend the total with a tight bowling performance from Gregory Hayes to keep the runs down and take early wickets. Merewether however proved a little too strong and overhauled the Newcastle total.

It was a great day for the boys who had not played as much cricket to represent the school with Year 7 members of the very successful Baker Shield side and so get a taste for what might be in store for this competition next year. All the boys were great ambassadors for Newcastle High, playing each game with great fairness and sportsmanship.

Andrew Doherty

SENIOR CRICKET REPORT

A cool, blustery day greeted the players as they awoke from fitful but confident thoughts of the struggle ahead. A semi-final berth would be the reward for defeating traditional rivals, Merewether High School. However, the narrative that was about to unfold had its beginnings earlier in the week.

Preparations for a regular, Monday clash on an equitable suburban strip were forestalled when Merewether begged to have the fixture played on the preceding Friday; they were worried about upcoming 'tests'! The leadership group convened to consider the request, the main concern being that, if acceded to, the game would be held on a synthetic wicket. With rumbling suspicions amongst the senior players that it was merely a ruse to negate the proven strength of Newcastle's turf-seasoned attack, Josh Terry brought proceedings to an abrupt end when he eyeballed each in turn and steadily pronounced, 'anytime, anywhere...'

Yet Merewether's scheming did not end there. Arriving well before the start of play, Merewether had set up their stumps on a worn surface with soft, sandy approaches; inferior to the immediately adjacent wicket. It soon became apparent this was a further attempt to slow down the run-ups of our more feared bowlers and bring us 'back to the field'. Notwithstanding, Terry's grin was broad when, despite calling incorrectly, his preferred and more challenging option of chasing was handed to him by a hesitant Merewether skipper.

Would a game equal to the prize on offer ensue? Merewether began well, and by the 20th over had reached 78 for the loss of three wickets. Haynes Crossley snared the first, but a purposeful second wicket stand saw Liam Dwyer have to wait before grabbing the next two scalps, with the assistance of the safe hands of Tim Studdert and Jordan Rimmington. In what will, in all likelihood, later become known as the 'Dwyer Match', two brothers playing for separate teams then became locked in a battle for family bragging rights over Friday evening's fish and chips. A couple of difficult chances, including one to a diving Crossley at fly slip could have altered the course of the game, but during the next fifteen overs, Dwyer Sr. and partner managed another 90 runs between them before Dwyer Jr. ended his brother's innings, complemented by another fine catch to Studdert.

Not for the first time, the arrival of Tom Maker on the field seemed to add impetus to Newcastle's persistence. This, including a single, unsettling over from Josh Bochenek, was all it took for the remaining wickets to tumble with little addition to the score. When the dust settled on Merewether's innings of 180, Crossley and Alex Hills had gained two apiece. Simon Hills, Rimmington, Studdert and Terry also contributed with the ball, but bowling honours were snapped up by a determined Dwyer Jr. who finished the innings with a dominant 6 for 43, widely considered in the traditions of the game to be a superior achievement to the 50 scored by Dwyer Sr. for Merewether.

Newcastle were then amused by further off-field antics from Merewether, firstly manufacturing concerns over the scorebook, then quickly followed by a pedantic adherence to a widely disregarded part of the 'rules' which allows for the use of a two-piece kookaburra. Newcastle had, of course, like most senior teams, used a four-piece ball; a man's choice that relies on the skill of the exponent. Merewether claimed ignorance of tradition and hoped to gain advantage with the increased movement available from what is essentially a junior competition ball.

Undaunted, Crossley and Studdert opened the innings and Merewether were soon chasing leather. Studdert was defeated early by a pitch imperfection, but runs continued to flow from the bats of Terry and Crossley, with team stalwart Brian Difford unlucky not to trouble the scorer. Their unexpected departure ushered in Dwyer and Jack Davidson who brought Newcastle safely to tea with 81 on the board and the match evenly poised. Davidson's breezy 45, including three successive boundaries, kept Newcastle in the hunt, but crucial losses eventually put the game beyond reach. A sparkling six from Rimmington, along with determined, rear guard efforts from Josh Richardson, Lewis Kempton and both Hills saw Newcastle fall 27 runs short in the final over.

So ends another season. The veterans of the team, Terry, Difford, Hills Sr, Bochenek and Davidson were philosophical as they contemplated their last appearance in the seniors. With Difford unable to fully contribute due to injury, Josh Terry rose to the challenge and proved to be an outstanding leader, deftly balancing the demands of team competition with a strong sense of giving all individuals their opportunity to contribute.

Those with their school cricketing futures still in front of them made solemn, private pledges to maintain and foster all that is good about the game and Newcastle's approach to it. Kempton's shock retirement with a year to run on his contract was also cause for some post game discussion. 'Personal reasons' and 'time to let someone younger have their chance' was all he said as he waved away further questions and unselfishly packed his kit for its final journey.

G. Hewitt

Jets W League Visit

On the 30 October, two members of the Newcastle United Jets W league team (Angela Salem and Tort Huster) came to Newcastle High School to promote the team and were involved in a coaching session with half of the Year 7 students.

Angela and Tory gave a brief overview of themselves and their experience as football players and what it is like to be a professional footballer within Women's Leagues all over the world. They then ran the students through a few skill drills and after question time the students were given some free promotional items and a free ticket to their next game.

The Year 7 students enjoyed the one hour session and the presentation made by the girls. Hopefully it will inspire them to involve themselves in physical activity and maybe aspire to one day become a professional sports person. Some photos accompany this article. Year 7, see if you can spot yourself in the photos.

Mr Wagner



THE IMPORTANCE OF BEING EARNEST

Why is 'resilience' important?



Resilience is defined as a person's capacity to adapt or 'bounce back' from adversity and in situations where things don't go to plan. When 'Orphan Annie' sang, "*The sun'll come out, tomorrow, bet your bottom dollar, that tomorrow, there'll be sun!*", we are hearing of an individual's conviction that, despite current circumstances, things will get better, that each day has the potential to be more positive.

Having an optimistic view of the future is a characteristic of a 'resilient' person, and one of the reasons why having resilience is important. Many studies have been conducted in the area of resilience and why it is important. Research has found that, as well as having a more positive outlook on life; resilient people are more likely to:

- View difficulties as a challenge to achieve, not as a potential failure
- View the effects of bad events as temporary, rather than permanent
- Reflect on their failures and mistakes as lessons to be learned from and opportunities for growth, and don't view them as a negative reflection on their abilities or self-worth
- Find ways to solve problems and resolve conflict they encounter
- Have goals and aspirations for their future, and are committed to achieving these
- Spend their time and energy focusing on situations and events they have control over, and as a result, feel empowered and confident
- Reach out to others for support when they need it
- Be empathetic and compassionate
- Maintain healthy relationships, and appreciate and interact positively with diverse groups
- Be confident in their attitudes, values and beliefs, and less likely to be negatively influenced by 'the crowd' or give into peer pressure
- Have the capacity to manage strong feelings, emotions and impulses
- Have an awareness of, and act in, a 'pro-social' manner and take responsibility for one's actions
- Experience enhanced academic 'readiness' and improved educational outcomes

7 KING ANCIENT EGYPTIAN DAY

On the 8 November, 7 King participated in an Ancient Egyptian Feast/Dress-Up Day. We ate Ancient Egyptian style foods such as breads, olives, nuts, dried fruit and fresh fruit and many of the students dressed up as gods and goddesses, priests and noblemen/women.

Jesse Morris won the title for best dressed female and Jesse Wills took out the best dressed male category. We all had a great time! Thank you to everyone who brought in food and positively participated-it was fabulous!

Miss E McKay



Hello Everyone,

My name is Amy King, and I am the Student Support Officer at Newcastle High School. I am employed as a youth worker in the school on a full-time basis to support students and their families. I would love to share with you some of my highlights from 2012.

I was able to join Year 7 and Year 9 on their school camps this year. Canoeing and mountain climbing alongside our students was a great way to get to know more names and faces!

Over forty of our students participated in the 40 Hour Famine this year. These students went without furniture, technology or food for 40 hours, and raised \$3,015.00 which will help feed families in developing nations. I am so proud of our students' efforts and the generosity of our school community!

We brought numerous youth services into the school to run a half day of activities for RU OK? Day. Our Year 10 students participated in physical and creative workshops which aimed to boost positive mental health. It was great to see our students hearing some advice from mental health professionals as well as enjoying themselves whilst playing soccer, making badges, learning hip-hop and cooking like master chefs.

In partnership with "The Loft", we have started a group for students who are interested in making a positive difference in our school environment using humour and surprise. Some of the "Stealth Arts" missions this year have included a Post-It-Note survey and handing out yummy biscuits they'd created whilst dressed as Zombies for Halloween.

Mrs Lidden and I were able to organise for Year 8 girls to attend the "Free to Be" workshop about body esteem. There were some great discussions about the role the media plays, learning some facts about healthy living and focusing on the girls' strengths.

We also had students participating in all sorts of groups this year. A group of Year 10 boys enjoyed the leadership program "Shift", numerous groups of girls from Years 7 and 8 worked with me in our friendship "Connect" groups. In between all this, I met with many small groups of students and individuals to assist them with friendship or personal issues. We have a great cohort of students here at Newcastle, and I never cease to be amazed by their resilience, strength and courage. It has been a pleasure to get to know more of you this year!

A few projects you can look forward to hearing about in 2013 include:

- Creating a Zine with our female students to celebrate International Women's Day. (This will result in a mini magazine of articles, poems, photos and art work by our female students.)
- More Missions with our Stealth Arts Team

Look out for me at Parent/Teacher evenings. I have lots of fact sheets and information for parents.

Have a splendid Christmas and holidays everyone!

Amy



Jindabyne 2013



Who?	Year Nine
What?	Sport and Rec Camp
When?	27th- 31st May 2013
Where?	Jindabyne
Why?	Team building/personal challenge and FUN!

It's time to start planning for next year's trip to Jindabyne.

We are taking expressions of interest for Year 9 in 2013 to secure their place on the trip to Jindabyne.

Included:

- **4 nights lodge-style accommodation.**
- **Meals: 4 x breakfast, 4 x dinner, 4 x lunch.**
- **Alpine walk and centre based activities each day.**
- **Return coach travel.**

Pay your deposit at the Administration Office and return the note below to Mr Doherty or Mrs Lidden.

My son/ daughter _____ has my permission to go to Jindabyne in May 2013.

I am securing their place by paying a deposit.

Parent Signature: _____

Date: _____

Our GATS Process and Proposal

Teaching staff have been working throughout Terms 3 and 4 to identify clear definitions for terms used in GATS education and to familiarise themselves with the observable characteristics of Gifted and Talented students. In consultation with the Newcastle High School GATS committee, the following process has been proposed.

Nomination and Identification

The identification and nomination process for Gifted and Talented students is initiated through any of the following: *Student Self Nomination, Parental Nomination* and *Teacher Nomination* forms. Each of the nomination forms centres on the identifiable characteristics.

After the nomination process, additional data will be gathered on the nominated students which may include learning style assessment, IQ testing, multiple intelligence data, teacher input, work samples and responses at interview. This will assist in identification and provision for each individual student.

Provision

During 2013 each Key Learning Area will schedule an activity which would offer enrichment and challenge for GAT students in that specific area. These discrete activities will run extra-curricular for all students in Years 7-12 identified in this area.

Some extra-curricular GATS activities may be scheduled for the entire identified cohort from the school and cater for their diverse range or build on their current levels of thinking skills and challenge them.

In addition we propose that within each KLA, there will be some curriculum differentiation and personalised learning which may also address the needs of identified students.

Further information, updates and additional nomination forms may be found on our school web site <http://www.newcastle-h.schools.nsw.edu.au/> (under the Curriculum and Activities section).



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FREE WORKSHOPS FOR PARENTS AND SUPERVISORS OF LEARNER DRIVERS

Parents and supervisors of learner drivers have a crucial role to play in making our roads safer. For this reason, The City of Newcastle in conjunction with the Roads and Maritime Services are offering free workshops to better support them.

The two hour workshop, Helping Learner Drivers Become Safer Drivers, will offer parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers.

Various topics will be covered including new laws for learner and P-plate drivers, how to use the learner driver log book and how to plan on-road driving lessons.

Workshop dates

Tuesday 22 January 2013 – 5.30 to 7.30pm
Tuesday 12 March 2013 – 5.30 to 7.30pm
Tuesday 21 May 2013 – 5.30 to 7.30pm

Early bookings are essential. Parents and supervisors are urged to phone 4974 2667 or 0411 873 684 to reserve their places now.

TAKE HOME A BIG BROTHER OR BIG SISTER!

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February

2013 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Austria Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange.

Call your local coordinator, Dianne Axam on: 0429 406 126 for more information.



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