

The Parkway



September, 2013

Parkway Edition No. 8

The next P&C Meeting will be held in the Staff House on Monday, 14 October commencing 5.30pm

Guest Speakers: Brittany Benton & Lauren Wood

ALL WELCOME

P&C email: nhspandc@mybiznetonline.com

PRINCIPAL'S REPORT

September is a very busy month in the life of a High School! I have had the pleasure of relieving for Mr Hewitt as Principal whilst he is on a well-deserved break touring Europe and was thrilled to have the opportunity. Many of the fantastic achievements of our students, staff and wider school community are showcased in this newsletter and I am proud of the contributions of all.

The end of Term 3 marks a special time on the calendar of a school as we farewell our Year 12 students and wish them the best in the preparation for their HSC examinations. It is a time for all students from the school to take pride in their input into the journey of our departing Year 12 cohort – this was evident during an emotional “clap out” from a special assembly at the conclusion to Week 9. The genuine interest, pride and well wishes shown by the entire school as our HSC class paraded through a guard of honour formed by their peers provides a stirring memory for all. It began a week of celebration and ceremony which provided a fitting end for the class of 2103. For those from our school community who were unable to be present, I would like to comment on some of the highlights of their final week.



Friday's stirring assembly and "clap-out" was followed by some timely group photos at the entrance and exit from the school before staff and students gathered for some relaxing time and reminiscing over a game of Lawn Bowls at Lowlands Bowling Club. I was heartened to hear the conversations and outpourings of thanks between staff and their students in this casual setting. A great initiative organised by Mr Farrar and Mr Prior. Monday of Week 10 saw the much anticipated final chapter in the Staff v's Students challenges (Lorenzo's report follows in this newsletter!) and a practise for the Presentation Ceremony, as students attended some of their final classes.



As is tradition, Tuesday's Year 12 Formal began with a "photo session" on the Newcastle foreshore. This is a tremendous occasion for the wider school community to celebrate the very important occasion in the rite of passage for our Year 12 students. It was fantastic to see so many families and past and present students come down to wish our graduates "all the best" – they looked spectacular and were the feature of the night. Our Formal ceremony was full of emotion and a fantastic occasion for all – congratulations to all involved in the organisation, your hard work really paid off! As we met with students for breakfast the next morning at school, they recalled an evening which will form part of their lasting memories.

The formal Presentation Ceremony was held in the Cultural Centre on the Thursday and this gave us an opportunity to recognise the tremendous achievements of all our students with their "own time to shine". A host of dignitaries including Mr Tim Owen (MP), Ms Jenny Moody (Director of Public Schools) Mr David Gubbay (NBHS Old Boys' Association), Ms Carolyn Rigby (NGHS Ex Students Association), Mrs Ruth Stockdale (Hunter to Central Ex Students) and Mrs Christine Brudelin (NHS P&C) were on hand to acknowledge student success and each took time afterwards to comment on the heart-warming ceremony and also on the excellent citizens we as a school community are producing! This occasion also gave us a formal opportunity to induct our Prefects and School Leaders for 2014 who will continue the fine tradition of student representation and leadership for the remainder of this year and next.

I would like to formally thank the staff, parents, students and community involved in the final weeks of formal schooling for our Year 12 students for their efforts and commitment. It is an extremely busy time and one where all involved rose to the challenges provided and demonstrated exceptional behaviour and attitude. I thank you for your support and wish our departing students all the best in their upcoming examinations and in their future endeavours!

Mr Tony Southward
Principal (Rel.)



CAPA

Another busy and successful year from the Creative and Performing Arts faculty! We would like to welcome two new members to the CAPA staff: Jenna Fraser and Shannen Welsh who is relieving for Kristen Hepple this term. Both have proven enthusiastic, professional and valuable teachers to our faculty and school.

Term Three is always a big term for our Year 12 students and their teachers. Year 12 students have submitted and performed work of an impressive standard. This standard was recently displayed at the Drama Performance Evening/Music Night at the Royal Exchange Theatre and at an in school exhibition of Year 12 artwork. Congratulations - great work from Year 12 teachers and all the CAPA staff who offered valuable input, advice and support to the seniors as they worked on their practical pieces. With all practical work complete students can now focus on preparing for the HSC examinations.

In addition to the great things happening in our classrooms, we are also involved in a variety of projects within the school and community. A number of students from all years have participated in the Little Birdwood Park project with Kent Woodcock. This Newcastle Now project is creating public artworks and some contemporary beautification of Little Birdwood Park at Market Town. Our students painted 350 plywood birds for display in the trees in the park and have experimented with some stencilling of picnic tables at school and in the park. This was a fantastic project to be involved with and students are excited to have their creative work displayed publically.



Year 11 Music students have become involved with the PBL team and during Term Three they performed for students who had been rewarded with a Gotcha for positive behaviour. The interest was overwhelming and, as a result, there will be more of these concerts in the future. These concerts provide a great opportunity for the students to perform and also for their peers to appreciate their talent and support them.

Thanks and well done to a number of our talented music students who recently impressed their peers and teachers with performances at all of the year assemblies held during Week 10 of Term Three, this also included the performances at the Year 12 presentation ceremony.



Other fantastic CAPA projects happening at the moment and in the near future include our GATS workshops, the school band, lunch time Music Club, the working artists mosaic project, choreography workshop, Year 11 excursion to the State Drama Festival, music performance at Ronald McDonald House, MAD Night and more! These great opportunities would not be possible without the hard work of our fantastic Creative and Performing Arts teachers.

Brittany Benton
Head Teacher CAPA (Relieving)



Mia (Year 11)



Madelyn (Year 12)



Sorrelle (Year 12)



Grace (Year 12)



Ruby (Year 12)

SYDNEY JAPANESE INTERNATIONAL SCHOOL - YEAR 7 EXCURSION!

In August, fifty Year 7 students participated in our annual excursion to Sydney Japanese International School. They each had a Japanese buddy and engaged in various cultural activities, including a Tea Ceremony, Calligraphy, Japanese games etc. Traditional Japanese bento boxes were delivered for lunch and a most enjoyable day was spent by all.

Ms Engel and Ms Wood, who accompanied the group, were very impressed with the polite behaviour of all students who attended.



Our names in Kanji かんじ で なまえ を かいた

The students at Sydney Japanese International School created the NHS students' names in Japanese characters. The characters (kanji) had the same pronunciation as each name. There were some interesting meanings!



SJIS /NHS Exchange Program

Four of the SJIS students returned to Newcastle on the bus with us. They did homestays with four students from Year 7 and Year 9 for four days. The NHS students will make a return visit in November. Thank you to **Jacqueline Flood, Maija Spencer-Karinen, Liam Alley and Jenson Barker** for participating in this exchange program.

Bonjour and Konnichiwa from the LOTE Faculty!

This year, students in Years 7, 9, 11 and 12 have been undertaking study in either French or Japanese. Throughout all aspects of learning a new language there are four components- reading, writing, listening and speaking. In each lesson we aim to practise these four skills with the students so that they can achieve the highest possible outcomes in their assessment tasks.

Year 7 Tyrrell and Scott have been learning Japanese and the remaining Year 7 classes (Darby, Parkway, National and Union) have been studying French.

Throughout the course Year 7 Japanese program students focus on:

- Introducing the three scripts of Japanese writing
- Basic greetings
- Introducing yourself
- Introducing others
- Basic expressions such as 'thank you'
- Numbers in kanji
- Using the telephone
- Talking about age
- Telling the time
- Talking about where you live
- Culture- geography of Japan, houses, sport, origami

The Year 7 French course enables students to develop their skills in the following areas:

- Basic greetings and introducing yourself
- Talking about where you live
- Basic expressions such as apologising
- Talking about feelings
- Adjectives
- Family members
- Colours
- Animals
- Talking about your pets
- Numbers
- Culture- geography of France, days of celebrations, foods

Miss Engel and Miss McKay are always coming up with fresh ways for the students to learn including, interactive whiteboard activities, games and quizzes, problem solving activities and many 'hands on' tasks.



EV Student Report

We would like to inform you of Team Novadrift's success in the EV bike build challenge. Throughout the challenge we were able to have several team meetings, during which we brainstormed ideas for the bike, money and other issues. The team was split up into several groups; sponsorships, media, bike design, research and resources.



We were aiming to win the Entrepreneurship prize, but sadly only came second. But over the holidays we went out to businesses in local areas, such as the Junction Fair and Marketown. There were also several plans for out of school uniform days and selling baked goods, but this wasn't able to happen due to time limits. As well as the generous sponsorship from the Old Boys', we were given donations from Thornton Subway, Waratah Port Coal Services and other local businesses. Also, we are in the running for the Junction Grill'd Local Matters.

The media group has made a video and we have set up a Facebook page. Mr Johns, an Industrial Arts teacher, helped with the actual building of the bike. He helped with sanding the bike tyres for better traction, building a bike stand, and installing necessary equipment such as blinkers and brakes. We used sponsorship money to help purchase another chain driven bike and battery, and safety equipment like helmets, gloves and jackets.

The EV prize race day would be considered a success. The day, the whole 8+ hours was sheer adrenaline, fun and watt/hours.

Our team won \$500 in prize money. We placed in the top ten in pole position, and the Entrepreneurs prize. Our whole team pitched in and we had a great time.

The whole team learned a lot about teamwork and building; overall we think that this was a very successful experience. We are all grateful for this opportunity.

Team Novadrift hopes to continue in the bike competition next year, and maybe even have an all-girls team. Year 9 hopes to help mentor next year's team. We are grateful for your donations and hope to have your support next year. As for the next competition, bring it on!

Team Novadrift



Legacy Fundraising

On Friday, 6 September a group of six students from our school volunteered to act as sellers for Legacy Day. It is a wonderful thing to support such a special Australian charity which was established to assist the families of Australian servicemen and women.

Participating students were from Years 8 and 10 - Alyce Beaton, Amy-Louise Barry, Lucinda Graham and Jasmin Doyle, Tia Ciarrocchi and Marisa McLean. In all of their interaction with Legacy staff and with members of the public they did the school proud and represented Newcastle High with distinction. All of the work of this group was centred close to the school, in The Junction shopping centre area. They should be congratulated for their efforts in support of such a worthwhile cause.



YEAR 6 to 7 TRANSITION

Wednesday, 4 December – Orientation Day

Parents and Carers will receive invitations and information in the mail regarding these activities.

The Year Advisors for Year 7 2014, Mr Craig Main and Ms Deanna Longobardi, and I will also be visiting primary schools and talking to Year 6 teachers to assist in supporting them through this process.

Enrolment applications and supporting documentation provided in the Transition Show Bag is now required to finalise the administrative aspect of your child's enrolment for 2014. Please ensure that you complete the Enrolment Application and all other supporting documentation and return to the school's administration office.

If you have any questions regarding the Year 6 to 7 Transition, please do not hesitate to contact me.

Shannon Sager
Head Teacher Welfare
Year 6 to 7 Transition Coordinator



PD/Health/PE

Athletics

Congratulations to the following students who qualified after the Hunter Region Athletics Carnival, to participate at the NSW CHS Athletics Carnival. All students achieved fine results and are to be congratulated on their performances.

Josephine Pinkerton (Year 7)	5 th 12 years 800m
Eleanor Pinkerton (Year 7)	5 th 12 years high jump 13 th 12 years long jump
Tomeeka McKillop-Davies (Year 7) (no photo)	8 th 13 years 800m
Gilbert Harabakunzi (Year 7)	18 th 13 years 100m
Anthony Nguyen (Year 8)	2 nd 14 years 100m
Abbie Gray (Year 8)	5 th 14 years high jump
Jarrold Sansom (Year 10)	2 nd 17+ years 400m hurdles 6 th 16 years 800m





Boccia

Congratulations to the girls Boccia Team of Siobhan Daley, Claire Bertholli, Elsie Crockett, Bhargavi Sharma and Lyndal Mountfort who finished 4th in the State Finals held at the State Sports Centre. Mrs Sager commented on the girls' excellent sportsmanship, playing very competitively on the day and just narrowly missed beating the team that ended up winners on the day.

Trampolining

Congratulations to Brandon Melia who as a member of the Hunter Region Team attended the NSW CHS Trampoline Sports Championships held in Niagra Park. Brandon finished 3rd in the 16 years Double Mini Tramp and 3rd in the 16 years Single Mini Tramp. Well done Brandon. Great results!



City Zone Gala Days

These gala days are held to give students the opportunity to play in Round Robin competitions against other schools from within the City Zone. They also provide an ideal opportunity for students to gain experience in these team sports.

Hockey

Towards the end of this term we have had a boys and girls team participate in a Year 9 and below Hockey Gala Day. A determined and "gutsy" effort by all the girls saw them improve throughout the day, with all of them demonstrating a willingness to learn. Mrs Dennis' Best and Fairest went to Kaitlin Duck, who was exceptional in leading the team and displaying a tireless and skilful performance. Special mention also goes to Pemika Maddison, who volunteered to be the "fearless" goalie for the day. The girls won all three games, to be the victors on the day!

Netball

During Week 6 we had a Year 7 and a Year 8 girls' netball team participate in the Zone Gala Day. Mrs Longobardi said that the girls participated in a positive and enthusiastic manner and a fun day was had by all. Unfortunately the girls found many of the opposing teams too strong. Special thanks to Maddison Adams, Sophie Anderson, Chelsea Hollings and Chloe Jones who umpired and managed the teams on the day.

Oz Tag

The Oz Tag Association conducted a Gala Day at Wallsend Torch Fields during August. Two junior and one Year 9 team attended. Newcastle 1's junior team defeated Wallsend in the final to be the champions. The Year 9 team finished runners-up to Wallsend in the finals. Mrs Harris commented that Georgia Robson, Tomeeka McKillop-Davies and Natalie Cox were the best and fairest players on the day.

Well done girls!

*Mr Paul Wagner / Mrs Nicole Blatchford
Inter-School Sports Organisers*



Newcastle High's Champion under 16 Boys Rugby outfit again marked themselves as Wallabies of the future with another classy display at Forster in the Coast to Country Cup finals during Week 10.

During pool play, the Hunter titleholders were almost as irrepressible as a disorientated Biology teacher in a bloodstained UFC cage fight, easily accounting for all opponents.

Unfortunately, the disorientation manifested itself cruelly in the quarter-finals as we started hotter than Kye 'Devon' Zanardi's haircut, and then unexpectedly we went cold, stone cold, moments later we were beyond glacial, before sadly finishing critically hypothermic or somewhere geographically closer to Greenland.

Nevertheless, many positives emerged. Alex Hills and Zac Wilson were voted Men of the Tournament, narrowly edging Jaeger Collins and Dean Hylands. Most improved went to the young lions of Medowie, Ethan Fray and Jordy Toby. Best managers on ground to Andrew 'Speed Bump' Doherty, 'Jockey' Wilson & Greg 'Tangerine' Collins. And without doubt the greatest support crew ever – Mel Milton, Mary Anne Aquilina and Anne Hills.

Newcastle High is proud of the effort and attitude of these young student-athletes. Well done gentlemen, well done.

Alex Hills



The fantastic **Twilight Girls T20 Cricket** competition is on again this year!

Grab some girls and come in play in Newcastle's only "No Boys Allowed" cricket competition. Haven't played cricket before? Doesn't matter! Our qualified, accredited coaches will help you learn some great new skills and along the way you will make some new friends and have heaps of fun!



T20 format - Fast and exciting
Everyone gets to bat, bowl and field
Played Friday evenings from 5pm - 7pm Ages 8-14
Team or individual registrations welcome

Starting on the 18th October at 5pm and concluding on Friday 13th December, 2013.
The venue is to be confirmed but will either be Hamilton North/Broadmeadow or Jesmond.
The cost is **\$60** per person and includes a team playing shirt.

Online registrations and payments are open now at www.newcric.org.au
For further information please contact Sharyn Beck on 0400 724491 or email administrator@newcric.org.au

STUDENTS VS STAFF: The Final Showdown

Newcastle High's entire student body gathered Monday lunch of Week 10 to witness the pulsating climax to the Year 12 Student vs. Staff final series. Forget *'Bodyline'*, move over *'X-factor'*, you are joking Tony Abbott, this is THE contest everyone is talking about.

Controversy has reigned supreme throughout the series. The Science department has been rocked by several tribunal hearings over sledging and foul play. Not to mention the on-going threats of litigation due to substandard umpiring...funny, no one objected to his seeing-eye-dog before the game!



Whoever said "*Sport is human life in microcosm*" got it soooooo wrong. Staff vs. Students is human life in microcosm. The passion, the agony, the despair, the cross-dressing(?!)...it was all there in all its glory and in-glory.

For the record, none bothered to keep a record. Officially soccer, fair play and those anticipating a wonderful spectacle were the big losers. Others who came for entertainment or disorientated punters, who stumbled randomly upon the event which bore an uncanny resemblance to the annual Chicken Scratch 4000 Rally, left pleasantly surprised.

Yours in servitude
Lorenzo

Oz Tag Gala Day

Congratulations to the three teams that competed in the Oz Tag Gala Day at Wallsend last week. The day started with both junior teams versing each other in a hard fought match. All girls worked hard to defend their line and with full time looming, and the scores even, Sally Carman sprinted past the defence to score – further spurring her team to score once more to win 6-4.

During the senior games, Newcastle only dropped one game to reach the finals against a very solid Wallsend team. Even with frantic runs from Isabella, Jami, Sophie, Kaitlin and Georgia, tight defence from Pemi, Abbie and Shumani, diving tags from Monika and an impressive face plant from Delilah, the Wallsend attack could not be contained and Newcastle were victorious Runners Up on the day.



Throughout the competition both junior teams played with finesse and ended up competing against each other in the semi-finals. Newcastle 1 proved slightly stronger, with some impressive attacking skills by Tomeeka, Samantha and Natalie, coupled with the defensive talents of Josie, Bianca, Osha, Briana and Issy.

With the finals looming – there were no hard feelings as Newcastle 2 provided our finalists with words of wisdom, insider game information and were a most encouraging cheer squad.

The game was tough with the half time score at 3-1, Wallsend's way. With nothing to lose the Newcastle girls rallied and at the full time siren the score was tied at 3-all which resulted in the dreaded 'Drop Off'.

With both teams exhausted, being cheered from the sidelines, players dropped off every minute until it was 5 against 5. Wallsend had the ball close to the line and through some clever footwork and quick hands Newcastle had scored! The team erupted in cheers as referee blew the final whistle: Newcastle team was the Junior Champions!

Regardless of the trophies and medal, all team members should be most proud of their efforts and congratulated for their impressive skills and exemplary behaviour, both on and off the field. Well done, girls. Bring on Oz Tag 2014!

Volunteers help talking newspaper

It's easy to take for granted the ability to read a newspaper. Guide Dogs NSW distributes a free quarterly CD, called Soundtracks, to help blind and vision-impaired people have a similar experience. "The CD wouldn't be a reality without the help of a troop of volunteers in Newcastle," Debbie How, Soundtracks production manager, said. "They've been dedicating their time and skills to its production and distribution for 10 years." Volunteers from Newcastle University's community radio station 2NURFM record the stories and Newcastle High School students pack the CDs.

Students packed the 60th edition yesterday.

Year 9 student Olivia Garlick, 14, said it gave her a "sense of happiness" to help. "Most of us are privileged to have all our senses," she said. "But there are people out there who don't - so I want to help them."

Teacher Terry Shadwell said the school's involvement "helps promote a sense of community".

"It shows the school is part of the community," he said.

Ms. How said that when Soundtracks was initially produced on cassette she realised she needed help packing after "two weeks of paper cuts, blisters and a stiff shoulder".

"Newcastle High School came to the rescue."

Newcastle Herald Article



CAREERS

This time of the year is a busy time in careers and vocational education. Congratulations Thomas Rutsch, Jack Smith and James Chaffey on gaining entry to pre-apprenticeship courses in Electro Technology and Metals Fabrication and to those students who have gained full time apprenticeships. Students should check their school email accounts regularly for the weekly CTL newsletter and for other career opportunities.

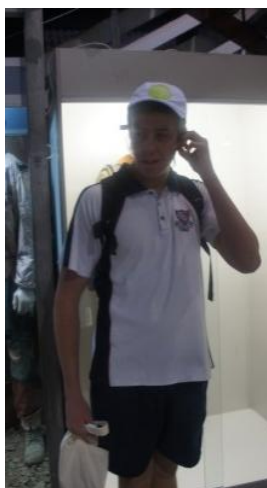
Year 10

Recently a number of Year 10 students have been involved in excursions related to their particular career interests. The **Green Light Day Excursion** involved fifteen students travelling to the RAAF base and Fighterworld. After a nice lunch, Steve O'Keefe and Phil Carey, both inspirational industry high flyers talked about their careers and were able to give students an insight into the wide range of career pathways in transport and logistics. The event was sponsored by the NSW Department of Transport Roads & Maritime Services. Terry Wells provided the students with an entertaining and informative RAAF and Fighterworld tour. Thanks also to Edwina Lau for inviting Newcastle HS and for her excellent organisation on the day.

Another interesting event was the **ProjectABLE** excursion conducted at the Olive Branch Café. **ProjectABLE**, is a 3½ hour careers workshop for senior NSW high school students. The program is designed to provide a first-hand insight into the disability and community care sectors. The workshop provided students interested in careers in nursing, teaching, physiotherapy, social work or support worker in disability or community access with positive insights into the capabilities of people with disabilities. Thanks to Connectabilty for providing our students with an interesting interactive workshop. The photo below shows our seven students.

EAS (Educational Access Scheme) This scheme is available to students who have suffered significant disadvantage during Years 11 & 12. The most common criteria includes: financial disadvantage; severe family disruption (life threatening illness or death of an immediate family member during Years 11 & 12); separation or divorce; or severe illness. Booklet and forms are available at the cottage.

Mr Chris Alexander
Careers Adviser



ATTENDANCE

At Newcastle High School, our day starts at 8:45am. As such, students are expected to be at school **before** this time. Parents/caregivers are responsible for ensuring their children arrive at school on time. Lateness is recorded as partial absence and must be explained by parents/caregivers in the same way as other forms of absence.

Arriving at school on time:

- ensures that students don't miss out on the important information delivered at the beginning of the day
- helps students learn the importance of punctuality and routine
- shows respect to the school community
- gives students time to greet their friends before the day commences

If a student does arrive late, they must report to the school office to sign in. If they don't have a note explaining their late arrival, they will be issued with a slip to be signed by their parent/caregiver. This should be returned to their mentor teacher the following day. Failure to do so will be recorded as an unexplained absence on their school attendance record. Students with unjustified lateness will also be required to attend a lunchtime detention.

If you have any queries regarding attendance, please contact Ms Valerie Kadarusman, Head Teacher Administration (Students).

MEDICAL / CONTACT DETAILS

Student medical forms

During Terms Three and Four we will be updating our medical records systems to ensure we have the most up-to-date information on your child's health.

If you have a child with a medical condition you will receive a copy of the new medical forms in the mail. We request that parents/carers complete these forms and return them to us as soon as possible.

The good news is we have already started collecting some of this information, which means less for you to do.

The new forms will help us collect your child's important medical information and the introduction of new systems will mean we'll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information. In the meantime, if you have any questions please do not hesitate to contact our Head Teacher Welfare, Mrs Shannon Sager, during school hours on 49693177 or alternatively by email, newcastle-h.school@det.nsw.edu.au.

COMMUNICATION

Keep in touch with what's happening at school! Newcastle High School offers a variety of ways for parents/carers and students to keep up-to-date with what's happening at school!

Our school website provides the school community with up-to-date information including 'News and Announcements' and a Calendar of upcoming events.

<http://www.newcastle-h.schools.nsw.edu.au/>

Like Newcastle High School's Facebook Page! Support your school and receive regular updates of upcoming events and what's currently happening at school on your Timeline.

<https://www.facebook.com/pages/Newcastle-High-School/254419001356940>



IMPORTANT DATES FOR THE DIARY

Term 4, 2013

Year 5 Information Evening	15 October
Year 5 Taster Lessons	6 & 13 November
Year 6 Orientation Day	4 December
Presentation Ceremony Years 7, 8, 9, 10 & 11	11 December
Last day of Term 4 (for students)	18 December
Term 4 Staff Development Days	19 & 20 December

Grab some mates and come and join the exciting new 20/20 competition in Newcastle. Haven't played cricket before? Doesn't matter! Mates T20 is all about maximum fun and participation for all players in batting, bowling and fielding.

Game will be played Wednesday evenings from 5pm at Jesmond and Wallsend.
 Game time: Approx. 2hrs
 No uniform required or gear required – equipment will be available at the venues.
 Ages 10 to 17
 8 players per team on the field, but you can have more players in your team.
 Team or individual registrations welcome

PLEASE NOTE THAT NUMBERS ARE LIMITED SO PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT. THERE WILL ONLY BE ONE COMPETITION THIS SEASON FROM WEDNESDAY 23RD OF OCTOBER, 2013 UNTIL MID DECEMBER.

For more information or to registration and pay online please visit www.newcric.org.au

CANTEEN NEWS

Volunteers needed!

Can you help out at the Newcastle High School Canteen?

Did you know that 100% of the profits from the Canteen go back to the school? The Parents and Citizens Association are looking for a few good people (parents, grandparents, aunts and uncles) to work a shift at the Canteen.

A shift is from 9.00am – 12.30pm

Just a few hours - once a month

If your day falls during the school holidays, you get a holiday too!

Help required on the following days:

- 1st Monday of the month
- 2nd Monday of the month
- 2nd Tuesday of the month
- 3rd Tuesday of the month
- 3rd Thursday of the month
- 2nd Friday of the month
- 4th & 5th Friday of the month

Canteen Treasurer – Position Available

Newcastle High P & C is seeking the assistance of a volunteer to take on the role of Canteen Treasurer. This year the P & C appointed a part time book keeper to assist in managing the canteen accounts. As a result the role of Canteen Treasurer is far less onerous than it has been in the past.

If you have an interest in accounting and would like to assist the P & C in its major fund raising activity we would like to hear from you.

If you can volunteer, please contact Michelle our Canteen Supervisor
 Phone: 4969 2370 (7.30am – 2.00pm)

For more information please contact Canteen Secretary Karla Karinen at karlakarinen@yahoo.com.au.

KARATE 空手 CLASSES 空手 1ST THREE LESSONS FREE!

Now At
Cnr Boundary Ave
Kotara

ANY AGE/GENDER WELCOME

TRAINING SESSIONS

Tuesday 6pm-7.30pm
Thursday 6pm-7.30pm

FOR MORE INFORMATION
Call Celso on 0437 297 350

ABOUT THE TRAINER

2nd Dan Karate Union of Australia (KUA)
3rd Dan Ken-Sei Kan Karate
Bronze level karate coach
under the Australian Government
National Coaching Accreditation Scheme (NCAS)
Working with Children approved
Member: Of the of the Karate Union of Australia (KUA)
Australian Karate Federation (AKF)

**NOW AT
NESBITT PARK
CNR BOUNDARY ST
& CASEY AVE
KOTARA**

Social Inclusion: How Can My Child Become More Involved At School?



Social Inclusion can be defined as **feeling a sense of connectedness, having/receiving support, and feeling valued**. Adolescents who feel a sense of connection to their community, peers and support groups often experience **higher levels of resilience**. This then results in the creation of a **safe and supportive environment** where students feel secure, comfortable and happy to learn.

It is possible that students who do not feel socially included may experience social isolation or exclusion. Social exclusion can involve being physically isolated from a peer group, deliberately humiliated or teased. This may have negative impacts on a young person's self-esteem and mental health.

How Can I Help My Child Be Socially Involved?



- **Assist your child in building friendships-** Help your child identify other students that may have similar interests. Having one or two close friends helps to improve self-esteem and confidence levels.
- **Encourage them to become involved-** Encourage your child to involve themselves in extra-curricular activities, whether this be sporting activities, volunteer groups or offering their assistance to teachers etc.
- **Listen to your child's concerns-** Be sure to provide a listening ear to your child's worries and fears. They should feel like their home is a safe haven. Also offer them some strategies to counteract their concerns.
- **Encourage them to be involved in wider-community activities-** Encouraging your child to socialise with students in their local area, play sport outside of school, join a social networking group or even a local youth group enables their social skills to develop along with their interests, self-esteem and resilience levels.

If you or your child would like additional information on social inclusion please refer to the following resources or contact your child's school;

- <http://www.essentialkids.com.au/older-kids/education-for-older-kids/social-exclusion-at-school-20130607-2nu9u.html>
- <http://www.kidshelp.com.au/teens/get-info/hot-topics/loneliness.php>





AUSTRALIAN AIR FORCE CADETS CADET RECRUITING

The Australian Air Force Cadets is one of the Premier Youth Organisations of Australia. We are currently recruiting for 2014.

Do you want to:

- Learn to fly
- Develop your leadership and communication skills
- Participate in adventure training and field craft activities
- Meet new people and make life long friends
- And heaps more

If you:

- Are an Australian resident
- Have good general health
- Are between 13 and 18 years old
- Can attend weekly activities
- Have permission from your parent or guardian

Become a Cadet in the Australian Air Force Cadets

EDUCATES CHALLENGES EXCITES

For more information, find your nearest Australian Air Force Cadet Squadron by visiting our website at:

www.aafc.org.au

UNIFORM UPDATE – New prices for Alinta

GIRLS UNIFORM : 10-12		
	Sizes	Price
Formal S/S Blouse - Navy Trim	All Sizes	\$37.50
Formal Polo Shirt - White/Navy Trim	All Sizes	\$37.50
Formal Skirt - Navy	All Sizes	\$55.00
Girls Formal Shorts	All Sizes	\$40.00
Girls Fitted Pants	All Sizes	\$52.00
Elastic Bow-Tie - Navy	One Size	\$15.95

GIRLS UNIFORM : 7-9		
	Sizes	Price
Formal S/S Blouse - Red Trim	All Sizes	\$34.00
Formal Polo Shirt - White/Red Trim	All Sizes	\$37.50
Formal Skirt – Tartan	All Sizes	\$60.00
Girls Formal Shorts	All Sizes	\$40.00
Girls Fitted Pants	All Sizes	\$39.00
Elastic Bow-Tie - Red	One Size	\$15.95

SPORTS UNIFORM		
	Sizes	Price
Sports Polo	All Sizes	\$37.50
Sport Shorts	All Sizes	\$33.00
Tracksuit Jacket	All Sizes	\$67.00
Tracksuit Pants	All Sizes	\$45.00
Sports Cap	One Size	\$15.00
Sport Sock - white crew (2pack)	All Sizes	\$12.95
Sport Sock - white anklet (1pack)	All Sizes	\$5.50

JUMPERS		
	Sizes	Price
Knitted Jumper	10	-
	16	\$75.00
	18	-
	22	\$85.00
Polar-Fleece Jumper	All Sizes	\$47.00

BOYS UNIFORM : 10-12		
	Sizes	Price
Formal S/S Shirt - Navy Trim	All Sizes	\$33.00
Formal Polo Shirt - White/Navy Trim	All Sizes	\$37.50
Formal L/S Shirt - Navy Trim	All Sizes	\$36.00
Boys Formal Shorts	All Sizes	\$44.00
Boys Formal Trousers	All Sizes	\$52.00
School Tie	One Size	\$22.00

BOYS UNIFORM : 7-9		
	Sizes	Price
Formal S/S Shirt - No Trim	All Sizes	\$31.00
Formal Polo Shirt - Navy/White Trim	All Sizes	\$37.50
Formal L/S Shirt - No Trim	All Sizes	\$34.00
Boys Formal Shorts	All Sizes	\$44.00
Boys Formal Trousers	All Sizes	\$52.00
School Tie	One Size	\$22.00

ACCESSORIES		
	Sizes	Price
School Socks - white crew (1pack)	All Sizes	\$5.50
Microfibre Tights - black	All Sizes	\$9.00
Gloves	One Size	\$7.50
Scarf	One Size	\$12.00
Leather Belt - black	All Sizes	\$12.00

SALE ITEMS		
	Were	Now
Girls Fitted Pants	\$52.00	\$39.00



Central Newcastle Water Polo are currently taking registrations for the 2013/2014 season.

Our junior development program is open to 10-14 year olds

If you are interested please phone

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