

The next P&C Christmas Function will be held on Monday, 2 December at the Burwood Hotel Time to be advised ALL WELCOME P&C email: nhspandc@mybiznetonline.com

#### PRINCIPAL'S REPORT

It is good to be back at Newcastle High School. It was great to return to hear of the successes of the students over the five weeks I was away. Our Year 12 students were excellent ambassadors for the school and public education as they completed their schooling at the end of Term Three. These students complete their HSC last week. I have written to each student wishing them good luck and inviting them to a breakfast barbeque on Thursday, 19 December at 8.00am to share their HSC and ATAR results with their teachers.

My thanks to Mr Southward, Ms McNeilly and Ms Myers who filled in during my absence, the school was in very good hands. It is important that leadership opportunities be provided for staff to work at a higher level.

Since returning, the school has faced a number of challenges. I would like to thank the parents and students for their cooperation during the bushfire emergency. It was very close for a number of students who live in the Port Stephens area. I have concerns regarding the directive from one bus company that refused to transport some students. On the other hand, lots of people worked together to ensure that everyone was safe. The attitude of the HSC students who live in the areas affected by the fire was to be commended. All students still attended all their examinations. The amount of residue smoke in the air also impacted on the sport and PE programs.

As you would be aware, B Block recently suffered significant storm damage. Water flooded sixteen classrooms and three staff areas. The Creative and Performing Arts staff suffered the most significant loss, but in the true show biz fashion CAPA students still performed at Ronald McDonald House. I am hopeful that the affected B Block rooms will be back in use within the next few weeks.

The current Year 11 students have commenced their HSC subjects. Mr Bromfield, Ms Munro and Miss Barry have interviewed all students and ensured that each student has an approved pattern of study that has been signed off by parents/carers, as well as students. Many students now have study periods during the day. These students will be issued with a letter that will allow them to come to school late if they have a study period at the start of the day or go home early if their last period is a study period. Students are not permitted to leave the school grounds during the day and then return or drive other students to and from school on these flexible arrangements unless parental approval is provided to the school and it is approved by either me or a Deputy Principal.

The school has worked closely with the local retailers to ensure that students aren't seen "hanging around" Marketown and other retail outlets. Students have been warned of the consequences of not following these simple guidelines - travel once to school and once home from school. A very visible sign of this co-operation is the "make over" of Little Birdwood Park. Working with Newcastle City Council, Newcastle NOW, Marketown, Dulux and several other community groups, students made and installed a large number of art features in this park. Thanks to the students and Amy King, our Student Support Officer, who oversaw the school involvement in this project.

School Chaplaincy Program Survey

An online survey is now available for completion <a href="https://www.surveymonkey.com/s/RMNM9C2">https://www.surveymonkey.com/s/RMNM9C2</a>.

The link has also been posted on the school's website, Facebook page and emailed home. I would encourage as many parents/carers as possible to complete this simple survey to assist in compiling data to provide to the Commonwealth Government for the annual review of this program. The program was endorsed at a P&C meeting earlier this term.

We have begun planning for 2014 and making arrangements for the end of this year. The school Presentation Evening will be on Wednesday, 11 December. Year-based Merit Assemblies will be held on Thursday, 12 December and reports distributed on Friday, 13 December. This will also be the last day the canteen offers a full menu. On Monday, 16 December to Wednesday, 17 December the canteen will only sell prepacked food as the staff prepare for the Summer break.

In 2014 Newcastle High School will include the Cooks Hill Annex - <u>http://www.cookshill-</u> <u>s.schools.nsw.edu.au</u> - which will offer an educational program based on Big Picture Education. This program will operate from the buildings on the corner of Laman and Union Streets and in its first year will provide a program for Stage 5 students. One of the features of the program is a learning internship so I will be seeking assistance from community members who may be able to take on a student for this one day a week commitment.

As you can see it has been a busy few weeks and with assessments and reporting about to commence in Years 7 to 10 things are going to get busier.

Mr Mark Hewitt Principal

#### Industrial Technology Timber

Throughout the last four terms, the Year 12 Industrial Technology Timber class has been working on their major works which focuses around the furniture making industry. Students were required to design and construct a piece of furniture of their choice and submit an accompanying display folio showcasing the research, development and manufacturing methods employed throughout the production process. In the class of four, they designed and constructed:

- Tasmanian oak coffee table with an integrated chess board
- Radiata pine TV entertainment unit
- Merbau coffee table with a slide out storage solution
- Tasmanian oak corner TV unit with turpentine trim

The projects highlight the culmination of the skills and knowledge they have learned over the past four years at Newcastle High School.

Congratulations to the students who have produced some quality pieces of furniture that they should be justly proud of.

#### Mr Coleman





#### **Creative & Performing Arts**

On Wednesday, 23 October fifteen members of the Year 9 Visual Design class went by train on an excursion to IKEA at Rhodes. The class had the opportunity to evaluate and document innovative products from the store's extensive showroom.

Students showed great independence and were perfect examples of how to represent Newcastle High School as they investigated key principles of contemporary design that tied with both theory and practical tasks in school.

Students are currently designing their own furniture from recycled items; with the assessment looming, many came back from IKEA with some brilliant new ideas and solutions to problems they had encountered.

We look forward to taking next year's Visual Design class on this excursion following the very positive results of 2013's Year 9 class.



Mr M Kondov & Miss A Evans



#### YEAR 8 SCIENCE AND ENGINEERING CHALLENGE Build me a future day

Student transport funded by the ME program.

On Monday, 21 October twenty students from 8R1 Science class went to Newcastle University to take part in the "Science and Engineering Challenge - Build Me a Future Day". Students formed teams of four and were given a challenge to complete during the day. Congratulations to Year 8R1 students who came second overall on the day. Each group has compiled a summary of their challenge over the day. A big thank you goes to the ME program for funding this day which aims to encourage student learning in the fields of science, engineering and manufacturing.



#### **TEAM YELLOW – I Fell Tower**

Chloe Bear, James Miles, Lachlan Wilks and Monique Collin

Our challenge was to construct a tower out of straws, tape, paper, plastic cups, skewers and plates. We had to build our tower to a certain height and then weights were added on top of our tower until it crushed under the pressure. We gained points for our great team work, ability not to waste resources, cleaning up and finally testing the strength of our tower. We learnt about what careers such as engineering and robotics are available at the University. At the end of the presentations, we saw some working robots and some experiments, including a fire ball and a machine that makes solids feel like they are liquids. Overall it was a fun and interesting day for everyone involved and we are very grateful for having the opportunity to participate in this day. *Reported by Monique Collin (Yellow Team Captain)* 



#### **TEAM ORANGE – UP!**

Zack Aislabie, Lucas Hodge, Luke Ferrier and Ben Mills



We were assigned the near impossible task of crafting a makeshift aircraft. We were provided with three electronic propellers, helium balloons, string and thin wood to make our aircraft. Not only did we have to make our aircraft, we needed to work out how to control the propellers and guide our floating aircraft through a series of obstacles. This was the most challenging part after making our aircraft balance in the air with the helium balloons. Our group worked well together and completed the task successfully. We were very grateful for the free lunch, including sandwiches, biscuits and bottles of water. The day was well organised and we had fun. My favourite part of the day was the awesome robot demonstration. *Reported by Ben Mills and Zack Aislabie* 

#### TEAM GREEN – Get Over it!

Indiah Ballard, Shannon Pulver, Suzi Sorchevski and Erin Behn

Our challenge was to build a bridge that would support a carriage of weights. The more weights the bridge held the more points we were allocated. We used straws, paper, tape, foam, paddle pop sticks and skewers to make our strong bridge. We were able to test our construction along the way on a road that looked a lot like the suspension bridge on the M1 just passed Gosford. We worked really well as a team and tried lots of different designs to come up with our final bridge. We also liked meeting students from other schools on the day.

At the end of the challenge, our school had lunch on the University grounds and then went to a lecture about all types of careers in Science and Engineering. An engineering student brought in a cool robot that has been programmed to play soccer. *Reported by Erin Behn* 



## **TEAM PURPLE** – Catapult

Elih Collins, Angie Gil, Teigan Cotterill and Megan Hooper

We built a catapult out of strong wooden sticks, string, strong tape and massive elastic bands. We didn't get off to a great start but after many ideas and trials we got there just in time and shot the tennis ball the furthest in the trials compared to the other five schools. But in the finals we didn't go so well. The first shot went straight up, instead of winning the longest tennis ball run. We would have won the highest catapult.

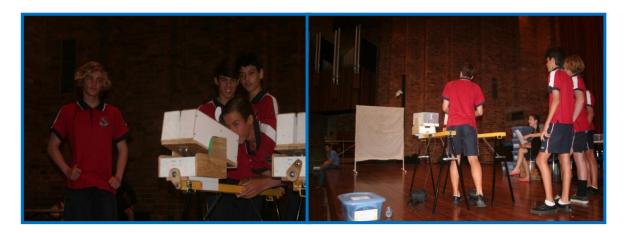
The second trial hit the speaker, so we decided not to take the measurement and have another go. Just like in science and engineering sometimes things go well and sometimes designs need more work. We came second overall and were very proud of all our team's work. We even gave a demonstration to Ms Nowak during lunch of our own engineering designs using our water bottles and a little bit of pressure, making our lids explode into the air. Thanks Ms Nowak for a great day.



### **TEAM BLUE - Flight**

Manoli Papaspiropoulos, Sam O'Sullivan, Leo Hamilton and Patrick Langlois

We all squeezed into the mini-bus Monday morning to be greeted by a lot of moths that we had to chase out of the bus before we went to the University. Our challenge was to design and make a poly styrofoam plane that had to complete three challenges. One was to see how long and straight the plane could fly, how smooth the plane's landing was and if our plane could hit a specific target whilst flying through the air. We went through many designs until we decided on the best one. Our plane came second in our challenge and we were really proud to come second overall on the day as a school. We had a great day and wanted to thank Ms Nowak for taking us on a quick tour of the University before heading back to school on the bus.



#### 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



#### Newcastle High Defeat Lambton in defence of Baker Shield

On Tuesday, 15 October Newcastle High School had another great win by our under 14 Cricket Team in defence of the Baker Shield against Lambton High.

Lambton High School batted first and made 7/123. Tight bowling from Wyatt Roberts 2/18 off seven overs (plus a great run out) and Greg Hayes 1/14 off six overs helped contain the opposition to a "gettable" score. Elih Collins took two great catches and Max Stanyer created a fantastic run out showed the boys' commitment in the field.

Newcastle High answered the challenge with a patient 3/125. Sam O'Sullivan maybe Australia's saviour in the Ashes at No 4 with an effortless 62 not out. Wyatt Roberts played plenty of attacking strokes to lift the run rate for 15. Cal Fowler played an anchoring role with Sam in the concluding stages of the innings and ended on 12 not out. It was a great team effort from all the boys and we look forward to our semi- final match.



#### **Dealing with Change**



Dealing with change can be tough during teenage years, particularly when adolescents are already dealing with puberty, social media and the angst of peer pressure (just to name a few). Throw a few additional challenges into the mixmoving houses, moving schools, dealing with family break-ups, changing jobs, changing friendship groups, sickness in the family- and teenage years appear to be pretty tough!

One of the more effective ways of dealing with change can be to accept it and to

understand it. Reachout.com suggests that you should attempt to 'try to understand everything about it that you can'. This may mean, for example, doing further research on a new school or area that you are moving to. This method may help prevent a sense of fear or feelings of helplessness develop from the situation. Of course there are situations that you cannot adequately prepare for nor have control over and in these contexts you can;

- stay as positive as possible see change as an opportunity not a barrier .
- manage your stress and anxiety levels
- talk to a friend or family member about your concerns
- give yourself something to look forward to
- keep something familiar a routine or treasured item .
- give yourself some time to get used to the change
- remember that change is a part of life!

If you would like more information on change and how to adequately deal with it see the following website or speak with your local doctor, counsellor or someone at your school: <u>http://au.reachout.com/Dealing-with-life-</u> changes.

#### **Recognising Strengths and Acknowledging Improvement**



Many students today are faced with a *realm of stressors* in their lives. It can be difficult for them to maintain focus on what teachers, parents and carers consider to be most important – education. Part of this lack of focus could be attributed towards lack of motivation. Motivation is developed throughout our lives and can be impacted upon by constant stress such as exams, NAPLAN, assessment tasks and results. It is often those of us who are most *resilient* that can bounce back, re-focus and motivate ourselves for the next lot of tests or challenges.

Often parents or carers and teachers praise students for substantial examination results. Doctor Andrew Martin, one of Australia's leading psychologists, explains that we often ask students for results they have received and immediately follow this with the question of 'what result did the other student's receive?' This can have a detrimental impact on how motivated and resilient a person is- as focus is placed on not failing rather than improvement or success.

Doctor Andrew Martin suggests that we challenge negative thinking- focus on small improvements and congratulate and reward for these. He recommends *focusing on what they can do* or have done rather than what they cannot do or have not done. Encourage them to take **ownership** of their work and results. Essentially recognise strengths and acknowledge improvements to maintain motivation levels.

By maintaining a *positive outlook* on school work we are allowing young people to believe in their own capabilities, self-motivate and become more resilient learners. This will, in turn, hopefully mirror how young people live their lives. When something crops up that is challenging for them – they will face it and bounce back from the difficult situation.

To find out more about motivation and resilience check out: http://www.generationnext.com.au/2013/06/pushing-the-boost-button-for-our-kids-easier-said-than-done/

> Hunter New England Local Health District



#### ATTENDANCE

At Newcastle High School, our day starts at 8:45am. As such, students are expected be at school **before** this time. Parents/carers 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/carer. This should be returned to their mentor teacher the following day. Failure to do so will result in an unexplained absence being recorded 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, <u>newcastle-h.school@det.nsw.edu.au</u>.

### 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, 201	3 / Term
Year 6 Orientation Day	4
Presentation Ceremony Years 7, 8, 9, 10 & 11	1
Last day of Term 4 (for students)	1
Term 4 Staff Development Days	1
Term 1 Staff Development Day	2
Term 1 – Years 7, 11 & 12	2
Term 1 – Years 8, 9 & 10	3
	•

4 December 11 December 18 December 19 & 20 December 28 January 2014 29 January 2014

1, 2014

30 January 2014

#### CANTEEN NEWS Volunteers needed!

Come and volunteer at the fabulous Newcastle High School P & C Canteen. Did you know that 100% of the profits from the Canteen go back to the school? 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!

Volunteering	Canteen Treasurer – Position Available		
<ul> <li>Volunteering at our school is not a chore, it's easy. Your duties for the day will be:</li> <li>Making simple healthy canteen lunches for our fabulous students and staff</li> <li>Meeting students at recess and lunch</li> <li>Stepping out for a lunch</li> <li>Having a good laugh, lots of fun and a chat</li> <li>Make the day even more fun and bring a friend or two with youand it's all free.</li> </ul>	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 <b>Michelle - Canteen Supervisor</b> Phone: 4969 2370 (7.30am – 2.00pm) or complete and return the tear off slip below	For more information please contact <b>Canteen Secretary Karla Karinen</b> at karlakarinen@yahoo.com.au.		
Name:	Phone No		
Email:			
Please select the days you wish to volunteer:	🗆 Mon 🗆 Tues 🗆 Wed 🗆 Thurs 🗆 Fri		
How often do you wish to volunteer?	$\Box$ Once a week $\Box$ Once F/night $\Box$ Monthly		
If fortnightly or monthly, which week(s)?	$\Box$ Week 1 $\Box$ Week 2 $\Box$ Week 3 $\Box$ Week 4/5		
Any special requests, such as being rostered with friends or unavailable for certain dates (ie. birthdays etc.) please outline below.			



### Can you help raise money for our school!

The P & C are asking for donations of suitable goods for a CHRISTMAS HAMPER raffle.





Please bring donations to the front office.

Tickets on sale at the Year 7 Orientation Day, Presentation Evening and through November and December

#### LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19<sup>th</sup> century novelist wrote: "the real voyage of discovery consists not in seeking new landscapes but in having new eyes". Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light. Carefully selected students will arrive in July for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website <u>www.scce.com.au</u>, email <u>scceaust@scce.com.au</u> or call us toll free on 1800 500 501, request our international student profiles, and capture

the spirit of family and friendship.

#### SOCCER SKILLS COACHING

"Curriculum Football Coaching" is conducting offseason Ball Mastery and Functional Game Skills coaching, every Thursday at Myamblah Crescent Oval, Merewether Heights. All ages U8 to U17 (boys and girls), age based groups, first group at 5pm. Coaching by Warwick Maher FFA Licenced Professional coach. Must pre-register on Phone: 0423 229 766.





#### Newcastle to host huge music line up at the

#### **OPENING CEREMONY**

Secure your tickets now to Newcastle's biggest entertainment event since the Newcastle Earthquake Relief concert of 1990, and help raise funds for our school in the process! The Special Olympics 2013 Asia Pacific Games Opening Ceremony will be held at Hunter Stadium from 7pm on Sunday 1 December 2013, and should not be missed. Some of Australia's best known musical performers including Human Nature, Anthony Callea, Iva Davies, Marcia Hines, The McClymonts, Silvie Paladino, Doug Parkinson, Darren Percival and Marina Prior will perform at the event along with Special Olympics Athletes and performers from across the Newcastle-Hunter region. Please get behind this wonderful event, and show your support for the Special Olympics athletes who have trained for months and plan to travel long distances to compete at the Games. To secure your tickets or to find out more head to:

#### www.specialolympicsasiapacgames2013.com

Please see the Sports Schedule following this article for event timetable.



## Sports Schedule Each competition day will run approximately from 10am-5:30pm

Sports	Venue	Monday 2/12 Day 1	Tuesday 3/12 Day 2	Thursday 5/12 Day 3	Friday 6/12 Day 4
Athletics	Hunter Sports Centre, Glendale	Divisioning	Divisioning	Competition Awards	Competition Awards
Aquatics	The Forum, Newcastle University	Divisioning	Divisioning	Competition Awards	Competition Awards
Badminton	The Forum, Newastle University	Divisioning	Competition Awards	Competition Awards	Competition Awards
Basketball	Newcastle Basketball Stadium, Broadmeadow	Divisioning	Competition	Competition	Competition Awards
Воссе	Charlestown Bowling Club	Divisioning	Competition Awards	Competition Awards	Competition Awards
Cricket	No 1 Sportsground	Divisioning	Competition	Competition	Competition Awards
Football	No 2 Sportsground	Divisioning	Competition	Competition	Competition Awards
Table Tennis	Newcastle Basketball Stadium, Broadmeadow	Divisioning	Competition Awards	Competition Awards	Competition Awards
Ten Pin Bowling	SuperStrike Maitland	Divisioning	Competition Awards	Competition Awards	Competition Awards

## TRAINING SESSIONS Tuesday 6pm-7.30pm Thursday 6pm-730pm

ANY AGE/GENDER WELCOME

# **FOR MORE INFORMATION** Call Celso on **0437 297 350**

## ABOUT THE TRAINER

Now A

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



## Newcastle High School Career News Summer 2013



Issue 4 - November 2013

#### Career Advisers Message

Improve your chances of employment opportunities

Have you been following up on any of the opportunities that have interested you in previous newsletters? It is important that you take the next step.... Make a phone call, go to an Open Day or look at a Website. It is up to you to go in search for any possibilities that would suit you.

Don't be scared to take on courses that may enhance your resume to an employer. Take on extra curriuculum things at school, try to take on leadership roles, school captains, SRC, get involved . These things are looked on favourably by employers, you are perceived as a team player and someone who isn't scared to take on various roles and responsibilities.

Mr Alexander Careers Adviser

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## Jobs of the Future



Computer Hardware Engineer

A Computer Hardware Engineer designs, constructs and maintains the hardware equipment of computers. They may also monitor the development of hardware according to design and carry out repairs and testing of computer equipment.

# **6.12.13** PCYC NEWCASTLE

Corner Young and Melbourne Streets Broadmeadow

#### Ages 13 - 17

#### **GET YOUR TICKETS NOW**

Giveaways and Prizes To Be Won Tickets \$10 available from PCYC Newcastle

NO ALCOHOL NO DRUGS NO PASSOUTS

All Blue Light events are drug and alcohol free and supervised by officers of the NSW Police Force.

www.pcycnsw.org.au



7.30-10.30



## NEWCASTLE HIGH SCHOOL

"Remis Velisque"

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e-mail: <u>newcastle-h.school@det.nsw.edu.au</u> Website: <u>www.newcastle-h.schools.nsw.edu.au</u>

