

The Parkway



February, 2013

Parkway Edition No. 2

The next P&C Meeting will be held on Monday, 4 March at 5.30pm in the Staff House

ALL WELCOME

P&C email: nhspandc@mybiznetonline.com

WELFARE

I hope the school year has been a happy and successful one for all students. I would like to acknowledge the positive start that our new Year 7 cohort has had at Newcastle High. It is very satisfying to see the successful transition of these students, as it can be challenging coming from primary school to high school. There is a very positive feel in the school for the start of the year and I look forward to working with students, parents/carers and the Welfare Team on a productive and fulfilling 2013.

We are very fortunate at Newcastle High to have a very active and caring Welfare Team who is committed to providing a safe and happy school environment. There are a number of people in the school who are available for students and parent/carers to talk to if they have concerns; these include:

Year Advisors

Year Advisors are a great first point of contact. It can sometimes be a little confusing as to who is the best person to speak to. Year Advisors can assist in answering questions about what is happening in the school or provide support to students who may be experiencing difficulties. Parents/carers wishing to make contact with Year Advisors can contact the school's administration office (4969 3177). Year Advisors will respond to requests for contact as soon as possible. As Year Advisors are often on class, it is difficult for them to allocate time for unplanned meetings; so it is desirable that parents/carers make an appointment time to meet with them.

The Year Advisors are:

Year 7	Mrs Joanne Myers and Mrs Glenyce Oswald
Year 8	Mrs Karen Hines and Mr Guy Hewitt
Year 9	Mr Andrew Doherty and Mrs Bronwyn Lidden
Year 10	Mr Sam Crichton and Mr Andrew Guinane
Year 11	Ms Angela Queenan and Mrs Debbie Ellis
Year 12	Mr Darren Farrar and Mr Steve Prior

I would like to take this opportunity to thank Ms Lauren Wood for all her hard work and enthusiasm. Miss Wood has had to step down as Year 8 Year Advisor after being successful in securing the Head Teacher Administration position. Mr Guy Hewitt will replace Miss Wood; a big welcome to him from the Welfare Team.

NEWCASTLE HIGH SCHOOL

"Remis Velisque"

Parkway Avenue Hamilton NSW 2303

Telephone: (02) 4969 3177 Fax: (02) 4961 2912

email : newcastle-h.school@det.nsw.edu.au

Website : www.newcastle-h.schools.nsw.edu.au

School Counsellor

Mr Terry Sheetrum, our School Counsellor, is a registered psychologist who is at the school four days each week. He is available to assist students with a range of issues including interpersonal difficulties as well as mental health issues. He has a particular interest in relaxation techniques as a means of handling stress-related problems. Parents/carers wishing to contact Mr Sheetrum can do so by either telephoning the school's administration office or calling his direct line 49613371. If students wish to access psychological assistance outside of school, Mr Sheetrum can often facilitate a referral to psychologists working for government agencies or those in private practice.

Student Support Officer (SSO)

We are very fortunate to have the services of Ms Amy King five days per week. Only a select number of schools in NSW were offered the opportunity to have an SSO and this appointment has been a windfall for Newcastle High. Amy supports students who may be having difficulties at home or school. She organises groups for identified students and coordinates youth services from the wider community. Of special note, Amy coordinates a Stealth Art Group with a number of our creative and imaginative students to develop surprise activities and presentations. Amy also works with students to help resolve issues associated with friendships, bullying, accommodation, legal and financial difficulties.

School Chaplain

Mrs Margaret Livingstone, or "Livo" as she is more affectionately known, has been an integral part of the Welfare Team for a number of years. This year she will continue to run some small groups and support students, however, she is passionate to expand her network and work more closely with families who may be experiencing difficulties. Mrs Livingstone is also currently developing a mentor program with Interrelate. The aim of the program is to provide direction and guidance to students who may be struggling. I would also like to formally acknowledge and thank Mrs Livingstone for her efforts in securing funding for the school. These funds will enable us to run additional programs and support disadvantaged students over the next few years.

As you can see, there are a number of people here at school that can offer assistance. If you are uncertain as to who may be the best person to contact, please speak to the relevant Year Advisor or contact me directly for clarification.

Healthy Schools Healthy Futures (HSHF)

Our partnership with Hunter New England Health and the University of Newcastle continues this year. The aim of the HSHF project is to increase resilience in students and to help decrease risk taking behaviours. Last year, on advice from the HSHF core team, resilience-based activities were incorporated into Positive Behaviour for Learning (PBL) lessons and a number of welfare-based cohort days were run. This year, the Core Team will focus on incorporating resilience based lessons into faculty programs, surveying students and developing programs to support Aboriginal students. We will also continue to provide information to parents via newsletters regarding supporting students at home.

NHS Uniform - Can you please assist?

The commencement of the school year has seen a wonderful sea of red, white and blue at the morning assembly. Very few students have been out of uniform and it is very pleasing to see the majority of students wearing the correct shoes. The Welfare Team is calling out for donations of school uniforms. If you have uniform items at home that your child has outgrown etc. we would gratefully accept the donation. Our uniform pool is pivotal to enabling us to support all students wearing Newcastle High's uniform. Donations for the uniform pool can be left at the school's administration office.

Year 7 Camp

At the time of writing this article, Year 7 students are packing their bags for camp. Over 150 Year 7 students, along with ten Year 10 student mentors and a number of keen and enthusiastic staff are heading for the Outdoor Experience at Morisset for three days of fun and mud! This is a great opportunity for students to get to know their class mates better and challenge themselves to participate in activities such as the Giant Swing. Details of their adventures will feature in coming editions of The Parkway. Thanks to those members of staff who will be giving up their own time over the three day camp so that the students can enjoy the camp experience.

School Photographs

School photographs will be taken on **Tuesday, 5 March**. Students have been given individualised photo envelopes that are to be ***handed directly to the photographer on the day***. Students who do not have an envelope can collect one at the administration office. Those siblings wanting family photographs will need to collect an additional form at the office. All students will have an individual photo taken on the day regardless of if they are purchasing photograph packs. These photographs are used to assist in identifying students and for administrative purposes. A “catch up” photo day will occur on **Thursday, 14 March**. See Page 8 for further information.

Police Cyber-Bullying Presentation

Years 7 and 8 students will be attending a cyber-bullying presentation on Tuesday, 5 March. This presentation will be delivered by Senior Constable Margaret Sordo, the School Liaison Police Officer. The aim of the presentation is to give students the skills to safely use the internet, in particular, social media sites such as Facebook and to discuss the legal responsibilities of posting information on such sites. This is an invaluable presentation for students as it clearly establishes a person's rights and responsibilities when using technology.

Immunisations

On **Friday, 1 March** Year 7 students and boys in Year 9 will be having immunisations. Student immunisations are organised by NSW Health. Students were given the consent forms in Week Four and have been encouraged to return them to their Mentor Teachers or to the Student Office in administration. Only students that have returned these forms can be immunised on the day. Students who have not received an immunisation consent form can collect an envelope from the Student Office.

Students will be being immunised for:

- Year 7 Boys and Girls - Diphtheria, Tetanus, Pertussis, Hepatitis B, Chicken pox, Human Papillomavirus (HPV)
- Year 9 Boys - Human Papillomavirus (HPV)

Year 6 Expression of Interest 2014

The Year 6 to 7 Transition process for 2014 has already commenced. Year 6 students need to submit an Expression of Interest (EOI) for the high school that they would like to attend next year. The EOI is due to their *primary school* by **Friday, 22 March**. For those who know of students that may be going to high school next year, please spread the word on the great things that are happening here at Newcastle High School. Any queries relating to the transition process for 2014 can be directed to Mr Southward (2014 Year 7 Deputy Principal) or to me.

Learning and Support Teacher (LAST)

With changes to school funding and the introduction of the Every Student Every School policy last year, Newcastle High has two teachers who are filling the Learning and Support Teacher (LAST) role. Ms Jennifer Cannon and I will be filling this role. The LAST is responsible for helping students who may have literacy/numeracy issues, mental health concerns, autism and behaviour difficulties. This semester we are trialling a tutor program to assist students with assessments, organisational skills and homework. Students can self-nominate by collecting a form from the LAST's office in the Library. Any questions about the tutor program can be directed to Ms Cannon.

Members of the Welfare Team will be attending the P & C meeting on **Monday, 4 March**. I would encourage parents/carers to come along to this meeting to meet the team.

If you have any questions please do not hesitate to call or make an appointment to see me.

Mrs Shannon Sager
Head Teacher Welfare
Learning and Support Teacher (LAST)

PRINCIPAL'S REPORT

We have had a smooth start to 2013. It is hard to believe that we are half way through Term 1 already. Students are settled into their routines with the vast majority working well and engaged in their learning.

Thanks to all the new parents who attended the Meet the Teacher BBQ two weeks ago. The evening was very successful. It was great to see so many new parents/carers and families at the school. Thanks to the P&C Executive who did a lot of work to ensure the evening was successful. I look forward to a long and productive partnership between the school and new parent/carers as their children move through the school.



Already a number of very significant excursions have been held lately. Senior Visual Art students travelled to Sydney to visit the Art Express exhibition this week and the Year 7 camp was held last week. This camp is a major milestone in the lives of the students who attend, so I appreciate the financial sacrifice that many families make to ensure that their children attend the camp.

Both of these excursions are only possible due to the many hours of unpaid overtime that the staff willingly give to enrich the educational experience of students at NHS. On your behalf I would like to acknowledge this commitment by the staff to the students and thank them for their efforts.

A Stage 6 Information Evening was held for parents and carers last week. It was good to see over thirty families in attendance. Special thanks to Hannah Brown, one of our Year 12 students from 2012, who spoke about what she learnt during her HSC journey. Year 11 students have all been issued with their Preliminary HSC Assessment Guides.

The school grounds are certainly benefitting from the rain and the hard work done by the gardening group that meets once a month. I have received lots of compliments on how good the gardens are looking. It is a pity then that the students have not learnt the clean-up message. The amount of litter that is dropped in the playground each day is disgusting. This week, the school is taking part in the Clean-Up Australia campaign and we are starting by cleaning up our own playground. When I speak to students, none admit to dropping the rubbish, but it is there for everyone to see. Lots of lovely homemade lunches are just dumped in the playground. Please encourage your child to be a responsible citizen in their school yard.

Like many organisations, the school relies on volunteers to help in lots of areas. I have already mentioned the garden group, but we also need assistance in the school canteen and with the Learning Tutor Program. If you can spare even an hour to assist in either the canteen or with the tutor program, please contact the school. Canteen volunteers should contact Michelle in the canteen directly and people interested in the tutor program can contact either Ms Jenny Cannon or Ms Shannon Sager.

The P&C have postponed their AGM until the April meeting, which will be on Monday, 8 April due to the Easter break. At this month's meeting the school Welfare Team, headed by Ms Sager, will outline the support that is offered to NHS students and parents. Presentations by the Welfare Team have proven very popular in the past. The next P&C meeting will be held in the Staff House commencing at 5.30pm on Monday, 4 March.

One of the school's targets for 2012 was to introduce a more streamlined attendance, reporting and welfare system. The new system has been installed and, as a result, there is a change in the attendance SMS number. **The new NHS attendance SMS number is 0447 100 250.** If you use the SMS service to notify the school of absences, please use this new number as the old number no longer connects to the school. School commences at 8.45am and all students are required to be at school for the start of the school day. The number of late arrivals is a poor reflection on the student body. Repeat offenders are required to make up the missed time with after school and lunchtime detentions.

I was delighted to welcome Mr Tim Owen MP to a school assembly to present Monique Collin with a Certificate of Recognition from the Premier for her State representation in diving. Great effort Monique! Three of our public speakers have also brought credit to the school. George Diplarou and Lydia Corcoran Eagleton represented the school in the Newcastle District Final of the Lions Youth of the Year Competition. Lydia was chosen to move to the zone finals where she will join Sarah Bugbird, who was the winner of the Adamstown District Final. I wish all our representatives the very best as they move to the next level of competition.

Don't forget school photo day Tuesday, 5 March. Envelopes outlining the options for families have been distributed to all students.

I look forward to seeing you at the upcoming P&C meeting.

Mark Hewitt
Principal



P & C UPDATE

It was wonderful to see so many parents/carers at the Meet the Teacher BBQ a few weeks back. Each year the P&C hosts and sponsors this important event and we were thrilled to meet so many new families. Thank you to all the wonderful helpers and to all the parents/carers who expressed interest in our P&C. The Gardening Group were out in force again and have done their usual great job in the school grounds. Thank you to all those dedicated workers and to all those who have provided their Council rates notice so that we can obtain more plants to beautify the school grounds. The Gardening Group meet once per month on the third Sunday at 9.00am.

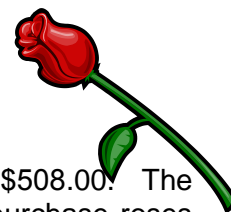
We hope to see you again at our next meeting on Monday, 4 March at 5.30pm in the Staff House. We have some great guest speakers coming that night including our Year 7 Advisors, Mrs Oswald and Mrs Myers, together with the Head Teacher Welfare, Mrs Shannon Sager and our School Chaplain, Mrs Margaret Livingstone. Please come along!

Rene Smith
President

PREFECTS AND SRC REPORT

On Thursday, 14 February the 2013 school prefects celebrated Valentine's Day, raising \$508.00. The funds raised will assist in funding 2013 Year 12 Formal. The student body were able to purchase roses and chocolates and have them delivered anonymously during Period 2 (this option proved to be very popular amongst students). Year 12 would like to acknowledge the efforts of the Prefects & SRC members in donating both their time and ingredients for the making of the Rocky Road sold on the day and Year 12 Food Technology students for making and packaging the hearts.

Year 12 would also like to thank Beth Grant for her extended effort and teachers Mrs Ellis, Ms Queenan and Mrs Hines for contributing their time, thus ensuring the event was a successful one.



Healthy Schools, Healthy Futures Program

Healthy Schools, Healthy Futures is a joint research project between Hunter New England Population Health and The University of Newcastle. We are working with a selection of schools to examine whether building resilience in adolescents leads to a reduction in smoking and alcohol consumption. At Newcastle High School the staff has been working to enhance the resilience of students both in and out of the classroom and this will continue in 2013.

One of the factors of resilience is the ability to have high expectations and goals and use these aspirations to plan and focus on the future. The start of a new school year brings an opportunity to reflect on past challenges and successes and set new goals for the coming year. In setting new goals it is important to be realistic and establish goals that are achievable. It is also important to be specific and have goals that are measureable and definite. A goal such as *"I'd like to achieve at least 60% on each English assessment this year"* is more specific than *"I'd like to get better in English"*. Being specific makes it easier to work out the smaller steps that need to be taken to achieve the goal.

Technology can be a handy tool in tracking goal progress. There are numerous handy apps designed to assist with setting, tracking and achieving goals. Some of these include *Way of Life*, which uses a colour-coded system for tracking multiple goals, and *43 Goals*, a social goal-making site that also connects to Facebook.

Whatever your goals may be this year, make them realistic, achievable and specific and work out how you will track your progress. And remember to celebrate your achievements along the way as well as at the end. These are the positive experiences and skills that help to build meaning, maintain motivation and develop greater resilience. Good luck!

Catherin A. Leane
School Project Officer
Healthy Schools Healthy Futures Project





say cheese

School Photo Day is 5 March 2013

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:



- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon *request*
- Please enclose correct money as no change is given. Cash, cheques and money orders only (sorry no credit card accepted)

For any enquiries, please feel free to contact us

e admin.nhvcc@msp.com.au

p (02) 4966 8292

f (02) 4966 8293

www.msp.com.au

Baker Shield Cricket Final

On 11 December, 2012 when everyone else was on the countdown to the holidays the boys under 14's cricket side were preparing to face Greater Lakes High School from Foster in the Baker Shield final.

The rain the night before had everyone on edge but the skies cleared and the game went ahead.

Newcastle batted first with Langers (Pat Langlois) and Cal (Callum O'Sullivan) walking out to the middle. Langers faced the first ball of the game and we were off the mark. Cal had a few "play and misses" but then an elegant push through the covers got him off the mark. Cal was run out on nine soon followed by Langers also run out for thirteen. Mr Doherty was starting to look nervous. Jordy Toby and Sam O'Sullivan were the next batters just as it looked like Jordy's day smashing a hook shot for four but then being caught in covers. Kye Zanardi, the rock of the team, walked out to the middle as the Foster boys whispered "on your toes boys, I've heard he's the best" and straight away with an elegant flick shot of the pads the crowd roared as the ball raced to the boundary. However, Kye was dismissed by a McGrath-like delivery, "The Rock" had fallen. The Foster boys cheered as Kye walked off but the cheers stopped as they realized 'Michael Clarke' (aka Sebastian Lewis the stabilizer) approached the centre. The Foster boys were feeling quite comfortable when Seb and Sam steadied the ship and put on a much needed 67 partnership but then Sam's innings came to an end as he was caught at deep midwicket for 46. Michael Clarke (aka Seb Lewis) batted out the rest of the overs supported by Greg (Panda) Hayes, Ethan Fray and Sebastian (Baz) Kavanagh. Seb Lewis made a spectacular 37 not out. Newcastle's innings came to an end of 7/144 after a shaky start we were happy with our score.

After a quick lunch break and a pep talk from Mr Doherty we were out to defend our total. Everyone bowled well, with stand outs being Cal O'Sullivan with 3/16 off 4 overs and brother Sam 2/19 off 7 overs. However, the pick of the bowlers was Kye Zanardi (aka Shane Warne) with majestic figures of 3/14 off 7 overs. He bowled in a tough stage of the match when the Foster boys were starting to put on the runs. In his first over he strikes with the flipper. Kye had the Foster boys in all sorts of trouble as they could not pick the wrongen, the toppy and the arm ball.

Cal then cleaned up the tail. The Foster boys had been bowled out for 93. Captains Seb and Kye were men of the match. Seb for his graceful batting and Kye for his bowling and two freakish catches. The whole team put in an award winning performance and they came away with a wonderful victory and the honour of being Baker Shield champions for 2012. The whole team would like to thank Mr Doherty for his support and excellent coaching skills. We couldn't, have done it without you. We would also like to thank all the parents, grandparents and supporters for coming to all the games and for getting us to all the games.

Good luck to this year's Under 14's as some of us will be moving on to the senior team and you have some big shoes to fill.

Kye Zanardi and Seb Lewis
(Year 9)

REMINDER STUDENTS

Any students with outstanding textbooks are to return them to their class teacher. Thank you.

Attendance

Our new SMS service is now operational.

From Thursday, 21 February parents/carers will receive SMS messages to advise of whole day and partial student absenteeism.

Parent/Carers can utilise this SMS service to **reply** to an absentee SMS notification received from the school to provide explanation of an absence.

Important points to note:

- explanation of an absence should be provided to the school within a period of seven days;
- if you are unable to reply to the school using the SMS service, a note of explanation should be provided;
- if you anticipate that your child will be absent for more than five days, depending on the circumstances, you will either be required to provide a Doctor's Certificate (ie. for illness/injury) or make application to the Principal for exemption from attendance (eg. family holiday).

Alternate options:

There are a number of alternate options available to advise of your child's absence from school:

- Call administration on 0249693177 and information can be taken over the telephone;
- Provide a handwritten letter of explanation; or
- Email the school at newcastle-h@school.nsw.edu.au

Please contact the school's administration office if you have further queries relating to attendance or our new SMS service.

Transport

Students are entitled to two weeks' free transport between home and school at the commencement of the year. 2013 bus passes are available for collection from the student office. If your child is entitled to free transport and has not received a bus pass, or if you are yet to submit an application, please contact the school's administration office. Students without a valid 2013 bus pass may be asked to pay the fare.

Newcastle High School Website

Keep in touch with what's happening at school! Our 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/>

Mathematics Faculty

The Mathematics faculty has commenced a Breakfast Club to support students in their learning. Every Wednesday morning from 7.45am students are welcome to come along to Room 25 for a piece of toast and some juice, and get some help with any class maths work they are unsure of. The Breakfast Club is available for all students, both junior and senior. There is no cost to attend.

If interested in attending the trials to be selected in a
HUNTER REGION SPORTING TEAM
 You must see Mr Wagner (Boys) Mrs Blatchford (Girls)
 prior to the notification date
Term 1 - 2013

NOTE: All events are **OPEN** unless specified.

SPORT	DATE OF TRIAL	VENUE	See Mr Wagner / Mrs Blatchford by Notification Date
Boys & Girls Swimming	Selected from Zone & Regional Championship 22 Feb (Week 4) 5 Mar (Week 6)		Selected at school carnival
Boys Volleyball	Tues 26 Feb (Week 5)	Newcastle BBall Stadium	Wed 20 Feb
Girls Volleyball	Thurs 28 Feb (Week 5)	Newcastle BBall Stadium	Thurs 21 Feb
Boys & Girls Diving	Tues 26 Feb (Week 5)	Lambton Pool	Fri 22 Feb
Boys Basketball	Mon 4 Mar (Week 6)	Maitland Basketball Stadium	Wed 27 Feb
Boys & Girls Golf	Mon 4 Mar (Week 6)	Morisset C/Club Morisset	Wed 20 Feb
Boys U'16 Touch	Fri 8 Mar (Week 6)	Lakeside Raymond Terrace	Mon 25 Feb
Girls U'16 Touch	Fri 8 Mar (Week 6)	Lakeside Raymond Terrace	Mon 25 Feb
Rugby League U'15 Zone Trials – Must attend this trial to qualify for Regional trial Wed 27 Mar	Wed 13 Mar (Week 7) – See Mr Wagner by Fri 8 March (Waratah Oval)		Hunter Region - Lakeside Complex - Raymond Terrace
Girls Football (Soccer)	Tues 19 Mar (Week 8)	Macq Fields Speers Point	Wed 13 Mar
Aust. Rules Football (15 and under)	Tues 19 Mar (Week 8)	Tulkaba Park, Teralba	Wed 13 Mar
Boys Football (Soccer)	Wed 20 Mar (Week 8)	Hunter Sports High Gateshead	Thur 13 March
Boys & Girls Water Polo	Thurs 21 Mar (Week 8)	Lakeside – Raymond Terrace	Fri 15 Mar
Girls Netball	Fri 22 Mar (Week 8)	National Park	Wed 13 Mar
Girls Basketball	Mon 18 Mar (Week 8)	Maitland Federation Centre	Wed 13 Mar
Rugby League (Regional) U'18s	Wed 27 Mar (Week 9)	Lakeside – Raymond Terrace	Fri 8 Mar
Boys & Girls Hockey	Tues 2 April (Week 10)	Hockey Centre Broadmeadow	Wed 27 Mar
Rugby Union	Wed 3 Apr (Week 10)	Dangar Park Mayfield	Wed 27 Mar
Girls Open Touch	Fri 12 Apr (Week 11)	Lakeside – Raymond Terrace	Wed 3 Apr
Boys Open Touch	Fri 12 Apr (Week 11)	Lakeside – Raymond Terrace	Wed 3 Apr

NB – Students will only be allowed to represent in these teams if they satisfactorily attend and participate appropriately in their school sport periods.

KNOCKOUT COMPETITIONS – 2013

Sport	1 st round to be played by:	Week	Teacher
Surfest	21.02.13	Week 4, Term 1	Mr Guinane/Mr Prior
Basketball – Boys Open – Craig Shield	22.02.13 Rd 1	Week 4, Term 1	Mr Gill
Netball – Girls Open (zone gala day)	22.02.13 Rd 1	Week 4, Term 1	Mrs Longobardi
Lawn Bowls – Team of 3 (Mixed/Same Sex)	8.03.13 Rd 1	Week 6, Term 1	Mr See
Cricket – Boys Open – Jim De Courcy Shield	8.03.13 Rd 1	Week 6, Term 1	Mr Hewitt
Cricket – Boys Under 14 – Baker Shield	8.03.13 Rd 1	Week 6, Term 1	Mr Doherty
Touch Football – Girls Open (zone gala day)	15.03.13 Rd 2	Week 7, Term 2	Mrs Sager
Golf – Hunter Stroke Play/Match Play	4.03.13 Rd 1	Week 6, Term 1	See Mr Wagner (Noms due 22/03/12)
Football – Boys Open	8.03.13 Rd 1	Week 6, Term 1	Mr Main
Touch Football – Boys Open	15.03.13 Rd 2	Week 7, Term 1	Mrs Sager
Softball – Girls Open	15.03.13 Rd 2	Week 7, Term 1	Mrs Dennis
Basketball – Girls Open	18.03.13 Rd 2	Week 8, Term 1	Mr Gill
Tennis – Girls Open – Floris Conway Cup	28.03.13 Rd 1	Week 9, Term 1	Mrs Dennis
Tennis – Boys Open – Stan Jones Trophy	28.03.13 Rd 1	Week 9, Term 1	Mrs Dennis
Rugby League – Buckley Shield (U14)	4.04.13 Rd 1	Week 10, Term 1	Mr Newman
Aust. Football – Boys U/15 Swan Shield	TBA	TBA	Mr Doherty
Rugby League – University Shield (Open)	9.05.13 Rd 1	Week 2, Term 2	Mr Newman
Football – Girls Open	10.05.13 Rd 1	Week 2, Term 2	Mrs Sager
Hockey – Boys Open	10.05.13 Rd 1	Week 2, Term 2	Mr Crichton/Mrs Wells
Hockey – Girls Open	24.05.13 Rd 2	Week 4, Term 2	Mrs Dennis
Basketball – Girls U/15	16.08.13 Rd 1	Week 5, Term 3	Mr Gill
Basketball – Boys U/15	16.08.13 Rd 1	Week 5, Term 3	Mr Gill
U/15 Netball	25.10.13 Rd 1	Week 3, Term 4	Mrs Longobardi
Football – Girls U/15 (Bill Turner Trophy)	TBA		Mrs Sager
Soccer – Boys U/15 – Bill Turner Cup	TBA		Mrs Wells
Rugby League – Knights K/O	TBA		Mr Newman
Surfing	TBA		Mr Guinane/Mr Prior
Rugby Union	TBA		Mr Carswell/Mr Coleman
School Swimming Carnival	06.02.13	Week 2, Term 1	Mr See
School Athletics Carnival	17.05.13	Week3, Term 2	Mr Newman
School Cross Country Carnival	TBA		Mr Wagner/ Mrs Blatchford

Students will only be allowed to represent in these teams if they satisfactorily attend and participate appropriately in their school sport periods and behave in a manner that is appropriate and acceptable in all areas of the school.

Newcastle High School Swimming Carnival 2013



The School Swimming Carnival was held at Stockton Pool on Wednesday, 6 February. 42 competitors took to the water and 40 of those qualified for the City Zone Carnival which was held at Mayfield Pool on Wednesday, 20 February.

The age champions for 2013 are:

Girls	-12 years	Not Awarded
	-13 years	Natalie Cox
	-14 years	Abbie Gray
	-15 years	Sinead Considine
	-16 years	Jaymee Wynne
	-17+	Jessica Plumsted and Greta Rigby
Boys	-12 years	Not awarded
	-13 years	Oliver Nash and Caleb Scullion
	-14 years	Kane Ramplin
	-15 years	Jordan Matthews
	-16 years	Rhys Ramplin
	-17+	Nick Field

Thanks to the Stockton Pool staff and to Mr Wagner and Mrs Blatchford for their contributions as judge and recorder. Also to those students who gave up their time to be timekeepers at our school carnival.

City Zone Carnival – Mayfield Pool 20th February 2013

Over 40 students attended this carnival with Newcastle finishing in 6th place. Congratulations to Rhys Ramplin who was named the 16 years City Zone Champion. Thanks to parents/carers and the competitors for their support and to Mrs Dennis who did an excellent job as team manager. We are currently waiting to see which students have qualified for the Hunter Region Carnival which will be held at Maitland Pool on Tuesday, 5 March.

P See
Carnival Organiser



UPCOMING DATES Term 1, 2013

Immunisations Years 7 and 9	1 March 2013
Hunter Region Swimming Carnival	5 March 2013
School Photographs	5 March 2013
School Photographs (catch up day)	14 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
Term 2 Begins – Staff Development	29 & 30 April 2013
Term 2 All students return	1 May 2013
Myuna Bay Year 11	8 – 10 May 2013

COOKS HILL UNITED FC



Cooks Hill United are seeking
players for womens all age
team, new and experienced
players welcome.

Contact Laura Foley (Team Manager) on 0435932941
Find our page on facebook "Cooks Hill Women's Football Club"

2013 NHS STAFF CONTACT LIST

Mr Mark Hewitt	Principal
Mr Anthony Southward	Deputy Principal (Years 8, 10, 12)
Mr Andrew Jones	Deputy Principal (Years 7, 9, 11)
Ms Rachel McNeilly	Head Teacher English
Mr Nicholas Willis	Head Teacher Mathematics
Mr Sean Bromfield	Head Teacher Science
Mr Stephen Carey	Head Teacher HSIE
Mrs Nicole Blatchford	Head Teacher PDHPE (Rel.)
Ms Brittany Benton	Head Teacher CAPA (Rel.)
Mrs Sondra Munro	Head Teacher FATTs
Ms Rebecca Murphy	Head Teacher IA / VET (Rel.)
Mrs Shannon Sager	Head Teacher Welfare
Ms Quinn Roberts	Head Teacher Special Education
Miss Lauren Wood	Head Teacher Admin. (Staff) / LOTE
Ms Valerie Kadarusman	Head Teacher Administration (Students)
Ms Jennifer Starrett	School Administrative Manager

Miss Amy King	Student Support Officer (SSO)	Links students with available services and acts as a youth worker
Mrs Margaret Livingstone	Chaplain	Provides pastoral care and family support
Mr Terrence Sheetrum	Counsellor	Provides support to students and families
Mrs Shannon Sager / Ms Jenny Cannon	Learning & Support Teacher	Assists with disability provision for Board of Studies and coordinates the Tutor Program
Mr Michael Hardy	Aboriginal Education Officer	Provides assistance to Aboriginal students and their families
Mrs Joanne Myers	ESL Teacher	Supports students and families who speak English as their second language

Miss Gail Barry	Board of Studies	Coordinates Board of Studies ensuring that senior students are enrolled appropriately for HSC
Mr Chris Alexander	Careers Advisor	Provides information re: career opportunities and coordinates TVET applications (TAFE courses through school)
Ms Wendy Muskin	Teacher Librarian	Coordinates the Library
Mr Stephen Dyball	Technical Support Officer	Coordinates DER Laptops

Mrs J Myers / Mrs G Oswald	Year 7 Advisors	Year Advisors look after the welfare and progress of students and act as a link between home and school
Mrs K Hines / Mr G Hewitt	Year 8 Advisors	
Mrs B Lidden / Mr A Doherty	Year 9 Advisors	
Mr A Guinane / Mr S Crichton	Year 10 Advisors	
Mrs D Ellis / Ms A Queenan	Year 11 Advisors	
Mr D Farrar / Mr S Prior	Year 12 Advisors	



Daily Routine – Bell Times

NORMAL DAY	TIMES		
MENTOR	8.45	-	8.55
PERIOD 1	8.55	-	10.10
RECESS	10.10	-	10.24
PERIOD 2	10.24	-	11.39
LUNCH 1	11.39	-	12.01
LUNCH 2	12.01	-	12.16
PERIOD 3	12.16	-	1.31
RECESS 2	1.31	-	1.45
PERIOD 4	1.45	-	3.00

TUESDAY	TIMES		
INDOOR MENTOR	8.45	-	9.10
PERIOD 1	9.10	-	10.21
RECESS	10.21	-	10.35
PERIOD 2	10.35	-	11.46
LUNCH 1	11.46	-	12.05
LUNCH 2	12.05	-	12.24
PERIOD 3	12.24	-	1.35
RECESS 2	1.35	-	1.49
PERIOD 4	1.49	-	3.00



EPILEPSY ACTION
AUSTRALIA



Epilepsy Information Seminar

Do you have epilepsy? Or does someone you live with or care for have epilepsy?

Epilepsy Action Australia provides specialist epilepsy services for children and adults living with epilepsy across Australia. Our seminars allow you to gain an understanding of epilepsy and the seizure diversity including descriptions of the common types of seizure activity, seizure first aid and management strategies.

Who: Anyone who has epilepsy or lives with or cares for someone with epilepsy

Date: Saturday 23rd March 2013

Time: 10am -12pm

Venue: Newcastle (venue will be disclosed on registration)



**Numbers are limited
Register now to secure your place**

- Call: **1300 37 45 37**
- Email: **epilepsy@epilepsy.org.au**



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