

The Parkway



August, 2013

Parkway Edition No. 7

The next P&C Meeting will be held in the Staff House on Monday, 2 September commencing 5.30pm

Guest Speaker: Andrew Doherty

ALL WELCOME

P&C email: nhsbandc@mybiznetonline.com

SCIENCE

While most of Australia is devastated by our cricketers' efforts in England during the 2013 Ashes series, supporters of Newcastle High School can be reassured by the success of the Science faculty this year. With great results by our students in events like Cows Create Careers and the Science and Engineering Challenge, the future definitely looks brighter than our hopes of regaining the Ashes.

Like the Australian cricket team, there have been some team changes to the Science faculty. In Science we have had our coach, Head Teacher Mr Bromfield, replaced but unlike Mickey Arthur he is happy for this change as he is now sitting in the Deputy's chair for the time being. While we are missing the direction of our champion coach, Mr Doherty has taken the reins of arguably the best faculty at Newcastle High School. New additions to the Science team for Term Three, Mrs Bronwyn Cooper and Mr Mark Oakwood and intern/practicum students Miss Kate Hodgman and Mrs Amy Daugherty, have been valuable contributors providing fun and engaging lessons for their classes.



Mrs Longobardi's and Ms Nowak's Year 8 classes who took part in the Cows Create Careers program were rewarded with a third placing in the Hunter Region for their efforts in preparing scientific reports of their calves' development. These students enjoyed a fantastic day at Tocal Agricultural College late in Term Two where they received their awards. Mr Rule's Marine and Aquaculture class has been busy constructing aquariums and awaiting the new additions to their yabby stocks during the breeding season.

Mr Gotzy and Ms Sager have been expertly guiding their HSC Biology charges with an exciting excursion to the Museum of Human Disease in Sydney. Ms Nowak has been investigating the world of insects with her IM Science class and Year 12 student, Owen Bellingham, has been offering pearls of wisdom about his passion for entomology. Mr Southward's HSC Chemistry class has journeyed to Newcastle TAFE for the Chemistry experiment day with students given the chance to attempt practical tasks that might not always be offered in a high school science lab. Year 11 Biology classes travelled to the Shortland Wetlands to undertake field studies into this locally valuable ecosystem, with some students doing their best 'Bear Grylls' impersonations while capturing invertebrates in the BHP pond.

We are pleased to have Mrs Lidden back in the Science Faculty after her overseas adventures, increasing her teaching experience for the HSC Chemistry option "Chemistry of Art" by viewing many world famous galleries.

So, while Michael Clarke and the Aussie cricketers are coping a flogging in England, you can be reassured that the Newcastle High Science Faculty is having much more success engaging students in the exciting world of Science and most importantly having FUN.

Science and Engineering Challenge Wrap Up by Oliver Lewis - Year 10

People are often lost in thought, pondering questions of the universe such as: Who are we? Where are we? What are these things surrounding us? The answer is Science.

However, with answers come more questions. How are these things made? Why are these things made? The answer is simple, it is because we can make them and often they make our lives easier or better. So who is the best school at designing and making various creations that have an engineering link to modern society? Basically who are the ultimate engineering legends?



Newcastle public and private high schools were determined to answer these questions. And so, students ventured to the 2013 Science and Engineering Challenge held at The Newcastle University Forum.

Newcastle High's Year 10 team arrived at the arena like the second Big Bang. Victory was brewing in the minds and eyes of each student.



After settling in and completing stretches, all representative groups dispersed to their battlefields. Paddle pop sticks, balloons, glue, wood, tape, string and electric wires were used to create bridges, shelters, boats, electrified cities, catapults and airships.

The airship created by the Newcastle High team zipped through the air course, breaking all records. The genius behind this airships design and skill in driving it came from Alex Hills, Sam Ristevski, Oliver Lewis and Jaeger Collins. Despite this outstanding success, Newcastle High's total was in the middle rankings. Regardless of the overall score, Newcastle High students worked to the best of their ability and were great ambassadors for the school with many hoping to return to Newcastle University in the future in search of Science-based careers.



Tim, Chloe and Sally in Year 7 Science listen and learn from fellow Year 12 student Owen

Dissecting and Preserving and Insects!

Owen Bellingham, Year 12 Biologist and Chemist, has been busy this term, not only with his own studies, but sharing his knowledge, passion and skills as a young Entomologist with students at Newcastle High. Owen has been collecting insects and preserving them since childhood. His personal collection amounts to over 350 different species from the Hunter Region. He is a regular contributor to the CSIRO collection in Canberra. This term, Owen has donated to the school stick insects and locusts. He has demonstrated to students how he carefully removes the insides of insects and then fills them with silica crystals. He then glues them back together as though they were never touched. He then lacquers them to preserve them even further. The photo above shows part of the process with a stick insect.

Owen has shared his knowledge with staff and Student Teachers completing their internship in Science. All have marvelled at his skill, knowledge and ability to share this with students of different ages and abilities. Tim, Chloe and Sally said that they loved having a senior student teach them. Tim thought that Owen would make a great surgeon and liked being able to ask him lots of questions about insects.

The Science Faculty would like to take the opportunity to thank Owen for sharing his passion and teaching all of us a lot more about life of the invertebrate kind. We wish him all the best in his HSC and for the future.

Ms Nowak
Science Teacher

COMING UP: OCTOBER 21st
**Build ME A Future
2013**



The 'Build ME a Future Day' is designed to provide Year 8 high school students with a positive experience of **science and engineering**. Six schools per day compete against each other at the University of Newcastle. Twenty students will work in teams of three or four completing various challenges including:

- constructing a catapult from timber dowel, packing tape and rubber bands;
- construct a Styrofoam plane that is flown from a launcher;
- build a small bridge from balsa, tape, paddle pop sticks etc.;
- build a tall tower that will withstand the maximum possible weight under impact (moving) and static (not moving) conditions;
- make a frame onto which motors, propellers and helium-filled balloons are attached.

Students are awarded points for each activity and the school with the most cumulative points at the end of the day is declared the winner. Year 8 students and parents can request an application to attend from Ms Nowak.

GATS Science Extension Activity

At lunchtime on Wednesday, the Year 7 and 8 GATS students attended a Science extension class run by Mrs Cooper to further their knowledge and understanding of Chemistry and the interactions of different solutions. Students were able to work collaboratively to determine the solubility of various samples and identify the different types of interactions occurring. The participating students showed great enthusiasm and scientific application to achieve successful experiment results.

As part of the GATS program in Science, 8R1 and 8B1 took part in the Cows Create Careers project. They had to care for two calves for three weeks as well as preparing a portfolio of work. These portfolios were sent to Dairy Australia's National Project Managers for judging in the Junior Section. Prizes were awarded for individual teams as well as champion school. 8R1 had success with their Zoe Moo team – Zoe, Chloe, India and Layne taking out third place and 8B1's Anonymous Milkers – Jesse, Greg, Nimah, Billy and Will took out second place. We were proud to be crowned the 2013 School Champion in the Junior Division for the Hunter Region.

Special thanks to the students, parents and teachers who volunteered their time on the weekends to care for the calves.

*Mrs Longobardi
Science Teacher*



Excursion to Museum of Disease (UNSW)

Thirty nine Year 12 Biology students and Senior Science students, as well as eight junior GATS students, visited the museum on Friday, 3 August. The visit started with McLean ('I'm no stranger to homework') Nadfalusi impressing everyone answering questions correctly at the introductory presentation. After picking ourselves up off the floor, we entered the museum to look at specimens and complete the workbook activities.

Questions such as, "Is syphilis a bacterial or viral disease?" (Lennox McKessar) and "How much alcohol do you need to drink to get cirrhosis like that?" (Morgan Howe-Jackson), came thick and fast. Zoe Miller (Year 8 GATS) showed a particular interest in broken bone injuries.

A lot of interest was shown in the forensic science displays - nothing like bullet and knife wounds to flesh and bone to stimulate the minds!

After a lovely lunch relaxing in the sunshine on the library lawn, pretending we were university students, our intrepid group headed home.

Mr Gotzy
Science Teacher



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.

LOTE

Newcastle/Ube Sister City Exchange Program

During Term Three, Newcastle High School has had the great pleasure of welcoming exchange students from Ube, Japan and France into our school.

From 1 – 8 August, three students and one teacher from Ube, Japan, enjoyed the wonderful hospitality of four Newcastle High School families. A big thank you to the following NHS students and their families who offered to host our guests for the week and showed them such a good time: Natalie Cox, Olivia Gay, Clarence Playford and Macie Lamont.

Year 7 Japanese students were very happy and excited to welcome the Ube students into our classroom. We had a culture quiz and the Japanese students introduced themselves in Japanese to the class and then asked the students simple questions in Japanese.

All hosting students will receive a General Merit certificate in recognition of their community spirit. Strong friendships were made and at the train station on Thursday morning there were many teary eyes.



In September, Jacquelyn Sager of Year 10, who was a winner in May of the Ube Speech Competition, will represent Newcastle High School and Newcastle City travelling to Ube city on a return student exchange visit.

Congratulations to Jacqui!



Lydia Corcoran Eagleton

In other LOTE news, Lydia Corcoran Eagleton, who has been a passionate and dedicated student of French since Year 7, will realise a personal dream and travel to France for five months later this month. She will be hosted by a French family in Bretagne (home of the crepe!), Northern France, attend a French school and experience a French Christmas. We wish her a wonderful trip and will look forward to welcoming her back to NHS next year, no doubt richer for this amazing experience and fluent in French!

Meredith Engel
LOTE Teacher

Year 6 to 7 Transition - Key Dates on the Calendar for Parents

- Wednesday, 4 December – Orientation Day

Parents/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



Birabaan Newsletter

MAKING A DIFFERENCE

NAIDOC WEEK CELEBRATIONS

This year's theme proudly celebrated the 50th anniversary of the presentation of the Yirrkala Bark Petitions to the Federal Parliament. The petitions protested the Commonwealth's granting of mining rights on land excised from an Arnhem Land reserve, and sought the recognition by the Australian Parliament of the Yolngu peoples' traditional rights and ownership of their lands.



7-14 July

2013

We value the vision:
**YIRRKALA BARK
PETITIONS 1963**



There were a number of cultural activities that were held across the week 22-26th July. We opened NAIDOC Celebrations with a Flag Raising Ceremony with Jack Banks Gore, Kash 'Mungo' Latimore, Caiden Brown and Sara Ward helping us acknowledge this special occasion. Students were treated to a range of traditional and contemporary dance workshops from the Beatty Clan Crew. Taryn Laleen Beatty and her family shared with us some of their history and culture of her descendants from the Wuthathi Tribe and Moa and Darnley Islands. Students from Years 7-12 were also given a lesson around the significance of the Yirrkala Bark Petitions (1963). To close NAIDOC Week celebrations 60 students attended Monty Boori Pryor's and Meme Mc Donalds stage adaptation of 'My Girragundji'.

BOOKWEEK 2013

To celebrate Book Week in 2013, the Student Representative Council organised and ran 'Take the Period Off and Read'. This initiative was to raise funds for the Indigenous Literacy Foundation (ILF).

Students met in the Cultural Centre, where, for a gold coin donation, they could choose a book from the hundreds donated, as well as having some light refreshments (thanks to Year 11 Stage 5 Hospitality students). Students then went to the Library where they read quietly in small groups for the rest of the period.

On Friday, at lunchtime, the SRC held a very successful cake and bookstall which raised \$425.15. All leftover books were taken to the Salvation Army for donation afterwards.

Big thanks go to Sandra Maloy of 'Q's Books' for the donation of many of the books, as well as the anonymous bookworms who gave up their cherished books. Thank you to the SRC's families for the donation of their time and beautiful cakes and sweets.



ILF aims to raise literacy levels and improve the lives and opportunities of Indigenous children living in remote and isolated regions. This is done by providing books and literacy resources to communities and raising broad community awareness of Indigenous literacy issues. The Foundation is an initiative of the Australian Book Industry, drawing on its diverse range of expertise, skills and resources. It works with the support of the Australian Publishers Association, the Australian Booksellers Association and the Australian Society of Authors.

Stockton Junior Cricket Club

Welcome to another season of Cricket!

This year is our 50th Anniversary and we are going to have some great celebrations. We would love you all to be part of it.

We are looking for boy or girl players from Under 9's to Under 18's.

Our registration days are Wednesday, 21st and 28th August - 3.30pm to 5.30pm at Lyn Oval.

For further information
Call Sheree on 0415290485
or email: stocktonjcc@hotmail.com

PRINCIPAL'S REPORT

This term is racing to its conclusion in a month's time. This edition of *The Parkway* highlights many of the achievements of the students and staff at Newcastle High School. The Higher School Certificate practical examinations are well underway with visiting examiners in the school weekly. The photographs below show three Industrial Technology Timber students with their major projects ready for marking on Friday, 23 August. Congratulations to Jack, Joe and Ryan on the quality of their jobs.



Year 12 students' attendance at the study afternoons has been very encouraging. Mr Kilburn, a former Deputy Principal, who has been in the school teaching recently, commented to me on how impressive it was to see the number of students taking advantage of this opportunity.

Just today I have had the opportunity to view the Visual Art major works that have been submitted. The quality and variety of these works is simply stunning and testament to both the talents of the students and the support of the staff. A full photographic feature of these works will be a highlight of the next edition of *The Parkway*.



Recently, the school has enjoyed having a number of exchange students from Ube, Japan visiting us. The students, their teacher and the Australian representatives who oversaw the exchange, were very impressed with the school. This exchange is part of the sister city relationship between Newcastle City Council and Ube and I would like to thank the Council for their ongoing support; but more importantly thanks to families who hosted the

students and to Genna Prudius, a Year 11 student, who was my official ambassador accompanying the Japanese officials around the school.



Don't forget Parent Teacher Afternoon on Tuesday, 10 September. This is a great opportunity for parents to come and meet with staff and hear first-hand the progress that students are making this semester. The afternoon will commence at 3.30pm and finish at 6.00pm. As the HSC music examination is on that day the interviews will take place in classrooms within A Block. An invitation will be emailed and put on our Facebook and school website pages. If you have a particular request, please phone either your child's teacher or their Year Advisors.

As you will read further on, the school's sporting teams have enjoyed a range of success in a number of diverse sports. Congratulations to the players and the staff who support these teams.

As you can see from the photographs, the rugby union team not only looked fantastic in their new colours, but played really well.

Year 11 students commence their final Preliminary HSC course examinations on Monday, 9 September. Students have been given their examination timetable and exam rules. If students are absent due to illness, or miss an exam, they must contact the school on the day so that alternative arrangements can be put in place for these essential assessments. Ms Ellis, the Year Advisor or Mr Bromfield, Year 11 Deputy Principal, will be able to assist students. Students will only be required to be at school during their examinations. Normal classes will resume on Wednesday, 18 September. By Week Four in Term Four, students will be able to reduce their pattern of study from 12 to 10 units if they wish to.

It was wonderful to see parents attending the recent Subject Selection Evening for students in Years 7, 8, and 10. Making the correct subject choice is a key part of ensuring that students remain engaged. Thanks to the staff for the effort put into these information evenings.

Ms Kathryn Outram has been appointed to the position of Deputy Principal. Ms Outram is currently the Deputy Principal at Wee Waa High School and will commence at NHS on Monday, 9 December. I am looking forward to welcoming Ms Outram and to her future contributions to the school.

School commences at 8.45am and all students are expected to be at school by this time. Unfortunately, too many students arrive at school well after this legal starting time. Not only does this generate workload for the administration staff but students are missing out on vital learning time and sharing of news and information that can impact on them. Staff will continue to visit Marketown and move students on to ensure that they get to school on time. Parents need to encourage students not to go to Marketown but to come directly to school. The school canteen is open from before 8.00am to serve students.

There has been publicity recently about the new educational opportunity that the Department of Education and Communities is providing in Cooks Hill. Big Picture Education and the DEC are hoping to establish the Cooks Hill Campus in Laman Street from the start of 2014. Initially, the intake will be for Years 9 and 10. Due to the geographic location, this campus will be an annex of Newcastle High School. More information is available from www.bigpicture.org.au. An information evening is being held on Monday, 2 September at the Newcastle City Library commencing at 5.00pm.

It was great to see the students participate in the Electric Vehicle Challenge last week. A team of twenty students, supported by Ms Wells and Mr Johns, took part in the final challenge on Sunday, 25 August at the Cameron Park Raceway. The students did very well for their first attempt, securing over \$500 in prize money for next year's competition.



This will be the last Principal's report from me for a few weeks as I am taking long service leave from Monday, 9 September. I will be back on deck on Thursday, 17 October. Mr Southward will relieve as Principal during this time. While I'm away, the Year 12 cohort will graduate. I would like to wish these students all the best for their examinations and life after school and am confident they will bring honour to the school for all their hard work over the past months.

As part of the this graduation ceremony, the new student leaders for 2014 will be inducted and again, I would like to congratulate these students who have been elected by their peers and I look forward to working with them during the remainder of the year and into 2014.

*Mr Mark Hewitt
Principal*



OPERATION CHRISTMAS CHILD

Over the past couple of months, a program called Operation Christmas Child has been running at our school and the response from Newcastle High School has been absolutely astounding. The initial aim of our school was fifty shoe boxes and the demand has been so high that we have managed to hand out double this amount.

“You don’t know how generous people can be until you give them a chance to show their generosity.” I have been so honoured to be involved in such a great program and I am so proud to be part of a school of such extraordinary, generous and kind-hearted people.

It has been such a great opportunity for the children to realise how far something as trivial as a toothbrush or a bar of soap is for us, can go in terms of making a world of difference in the lives of a child that have never even received a present.

I have expressed such an interest in this great program that I have been invited by Samaritans Purse on a trip to Cambodia in mid-February. I will be over there for a shoe box distribution which will really put into perspective the great work of the Newcastle High School community.

Please keep an eye out for further information and notifications on Operation Christmas Child, including fundraising events for next year and the journey to Cambodia.

Once again I would like to reiterate a huge thank you for making this program such an enormous success.

*Lydia Corcoran
Proud Advocate of Operation Christmas Child*



Lydia Corcoran-Eagleton and Margaret Holahan from Samaritans Purse



AFL Road Trip to Coffs Harbour by Kye Zanardi and Milan Lettau

On Wednesday during Week Four, the Newcastle High U/15 AFL team were lucky enough to travel to Coffs Harbour to compete in an inter-regional final against Byron Bay.

The trip to Coffs started on Tuesday at lunch time as we set off in the minibus with Mr Southward at the wheel. It was a long 5½ drive which was made even longer due to Kye Zanardi's antics. We arrived at our accommodation at the Coffs Harbour caravan park, unloaded our gear from the minibus and got comfortable in the spacious rooms provided. Dinner was gourmet sausage, onion and sauce in a bread roll followed by dessert of delicious cupcakes prepared Jackson Blyth's Gran.

After an early night, we woke to a beautiful North Coast morning and enjoyed a hearty bacon and egg roll breakfast before packing up and heading to Sawtell to prepare for our match. Our opposition was a very professional outfit from Byron Bay which comprised a number of State representatives and a majority of students who play AFL each weekend in winter.

Byron Bay got the jump on us with their silky skills during the first quarter, but the Newcastle boys did not give up and tackled hard to not get totally blown out of the water. The second quarter was reasonably even and we went into half-time with a 24 point deficit.

After some positional changes, Newcastle had the majority of possession at the start of the third quarter and cut the margin to 10 points. Byron Bay then proceeded to demonstrate why they are the leading AFL outfit in Northern NSW, as they eventually ran out 36 point winners.

The Newcastle High boys were congratulated by Byron Bay High's Principal and Coach for their hard contesting of the ball and demonstration of a high level of skill for a side that composed four individuals who had played AFL before the start of this year. Stand out performers were Cameron Manning, an immovable rock at centre half forward who marked the ball in packs whenever it came near him and bagged four goals. Pat Langlois worked tirelessly all over the ground, tackling hard and covering more ground than the "Road Runner". Tre Carson was a revolution in the centre and reminded many of a young Jude Bolton. Rugby Union dodged another bullet as GWS Giants scouts still have not seen Lachlan Milton play in the ruck, as his performance showed again that he could be one of the best in the State. Sam O'Sullivan again showed that he could play any sport Newcastle High has a team in, displaying athleticism and balance to kick goals from 45m out. Overall it was a great team effort and everyone enjoyed their AFL adventure during 2013!

A big thank you to bus driver and chief cook, Southy (Mr Southward), and to Coach Dozza (Mr Doherty).



THE HEAVENLY COLUMN proudly sponsored by



Newcastle High U/16's boys took on the known universe of NSW CHS Rugby at Parramatta Oval in Week Five. The squad came away with a Bronze in the Buchan Shield; one of the best results by a NHS Rugby team since the Open Girls' 'Immortals Crew' of 1998.

Players of the Tournament were Zac 'Energiser Bunny' Wilson and Alex 'The Relentless Red Surge' Hills. The play of the day was Rhys' match-winning try at the death against code powerhouses, Epping Boys HS, simply known as 'The Wilson Wonder'.

Following Wilson's miracle, the victorious heroes had little time to take the customary lap of honour, catch roses from their adoring fans or even belt out another glorious rendition of the school rugby song - our next game started almost immediately. A quirk in the scheduling meant we played back to back and faced the Polynesian power of Griffith HS - losing narrowly in a titanic struggle that momentarily caused a new empirical calibration of equilibrium tidal theory for extra-solar planet systems. Hmmmmm....

Nevertheless, we were through to the semi-final courtesy of 'The Wonder'. Our opponents: the malevolent and merciless Might of the Mid North West, Farrar Agricultural College. This fixture has since been referred to as 'The Spar with Farrar in Parra'. Despite a valiant and, at times, Herculean effort, Farrar proved too strong running away with the result and a worthy finals berth.

A massive thanks to the screaming fan squad in attendance (best support crew in the modern game), team manager Steve 'The Fundamentals' Manning and all the players who, despite losing beauty sleep (5am start), never gave up and represented NHS on and off the field like vintage warrior-poets!!!

Yours in the Game they play in Heaven,
Alex Hills, Jaeger Collins and Rhys Wilson



Under 14's clinch Bronze at Hunter Champs

Newcastle High's young guns were poised to sweep all before them at the Hunter Champs held at Waratah Oval in Week 5. Controlling possession with captivating skills and dominating the breakdown with sheer will-power and a healthy measure of brute force, NHS U14's were set to emulate their 'brothers from other mothers' in U16's (unless your last name is Higgins-Murray). With glory beckoning, sadly, the fresh-faced dynamos came unstuck against St Pius.

An unidentified player, requesting anonymity, later attributed the loss to the bizarre pre-game tactically debriefing by one time AFL Coach Andrew 'Dippa' Doherty. "I knew it was curtains when he asked me take over at ruck-rover and everyone else flood the forward line...?"

Nevertheless, several other coaches in attendance were impressed with the rookie coach's use of cutting edge, high-technology – the positional magnet board proved an inspiration and had any of the dozen carrier pigeons actually found their targets, Doherty firmly believes the outcome would have been radically different.

Men of the Tournament: Tre 'Captain Fantastic' Carson, Lee 'The Bulldozer' Tighe and Campbell 'The Black Sheep' Muir.

Yours in Rugby servitude,

Lorenzo



CAREERS

Well done to those students who have taken up opportunities and have participated in careers excursions and industry-related events during this month.



Year 10 and 11

Year 10 and 11 students interested in careers in engineering undertook a one day program at the University of Newcastle Engineering Faculty. Students participated in a number of engineering activities in Chemical Engineering, Mechatronics and Bioloids and were given the opportunity to ask questions and interact with staff. A tour also enabled everyone to view the faculty facilities and research areas. This excursion was supported by the ME Program – encouraging students in advanced studies in mathematics, science and technology. Thanks also to Ms Kadarusman and the NHS Mathematics Faculty for their interest and support.

Year 11 and 12

Sixty Year 11's and forty Year 12's participated in the *Friends on Campus* project which is an innovative program run by the University of Newcastle for senior students. Staff and students from the university visited NHS recently answering student questions and discussing a wide range of issues related with tertiary study in small focus groups.



TVET Courses for Year 10 and 11

Students in Year 10 who wish to apply for a TVET course in 2014 need to do so by Friday, 30 August. High demand courses require more information and an additional form available from Mr Alexander. Year 11 students who are already enrolled in a TVET course need to submit a 'Continuing' application form if they wish to continue their course in Year 12.



Year 12 University Applications

All HSC students should have a copy of the *UAC Guide*, and a Newcastle University booklet *Shape Your Future*. Students should have received their UAC PIN and should now be considering their course options and applying online before the due date Monday, 30 September.



Mr Chris Alexander
Careers Adviser

SOCIAL MEDIA: Turn it Off!

Healthy Schools, Healthy Futures

How many times a day do you engage in social activities online? Have you phoned or sent a text to a friend today? Or perhaps you've been on Facebook, Twitter, Instagram, Tumblr, or Snapchat?

Social media is a great way to keep in touch with friends and family, play games, find out information and learn new things. However social media can also be time consuming and can have a detrimental effect on academic performance. It increases distraction and decreases imagination and creativity. Social media can also present an opportunity for negative online communication through cyber bullying.

There is a time and a place for social media. Often it becomes such a routine part of daily life it is easy to forget what life would be like without it.



So challenge yourself to switch off from social media for just one hour each day. Doing so may help:

- **Improve your concentration and academic performance** – Spending more time being focused on a task without the distraction of social media will establish longer patterns of thinking. For example, turn off your mobile phone while you work on an assessment task, read a book, play an instrument or do something else creative that you enjoy.
- **Re-charge your friendships and family relationships** – Have face-to-face conversations with the people you care about, arrange to meet up with school friends and work together to get homework and assignments done or just enjoy each other's company without the use of social media. This will help you build stronger relationships. Your friends and family will appreciate the time you have put aside to spend with them. It will also strengthen your verbal communication skills.
- **Remove conflict and stress** – Choose not to engage in cyber bullying. Don't bully others and protect yourself from being on the receiving end of cyber bullying. Research shows that people are more likely to make unpleasant comments online than when face-to-face. By reducing the time you spend on social media you also reducing the opportunity for others to involve you in stressful or negative communication.
- **Finally, make goals and support them with your actions** – Being social develops essential life skills. However, achieving your dreams also involves hard work and effort. Switching off from social media, even for a short time each day, gives you some distraction-free time to work towards your goals.



Notes from Student Support Officer – Amy King

This term we have had sixteen students from Years 8 - 10 participating in numerous programs at the PCYC. These students are learning to budget and cook their own meals, put together resumes, adding to their barista skills, First Aid and some students will be receiving their White Card. We have a wonderful partnership with the staff at PCYC who offer our students some unique opportunities.



Seventy nine of our students participated in the 40 hour famine this year! Students gave up technology, furniture, food and some gave up their sight for 40 hours. It is wonderful to see how enthusiastic our students are to make a sacrifice which benefits others. The few students who have brought their money in so far raised over \$1000. We'll let you know next issue the final total of their fundraising efforts for World Vision.

Last term, two of our students applied for an arts grant through The Loft Youth Venue. We are excited to announce that Year 11 students, Tanya Carrall and Chloe Kerr, have been chosen as recipients of this grant and have already begun working with their community art mentor to get their portrait project underway. I look forward to seeing the results of their work in the coming months.

Earlier this year, eight of our students spent their Sunday morning volunteering at the Swisse Colour Run. This week it was a joy for me to hand these students their Certificates of Recognition recognising their generosity in giving their time to our community. For every volunteer \$150 was donated to the Make A Wish foundation. Participating students not only added a certificate to their resumé, but raised \$1200 for a charity. Nice work!!!

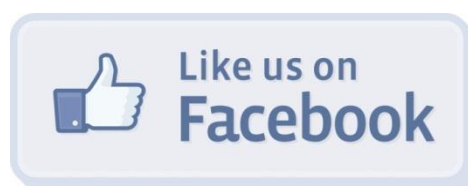


NEWCASTLE HIGH SCHOOL - COMMUNICATION

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>

SENIOR STUDY AFTERNOON

Towards a Better HSC

As an initiative to support our Year 12 students in preparation for their trial HSC examinations, Newcastle High School offered a program of guided and supervised study during Weeks 3 - 7 of Term Two.

Each session operated in the school's library from 3:00pm to 5:30pm each Monday, Tuesday and Thursday afternoon after a recharge for students of biscuits and coffee and tea.

The response by students was so positive we decided to extend the support to Term Three to support students as they prepare for the upcoming final HSC examinations. Staff members volunteer their time to supervise and guide students in reviewing course work, preparing for assessments and examinations.

This is an extremely positive environment with students helping students, staff working with individuals and groups. It is definitely improving student confidence and we are hopeful of seeing an impact in their Higher School Certificate results.

Sessions allowed for private study and, in some cases, some direction provided by supervisors in areas which included:

- supervised quiet study;
- guidance by staff on organisational tips, writing essays/extended answers, time management and a variety of ways to study;
- small group work where staff assist students in completion of past examination papers, offer advice and guidance (faculties provided past trial HSC papers for students to access and review);
- teacher led review of sections of coursework as needed or skills in analysing questions/tasks;
- computer support for students on accessing BOS, CSU or online learning resources.

Generally, both staff and students saw a very positive outcome from this program. Students commented that they were able to complete two hours of work before they got home and this set them up to move forward that night.

DownForwardPunch

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HALO 4CALL OF DUTY:BLACK OPS**GEARS OF WAR 3**SUPER STREET FIGHTER IV**TEKEN TAG TOURNAMENT 2**SUPER SMASH BROS BRAWL**MARIO KART Wii**MORTAL KOMBAT**FIFA13**INJUSTICE**ULTIMATE MARVEL VS CAPCOM 3**SOUL CALIBUR V**HALF-LIFE 2 DM**QUAKE 3 ARENA**DOTA2**LEAGUE OF LEGENDS**COUNTER-STRIKE:GO**STARCRAFT 2**GUITAR HERO**ROCK BAND**

ATTENDANCE

Our new SMS/email service is now operational

This year parents/carers have been receiving SMS messages to advise of whole day 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:

- parents/carers **can no longer initiate** SMS/text communication with the school relating to absenteeism;
- 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 written 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 (for illness/injury) or make application to the Principal for exemption from attendance (eg. family holiday).

Alternate options include:

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.

UPCOMING DATES

Term 3, 2013

Year 11 Preliminary HSC exams commence	9 September
Parent Teacher Afternoon	10 September
Year 12 Formal	17 September
Year 12 Graduation	19 September
Term 3 Concludes	20 September
Term 4 Commences – Students and Staff	8 October



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 ankle (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



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