

# The Parkway



October, 2014

Parkway Edition No. 08



## GOOD LUCK YEAR 12 CLASS OF 2014





# PRINCIPAL'S REPORT

Term Three ended on a high for the entire school community as we celebrated the graduation of Year 12 from the school. These students certainly lived up to the mantra of exiting with dignity and grace; my sincerest thanks to all students for their exemplary behaviour during the last week of school, their graduation assembly and formal. Congratulations to all the students the school recognised for academic, sport success and extra curricula activities. A full list of prize winners is printed below.

Pictures speak louder than words so please enjoy the photos of these events that are included in the bulletin and on the school website and Facebook page. I have every confidence that the HSC results will be a just reward for these students. Special thanks must go to Ms Ellis and Ms Queenan, the Year Advisors, for their work to ensure the success of these events. Year 12 students have been given details about signing out procedures but need to complete this leaving school process as soon as they have completed their last exam.

The Higher School Certificate exams are well underway by now. We had visitors in the school last week who couldn't believe that we could run the HSC in the middle of the school and the student body would stay away from the Cultural Centre to allow HSC students to do their exams, the visitor commented that this must be the sign of a good school.

Just as one year completes the HSC another cohort commences and Year 11 has commenced their HSC course of study this term. Mr Towney is working with students to ensure compliance with Board of Studies and ATAR requirements. Students need to remain in their current subjects until approved by Mr Towney to change course. I intend to interview all Year 11 students in coming weeks to talk about their post school options. These students will be issued with their 2015 HSC Assessment Booklet and the BOSE Guide to the HSC in the coming days. These are essential documents for the next twelve months.



Already it has been a very busy term with lots happening across the school. During the holidays I was delighted to travel to Sydney to be present when the former Governor of NSW Marie Basher presented Lydia Corcoran Eagleton, our school captain for 2015, a *Marie Basher Peace Prize*. Lydia was the only Year 11 student to receive this award.

Irini Kassis has been awarded a Rush mentoring award and recently spent the day with senior staff at Newcastle City Council. This is another great opportunity for a student from the school. Irini was featured on NBN news and has written an article about her day that is published in this edition.

Last week the school opened its doors to parents of Year 5 students to allow them to see the exciting things that happen at NHS that we all too often keep secret. One parent was kind enough to write to me after and open night and say

*I attended the Information Evening with my daughter from Year 5 last night. I have been to many such evenings in the past as I have an elder daughter already in high school. I wanted to let you know that I thought it was the best information evening I have ever attended (by quite a wide margin). My daughter came away with the impression that Newcastle High was a welcoming place where she would be very comfortable. She loved the school tour and talks. She said she thought Newcastle High School was "underrated".*

*Thanks from our family from taking the time out to do this for Year 5 students. Our special thanks to the Principal, Deputy Principal and Head of Welfare who spoke so passionately about school life at Newcastle High School, and the Year 7 co-ordinators of Geography and History who took time to answer our many questions and took us on the tour.*

Please make sure we drum up the good news about the school and spread this around the community. The success of Newcastle High school depends on the support of all members of the local community.

This week a large number of Year 7 (2015) students has been in the school commencing their orientation process. The main orientation day for most students will be 3 December 2014. Details will be forwarded to parents and carers during November.

The school is also hosting a 40 year reunion for a group of former students from Newcastle Girls' High School on Saturday 25 October.

Ms Jody Robinson has been appointed the Head Teacher CAPA. Ms Robinson is currently CAPA Head Teacher at Lake Munmorah High School and will commence at NHS late Term Four. I would like to thank Ms Benton who has been relieving HT for the last eighteen months for the work she has done during this time.

Early next month the school has been nominated to be audited by ASQA ensuring compliance by the DEC with the requirements for Vocational Education and Training. This is very high stakes process and VET staff especially Ms Hines the VET co-ordinator has been working long hours to ensure compliance.

Planning for 2015-2017 is well underway with Mr Towney taking a key role in this. Ms Outram is working on the Annual School Report that reviews the achievements of the school during 2014.

On Thursday 27 November the school and the P&C are hosting a morning tea to thank the large number of volunteers who give of their time and expertise to the school to support students in a wide range of activities.

A busy term and it has only just begun!

**Mark Hewitt**  
**Principal**





## YEAR 12 FORMAL





## YEAR 12 FORMAL









## YEAR 12 FORMAL



# YEAR 12 FORMAL





# YEAR 12 BREAKFAST





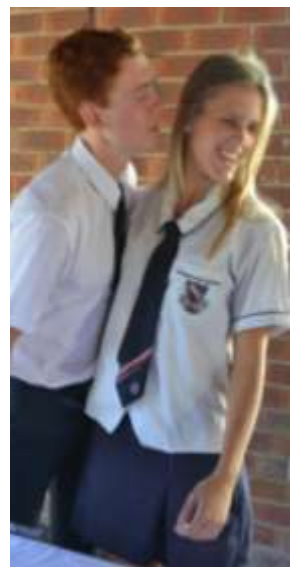
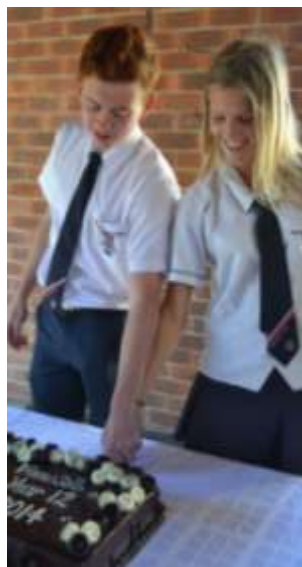
# YEAR 12 PRESENTATION















# AWARDS & PRIZES

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## **Mrs M Whiley Memorial Prize**

Awarded to 2013 DUX (Highest ATAR – 2013 Year 12 Cohort)..... Grace Jamieson

## **Laura Eaton Memorial Prize for Academic Excellence**

Awarded to 2014 DUX (Highest Assessment Rank – 2014 Cohort)..... Sarah Milliken  
Thomas Maker

## **Newcastle Boys' High School OBA – Colin Keys Dux Award**

Awarded to 2014 DUX (Highest Assessment Rank – 2014 Cohort)..... Sarah Milliken  
Thomas Maker

## **Newcastle Boys' High School OBA - Dr Alan Knott Scholarship**

Awarded for Academic Excellence..... Sarah Milliken  
Thomas Maker

## **University of Newcastle Year 12 Award**

Awarded for Academic Excellence..... Sarah Milliken

## **Newcastle Girls' High School Ex-Students' Union Prize**

Awarded to 2014 DUX Runner-up ..... Maike Strichow

## **Newcastle Girls' High School Ex-Students' Union Prize**

Awarded to 2014 School Captains ..... Maddison Hallett  
Billy Breden

## **Mrs Dora Woollet-Ewers Prize**

Awarded to 2014 Vice Captains ..... Teelah Ellicott  
Aemelia McComb

## **Central to Hunter Ex-Students' Association Award**

Awarded for Consistent Achievement ..... Bonnie Mitchell  
Reece Gladys

## **Newcastle Boys' High School OBA – Caesar Smith Award**

Awarded for Creative Writing ..... Sarah Milliken

## **Newcastle Boys' High School OBA - Roy Davis Award**

Awarded for contributions to the School Community & Service ..... Billy Breden

## **Newcastle Boys' High School OBA – President's Prize**

Awarded for Excellence in Studies in Law ..... Alanah Nightingale

## **Caltex Best All Rounder Award**

Awarded for Excellence in Academic, Leadership, Sporting & Community Service ..... Jessica Munro

## **Robert John Grierson Prize**

Awarded for Academic and Sporting Ability ..... Jessica Munro

## **The Kerridge Family Prize**

Awarded for Scholarship, Sportsmanship & Citizenship ..... Claire Bertholli

## **Sharon Claydon Community Spirit & Leadership Award**

..... Teelah Ellicott

## **Reuben F Scarf Foundation Award for Commitment**

..... Eric Morgan

## **'silverchair' Award for Music**

..... Jessica Plumsted

## **Joan Grierson/Derkenne Prize**

Awarded for Excellence in Drama & Public Speaking ..... George Diplaros

## **Excellence in Contribution to the Arts Prize**

..... Thea Post

## **Elva Copp Memorial Prize for Modern Languages**

..... Jackson Sutton

## **The Greek Community of Newcastle Prize for Ancient History**

..... George Diplaros

## **The Greek Community of Newcastle Award**

Awarded for Consistent Achievement ..... Nicholas Field

## **Nguraki Award**

Awarded to a Year 12 Aboriginal Student for Academic Achievement ..... Kyle Branch

## **Wiyakaanmaroong Award**

Awarded to a Year 12 Aboriginal student for Consistent Achievement ..... Jarrod Wallace



# FIRST PLACE IN HSC COURSE

## ENGLISH

Extension 2.....	Sarah Milliken
Extension 1.....	Sarah Milliken
Advanced.....	Sarah Milliken
Standard.....	Thea Post
Studies.....	Sarah Jackson

## MATHEMATICS

Extension 2.....	Duc Ngoc Phuc Le
Extension 1.....	Duc Ngoc Phuc Le
Mathematics.....	Reece Gladys
General 1.....	Travis Jones
General 2.....	Lucas Hendriks
Software Design and Development.....	Thomas Maker

## SCIENCE

Biology.....	Claire Bertholli
Chemistry.....	Thomas Maker
Physics.....	Nicholas Field

## HUMAN SOCIETY IN ITS ENVIRONMENT

Ancient History.....	Nick Hammond
Modern History.....	Aemelia McComb
Business Studies.....	Sarah Milliken
Geography.....	Reece Gladys
Society and Culture.....	Anna Wolfenden
Legal Studies.....	George Diplaros

## TECHNOLOGY AND APPLIED SCIENCES

Design and Technology.....	Jessica Munro
Engineering Studies.....	Nicholas Field
Industrial Technology.....	Reece Gladys
Food Technology.....	Bonnie Mitchell
Community and Family Studies.....	Jessica Munro
Exploring Early Childhood.....	Christine Manevski

## PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION

Personal Development, Health and Physical Education.....	Jessica Munro
Sport Lifestyle and Recreation.....	Alex Namoco

## CREATIVE AND PERFORMING ARTS

Drama.....	Rhianna O'Regan
Music.....	Thomas Woodcock
Visual Arts.....	Thea Post

## LANGUAGE

French Beginners.....	Jackson Sutton
English as a Second Language (ESL).....	Anna Zerikova

## VOCATIONAL EDUCATION AND TRAINING

Hospitality – Kitchen Operations.....	Chelsea Hollings (Year 11)
Hospitality – Food and Beverage.....	Kaitlyn Ward
Metal and Engineering.....	Lucas Mills (Year 11)
Retail Services.....	Jace Patrick

# SPORTING AWARDS

## BASEBALL

Timothy Voigt

## RUGBY LEAGUE

Thomas Madden

## ALL ROUNDER AWARDS

### FOUR SPORTS

Nicolas Field  
Lachlan Manning  
Jacob Morrow

## ALL ROUNDER AWARD SIX SPORTS

Jessica Plumsted

## ALL ROUNDER AWARD FIVE SPORTS

Billy Breaden

## NHS SPORTSMAN OF THE YEAR

Nicholas Field

## NHS SPORTSWOMAN OF THE YEAR

Jessica Munro  
Jessica Plumsted

## CAPA

Another busy and successful year from the Creative and Performing Arts faculty!

Term Three is always a big one for our Year 12 students and their teachers. Year 12 students submitted and performed work of an impressive standard and this was displayed at the School Showcase evening; great work from Year 12 teachers and all CAPA staff who offer valuable input, advice and support to the senior students as they work on their practical pieces. With all practical work complete students can now focus on preparing for the HSC written examinations.



As well as great things happening in our classrooms we are also involved in a number of projects within the school and community. The Year 10 Working Artists have produced a great mural at the Newcastle Croquet Club and the members are very impressed with their talents. We had a fantastic overnight trip to Cockatoo Island for the Biennale.





Music students performed at Ronald McDonald House. Senior music students have continued their involvement with the PBL team putting on a number of “pop up” performances to reward students displaying positive behaviour. The interest was overwhelming and as a result there will be more of these concerts in the future. These concerts are a great opportunity for the students to perform and also for their peers to see their talent and support them. The Drama workshops offered to partner primary schools have also been successful, with a focus on theatre sports, the Year 10 Drama students have contributed to running these sessions and have been excellent mentors to the younger students.

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

These great opportunities would not happen without the hard work of our fantastic Creative and Performing Arts Teachers.

***Brittany Benton***  
***Head Teacher CAPA (Relieving)***

## YEAR 12 DESIGN AND TECHNOLOGY

A “BLOCK” renovation on a miniature scale, this remodelled dollhouse featured a complete restyle with each space being updated and decorated. The project included the dollhouse renovation, installation of working lights, outdoor play equipment, doll characters and clothing. To make it more relevant to today’s youth the student included a number of relevant stories that were created using a variety of iPad applications.



A range of three vintage inspired garments; this project required the student to develop skills in pattern alteration and more advanced sewing

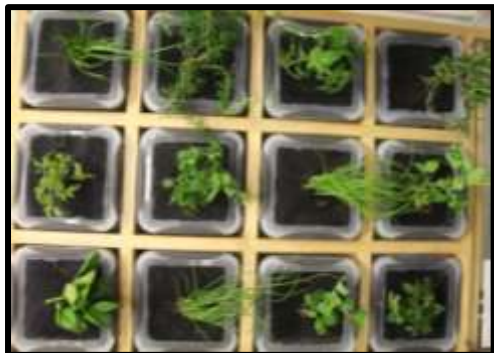
techniques as she attempted to create garments that reflected her own love of ‘vintage’ and the desire to act as an *haute couture* designer.

A cute summer style dress that can be dressed up or down for a variety of occasions. The lined dress featured a simple cowl neck, flared skirt and invisible zipper.





A vertical herb garden suitable for apartment living. This innovative project was constructed from pine, click lock lunchboxes and a handmade glass water tank. The end product incorporated a self-watering system and grow lights.



The ultimate gym kit; this project was inspired by the student's dedication to a fit and healthy lifestyle. It included a range of active garments and a two piece bag set. One bag for work/school the other for the gym. Clipping together with the use of magnets they combine to carry all the requirements for both work and play.



A range of kimono inspired body wraps and accessories. The student created two robes, matching slippers and face masks utilising a variety of natural and man-made fabrics.





A wearable piece of art, showcasing the effect man can have on the environment. The skirt represents the beauty of nature and is made with natural fibres. The belt is made from one of the main factors that pollutes and damages the environment, a combination of rubbish. The dress represents what our environment would look like if man continues to pollute the environment.



The eighth project was a bedroom renovation that involved the student in a complete re paint of her personal space, reinvention of her bedroom furniture and the creation of a mixed media wall feature as a focal point.





## LORD MAYOR IN TRAINING

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Newcastle has no Lord Mayor at the moment, but we may have found a good replacement. 16-year-old Newcastle High student Irini Kassas won a competition to take the top job for a day. And the Greek-born pupil, who's only been in Australia for three years, certainly has a vision for change. (NBN, Limited Audio)



Her mentee was Mrs Gillian Summers, Chief Staff of the City Council. Mrs Summers provided her with the key protocols and meetings that are part of a Lord Mayor's everyday routine.

On International Youth Day (12<sup>th</sup> August) Irini Kassas, Prefect and student of Newcastle High School in Year 11, was announced as the winner of the Aspire Today Influence Tomorrow Competition in the category of Local Government. The competition was launched at Newcastle High School on the 7<sup>th</sup> of April by the non-profit organisation of Rush Mentoring. RUSH Director Rick Prosser stated how the competition was formed "to encourage student's aspirations for the future and to strive to become positively influential to their community".

Irini was awarded with a day spent in the position of Lord Mayor of Newcastle.



Rick Prosser and Irini

The day scheduled for Irini to take up the position of Lord Mayor was the 23<sup>rd</sup> of September. Her busy schedule began at ten o'clock in the morning in the Lord Mayor's Office. She discussed with Mrs Summers her day's schedule and got a tour of City Hall. At ten thirty she met with Mrs Jill Gaynor, Head of Planning and Community Engagement at Newcastle's City Administration Centre. Then Mrs Dana Fuschetti, Communication Officer, took Irini to the Newcastle Museum, at eleven, to participate in School Holidays Marketing and have her photo taken for RUSH Mentoring. Then it was time to join Mrs Summers for lunch, at twelve.



Mrs King, Irini and Mrs Sager

After lunch, an NBN news crew visited Irini at the City Council. They were interested in interviewing Irini for the local news which featured her on that night's news. She was interviewed inside the Council Chambers, in the Lord Mayor's chair next to his tunic. A while later Mrs Karen Howard, candidate for Member for Newcastle Elections spoke to Irini how it is to be running for such a position as the Lord Mayor. This allowed Irini to get a better glimpse of how to succeed as a leader. She was also given the opportunity to write the Deputy Lord Mayor's, Mr Brad Luke, speech for the event Night OWLS.



Mrs Summers and Irini



Irini with the NBN crew



The Deputy Lord Mayor and Irini

At last Irini got the opportunity to spend some time with the Deputy Lord Mayor, Brad Luke, at three thirty. The both of them discussed several issues that occur in Newcastle and went through the Matters of the Day. By five thirty they were ready to enter the Council Chambers for the Ordinary Meeting. Irini was announced and introduced to the rest of the City councillors' at the beginning of the meeting. After wards she was invited to dine with them in the City Hall. This allowed Irini to catch up with the rest of the Candidates for the position of Lord Mayor and rest of City Councillor's to wish all of them the best of luck for the future. They provided Irini with great support for her future studies and career.

Irini has gained multiple valuable experiences for her future career. She was able to have her name featured in Newcastle Herald and appear on NBN's news. She has stated that "change can occur by trying to get the youth more in the City Council".





## FROM THE CHAPLAIN'S DESK:

I have so loved my introduction to NHS... and I am beginning to feel like part of the family!

The staff and the kids have been amazing to get to know and even though I am filling the gigantic shoes of Mrs Livo, I am finding my little niche and enjoying very much being part of the welfare team.

These past few weeks I have been navigating a few fronts... I now have a laptop working and communication is connected YAY!!

I have fully changed the layout and feel of the Chappy's office and the kids are loving the vintage feel... They loved helping me make the room over and a few of them discovered they had a flair for all things interior.

I have really enjoyed getting to know the students through the year groups. This term has been focused on the Year 7 age group and working with some groups of kids to bring an awareness to happiness as a lifestyle rather than just a place to visit. The fabulous Amy King and I have been able to spend some real quality time with these kids and helping them discover their strengths.



It has been encouraging to see the change in the girls and seeing them enjoying the program and learning some valuable life lessons; this involves lots of chats, cooking, shopping, and YouTube clips to get the new concepts into their spirits.

I have also spent some time encouraging friends to **“make room for one more”**. This is an initiative for kids to be able to befriend someone new and include them into their circle of friends; being secure enough in yourself to allow yourself the joy of new friends.

Some of these girls I took on a sweet reward at Maccas for breakfast!



I have enjoyed making contact with the kids' parents and have enjoyed lots of phone calls and also office visits from a few mums... loving the connection between home and school for the kids and helping them to be supported by their families.

The close of third term has been busy launching and collecting the show boxes for Operation Christmas Child. I have been able to obtain some sponsorship from a local business "Alice in Wonderland" for some great costumes to get our week of Christmas off

to a great start. We created some feel good fun memories for the whole school as we turned the school into Christmas on the 1<sup>st</sup> of September for a week. There were interviews with the *Star* newspaper and costumes for Santas and Christmas Characters to run through assembly.

Mr Hewitt, Mrs Sager and Amy were fully supportive with this project and helped us to be able to "Chrismas-fy" the school with tinsel and chalk pictures and Christmas characters and music.... All ownership and awareness by all!

The fantastic effort that ends our week with an out of uniform day on 5 September.



It is Lydia's dream to send over 100 boxes from the school this year and we are excited to think that this is achievable. We will soon see the reward from all our hard work.

Having lots to do with the kids at the moment, one on one and enjoying getting to know each one. I have been working through the kids that are the prefects and leadership team.

I have spent quite a good deal of time in Special Needs and Support with some of the kids and teachers and aides. This has been such a rewarding time getting to know these kids and staff... They have hearts of gold.

I experienced my first school dance, themed "when I grow up"- I went to the Years 7, 8 and 9 time slot. It was fun to see the kids just really enjoying themselves and totally loving the experience. It was such a good night for everyone.

I have been to a few staff meetings and I am enjoying working with them and getting to know them. The P&C will be my next adventure.

*Chris Jones*



# PARENTS/CARERS CAN NOW MAKE PAYMENTS ONLINE

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting \$ Make a payment

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called 'Other' this to cover items not covered in the previous headings, 'Other' can be used to make a complete payment of a school invoice.

When you access the \$ Make a payment you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

A Parent/Carer handbook with instructions is available from the school office.



## Parent Online Payments

**Did you know  
you can now make payments to  
Newcastle High School online?**

Newcastle High School has launched a new online payment portal linked to our school website. This online facility is a secure payment option hosted by Westpac to simplify financial transactions between home and school.

**What expenses can be paid online?**

- ✓ Voluntary School Contributions
- ✓ Subject Contributions
- ✓ Excursions
- ✓ Sport
- ✓ Creative and Practical Arts
- ✓ Sales to Students
- ✓ Other

**When?**

This payment method will go live on  
**Monday, 20 October 2014**

**How?**

- ✓ Log onto secure portal located on the school website: [www.newcastle-h.school@det.nsw.edu.au](http://www.newcastle-h.school@det.nsw.edu.au)
- ✓ Click on "\$ Make a Payment"
- ✓ Follow the prompts to make a payment using your Visa Card or Mastercard
- ✓ Refer to the Parent/Carer instruction Booklet (hard copy available from administration or electronically by email)

**Respect, Responsibility & Participation**

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Website: [www.newcastle-h.schools.nsw.edu.au](http://www.newcastle-h.schools.nsw.edu.au)

## PLAN IT YOUTH MENTORING HITS NEWCASTLE HIGH!

What is mentoring? Mentoring is a structured program that matches trained volunteer mentors with students working on a one-on-one basis to offer guidance, support and encouragement. Mentoring is a positive process that empowers students to recognise their own abilities through the life skills and experiences of their mentor.

In Term Three we began our first 10-week Stage 5 Mentoring program. A group of selected Year 9 students met with their mentors once a week to discuss their goals, future directions and career options. The program will end next term with a Celebration Evening, showcasing the students' achievements throughout the program.



The program will run twice a year, targeting Year 10 in Semester 1 and Year 9 in Semester 2.

For any more information regarding this program, or if you, or someone you know is interested in becoming a mentor, please contact me.

*Ms McNeilly*  
*HT English*

A poster with a background image of a school canteen area with trees and a building. The text is overlaid on the image.

# Call for Volunteers

## Newcastle High School Canteen

**Mums, Dads, Grandparents, Carers!!!**

Are you able to lend a hand in the School Canteen?

Just Once a Month / 8.30 until 12noon

Please contact Michelle, Jenny or Eileen on 02 4969 2370

Newcastle High School's Canteen is run by the P&C





# Newcastle High School P&C Paver Project



**Pavers \$50 each**

## Newcastle High School P&C Paver Fundraiser

To raise funds to contribute to the development of educational facilities, enhance the grounds and provide a lasting record for the community.



Order early and avoid disappointment.  
Offer is limited by space within the pathway.

**SIMPLY COMPLETE YOUR DETAILS BELOW AND EMAIL TO [NHSPANDC@MYBIZNETONLINE.COM](mailto:NHSPANDC@MYBIZNETONLINE.COM)  
OR RETURN TO SCHOOL WITH PAYMENT BY 12<sup>TH</sup> DECEMBER**

PRODUCTION & DELIVERY OF THE PAVERS HAS AN EXTENDED LEAD TIME. THEREFORE INSTALLATION WILL NOT OCCUR UNTIL TERM 2, 2015

Please print clearly in capitals. Maximum of 12 characters per line. Each letter, number, punctuation mark or space represents one character. Standard keyboard characters, no symbols. Please note asterix do not engrave well.  
We reserve the right to assess text for suitability and will contact you if there are any concerns.

### SINGLE PAVER

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Single name  
or message paver

**COST: \$50.00**

NAME: \_\_\_\_\_ CONTACT NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PLEASE CONFIRM YOU HAVE MADE YOUR PAYMENT OF \$50.00 ☐

BSB: 062821 A/C NUMBER: 00903409 A/C NAME: Newcastle High School P&C Association

PAYMENT BY CHEQUE OR DIRECT DEPOSIT (PREFERRED). PLEASE NOTE 'PAVER' AND YOUR SURNAME IN THE DESCRIPTION

**OFFER CLOSES  
12<sup>TH</sup> DECEMBER 2014**

Enquiries: Susanne 0411 693 842  
[nhspandc@mybiznetonline.com](mailto:nhspandc@mybiznetonline.com)

**THANK YOU FOR YOUR SUPPORT**

## NSW SCHOOL VACCINATION PROGRAM 2014

*Year 7 and Year 9 Boys immunisations are booked in for  
Wednesday 29 October at Newcastle High School*

### **WHAT IF MY CHILD HAS MISSED A VACCINE**

If your child has missed any vaccinations they will be offered any missed doses at the next clinics at their school.

### **WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2014.**

Any year 7 student will be caught up for HPV only in 2015. Any Year 9 boy who has not received all 3 doses of HPV can attend their local doctor to receive any missed doses.

**Additionally – any year 8 student** who commenced HPV vaccination while in year 7 and are yet to finish all 3 doses (and who has not received any from their local doctor) can still receive these at the next clinic at their school.

Don't forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

### **Measles Catch-up Campaign**

You may have heard through a media campaign about the school based measles catch-up program due to the recent measles outbreaks in NSW. Details are at: <http://www.health.nsw.gov.au/immunisation/Pages/measles-catchup.aspx>

Due to high measles coverage rates in the Hunter New England Local Health District not all schools will be participating in this school catch-up campaign. However if your child's school is not participating in the measles program and your child needs vaccination, you can take your child to their doctor to receive free MMR vaccine (you may be charged for the consultation).

To check if your child has received two doses of MMR:

- Look in your child's Blue Book for a record of two doses of 'MMR vaccine' or 'Priorix vaccine' OR
- Check with your child's doctor



## TAX FILE NUMBERS FOR STUDENTS

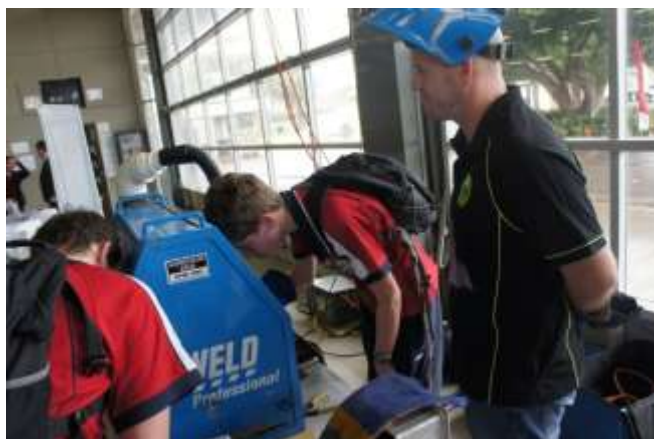
Tax File Number Application Forms may be collected and returned to the careers room at the cottage. This is a simple two page form.

## TVET COURSES FOR YEARS 11 & 12 IN 2015

Students in Year 10 who wish to apply for a TVET course in 2015 need to do so ASAP. All Year 10 students were given the “TAFE for Schools 2015” booklet containing a three page tear out application form to be filled in, signed and handed in to Mr Alexander. High demand courses require more information and an additional form available from the Careers room at the cottage. High demand courses are: Aged Care, Health Services Assistance, Tourism, Animal Studies, Beauty Therapy, Hairdressing, Outdoor Recreation and Sport & Recreation. 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

## TRY A SKILL

Recently 25 Year 9 students participated in the annual Try a Skill event held at the Newcastle Jockey Club. This event gives students an opportunity to talk to employers and training organizations about future career pathways. This year the NHS Year 11 Horticulture students also attended and assisted Paul Lane, their teacher at the horticulture stand. All our students were excellent, and demonstrated a high degree of enthusiasm and maturity. Thanks also to Ms Hines who also attended this event.



## RONALD MCDONALD HOUSE PROJECT

With sponsorship from Newcastle Rotary Club, hospitality students are able to prepare and serve an evening meal once a term on the Ronald McDonald House premises and cater for corporate events at the house. The students and hospitality teachers Ms Hines and Ms Maddalenna, and Head Teacher Ms Munro have worked hard to make this program a great success. This year and last year the NHS Music teachers Mr Gill, Mr Lewis and their students entertained the patients and their parents with very professional performances. Congratulations to all involved! The music students also enjoyed the experience and gained an understanding of some of the issues that the children and parents at Ronald McDonald House are dealing with.



## UPCOMING EVENTS

### CAREERS IN SURVEYING

Tony Proust, former NHS parent, surveyor and member of the Surveyors' Institute, will be presenting sessions to Year 10 and 11 students with advanced maths capabilities about careers in surveying. The sessions will provide information about pathways to the career, the work of surveyors and will feature demonstrations of surveying equipment. Thanks to the Maths faculty and Mr Willis for allowing these sessions to run in their lesson times.

### WHITE CARD COURSE

Students considering work experience in the building industry, studying in the school VET Metals course or preparing to gain an apprenticeship should complete the White Card course. This is a one day course, at school, accredited by Work Cover for the purpose of providing students with work health and safety skills and knowledge. The course costs \$50 and is subsidised by the school. Interested students should put their names on the list at the cottage. The course will be expected to run mid-term.



**Research Project: *Healthy Body Healthy Mind: Randomised controlled trial of an exercise intervention for the treatment of youth depression***

**Project Summary**

Version 1 8/3/2013

You are invited to take part in a research project investigating the effectiveness of exercise for improving mood in young people. More details, including eligibility criteria, are provided in the Information Sheet.

**Why is the research being done?**

Regular exercise is known to have positive effects on mood in adults with depression. This study is investigating the effects of exercise on mood in young people with depression.

**What will you be asked to do?**

There are a number of components to participation in this project.

1. Phone interview to determine whether this study is suitable for you. If eligible, you will do the following:
2. Complete a series of questionnaires.
3. Participate in a clinical interview with a clinical psychologist to assess the current state of your depression.
4. A discussion session exploring your interest and attitudes to exercise.

***If you are eligible for the study:***

5. Complete some additional questionnaires about your health and stage of maturation
6. Undertake a number of physical fitness tests
7. Provide a blood sample (20mL) collected by a person trained in taking blood samples
8. Wear physical activity monitoring devices: an accelerometer and a pedometer for a week.
9. ***Be randomly allocated to one of two groups:***
  - a. a group that will start the exercise program immediately
  - b. a group that will start the exercise program in 12 weeks time
10. Participate in a personal trainer led small group exercise program (5-8 people in the group) for 12 weeks
11. Monitor and report your daily physical activity with a pedometer (step counter)
12. Complete a daily online survey, about your activity and mood the previous day
13. Complete a more comprehensive survey (10-15 minutes) every two weeks.
14. At the end of the 12-weeks, repeat all the tests described above.
15. Participate in a one-hour feedback interview, where will ask you about your experience in the program
16. Repeat the clinical interview and fitness tests at 6 months after starting the exercise program.

***If you are in the group that commences the exercise program after the first 12 weeks:***

17. Repeat all the tests before and after the exercise program, and 6 months later.

**Where can you get more information?**

Please read the attached Information Sheet carefully and be sure you understand its contents before deciding whether you want to participate.



## Can regular exercise reduce symptoms in young people with depression?

We are looking for young people with depression to participate in the Healthy Body Healthy Mind research trial of an exercise intervention for depressive illness.

### Who can participate?

- 15-25 years old males and females who have been,
- Diagnosed with depression by a treating health professional
- Willing to be randomly allocated to an exercise group or a wait-list control group for 12 weeks
- Commit to an exercise training program three times a week for 12 weeks
- Do not have any medical conditions that would make it unsafe for you to exercise
- Do not have a psychotic illness or brain injury
- Not pregnant

### What would you be asked to do?

- Participate in a personal trainer supervised group exercise-training program 3 times a week for 12 weeks at the FORUM Sports and Aquatic Centre at the Callaghan campus of the University of Newcastle.
- Complete a number of questionnaires, be interviewed by a psychologist and undertake some physical fitness tests before and after the exercise program.

### Interested?

For further information and to find out if this study is for you please contact Ms Adriana Giles on 02 4921 6311 or [Adriana.Giles@newcastle.edu.au](mailto:Adriana.Giles@newcastle.edu.au)

Project Supervisor: Professor Robin Callister  
Priority Research Centre for Physical Activity and Nutrition  
[Robin.Callister@newcastle.edu.au](mailto:Robin.Callister@newcastle.edu.au) Ph: 02 49215650  
Human Ethics Approval: H2012-0114

# RESEARCH STUDY

[www.newcastle.edu](http://www.newcastle.edu)



## **Lately, have you noticed that you seem to:**

- Have lost interest in things you used to enjoy?
- Not go out anymore?
- Avoid social activities or not enjoy them as much as you used to?
- Have withdrawn from close family and friends?
- Rely on alcohol and sedatives?
- Be unable to concentrate?
- Not get things done at work/school/uni?
- Be tired all the time or have problems sleeping?

**You could have a form of depression.**

**We are looking for young men with these symptoms or depression to participate in the Healthy Body Healthy Mind research study. We want to find out if exercise can make you feel better.**

### **Who can participate?**

- 15-25 years old males who are currently suffering from depression, if you
  - Do not have any medical conditions that would make it unsafe for you to exercise
  - Do not have a psychotic illness or brain injury

### **What would you be asked to do?**

- Be willing to be randomly allocated to an exercise group or a wait-list control group for 12 weeks
- Participate in a personal trainer supervised group exercise-training program 3 times a week for 12 weeks at the FORUM Sports and Aquatic Centre at the Callaghan campus of the University of Newcastle.
- Complete a number of questionnaires, be interviewed by a psychologist and undertake some physical fitness tests before and after the exercise program.

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**RESEARCH  
STUDY**  
[www.newcastle.edu](http://www.newcastle.edu)

### 1<sup>st</sup> CLASS CRICKET COACHING BY 1<sup>ST</sup> CLASS PLAYERS

Charlestown District Cricket Club, a not for profit community organisation, is providing cricket coaching sessions at Kahibah Oval this season. The sessions will be by two current 1<sup>st</sup> Class players who are contracted to CDCC this season.

**Callum Jackson:** Contracted professional with Sussex CCC who made his 1<sup>st</sup> Class debut vs Australia in 2013. The Newcastle Herald Player of the Year in the 2013/14 season. Specialist wicketkeeper/batsman.

**Roscoe Thattil:** Plays for Burgher Recreation Club in the Sri Lankan Premier League and made his 1<sup>st</sup> Class debut in 2012. All rounder.

Hourly coaching sessions will be available Monday, Wednesday and Friday at 4.00 pm, 5.00 pm and 6.00 pm on the turf wicket practice facility at Kahibah Oval. All skills including specialist wicketkeeping are available in the following formats and costs.

Rates: \$20/hr (3:1 ratio)    \$30/hr (2:1)    \$50/hr (1:1)

All rates are based on a booking for 5 sessions.

For 1 session you pay an additional \$10 ie \$30/\$40/\$60.

For bookings and/or further information call:

**Chris Oliver** 0419 270 911 4920 6350 [chrisoliver66@hotmail.com](mailto:chrisoliver66@hotmail.com)

Bookings available now for sessions from Monday 27 October.



## MOUNT KANWARY PUBLIC SCHOOL



# 2014

## Saturday 1<sup>st</sup> November

ON THE SCHOOL GROUNDS, HINTON ROAD, OSTERLEY

- Megamania rides (UNLIMITED PURCHASED RIDES AVAILABLE)
- The Pretty Amazing Jonathan
- DELICIOUS FOOD-BBQ, COFFEE VAN, DUTCH PANCAKES, SNOW CONES
- Raffle – great prizes! • Face painting & STALLS
- ENJOY A NIGHT OF LIVE MUSIC FROM LOCAL YOUNG TALENT
- Fabulous MEGA AUCTION including signed Knights jersey, signed Jets football, holiday packages & much more!
- Free SHUTTLE BUS

Gates open 4pm

\$5 adults, \$2 child or \$10 FAMILY (UP TO 4 CHILDREN)

BRING A CHAIR OR BLANKET

FOR MORE INFORMATION PH: 49872596



5 MINS FROM Raymond terrace  
10 MINS FROM Morpeth  
30 MINS FROM Newcastle



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All children must be accompanied by an adult.  
Amplified is a family & community event and is strictly drug and alcohol free -  
we want to offer a safe environment for everyone to enjoy.





# 2014-2015 Family Energy Rebate



**\$150\***  
**TOWARDS  
ENERGY  
BILLS**

**Apply before Midnight  
16 June 2015**

**2 MINUTES TO FILL IN A FORM**

<https://applications.fer.trade.nsw.gov.au/>

\* eligibility criteria apply

## WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

## AM I ELIGIBLE FOR THE REBATE?

To be eligible you **MUST**:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

## WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

## HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**APPLY  
ONLINE  
NOW!**

## FOR MORE INFORMATION & ASSISTANCE

**PHONE** Service NSW 13 77 88

**EMAIL** [fer.program@trade.nsw.gov.au](mailto:fer.program@trade.nsw.gov.au)

**WEB** [www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate](http://www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate)





## Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?



### Can you host Airi from Japan?

**Age:** 16

**English:** Fair

**Interests:** Tennis, Playing the piano, skiing and playing the flute

"I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself."



### Can you host Rafael from Brazil?

**Age:** 15

**English:** Good

**Interests:** Traveling, photography, trekking, swimming, walking

"I'm very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it."



### Can you host Hanna from Germany?

**Age:** 17

**English:** Good

**Interests:** Music, dragon boating, swimming, Zumba and cooking

"I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English."



**Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.**

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

**Can your family host one of the above students? If so, we'd love to hear from you!**

**For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:**

**Phone:** 1800 023 982 **Email:** [aus.hosting@afs.org](mailto:aus.hosting@afs.org)

**Website:** [www.afs.org.au/host](http://www.afs.org.au/host)

# TAKE HOME A BIG BROTHER OR BIG SISTER !

**Let's get organised early!**

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2015 for their 5 or 10 month programs. Our international students from France, Germany, Italy, Austria Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Call your local coordinator today on: 0429406126 to request some student profiles, and capture the spirit of family and friendship!



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difficulty holding or reading  
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Journal is a 30 minute program with  
stories, movie and game reviews,  
especially for kids!

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Journal program is dedicated to  
readings from the 10 Minutes a Day  
program, a partnership with Newcastle  
Region Library!

Be listening on Saturdays at 6:30pm to  
read along!



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service each day on 100.5FM, 2RPH  
Digital, or stream live at  
[www.2rph.org.au](http://www.2rph.org.au)!

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## NEWCASTLE HIGH SCHOOL

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