

# The Parkway



November, 2014

Parkway Edition No. 09

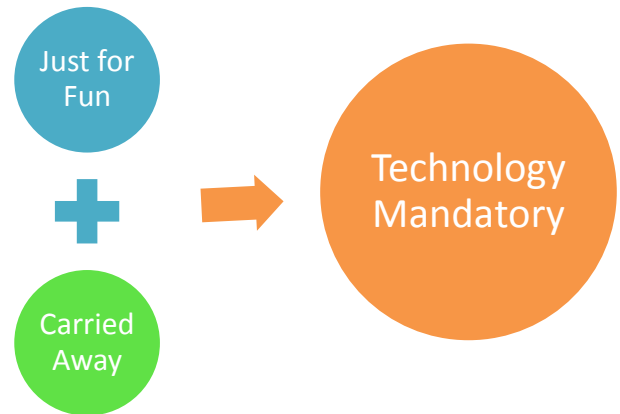
## FOOD AND TEXTILE TECHNOLOGY (FATT)

Welcome to the Food and Textile Technology Faculty. We are a dynamic and innovative faculty catering for the needs of our students. Our faculty has been able to achieve excellent results from our students participating in many diversified and creative courses. The following is an overview of the courses we offer.

### YEAR 7

All students complete Technology Mandatory in Year 7, completing four units of study throughout the year. Two of these units of study are covered in the Food and Textile Technology area over one semester. The other two areas are completed in the traditional Industrial Arts area.

The aim of Technology Mandatory is to develop students' ability to design, produce and evaluate quality solutions that respond to identified opportunities and needs – this is achieved by giving students design projects. The two units we offer are Just for Fun and Carried Away.



### JUST FOR FUN

Students look at how the built environment can affect the natural environment and the responsibilities of designers to consider ethical and environmental aspects when designing. Students do this by designing their own theme park or an aspect of their theme park.



### CARRIED AWAY

Students are introduced to the world of textiles. Students develop their design skills by designing and making a carry bag.

# LUNA PARK EXCURSION



## SOME BAGS DESIGNED AND MADE BY YEAR 7 STUDENTS



## YEAR 8

There are two types of courses available in Year 8, Technology and Interest Based Courses

### TECHNOLOGY

#### FOOD

In this unit students are given the chance to design, make and taste their own recipes as they tackle three selected design briefs – A Great Start to the Day, Snack Attack and Teenage Tucker.

#### FASHION

This Fashion unit is a hands-on course to further develop the skills learnt in Year 7. Students create and manufacture a sleepwear item.



### INTEREST BASED COURSES

#### FOOD AROUND THE WORLD

Travel the world with food, preparing and tasting dishes from a variety of other cultures.

#### SWEET DELIGHTS

Tickle your taste buds by planning and preparing a variety of sweet foods for a number of occasions.



## YEAR 9 AND YEAR 10

These courses encourage students to be proactive, competent, creative, responsible and reflective learners able to take part in further study, work or training.

### CHILD CARE

Students with an interest and concern for the welfare of young children enjoy this course. Topics include the unborn child, infancy, food for toddlers, children's health. Practical applications involve both food and textile activities.

### BABY SHOWER



### FOOD TECHNOLOGY



Food Technology involves students investigating food through practical hands-on applications and processes. A range of themes for study includes food trends and food fads, food for special needs and food service and catering.





## TEXTILE TECHNOLOGY

Textiles Technology provides students with a broad knowledge of the properties, performance and uses of textiles in which fabrics, colouration, yarns and fibres are explored. Completion of projects is integral to developing skills and confidence in the use of textile materials, equipment and techniques.



## YEARS 11 AND 12

Our students achieve outstanding HSC results with many scoring in the top 10% of the state or achieving the best results in courses from this faculty. Our students often achieve marks that are well above state average.

## COMMUNITY AND FAMILY STUDIES

This course develops an understanding about society and its complex nature. Community and Family Studies draws upon selected components of family studies, sociology, development, psychology and students' general life experiences. It can have a direct and positive influence on the quality of students' lives, both now and in the future, by:

- allowing students to explore and form positive attitudes about themselves and others
- to develop an understanding of their relationship within their families and other groups
- to learn to work cooperatively and to appreciate the importance of effective communication
- encourages students to become proactive members of society
- develops students' knowledge, skills and attitudes relevant to effective decision making leading to confidence and competence in solving practical problems in the management of everyday living.

## DESIGN AND TECHNOLOGY

This is a course for designers of tomorrow. This course provides creative and innovative students with the opportunity to study design and production as they face design challenges. Students will be required to develop, manage and complete a major design project where a design folio and practical project are undertaken. This contributes to 60% of their final HSC result.

In Design and Technology at Newcastle High School students' major works often get selected to be exhibited in the Design and Technology Exhibition, for work to be selected for this exhibition it needs to be of a very high standard. In 2014, three of the eight students studying Design and Technology had their major work nominated for the Design Tech exhibition. The following are the projects that have been nominated. What an amazing achievement!



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.

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.



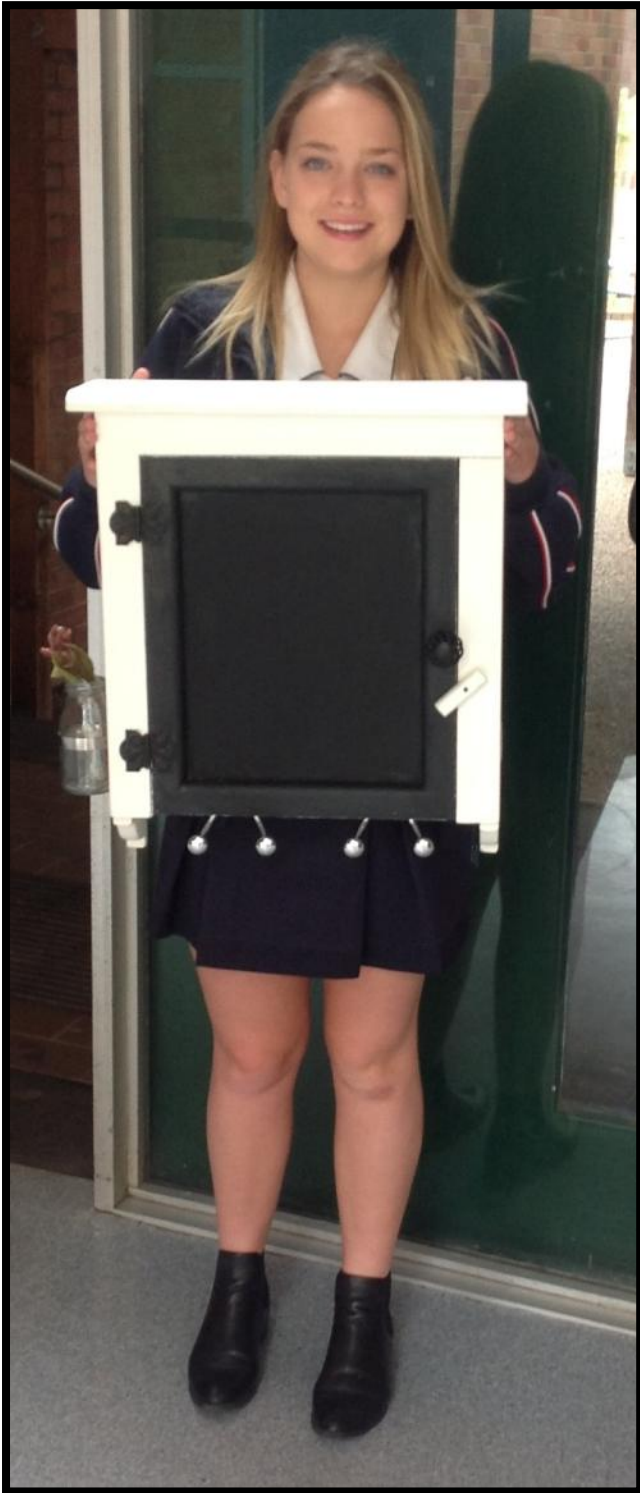
A wearable piece of art, showcasing the effect man can have on the environment. The skirt represents the beauty of nature and is made with natural fibres. The belt is made from one of the main factors that pollutes and damages the environment, a combination of rubbish. The dress represents what our environment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



## YEAR 11 DESIGN AND TECHNOLOGY INTERIOR



# YEAR 11 DESIGN AND TECHNOLOGY INTERIOR (CONT)





## FOOD TECHNOLOGY

An innovative program of activities involving students in many practical applications while developing an understanding of food issues in today's society. Production, processing and consumption of food and an appreciation of its impact on health, the economy and the environment are areas addressed in this course.



This year, students visited Melbourne on an excursion for Food Technology and Design and Technology. Students participated in a walking tour of Melbourne's food district and the study of architectural design.



## EXPLORING EARLY CHILDHOOD

The foundation of society depends on children's experiences. Studies in this course highlight the importance of the early childhood years. Students are really made to think about the responsibilities of parenthood as they care for 'Baby Think it Over', a computerised baby which simulates a new born child.



## HOSPITALITY

Students this year have been involved in some amazing experiences including:

### THE SYDNEY GOOD FOOD AND WINE SHOW



Students worked alongside Celebrity Chefs such as Adriano Zumbo, Matt Stone, Bill Grainger, George Calombaris, Miguel Maestre and Darren Robertson, in a variety of front and back of house positions. They worked in the Celebrity Kitchen, the Good Food Theatre and in the Cheese Masterclass.



### NEWCASTLE FOOD AND WINE EXPO

Students worked alongside TV contestants from *MasterChef* and *My Kitchen Rules* such as Carly and Tresne, Emma Dean and Ben Milbourne. Students were involved in both back and front of house positions and worked in the celebrity kitchen, on the celebrity stage and in the celebrity dining room. One of our students has been offered the opportunity to go to Tasmania to complete some work experience with Ben Milbourne in his restaurant.



## OZHARVEST POP-UP KITCHEN

Students visited an OzHarvest Pop-Up Kitchen in the Newcastle Mall where they got to meet and talk to previous *MasterChef* contestant, Nick Doyle.



## RASPBERRY BUTTERFLY CAKE DECORATING DEMONSTRATION

Students were able to observe and participate in a cake decorating demonstration by Christine Kerr from the Raspberry Butterfly. Students were taught techniques in the decoration of both cupcakes and large cakes, using both fondant icing and butter cream.



## HTN INTERSCHOOLS CULINARY CHALLENGE

Sharni Stephen and Abbie Smith both participated in the Hunter HTN Inter Schools Culinary challenge at Hamilton TAFE, where they competed successfully against students from other local high schools.



## CATERING EVENTS



Students have been involved in many catering events this year. They have participated in four Ronald McDonald House evenings where food is prepared for families staying at the facility. Students prepare all food at school, then attend on the evening for final preparation and service.



Students have also catered for many school events such as the school athletics carnival, a district SASS meeting, Mrs Livingstone's farewell luncheon and the Volunteer Morning Tea.



## THE NATIONAL CAFÉ

We have started running a small café at school. Students have been involved in preparing food and beverage for service in the café and have also been involved in the front of house service of this food.



## VOCATIONAL EDUCATION AND TRAINING

### WORK PLACEMENT – AN INTEGRAL PART OF VOCATIONAL TRAINING.

Work placement is a mandatory component of all vocational framework courses. At Newcastle High School students study Certificate II in Hospitality Kitchen Operations, Certificate II in Retail Services and Certificate I and II in Metal & Engineering.

Students work in a related industry for a minimum of 70 hours over the two years. The opportunity provides insight into the industry and assists students in making informed decisions about future training, employment and education.

Congratulations to all VET students who have participated in the highly successful work placement programs in the preliminary and HSC year.

Thank you to the participating businesses in the Newcastle and Port Stephens area who support the work placement program by accommodating students.

### HOSPITALITY KITCHEN OPERATIONS



### RETAIL SERVICES



## METAL & ENGINEERING



## PRINCIPAL'S REPORT

Another bumper edition of *The Parkway!* Enjoy reading and celebrate the success of students of Newcastle High School.

The last week, like all weeks was very busy and students engaged in a wide range of activities. On Friday 30<sup>th</sup> November, the 2015 student leadership team ran a pink fund raising day to raise money and awareness for breast cancer. Part of the fun was coming to school with a pink accessory. As you can see from the photograph our seniors really got into the pink. As a result of the day, \$810 was raised.



The P&C hosted a thank you morning tea for all the volunteers who work in the school, over 60 people willing to give their time to a range of activities in the school. Volunteers assist with canteen, work as reading and learning tutors, provide expertise and guidance as mentors, give their labour to the gardening



group as well as the usual P&C duties. Mrs Maddalena's Year 10 students catered for the event and did a first class job; one volunteer who sees herself as somewhat of a high tea connoisseur told the P&C that in her opinion the food was equal to that she had experienced anywhere. Well done to the students and staff who assisted with this presentation.



The Year 10 students in the Working Artists class have just been recognised for their work with the Newcastle Croquet Club and Newcastle City Council. The students designed and painted a mural for the croquet club. I was delighted to be invited to the opening of the mural and to hear from the club members how excited they are with both the mural and their interactions with the young artists. Thanks to the council for their support of this partnership by supplying the paint.



As we come to the end of the year the school still remains in full operation. Although most reports have now been written students still need to engage in learning. I have been very concerned about the small number of students who have been leaving the school during the day and loitering in the community. Recently a student was seriously injured when she jumped the school fence.

I have contacted several parents when I have discovered students truanting and in most cases this has resulted in a suspension for the student. Students are not permitted to leave the school during the day unless they have been given a DEC leave pass or are senior students with an early finish on Monday and Wednesday afternoon.

New fences have been installed along A Block to prevent students walking out and to restrict access by members of public who frequently just wander into the school. These fences make the site safer for all students and staff.

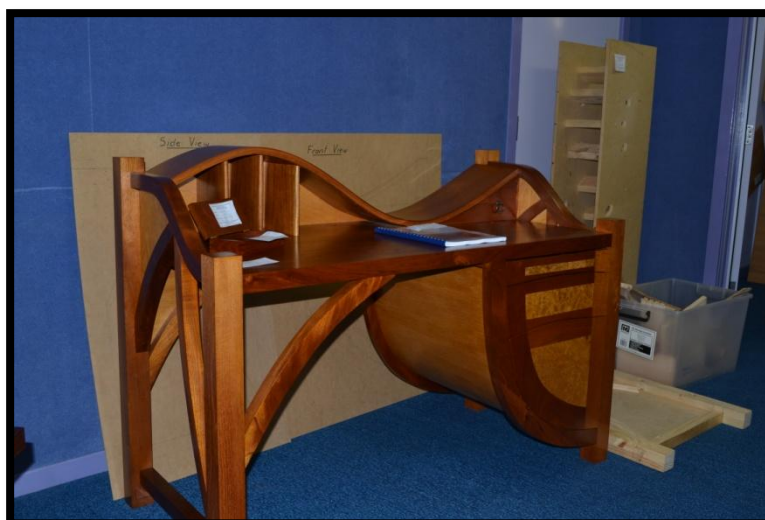


Year 11 students were issued with their reports last week and I am delighted with the academic progress that these reports document. Below is the list of Year 11 students who came first in subjects. Similar lists for other years will be published in the next edition of *The Parkway*.

|           |                   |   |
|-----------|-------------------|---|
| Jarrold   | Sansom            | Drama   |
| Jerissa   | McLachlan         | Music 1   |
| Maddison  | Adams             | Visual Arts                                       |
| Lydia     | Corcoran Eagleton | English (Advanced)                                |
| Lydia     | Corcoran Eagleton | English Extension 1                               |
| Irini     | Kassas            | English (Standard)                                |
| Jordan    | Rimmington        | English Studies                                   |
| Marlii    | Carroll           | Community & Family Studies                        |
| Maddison  | Adams             | Design and Technology                             |
| Chelsea   | Hollings          | Hospitality                                       |
| Marlii    | Carroll           | Business Studies                                  |
| Olivia    | Coffin            | Ancient History                                   |
| Lucas     | Mills             | Geography   |
| Mitchell  | Harris            | Legal Studies                                     |
| Irini     | Kassas            | Modern History                                    |
| Lauryn    | Bannon            | Retail Services                                   |
| Alyce     | Beaton            | Society and Culture                               |
| Lucas     | Mills             | Engineering Studies                               |
| Bryce     | Stevens           | Metal and Engineering                             |
| Joshua    | Richardson        | Industrial Technology                             |
| Lucas     | Mills             | Metal and Engineering                             |
| Ella      | Dullard           | Mathematics                                       |
| Mitchell  | Harris            | General Mathematics                               |
| Jacquelyn | Sager             | Mathematics Extension 1                           |
| Olivia    | Coffin            | Software Design & Development                     |
| Marlii    | Carroll           | Personal Development, Health & Physical Education |
| Brianna   | Chapman           | Sport Lifestyle and Recreation                    |
| Ella      | Dullard           | Biology   |
| Jaeger    | Collins           | Chemistry   |
| Jacquelyn | Sager             | Physics   |
| Georgia   | Wilson            | Senior Science                                    |

Four HSC students had their work nominated for inclusion in State showcases.

Three students in Design and Technology were selected, Hannah Raasport, Jessica Munro and Maiké Stichow, their works are featured on pages 6 and 7 of this edition and Reece Gladys with this Industrial Technology Timber and Furnishing project.



Presentation Night is on Wednesday 10th December commencing at 7pm in the Cultural Centre. This evening is the most important night of the year for the school as we celebrate academic, sporting and cultural success. Please make an effort to attend.

Earlier in the term the school's Metals and Engineering VET program was audited by the Commonwealth government. This was a very rigorous program but due to the hard work of Mrs Hines, the VET co-ordinator and the Metals staff the school was compliant with all requirements: a great effort on behalf of the school.

A number of Year 10 students are participating in work experience at local primary schools this week, assisting staff in a range of activities such as swimming school, technology and sports programs. It is great to see these young people contribute to the local primary schools.

**Congratulations to Hayden Thompson, Jaegar Collins, Monique Collin and Luke Ferrier who will be awarded a Sporting Blues at a ceremony on Wednesday 3<sup>rd</sup> December: a great achievement for these students and the school.**

It has been encouraging to see the number of Year 7 2015 students and parents in the school recently. The main orientation day is this Wednesday 3<sup>rd</sup> December and Ms Sager has done a wonderful job organising the students for 2015, so much so that we have had to create an additional class for Year 7 in 2015 so it is important that all enrolled students actually turn up at the start of 2015.

Despite several rumours that appear to be spreading in the community I am not retiring but I will be taking leave at the start of Term One but I will be back. In my absence Mr Towney will relieve as Principal and it will be business as usual.

I look forward to catching up with many parents and carers over the coming weeks at the numerous celebrations we are holding.

*Mark Hewitt*  
*Principal*

## JAPANESE GATS WORKSHOP

Forty three Japanese and GATS students enjoyed a workshop on Thursday 20<sup>th</sup> November, learning about Japanese obento lunchboxes and the types of food used in them through a variety of activities, including drama, games and creating their own obentos.



# THE HOLOCAUST MUSEUM

English students from 7 Empire and 8 Newcastle journeyed to the Sydney Jewish Museum during Week 8 as part of a GATS unit on the Nazi Holocaust.

Bright eyed, bushy tailed and bursting with a level of enthusiasm even more palpable than a Zooper Doppler's sense of mortality on a 40 degree day, the students gathered for morning roll call on the platform of Wickham Train Station at the seriously unsociable hour of 6am.



Holocaust Survivor, Eddie Jaku and his wife

“Are we there yet?” repeated Noah Hailstone deliriously to himself, aboard the always delightful and languid NSW Rail Newcastle ‘express’ journey to Sydney.

Alighting at Kings Cross, the group made their way along the enchanting Darlinghurst Rd and like a Spring Bok loose forward attempting to locate a platter of dried meat, Mrs Shields directed us superbly to the front of the Sydney Jewish Holocaust Museum.

At the museum, our students were introduced to a delightful, 95 year old Holocaust survivor dressed in a tweed jacket and matching hat, with a wee twinkle in his eye. His name was Eddie Jaku.

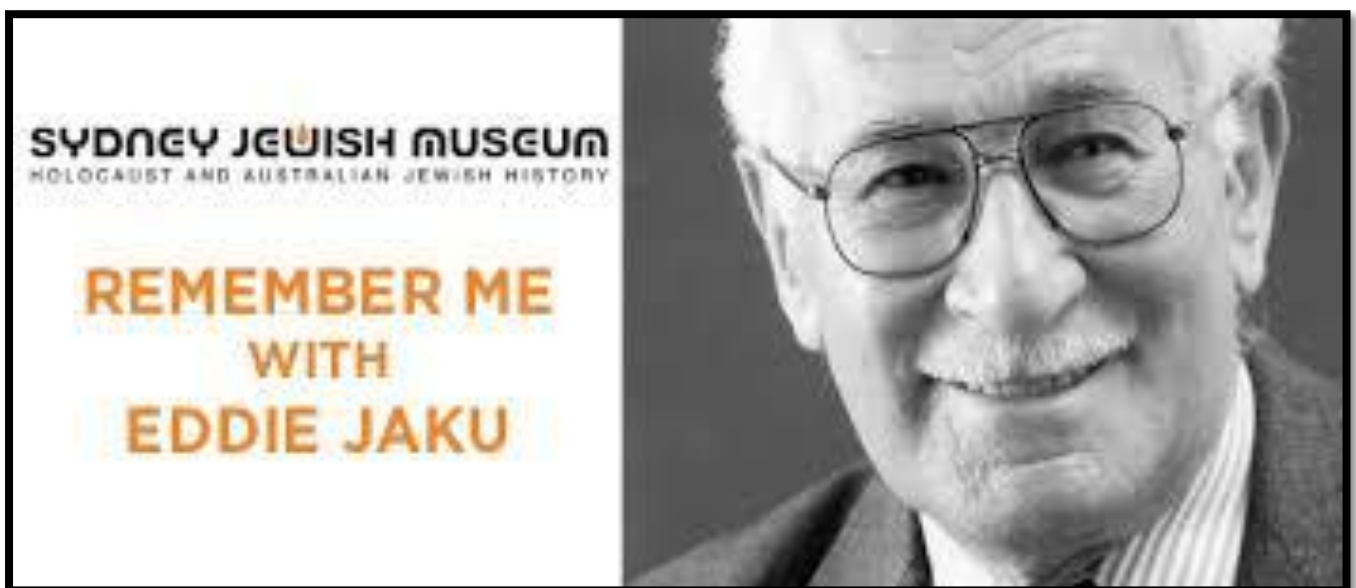
Eddie recounted his experiences (and philosophy on life) over 45 spine tingling minutes.

A pin, literally, dropped and bounced across the room, before casually bouncing back again; such was the spell-binding nature of Eddie's words.

He told us: “Life is not a flat line, there are countless ups and downs, but always try to smile and never, never ever hate”. Indeed, astonishing advice for our pupils, given Eddie's deeply traumatic personal narrative, and an inspirational lesson in perspective on the value of life.

Returning to Newcastle, our students penned ‘thank you’ letters to Eddie.

During his testimony, he begged Newcastle High students to ‘remember him’ and his message. He needn't have: remarkable individuals, like Eddie Jaku, are impossible to forget.



# Japan Excursion 2014



At the end of Term 3 students from Years 8, 9 and 10 attended the LOTE department's biennial excursion to Japan. The excursion was organised by Ms Engel. Mr Guy Hewitt, from the English Faculty, was the support teacher accompanying the group. Mrs Janette Cox from the SAS staff also joined the group along with another parent and two teachers from a Kempsey HS. A wonderful time was had by all and despite a volcanic eruption towards the end of our stay, we all arrived home safely.

We visited many very traditional places in Japan including the sacred Buddhist mountain village of Koya San with its hundreds of temples and monks. Here, our accommodation was a Buddhist temple complete with hot spring baths and strict vegetarian cuisine. We were taken on a guided tour of ancient temple complexes in the area as well as a magnificent graveyard that was built over 1000 years ago.

Following this we travelled by shinkansen and ferry to Miyajima, an island off Hiroshima. We stayed two nights in a traditional Japanese inn or "ryokan" and explored the island and its famous orange "torii" gate and shrine.

We then made our way to Hiroshima to visit the Peace Park and Museum built to commemorate the dropping of the atomic bomb in 1945. We also visited the Hiroshima Art Gallery and a traditional Japanese garden. That night for dinner we enjoyed the local speciality of "okonomiyaki".



Finally we travelled to Kyoto where we spent two nights. During our time there we saw the sunset over the city from the Kiyomizudera temple. We went shopping down the massive shopping street and went to Nara for a day where there were deer walking around which we were able to feed and pet before we saw the big Buddha in the Temple of Todaiji.

Before leaving Kyoto, we went to the Eigamura Movie Museum where many samurai movies were filmed.

See Ms Engel if you are interested in taking part in the next Japan excursion in 2016





## Tantrum Youth Arts

Yesterday at 10:33PM 



Tantrum would like to extend a super special congratulations to India Wilson - our nominee for the special **City of Newcastle Drama Awards - CONDA's** Youth Theatre Achievement Award. India is one of 3 nominees up for the \$500 prize. We nominated her because she has been a dedicated workshop participant for the past five years who has also been part of several major productions including this year's *The Chosen*. Plus, she's an all round lovely person with a great attitude who looks set for a bright career in the arts. Congrats India!!



## MENTORING CELEBRATES!

Our inaugural Plan-it-Youth Mentoring Program has celebrated its first successful group! Year 9 students: Ollie Ashton, James Barnes, Jo Bradley, Tahlia Collins, Jacey Cowen, Sam Lumley, and Lyndall Mountfort, participated in a 12-week program which let them explore, plan and discuss a range of career and vocational options with a one-on-one mentor to consider what they would like to do after they finish their schooling.

Students found the mock job interview the most fun, where they became a job interview panel interviewing their mentors who were “applying” for jobs and found out just how important communication and being positive is to getting a job!

A big thankyou to our volunteer mentors for their time and expertise in being a part of this program which aims at promoting and supporting Year 9 and 10 students in goal-making and future directions.

Mentoring will continue next year with Year 10 in Term 1, following with Year 9 in Term 3.

If you, or anyone you know, are interested in becoming involved with a mentoring program, please contact us for further information.

*Ms Rachel McNeilly*

[Photos: students conducting a mock job interview panel]



# SPORTS REPORT

## BOCCIA

Congratulations to our girls Boccia team who, after winning the Hunter Region Gala Day, travelled to Sydney Sports Centre to compete in the state finals. Team manager Ms Harris said that it was a gallant effort by the team to finish 6th in the state, after two wins and two losses at these finals. The team was superbly captained by Siobhan Daley who impressed everyone with her accuracy. Chloe Dobson and Sophie Lonergan maintained their composure to pull off some amazing shots, with Sally Carman also performing admirably. Special thanks to Lyndal Mountfort as the support student in the team.

## RUGBY UNION

After success in the local section of the Coast to Country Cup competition, our U16 boys Rugby Union team travelled to Forster in mid-September to compete in the Finals series. The team was escorted by Mr Carswell and Mr Coleman. In the first game of the day, they had a convincing win against John Paul College (12-5) followed by a 7-5 win against Mudgee, and then a solid 19-0 win against Macksville. This enabled the boys to qualify for the semi-finals where they unfortunately lost 19-5 to St Joseph's College. In the play-off they finished 3rd overall. Mr Carswell's Player of the Tournament was Jaeger Collins, followed closely by Finau Taufa'ao, and Hayden Thompson. The 'Young Gun Award' of the day went to Max Stanyer.

## GIRLS AFL

After the enthusiasm shown by the girls in the Swan Cup Gala Day earlier in the year, twenty five girls participated in the City Zone AFL Gala Day. The girls played as a Year8/9 Junior team, and a Year 10 Senior team. The girls had a fun day and both teams were the 'stand out' performers on the day. Mr Doherty's best players in the junior team were Regina Kamanda, Brittney Robinson Schell, Matilda Brame and Isabella Cosentino, and in the senior team Sophie Farmer, Georgia Robson, Molley-Ann Croak and Imma Denton.

## NETBALL

Rounds 1 and 2 of the U15 Girls Netball Knockout Competition were held as a gala day. A loss against Kotara, a win against Waratah, a loss against Lambton, a draw against HSPA, a win against Wallsend and a loss to Merewether were the girls' results for the day. Ms Lister commented that they played outstandingly well all day. They showed great team spirit and lots of improvement as the day progressed. Outstanding in defence was Matilda Brame and outstanding in shooting was Madeline Croak. Best overall player going to Gabriella Nesbitt. Special thanks to Tahne Baker who umpired all day!

## CRICKET

Our Open Boys Team is continuing, after their success in Term One, in the Open Boys Knockout Competition. In their Round 2 match they defeated Cardiff: Tim Studdart, Kye Zanardi and Jordy Toby all taking wickets and hitting some runs. This win saw the boys play Belmont in Round 3 in mid-November. They hit 3/94 which was way too strong for Belmont's 89. Tim Studdart again taking wickets and hitting runs. Kye Zanardi made a few runs and three wickets and a catch to Alex Hills. Good luck to 'Super Coach Hewitt' and the boys in their Round 4 match to be played soon.

## U15 CRICKET

After success during Term One, our U14 Baker Shield Team played their Round 3 match against Merewether. After getting Merewether all out for 69, the boys batting only managed to bring in 60 runs. Dylan Kamines (3/8), Nathan Humphrey (3/10) and Callan Fowler (2/23) were our best bowlers. Callan Fowler hit 14, Clarence Playford 12 and Zach Keats 9 N.O. According to Mr Doherty Newcastle bowled very well, but not as well as Merewether!



## ATHLETICS

Late last term our talented Track and Field competed at the NSW CHS Athletics Championships.



Josephine Pinkerton finished 10th in her heat in the 13yrs 800m.



Eleanor Pinkerton qualified for the 13yrs High Jump but she was unwell on the day and had to withdraw.



Hannah Downes finished 8th in the 14yrs 400m final.



Abbie Gray finished 8th in the 15yrs High Jump final.



Anthony Nguyen finished 3rd in the 15yrs 200m heat and 4th in the 15yrs 100m final



Jarrod Sansom finished 4th in the 17-19yrs 400m Hurdles final



Some great results at State level!

At the NSWCHS All Schools Athletics Championships Jarrod continued with his success with 6th place in the final of the 17-19yrs 400m hurdles

Tomeeka-Rae McKillop-Davies also attended this carnival and finished a creditable 11th in the 14yrs 800m.

Well done to all these talented athletes.

## GOLF

After qualifying in May as Number 2 in the Hunter Region Golf Team and finishing the Dubbo tournament with 1st net overall; 2nd overall; and being selected in the 'Honor Team'; Luke Ferrier was selected in the NSW CHS and NSW All Schools Teams to compete in the Australian Championships in Toowoomba.

At this tournament, Luke finished 4th in the 36 hole U19 scratch event, which gave him the net championship. His results helped the six boy NSW Team win the Teams event. Outstanding results for Luke, especially considering he is in Year 9 and still only 14 years old.



## HUNTER REGION SPORTS AWARDS

This year we have four talented sporting students who will be receiving Hunter Region Sports Awards. These awards recognise outstanding achievements by athletes representing the Hunter Region. The highest level of award that can be received is a 'Sporting Blue'. Congratulations to each of these students who will receive their awards at the Hunter Region Presentation at Wallsend Diggers on Wednesday 3 December.



**Hayden Thompson**  
Rugby Union



**Jaeger Collins**  
Rugby Union



**Monique Collin**  
Diving

A wonderful achievement for each of these students: a special congratulation to Luke, who is receiving a Sporting Blue, especially considering he is only in Year 9.

*Mr P Wagner, Ms N Blatchford*  
*Inter School Sports Organisers*



**Luke Ferrier**  
Golf

## PARAQUAD NSW

During our Year 10 PDHPE lesson in Week 8 of Term 4 Paraquad NSW visited our school to present an awareness seminar to our students. The “Mind Your Back” seminar was organised again this year to complement and reinforce the PDHPE Theory Topic for this term “Risks, Choice and Staying Safe”.

As part of the visit our students learned about spinal cord injury and injury prevention including risk, safety and prevention messages. The most powerful part of the presentation was hearing personal stories from Dom and Andrew, who are both living with spinal cord injuries. Our students were touched and also empowered by the messages that the two men presented with obvious courage and humour.



The feedback from the students following the presentation was overwhelmingly positive. All of our students took something worthwhile away with them and it was wonderful to hear the compliments from our guests about the good mannered and friendly approach of our kids.

*Mrs N Blatchford*  
*PDHPE Teacher*

## SPORTING EXCELLENCE: SAM MILTON



Earlier this term Sam Milton travelled to Melbourne to represent New South Wales in the Special Olympics for Basketball. Sam flew from Newcastle Airport on Monday 20th October for an awesome week with the team.

After arrival, Sam quickly checked into the athlete's village and participated in the opening ceremony with all the other athletes. After a day of training on Tuesday, Sam and the team competed in extensive games on Wednesday, Thursday and Friday.

The team won BRONZE at the tournament. Sam's favourite thing about the whole trip was the nice hotel he stayed in! He represented Newcastle High School with enthusiasm and dedication. We are very proud of Sam and his amazing achievement and we can't wait to see what Sam gets up to next!

*Mr C Main*



## FINAL HEAVENLY COLUMN FOR 2015

Congratulations to a dominant First XV Spartans finishing the year with five victories and two very narrow defeats.



Also big ups to Leroy Bartlett for his CHS 18's selection and Hayden Thompson and Jaeger Collins for their inclusion in CHS 16s this season.



All 3 students have been picked to tour South Africa with CHS schools in 2015.

Exciting times for our Spartan brothers!!!  
*Yours in complete rugby tragedy*  
*Mr C Carswell*



## GEOGRAPHY EXCURSION



On Friday the 21st of November the Year 11/12 Senior Geography Class conducted fieldwork at Anna Bay. This fieldwork was conducted to investigate an Ecosystem at Risk.

The ecosystem the class has been studying as part of their HSC Geography Course is the Stockton Bight Sand Dunes. The students got to spend the day drawing cross sections, measuring distances, taking photos, looking at vegetation and conducting their own research. Although it was a very hot day, the students did an outstanding job of staying on task and completing all the requirements.



Once their personal fieldwork was done, we enjoyed a 4WD tour and briefing of the Sand Dunes. This took us down the beach, where the students were able to witness the magnitude and depth of the 32kms of coastline and to see the sheer volume of the dunes at 2.5kms wide. The tour allowed us to view Aboriginal Midden sites and we even got to go pipi hunting. The day finished with the opportunity for the students to end their day Sand Boarding down the face of a 40-50m dune. The students conducted themselves throughout the day to a very high standard, and a lot of educational learning and fun was had.

*Miss Elizabeth Lister*



## FROM THE CHAPLAIN'S DESK

I can't believe it is December the school term has gone so fast – but I have seriously loved the times that I have been able to spend with some great students!

I had a great start to the term with the Year 12 formal and seeing some amazingly looking students #rocktheFROCK and total standouts in the suit attire. So proud of our students!! Watch out WORLD!!

I have had the name go on the door so it feels like home now!!



This term has seen a steady flow of students over the two days a week that I am here... well sometimes its three... 'cause I just love it!!!

Our kids had some great accomplishments: our girls programs involved them in cooking each week and they enjoyed lessons on mastering your mind and emotions to make good strong choices for the future! The girls received graduation necklace

keys. These keys were sponsored by an amazing group of ladies in our community called "Girl Friday" and we are most grateful for the work they have done with Newcastle High and supporting the work in the chaplain's office!



Also in addition to the girls groups this term we have had Thursday lunchtime dance groups, with the goal of having a flashmob to surprise the school at some point this term for some fun for the students and also to give something fun for them all to participate in ... so stay tuned it's not far away!!

We have had the beautiful Sally Linde in to perform these lessons for us.

We have also had R.A.G.E a program for boys who are working hard to understand the emotion of anger and manage and choose the correct responses when they feel angry. It has been a brilliant program with these students being AMAZING!!! A great group of students where they do a bit of cooking and eating CHOCOLATE!!! We have a great friend of the school, Gibbo, who comes in to do this group every Tuesday.





Also, I have been running Seasons for Growth with a beautiful lady called Louise. She has gained the students' trust and they are enjoying this program that gives them an understanding of grief, loss and change. This is a brilliant program and the students are strong and committed to being able to make wise choices for their futures.

We hosted a grand parents carers connection morning tea this term and we saw many amazing

grandparents come together to chat and strengthen each other on the journey of raising strong students. We celebrated with gifts and a beautiful morning tea.

This term in the Welfare Department we also had an amazing fun with a Roar for Hope Day – where the kids were surprised with a spontaneous (for them not us) day of fun!! A day designed to cement the thought that hope is something that we all need , and even when days are dark you never know what great surprise is just around the corner!

So we had balloons and gigantic bubbles, red carpet for a walk of hope where the students were interviewed by the beautiful Amy King and asked questions about what gives someone hope. We had tattoos; we had animal print nail artistry. It was a day of slushy machines and red frog fun!!

There were smiles a mile wide as the students realized there are many changes that can happen in an ordinary day that bring a reason for hope and a reason to smile.



I am also being Chaplain in Newcastle High School's Cooks Hill Campus and we hosted Operation Christmas Child with some fabulous students and raised funds through an out of uniform day and a BBQ for the boxes to be sent to Cambodia. These boxes are all filled with goodies for the children.

NHS and CHC combined this year to pack a staggering 110 boxes.

This project teaches our students to care for people beyond themselves and look to

shaping a better world!

This was a brilliant avenue for our students to show they care.

**SO PROUD!!!**





It was my honour to go to the RUSH mentoring awards program in late September with some of my family. At NHS we have a great relationship with this organisation which aids in mentoring kids which need help with homework or just an extra friend in their world. It was an honour to see students graduate from this program: looking forward to doing much with them next year again.

These past two weeks I have been making gingerbread houses with many students, talking and cooking always is a great combination. Their cleverness in bringing to life the most amazing houses whilst they chat is brilliant.

These will be used as gift for our year supervisors to bless them for the extra work they do in each year. The students have loved being able to show they care about their teachers.



I continue to spend time with parents and students and bringing together the combination of best outcomes for both students and parents. I am honoured to journey with staff, teachers, students and mums and dads and love being able to serve the school community in any way I can.



I continue to spend quite a good deal of time in Special Needs and Support with some of the kids and teachers and aides.... they have hearts of gold. They have awesome stories to tell and always the food they bring me for my afternoon tea is always my highlight!!

I have also being notified just this week that we have secured the chaplaincy program for another year, so I feel so blessed to be in this school and honoured to be able to journey with the school next year !! I know it is going to be a good one, building strong communities and relationships.



*Chris Jones*

# HAMILTON ANZAC DAWN SERVICE

## 100TH ANZAC DAY ANNIVERSARY INVITATION

### GREGSON PARK

Merewether-Hamilton RSL Sub Branch would like to invite students, parents and staff to attend the 100th Anniversary of Anzac Day at the Hamilton Dawn Service at Gregson Park on 25th April, 2015. Anzac Dawn Services have been held in Gregson Park, Hamilton since 1922.

Everyone is welcome to participate in the march from Beaumont St to Gregson Park. Those wishing to march, will need to form up on the corner of Tudor and Beaumont St at 5.00am. Marshalls will be in attendance to assist.

If you just wish to attend the service please make your way to Gregson Park prior to 5.15am.

The service begins at 5.30am and is completed just on sunrise.

A sausage sizzle along with tea and coffee will be served, for a small cost, at Hamilton Public School which is just across the road from Gregson Park at the completion of the service.

If you have any questions please call David Jack on 0447902352.



## The Uniform Shop

0434 626 009

[newcastlehs@alinta.com.au](mailto:newcastlehs@alinta.com.au)

### SENIOR UNIFORMS NOW AVAILABLE FOR 2015!

For students entering into year 10, please visit the Uniform Shop before the end of Term 4, to purchase your new shirts/blouses/skirts ready for 2015.

You can either purchase through the Uniform Shop, or you can shop online at: [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

Uniform Shop opening hours during school terms are:

|                 |                         |
|-----------------|-------------------------|
| <b>Tuesday</b>  | <b>8.00am – 10.00am</b> |
| <b>Thursday</b> | <b>8.00am – 10.00am</b> |

Uniform price list & online shopping available at:  
[www.alintaapparel.com.au](http://www.alintaapparel.com.au)

### EXPRESSION OF INTEREST FOR ASSISTED TRAVEL SUPPORT OFFICER (ATSO) POSITION

The Assisted School Travel Program (ASTP) often provides additional support to students with disabilities on transport. Assisted Travel Support Officers (ATSOs) support students with complex health or behaviour needs to ensure their safe travel to and from school. If you are interested in temporary part-time work as an ATSO the following website contains information on how to apply for the position.

[www.schools.nsw.edu.au/studentsupport/programs/astp/index.php](http://www.schools.nsw.edu.au/studentsupport/programs/astp/index.php)

For further information please contact ASTP on 1300 338 278 or email ASTP at [atso.astp@det.nsw.edu.au](mailto:atso.astp@det.nsw.edu.au)

# 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

Parkway Avenue, Hamilton 2303

Telephone: (02) 4969 3177

Facsimile: (02) 4961 2912

e-mail: [newcastle-h.school@det.nsw.edu.au](mailto:newcastle-h.school@det.nsw.edu.au)

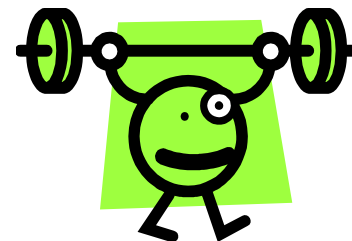
Website: [www.newcastle-h.schools.nsw.edu.au](http://www.newcastle-h.schools.nsw.edu.au)

# HEALTHY SCHOOLS, HEALTHY FUTURES

## EMPOWERING YOUNG PEOPLE

To empower others means to **help them become stronger and more confident**, especially in controlling aspects of their lives.

The process of youth empowerment is not something that can be altered or enhanced overnight. It is a long journey that requires cultural change and processes, rather than a one-off event. **Research suggests that young people need structured, on-going opportunities that aim to enhance their confidence and empower them in a supportive environment.** This supportive environment may be the school and school community or the home<sup>1</sup>.



Ways in which adults can help young people enhance their confidence and become more empowered include:

- **Engaging Youth:** encourage young people to take an active role in the things that are happening in their lives. This can be simple initiatives such as involving them in decision-making processes or by constantly emphasising the important role that they play at school or around the home
- **Encouraging youth to be involved in change:** This could include speaking up for something they believe strongly about or negotiating change with adults to include youth perspectives
- **Involving students in leadership opportunities:** to support other students. This may enable student to student connections develop as well as interpersonal skills and self-confidence<sup>2</sup>

If you would like more reading on ways to empower young people please see the links below:

- 1: [https://www.healthiergeneration.org/take\\_action/empower\\_young\\_people/](https://www.healthiergeneration.org/take_action/empower_young_people/)
- 2: <http://www.mindmatters.edu.au/docs/default-source/resources-archive/creating-connections---student-tostudent.pdf?sfvrsn=4>
- 3: <http://wellbeingaustralia.com.au/wba/wp-content/uploads/2014/05/Empowering-young-people-ECP-Editorial.pdf>

## HEALTHY SCHOOLS, HEALTHY FUTURES PROGRAM CONCLUDES

As we approach the end of the schooling year we are also approaching the end of the Healthy Schools Healthy Futures Program (HSHF) that has been running at the school since 2011.

Term 3 was a very busy term with student surveys completed by many Year 9 and Year 10 students and the last few initiatives to develop student resilience being put into place.

Assembly presentations, guest speakers and mini lessons have taught students and staff how to become more resilient and schools involved in the HSHF program are continuing to report some fantastic outcomes resulting from HSHF.



We are now entering the sustainability phase of HSHF. The HSHF Team will be working with our school to ensure all the hard work to enhance student resilience development over the last three years remains in place for many years to come.

I would like to thank all of the people that have been involved in collaborating, developing and implementing strategies to ensure that HSHF was successful. This includes Teachers, Support Staff, Health Workers, Deputy Principals, Principals, Community Members, Local AECG members, Parents and of course, Students, just to name a few. All of this hard work has resulted in wonderful resilience strategies that will ultimately have a positive impact on the health and wellbeing of our young people.

*Dr Megan Freund  
The University of Newcastle  
Healthy Schools Healthy Futures  
Program Manager, Population Health*

**HEALTHY SCHOOLS, HEALTHY FUTURES**  
R E S I L I E N C E - I N - S C H O O L S



Health  
Hunter New England  
Local Health District



# Newcastle High School P&C Paver Project



## 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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| Line 2: 12 Characters | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |  |
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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 CLOSSES  
12<sup>TH</sup> DECEMBER 2014**

**Enquiries: Susanne 0411 593 842  
[nhsbandc@mybiznetonline.com](mailto:nhsbandc@mybiznetonline.com)**

**THANK YOU FOR YOUR SUPPORT**



This time of the year is a busy time in careers and vocational education. Congratulations to Nathan Hills and Riley Dorman of Year 12 on recently gaining full time apprenticeships in Electrotechnology, and John Debono for securing a Civil Construction Design Diploma and apprenticeship. A number of Year 12 students have gained early entry into Health Sciences and Pharmacy at the University of New England. Well done to students who have successfully undertaken work experience, White Card and other courses this term. This has enabled some students to gain part time employment, while for others it has given them insights into future career possibilities.

## **YEAR 10 UNIVERSITY OF NEWCASTLE TOUR EXCURSION**

As part of the careers Tertiary Awareness Program students will have the opportunity to visit the University of Newcastle for a day in early December. Student ambassadors and academic staff from the university will provide Year 10 with information about courses, tours of the campus facilities, careers and what to expect as a future student.

## **HAMILTON SOUTH PUBLIC SCHOOL**

### **WORK EXPERIENCE / TEACHING ASSISTANTS PROGRAM**

This innovative project was conceived by Newcastle High School's Principal, Mr Hewitt and Hamilton South Public School's Principal Ms Estens. Working in sport, swimming and technology ten students from Year 10 were selected to be teaching assistants at Hamilton South Public School under the close supervision of the classroom teachers at the school. Year 10 students have shown great enthusiasm for the project with a large number volunteering.

## **YEAR 11 ROTARY JOB READY PROGRAM 2014**

Fifteen Year 11 students successfully completed their simulated job interview with employers. Students prepared resumes and covering letters as part of the preparation process of applying for an advertised job. Thank you to Ted Lewis and Bob Urry from Newcastle Rotary for their time, expertise and enthusiasm over the three day period.



## **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.

## YEARS 10 & 11

### SURVEYING CAREERS INFORMATION SEMINAR AND WORK EXPERIENCE

Tony Proust from the Institute of Surveyors and former NHS parent shown here demonstrating the use of surveying equipment as part of the two surveying careers seminars conducted recently at the school. A number of students have since undertaken work experience with local surveying companies.

Thanks so much Tony.



### UPDATE ON THE HORTICULTURE GARDEN GYM PROJECT

Students have been working hard to finish this project that will enhance the school environment with treated pine edging, concrete paths and ground landscaping. The final stage of the project will see the gym equipment installed for the benefit of all, particularly the PE classes. Special durable synthetic matting is being used, similar to that used in parks and playgrounds. The group has demonstrated great team work and achieved an excellent result under the guidance of teacher, Paul Lane.





## 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

## NAVIGATE YOUR CAREER JOURNEY

This comprehensive resource supports careers advisors as well as parents, carers, teachers and mentors who are helping a school leaver with their career decision making. The resource is available on the Department of Education and Communities Careers Advisory Service Website under the heading ‘post school options’. [www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au)

The site includes the latest information on a wide range of opportunities including further training; study at university or with private providers as well as information about the ATAR, alternative entry schemes, Smart and Skilled and apprenticeships and traineeships. The resource also includes information to support Aboriginal young people and students with disability.

*Chris Alexander*  
*Careers Adviser*



# 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





# Junior Ranger Fun Day



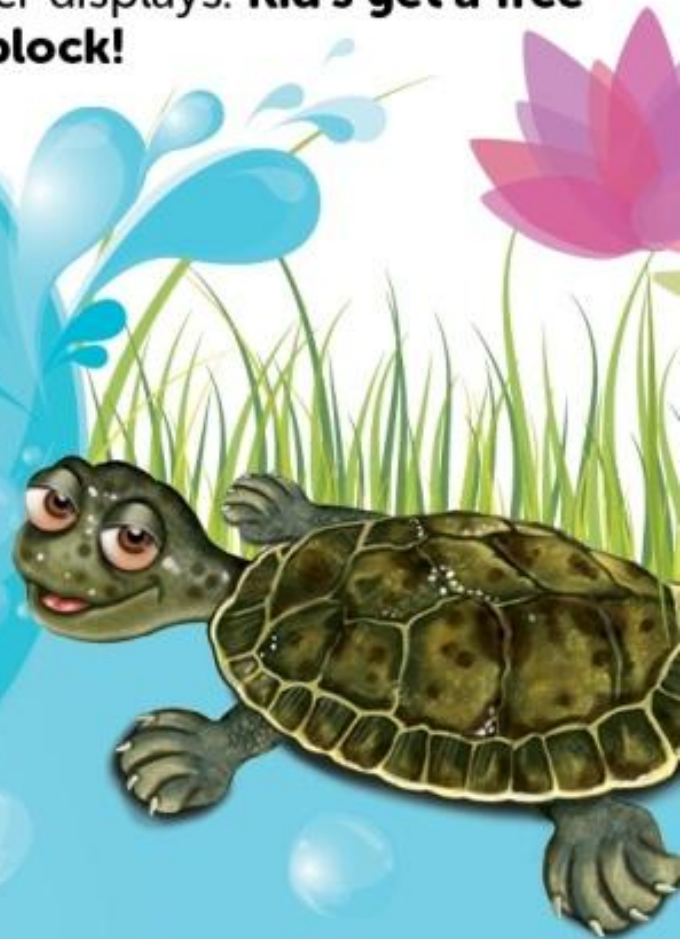
The theme of our next free environmental fun day is **aquatic action**, with fun craft, interactive games, planting activities and critter displays. **Kid's get a free ice block!**

9.30am to 11.30am,  
**Tuesday 20 January 2015**

**Carnley Avenue reserve**  
(off Carnley Ave, Kotara)

**For enquiries**

call 4904 3344 or email  
[blackbuttadmin@ncc.nsw.gov.au](mailto:blackbuttadmin@ncc.nsw.gov.au)



1492NOV14

Compulsory parental supervision at all times.  
Children must wear fully enclosed shoes.

Follow us on facebook  
[www.facebook.com/blackbuttreserve](http://www.facebook.com/blackbuttreserve)

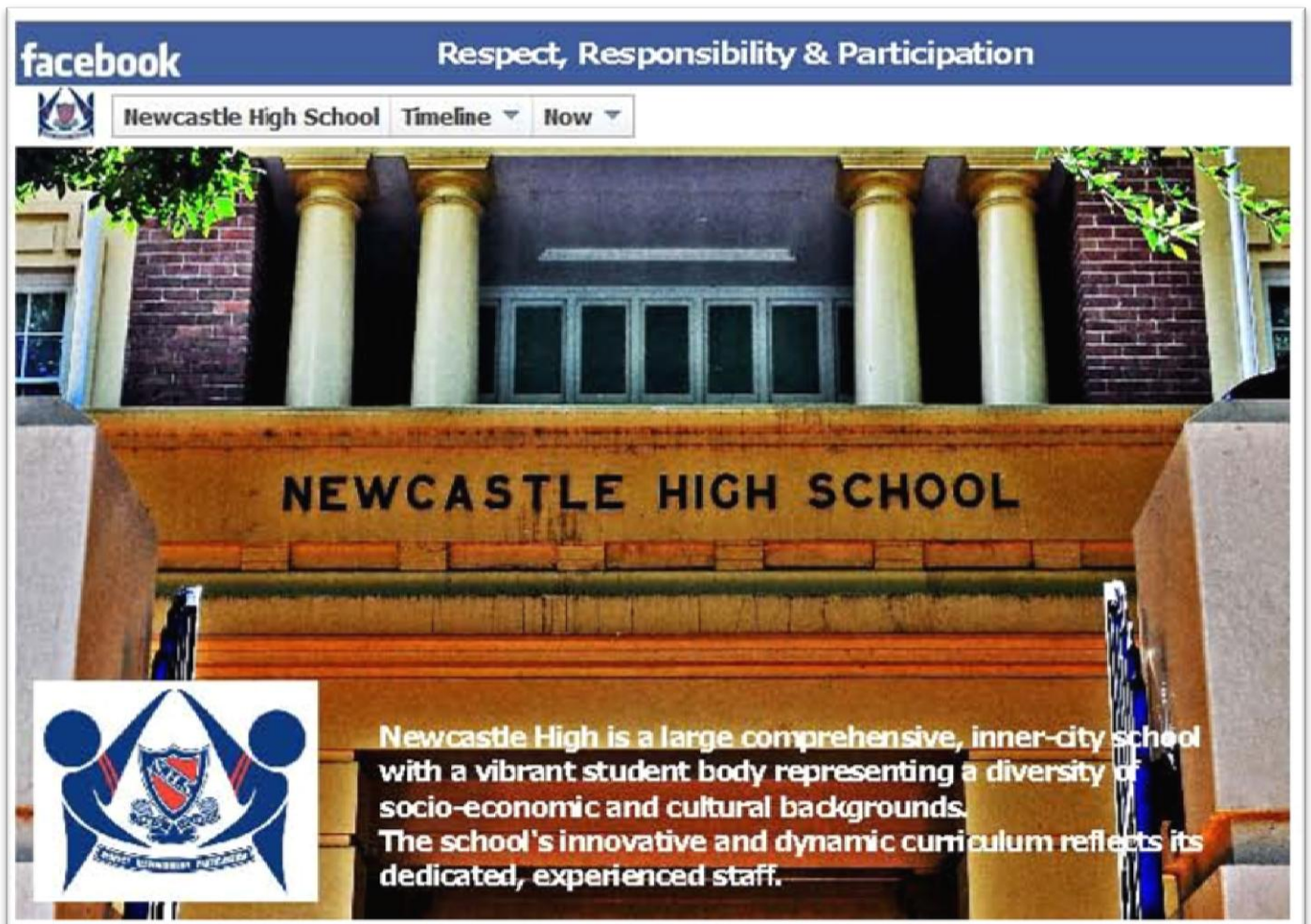


Blackbutt  
**Reserve**



The City of  
**Newcastle**

# DO YOU WANT TO KEEP UP~TO~DATE WITH THE GREAT THINGS HAPPENING AT NEWCASTLE HIGH SCHOOL?



Like our Facebook page to receive all the updates in your newsfeed





## NEWCASTLE HIGH SCHOOL

*“Remis Velisque”*

Parkway Avenue, Hamilton 2303

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Facsimile: (02) 4961 2912

e-mail: [newcastle-h.school@det.nsw.edu.au](mailto:newcastle-h.school@det.nsw.edu.au)

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

