

The Parkway



April, 2014

Parkway Edition No. 03

The next P&C Meeting will be held in the Staff House on Monday, 7 April 2014
Guest Speaker: Mr Paul Wagner Head Teacher PDHPE
ALL WELCOME

PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION (PDHPE)

This year Mr See is on leave, Mr Oprea is replacing Mr See for 2014. Mrs Dennis, Mrs Blatchford, Mr Newman and I will be back on deck.

Mrs Dennis has already organised the competitors only Swimming Carnival. Thirty seven students qualified to participate at the City Zone Carnival. All of the students had an enjoyable day and participated in a positive and enthusiastic manner.

Mrs Blatchford is currently taking nominations for the competitors only Cross Country trials. Those who qualify will be able to represent in individual age groups at the City Zone Carnival. The school event is approximately 2.5km and will be held on Wednesday, 9 April. The City Zone Carnival will be held on Thursday, 1 May.

The final carnival of the year, the Athletics Carnival, will be organised by Mr Oprea. This will be a full school carnival to be held at Newcastle Athletics Track (next to the school) on Tuesday, 20 May. This carnival will give students the opportunity to support their SPORT HOUSE in a carnival atmosphere. Students will be expected to wear colours to support their house whilst still being dressed in appropriate clothes to compete in their events.

In the premier event at the athletics carnival, the 'Newcastle Gift', Mr Bromfield has been one of the staff's most consistent performers. Competition from another fierce competitor Mr Main, has been strong in the past four years. We are looking for a female staff member to 'show up' these two determined competitors. Don't forget it is a handicap race.



Mrs Blatchford and I will continue to coordinate the forty teams that Newcastle High School enters in the NSW CHS knockout competitions and City Zone competitions. A band of approximately twenty teachers are involved in coaching and managing these teams. The staff support these teams by doing additional teaching periods to cover the coaches' lessons while they are out of the school.

Without this support we would not be able to enter the teams in these competitions and I know that the 350 students who are members of these teams would be very disappointed if they did not get this opportunity. To represent in a sporting team, students must indicate that they would be a worthy representative of Newcastle High School. This includes performing consistently in their studies, treating other students and teachers with respect and wearing the school uniform.

Talented students are also given the opportunity to attend Hunter Region Sporting Team selection trials. If selected, these students attend the NSW CHS Championships as a member of the Hunter Region Team. In the previous edition of The Parkway, we included an outline of the Knockout Competitions and the relevant information as well as a list of the Hunter Region sporting trials for Terms 1, 2, 3 and 4.

Please be aware that sometimes these dates may change for various reasons. We keep students informed of these changes. If you have any questions regarding any of the above information, please feel free to contact Mrs Blatchford or me.

All PDHPE staff are involved in coaching one or more of the school representative teams as well as teaching the weekly PDHPE lessons.

WEEKLY PDHPE LESSONS

In 2014, Years 7-10 will continue to have three PDHPE periods in each two week cycle. Two of these periods are practical lessons and one is a theory lesson. I have included in the following pages the practical and theory outlines for the year. In the theory units a range of topics are included. These have been listed on the permission note that your child/ward should have had you sign and return earlier in the year. I have included a copy of this letter with the practical and theory unit outlines. If you have any questions regarding these outlines please feel free to contact me.

All students will receive a half-yearly and yearly report for their PDHPE practical lessons. Due to the fact that PDHPE theory lessons occur once every two weeks, students will only receive a yearly report for these classes.



ELECTIVE PDHPE CLASSES

There are two senior courses offered in PDHPE. Both courses are available in Year 11 and Year 12. They are:

| | |
|--|-----------------|
| 12 PDHPE | 2 unit |
| 12 Sport Lifestyle and Recreation (SLR) | 2 unit |
| 11 PDHPE | 2 unit |
| 11 Sport, Lifestyle and Recreation (SLR) | 2 unit & 1 unit |

11 PDHPE – 2 UNIT

Mrs Blatchford's Year 11 class is busy studying the topic **Better Health for Individuals**. Soon they will begin an **Outdoor Recreation** topic. A feature of this topic is a three night/four day excursion to Myuna Bay Sport and Recreation camp early in Term 2. The students participate in a range of outdoor recreation activities. One of these activities requires them to prepare their own food and choose their cooking utensils for the second night. On this night they head out into the bush, stay overnight in tents and cook their own meals over an open fire. Past experiences have provided meals ranging from almost "gourmet" to what could be described as almost "Bear Grylls" survival fare! Students are not permitted to take their phones to this camp. This is quite a challenge for them!



12 PDHPE – 2 UNIT

My Year 12 class have continued with their studies, maintaining a good work ethic. After completing the **Sports Medicine** topic at the end of last year, they have just concluded a difficult unit titled **Factors Affecting Performance** which involved topics on areas such as energy systems, motivation, and nutrition in sport. Later in the year they will complete units of work on **Improving Performance** and **Health Priorities in Australia**. With the HSC just over two terms away, study techniques and practising examination-style questions are a continued focus.

11 SPORT, LIFESTYLE AND RECREATION (SLR) – 2 UNIT

Students in Year 11 SLR are currently working on their first unit, **Fitness**. In this unit they study the parameters of fitness assessment and measurement. This is done in both theory and practical settings. During the course, classes also study **Sports Coaching and Training**, where they learn fundamental coaching and leadership skills. Practical application of these skills is emphasised in this module.

Their third module is **Games and Sport Application 1**. In this module students develop knowledge, understanding and skills in a range of games and sports. As well as participating in these sports, they are also involved in refereeing and umpiring the activities. Sports covered include: basketball, hockey, netball, soccer and other recreational sports.

12 SPORT, LIFESTYLE AND RECREATION (SLR) – 2 UNIT/1 UNIT

Students in Year 12 SLR will study **Resistance Training, Games and Sports Application 2** and **Individual Games**. During Term One the students have undergone a resistance training program over a ten week period. They have had the opportunity to demonstrate an understanding of resistance training, develop a training routine and record and evaluate their progress.

In Term 2 the focus will be on active participation in a range of **Invasive Games**.

In Term 3 they will complete the topic **Individual Games**. In this topic students will participate in a number of sports such as badminton, table tennis, racquetball and tennis. Students will also visit venues outside the school to experience lawn bowls, golf, croquet and ten pin bowling.

PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS)

In the junior school, the PDHPE elective course is **Physical Activity and Sports Studies (PASS)**.

YEAR 9

This year, we have two Year 9 classes studying PASS. One class will complete the course at the end of Year 9, whilst the other will continue on to complete at the end of Year 10.

The units of work the students will cover in Semester 1 include:

- 1) **Fundamental Movement Skills** – In this unit students study the relationship between the basic movement skills learnt as a child and a person's long term involvement in sport and physical activity.
- 2) **Body Systems and Energy for Physical Activity** – Students investigate the different body systems which particularly relate to our ability to exercise.
- 3) **Physical Fitness** – Students complete a series of tests designed to give an indication of their current fitness levels. These include agility, power, speed, strength and cardiovascular endurance tests. The unforgiving but popular “beep test” is performed. This will sort out our toughest and fittest competitors!

In Semester 2, students cover the topics: **Opportunities and Pathways in Physical Activity and Sports; Lifestyle, Leisure and Recreation; and Coaching**.

In all of these topics there is an emphasis on physical activity and participation.

YEAR 10

The Year 10 classes, having already completed 100hrs of the PASS course in Year 9 are now preparing for the completion of the course to meet RoSA requirements.

In Semester 1, students will complete units of work on **Australia's Sporting Identity**.

During practical lessons students, will complete a coaching session on **World Games** by researching the history and rules of games that originated in countries other than Australia. eg. gridiron, softcross, cricket, soccer.

Term 3 will prove to be busy with two assessment tasks to complete. Students will study units on **Issues in Sport** such as gender equity, violence, drug use and sponsorship as well as the concept of commercialisation in sport. They will then present their findings to their classmates in the form of an IT-based presentation of their choice ie: Glogster, PowerPoint etc.



PASS is an interesting mix of both theory and practical lessons. Students who choose this elective are generally our keenest and most enthusiastic PDHPE students who demonstrate an aptitude for physical activity and the theory concepts which complement our practical lessons. Mrs Dennis, Mrs Blatchford and Mr Newman look forward to a successful and enjoyable year with our very capable PASS students!

PDHPE/SPORT UNIFORM

Students continue to enthusiastically accept the Sport/ PDHPE uniform. The uniform looks very impressive when classes are participating in their lessons. However, there are still some issues with students wearing their PDHPE/Sport shorts on normal school days.

The navy blue shorts (with red/white piping) are **only** to be worn for sport and in their PDHPE practical (PE) lesson. Students must change in and out of these shorts at the start and end of the PE lesson. They are not permitted to wear these shorts as part of their normal school uniform.

In PDHPE practical lessons students can get very sweaty, muddy, dirty or wet and it is important that they change out of their PDHPE/sport uniform and back into their school uniform at the conclusion of the lesson. To go to their lessons for the remainder of the day in their PDHPE/sport uniform is unhygienic and can be quite overwhelming in a classroom.



Students are permitted to wear their PDHPE/sport uniform all day on the day that they have **sport**. Students should also wear sport shoes that are suitable to participate in their PDHPE and SPORT lesson. Appropriate shoes will provide support for their feet whilst running, kicking and jumping. On their SPORT day, if their sport shoes are not suitable for one of their other lessons, they will need to bring appropriate shoes to meet safety requirements for that subject.

Mr P Wagner
Head Teacher PDHPE



**PD / HEALTH / PE
Program Outline
Practical – 2014**

| Unit No | Week No | Week Commencing | Year 7 | Year 8 | Year 9 | Year 10 | | |
|--------------------------------------|---------|-----------------|--|--------|------------------------------|---------|---|--|
| Term 1 | 1 | 27/1 | GAMES UNIT 4 (Girls and Boys) Hitting Skills | | | | | |
| | 2 | 3/2 | | | | | | |
| | 3 | 10/2 | | | | | | |
| | 4 | 17/2 | | | | | | |
| | 5 | 24/2 | | | | | | |
| | 6 | 3/3 | | | | | | |
| | 7 | 10/3 | ATHLETICS (Boys) | | GYMNASTICS (Girls) | | | |
| | 8 | 17/3 | | | | | | |
| | 9 | 24/3 | | | | | | |
| | 10 | 31/3 | | | | | | |
| | 11 | 7/4 | | | | | | |
| END OF TERM ONE | | | | | | | | |
| Unit No | Week No | Week Commencing | Year 7 | Year 8 | Year 9 | Year 10 | | |
| Term 2 | 1 | 28/4 | ATHLETICS (Girls) | | | | GYMNASTICS (Boys) | |
| | 2 | 5/5 | | | | | | |
| | 3 | 12/5 | | | | | | |
| | 4 | 19/5 | | | | | | |
| | 5 | 26/5 | | | | | | |
| | 6 | 2/6 | | | | | | |
| | 7 | 9/6 | | | | | | |
| | 8 | 16/6 | | | | | | |
| | 9 | 23/6 | | | | | | |
| DANCE AND FIRST AID (3 weeks) | | | | | | | | |
| END OF TERM TWO | | | | | | | | |
| Unit No | Week No | Week Commencing | Year 7 | Year 8 | Year 9 | Year 10 | | |
| Term 3 | 1 | 14/7 | DANCE AND FIRST AID | | | | GAMES UNIT 2 (Boys) Kicking Skills | |
| | 2 | 21/7 | | | | | | |
| | 3 | 28/7 | | | | | | |
| | 4 | 4/8 | | | | | | |
| | 5 | 11/8 | | | | | | |
| | 6 | 18/8 | | | | | | |
| | 7 | 25/8 | GAMES UNIT 3 (Girls) Throwing & Catching Skills | | | | | |
| | 8 | 1/9 | | | | | | |
| | 9 | 8/9 | | | | | | |
| | 10 | 15/9 | | | | | | |
| END OF TERM THREE | | | | | | | | |
| Unit No | Week No | Week Commencing | Year 7 | Year 8 | Year 9 | Year 10 | | |
| Term 4 | 1 | 6/10 | GAMES UNIT 2 (Girls) Kicking Skills | | | | GAMES UNIT 3 (Boys) Throwing & Catching Skills | |
| | 2 | 13/10 | | | | | | |
| | 3 | 20/10 | | | | | | |
| | 4 | 27/10 | | | | | | |
| | 5 | 3/11 | | | | | | |
| | 6 | 10/11 | | | | | | |
| | 7 | 17/11 | | | | | GAMES UNIT 1 (Girls & Boys) Hitting Skills | |
| | 8 | 24/11 | | | | | | |
| | 9 | 1/12 | | | | | | |
| | 10 | 8/12 | | | | | | |
| | 11 | 15/12 | | | | | | |

* Single Sex Classes * Ability Grouped at start of year – Remain with group for rest of Year / Roll and Reports

PD / Health / PE Program Outline
THEORY – 2014

| Week No. | Year 7 | Year 8 | Year 9 | Year 10 |
|---|---------------------------------------|-----------------------------------|--------------------------|---|
| 1 2 3 4 5 6 7 8 9 10 11 | Looking After Myself and Others | A Healthy Balance | Healthy Relationships | Healthy Food Habits |
| | | END OF TERM 1 | | |
| 1 2 3 4 5 6 7 8 9 | Growth and Development | The Trouble With Smoking | Risky Business | Respectful Relationships |
| | | END OF TERM 2 | | |
| 1 2 3 4 5 6 7 8 9 10 | Drugs Reality & Risk | Growing And Changing | Rethinking Drinking | Drug Use |
| | | END OF TERM 3 | | |
| 1 2 3 4 5 6 7 8 9 10 11 | Healthy Me | Food Power | Personal Safety | Risk, Choices and Staying Safe |
| | | END OF TERM 4 | | |



NEWCASTLE HIGH SCHOOL

Personal Development, Health & Physical Education

Dear Parent/Guardian

In our Personal Development, Health and Physical Education program we cover a number of topics each year. These topics cover a wide range of issues. The following are some of the topics that will be covered in Year 7, 8, 9 and 10 this year.

- Environmental Health
- Drugs – their use and abuse
- Safety
- First Aid
- Birth and the Reproductive Process
- Contraception
- Sexually Transmitted Diseases
- Divorce and Separation
- Child Sexual Assault
- Communication
- Lifestyle Diseases
- Women's Health Issues
- Pregnancy
- Family Relationships
- Peer Groups
- Consumerism

The topics involve teaching in such areas as self-esteem, inter-personal communications, assertiveness, feelings, values, decision making, gender stereotypes, sexuality and relationships.

If you have any enquiries about your child/ward being involved in lessons concerning these topics, please feel free to contact me at school.

Yours sincerely

Mr P Wagner

Head Teacher PD/H/PE

PD/H/PE – Theory Note

Please sign below and return to school with your child/ward.

I agree to my son/daughter/ward.....in class.....
being involved in the PD/H/PE Theory Program.

Parent/Guardian.....Date.....

Teacher's Name.....

REPRESENTATIVE SPORT

U/14 Cricket 2013

The first knockout team to play this year was the Boys' U/14 Cricket who were completing the Hunter Region Final (which was postponed from Term 4, 2013). The game was played at Maitland against Great Lakes College (Forster). We were 10/120 at the conclusion of time – 25 overs. Unfortunately, Forster were 7/120.

Our best batters were Greg Hayes (32) and Sam O'Sullivan (31). In the bowling, Wyatt Roberts (2/22), Greg Hayes (1/20) and Taine Barker (1/14).

U/14 Cricket 2014

In late February, the boys started this year's competition with a win against Lambton in their Round 2 match after a forfeit in Round 1. We hit 7/98 with James Mehan (24) and brother Callan (20). Our best bowlers were Cal Fowler (4/19) and Nathan Humphries (3/14). Lambton completed their innings 9/92. Well done boys and good luck in Round 3.

Open Cricket

Our Open Boys Cricket Team continued the U/14s' success with a score of 7/195 to defeat Lambton 9/185 in their Round 1 of the de Courcy Shield knockout competition. Jordy Toby hit a very solid 77 not out, With Kye Zanardi hitting 28. Jordan Rimmington was the best of the bowlers with 3/10 followed closely by Alex Hill with 3/11. A good win for the boys. It will be interesting to see if 'super coach Hewitt' can maintain his winning record. Especially with Mr Doherty achieving outstanding results with the U/14 team.

Netball

In the Round 1 Gala Day, which sees each of the Zone Schools play against each other, the Open Girls Team finished a commendable third. This allowed them to progress through to Round 2. The girls convincingly won their Round 2 match against Cardiff (26-7) but unfortunately were defeated by Hamilton in the Hunter Region Quarter Finals. See Miss Lister's report on page 12.

Surfing

Eighteen Students competed in this years Surfest – High Schools Team Challenge. There were more than seventy NSW high schools that competed. Mr Prior commented that unfortunately, due to the challenging and fickle conditions, our teams were unable to make it through to the next round.

Touch

Ms Harris took a group of very keen Year 8, 9 and 10 girls to Rounds 1 and 2 of the Knockout Gala Day. Unfortunately, the girls were unable to score a win in their five games. Ms Harris commented that the very young team showed outstanding promise for future years and displayed excellent sportsmanship all day. Special mention to Tomeeka McKillop Davies who scored our only try for the day.



Swimming

Congratulations to the thirty seven Newcastle High School students who represented our school at the City Zone Carnival on Wednesday, 19 February. We had a successful day, with three of our students qualifying to compete at the Hunter Region Championships at Maitland Pool on Tuesday, 4 March.



Rhys Ramplin Year 11
2nd – 17 yrs 100m Breaststroke
3rd – 17 yrs 100m Butterfly
3rd – 17 yrs 100m Freestyle
3rd – 17 yrs 200m Individual Medley



Patrick Johansen Year 7
3rd – 12yrs 100m Freestyle
3rd – 12yrs 50m Freestyle
4th – 12yrs 100m Breaststroke



Natalie Cox Year 8
4th – 14yrs 100m Butterfly

Congratulation to Rhys, Patrick and Natalie. Good luck to Rhys and Patrick who have qualified to compete at the NSW CHS Championships at Homebush on Monday, 7 and Tuesday, 8 April.

Hunter Region Trials

Students have been attending Hunter Region Trials to be selected to represent the Hunter Region in their chosen sports. Congratulations to the following students for their selection in these teams;



Tim Studdert
Cricket



Monique Collin
Diving



Tim Voigt
Baseball



Clarence Playford
U/15 AFL



Rhys Ramplin
Swimming



Patrick Johansen
Swimming

Mr P Wagner / Mrs N Blatchford
Inter-School Sports Organisers

Highs and Lows for Newcastle High Baker Shield Cricket teams

On Monday, 24 February 2014 the Newcastle High School's U/14's cricket side from 2013 played against Forster Great Lakes in the delayed 2013 Baker Shield completion Grand Final at Robins Oval Maitland. This was the second consecutive year that the two teams had met in the Grand Final of the Baker Shield with Newcastle victorious in 2012.

Newcastle won the toss and elected to bat. Struggling early in the innings, Newcastle were 2/19 before Greg Hayes and Sam O'Sullivan consolidated to get us to 3/72 when Sam was caught from a top edge. From then, Newcastle reached a total of 120. The best batting performances came from Greg Hayes with a patient 32 and Sam O'Sullivan 31.

The Newcastle boys showed great fight in the field and had Forster 2/18 early in their innings, however some class batting from Forster saw them inch towards a victory. Eventually Forster reached the 121 total with 6 wickets down. The best bowling from Wyatt Roberts with 2/22, Taine Barker 1/14 and Greg Hayes 1/20.

While the boys were defeated, they showed great spirit and have been fantastic ambassadors for Newcastle High School through the games that have played in this competition.



The next day, at Smith Park Broadmeadow, Newcastle High School's 2014 Baker Shield side started their campaign in a revised format that has seen the introduction of a T20 competition. After Callaghan Waratah Campus forfeited in Round 1, Newcastle faced Lambton High in Round 2.

Newcastle batted first and reached a strong total of 7/98. Good efforts from James and Callum Mehan (24) and (20). Captain Cal Fowler made a solid 15 before a luckless decision saw him depart. Clarence Playford batted with brute strength late in the innings to smash three boundaries.

Newcastle claimed a number of early wickets thanks to the express pace bowling of Nathan Humphreys (3/14) and accurate swing bowling of Zac Keats (1/15). Cal Fowler bowled Newcastle to victory with 4/19 and Lambton finished 9/92.

It was a narrow victory to Newcastle that saw some impressive debuts for boys who have not played for the school before. We look forward to the likely grudge match against Merewether High School in Round 3 to be played in early Term 4.

Mr Andrew Doherty

Netball 2014

The 2014 Newcastle High School Senior Girls' Netball team consists of girls from Years 9-11. They were girls who hadn't played together before, but from the first game you would have thought they had played together for years. Their positive nature and attitude was clearly evident as the team started the Gala Day at National Park on the Wednesday, 12 March, 2014 beating Callaghan College 26-14. The team played well during the day against Kotara, Merewether, Lambton and ended the day with a great win against the Hunter School of Performing Arts 26-7. Following these amazing performances from Newcastle High School the team qualified for the next round of competition.



Tyra Hayden, Maddison Adams, Sophie Anderson, Chelsea Hollings, Jaymee Wynne, Cassey Edwards, Ellie Anderson, Shumani Tuckwell, Molley-Ann Croak, Georgia Robson, Lara Hayden, Abbie Gray, Tahne Baker

The next competition for the netball girls was the rounds of 16 matches held at National Park Netball courts on Friday, 21 March. This was a knock-out game against Cardiff High School. The team played superbly. Their centre court game lead by Ellie Anderson was outstanding and the teams' shooters Abbie Gray and Tahne Baker were spot on the whole game. The team defence headed by Molley-Ann Croak, kept the other team very short of goals and on the back foot the whole game. With a great team performance Newcastle High School defeated Cardiff High School 26-7. This meant the girls would play in the quarter finals of the competition against Lambton High School.

Newcastle High School was a little slower to start the quarter final, but their pace and intensity increased as the game progressed. Lambton High's players may have been all in Year 12, but our girls held their own and defended and attacked the ball extremely well just going down to Lambton in the final quarter. The girls team work, sportsmanship and attitude through the whole tournament was a true credit to the school and their ability and skill was amazing. To finish in the top eight teams of the region is a great achievement.

Miss Lister

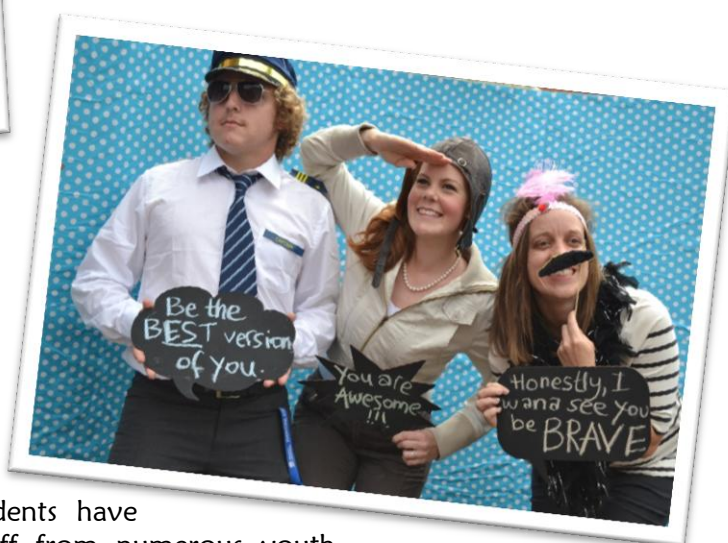
Student Support

On Friday, 21 March, our students participated in the National Day for Action Against Bullying and Violence. Our theme was "Speak Up". Our stealth arts students had created a photo booth and we provided dress-ups. Students were able to choose a message and some fun props and have their photo taken to show that they will speak up against bullying for themselves and for others.



We have lots of wonderful photos from the day PBL lessons

have also had a focus on responding to bullying. By the end of term, our senior students will have written postcards of advice which we will deliver to junior students at the beginning of Term 2.



Eighteen students from our middle years have participated in the six week Culture Jam program this term. Youth Workers, Tonkoh from NSS, the refugee and migrant centre and Dale from the MultiCultural Neighbourhood Centre, have come in to discuss meaningful topics like Responding to Racism, Safe Partying and Young People's rights. Our students have enjoyed the opportunity to meet several staff from numerous youth services. Belinda Wright our Aboriginal Education Officer and I have been participating alongside the students. It has been great hearing some insightful responses from our students.

Our Year 9 PCYC Step Up Challenge students have graduate at the end of term and we have a cohort from Year 10 who have begun the Bounce Back program. They will be receiving training at the PCYC for the rest of the Semester.

Seventeen students have signed up to volunteer at the Colour Run which will take place in May. It is so wonderful to see how willing our students are to lend a hand in our community!

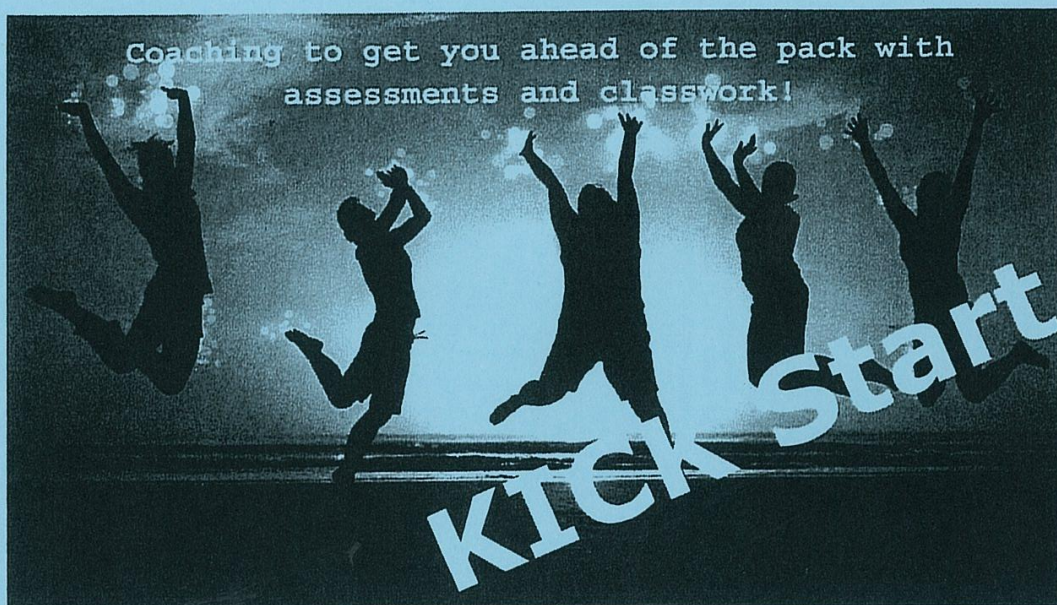
KICK Start Program

Every Friday during Periods 1 to 4 the KICK Start Program operates in the Tutor Room in the Library. The program is run by the two Learning and Support Teachers, Mrs Naomi Durie and Ms Shannon Sager and volunteer tutors from our wider school community. New volunteer tutors are welcome to contact the school!

Teachers and parents are encouraged to refer students they think would benefit from additional support with school work, assessment tasks, literacy and numeracy. Students can also self-refer to participate in the program. Students can participate in a one-off period, or ask to be regular attendees.

This new initiative has already supported over forty six students in our first three weeks of operation! We look forward to the program evolving and growing to further support the students at Newcastle High School.

Parents can print off the form on the next page or from the website (www.newcastle-h.schools.nsw.edu.au) and have their child return it to the LAST office in the Library.



KICK Start Application Form

Student name: _____ Year: _____

Friday to attend: _____ Period: _____

Referral by; ☐ student ☐ teacher ☐ parent

What do you need help with?

☐ Assignment ☐ Classwork ☐ Homework ☐ Reading ☐ Maths

Other:

YOU MUST HAVE THIS FORM SIGNED BY THE CLASS TEACHER WHOSE LESSON YOU WILL MISS!

TEACHER NAME: _____ TEACHER SIGNATURE: _____

Please complete this form and return it to the LAST office by Thursday Recess 2.

PRINCIPAL'S REPORT

As I sit and think about the great opportunities that are provided for students at this school I am in awe of just how busy the school has been. Last week alone we had the Bell Shakespeare company performing for English students, Year 12 Design and Technology students attended an excursion to Melbourne for three days, the boys' open football defeated Rutherford High School in the first round of the CHS knockout, gifted and talented students attended a workshop and this list continually grows.



Our students also give back to the community and I'd like to thank the students, staff and family members who contributed to the success of the out of uniform day on Friday, 21 March. The school raised in excess of \$650 to support juvenile diabetes. Several students at Newcastle High School suffer from this condition and it was great to be able to support a cause so close to our community. We also participated in the National Day of Action Against Bullying and Violence. It is sad to note that local media had arranged to come unfortunately they didn't arrive, however managed to get to other schools to promote them.

The Newcastle Special Religious Education Board has been unable to provide a scripture teacher for the last four weeks of term. This has resulted in the religion class being covered by minimal supervision. As of next term special religious education will only be offered to Year 7 students whose parents/carers indicated on the enrolment form that they are religious and are a member of the religions who are part of the Newcastle Special Religious Education Board. These classes will operate from Term Two on Tuesday mornings. If parents of these children wish to withdraw their children from these classes they need to write to either me or Ms Sager, Head Teacher Welfare.

Recently, the school was advised that forty two students from our 2013 Year 12 cohort had taken up university places. These former students are enrolled in a range of courses including Communication, Law, Physiotherapy, and I am pleased to see also teaching. For a comprehensive school like Newcastle High School, this is a great outcome for our Year 12 students. Many other students have enrolled in TAFE courses. I was really delighted to hear that Rhea Thrift, the Dux of the school in 2007 has been awarded a scholarship to Oxford University to complete a Master of Law degree. What an achievement from a local student who has been educated in her local schools from kindergarten! This is something the community can be very proud of.

It was very rewarding to see the large number of parents who took advantage of the parent/teacher afternoons held over the last two weeks. On Sunday 6th April our music students were to perform at Nobbys Lighthouse from 11am to 2pm. Unfortunately, due to inclement weather this event did not go ahead. Keep an eye on the website and our facebook page for an announcement of an alternative day. Do try to find some time to come in and support our musical students. Newcastle High School has a long history of discovering musical talent.



Thank you to the parents/carers who supported the Year 7 camp. From all reports, it was a great experience for the students. The staff returned from the camp exhausted but were inspired by the great behaviour and cooperation of the students. The Year 7 camp is part of our Newcastle High tradition so it is very encouraging to see it continue to be supported.



Congratulations to the newly elected P&C executive who were elected at last month's Annual General Meeting. The key P&C executive members are Melissa Milton, President, Susanne Cafe Secretary and Karla Karinen, Treasurer. All parents and carers are encouraged to attend P&C meetings and support the work of this vital group. The P&C's main fundraiser is the canteen and parent/carer volunteers are always welcome to assist in the canteen. Next term Michelle, our Canteen Manager, will be on leave for at least a month so any extra assistance, even if it is only for an hour would be much appreciated by Jenny and Eileen. Please contact the canteen if you can help.

It is hard to believe that the first term is almost over. As we commence Term 2, a new timetable will come into operation to address the changes that have occurred in our enrolments since the start of the year. There will be an additional class created in Year 8 and Year 10 which will result in some changes for students. The good news is that the classes will be smaller. We are lucky to be able to maintain most of the Year 12 classes on a full allocation of periods.

The last Friday of the holidays is Anzac Day and Newcastle High School students will be playing a key role in the Hamilton Dawn Service at Gregson Park. I would encourage all families to attend this service. Students and families can join the march from Gloria Jeans to the Gregson Park at 4.45am or meet at the park for the service commencing at approximately 5am. If Anzac Day is to continue to have the significance that it deserves, it is important that younger Australians take over the baton for this important day.

It is also with very mixed feelings that we farewell our Deputy Principal, Mr Tony Southward, who has been appointed to Merewether High School as Deputy Principal from Term 2. We have commenced the selection process for a new Deputy Principal and I am hoping this person may be appointed from Term 3. In the meantime, Mr Bromfield will relieve as Deputy and Mr Doherty will relieve as Science Head Teacher. We wish Mr Southward all the best and I am sure he will keep hearing good news from Newcastle High School.

Term 2 commences on Monday, 28 April with a School Development Day. Students **return on Tuesday 29 April.**

Mr Hewitt
Principal

THANK YOU



FOR YOUR
GENEROUS
DONATION
TO SCIENCE



MELBOURNE EXCURSION

WEDNESDAY 26TH MARCH - SATURDAY 29TH MARCH 2014

Our Stage 6 Food Technology and Design and Technology students recently had the opportunity to go to Melbourne to see, taste and experience the food and fashion capital of Australia. Although we only were there for three days we managed to visit and explore a lot of venues that helped the students gain a better understanding of various components of these courses.



Places we visited included:

- ✚ Hopetoun Tearoom - Built in the 19th Century, this tearoom combines old world charm with the heritage of excellent food in one of Melbourne's oldest landmarks, the Block Arcade. This tearoom is featured on many lifestyle programs as a place to visit in Melbourne. We had the pleasure of breakfast and meeting the owner Kelly, who made us feel very welcome.
- ✚ Queen Victoria Markets - The largest open air market in the Southern Hemisphere. The Queen Victoria Market has been the heart and soul of Melbourne for more than a century. A historic landmark spread over two city blocks, it's a vibrant and bustling inner-city market where you can shop for everything from the freshest Australian fruit and vegetables, and local and imported gourmet foods, to cosmetics, clothing and souvenirs. Some of the seafood was that fresh it was still alive in the window displays.
- ✚ The Immigration Museum - A display called "Faith, Fashion and Fusion" which is an exhibition exploring the Muslim identity. It illustrates the work of Muslim Australian women and how they have contributed to global fashion, whilst reflecting on their Muslim faith.
- ✚ Sisters of Soul Café, St Kilda - A café that promotes vegetarian cuisine as a healthy lifestyle. They design their own menu and not only did we have the pleasure of breakfast here, but the owner and, Head Chef spoke to the students about the health benefits of vegetarian foods, the most common ingredients used in cooking, along with prevention of waste in the food industry.
- ✚ Chapel Street South Yarra - The fashion hub of Melbourne.



- ✚ Tessuti Fabrics located in the “Paris” end of Flinders Lane.
- ✚ Chanel - Students were amazed at the high level of security in this shop but then they saw a watch priced at \$70,000 and realised why there was security.
- ✚ Lane-way cafes and various other food outlets, not available in Newcastle, such as Pie Face, Lord of the Fries and Koko Black just to name a few.
- ✚ Direct Factory Outlets at Southbank and Spencer Street.
- ✚ CBD of Melbourne where there was always entertainment and shops opened until 6pm along with Friday night late night shopping.



A two hour walking tour of Melbourne CBD, where tour guide Fiona of “Hidden Secrets Tours”, not only showed us but opened our eyes to both the food and fashion industry in Melbourne. There are just over 3,000 cafes, restaurants in the CBD area of Melbourne alone, many hidden in the alley ways. The main highlights of this tour were:

- ✚ the street art in the lane ways;
- ✚ the Adelphi Hotel which not only features a rooftop swimming pool which has a glass bottom extending out over the footpath, but its speciality is a dessert bar which has lighting in the shape of cherries, soft cushioned chairs as liquorice allsorts and other food features in its décor;
- ✚ the Switchboard Café which is the smallest café in Melbourne, operating out of a storage cupboard but reportedly serves the best coffee in Melbourne. Definitely one of Melbourne’s hidden gems;
- ✚ Pressed Juices which produce and sell juices containing five times more nutrients than juices bought elsewhere. They are slowly cold pressed and contain no additives and undergo no processing such as pasteurisation which destroys valuable nutrients. Averaging \$9 a bottle it is not cheap but was so refreshing and tasty;
- ✚ Fiona also showed us the restaurant that “My Kitchen Rules” Pete owns, as well as telling us about Manu’s new restaurant in South Yarra. She knows their agent and is happy to try to help us organise a visit to his restaurant next time;
- ✚ The flames at Southbank near the Casino which were built to scare away the evil spirits from the complex;
- ✚ The jewellery shop which uses food to design their jewellery items and shop fittings.

The students were fantastic and embraced not only a new culture, but broadened their experiences by trying different foods. It was an absolute pleasure for us to have taken such a great bunch of dedicated food and fashion students to Melbourne and we hope to be able to continue to do so in the future.

Mrs Ellis and Ms Queenan
FATTS



STUDENT REPORTS

MELBOURNE - FOOD AND TEXTILES

Year 11 and Year 12 students of Design and Technology and Food Technology recently went to Melbourne. On the first day we were lucky enough to get a booking into the Hopetoun Tearoom for breakfast. It was a cute vintage room filled with amazing cakes and pastries. We then visited the markets, and saw all of the fresh produce. We bought fresh dips and bread for lunch and had a little picnic. We then caught a tram to the Immigration Museum to see an exhibition called Fashion, Faith and Fusion. It showed women of Muslim culture and how they dress and incorporate Australian fashion. Afterwards we went out for dinner and then went for a walk along South Bank.

The second day started off with a tram ride to St Kilda, where we had an amazing breakfast in a vegetarian cafe called Sister of Soul. We then had the owner and one of the chefs give an interesting talk of what it's like working with vegetarian food. Afterwards we looked around the Main Street of St Kilda before we visited Chapel street. We then participated in a very interesting walking tour. On the tour we were shown around little lane ways and parts of Melbourne you wouldn't usually know about as a tourist. It was definitely interesting and worthwhile.

On our last day we all went to a cute, rustic lane way where we had a delicious breakfast. Afterwards we made our way to a small fabric shop called Tessuti fabrics. Here, there was a range of one of a kind fabrics. It was a very cute boutique style store. We then caught a tram (by this time we were pros) to the Direct Factory Outlets where we spent our remaining time shopping. It was an amazing experience and definitely made me love Melbourne even more. We got to learn about the different cultures, the way of living and eating in Melbourne as well as the fashion capitals trends and architecture. Thank you Mrs Ellis and Ms Queenan for taking us.

Aemelia McComb Year 12

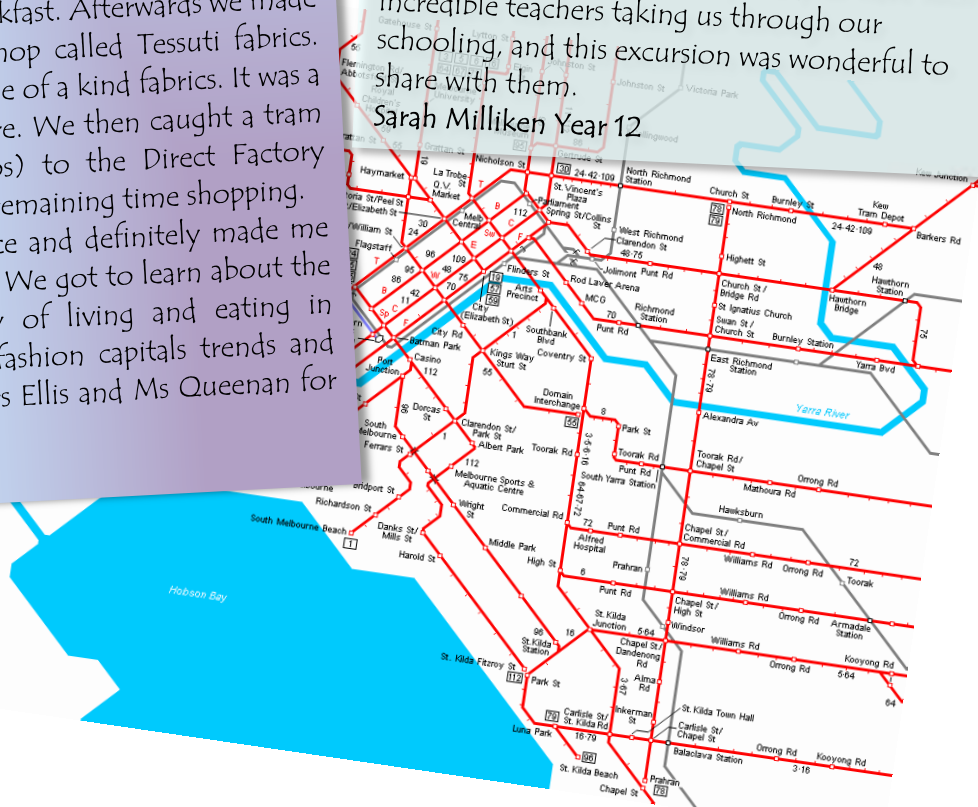
Thank you so much for allowing Mrs Ellis and Ms Queenan to take us to Melbourne. The whole trip was amazing and we had the opportunity to experience a city with a completely different lifestyle.

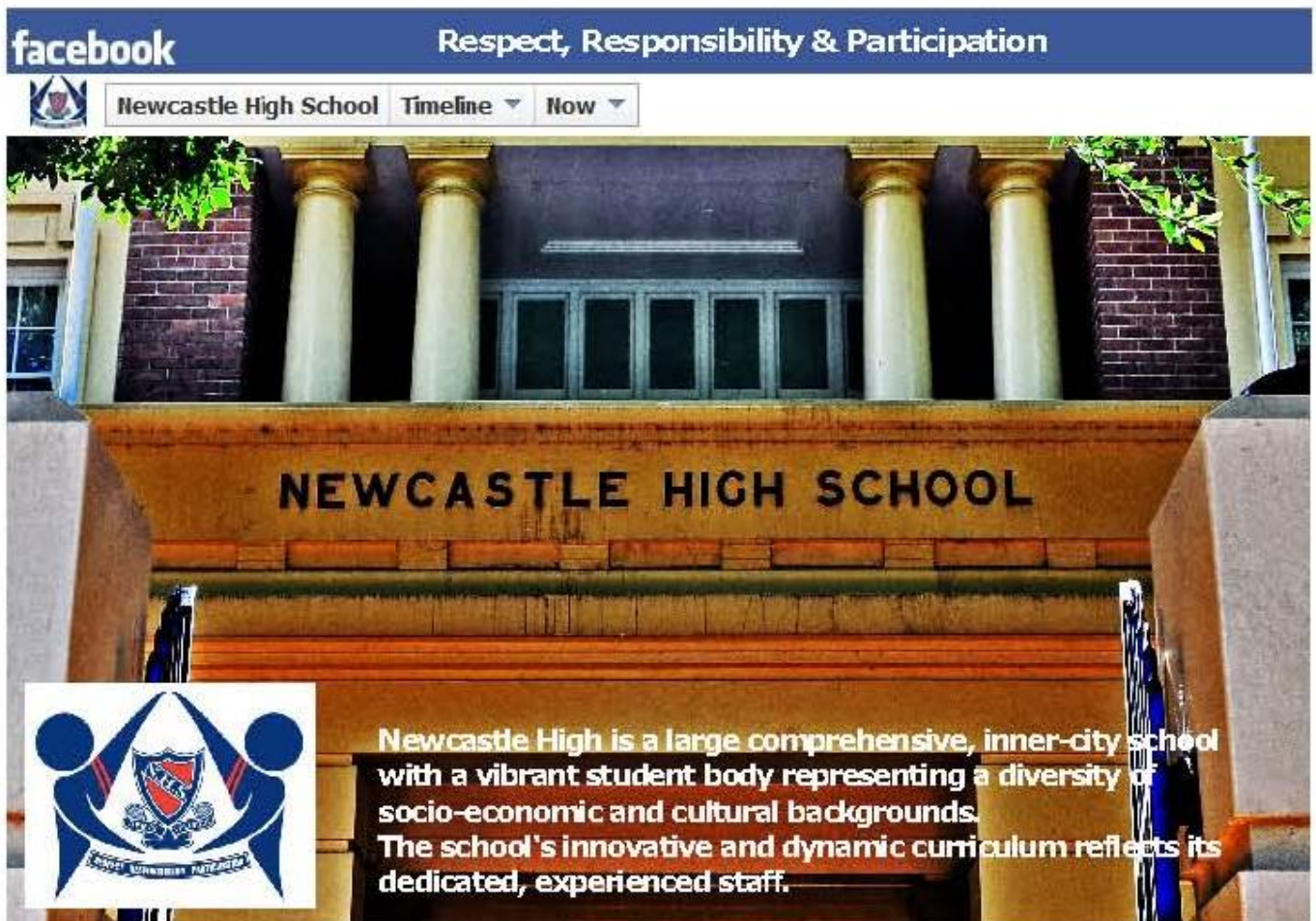
The culinary culture was incredible. The chance to explore the different cafes and lane ways was a fabulous experience that really highlighted the importance of food presentation and how to appeal to people.

From an educational point of view we had the opportunity to see various aspects of the food and fashion industries from a practical level which enhanced my understanding of aspects of the syllabus. Hopetoun Tea Rooms was fascinating, the combination of the food, the service and the surroundings was a wonderful experience. The food section of Queen Victoria Markets had an amazing array of fresh foods. There were foods that I had never even seen before! The cleanliness of the meat section was apparent and we were able to apply what we had learnt on judging the freshness and quality of foods.

Melbourne was just such an amazing experience. Thank you for allowing us to be able to participate. We are so very lucky to have such incredible teachers taking us through our schooling, and this excursion was wonderful to share with them.

Sarah Milliken Year 12





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National Assessment Program – Literacy and Numeracy 2014

LETTER TO PARENTS

In May 2014 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 13 - 15 May 2014.

| TUESDAY 13 MAY | WEDNESDAY 14 MAY | THURSDAY 15 MAY |
|--|------------------|--|
| Language Conventions (Spelling, Punctuation and Grammar) Writing | Reading | Numeracy (Number, Algebra, function and pattern; Chance and data; Measurement and Space) |

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

In 2014, as in previous years, the Writing task will be a single common task for all students. The 2014 Writing test will require students to respond to either a persuasive or narrative Writing prompt. However, the genre of the prompt will not be disclosed prior to the test period.

Wherever possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during testing week. Individual students are not permitted to sit tests after Friday 16 May 2014.

Students may be considered for exemption from the tests if:

- they are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- they have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustment or exemption from the tests must be discussed with the school Principal and a parent or carer consent form must be signed. Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with Ms Kadarusman (Head Teacher Administration of Students) if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html.



Resilience is being able to cope well with life changes and challenges. This can range from minor irritations and inconveniences that cause minimal stress to very stressful life events, such as a trauma or crisis. A person's ability to cope with a stressful situation depends on the personal skills they have, but can also depend on the situation – a person may be able to cope well in one situation, but not another. The good thing about resilience is that it's not a fixed characteristic in young people – they can learn the skills they need to cope with a range of stressful situations through parents, teachers, peers and other significant people in their lives. Parents can provide support at home and teachers can provide support at school. Further information on resilience development can be found at <http://www.kidshelp.com.au/teens/get-info/hot-topics/being-resilient.php>.

Helping young people to become more resilient and make positive life choices is the core goal underpinning the Healthy Schools, Healthy Futures program. The program utilises a 'whole school approach', which recognises the importance of young people having positive involvement in, and connections to, their school, home and community.

Newcastle High School has been working with Healthy Schools, Healthy Futures since 2011 to increase staff and student resilience and wellbeing. Our work has included looking at in-class resilience programs, presentations and workshops for students and staff, revising anti-bullying initiatives, establishing partnerships with community organisations and working to increase communication with families.

During Term 3 students in Year 9 and 10 will participate in an online survey to obtain information on how student resilience has increased and changed. Most parents or carers of Year 10 students have already provided consent for their child to participate in this survey. Families of Year 9 students, and newly enrolled Year 10 students, will be sent an information pack from the Healthy Schools, Healthy Futures Team during Term 2 that provides further information and a consent form.

The data collected will be used for planning strategies to be implemented within the classroom and whole school environment to further support resilience and well-being. The participation of students, staff and the wider community in this project is greatly appreciated and has been invaluable in ensuring ongoing positive outcomes for the students and staff at Newcastle High School.

HEALTHY SCHOOLS, HEALTHY FUTURES

R E S I L I E N C E - I N - S C H O O L S





2013 HSC Student Careers Destination Survey

Our Career Destination Survey was based on data from the University Admissions Centre, NSW and a phone survey conducted by the school.

University Offers

Newcastle High School 2013 HSC students have shown interest in a diverse range of courses from the allied medical courses like physiotherapy to combined courses in Engineering. Degrees covered: policing, law, business, social science, commerce, fine arts, food & nutrition, biotechnology, zoology, arts, occupational therapy, education, construction management, sports and exercise science, mathematics, communication and media. It's also interesting that some have chosen to study outside the Newcastle area. Forty percent of the Year 12 students were offered a place in a university course.



Training and Employment

Some students are undertaking Newstep courses at Newcastle University and similar enabling courses at other universities. Many have full-time or part-time employment, while some are looking for work or undertaking a gap or travel year. TAFE certificate and diploma courses were also popular in a range of fields such as business, retail, aged care nursing, screen and media, animal studies and massage therapy. Full time Apprenticeships and traineeships were prevalent in the survey while others have joined the armed forces.

From a careers perspective, we wish them all well in their future endeavours.

Zombie Movie Horror-Full Youth Week Event

This is a project was undertaken by Newcastle High School Year 11 students Rocky Sovechles, Joshua Richardson, Olivia Coffin, Jerissa McLachlan, Lydia Corcoran Eagleton, Josiah Sutherland and Melody Howe-Jackson and supported by Newcastle Library, Newcastle Youth Council & JobQuest. The event is an extension of the e-books careers mentoring program involving selected students in Years 10 & 11.

Horticulture Course – Equipment Donations

The course is now well underway and the students are enjoying learning new skills in landscaping and horticulture. Parents or members of the community who have materials or equipment (old is ok) they would like to donate such as shovels, spades, pavers, bricks, wheel barrows, railway sleepers mulch, concrete etc please let me know.

White Card Course – Term 1

Well done to those students in Years 10, 11 and 12 on gaining this qualification. There will be other opportunities to undertake the White Card during the year.

Year 12

UMAT: The Simulated UMAT Day workshop will be held at the Newcastle Regional Library on Friday, 11 July 2014. Application forms can be downloaded from the link below.

http://www.nie.edu.au/index.php?option=com_rsform&view=rsform&formId=10&Itemid=239

*Mr Chris Alexander
Careers Adviser*

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A SHOWCASE
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STUDENTS TO
CELEBRATE
YOUTH WEEK

2014

SUNDAY

6TH APRIL

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NOBBY'S

LIGHTHOUSE

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further information



MAITLAND CITY LIBRARY HOLIDAY FUN APRIL LEGOMANIA

LEGOmania hits Maitland City Library these April holidays. You've seen it on the big screen, now get into the library and get building with LEGO! Lots of exciting activities and challenges for kids from 4 -14 years. Booking and payment prior to events is essential and may be made online at www.maitland.nsw.gov.au/library/kids/holidayfun . Contact Maitland City Library for more information on 4933 6952.



Players needed for our following development squads for the 2014 Football Season

Under13 – 3 field players, **Under14** – 3 field players

Interested players can contact Michael Hurn (Director) on 49663462
Registration payment plans are available if required

LEARN ABOUT YOURSELF !

As Abraham Lincoln said “The best way to predict the future is to create it”

Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange. Help determine the future resilience, diversity and global awareness of your children and family.

Carefully selected students will arrive in July 2014 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.



The NEW 2014 | 2015 Newcastle Entertainment™ Membership will be released in early April. This year you now have a choice of; The traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers OR The new Entertainment™ Digital Membership that puts the value of the Entertainment™ Book into your iPhone or Android smartphone! Get your book ready for the school holidays. Still only \$60 and great value. Books will be available from the front office at school from Monday, 7 April in limited numbers with more available after the holidays. All profits support the 2014 Year 12 Formal.

\$25 UNLIMITED BOWLING & LASER TAG.*

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WEDNESDAY THE 16TH OF APRIL

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You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cynthia Culhane, your local Saver Plus Worker:
(02) 4927 8385 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Newcastle by The Smith Family. The program is funded by ANZ and the Australian Government.



The Newcastle Spinners and Weavers Guild presents an

OPEN DAY



Do you spin, weave, knit, crochet or felt?
Are you interested in learning to, or be able to meet with those who do?

Come and join us for the day and enjoy the company of those who are interested in these wonderful crafts.

The important details...

When? **9.30am Saturday 12th April 2014**
Where? **The Broadmeadow Sports Club
(previously Newcastle Tennis Club)
Corner of Curley and Lambton Roads
Broadmeadow.**

Gold Coin donation for entry.

All visitors welcome

Demonstrations, Displays and supplies for spinning, weaving, knitting, crocheting and more available.

More details will be available on our website
www.newcastlespinnersandweavers.org.au

Or email: info@newcastlespinnersandweavers.org.au
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Jan 23

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im Herbst



Depart Australia
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Depart Germany
Jan 23

Festival in Germany



WIN A SCHOLARSHIP
WORTH ...
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Download an application form from S.C.C.E. website or obtain from our brochure and submit with a 1500-2000 word essay by email or post to S.C.C.E.

Essay topic
Why I deserve/need a Scholarship and why I choose that particular country for my exchange.

Application deadline
April 14

Announcement
Winners will be notified on April 21.

Note: All scholarship applicants will automatically receive a \$500 discount if they choose to continue with their application for a 5 or 10-month program.

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Phone: 1800 500 501 Website: www.scce.com.au



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