

The Parkway



May, 2014

Parkway Edition No. 04

The next P&C Meeting will be held in the Staff House on Monday, 12 May 2014 at 5.30pm
Guest Speaker: Ms Rachel McNeilly, Head Teacher English
ALL WELCOME

NEWCASTLE HIGH SCHOOL CAPTAINS MEET ROYALTY

Newcastle High School Captains, Billy Breaden and Maddy Hallett, were invited to attend the official welcome reception for the Duke and Duchess of Cambridge on their recent visit to Sydney. As you can see the pair was extremely excited to meet the Royal couple.



Late last term, Maddy and I were called to Mr Hewitt's office and were both handed a piece of paper explaining that we were to receive an invitation to the Royal welcome reception and that we were chosen as two of the six captains to represent the public school system. We were the only Newcastle state run school to be invited and only one other state run school received two invitations. As you can imagine, we were both pretty excited but were told to keep it quiet until we received an official invitation. The next week and half felt like it went on forever until we finally received our invitations!



 Her Excellency Professor The Honourable Marie Bashir AC CVO
Governor of New South Wales and Sir Nicholas Shehadie AC OBE
and
The Honourable Barry O'Farrell MP
Premier of New South Wales and Mrs Rosemary O'Farrell
request the company of
MS MADDISON HALLETT
at a Welcome Reception
in the presence of
Their Royal Highnesses The Duke and Duchess of Cambridge
Concert Hall Northern Foyer, Sydney Opera House
Wednesday 16 April 2014, 2.00 pm for 2.30 pm to 4.30 pm
Please present this card on arrival
Please refer to the information sheet for further details

On Wednesday 16 April, Maddy and I travelled to Sydney and battled our way through the huge waiting crowds. Once in the Opera House we had our belongings cloaked and had to go through three security check points and a metal detector. Maddy and I were placed at separate tables where we mingled with other guests until the royal party arrived. After HRH the Duke of Cambridge gave a speech, He and HRH the Duchess of Cambridge circled the room speaking to as many guests as their small time frame allowed. Maddy was lucky enough to meet and converse with Will and I had the honour of meeting and shaking hands with both the Duke and Duchess. It was a huge honour for both Maddy and me to be chosen, not only to represent Newcastle High School but the public school system at such an important and prestigious event.

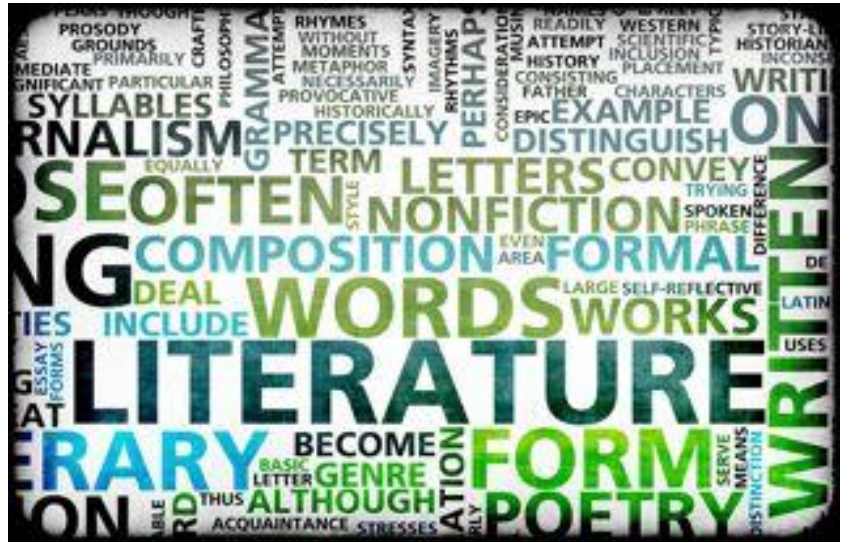
*Billy Breaden & Maddy Hallett
Newcastle School Captains*

ENGLISH

As the English Faculty head into Term Two, here's a snapshot of the term that was and the term to come!

AUSTRALIAN CURRICULUM

We are currently in full swing with the implementation of the new Australian Curriculum in Years 7 and 9, while trialling of new programs in Years 8 and 10 (to begin 2015) are well under way. With more emphasis on conceptual units and incorporating greater topical issues within our programs – such as the refugee experience, how ideas of justice can be represented, exploring notions of sustainability now and for our future, and looking at our connections with Asia through short films, picture books, novels and poems.



STAGE 4 YOUNG ACHIEVERS

7 Empire and 8N English classes have had an enthusiastic and dynamic start to their year. Both of these classes are participating in a range of enrichment learning projects designed to extend their learning. Each term these classes participate in an engaging alternate program within their English classes.

8N students embraced their Term One writing project with enthusiasm and have produced a diverse range of stories. Students were given a selection of scenarios as the basis of their stories and were required to develop their writing through revision and editing. Most of the work was done at home, with teacher feedback provided to guide their efforts. Students were also given class time to share their stories for peer-review. The stories show the imaginative capabilities of our students, with some creating off-world societies of struggle and repression, while others explored the emotional and physical challenges faced by shipwreck survivors. Students were encouraged to develop their creative skills by illustrating and publishing the narrative in booklet form.

This term, classes will be involved in Literature Circles and writing a “book-in-day” to be published electronically! If you would like further information on these activities, please contact your class teacher.

HERALD NEWCASTLE **NEWSPAPER COMPETITION**
This term, the English Faculty will

HERALD This term, the English Faculty will be recruiting new members to the Newcastle Permanent Herald School Newspaper Committee of 2014. The students will be given the opportunity to explore their journalistic talents as they investigate current events and issues important to our Hunter region. Each member of the committee will use this information to design and write their own professional news report on their selected topic. The entries will be combined on a unique page and published in the Newcastle Herald in November. The Newcastle High School entry will be judged against schools in the Hunter region to win prizes for the secondary schools' category and attend a special awards ceremony.

The English Faculty is very keen to examine the talent of our new students and add some more prizes to our current 2012 Commendation for best editorial cartoon. You can search for more news of the NHS committee entry in future newsletters.

YEAR 10 EXCURSION TO MAITLAND GAOL



In Term One, all Year 10 students undertake a Crime & Punishment unit of study. The program involves the theoretical reading and researching of several related texts on some of Australia's most notorious criminals and from a practical perspective, includes the ever popular excursion to Maitland Gaol.

Milan Lettau from 10E gave us his perspective on Year 10's gaol visit in our last *Parkway*. He was particularly impressed to hear tales of *"...guards almost getting their throats cut and prisoners smuggling tobacco."*

Listening to guards and former prisoners recount their extreme and, at times, traumatic experiences at Maitland Gaol has a far deeper impact on our students and really aids in developing a greater understanding of this topic. For instance, students are required to read and comprehend a text in class about Backpacker Serial Killer, Ivan Milat. During the prison tour, pupils hear some shocking anecdotes about Milat's brief time as an inmate and set foot inside the very cell he was housed.

Very few students leave this excursion not affected by these real-life experiences.



SHAKESPEARE – ACTORS AT WORK

In Term One, we were fortunate to be able to bring actors from the Bell Shakespeare Company to Newcastle High School. Four actors from their “Actors at Work” schools’

**BELL
SHAKESPEARE.**

program performed a shortened version of *Romeo and Juliet* titled “Such Sweet Sorrow”. Over one hundred students from Years 7 to 11 were able to view the performance.

With a minimal set and the actors each taking on several roles, the performance lasted for just under an hour. Contrary to what the students (and the teachers) may have thought when they first entered the Cultural Centre, these apparent limitations were no barrier to a very dynamic, creative and thoroughly enjoyable performance. Dividing the students into Montagues and Capulets, who then had to cheer for and encourage their respective families, set the tone from the beginning.

It was very apparent that all the students thoroughly enjoyed their experience.

YEAR 12 ENGLISH AS A SECOND LANGUAGE (ESL) EXCURSION

Most teenagers do not expect to find themselves in a prison camp but that is exactly what happened to one hundred thousand school children in Asia and South East Asia when the Japanese invaded their countries during WWII. John Misto’s play, *The Shoe-Horn Sonata*, is a story of love, courage, loyalty and forgiveness; a life-affirming memorial to the Australian Army Nurses and the women and children who have shared their history through two world wars and many other conflicts. The play is the prescribed text for study in Module A of the English as a Second Language (ESL) course being studied by seven students. These students travelled to Sydney on 14 March to watch a reading of the play to assist with their understanding of how the play represented a distinctly Australian view. Harold, Kevin, Shanwen, Jigyasha, Anna and Elizabeth gained valuable insight and experience from the excursion which will inevitably assist them as they prepare for the HSC.



YEAR 12

Year 12 is officially half-way through their English course, with Trial HSC Examinations less than two months away. Students should have organised a revision schedule by now. Resources to assist their study can be found on the Year 12 English Moodle and by practising past HSC English papers which can be found on the Board of Studies website. One of the **best** tips for productive revision is for students to submit practice plans and essays to their teachers for feedback. The Advanced English Study Day, in Week Six, will also be an invaluable revision forum for these students.



EXTENSION 2 ENGLISH

One of our more challenging courses for the HSC is Extension 2 English. We currently have two very dedicated and diligent senior candidates labouring away at their individual Major Work projects. Students can choose from any number of formats for their major work, including film and radio scripts, critical analyses and the short story.

Sarah Milliken is writing a suite of poetry exploring ideas around beginnings and endings, while Maïke Strichow is creating three short films exploring the complex nature of being in a violent relationship.

Any students interested in Extension 2 English should contact the English Faculty for more information. If you are in Year 9, then watch out for the Year 10 Extension English Elective offered next year!

MOODLE

A reminder to students and parents that the school's English Moodle page is an invaluable tool for accessing information, assessment tasks, worksheets and links to a range of current resources.

FOR GREAT DEALS AT THE SCHOOL CANTEEN



LIKE US ON
FACEBOOK!



Newcastle High Spartans

Anihilate Farrer Ag.

Newcastle HS First XV started their 2014 season in dynamic fashion with an emphatic 22 – 7 victory over NSW country powerhouse Farrer Agricultural College.

The Spartans travelled to Tamworth in Week 11 with some degree of trepidation. Our previous outing against Farrer Ag, last year's semi-final of the Buchan Shield in Sydney ended in complete humiliation 38 – 12.

Led by the total staunchness of front-rowers, Derrick Dinh, Cameron Manning, Finau Ta'afauo and Willie Elika, the 2014 Spartans would not be denied, crushing their highly favoured foes in front of a dumbfounded home crowd.



Members of the 2014 Spartans forward pack enjoying a victory lap of Tamworth High Street

NEWS FROM OUR STUDENT SUPPORT OFFICER

PCYC STEP UP CHALLENGE



Our PCYC Step Up Challenge Girls graduated at the end of Term Two and it was great to see these young women's families come to the presentation to meet the PCYC staff who have been working with and serving our girls. A few parents were even treated to coffee made by their own daughters, putting their freshly acquired barista skills to good use. Term 2 sees three new groups of students participating in different PCYC programs!

CULTURAL JAM

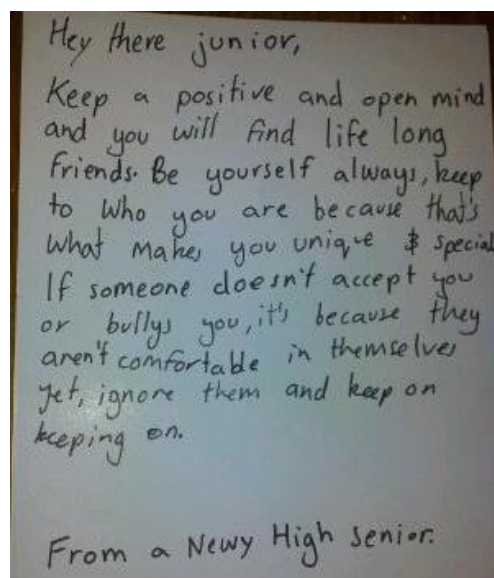


Our Culture Jam Multicultural group also wrapped up in Week 11. Our students got to meet and ask questions of numerous special guests over the six weeks, including workers from Headspace, Police, Refugee and Migrant Centre and the Council's Aboriginal Youth Worker. Sabrina D'Amico did a lovely job of thanking the workers Dale and Tonkoh who facilitated the group each week.

During PBL lessons last term, our senior students wrote postcards of advice and encouragement to our junior students. These have been delivered to our junior students during their mentor groups early this term. Our seniors had some wonderful recommendations for our juniors about how to do well at school, how to make good friends, how to be proud of uniqueness and how to find support.



I enjoyed the task of reading through all these nice postcards, and there is a wealth of great advice in them.



Mulching Day

Sunday May 18th
Meet at 9am at the Smith Street Entrance

WANTED: PEOPLE POWER!!!

Volunteers armed with wheelbarrows, spades and buckets needed for mulching day!

Cold drinks and morning tea will be supplied for all volunteers by the P&C. We look forward to seeing you here.

Come and join us for gardening every 3rd Sunday of the month during school terms

RESILIENCE AND ACADEMIC OUTCOMES



Studies have suggested that resilient individuals are able to achieve higher academic outcomes than those who may not seem as resilient. Resilience can be defined as the ability to bounce back from adversity or difficult times.

Students with improved resilience have reported significantly higher levels of motivation, achievement and social outcomes (www.scholarcentric.com). They also increase their ability to problem solve which can be applied to different subject areas at school. More importantly, improved problem solving techniques can also assist in their lives and activities outside school.

How can you assist your child to be more resilient?

- Communicate with them regularly
- Help them to realise that mistakes or disappointing results are opportunities for learning and for further enhancing and developing skills
- Assist them to problem solve, both with school work and in their personal lives
- Be empathetic
- Promote, encourage and reinforce their strengths
- Allocate responsibilities
- Encourage them to participate in programs running at their school or in the community

If you would like more information about building resilience please speak to your Head Teacher Welfare at school. Please see below for further reading and resources.

<http://www.himh.org.au/home/our-work/current-programs/response-ability>

<http://www.theage.com.au/national/principals-link-mental-health-to-academic-achievement-20080907-4bdi.html>

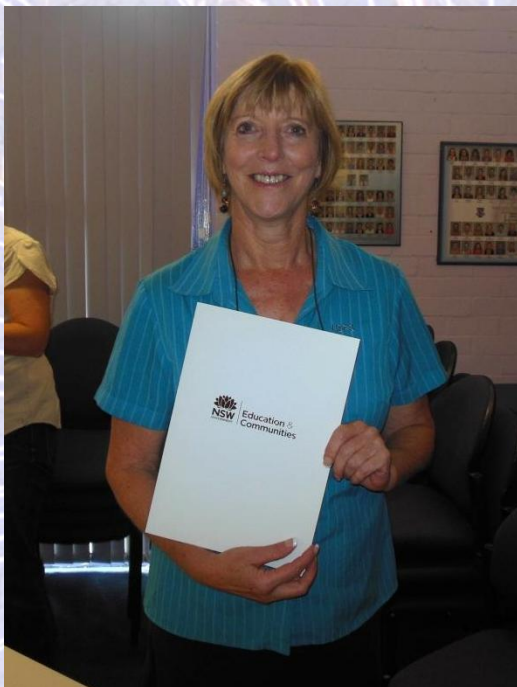
HEALTHY SCHOOLS, HEALTHY FUTURES
R E S I L I E N C E - I N - S C H O O L S



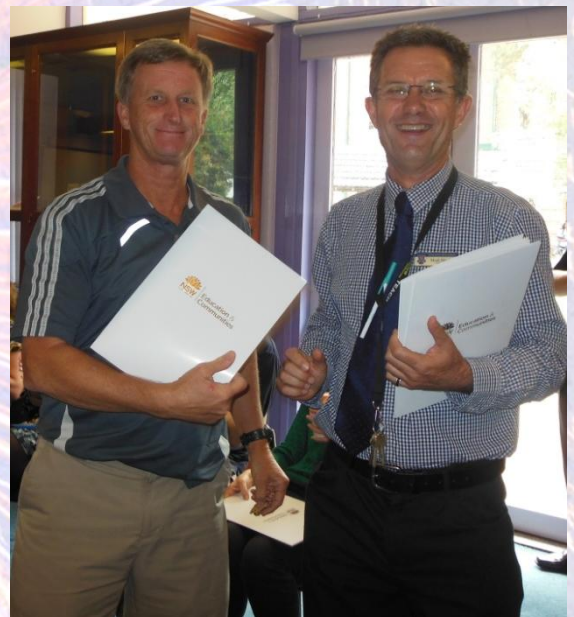
CONGRATULATIONS



**TERRY SHEETRUM
SCHOOL COUNSELLOR
50 YEARS SERVICE**



**BEVERLEY BUSH
SCHOOL ADMINISTRATION
20 YEARS SERVICE**



**PAUL WAGNER
HEAD TEACHER PDHPE
20 YEARS SERVICE**

PAMELA CURRY – SCHOOL ADMINISTRATION 20 YEARS SERVICE

PRINCIPAL'S REPORT

Welcome back to Term Two; after a long Term One, Term Two is only nine weeks long.

As featured on the cover of this edition of *The Parkway*, the highlight of the school holidays for our Captains was being selected to attend a state function to meet the Duke and Duchess of Cambridge. What an honour and opportunity for these two young leaders and such a positive reflection on us all as a school community.

On Anzac Day the prefects and members of the Student Representative Council represented the school at the Hamilton Dawn Service that was held in Gregson Park. I would like to congratulate the students and parents who were present. It is only the second year that the local schools have been involved in this event and already the presence of local public school is being appreciated by the community. Thanks to Ms Bronwyn Cooper who co-ordinated this event.

2014 VARIETY NSW AHA Bash

18th - 24th May

Map locations: Newcastle Sat 24 May, Newcastle Sun 18 May, Lunch On The Run, Jervis Bay Sun, Merimbula Mon, Moruya, Numeralla, Wagga Wagga Wed, Goulburn Tues, Murrumburrah, Rockley, Katoomba Fri, Parkes Thurs.

variety the children's charity

VARIETY BASH
YA GOTTA DO IT!

AHA NSW

DARACON Group
WesTrac **CAT**
Solihart **st.george** **B&B** **TOTAL SUPPLY** **NUCOAL** RESOURCES LTD

The 2014 Variety NSW Bash is presented by Variety the Children's Charity (VCC) to raise funds for children with mental health issues within our community.

The new timetable commenced this term. The timetable was necessary as additional staff members were appointed to the school and this meant that additional classes could be created for both Year 8 and 10. In recent years we have lost staff at the start of year and had to reduce classes so adding classes is a pleasant change. However, please accept my apologies that not all parents of students who moved classes were contacted before these changes took place. We will do better next time. I would like to formally welcome the following staff to the school Mr Nick Di Marino (Mathematics), Ms Jo Doherty (Mathematics), Mr Peter Melling (Science) and Mr John Millan (HSIE).

The Higher School Certificate Tutorial Program is operating again this term. Year 12 students have the opportunity to come to the Library Tuesday and Thursday afternoons from 3pm until 5pm and study. Staff members are running study sessions for specific subjects as well as general study support. Year 12 students can also access the Kick Start program on Monday and Wednesday afternoons during period 4. With this level of support there should be

no reason for students not to complete all required assessment tasks. Staff members are also scheduling workshops to operate during the next holiday period. The HSC trial commences on Monday, 16 June. The timetable for the HSC is now available online for students to download.

Since the start of the term a large number of students and teams have been involved in a number of sporting events. Students have been playing football, rugby union, and soccer to a name a few. Several students have also been selected to participate in CHS competitions. Well done to all these great sports people. A full report from our PDHPE Faculty will be available in the next edition of *The Parkway*.

On Friday, 16 May the school will be supporting the Variety Bash with an out of uniform day. The theme is "Make it Bright" so students are required to wear bright colourful clothes, but covered footwear and appropriate clothing is still a requirement.

OUT OF UNIFORM DAY

WEAR BRIGHT COLOURS

FRIDAY 16 MAY

**GOLD COIN DONATION TO SUPPORT THE CAMPBELL FAMILY
AND THE VARIETY BASH**

With the cold weather approaching the students have moved into their winter uniforms. The vast majority of students are wearing the correct uniform, but we have noticed an outbreak of hoodies. Hoodies are not part of the school uniform regardless of the colour. As some students use the hood to hide their identity and engage in antisocial or dangerous behaviour. At NHS we pride ourselves on knowing students as individuals and hoodies detract from this. Students tell me that plain winter tops can be purchased for as little as \$8 from the discount chain stores.

Thanks to parents who made the effort to attend the parent teacher afternoons. These interviews are a good way to share information. I am aware that there were some long lines with some staff. No system is perfect on these busy occasions. Everyone needs to be aware of others and limit conversations to five minutes so everyone gets a go. Appointments can always be made for longer discussions by contacting the school.

The merit selection process for the appointment of the new Deputy Principal to replace Mr Southward has commenced and our new DP should be appointed soon. I am unsure as what will be the starting date for the successful candidate.

Newcastle High School



Let us know your child is safe

PHONE: 02 4969 3177

FAX: 02 4961 2912

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

if your child is going to be absent from school



children are near Marketown. Should students continue to deliberately ignore reasonable instruction to be at school on time the DEC Welfare and Discipline policy will be applied.

Let's all work together to ensure that this term is very successful term for all students at NHS. NAPLAN is in Week Three for students in Year 7 and 9, the Athletics carnival on the 20th May. It is a busy term!

Mark Hewitt
Principal

Please be aware that school commences at 8.45am and students need to be present by this time. Roll call is at 8.45am and students who are not present need be marked absent. It is a responsibility of parents/carers to ensure students get to school on time. Unfortunately, a number of students are hanging around Marketown and Little Birdwood Park and deliberately arriving late to school. Behaviour like this reflects badly on the whole school community. When I speak with parents/carers most have no idea that their



CAREERS

This term is an exciting and challenging time. For students, this means there are many opportunities to learn more about career pathways through a range of excursions and events. Newcastle Lake Macquarie Careers & Training Expo Year 10 excursion takes place on 22 May 2014. Year 11 and 12 students are also encouraged to attend, but will need to find their own way to the NJC venue after school. Students looking for apprenticeships should be aware that between June and August the larger companies are advertising for recruits for 2015.

Students and parents can access career information and employment opportunities through: school assemblies, the weekly Careerlinks CTL newsletter, careers noticeboard (now also sent to Year 10, 11 & 12 student school email accounts), careers faculty section on the school website, quarterly NHS Careers News (sent to Years 9, 10, 11 & 12 parents through their preferred email account).

YEAR 12



NHS students being presented with Rotary International Job Ready certificates earlier this year.

Congratulations Jack Bartsch on successfully completing his Port Waratah Coal Services - Metals and Engineering scholarship. As part of the two year \$4,200 scholarship, students build a fully functional steel trailer. The trailer was donated at a presentation to the Ronald McDonald House charity by PWCS and the many industry sponsors.



RONALD MCDONALD HOUSE PROJECT

This project commenced two years ago in partnership with Jobquest. A large range of students has worked in groups of six each term on Thursday mornings to prepare morning tea for staff and residents at the house. Students achieve units of competency that contribute to the retail framework. The opportunity has provided students with an introduction to the operations of the house, needs of those experiencing life threatening illness or isolation from their home.



This has expanded into corporate sponsorship by Newcastle Rotary Club, for hospitality students to prepare and serve an evening meal once a term on the Ronald McDonald House premises and cater for corporate events at the house. The students and hospitality teachers Ms Hines and Ms Maddalenna have worked hard to make this program a great success. Congratulations to all involved!



YEAR 11

NEWCASTLE HIGH SCHOOL JOB READY PROGRAM

Year 11 students are invited to participate in a new and innovative careers mentoring program supported by Newcastle Rotary Club. The aim of this project is to use job finding scenarios and mock interviews to enhance student skills and experience, and connect students with career mentors.

Students respond to a mock job advertisement, research and gather information about the position and the company and “apply” for the job. Newcastle Rotary members interview students for the “job.” The Rotary mentors will provide students with feedback on the positive aspects of their interview and job application and will also be able to advise students on how they might improve as well. Students who are interested in being part of this exciting program should collect and return the form, available at the cottage.



YEAR 10

STAGE 5 TO STAGE 6 SUBJECT SELECTIONS

This is an important process that takes place during Term Two involving teachers across all subject areas and is extremely important for all Year 10 students whatever their career goals may be.

✚ **Presentation Assembly** to Year 10 students outlining important information about the selection process and the rules relating subject selections.

✚ **Newcastle Lake Macquarie Careers & Training Expo – 22 May 2014**

✚ **Career seminars** started in Week 3 for all Year 10 students that are designed to prepare them for Year 11/HSC subject selections. All Year 10 students will have participated in these seminars by the end of Week 8 this term. In groups students discuss their career inspirations and are given information about HSC guidelines, TAFE, University and ATARs, apprenticeships/ traineeships and other post school training and employment options. This allows students to ask questions related to their own career interest.

✚ **Senior Expo - Tuesday 17 June 2014 from 9.30am – 2pm**

This is a special day for Year 10 students who will be provided with course booklets and questionnaires designed to assist students with their decision making. Newcastle TAFE and University will present information to students along with the teachers and head teachers who are coordinating courses within the senior school.

✚ **Parent Information Evening**

This evening provides students with overview of HSC requirements in addition to discussing courses with year advisors, teachers, head teachers, careers advisor, TAFE and university representatives. Information stands will be set up in A Block. For further information on this event or the Senior Expo contact Mr Alexander or Ms Kadarusman, Head Teacher Administration (Students).

✚ **Student Interviews & First Webchoice Selection**

Year 10 students are interviewed to ensure that their subject choices are aligned to their choices and that their proposed subject choices comply with BOSTES requirements; Webchoice **due late July**.

✚ **Confirmation of Pattern of Study**

Student interviews organised to confirm choice of Preliminary HSC subjects from established lines. Written confirmation sent home.



Year 7 NAPLAN Organisation – 2014

NAPLAN is happening during Week 3 of Term 2, scheduled according to the timetable below.
NORMAL CLASSES ALL OTHER LESSONS

YEAR 7 Schedule			
Date	Tuesday 13 th May	Wednesday 14 th May	Thursday 15 th May
Mentor	normal mentor	normal mentor	normal mentor
Period 1	normal classes	normal classes	normal classes
Period 2	normal classes	normal classes	normal classes
Period 3	<i>NAPLAN Test Language Conventions</i>	<i>NAPLAN Test Reading</i>	<i>NAPLAN Test Numeracy, Calculator</i>
Period 4	<i>NAPLAN Test Writing</i>	normal classes	<i>NAPLAN Test Numeracy, Non-Calculator</i>

What to bring An eraser and a pencil sharpener to each test.
A calculator on Thursday.
A clear water bottle is also allowed.

Where to go Go to the HALL at the end of Lunchtime.

What to do

- Line up in roll call groups, outside the Hall at the end of lunch.
- Turn off any electronic equipment and place in your bag, NOT your pocket.
- Have your eraser, sharpener, calculator in your hand.
- Enter the room quietly, place your bag at the back of the room and sit in your designated seat.
- Do not talk once you are in the room.
- Follow the supervisor's instructions carefully.
- Try your best to answer the questions.
- Be respectful of the other students doing the test.
- Remain in your seat.
- If you finish with time to spare, just rest without talking.
- Raise your hand if you'd like a puzzle sheet once you've finished.
- No talking until you are dismissed from the hall.

Year 9 NAPLAN Organisation – 2014

NAPLAN is happening during Week 3 of Term 2, scheduled according to the timetable below.
NORMAL CLASSES ALL OTHER LESSONS

YEAR 9 Schedule			
Date	Tuesday 13 th May	Wednesday 14 th May	Thursday 15 th May
Mentor	Go to the Hall	Go to the Hall	Go to the Hall
Period 1	<i>NAPLAN Test Language Conventions</i>	<i>NAPLAN Test Reading</i>	<i>NAPLAN Test Numeracy, Calculator</i>
Period 2	<i>NAPLAN Test Writing</i>	normal classes	<i>NAPLAN Test Numeracy, Non-Calculator</i>
Period 3	normal classes	normal classes	normal classes
Period 4	normal classes	normal classes	normal classes

What to bring

An eraser and a pencil sharpener to each test.
A calculator on Thursday.
A clear water bottle is also allowed.

Where to go

DO NOT go to assembly during NAPLAN.
Go directly to the HALL.

What to do

- Line up in alphabetical order, in roll call groups, outside the Hall at 8:45am.
- Turn off any electronic equipment and place in your bag, NOT your pocket.
- Have your eraser, sharpener, calculator in your hand.
- Enter the room quietly, place your bag at the back of the room and sit in your designated seat.
- Do not talk once you are in the room.
- Follow the supervisor's instructions carefully.
- Try your best to answer the questions.
- Be respectful of the other students doing the test.
- Remain in your seat.
- If you finish with time to spare, just rest without talking.
- Raise your hand if you'd like a puzzle sheet once you've finished.
- No talking until you are dismissed from the hall.



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.



Fire & Rescue NSW is hosting its annual Open Day on Saturday, 17 May 2014 between 10:00am and 2:00pm.

You are invited to watch fire safety demonstrations, extrication techniques for road crashes (cutting up vehicles) hop aboard a fire truck, learn about becoming a fire fighter and get an information bag while chatting with fire fighters about fire safety and what they do.

Winter is just around the corner and it's the worst time of the year for house fires, so come along and learn as much as you can.

This is a fantastic opportunity for young people and their parents to meet their local fire fighters and learn as much as you can about home fire safety.

Don't leave fire safety to chance this winter – click on this link - [2014 Open Day Participating Stations](#) to find your local Fire Station and join us on Saturday 17 May 2014.



WORKSHOP

WITH CVETA & KASSIE

Learn how
to Nurture
Yourself

Stress Less with YOGA

A teenager girl's life is anything but stress free. From exam stress to social pressures there are so many issues that our everyday teenagers are faced with!

Stress Less with Yoga will teach you how you can calm the mind, relax the body and stay present so you can deal with the daily pressures that life tends to throw at you.

Cveta will take you through a fun yoga class to relieve stress and anxiety, while Kassie will provide you with necessary tools to deal with those unavoidable emotions and feelings that arise. You will gain more energy and practice mindfulness that you can use for life.

This is a series of workshops that would benefit so many of the girls in Newcastle.

Perfect for ages 14-18
Bookings essential!

For info on workshops for boys
contact info@yogaloft.com.au



Cveta
YOGA loft Creator



Kassie
Social Worker

WHEN

Saturdays

June 14th & Sept 20th

12.30-2.45pm

WHERE

Level 5, 50 Hunter Street

COST

\$35 for 1 Session

\$55 for 2 Sessions



YOGA
loft

Level 5, 50 Hunter Street Newcastle

Call 4927 1010 | Open 7 days a week | www.yogaloft.com.au



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- After training back up via email – you will not be left alone (conditions apply)
- Small number of students per class
- Professional training manuals with clear course content & course files - yours to keep
- Local venue
- Computers supplied using current employer requirements in Windows 7 operating system
- Tailored software training
- Participation Certificate on your adequate completion of course

For more information on course content and enrolment form please contact us

Email : training@ifieldbusinessservices.com

Web: www.ifieldbusinessservices.com.au

Phone: 02 4946 1205

Mobile: 0411 157 007 or 0425 369 471





Rotary Australia & New Zealand Student Exchange

Chairperson – Alison Tiananga (Terry)

31 Abermain Street

Pelaw Main NSW 2327

Tel : +61 2 49361700

Mobile +61 0407 531628

Email : alisontiananga@yahoo.com.au

20th April 2014

Dear Sir/Madam

ROTARY AUSTRALIA & NEW ZEALAND STUDENT EXCHANGE 2015 PROGRAM EXPRESSIONS OF INTEREST OPEN

The Rotary Australia & New Zealand Student Exchange program is currently looking for expressions of interest from students who will be in Year 8, 9 or 10 in 2015

This program offers Students a unique opportunity to experience the culture and lifestyle in New Zealand, for one school term. Your school will also gain the experience of having a New Zealand student attend for one school term. In 2015 the New Zealand students will be in Australia during Term 2 and the Australian students will be in New Zealand for Term 3

I am seeking your support and assistance to promote the program in the following ways.

1. Place the enclosed poster in a prominent place where current Year 7, 8 & 9 students will see it (is in the mail)
2. Place the following notice in your school's newsletter.

ROTARY AUSTRALIA & NEW ZEALAND STUDENT EXCHANGE 2015 PROGRAM EXPRESSIONS OF INTEREST OPEN

This program is designed for 14-16 year old students (In Year 8, 9 or 10 in 2015) to experience a true 'exchange' with a family in New Zealand. Local Students are matched with a New Zealand student and the New Zealand student will attend school in Australia during Term 2, 2015. Both students then return to New Zealand and attend school there for Term 3, 2015.

The students' family hosts the NZ student and includes them in their normal family life.

This is an exciting way to experience another culture with the support of Rotary.

More information and expression of interest forms can be found at www.ranzse.org

Expressions of interest close 30 June 2014

Thank you for your support of this valuable program.

Kind Regards

Alison Tiananga

Chairperson: District 9670– Australia & New Zealand Exchange

A FESTIVAL OF RIGHTS

**17TH OF MAY
THE CROATIAN CLUB**

**A CHARITY EVENT TO RAISE
AWARENESS OF REFUGEE RIGHTS**

**MAIDS
FOX CONTROL**

**MONROBOT/THE THEAVES
THE HEDONISTS/VELVET LANE
SHADYNASTY/PHOEBE J DIACOS
MILLI CASEY/ OPIE
WILL BREAK YOUR HEART
NESS-B TRAGG/NESTOR/ALA**

MORE ARTISTS TBA

**\$10 ENTRY – PROCEEDS TO BE DONATED TO CHARITY.
DOORS OPEN AT 1PM AND CLOSE AT MIDNIGHT.
ARTISTS SUBJECT TO CHANGE**





If you're having problems with your skin and would like to clear it up without the use of drugs, then you need to see Kaleidastyle. With over 25 years experience we are the premium skin clinic specialists.

Phone or text Jenny to book your consultation: 0402 553 501



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