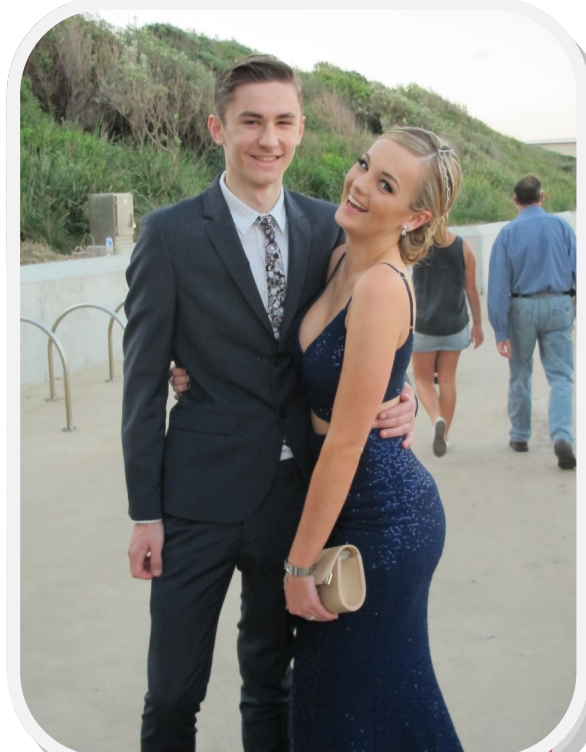
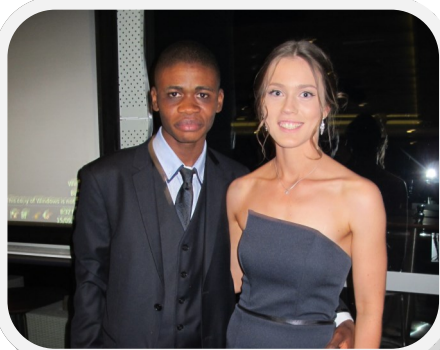
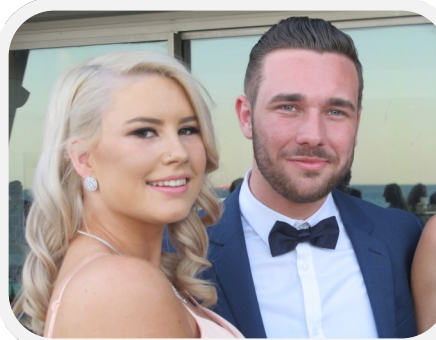
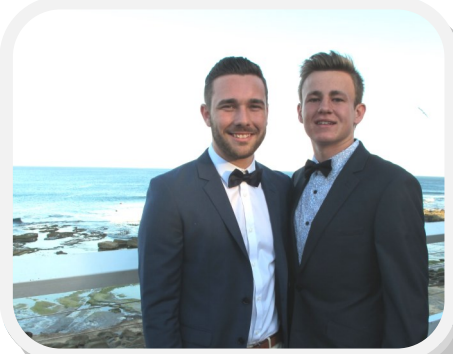


# The Parkway



October 2015  
Parkway Edition No. 08

## CONGRATULATIONS YEAR 12 AND GOOD LUCK IN YOUR HSC EXAMINATIONS!





# CAPA Faculty Report

It has been a big year for the CAPA Faculty! There have been many events and opportunities for students to experience, enjoy and participate in Creative and Performing Arts.

## PBL Concert

Mr Lewis and Mr Gill along with the help of the PBL Committee celebrated the talents and achievements of music students from Years 8, 10 and 12 with a POP UP concert. The PBL POP UP concerts happen once a term and allow students from every year to enjoy and view the musical styling of their peers. The most recent concert was a huge success and we all look forward to more of these events soon.

## Busking For Education Week

What better way to share your musical talent then to play for a public audience?! Students from Years 7-12 did just this during Education Week. Mr Gill and Mr Lewis took an enthusiastic group of students from Years 7-12 to play and busk at Charlestown Square. The students enjoyed this unique experience and look forward to participating in more of these types of activities.

## University Ties

A group of extremely talented Year 10 students along with Mr Lewis are working with students from the Arts Faculty at Newcastle University. The project is called BACPA. They have been working hard all term composing a music piece. Their performance will be coming soon, so stayed tuned.

## Year 12 Presentation

As always Music students from Year 12 performed and entertained at the presentation ceremony; these performances were by Nehemiah Kamanda, Georgia Wilson, Lewis Reid, Jerissa McLachlan and Redd Mitchell-Petrie. For the first time there was also a Drama performance by Jarrod Sansom. It is fantastic to have so many talented students in the Performing Arts at Newcastle High School. A big thankyou to Mr Gill and Mr Lewis who ran the sound for the event, Mrs Welsh who coordinated the lighting and Mr Davies for being the official photographer for the day.

## Showcase Night

We have so many talented Year 12 students in Drama and Music at NHS and what better way to celebrate them than with a Showcase Night? The night showcased the talents of our fantastic HSC students and allowed their friends and family to see their HSC performances. The night was run by Year 11 Music and Drama and compered by two extremely enthusiastic Year 11 boys. An enormous thankyou to Mrs Welsh, Mr Lewis and Mr Gill for organising the night and ensuring everything ran smoothly.

## A Trip to the Beach

We are extremely lucky to live in such a beautiful place like Newcastle and the students of NHS know it. Every year some lucky Art classes are taken on excursions to the beach so they can begin drawing landscapes of the beaches. Ms Carruthers's Year 8 Painting and Drawing class is pictured with their spectacular beach paintings.





# CAPA Faculty Report

## What's all the Drama?

Drama students from Years 8 -11 have been busy the last three terms creating performances and performing them to their peers. These range from Musical, Greek to Mask and Mime. We have also had Year 11 Drama students do some improvisation during PBL assemblies and have even had students from Years 10 and 9 help to mentor Years 5 and 6 students, showing them different Drama activities and helping them to understand what Drama is all about.

## Have You Heard?

Have you heard the fantastic news? NHS CAPA faculty has its very own Facebook page! The Facebook page is kept up to date with daily posts about the goings on in the NHS CAPA world. It allows for students to be reminded about important dates, such as the *Matilda the Musical* excursion happening in Week 3 and allows for friends and family to see what is happening in the classrooms. If you haven't checked it out yet, now is your chance!

## Let's get Arty

It is an exciting time at Newcastle High School for the Visual Arts! We are about to be the first school in the area to have an art gallery run by the students to professionally display their artworks. The old Creative Arts staffroom has had a brand new floor installed and been painted, ready to hang their work.

Teachers and students have been working hard to get the gallery ready for the launch at the end of year. Keep an eye on our *Newcastle High CAPA Faculty* Facebook page for more information about the launch event. It will be a showcase of student work, including live performances.

Finally, congratulations to Year 12 Visual Arts students for completing their Body of Work. They worked tirelessly to refine the works and should be very proud of their effort last term. We wish them all the best of luck in the HSC exams.

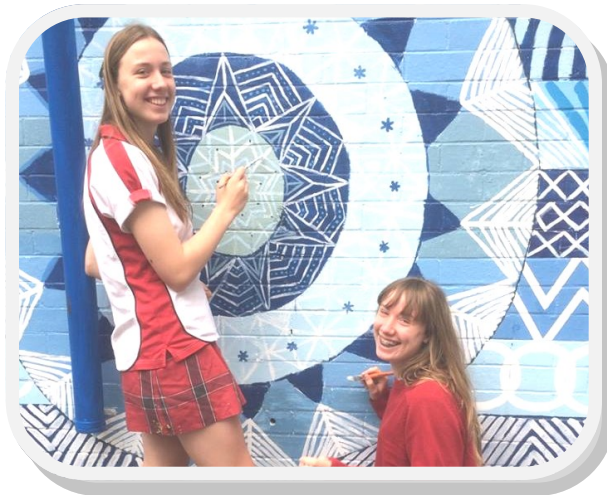
## Santorini Mural

Josie and Ella Pinkerton and Madison Rogers of Year 9 Visual Arts have brought a little bit of Greece to NHS. They have been working on a mural between Art Room 1 and the Technology hall for almost a year and their hard work is paying off. The mural was inspired by Melbourne artist Lucas Grogan and Josie's Commerce travel project on Santorini in Greece. The early stages of the mural were started with the help of Tara Simpson and Ms Benton's Visual Design class of 2014.

## Creative Kids

The Year 10 Creative Kids class, along with Ms Carruthers, has been working with Hamilton Primary school students as Visual Arts mentors allowing the young students an insight into the Art world. There has been great success and enjoyment for all who participated. The next endeavour for the Creative Kids class will be working with Mrs Steedman's junior IM class to create a mural near A Block this term! Keep an eye out for it!

**Michael Kondov**  
**(Relieving) Head Teacher CAPA**



# MAKE SOME NOISE

NEWCASTLE  
TOWN  
HALL  
NOV 17  
6.30 PM  
\$15

NEWCASTLE HIGH SCHOOL  
PRESENTS

A NIGHT OF DRAMA, DANCE AND MUSIC  
FEATURING PERFORMANCES BY OUR PARTNER PRIMARY SCHOOLS  
CARRINGTON:NEWCASTLE EAST:THE JUNCTION  
HAMILTON:HAMILTON SOUTH:STOCKTON  
TICKETS AVAILABLE FROM NEWCASTLE HIGH SCHOOL OFFICE  
LIMITED TICKETS ON THE DOOR  
-PROUDLY SUPPORTED BY THE FUCHS FOUNDATION-

## Futsal



During the school holidays, Year 7 student Hayley Moore attended the National School Futsal Championships in Brisbane as a member of the U13 Girls Northern NSW team. The team enjoyed a successful campaign by winning the National championships.

Hayley enjoyed further success when she was selected for the Australian Schools U13 team which will be touring Barcelona in May 2016. Hayley is already heading to Barcelona next month as a member of a club team.

Hayley gained the chance for selection to the NNSW state squad after representing Newcastle High School in the Regional Championships earlier in the year. She has trained hard and her success reflects her dedication to the game and to achieving her best in the sport.

Newcastle High School congratulates Hayley for her success as a part of the NNSW team and her selection in the National team. We also wish her the best for the upcoming club tour which should prove to be a wonderful experience. It will be great to see the development of Hayley's skills and knowledge of the game and the benefits it will bring to the school next year when the school once again competes in the Zone and Regional Championships.



# Exchange to Ube, Japan

Earlier this year we both were given the chance to compete in the annual Ube Sister Speech Competition, this is a competition to win the chance to visit Newcastle's sister city in Japan for a week. Students from various schools around Newcastle who study Japanese, entered into the competition, but only four students along with a teacher are selected to go.

Both of us really enjoyed the trip, which involved many opportunities that the average tourist would miss out on. We got to stay with Japanese families, and attend school with our host brothers and sisters. It was also organised for us to participate in many Japanese cultural activities, such as tea ceremony and traditional games. We got to explore the city as well as Japanese culture, and the immersion has really improved our Japanese!

The trip was one of the best experiences that we've had through the school. Every day meant more amazing experiences and memories made. We would love many more students to experience the same incredible chance that we've been able to have. We want more kids to study Japanese, so that they can go on the same trip, and continue the wonderful relationship that Newcastle has with Ube.

ありがとう ございます!

*Maija Spencer Karinen and Lucy Neilson-Spitzer*







# Student Support



October is Mental Health Month and Newcastle High has numerous activities during the month to spread awareness of Mental Health Issues, where to find help and promote strategies for wellbeing. On October 8<sup>th</sup> we held a parent evening called “*Navigating Teenage Depression*” with a volunteer from The Black Dog Institute speaking from a parent’s perspective and a Headspace clinician speaking about how to seek professional help.

During October, for our student body we will have a Headspace representative visit to our school assembly, a Smiling Mind mindfulness activity for all students during our PBL lesson, giant colouring in and yoga.

As a school we look to support students and families where mental health presents some challenges. If you would like to speak with someone at our school regarding mental health concerns, please contact our acting Head Teacher Welfare Quinn Robertson and she can direct you to the appropriate staff member. We have a whole welfare team dedicated to building resilience in our students and value your partnership to help us do this well.

During Term 4 we have some great programs starting Week 2.

**Shine** is running for 12 of our Year 7 girls – aiming to build their worth, strength and purpose.

**Drum Team** – will be run by the Samaritans for 10 of our Year 7 boys, learning skills on the djembe drums, communication and teamwork skills.

**RACR** (Relationships and Conflict Resolution) – will be run by the Samaritans for 10 of our Year 9 girls.

Our SSO Amy King will be coordinating these groups and running a few extra groups herself, so look forward to some news on these fronts in the next *Parkway*.

## Sail the Seven Seas with Room 3

Friday the 28<sup>th</sup> September saw 12 students and two staff members from the Support Unit arriving at the Newcastle Yacht Club for an afternoon of sailing with Sailors with DisAbilities. We met our trusty crew and boarded the yacht “*Kayle*”. *Kayle* has many records and has completed the Sydney to Hobart yacht race. Once on board and underway, the crew who are mostly volunteers, started teaching the students how to operate the yacht. Before long the crew were sitting back and the students were sailing us out into the ocean.

Thanks to the Royal Australian Air Force for our flyby from two FA/18 Hornets at Stockton, this made our already amazing afternoon perfect. The crew were amazed at how well our students worked together and how quickly they picked up the skills to sail the yacht. There were smiles from ear to ear the entire time and it was great to see all students have a wonderful time. I couldn’t be prouder of their efforts.

A massive thank you must go to the volunteers and crew from Sailors with DisAbilities, who were brilliant with our students and give up their time to help others.

**Rebecca Steedman**  
**Special Education Teacher**





# CANTEEN PRICES - TERM 4 2015

V = VEGETARIAN			O = NEEDS TO BE ORDERED		
<b>SANDWICHES &amp; ROLLS</b>			<b>HOT FOOD</b>		
Salad	V	4.50	Chicken Wedges	O	2.50
Ham Salad		5.00	Garlic Bread	V	2.50
Corn Beef Salad		5.00	Cheese & Bacon Roll		2.50
Chicken Salad		5.00	Pizza Slabs	O	2.50
Salmon Salad		5.00	Chicken Fillet Burger	O	4.00
Ham		2.50	Sweet Chilli Burger	O	4.00
Corn Beef		2.50	Chicken Schnitzel Burger	O	5.50
Chicken		3.50	Char Grilled Chicken Burger	O	4.00
Salmon		3.00	Veggie Burger	O/V	4.00
Cheese	V	2.20	Cheese Burger	O	3.50
Cheese & Tomato	V	2.50	Homemade Hamburgers	O	4.50
Cheese & Ham		3.00	Home Made Pasta	V	3.50
Egg		3.00	Meatball Sub	O	5.00
Egg & Lettuce		3.50	Chicken Tortilla	O	5.50
Corn Beef & Pickle		2.60	Chicken Wrap	O	4.00
Chicken Lettuce & Mayo		4.00	Butter Chicken	O	5.50
Vegemite	V	1.50	Lean Meat Pies		2.50
Buttered Roll/Sandwich	V	1.00	Sausage Roll		2.00
			Veggie Roll	V	3.00
<b>LAVASHES</b>			Rounders		2.50
Salad	V	3.50	Spinach & Fetta Roll	V	3.00
Chicken Lettuce & Mayo		3.50	Flavoured Pies		3.00
Chicken Salad		4.50			
Ham Salad		4.50	SUSHI Varieties	V	3.50
<b>SALAD TUBS</b>			<b>DRINKS</b>		
Small Tossed	O/V	4.50	Hot Milo		1.00
Large	V/O	5.50	600ml Water		2.00
Chicken	O	6.00	1 Lt Water		2.50
Ham	O	6.00	Flavoured Water		1.50
Salmon	O	6.00	300ml Plain Milk		2.00
Caesar Salad	O/V	4.50	600ml Plain Milk		2.50
Chicken Caesar Salad	O/V	6.00	300ml Flavoured Milk		2.30
Fresh Fruit	V	4.50	600ml Flavoured Milk		3.50
Pasta Salad	O/V	4.00	Poppers		1.50
Chicken Pasta Salad	O	5.00	Up and Go		2.00
			375 ml Juices		2.00
<b>ICE BLOCKS</b>			<b>EXTRAS</b>		
Ice Cream Cup		1.00	Fruit Yoghurt		2.50
Billabong		1.50	Yoghurt		2.50
Paddle Pop		1.50	Small Chip		1.00
Frozen Yoghurt		2.50	Large Chips		2.00
Zoopa Doopa		0.50	Mousse		2.50
			Various Cakes/Cookies		2.00
			Fruit		0.60
Green = Healthy      Amber= Occasional foods					

# Term 4 Important Dates

Week	Date	Event
Week 2	12 October 2015	HSC Examinations commence
Week 3	21 October 2015	Year 7 Vaccinations
	21 October 2015	<i>Matilda the Musical</i>
	23 October 2015	Year 5 Gala Day
Week 4	28 October 2015	Primary School Enrichment Program
Week 5	4 November 2015	HSC Examinations conclude
	6 November 2015	Year 5 Taster Lessons
Week 6	9 November 2015 - 13 November 2015	Year 8 Science online examinations
	9 November 2015	P&C Meeting
	12 November 2015	Year 11 Merit Assembly
	13 November 2015	Year 5 Taster Lessons
Week 7	18 November 2015	Morning Tea for ATSI students and families
Week 8		
Week 9	2 December 2015	Primary School Enrichment Program
	3 December 2015	Year 7 2016 Orientation Day
Week 10	8 December 2015	Presentation Evening
	10 December 2015	Year 9 & 10 Merit Assembly
	11 December 2015	Year 7 & 8 Merit Assembly
Week 11	16 December 2015	Last day of school for students



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**NEWCASTLE HIGH SCHOOL**

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