

# The Parkway



February 2015

Parkway Edition No. 01

## PRINCIPAL'S REPORT

Welcome to 2015, another exciting year at Newcastle High School. On behalf of Mr Hewitt and the whole school I would like to welcome our new students and their families to our learning community.

The year started extremely well on Tuesday, 27 January as staff had a day of planning and professional learning. Students from Years 7, 11 and 12 arrived on Wednesday, 28 January and it was great to see our Year 7 cohort settling in nicely as they begin their high school journey. Our Year 11 students commenced their preliminary Higher School Certificate (HSC) studies whilst Year 12 continued on with their HSC courses, quite excited knowing they only have three terms of classes left before they complete their schooling.

On Thursday, 29 January Years 8, 9 and 10 joined everyone to make the learning community complete. It was fantastic to see students and staff catching up with each other and setting goals for the year ahead.

2015 has begun with a few changes including new bell times. This decision was made after feedback from students, staff and parents, ensuring we maximise student learning early in the day. Everyday class will begin at 8:45am which means it is extremely important for all students to be at school ready to learn at that time. The new bell times and further information can be found in this edition of *The Parkway*.

Along with the new day structure, we have a few staff changes. Mr Mark Hewitt will be taking long service leave in Term 1 and we wish him all the best and safe travels. I am very excited about the opportunity to lead such a great school for the first term in Mr Hewitt's absence. Mr Sean Bromfield will join Ms Kathryn Outram to make up the Senior Executive team for Term 1. Ms Outram will have the responsibility of Years 7, 9 and 11 while Mr Bromfield will be looking after Years 8, 10 and 12. Ms Quinn Robertson will replace Mrs Shannon Sager as the Head Teacher Welfare for the school year. Mrs Sager is due to give birth later in the year and on behalf of the school community I wish her all the best.

## P&C NEWS

The next **P&C meeting** will be held on **Monday, 9 February at 5:30pm** in the Staff House. All parents are welcome to attend. The next **Newcastle High School Gardening Day** will be held on **Sunday, 15 February from 9am**. Please meet at the Smith Street Car Park. All welcome!

We welcome Ms Jody Robinson to Newcastle High School as the Head Teacher Creative and Performing Arts (CAPA). Jody brings a wealth of knowledge and experience to the role and we are extremely lucky to have her. A big thank you to Ms Brittany Benton for the amazing work she has done whilst acting in this role.

We also welcome back staff including Mr Peter See in PDHPE, Mr Peter Hinten in Science, Mrs Kristen Hepple in CAPA and Mrs Leonie Wasson in Languages (LOTE).

The start of the year is a great opportunity for students to start setting goals for the year and consider the opportunities available at Newcastle High School; school is a great place to experience new things! Why not try out for a sporting team, learn an instrument or practise your public speaking? These are just a few of the many opportunities available at NHS.

Big congratulations to our 2014 Year 12 cohort. There were some outstanding results and it has been very pleasing to hear students have reached the goals they set for themselves at the start of last year. For a more detailed overview of these achievements please refer to the article further on in this edition of *The Parkway*.

Over the holidays Irini Kassas, one of our current Year 12 students, was recognised for her amazing attitude and work in the community. Irini was a recipient of the Newcastle Young Person of the Year Award as part of Australia Day celebrations. Irini is always striving to do her best and constantly looking for ways to help others. A very well deserved award, congratulations Irini!

I look forward to leading the school throughout this term and wish everyone a successful 2015.

**Nathan Towney**  
*Relieving Principal*



Irini Kassas being presented with her award by the Lord Mayor and ex-NHS student Nuatali Nelmes



## WELCOME FROM MS OUTRAM

It is exciting to see the number of parents, including families who do not live near us, who want their children to attend Newcastle High School. As I write this, I am still interviewing families for entry to Years 7, 9 and 11. It proves what a great name our school has out there in the wider community.



Our Year 7 students have had a fantastic start to their high school lives, which began with a thorough induction program at the end of last year. Teachers are guiding Year 7's to their classrooms each lesson during the first two weeks to ease their transition and familiarise students with the layout of our school. Most Year 7 students are choosing to spend their break times in the area known as 'The Hill', but I suspect they will soon venture into other areas and start playing soccer and handball.

Year 9 have started their Stage 5 studies, a two year program that ultimately leads to the attaining of the ROSA (Record of School Achievement), providing that they complete enough of their assessment tasks and hand them in on time! The highly anticipated Year 9 excursion to Jindabyne will take place later this year, which students in previous years have thoroughly enjoyed.

Year 11 students are all acutely aware that they have begun another phase of their education and have hit the ground running. They are aware of the expectations the community places on them and I am sure they will try to live up to this, with regular attendance in all classes, applying themselves diligently to their learning and submitting their best quality work at the appropriate time. Remember, it is never too early to start studying: assessment tasks will soon start to stack up and it won't stop for eighteen months.

We've had a fantastic start to what is shaping up to be a great year for our community of learners.

*Ms K Outram*  
*Deputy Principal - Years 7, 9 & 11*





## WELCOME FROM MR BROMFIELD

2015 has started well at Newcastle High School. Year 8 students have all begun their new semester electives and are enjoying the breadth of subjects on offer. We have had many new students begin in Year 8 and it is good to see so many familiar (but often taller!) individuals returning for the new term.

Year 10 students are looking fantastic in their senior uniforms and have begun to show the leadership skills expected by providing support for younger students and our Year 7 cohort.

Year 12 has made a positive start to this term; parents are reminded that meetings arranged by Mr Towney at the end of last year will soon be underway. Any parent who wishes to be involved in a progress meeting who has not already done so should contact the school.

In Week 5, Year 12 are having a Welfare and Study Skills day, with the organisation being undertaken by the Year 12 Advisors, Mr Crichton and Mr Guinane. These opportunities are designed to help all students to improve their study habits and to build resilience when faced with examinations, assessments and major projects. I would encourage all Year 12 students to participate fully.

Later in the term, Year 12 will be encouraged to attend our staff study and mentoring sessions held in the Library on Tuesday and Thursday afternoons. During the last two years, many students have used these afternoons to receive assistance, have quiet study time and to build their confidence in the lead up to the HSC.

*Sean Bromfield*  
*Deputy Principal (Relieving) – Years 8, 10 & 12*

## STAFF NEWS

**Mrs Sager – temporary change of staff (Welfare):** Mrs Sager has taken leave for 2015 as she is having a baby later this year. We wish her all the best at this exciting time. Her enthusiasm and dedication will be missed by staff and students. Taking on the relieving role of HT Welfare is Ms Quinn Robertson. If you have any concerns about your child's welfare or need support in any way, please do not hesitate to contact the school and make an appointment to see her.

**Chris Jones - School Chaplain:** Chris Jones' days have changed for 2015. She will now be in school from 8:30am – 2:30pm each Tuesday and Friday. Students wishing to see Chris can make a note in the appointment book, located in her pigeon hole in the Student Office (administration staff can provide assistance).



Miss Quinn Robertson  
Rel HT Welfare

## STUDENT TRANSPORT

Passes have arrived at school and are available for collection by students at the Library during the lunch break as follows:

Monday 9 February	Year 7 students
Tuesday 10 February	Year 8 students
Wednesday 11 February	Year 9 students
Thursday 12 February	Year 10 students

Year 11 & 12 students can collect their passes from the Library during their free periods or during recess/lunch.

Students travelling on STA and Hunter Valley buses, Port Stephens and Rover coaches will be entitled to free travel between home and school until **20 February 2015**. Students using the Busways service will travel free until **6 February 2015**.

**Any student without a valid pass after the free travel period will be required to pay full fare for each trip.**



**Haven't applied yet?** Applications are available from administration. Completed applications should be submitted to the school ASAP to ensure they are processed before the end of the free travel periods. Please contact the school's administration if you have further queries regarding the School Student Transport Scheme or check the Transport NSW website.

## 2015 BELL TIMES

In consultation with staff, students and parents/carers we have decided to adjust the structure of the school day.

MONDAY, WEDNESDAY & FRIDAY	TIMES
PERIOD 1	8:45am - 10:05am
RECESS 1	10:05am - 10:25am
PERIOD 2	10:25am - 11:40am
LUNCH 1	11:40am - 12:00pm
LUNCH 2	12:00pm - 12:20pm
PERIOD 3	12:20pm - 1:35pm
RECESS 2	1:35pm - 1:45pm
PERIOD 4	1:45pm - 3:00pm

TUESDAY & THURSDAY	TIMES
PERIOD 1	8:45am - 9:55am
Assembly – Outdoor PBL – Indoor (Thurs 1)	9:55am - 10:20am
RECESS 1	10:20am - 10:40am
PERIOD 2	10:40am - 11:50am
LUNCH 1	11:50am - 12:10pm
LUNCH 2	12:10pm - 12:30pm
PERIOD 3	12:30pm - 1:40pm
RECESS 2	1:40pm - 1:50pm
PERIOD 4	1:50pm - 3:00pm

**Lessons will commence at 8:45am each day.**

Students need to be at school before 8:45am, ready for Period 1.

Students who arrive late must sign in at the Student Office. Late arrivals are recorded as partial attendance and will require written explanation.

Whole school assemblies will occur each Tuesday at the end of Period 1. Positive Behaviour for Learning (PBL) will continue to be a focus for Newcastle High School and students will attend a PBL lesson/assembly each Thursday at the end of Period 1.

This change will maximise learning time for students.

We appreciate the support of parents/carers in ensuring students arrive at school in time to attend the first lesson.



# ATTENDANCE

## ***Regular attendance at school is essential for successful student learning***

Students are required to attend school every day of the school year, unless there are circumstances which make this impossible. These circumstances include sickness, accident or family crisis.

Where possible, family holidays should be planned during school vacation time and appointments should be made outside of school hours. Family holidays are no longer an eligible reason for exemption from attendance.

An attendance rate of 85% or above is expected. Families will be notified if their child's attendance falls below this level. If a child's attendance is of serious concern, the DEC's Home School Liaison Officer may become involved.

### ***Students must be at school in time for the start of Period 1 at 8:45am***

#### ***Arriving at school on time and attending all lessons demonstrates respect, responsibility and participation.***

Rolls are marked electronically at the beginning of every lesson.

Students who are late to school must sign in at the Student Office. Unjustified late arrivals are recorded as partial absence on a student's official attendance record.

### ***Students must produce their student ID card when signing in late***

Parents will be notified via SMS if their child arrives late or is absent from school. Please ensure that the school has the correct mobile phone number for contact between home and school

Any absence from school (including late arrival) must be explained within seven (7) days.

Absence can be explained in a number of ways:

- Respond directly to the SMS message received
- Contact the school via phone (02 49693177)
- Send an email (newcastle-h.school@det.nsw.edu.au)
- Submit a written note into the "Absence Note" box located in the Student Office

### ***Students are expected to remain at school for the whole day and attend all timetabled lessons***

Students who have a valid reason to leave early, must place an explanation note into the "Early Leave Pass Request" box at the Student Office, then collect their pass during the recess or lunch breaks.

Senior Students (Years 11 & 12) are permitted to:

- leave school at 1:35pm (end of Period 3) on Mondays and Wednesdays if they have no timetabled class
- sign in after 8:45am if they do not have a timetabled Period 1 class

Senior Students are not permitted to leave the school during the day if they have a 'free' period. These periods should be used for study within the school grounds.

Please contact the school if you need support regarding your child's attendance.

### ***Students who have regular, punctual attendance achieve the best result possible and have better future prospects***



#### **In Summary:**

- ✓ School starts at 8:45am and finishes at 3:00pm
- ✓ Attend every day unless there is a valid reason
- ✓ Arrive on time
- ✓ Attend all lessons
- ✓ Do not leave the school grounds during the day
- ✓ Explain absences within seven (7) days:
  - ⇒ Respond to the SMS
  - ⇒ Phone 02 49693177
  - ⇒ Send a note
  - ⇒ Send an email
- ✓ Organise appointments outside school hours
- ✓ Organise family holidays during vacation time
- ✓ Encourage and support full attendance and participation in all school activities
- ✓ Contact the school if you need support
- ✓ Questions regarding attendance should be directed to Ms Kadarusman during school hours on 02 49693177



## YEAR 12 2014 HSC RESULTS

After working with this wonderful group of students for just over six years it was fantastic to see them achieve the results they deserved. As a Year 12 teacher myself, I was overwhelmed by their success across all subject areas.

For me personally, I have never worked with a group of such committed young adults, who strived to reach academic excellence by the end of their schooling. Their motivation, interest, and maturity peaked at the right time, giving them the best possible start in their chosen careers.

The results for 2014 were outstanding. From approximately 100 students sitting HSC examinations, they achieved 13 Band 6's and 82 Band 5's which was an amazing outcome!

The following students deserve special recognition for their achievements. This year, once again, Newcastle High School had the privilege of one student being named in the Top Achievers List for 2014. Reece Gladys gained 6th in the state for his work in Industrial Technology. A total of eight students shared the success of being named on the Distinguished Achievers List for 2014. These students scored 90+ in one or more subjects.



**George Diplaros**  
Drama



**Reece Gladys**  
Industrial Technology



**Andrew Gray**  
Music



**Lucas Hendriks**  
Mathematics  
General 2



**Bonnie Mitchell**  
Community and  
Family Studies  
Food Technology



**Jessica Munro**  
Community and  
Family Studies  
Design and Technology  
Food Technology  
Mathematics General 2



**Anna Wolfenden**  
Community and  
Family Studies  
Food Technology

Congratulations to Jessica Munro who achieved the highest ATAR 91.2 and has been accepted into Newcastle University to study Physiotherapy. A special congratulations also to Sarah Milliken and Anna Wolfenden for their early “first round offers” to study Speech Therapy and Occupational Therapy respectively, also at Newcastle University. The majority of students who were pursuing further study at university successfully achieved ATARs above 75 to gain them a spot in their chosen careers; ranging from architecture, teaching, communications, business, aviation, engineering, nursing, and forensic biology. Some students are chasing their dreams and doing Newstep while others are enjoying a gap year.

It was indeed a privilege to work with this talented group of students. Hopefully their success will inspire our 2015 Year 12 students to “reach for the stars”. Anything is possible if you approach things with a positive attitude.

*Ms Ellis*  
*Year 12 2014 Advisor*



## FANTASTIC HSC RESULTS FOR THE TECHNOLOGY AND APPLIED STUDIES (TAS) FACULTY!

Newcastle High School achieved 13 Band 6's (which is a score of 90+) and the TAS faculty achieved nine of these.

### Woodworking Success for Reece!



Reece Gladys' Desk, which earned him a Band 6

In Industrial Arts, Reece Gladys not only achieved a Band 6 in Industrial Technology Timber, he came 6<sup>th</sup> in the state, earning him a place on the Top Achievers list from the Board of Studies!

Reece's major work has also been selected to be in the "Sydney Timber and Working with Wood Show" at the Sydney Showground. Reece will find out next week if he was successful in the Australian Wood Review magazine competition.

Reece is starting his Marine Engineering cadetship with Svitzer on Monday, 2 February. Good luck Reece!



In Food and Textile the faculty achieved outstanding results, performing well above state average in every course offered.

61% of students studying **Community and Family Studies** achieved a Band 5 or 6. This equates to a mark of 80 plus; three Band 6's formed part of these results.

50% of **Design and Technology** students achieved a Band 5 or 6 plus three students out of eight had their major work nominated for the Design and Tech exhibition. To be nominated for this exhibition means that the major work has to be of outstanding quality. Two Band 6's were achieved overall.

58% of **Food Technology** students achieved Band 5 or 6 of these three were Band 6's.

50% of **Hospitality** students achieved a Band 5 or 6, what makes this result even more special is the fact that these students were Year 11 students who had started the Year 11 Hospitality course in Year 10.

The pinnacle of all these outstanding results was the culmination of the Dux of Newcastle High School with an ATAR of 91.2, who studied three of our subjects and achieved a Band 6 in all three. Here the Dux of NHS demonstrates how important it is to study subjects you are interested in. There are also some myths surrounding subject choices when studying for the HSC.

#### **MYTH 1: I need to study subjects that people perceive scale well**

The Dux of Newcastle High School (NHS) chose subjects that interested her and that she enjoyed. She was not swayed by the fact that some people say that some subjects scale more than others. The subjects the Dux studied were English Advanced, Maths General, Community and Family Studies, Design and Technology, Food Technology and PDHPE. She achieved a Band 6 in four of these subjects and a Band 5 in the remaining two. **If a student works hard they will achieve results that reflect their effort.**

#### **MYTH 2: I need to study a particular subject to get into a course at university**

The majority of subjects in the UAC guide have recommended studies, not compulsory studies and if you don't get the ATAR to get into these courses then it doesn't matter what subjects you studied for the HSC. Most universities offer bridging courses to assist students who may not have studied a particular subject in their pattern of study.

#### **MYTH 3: You should only do 10 units as it gives you more time to concentrate on other subjects**

The Dux did twelve units and this allowed her to have the ten best units contribute to her ATAR.

#### **MYTH 4: You should give up all other commitments to concentrate on the HSC**

The Dux of NHS held down two part time jobs throughout her senior studies and played sport. She was NHS's 2014 Sportswoman of the Year and did have a social life, regularly going out with friends and family. It is important that you have a balance of work and play!

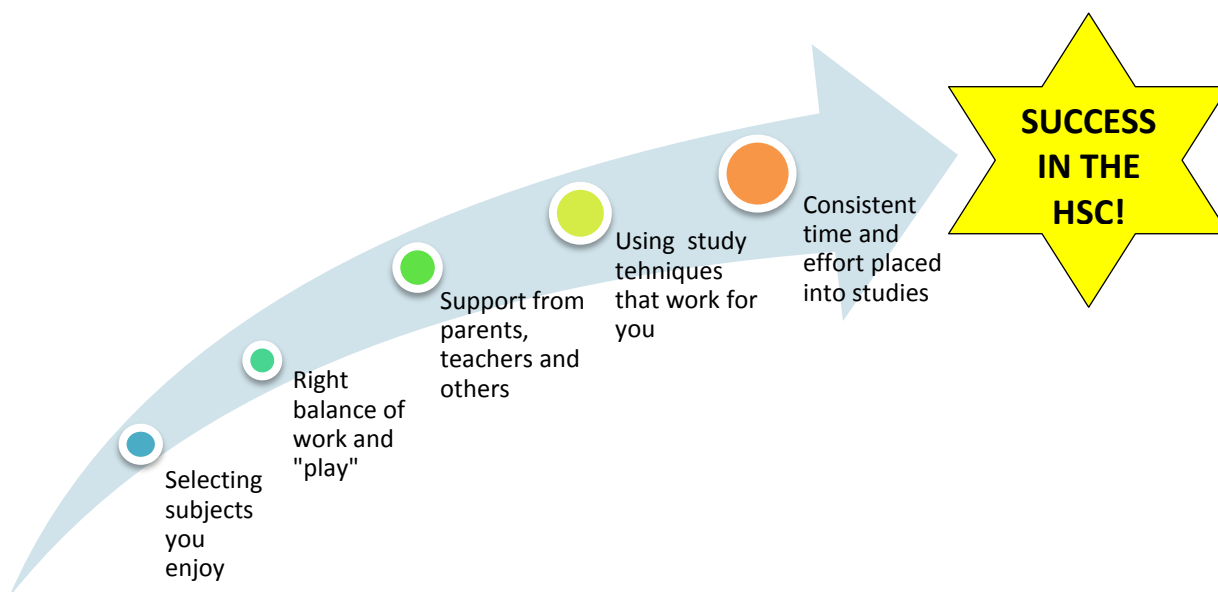
#### **MYTH 5: You need to go to another school to achieve excellent results**

It is not the school that your child goes to that will make the difference, it is the child themselves and the quality of the teachers. At NHS there are quality teachers who are very experienced not only in their teaching but also in the HSC marking process.

#### **MYTH 6: You need to have achieved academic awards throughout your schooling**

This Dux did not receive an academic award until Year 11, was not top of her class or nominated Student of the Year, in fact it was recommended in Year 11 she drop to Standard English. Her NAPLAN results have always been average. It just goes to show with commitment, support from parents and teachers, good choices and effort you can achieve at any level of your schooling.

In summary, to achieve success in the HSC;



*Sondra Munro*  
Head Teacher TAS

## SCIENCE FACULTY - LOOKING FORWARD TO A GREAT 2015

The Newcastle High School Science Faculty is looking forward to an exciting 2015 with a number of engaging excursions and programs organised. The start of 2015 will see a few changes with Head Teacher, Mr Bromfield, taking on the relieving Deputy Principal position; Mr Doherty will be the relieving Head Teacher.

We welcome Mr Hinten who has joined the Science team to fill in for Mr Bromfield and Mr Doherty.

Years 8 and 10 will start 2015 with new teaching programs constructed from the Australian curriculum syllabus. These new programs are aimed at constructing shorter time-framed units with maximum practical engagement and the promotion of student self-directed learning.

All students have been given a copy of their year's science assessment schedule and details of the units of work they will complete in 2015.

*Mr Doherty*  
(Relieving) HT Science



Year 10 students at Science and Engineering Challenge



## FRENCH AND JAPANESE LEAD THE WAY FOR LOTE!

This year, Ms Wood has taken a year of leave. As a result, I am relieving in her position as Head Teacher Administration (Staff)/LOTE. I'm enjoying the opportunity to work as a member of the school executive team and look forward to working to support the LOTE faculty.

The coming year promises to be an exciting one for the LOTE faculty; Ms Engel and Ms Wasson are on board to support students as they explore the Japanese and French languages and cultures. During 2015, students will once again be able to attend the Japanese School in Sydney. In July the school will be hosting exchange students from Japan and France, giving students the opportunity to billet the students and form international friendships.

The overseas excursion to Japan in 2014 was very successful and planning will now begin this year to ensure similar success in 2016. Our language students will also be participating in a variety of excursions that help to reinforce the learning taking place in the classroom.

*Mrs Renee Wells*  
*Relieving Head Teacher*  
*Administration/LOTE*



Images from the 2014 Japan Excursion





## CANTEEN PRICE LIST 2015

### SANDWICHES & ROLLS

Salad	4.50
Ham Salad	5.00
Corn Beef Salad	5.00
Chicken Salad	5.00
Salmon Salad	5.00
Ham	2.50
Corn Beef	2.50
Chicken	3.50
Salmon	3.00
Cheese	2.20
Cheese & Tomato	2.50
Cheese & Ham	3.00
Egg	3.00
Egg & Lettuce	3.50
Corn Beef & Pickle	2.60
Chicken Lettuce & Mayo	4.00
Vegemite	1.50
Buttered Roll/Sandwich	0.80

### LAVASHES

Salad	3.50
Chicken Lettuce & Mayo	3.50
Chicken Salad	4.50
Ham Salad	4.50

### SUSHI

3.50

### VITA WHEATS

Cheese	0.80
Vegemite	0.80

### SALAD TUBS

Small Tossed	4.50
Large	5.50
Chicken	6.00
Ham	6.00
Salmon	6.00
Caesar Salad	4.50
Chicken Caesar Salad	6.00

### SALADS (Terms 1 and 4 only)

Fresh Fruit	4.50
Pasta	4.00
Chicken Pasta	5.00

### SPECIALS

Chicken Wedges	2.50
Curried Chicken	5.50
Homemade Soup B/Butter	5.00
Pizza Slabs	2.50
Homemade Pasta	3.50
Chicken Burgers	4.00
Chicken Fillet Burger	4.00
Homemade Spaghetti Bol	5.50
Chicken Schnitzel Burger	5.50

### SPECIALS CONTINUED

Cheese Burger	3.50
Char Grilled Burger	4.00
Homemade Hamburgers	4.50
Doner Kebabs	5.50
Meatball Sub	5.00
Chicken Tortilla	5.50
Chicken Wrap	4.00
Butter Chicken	5.50

### ICE BLOCKS

Ice Cream Cup	1.00
Billabong	1.30
Paddle Pop	1.30
Frozen Yoghurt	2.00

### DRINKS

Hot Chocolate	1.00
Small Water	1.50
Medium Water	2.00
Flavoured Water	1.50
300ml Plain Milk	1.70
600ml Plain Milk	2.20
300ml Flavoured Milk	2.50
600ml Flavoured Milk	3.50
Poppers	1.20
Up and Goes	1.70
375 ml Juices	2.00

### HOT FOOD

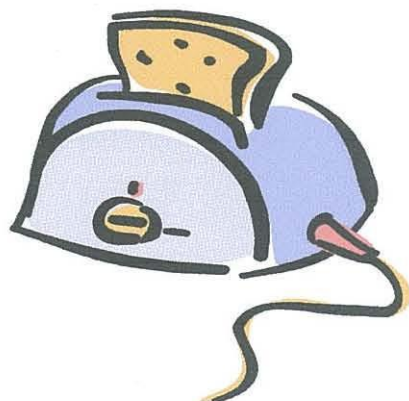
Lean Meat Pies	2.50
Lasagne	3.00
Sausage Roll	2.00
Veggie Roll	3.00
Rounders	2.50
Spinach Fetta Roll	3.00

Fruit Yoghurt	2.50
Yoghurt	2.50
Small Chip	1.00
Mousse	2.50
Low Fat Muffin	2.00
Finger Bun	2.00
Fruit	60c



# **BREAKFAST MENU**

Raisin Toast 2 Slices	\$1.50
Toasted Cheese	\$2.50
Toasted Ham and Cheese	\$3.00
Toasted Ham, Cheese and Tomato	\$ 3.50
Toast with Vegemite 2 Slices	\$1.50
Toast with Jam 2 Slices	\$1.50
Crumpet or English Muffin	\$1.00
Hot Chocolate	\$1.00
Cheese Rolls	\$2.50
Cheese And Bacon Rolls	\$2.50
Hash Browns	\$1.50
Pancakes with Maple Syrup	\$3.00



## **HOT FOOD**

SAUSAGE ROLL	\$2.00
PLAIN PIE	\$2.50
FLAVOURED PIE	\$2.80
ROUNDA'S	\$2.50
PIZZA SLABS	\$2.50
VEGGIE ROLL	\$3.00
LASAGNE	\$3.00
GARLIC BREAD	\$2.00
CHEESE & SPINACH PARCEL	\$3.00
CHICKEN WEDGES	\$2.50
CHEESE & BACON ROLL	\$2.50
CHICKEN BURGER	\$4.00
CHAR GRILLED CHICKEN BURGER	\$4.00
CHICKEN FILLET BURGER	\$4.00
CHEESE BURGER	\$3.50
SWEET CHILLI CHICHEN ROLL	\$4.00



HAMBURGER	\$4.50
CHICKEN TENDER BURGER	\$4.00
DONER KEBAB'S	\$5.50
CHICKEN TORTILLA	\$5.50
MEATBALL SUB	\$5.00
HOMEMADE SOUPS B/BUTTER	\$5.00
CHICKEN GRAVY ROLL	\$4.50
ROAST BEEF GRAVY ROLL	\$4.50
MINI TENDER CHICKEN WRAPS	\$4.00
HOME MADE SPAGETTI BOL	\$5.50
CHICKEN SCHNITZEL BURGER	\$5.50
SWEET CHILLI CHICKEN WRAP	\$4.50
CHICKEN TENDER WRAP	\$4.50
PASTA	\$3.50
HOT DOG	\$2.50
HOT CHICKEN & RICE DISHES	\$5.50

**\*\*ADD \$1.00 FOR SALAD ON ANY BURGER\*\***



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