

# The Parkway



May 2015

Parkway Edition No. 04

## PRINCIPAL'S REPORT

It has been another incredibly busy month for all at NHS. Read on about sporting success; Chester and Daisy our two calves; the Year 9 camp just to name a few. Recently, many parents and carers of Year 10 attended an information evening regarding Stage 6 subject choices for 2016 (its is hard to think that we are already talking 2016!); thank you to those parents and carers who attended. Students have a follow up Senior Expo day on Wednesday 17th June - it is important that all Year 10 students attend to learn about their options for 2016. I believe that NHS is the best place for students to attend in 2016.

Staff members have been working on Semester 1 reports in recent weeks. These are getting close to being completed and we aim to distribute them by the end of the term. Year 11 received their reports recently; twenty six students received Principal's awards for academic work and fourteen students were acknowledged for their outstanding attendance.

As the weather gets colder, the issue of uniform non-compliance becomes more obvious as students wear non uniform items. Hoodies and loud colour tops have no place at Newcastle High School. Over the past five years the whole school community has worked hard to improve uniform and raise the positive profile of the school in the community by proudly wearing uniform. In recent weeks this image has slipped. The new core rules from the Department of Education list wearing uniform as a requirement for all students. From several recent discussions it seems that parents and carers are leaving the hard discussion about uniform to teachers. We need your help in reinforcing the school's uniform. Most students have uniform but are simply choosing not to wear it even though many have the uniform items in their bags. This creates extra work for school staff and a negative tone, as well as the need for students to be reprimanded. The uniform suppliers have contacted me this week to let me know that due to the fall in the value of the Australian dollar, costs of uniform items will increase over the coming months, so jump in and buy the old stock now. The Year 10 tops are expected to arrive soon and this will help improve our image in the community as Year 10 wear these smart tops.

Mr Nick Davies has accepted the position as head teacher Human Society and its Environment. It is anticipated that Mr Davies will commence at NHS from day one of Term 4. It was pleasing to see the calibre of the candidates who applied for this position. My thanks to Ms Kylie Bennett, our P&C President who served as the parent representative on the interview panel.

I was in Sydney this week to attend the annual Secondary Principals' Conference. It was a great opportunity to hear from senior DEC officials about what is happening in education. As part of the government's reform agenda, the next few years are going to see lots of changes in the way schools operate. One of these changes is the registration of all schools and from 2015 all teachers will complete a professional development framework and will be formally accredited with the Board of Studies.

Prefect and Student Representative Council elections are currently underway and announcement will be made shortly regarding who are the student leaders for 2016. Congratulations to the newly elected house captains. Their photo appears later in the bulletin.

On Tuesday June 16 the Trial HSC begins for Year 12 students. These exams will be over by the last day of the term and students can then have a relaxing holiday before ten weeks of full-on work as they complete their last term before the HSC exams.

Many students have projects and performances due during the first few weeks of Term 3. Good luck to all Year 12.

On Friday June 19 we will be officially opening the garden at the front of the Staffhouse - this has been a pet project of mine for over five years. Finally thanks to the hard work of the team, but especially the boys in the Horticulture class, we have a garden and it's a beauty.

A reminder that the term ends on Friday 26<sup>th</sup> June and students return on Tuesday 14<sup>th</sup> July. Have a safe and warm holiday.

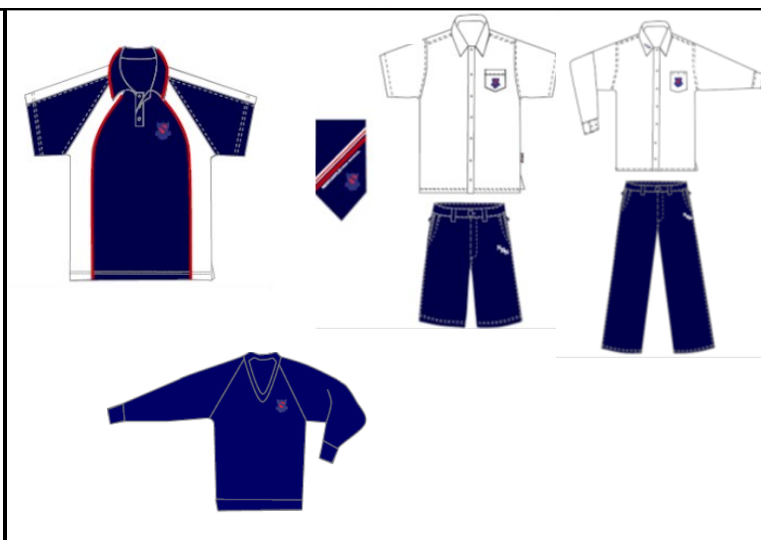
**Mark Hewitt**  
**Principal**



Junior Girls Uniform



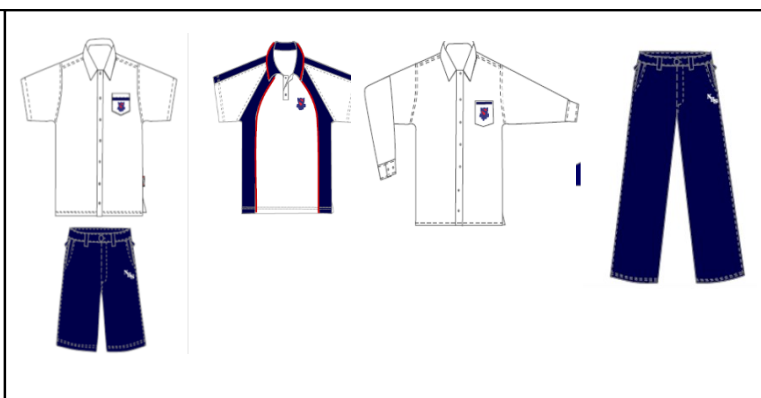
Junior Boys Uniform



Senior Girls Uniform



Senior Boys Uniform



Sports Uniform



Acceptable Footwear



## UNIFORM REMINDER

Please ensure that your child is wearing the correct school uniform.

- **NO HOODIES**
- **BLACK LEATHER SCHOOL SHOES**
- **PLAIN NAVY BLUE PANTS**



# Personal Development, Health & Physical Education (PDHPE)

We started back this year with Mr See back on deck after a year's leave, refreshed and ready to go. Mr Oprea is replacing Mr Newman, who is on leave and Ms Dennis, Mrs Blatchford & I are all back on deck.

The PDHPE staff has been busy organising the competitors-only Swimming Carnival (Mr See), the Athletics Carnival (Mr Oprea) and the competitors-only Cross Country Carnival (Ms Blatchford). All of these carnivals, especially the athletics carnival, involve a lot of organisation and coordinating to allow them to proceed in an efficient manner. Following the carnival, students qualify to attend the Zone carnivals (City Zone) and need to be organised and then escorted to the carnivals. This year we had 25 students attend Zone Swimming, 56 students attend Zone Athletics, and 21 attend the Zone Cross Country carnivals. Following the Zone carnivals, there is then the organising of the students to attend the Hunter Region Carnivals. There were nine students who qualified to attend the Hunter Region Swimming Carnival and nine students qualified to attend the Hunter Region Cross Country. The Hunter Region Athletics Carnival have not been held to date. At these carnivals the students are managed by a selected Zone Manager, appointed by the City Zone committee. If students are successful at these carnivals they are then given the opportunity to represent the Hunter Region at the NSW Combined High Schools (CHS) carnivals. These carnivals are usually held in prime sporting venues in Sydney, such as Homebush Aquatic Centre and Homebush Stadium. To reach this level is quite an achievement and requires the student to be both very dedicated and very talented in their sport. It also requires a lot of work by the organising teachers. A big thank you again to Mr See, Mr Oprea and Mrs Blatchford for the time and expertise that they have volunteered to allow all of the above to run so successfully.

Mrs Blatchford and I also coordinate the 40 or so teams that Newcastle High School enters in the NSW CHS Knockout competitions and City Zone competitions. A band of approximately 21 teachers is 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 330 students who are members of these teams would be very disappointed if they didn't get this opportunity. To represent in a sporting team, students must indicate that they would be worthy representatives 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 March 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 myself.



# Personal Development, Health & Physical Education (PDHPE)



All PDHPE staff are involved in coaching a number of the school representative teams as well as teaching the weekly PDHPE lessons.

## WEEKLY PDHPE LESSONS

In 2015, 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 is 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.

In 2015 Year 8 has also been involved in one more lesson each fortnight. This lesson has involved them completing an "Exercise My Health" program. This program aims to:

- equip students with a repertoire of easy and fun activities that focus on developing all round fitness, particularly strength and flexibility
- motivate students to take responsibility and be accountable for their own physical fitness
- encourage teamwork, positive role modelling and leadership skills
- promote an attitude of positivity towards physical fitness
- emphasise the strong connection between regular physical activity, positive mental health and wellbeing, and achieving good results in their educational studies.

Students rotate through three units of work. Each activity runs for one term (5 periods).

Unit 1 is a **Gymstick** resistance training unit. (A Gymstick is a light portable exercise stick that uses resistance bands that allow the user to focus on the different muscle groups.)

Unit 2 is a **Yoga** unit.

Unit 3 is a **Fitness For Fun** unit.

In Term 4 the students complete a post unit-testing unit, a course evaluation and are given a choice to have two more lessons of their favourite activity.

The students have taken to this course with enthusiasm, involving themselves positively in the activities. Most students had not experienced yoga before and have commented on the positive effects it has had on their ability, on a day to day basis, to remain focussed in class and sleep better.

Hopefully they will be able to take these skills and use them as motivation to continue with regular physical activity throughout their lives.

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. - 4 -





# Personal Development, Health & Physical Education (PDHPE)

## 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

During Semester 1, Ms Dennis' Year 11 class completed their study of the Core Unit – **Better Health for Individuals** as well as the Option – **Outdoor Recreation**. The students were challenged by some compass work and problem solving activities during Outdoor Recreation and learnt some valuable survival skills.

The class has recently begun the Core Unit **The Body in Motion**. Some amusing games of Boney Bingo and Simon Says have hopefully helped them to remember the location and names of some of the bones in the human body.

Students are beginning to gain an understanding of the time management and study skills required to perform well in the Preliminary course. By acquiring these skills now, and a regular pattern of revision, the students should be well prepared for the HSC course beginning in Term 4.

## 12 PDHPE – 2 UNIT

Mrs Blatchford's Year 12 class has 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 this term and next term they will complete units of work on **Improving Performance** and **Health Priorities in Australia**. With the HSC only a term away, study techniques and practising examination-style questions are a continued focus.

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

Mr See & Mr Oprea's classes will study three modules in Year 11. The first unit is **Fitness**, in this unit they study the parameters of fitness assessment and measurement. This enables them to design, implement and evaluate their own fitness program. The second unit is **Sports Coaching and Training**. This unit involves the students examining the roles and responsibilities of coaching. They will gain some experience in designing and instructing small group peer coaching sessions. 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

Mr Oprea's Year 12 SLR will study **Resistance Training**, **Games and Sports Application 2** and **Individual Games**. During Term 1 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 and develop the knowledge and skills necessary to plan and implement safe and effective resistance training programs.

In Term 2 the focus will be on active participation in a range of **Invasive Games**. Students will develop knowledge, understanding and skills that promote confidence and success in a range of games and sports.

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.



# Personal Development, Health & Physical Education (PDHPE)

---

## YEAR 9 & YEAR 10 PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS)

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

### YEAR 9 PASS

This year, we have two Year 9 classes studying PASS. One class will complete the course at the end of Year 9 (Mr See's class), whilst the other will continue on to complete at the end of Year 10 (Ms Blatchford's class).

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

**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.

**Body Systems and Energy for Physical Activity** – Students investigate the different body systems that particularly relate to our ability to exercise.

**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 PASS

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 completed 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, for example, 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 for example, using 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 that complement our practical lessons. Mrs Dennis looks forward to a successful and enjoyable year with our very capable PASS students.

### PDHPE/SPORT UNIFORM

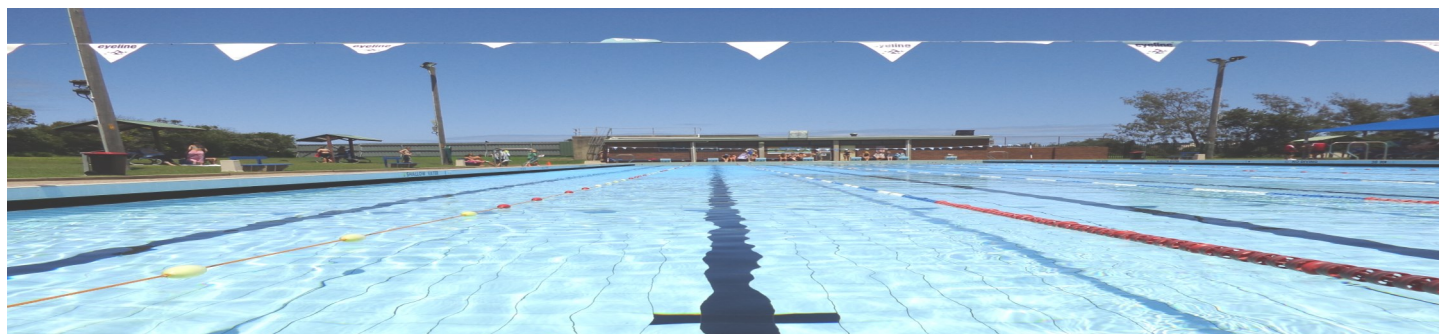
Students continue to accept the Sport/ PDHPE uniform. The uniform looks very impressive when classes are participating in their lessons. However, there are still some issues with students wearing their PDHPE/Sport shorts on normal school days.

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's 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**







# 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 Infections
- 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.....

**PD / HEALTH / PE  
Program Outline  
Practical – 2015**

Unit No	Week No	Week Commencing	Year 7	Year 8	Year 9	Year 10
Term 1	1	26/1	<b>GAMES UNIT 4</b> (Girls and Boys) Hitting Skills			
	2	2/2				
	3	9/2				
	4	16/2				
	5	23/2				
	6	2/3	<b>ATHLETICS</b> (Boys)	<b>GYMNASTICS</b> (Girls)		
	7	9/3				
	8	16/3				
	9	23/3				
	10	30/3				
<b>END OF TERM ONE</b>						
Unit No	Week No	Week Commencing	Year 7	Year 8	Year 9	Year 10
Term 2	1	20/4	<b>ATHLETICS</b> (Girls)	<b>GYMNASTICS</b> (Boys)		
	2	27/4				
	3	4/5				
	4	11/5				
	5	18/5				
	6	25/5	<b>DANCE AND FIRST AID (3 weeks)</b>			
	7	1/6				
	8	8/6				
	9	15/6				
	10	22/6				
<b>END OF TERM TWO</b>						
Unit No	Week No	Week Commencing	Year 7	Year 8	Year 9	Year 10
Term 3	1	13/7	<b>DANCE AND FIRST AID</b>			
	2	20/7				
	3	27/7				
	4	3/8				
	5	10/8				
	6	17/8	<b>GAMES UNIT 3</b> (Girls) Throwing & Catching Skills	<b>GAMES UNIT 2</b> (Boys) Kicking Skills		
	7	24/8				
	8	31/8				
	9	7/9				
	10	14/9				
<b>END OF TERM THREE</b>						
Unit No	Week No	Week Commencing	Year 7	Year 8	Year 9	Year 10
Term 4	1	5/10	<b>GAMES UNIT 2</b> (Girls) Kicking Skills	<b>GAMES UNIT 3</b> (Boys) Throwing & Catching Skills		
	2	12/10				
	3	19/10				
	4	26/10				
	5	2/11				
	6	9/11	<b>GAMES UNIT 1</b> (Girls & Boys) Hitting Skills			
	7	16/11				
	8	23/11				
	9	30/11				
	10	7/12				
	11	14/12				

**PD / Health / PE Program Outline  
THEORY – 2015**

Week No.	Year 7	Year 8	Year 9	Year 10
1 2 3 4 5 6 7 8 9 10	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 10	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				

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



# House Captains Officially Unveiled!



## CONGRATULATIONS TO THE NEW HOUSE CAPTAINS!

<b>CLARK:</b>	Maddie Bailey & Elih Collins
<b>FEARNLEY:</b>	Matthew Field & Lara Hayden
<b>WATT:</b>	Kane Ramplin & Mia Richardson
<b>RICHARDS:</b>	Patrick Langlois & Zoe Miller

## Café Foods



**Transition from school to work.**  
Learning skills for working in a café and producing quality food and beverages.





# Year 9 Camp - Jindabyne

Fifty-three students and five staff all arrived by 4.30am to begin our interesting journey to the Jindabyne Sport and Recreation Centre. It was wishful thinking, by some, that our cohort would savour a little nap on the way down. Instead, singing, joking, chatting and bonding set the mood for what would follow over the next five days.

I was curious to listen to the range of life experiences being shared by our group. Some have travelled overseas, some have not ventured far from home; all were impressed with the diversity of landscapes that we passed through. The word 'gorgeous' was repeated frequently by a young man who sat behind me on the bus. Our bus driver tried some comedic efforts with mixed reactions, however, his talent for making sheep run as he honked the horn on the bus entertained a few, especially our beautiful girls, Sophie and Sally.

The camp is professionally run by enthusiastic, energetic supervisor/mentors. The Jindabyne Sport and Recreation Centre is set on 87 hectares of high alpine country and our students were well catered for, in terms of facilities, activities and food. On arrival the students quickly secured their cabins and had an opportunity to explore their surroundings. On our first full day students participated in archery and mountain bike riding.

The short drive to Thredbo offered the first glimpse of snow for a number of our students. Along the way we saw emus and really picturesque snow-capped mountains. Once off the bus, many students appreciated our advice to wear layers and thermals. A long, fifteen minute chair lift to the top was enjoyed by many and survived, through squinting eyes and tightly wound fists, by others. Once we alighted we all began our walk to the first station. Conditions were not ideal and this was as far as we could go on our ascent. However, all students participated in a snowball fight or attempted to build snowmen. Our mentors then took us for a river walk and later showed us the park that has been built as a memorial of the Thredbo landslide.

Rock-wall climbing and high-ropes adventures were other great activities the students enjoyed. Night activities included a disco and Jindy markets, where the students visited stalls that offered activities or refreshments.

I have no doubt that the students would have needed a sleep-in on Saturday morning as the whole week was fairly physical, with early mornings and the unavoidable talking late into the night. The Year Advisers were generously supported by Craig Main and our support staff, Amy King and Ros Bland. We could not have had such a successful camp without their dedication, commitment and support. I cannot understate the role that Amy and Ros played in supporting the teachers and students on our journey. They are also great company for both staff and students.

The camp was an amazing experience and fabulous opportunity to get to know our students better. I hope the cohort enjoyed themselves as much as I did.

**Jo Myers**  
**Year 9 Year Advisor**





# Vocational Education & Training

## VET in School and the USI

All students undertaking a nationally recognised training in 2015 at Newcastle High are required to have a Unique Student Identifier (USI). A USI package from the Tamworth RTO 90162, will be sent home with students that will require students to complete and return to their teacher by Friday 24<sup>th</sup> July 2015. The following classes will be issued with a USI package:

12 Metal & Engineering – Mr Prior  
10 Metal & Engineering – Mr Coleman  
12 Retail – Ms Lister  
12 Hospitality – Ms Maddalena  
11 Hospitality – Mrs Ellis  
10 Hospitality – Mrs Hines

The package can also be found on the Newcastle High Website. For further information, please contact me on 49693177.

**Karen Hines**  
VET Coordinator



Australian Government  
Department of Education and Training

**Skills**  
Unique Student Identifier



**Health**  
Hunter New England  
Local Health District

## Does Your Child Receive Regular, High Quality Dental Care?

Hunter New England Oral Health provides comprehensive dental care for children under 18 years of age, completely FREE of charge.

**For more information, phone 1300 651 625**

### Our Clinic Locations:

• Armidale • Beresfield • Cessnock • Forster • Glen Innes • Gunnedah • Inverell • Maitland • Moree  
• Muswellbrook • Narrabri • Nelson Bay • Newcastle • Raymond Terrace • Scone • Singleton  
• Tamworth • Taree • Toronto • Wallsend • Windale

# Careers

Term 2 is an important time in the year for students deciding on courses and future career pathways in 2016 and beyond. There are many opportunities for students to learn more about career options through a range of excursions and events from Year 10 through to Year 12. Students looking for apprenticeships, particularly in the building, electrical, metals and automotive trades should be aware that between June and September, many industries are recruiting for 2016. Students should check their school email account on a weekly basis for updates on events, apprenticeships, employment opportunities and other career information. Also check out our NHS careers website: [www.newcastlehighschoolcareers.com](http://www.newcastlehighschoolcareers.com)

This website provides students and parents with live links to university and TAFE /private college courses, careers and other employment options.

## **Newcastle Lake Macquarie Career and Training Expo Year 10 excursion**

This year's Career Expo provided our Year 10 students with the opportunity to explore career options and see and hear from a range of businesses, trades, universities and career support services. Students were inspired and motivated by a range of innovative and interactive displays and information stalls. The weather this year was also perfect, as was the behaviour of our students!

## **NHS Newcastle Rotary Job Ready Program Certificate Presentation**

The aim of the Job Ready project is to use job-finding scenarios and mock interviews to enhance student skills and experience. Newcastle Rotarians Ted Lewis (a former Newcastle Boys High student) and Bob Urry provided each student with a panel interview and valuable feedback.

Recently Ted spoke to Year 12 at an assembly, and presented students with their Rotary International Certificates. Thank you also to Newcastle Rotary for supporting Newcastle HS students in RYDA driver education programs and our Hospitality students through the Ronald McDonald House dinner projects.

Year 11 students wishing to participate in the program this year should collect an "Invitation" form from the Cottage.

## **Year 10 Gadget Gurus Program**

Students attend Bayway Village once a week for Term 1 and 2 for a total of two hours each week to teach residents of the retirement village how to operate iPads, eBooks and android tablets.

The project provides a volunteering activity for students who develop skills in team work, problem solving and communication, as well as providing a great service for the community. The project is delivered by JobQuest in consultation with Newcastle High staff and is sponsored by Orica.

Our students enjoyed their experience during the project and have demonstrated excellent personal and employment related skills.





# Careers

## Years 11 & 12 Schools' Visit Day at Newcastle University – June 25

Schools' Visit Day is an opportunity for students to get a taste for university life and explore the degrees on offer at UON. Academics and students will run presentations and campus tours throughout the day so students can get all the information they need to choose the right degree.

This event is not run as a school excursion; students will need to register on line at the University of Newcastle. Info and registration link: [www.newcastle.edu.au/schoolsvisitday](http://www.newcastle.edu.au/schoolsvisitday)

In addition to registration, all Year 11 and 12 students will be given a letter from the school and a postcard from the university explaining the requirements of the day. All those attending will be required to hand in a NHS form, so that the school is aware of who is attending on the day.

### Up-Coming Events

#### Senior Expo - Wednesday June 17, 2015 from 9.00am – 2pm

This is a special day for Year 10 students who will be provided with information and questionnaires designed to assist them with their decision-making. Teachers and head teachers who are coordinating courses in the senior school will present seminars and answer questions relating to courses on offer. For students who have missed out on receiving a form, an excursion note can be collected from the Cottage.

#### Information Sessions:

##### DEFENCE FORCE RECRUITING: 528 Hunter Street, Newcastle NSW 2300

There are limited positions available for these sessions so reservations are essential.

To book call 13 19 02 or email [cptnewcastle@dfr.com.au](mailto:cptnewcastle@dfr.com.au) with the date and title of the session and the number of seats you would like to book.



15 June 2015	6.00pm	Engineering
18 June 2015	6.00pm	Women in Defence
24 June 2015	6.00pm	Health
25 June 2015	6.00pm	Pilot

**Mr Chris Alexander**  
Careers Adviser



# Sports Update

## NSW CHS Knockout Competitions

### Surfing

Three of our students, Noah Hamilton, Dixon Stanyer and Oliver Lewis recently competed in the Regional School Surfing Competition. Noah and Oliver finished 4<sup>th</sup> overall in the teams event.

### AFL

Our Open Girls and Under 15 Girls recently played in the Swan Cup Gala Day. See Mr Doherty's report in this bulletin.

### Hockey

After a forfeit by Tomaree in Round 1, an enthusiastic group of girls from Years 9,10 & 11 were unfortunately outclassed by a very good Wingham High School team in the Round 2 match. Ms Dennis made comment that in true NHS fashion all the girls played hard right up until the final siren and didn't give up. Special mention to Kaitlyn Duck, who was "everywhere" and Molly Croak who was "a first timer who did a stellar job in goals".

### Open Football (Soccer)

Our boys' team had a convincing 3-0 win against Kotara High School. Mr Main was impressed with Kye Zanardi saving a penalty and Joey Sutherland's "hat-trick". Good Luck in Round 2 boys.

After a bye in Round 1 and a win in Round 2 against Glendale, our Open Girls team has progressed through to Round 4 of the NSW CHS Knockout (and the last eight in the Hunter Region) after a convincing 5-1 win against Kurri Kurri. The girls from Years 8, 9, 10 & 11 played extremely well, with five different goal scorers. Isabella Sofianos scored one of the goals, was captain, and led by example. Ms Jones was very impressed with the team. This is the furthest a NHS Open Girls Football team has progressed for many years.



### Rugby Union (Boys)

On 12<sup>th</sup> May our Open Boys participated in the Hawthorne Cup which was held at Hunter Valley Grammar School. The boys defeated St Francis 7-0 and then had a convincing win over Merewether High School 28-12. Mr Carswell's "Best on Ground Award" went to Zac Trinkler and Year 11 "Player of the Day" was Harry Sorby.



### Cross Country

Newcastle High School had 21 students attend the City Zone Cross Country Championships at Newcastle Race Course on 30<sup>th</sup> April. All students represented the school with pride and determination. Congratulations to the nine students who qualified to attend the Hunter Region Carnival:

Alana Bednar (Year 7)

Amelia Fuller (Year 7)

Patrick Johansen (Year 8)

Tarj Lyle (Year 8)

Oscar Cooper Johnson (Year 9)

Hannah Downes (Year 9)

Natalie Cox (Year 9)

Patrick Langlois (Year 10)

Jarrold Sansom (Year 12)

Due to a clash with this day and the Newcastle High School Athletics Carnival, five of the above students attended the Hunter Region Championships. Special mention to Hannah Downes who finished 9<sup>th</sup> in the 15 years girls, Patrick Johansen who finished 8<sup>th</sup> in the 13 years boys and Patrick Langlois who finished 5<sup>th</sup> in the 16 years boys. Patrick Langlois has qualified to represent Hunter Region at the NSW CHS Championships. Well done & Good Luck Patrick.





# Sports Update

## Congratulations to:

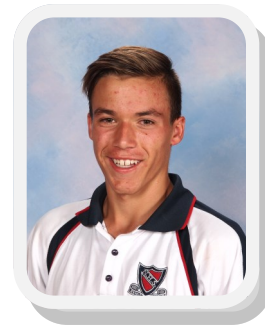
### Luke Ferrier

After the All Schools Golf Competition at Blackheath, Luke was selected as a member of the Hunter Region Golf Team.



### Patrick Langlois

Selected in the Hunter region Cross Country Team to compete at NSW CHS Championships at Eastern Creek in July.



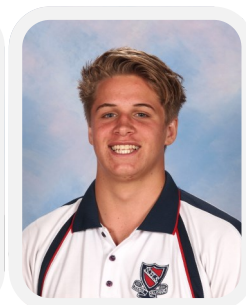
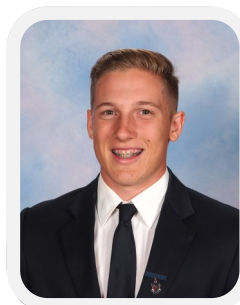
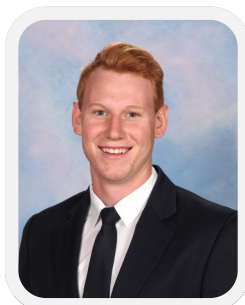
### Kaitlin Duck

As mentioned in the last bulletin - Kaitlin was selected to represent Hunter Region at the NSW CHS Hockey Championships in Albury. The team had a very successful tournament, winning the NSW CHS Championships. Well Done Kaitlin.



### Kalista Hunter

Also mentioned in the last bulletin - was Kalista's selection in the Hunter Region Open Girls Football Team. This team had a very successful tournament at the NSW CHS Championships where they were undefeated. The team only conceded one goal in the entire tournament. Well done Kallista.



### Alex Hills and Leroy Bartlett

Selected in the NSW CHS Open Boys 1sts Rugby Union Team

### Zac Trinkler, Cameron Manning, Jaegar Collins and Hayden Thompson

These four boys were selected in the NSW CHS Open Boys 2nds Rugby Union Team. The six above boys were all members of the Hunter Region Rugby Union Team that recently won the NSW CHS Championships. To have five students from the one school selected in a NSW CHS Team is an exceptional achievement. Well done boys.

### Under 14 years Football (Soccer) Bill Turner Cup

Well done to the Bill Turner boys' and girls' teams who unfortunately went down in their Round 1 matches. Special mention from Ms Jones to Xanthe Carlin-Pitt who did a good job in goals in the girls' team and from Mr Kondov to Sam Cottom who was awarded "Man of the Match" and also played in goals.

### Rugby League

Our Under 14 Buckley Shield team were also defeated in Round 1, narrowly being beaten by Waratah High. Mr See's best performers were Tarj Lyle, Luke Dwyer and Jack Piper.

### Rugby Union (Girls)

Well done to our Under 16 Girls team that played in a 7-a-side gala day at Merewether High. The girls had a win against Merewether, Tomaree and St Pius High schools. Unfortunately we went down to Hunter Sports in the semi-finals. Mrs Robertson was very pleased with the girls' efforts.

# Rebels Report - Girls Rugby

Newcastle High Rebels smashed it up in Week 3 vs all other Hunter schools at the FutureTahs 7's.

Lead by ARU coach of the century, Mrs Robertson, our fearless ladies smote all before them. Such was their relentless fury, several opposition members outright refused to take the field, preferring the safety of the grandstand.

Indeed, they look pretty harmless in the photo but once they don the hallowed Rebel's guernsey, these Year 9 and 10's morph into seriously angry young warriors.

Player of the tournament: Tahne Baker

Angriest lady on ground: Issy Cosentino

Best coach in attendance: Quinn Robertson



Yours in running rugby,  
*Lorenzo*

## Welcome Daisy & Chester

### Cows Create Careers

We are thrilled to once again be included in the Cows Create Careers initiative. This six-week program aims to increase the awareness of dairy industry careers in a very hands-on way. Students are educated by rearing two three-week-old calves at school. Our Year 8 students are very excited!



**Thank you to Harry's Schnitzel Joint for sponsoring a PBL prize.**

Students have the chance to win one of Harry's Famous Schnitzel wraps by displaying our core values of  
**Respect, Responsibility and Participation**







## Transition from Year 10 to Year 11

The following activity has been planned  
for Year 10 students:

### Newcastle High School Senior Course Expo

**WHEN:** Wednesday, June 17 9am – 2pm

**WHERE:** Olive Branch Cafe,  
67 Cleary Street, Hamilton

The purpose of this day is to support students  
in their selection of Preliminary HSC subjects  
for 2016.

Valuable information will be provided regarding  
the subjects on offer and the process for  
determining a student's HSC Pattern of Study.  
Regular Year 10 timetabled classes will not  
operate on this day.

## SPARTAN'S Training Tees FOR SALE



Hurry to make the most of this unique opportunity!

Limited numbers and sizes available

Contact: [christian.carswell@det.nsw.gov.au](mailto:christian.carswell@det.nsw.gov.au)

# Arrendell

secondary education centre™

## Holiday School

**6 - 9 July 2015**

11 Scott St Newcastle 2300

HSC Specialist teachers

### Senior Writing Workshop

(Years 10 - 12 students)

- Essay writing
- Creative writing
- Question analysis
- Exam techniques

### Senior Approach to English

(Year 12 students)

- Paper 1 - Discovery

### Creative Writing Workshops

(Year 5 - 11 students)

**Maths** (Years 10 - 12 all levels)

*40 years of helping  
Newcastle students succeed*

# 4929 2522

[arrendell@ozemail.com.au](mailto:arrendell@ozemail.com.au)



# Spartan HQ

## SPARTANS FALL SHORT AT BUCHAN & WARATAH

Newcastle High's reign as undisputed all-schools Hunter champions has ended in misery at the Maitland football graveyard known as Marcellin.

Much like the expression on Leroy Bartlett's face, the day did not go according to script for our First XV with the loss of several key players before the day to deep tissue spray tan appointments. And during the crunch game against arch-rivals, St Francis Xavier, our lads lost their discipline, their judgement and, ultimately, the game.

On the other hand, our rookie 16's played with vigour and passion, if not skill. Led by a group of staunch Year 11 and 10 veterans and, featuring the next generation of Spartan rugby superstars of Year 9, our 16's are the next big thing to keep an eye on. Coast to Country Cup beckons....

### Player of the day:

Zac Wilson & Lee Tighe

### Consistent Champion of the day:

Alex Hills & Nathan Eveleigh

### Heart breaking moment of day:

Leroy Bartlett's left ankle

### Funniest moment of the day:

Oliver Hendriks' first attempt at a ball and all tackle

### 2<sup>nd</sup> Funniest moment of the day:

Oliver Hendriks' first attempted barnstorming run

### Stupidest moment of the day:

Several, but Cam Manning and Hayden Thompson know which one I'm picking....

Christian Carswell

Coach





## An Exciting Time for AFL at Newcastle High.

Over the past month many students at Newcastle high have enjoyed participating in the Swans Cup competitions run by AFL NSW/ACT.

On the 14<sup>th</sup> of May the Newcastle Opens boys' side competed in Round 1 of the Hunter Region Knockout at Tulkaba Oval Teralba against Singleton. With only one of our Newcastle players having weekend experience in AFL completion the team found itself a little low on experience. However, the boys put up a brave effort and tried hard for the entire game. There were fantastic efforts from a number of players. Kye Zanardi who took numerous strong marks in the backline and showed creative flare to instigate attacking moves from defence. James Graham displayed passing skills in the midfield and Nathan "Plugger" Eveleigh booted two goals for Newcastle High.

The Opens and U/15 Girls sides competed at Tulkaba Oval Teralba on 21<sup>st</sup> of May in the Hunter region gala day.

The U/15s side played two matches against Maitland Grossman and Tomaree. The girls played with great spirit and were often outsized by bigger opponents as Newcastle High has a number of Year 7 students playing for the first time. While the girls had two narrow defeats, all showed improvement as they had more experience with the rules and skills of the game. Some great performances from Matilda Brame, Tara Simpson, Chelsea Toby and Brooklyn Perry. Thanks to Brooklyn's parents who provided the girls with Newcastle City AFL jumpers to play in and gave support and coaching tips the entire day.

The Open girls performed superbly to have three strong wins against Maitland Grossman, Kotara and Singleton Highs to end up as the top team of Group A and so play in the Grand Final against the professional St Mary's Maitland side.

Newcastle High started the Grand Final with a flurry booting two goals. St Mary's came back strongly and the games lead changed a number of times. At the final siren the Newcastle High girls were narrowly defeated by eight points. There were some amazing efforts on the day with Issy Sofianos kicking more goals than Buddy Franklin, Sophie Farmer showing the physical intent of David Rhys-Jones, Regina Kamanda displaying skill only seen from Nat Fyfe and Tahne Baker's poise in defence was reminiscent of Ted Richards.

A big thank you to all the students who represented Newcastle High in these competitions as they have been great ambassadors of the school and all played in the right spirit.

Andrew Doherty  
Coach





## NEWCASTLE HIGH SCHOOL

*"Remis Velisque"*

Parkway Avenue, Hamilton 2303

Telephone: (02) 4969 3177

Facsimile: (02) 4961 2912

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

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

