

The Parkway



May 2016

Parkway Edition No. 04

PRINCIPAL'S MESSAGE

On Friday 27 May, Member for Newcastle, Mr Tim Crakanthorp, accompanied Shadow Minister for Education, Mr Jihad Dib, to Newcastle High School to peruse the school. I was extremely pleased to be able to walk around the school and showcase learning in classrooms and a variety of programs that support learning. Two of the programs we visited included:

Quicksmart - the Quicksmart program has been implemented in 2016 and is providing intensive literacy and numeracy support to selected students from Stages 4 and 5. Students participate in pairs with a facilitator and practise repetition and speed to improve overall literacy and numeracy. Initial data from the program indicates success, with students improving dramatically from their pre-test results.

Children's University - we have partnered with the University of Newcastle to participate in the Children's University initiative. As part of the enrichment class, 7 Burwood, will be assigned learning passports and encouraged to participate in learning outside of the school. The University has created many partnerships with local organisations where students will get accredited learning hours stamped in their passport for participating in additional learning. Once a student reaches a set milestone they are acknowledged by the University at a formal presentation at the University's campus. We are extremely excited to be chosen to partner with the University of Newcastle for this initiative and look forward to observing the progress of the students.



Principal's Message

Early in the term we had fifteen Aboriginal students participate in a Leadership Program at Yamuloong Aboriginal Resources, Garden Suburb. The students were accompanied by Mrs White and met students from Lambton High School and the Hunter School of the Performing Arts. The students have now formed a junior Aboriginal Education Consultative Group at Newcastle High School and will get together to plan and deliver strategies around Aboriginal Education. The group's first task is to plan NAIDOC celebrations later in the term. Please look out for a flyer in this edition of *The Parkway* as we would love to see as many parents and families as possible at this event.

During the first five weeks of Term 2 we have had two major individual sporting achievements. Year 11 student Patrick Langlois was selected in the New South Wales Combined High Schools Soccer squad to participate in the Australian All Schools carnival in Sydney. The other achievement is from Year 10 student Jack Johnson-Holmes who was selected in the New South Wales Combined High Schools Under 16's Rugby Union squad. Congratulations to Patrick and Jack and we wish them the best of luck in your upcoming competitions.

The school was recently contacted by a local resident who was concerned with the safety of our students and the safety of young children and families that participate in weekend sport in the area due to the lack of pedestrian crossings around the school. The local resident has created a Facebook page to gather support at <https://www.facebook.com/groups/1545954112372463/> and she has also setup a petition on change.org. If you would like to support this petition please add your details at: <http://tinyurl.com/hamiltoneastcrossings>. The local resident and I will be meeting with Newcastle City Council in the near future to discuss possible solutions to create a safer environment.

Newcastle East Public School has had a long tradition with Newcastle High School under Mr Beach's leadership. Term 2 will be Mr Beach's last term as Principal as he enters retirement. We will be hosting Mr Beach at Newcastle High School on Friday 17 June at 9:00am to say farewell. I will be speaking to all ex-students of Newcastle East Public School and inviting them and their families to say thank you and farewell to Mr Beach.

Nathan Towney
Principal



Key Dates

Term 2	Date	Event
Week 6	2 June	<i>The Parkway No.4</i>
Week 7	6 June 6 - 10 June	P&C Meeting Year 12 Blockout
Week 8	13 June 13 - 17 June	Queen's Birthday Public Holiday Year 12 Blockout
Week 9	20 - 24 June	HSC Trials
Week 10	27 - 30 June 29 June - 1 July 30 June 1 July	HSC Trials Year 9 Camp Years 7 –10 Merit Assembly, Reports Distributed Last Day of Term
Term 3		
Week 1	18 July	Return to School for staff and students
Week 2	28 July 29 July	<i>The Parkway No.5</i> Staff Development Day
Week 3	1 - 5 August	Year 11 Jindabyne
Week 4	8 August	P&C Meeting
Week 5	19 August	Wetlands Excursion
Week 6		
Week 7	1 September	<i>The Parkway No. 6</i>
Week 8		
Week 9	12 - 16 September	Preliminary Exams
Week 10	19 - 23 September 20 September 21 September 22 September 23 September	Preliminary Exams Year 12 Formal Vaccination Program - third visit Year 12 Presentation Assembly Last Day of Term
Term 4		
Week 1	10 October 13 October	Return to School for staff and students <i>The Parkway No. 7</i> HSC Commences

School Leadership Report

Student Leadership at Newcastle High School is an active and enthusiastic group of students, who strive to encourage the school community to demonstrate Respect, Responsibility and Participation both at school and in the wider community.

Our current Student Leaders have done an amazing job since being elected last year. Our School Captains Abbie Smith and Tre Carson have led by example and have been ably assisted by Vice Captains Lucy Maher and Jordy Toby in many of the activities carried out by the team.

The rest of our team consist of Year 11 and Year 12 students who were also elected by their peers and staff of the school. Year 12 representatives are Caiden Brown, Sabrina D'Amico, Nathan Eveleigh, Maija Spencer Karinen and Isabella Sofianos. Year 11 representatives are Zackery Aislabie, Madeline Bailey, Isabella Cosentino, Joshua Dare, Regina Kamanda, Lara Hayden, Lucas Hodge, Megan Hooper and Patrick Langlois. Each member of the team brings something special to the group and everyone contributes in some way.

Since becoming elected our team have participated in a range of activities. To help assist raise funds for the Year 12 Formal 2016, students ran a very successful Halloween Day. This was the first time the school had run a day like this and was warmly received by the school community. Some students went to a lot of trouble to apply theatrical make-up and dress to help contribute to a very successful fundraiser. *Shave for a Cure* was also supported by our team. They encouraged the rest of the school to donate to the cause as our brave staff and students shaved their heads. Valentines Day was a team effort where all leaders contributed in some way, whether it be by selling roses, designing gift tags, preparing roses for delivery, or baking sweets for our bake stall. This day was huge and once again raised valuable funds for our Year 12 Formal.

Along with the fun activities we also had the honour of paying our respects on Anzac Day where our team participated in the Anzac Day service at Gregson Park, Hamilton. An early start to the day but one to remember as we reflected on what our servicemen have done for our country.

To raise the profile of our student leaders they have become involved in the running of the morning assemblies. It is hoped that all our school community now know who our School Leaders are and listen more attentively to the daily announcements.

Year 7 students have had their PBL lessons taught by the Student Leaders to help encourage stronger relationships and respect between our junior and senior students. Feedback from everyone involved has been positive and it is hoped this incentive will continue to build friendships as well.

School Leaders also participate in Orientation Nights at the school where our feeder school parents and children attend. Having our leaders show our future students around the school is less intimidating for them and it creates a feeling of warmth and confidence among our new students.

Our next major project is *Pink Ribbon Day* to be held mid Term 3. To help create an awareness of breast cancer and raise valuable funds for those suffering, we have a huge day planned. We will be going **PINK** for the day and it is hoped everyone will get behind this valuable cause.

Also in Term 3 our elections will take place for our 2017 Student Leaders. Students in Year 10 will have the opportunity to be a part of this team, while all students in Year 11 should consider their final year at Newcastle High School and decide if they would like to lead the school towards the future. Once again both students and staff will vote to decide our team.

School Leadership Report

It should also be noted that students don't have to be school captains or house captains to be considered leaders. Students can be leaders in the classroom and playground, through their support for other students, or their involvement in academic, sporting, cultural or community events and projects.

It is worthwhile noting that our student leaders gain valuable skills during their time in this role and continue using these skills once they leave school.

It is a pleasure being associated with such a motivated group of students who seek to make a difference during their time at Newcastle High School.

Mrs Debbie Ellis
Student Leader Coordinator



2016 School Student Leaders



Careers

Years 11 and 12 Schools Visit Day at the University of Newcastle – Friday June 30, 2016

Schools' Visit Day is an opportunity for students to get a taste for university life and explore the degrees on offer at the University of Newcastle. Academics and students will run presentations and campus tours throughout the day and students will get information to help them choose a study program in line with their degree plans.

Year 10 Careers Expo Excursion

One Hundred and Thirty Year 10 students attended the Expo this year. The expo gives students an opportunity to investigate educational institutions, apprenticeships and traineeships and other employment opportunities. The students were enthusiastic and represented the school well.



Careers

Adamstown Army Reserve Lunch Time Visit

Recently Haron Sarmiento and the Army Reserve Team, visited the school with their interactive display of army equipment. They provided recruitment information about work in the army and reserve forces.



Year 10 Links to Learning Courses

This Newcastle High School program provides students in either Construction and Horticulture at Broadmeadow, or Beauty and Hairdressing at Raymond Terrace, with industry skills in a one day per week course. The students undertake these courses whilst continuing their Year 10 courses at school. Thanks to Kim Moore our Industry Liaison Officer for her work in coordinating these courses.



Year 10 Horticulture and Grounds Maintenance Program

Through JobQuest a group of Newcastle High School students are developing valuable employment related skills in gardening. Under the supervision of trained staff, the students are keeping the grounds well maintained and gaining work experience for future employment.

Careers

Upcoming Year 10 Events

Senior Expo - Thursday June 23, 2016 from 9.30am - 2:00pm

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. Teachers and Head Teachers who are coordinating courses within the senior school will provide information in seminars about Year 11 and 12 courses in addition to career information.

Parent Information Evening - Wednesday June 15, 2016

This evening will provide students with an overview of HSC requirements in addition to discussing courses with Year Advisers, Teachers, Head Teachers, the Careers Adviser, TAFE and University representatives. Information stands will be set up at the school. For further information on this event or the Senior Expo contact Mr Alexander - Careers Adviser or Ms Kadarusman - Head Teacher Administration (Students).

Student Interviews and 1st 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 is due in late July.

Confirmation of Pattern of Study

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

Chris Alexander
Careers Adviser

Host Families Required

Two Japanese students will be visiting Newcastle High School from 10 July to 15 October, 2016. We are looking for two host families to accommodate the students during this time. The students should have reasonable English skills and I am sure it would be a wonderful cultural experience for all concerned.

If you are interested in becoming a host family or require further information, please contact Meredith Engel, LOTE teacher, during school hours on 4969 3177.



Sports Report

The Open Boys' Tennis has travelled to Singleton in the second round of competition. An impressive effort saw the team come away with a convincing win. Round 3 was played a couple of weeks later with Newcastle High School drawn to play Hunter Sports High School. It was a hard fought match with the result coming right down to the wire with Newcastle High School up by a set going into the reverse doubles. Sadly the boys were beaten 6-4 in the penultimate game and in a tie-break in the final match to bow out of the competition. Thanks to Ms Dennis for coaching the team.

The Rugby Union squads have been busy. The Year 7 Spartan team defeated Merewether High School 25-10 with Joshua Taylor, Tomas Jackson and Cooper Southam best on the day. The First XV were unlucky going down in some tight losses to Merewether High School and St Francis Xavier in the Hawthorne Cup. Max Stanyer, Bryn Higgins-Murray and Jack Johnson-Holmes were outstanding on the day. The inexperienced Rebel girls side fought valiantly but were defeated by Merewether High School and Hunter Sports High School. A draw with Hunter Valley Grammar lifted the spirits on the day. Players of the tournament were Kalista Hunter and Jordyn Leschinkohl. Thanks to Mr Carswell and Ms Ray for coaching the sides.

Individual honours were also achieved. Patrick Langlois was selected in the CHS State Football (soccer) team. This is an outstanding achievement. Also gaining state honours was Jack Johnson-Holmes with his selection in the under 16 Rugby Union team. Well done to both these boys.

Another brilliant individual effort was Luke Ferrier in the golf. He finished 1st in the Hunter and also claimed the crown of best in the CHS competition and 2nd overall in the All Schools with rounds of 73 and 67.

Mr Lyden
Sports Organiser



Student Report

Myuna Bay Excursion

This year's Myuna Bay Outdoor Recreation Excursion was a fabulous success.

Mr Wagner and Mrs Blatchford had the pleasure of taking fifteen fantastic students to Myuna Bay. They were a credit to our school, themselves and their families.

Zoe Miller has written the following article in relation to our adventures.

During the second week of Term Two, myself along with others from my class attended Myuna Bay Sport and Recreation Camp as part of the Year 11 PDHPE course. The camp helped reinforce what we had learnt in the classroom in relation to outdoor recreation and also taught us activities with hands on experience that cannot be learnt in the classroom.

Throughout the four jam-packed days we completed many obstacles and new challenges including: the giant swing, high ropes, archery, rock climbing, abseiling, canoeing and team challenges that meant we had to conquer our fears and work together as a team. We also did an overnight stay in the bush where we had to cook our own dinner and breakfast, pitch tents and learn how to build a fire.

During the night in the bush, after cooking a yummy dinner, we all sat around the fire and played games and toasted marshmallows. I think we each learnt something new about each other that night and by the morning we were all keen to get back and have a shower.

My favourite activities were the giant swing and archery but all of them were a lot of fun! Personally, the high rope course was extremely terrifying and I don't think I have ever felt so much adrenaline rush through my body due to fear.

During this time we challenged ourselves and pushed our limits but most of all we all had a ton of fun. We created new friendships with amazing memories and experiences and we learnt new things about ourselves and others and whilst gaining new skills. We are all grateful we could participate in the camp and a big thank you from all of us to the special Mrs Blatchford and Mr Wagner who tagged along. If it wasn't for them we couldn't have had this amazing opportunity.

Zoe Miller
Year 11 Student



Student Report

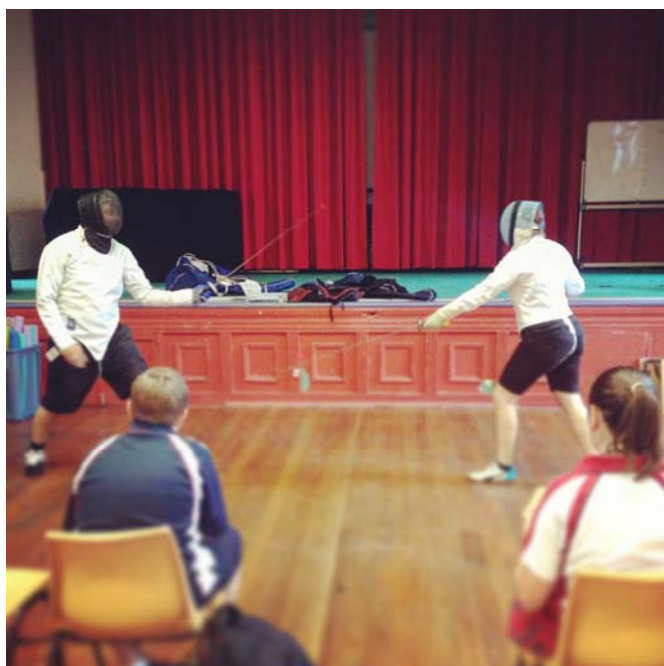
Myuna Bay Excursion



Student Support

During Monday lunchtimes, in Term 2, students have had the opportunity to experiment with a variety of extracurricular activities. Our goal was to connect our students with interest groups they could join in our community, so we invited professional instructors to come and run free workshops for students to taste-test their classes.

We watched Sam and Liz from the School of Epee's Fencing Club demonstrate their strategy and fitness in their professional fencing outfits, and students were then able to compete against each other with pool noodle foils. Fencing is a great activity for developing smart minds and fast bodies. Students also enjoyed hearing about the history that surrounds the art of fencing.



Charlestown Plaza Fencing Club

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Teaching Beginners to International Athletes

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SoE Fencing Club
out-wit out-play

The Place Community Hall, Charlestown Plaza

info, booking and courses:
schoolofepee.com
hunterfencing@gmail.com

facebook - SoE Fencing Club

out-wit, out-play

Student Support

Lija from Pivot Dance Studio also came to visit us. We heard about the origins of Break and Hip Hop dancing and how they are connected to Rap music. Students enjoyed getting their groove on whilst learning some Hip Hop and Break moves. Lija also taught us a few challenging sequences. It was great to see Senior and Junior Students participating together in this high energy class.

If your child is interested in pursuing either of these activities outside of school, you can contact them via their flyers in the newsletter. Thanks so much to Pivot Studio and the School of Epee for offering your time and expertise to our students.

We are looking forward to visits from Avalon Circus Academy and Newcastle Games Workshop in the coming weeks.

Amy King

Student Support Office



22 Newcomen Street
Newcastle 2300
info@mysite.com

Tel: 0415698877
email: turnercarroll@hotmail.com

Youth Frontiers Program

As a part of the Youth Frontiers Program the mural, situated on the wall of the Library, was designed and painted by students from Years 7 to 12. The goal of the mural project was to promote tolerance and multiculturalism at Newcastle High School. The project was organized by Marius Kennedy (Year 9) with help from Youth Frontiers mentor Sharon Goodwin and Mrs Hines. A big thanks to all the staff and students who volunteered their time during and after school to complete the project and a special thanks to Greg Cowan for hanging the mural.

Before image of wall



After images



Karen Hines
Teacher TAS

Crossroads Seminar - Year 11

RYDA Road Safety Program

An excursion for Year 11 has been planned for Wednesday 15 June, 2016 to Adamstown Motorcycle and Driver Training Centre.

This activity is complementary to the mandatory Board of Studies Personal Development Program *Crossroads* for Year 11. Therefore, **ALL** students must complete this **mandatory** component of senior study.

RYDA is a road safety education program aimed at equipping young people with the knowledge to stay safe on Australian roads. It involves workshops on hazards, distractions, risks and car safety features. Note: This program has one session with an emotional video dealing with the loss of life and the ripple effect on the family, friends and wider community. This excursion has been running for several years and all staff and students have given very positive feedback to the quality of this day.

DATE: Wednesday 15 June, 2016

WHERE: Students are to meet at the Rider Training Centre – Court Street (northern end, near the Gates Hotel) at **9:30am** **in full school uniform**.

TRANSPORT: Students will be responsible for making their own way to and from the venue.

Student will be dismissed from the venue at 2:30 and are to make their own way home. The venue is right next to Adamstown railway station.



ROAD SAFETY Education

RYDA
Number 1 in road safety education

Road Safety Education Limited is the pre-eminent provider of road safety education for youth in Australia and New Zealand. The flagship RYDA Program is delivered to over 50,000 17-18 year old high school students, at 90 venues.

By participating in RYDA your school furthers their commitment to educating the 'whole student', providing an opportunity to learn essential life skills. Students are encouraged to take greater responsibility for themselves and their friends before they face the challenges of driving solo or as a passenger of a new driver.

RYDA is a one day program, conducted at an out of school venue, chosen to highlight crucial road safety messages. Supporting the graduate licensing schemes, the program focuses on the key government 'big five' road safety issues of speeding, DUI, fatigue, seatbelts and distractions as well as the importance of driving as a social responsibility.

Now is the time to equip young people with the tools and knowledge they need to stay safe on the road.

sessions
Students take part in six interactive sessions.

- **SPEED & STOPPING** Demonstrates the physics of stopping and crashing as well as discussion of car safety features. Students experience through practical observation the relationship between speed and stopping distance.
- **HAZARDS & DISTRACTIONS** An interactive session where students strategise about managing distractions and improving their hazard perception skills.
- **THE PERSONALITY TEST** A reflective session designed to show students how personality and mind-state are both important aspects of the total road safety equation. Students self-assess against five personality areas and use this tool to analyse risky situations in cars.
- **RIGHTS & RESPONSIBILITIES** A discussion, routinely led by a Police Officer on key risk areas for young drivers and passengers. Features hard-hitting videos on decision-making and choices.
- **AFTER THE CRASH** A powerful presentation by a speaker about the crash that changed their life. Features a personalisation exercise where students see how a similar crash would affect their life and plans.
- **GENEVIEVE'S STORY** A true and emotional story about a young driver and passenger involved in a road crash. Students analyse the crash and its contributing factors, discuss the ripple effect and develop plans for decision making in risky situations.

RYDA's learning is for life!

For further information, contact 1300 127 642, visit our website or contact your school coordinator

The RYDA Program is supported through a comprehensive website, loaded with resources for teachers, students and parents (rse.org.au/ryda) as well as our growing Facebook (facebook.com/roadchoices) and Instagram (@ryda_program) communities.

GETTING BEHIND THE WHEEL OF A CAR AS A YOUNG DRIVER OR PASSENGER IS SAID TO BE AMONG THE MOST DANGEROUS THINGS A PERSON WILL DO IN THEIR ENTIRE LIFE

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PARENTS

Has your child's private tutor or coach had a
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Do you see any of these symptoms in your child?

- Inability to pay attention or focus
- Taking too long on homework
- Struggling to read or comprehend material
- Disruptive or withdrawn behaviour
- Failure to follow instructions
- Falling behind in class, low grades

The answers you need are behind the symptoms you can see. You can get the facts you need to understand your child's painful learning struggles with a cognitive skills test from BrainRx.

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1 IN 4 YOUNG PEOPLE IS EXPERIENCING
A MENTAL HEALTH DIFFICULTY.



70% DO NOT ACCESS SUPPORT.
IF THEY DO, MOST WILL TURN
TO THEIR **PARENTS** FIRST.

**PARENTS WANT TO HELP, BUT
WANT MORE INFORMATION ABOUT:**

communication
peer pressure
drugs, alcohol
and smoking



study stress
and education
bullying
self-esteem
anxiety
social media
and technology use

**REACH
OUT.COM**

That's why we've introduced a new
service to help parents help teenagers:
ReachOut.com/Parents

REACHOUT

Reachout is one of the most popular and relevant websites providing up-to-date information about a whole range of issues affecting young people. They have recently introduced a new aspect to their site, specifically to support parents.

The Reachout for Parents site gives information and tips for how to guide your teenager through challenges like stress, relationships, mental health and family breakdown. There are also forums for parents to share wisdom and gain advice about how to engage adolescents in discussions about tricky topics.

Winter Holiday School

11 – 14 July 2016

Senior Writing Workshop

(Year 10 – 12 students)

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

Senior Approach to English

(Year 12 students)

- Paper 1 - Discovery
- Paper 2 - Modules

Biology, Chemistry, Physics

(trial HSC exam prep)

Maths

(All levels)

Creative Writing Workshops

(Year 9 – 11 students)

Writing for Future Experts

(Year 5 – 8 students)

- Introduction to writing
- Structuring and developing ideas
- Fun with characters and imagery
- Editing and proofreading

Thoroughly Thinking

(Year 5 – 8 students)

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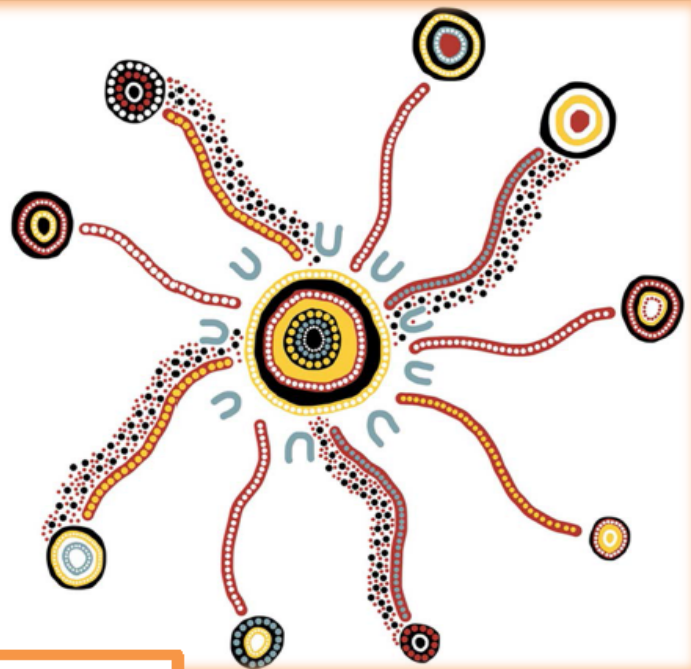
Tuesday 28 June

9.30-11.30 am

**Newcastle High School
Parkway Ave, Newcastle**

FEATURING:

- Smoking ceremony
- Basket weaving
- Dance and Didgeridoo performances
- Indigenous games
- Damper cooking
- Art workshops
- BBQ



NEWCASTLE HIGH
NAIDOC Week 2016



NEWCASTLE HIGH SCHOOL

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