

The Parkway



May 2019

Parkway Edition No. 04

PRINCIPAL'S MESSAGE

Staff Development Day

On Tuesday, 7 May, NHS staff participated in a wonderful day of learning with the staff from Lambton HS. English academic, James Nottingham, delivered the day that focused on:

1. Leadership that creates a culture of challenge
2. Collective Efficacy
3. Learning to Learn
4. Feedback

The highlight for me was an in depth discussion on the importance of self-efficacy and how important it is for young people to be resilient learners.

Further information on James Nottingham's work can be found at: <https://www.challenginglearning.com/>

Leadership Program

On Wednesday, 8 May, I was lucky enough to accompany our school captains, Jack Crawford and Kate Hooper to the 2019 Senior Leadership Program at Parliament House, Sydney. Over one hundred school leaders from across the state participated. The students were able to sit in on the second day of parliament and receive a tour of the facility by our local member, Tim Crackanthorp. We then visited Governor House and heard from the newly sworn in Governor of NSW, Her Excellency Margaret Beazley, AO, QC. This was an amazing opportunity as the students developed a deeper understanding of the governance structure within NSW and the role that local members and the Governor play in legislation.



Principal's Message

NAPLAN

Over the next couple of weeks, students from Year 7 and 9 will participate in NAPLAN across the country. NAPLAN provides us with some very important data that we use with school-based data to develop individual learning plans for students. I encourage all students to participate in NAPLAN to the best of their ability so that we can use their data to help us understand what they can and cannot do across the different areas of NAPLAN. We also use NAPLAN to measure the effectiveness of some of the strategies that we implement across the school. If anyone has any questions regarding NAPLAN please contact the school.

Exhibitions of Learning

On Thursday, 23 May, NHS- Parkway site will be hosting the first exhibitions of learning for 2019. Our Year 7 cohort will be exhibiting their Passion Project learning and the Year 9 cohort will be holding a market stall for their mathematics projects. Parents and families are invited to attend and become an important part of the teaching and learning cycle, providing valuable feedback to students and staff. This event is always a highlight on the school calendar and I look forward to hosting colleagues from schools across the state and our partner primary school staff who will be coming to view the students' works.

Thank You,

Nathan Towney
Principal



EXHIBITION



Members of the Newcastle High School Community
are invited to attend an exhibition of student work.

Thursday 23rd May 2019
3.30-5.30 pm
Newcastle High School
Parkway Avenue, Hamilton South.
ON DISPLAY:
Year 7 Passion Projects
Year 9 Financial Mathematics - "Market Stall Project"
Items will be on sale for this project. \$\$\$

The photograph above was taken by one of our Year 7 Photography Passion Project students.

Key Dates

Term 2		
Week 3	13-17 May 16 May 17 May 19 May	NAPLAN—Years 7 and 9 Year 11 Geography, Awabakal excursion Year 8 Wellbeing Day Gardening Group
Week 4	20 May 20 May 20-24 May 23 May	Open Parent Forum—Library 5.30 - 7 Whole School Athletics Carnival NAPLAN—Years 7 and 9 Passion Project Exhibitions
Week 5	28 May 29 May 29-31 May 30 May	Stage 6 Course information evening Vaccinations Year 10 Year 9 Camp Starstruck rehearsal
Week 6	3-7 June	VET workplacement - 11 EC Hospitality
Week 7	10 June 12-13 June 12 June 14 June 14 June	Queen's Birthday - Public Holiday Starstruck rehearsal Unity Game Day Year 10 Wellbeing Day Starstruck matinee and evening performances
Week 8	17 June 18 June	IOTAS Disco—Main Hall Art Master Class: Young Artist Studio Day
Week 9	27 June	Sailability Excursion
Week 10	3 July 5 July	NAIDOC whole school celebration Last Day Term 2

Gardening Group

Firstly a big thank you to all our dedicated gardeners.


Our May garden session will be on Sunday, 19 May. We are meeting in the Smith St car park at 8.00 am.

Please bring your hat, gloves and water bottle. We have all gardening tools at school to share. I realise everyone is extremely busy, but if you have a spare 1/2 hour, we would really appreciate your time and assistance. Our jobs include, finishing the canteen garden, weeding the National Park side gardens, watering, mulching, creating and general tidying.

Thank you, I look forward to seeing you on the 19th.
Caroline

Transport for NSW
provides students
with **free** school
travel

In return, we ask that you tap on and tap off every time
when travelling on public transport to and from school.



Tap on and tap off your
School Opal card every time

NSW Transport

It is a condition of the School Bus Service and the Student Code of Conduct when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. The section 3.2 of the Opal Privacy Policy. Transport for NSW collects information from tap on and tap off to support coordination, planning and policy development for transport, transport services and transport infrastructure.

Math Program Updates



Maths Study Buddy

An exciting new program, called The Maths Study Buddy Peer Tutoring Program, has now officially been launched. All Year 7 students are invited to take advantage of the program. The Year 10 peer tutors are excited and are looking forward to being able to help the younger students to improve their Maths skills.

Interested students can come to Room 29 on Tuesdays at lunchtime.

Any questions? Ask Mrs Wells or a Maths teacher.

Stat Attack

A new team is in town! Stat Attack gives students the opportunity to explore sport through the eyes of a Mathematician. Stat Attack will give students the chance to be a part of the sporting environment at Newcastle High School. Sport analysis is a must have for all professional sporting teams and the need for sports analysts is exploding. All students, Years 7 to 11, are welcome to participate.

Mrs Wells would like to invite all interested students to visit Room 30 during lunchtime on Wednesdays.



Hunter Sport Trials

Please see the following table regarding ALL Hunter Sport trials occurring during term 2. Nomination forms can be downloaded from the HSSA (Hunter School Sport Association) website. Please see Mrs Woolley in the PDHPE staffroom for more information.

Sport	Trial Date	Where	Nomination Due:
Gymnastics	30 th May – from 12pm	Blackerts Gymnastics Academy Bennetts Green	17 th May
Tennis – Boys	19 th June	Topspin Tennis District Park	5 th June
Tennis – Girls	24 th June	Topspin Tennis District Park	10 th June
Orienteering - team or pairs event	2 nd July	Tank Paddock Minmi	18 th June
Trampolining	4 th July	Belmont High School	20 th June

G'day USA 2019 Trip

In January, we were lucky enough to spend three weeks visiting some of the prettiest places on the West Coast of America. We spent four days in Los Angeles and travelled to San Diego; visiting Universal Studios, Disneyland, Knotts Berry Farm and Hollywood. We then flew to Seattle and spent ten days living with an American family. We attended our host's school, went to the snow and just immersed ourselves in American life! After extremely sad goodbyes, we headed back down to San Francisco for a couple of days, where we went to Alcatraz Island, walked across the Golden Gate Bridge and the Twin Peaks before flying home to Australia. We 100% recommend participating in G'day USA as we have made many lifelong friends, not just between the students we travelled with, but also the students we met from the USA! We would like to say a huge thank you to Miss Carter for organising this trip and looking after us while we were away. We highly recommend you consider participating in this amazing experience in 2021!!

Ella Warrall and Brooklyn Perry



CAPA Report

HSC Visual Arts Student Visits to Newcastle Gallery

Newcastle High School Senior Visual Arts students have engaged in authentic and hands on learning experiences in partnership with the Newcastle Art Gallery this term. Each fortnight, students participated in guided art tours of current exhibitions and presentations from local and international artists.

Students also had the opportunity to engage in a unique virtual-reality project developed in conjunction with the exhibition *SODEISHA: connected to Australia*. The aim of this project is to introduce showcase works of art from the Newcastle Art Gallery collection and to demonstrate to secondary school students the capacity of Virtual Reality projects within cultural institutions.



Brisbane Art Excursion

In Term 1, Year 12 students travelled to Brisbane for the annual Senior Art Excursion. Students visited the Queensland Gallery of Modern Art to view the internationally renowned *Triennial of Asia Pacific Art*. Overflowing with colour and life, this contemporary art exhibition presented students with a unique mix of creativity and cross-cultural insight.

Students also visited the Queensland University of Technology Art Museum and William Robinson Gallery to view William Robinson's *Nature Imagined* exhibition and experienced the Cube digital interactive learning and display space, getting up close and personal with William Robinson's work.



CAPA Report



“Eyes are Singing Out” by Kusama

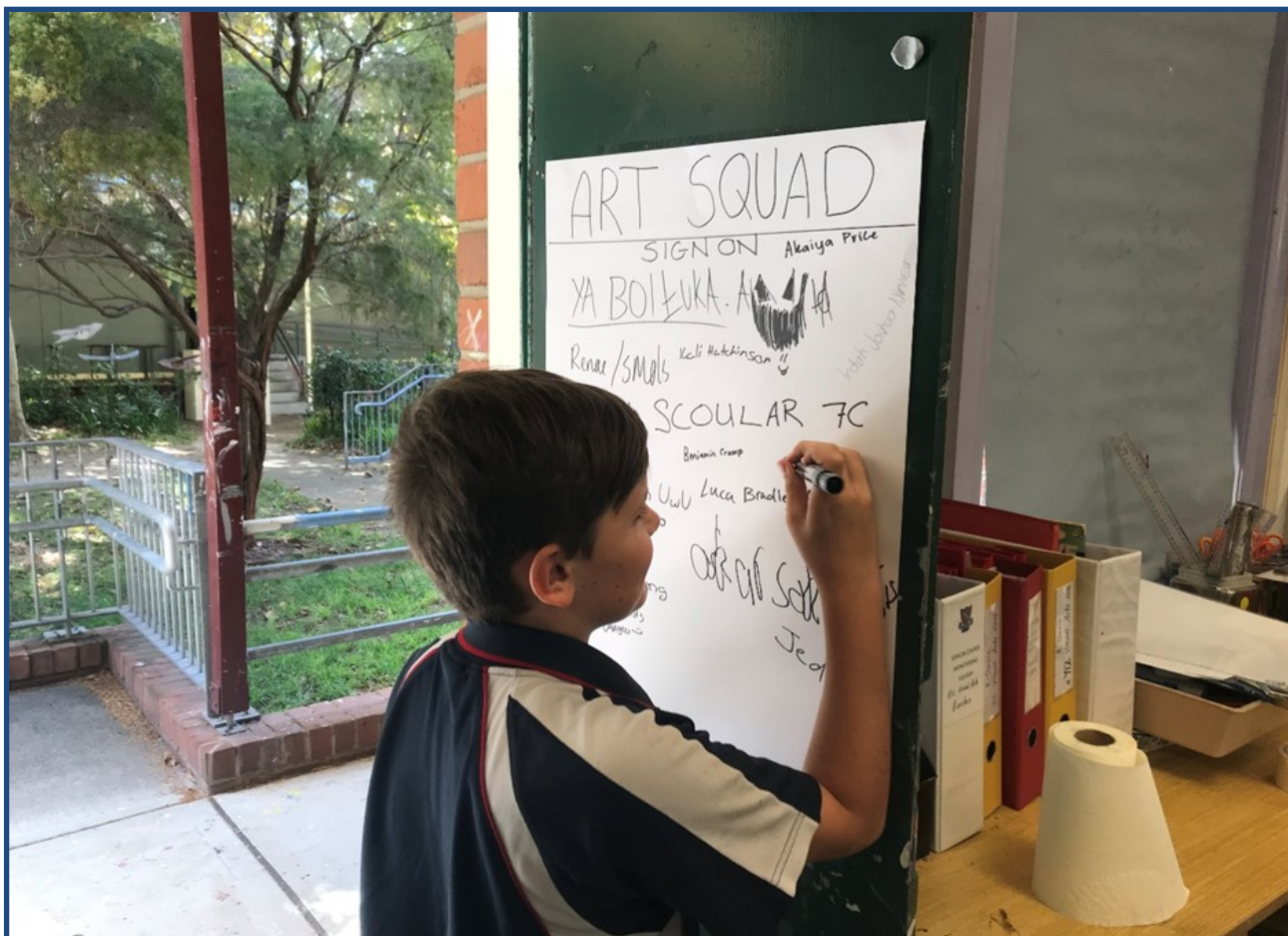
Art Squad:

Term 1 marked the establishment of our new and exciting Art Squad which is back by popular demand in Term 2! Open to all students, the lunchtime club has been running every Thursday and Friday in Art Room 3 and has been a highly valued artistic haven for all students that attend. Art Squad allows students to access NHS's fantastic array of art supplies to give them the opportunity to work on projects from their art classes, extend and experiment with their own unique artistic avenues, or get involved with some creative and collaborative school projects. Envisioned by different staff members and faculties of NHS, some of the school projects the squad have been working on include:

- A re-vamp of the doors and walls of the art rooms
- The photo booth banner for Harmony Week
- Painting murals that are to be hung around the boundary buildings of NHS
- a creative installation for the music department, "art-ing up" some pre-loved musical instruments that are to be hung in the music rooms.



CAPA Report



CAPA Report

Art Masters:

As the first artful thinking focus for the selective group, the Year 7 Art Masters Class have been developing a set of mastery skills in observational and visuospatial drawing during their Thursday Passion Project sessions. Envisioned through a variety of guest artist talks and workshops, as well as immersive excursions to the Newcastle Art Gallery and the Sydney Art Express Excursion, these students have been expanding their skills in 2D visual representation to support the individualized learning of their mainstream disciplines.

The students have recently begun making career connections to their love for fine art, and will be presenting a body of work that showcases their artistic development at the upcoming Year 7 Passion Project Exhibition night.



CAPA Report

Drama

Drama students have been busy this year attending performance excursions, undertaking class performances and experiencing the elements of drama and how these come together to create engaging performance pieces.

There are three impending SOLD OUT excursions yet to come throughout the year where drama students have the opportunity to attend the theatre events shown below.

Students had the opportunity to view the top achieving Drama students in the state performing their HSC pieces at “Onstage” in the Seymour Centre, Sydney.



Onstage showcase excursion February 2019



Cat on a Hot Tin Roof May 22nd



Lord of the Flies August 14th



Cosi November 13th

Later in the year, students will be attending three shows, please note these excursions have SOLD OUT.

CAPA Report

Music

After winning awards in both 'Best Original Song' and 'Best Vocalist' at Bandwidth 2018, Newcastle High School band 'Ellipsis' was invited to record at the HSPA studio and also headline a performance at Lizotte's in Term 1. The band also performed in the recent school holidays, winning a small purse of \$100.00 which they will put towards their inspiring career.



Former HSC Music student, Clarence Playford, was invited to perform at Reprise 2019 at the Newcastle Conservatorium in term 1. This is the second year in a row that Newcastle High School have had HSC Music students representing at Reprise, which features outstanding performers from the Hunter and Central Coast regions.



Year 7 students participating in the "write it, record it" Passion project have had the opportunity to use the school music studio space and experiment with recording techniques and learn about recording software and equipment.

CAPA Report

Our HSC music students were treated to a guest performance and Q&A from former NHS Music student Regina Kamanda and her band. Regina was a featured soloist in Starstruck 2017, Reprise 2018 and appeared on X-Factor when she was a student at Newcastle High.



Star Struck 2019

Newcastle High School has entered two Dance Groups and one Didge Group to participate in this year's Star Struck. One of these Dance Groups is our Aboriginal Dance Girls led by Mr Myers and Belinda Wright. They have already had one of their rehearsals at Broadmeadow Basketball Stadium and were super excited to be part of the Star Struck crew.



CAPA Report

Marching Band - Newcastle High School's Marching Ravens

We welcome our new Year 7 students to Newcastle High School's Marching Ravens Marching Band. Some students have learnt how to play instruments for the first time while others are into their second year of learning. If you happen to walk through our school on a Thursday afternoon you might hear the banging of Marching Drums, soothing sounds of Saxophones, Trombones, Trumpets, Flutes and Clarinets all having a grand time.



School Musical

Yes the rumour is true

Yes the moment has arrived

Yes we can announce what everyone has been waiting for and thinking

Newcastle High School will be putting on a School Musical in Term two in 2020.

In 2019, Newcastle High School students will be involved in working towards a full blown musical with smaller acts and music performances to gain understanding of the life of a school musical.

Students will have the opportunity to be part of the back stage gang, our high tech masters mixing crew with the awesome band who will all support our fine actors, dancers and vocalists on centre stage.

Will you be there?

Will you be one of our performers?

Will you have the memories of a life time?

PDHPE Report

Meet the Crew

MR ANDERSON

Mr Anderson, as the newly appointed Head Teacher of PDHPE I have thoroughly enjoyed my transition into the role and I am developing my knowledge and understanding of the Newcastle High School systems and procedures. All students, staff and parents have been extremely supportive during this process and I look forward to building and maintaining strong relationships with all members of the learning community.

Profile

Nickname: Ando

Sporting Team: Roosters

Years at NHS: 0.3 years

Best NHS Highlight: Yr11 PDHPE Camp

Favourite PDHPE Topic: Coaching

If you weren't a PE Teacher: Personal Trainer or Food Critic

Stranded on an Island with: Bear Grylls

Go to cheat meal: Zinger Stacker Box with Mountain Dew Freeze = Food Coma

Bad Habits: Plenty – My obsessive traits. Currently addicted to lip balm, lemon curd, mowing my lawn twice a week (minimum) and saying the phrase “all good”

Fun Fact: Born on the same day as my older brother – 2 Years apart

Biggest Influence: Wife

Words of Wisdom: There is no such thing as losing, just winning and learning.



MRS BLATCHFORD

Mrs Blatchford is back and feeling very refreshed after a 12month retreat from teaching and a short stint travelling throughout Europe. Mrs Blatchford has not missed a beat, picking up exactly where she left off and utilising her expert content knowledge and management processes to ensure that all students feel supported and have an understanding of the requirements in PDHPE. Mrs Blatchford's experience has been highly beneficial in the successful transition of Mr Anderson, having worked and maintained a leadership role in the PDHPE Faculty at Newcastle HS for the past 20 years.

Profile

Nickname: Blatchfo

Sporting Team: Jets

Years at NHS: 24

Best NHS Highlight: Too many to count! All the wonderful students in my 21 Year 11 & 12 classes I've taught at NHS, 16 Myuna Bay excursions, 8 Jindabyne excursions, lots and lots of fabulous kids that I've taught over the years BUT the highlight would have to be working everyday over all these years with my bro's in the PDHPE staffroom.

Favourite PDHPE Topic: All of them. It's the most important subject in the school!

If you weren't a PE Teacher: I'd run my own yoga studio looking over the beach

Stranded on an Island with: Hugh Jackman, Barack Obama and of course my two beautiful daughters

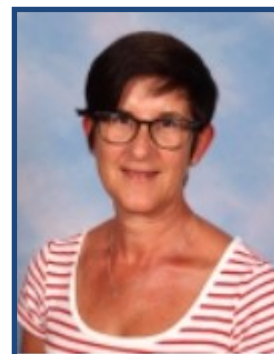
Go to cheat meal: Chocolate and McDonalds Ice coffee frappe.

Bad Habits: My high expectations and standards

Fun Fact: I enjoy cooking and knitting

Biggest Influence: My parents and family

Words of Wisdom: You're better off keeping your mouth closed and letting people think you're an idiot, rather than opening your mouth and proving it!



MRS DENNIS

Mrs Dennis has returned to her classroom teacher role after relieving as Head Teacher while Mr Wagner and Mrs Blatchford were on leave. Her passion for teaching and ability to adapt to the many roles within the school is an asset to all students and staff. Mrs Dennis played a key role in the development of the highly effective teaching and learning programs and assessments for the new K-10 PDHPE Syllabus in 2019. Thanks to Mrs Dennis for her efforts over the last 18 months, her caring nature and willingness to put herself out for others creates an environment that is positive for students to learn and for staff to work.

Profile

Nickname: Ali, Mrs Dee, Denno (courtesy of 2019 Year 12 PDHPE class)

Sporting Team: None in particular, but I love following any Aussie team in international competitions

Years at NHS: 15+ and have loved every one of them

Best NHS Highlight: So many! Being part of the 100 year Anniversary was pretty special 😊

Favourite PDHPE Topic: Improving Performance

If you weren't a PE teacher: I'd be doing something creative 😊 - painting, making, styling ...

Stranded on an island with: Chris Hemsworth

Go to cheat meal: chocolate or Ben & Jerry's ice cream

Bad Habits: eating chocolate and Ben and Jerry's ice cream! 😊😊 (Oh, and procrastinating 😊 but let me think about that ...)

Fun Fact: I used to be a puppeteer

Biggest influence: My family.

Words of wisdom: Courage is being afraid, but going on anyway



MR SEE

Mr See has been off to a flying start in 2019, with the coordination of the extremely successful NHS Swimming Carnival at Stockton Pool and the management of the subsequent Zone Team. Mr See is a major advocate for the "Burn to Learn" Study from the University of Newcastle and has continued to utilise his strong rapport with students to enhance their skills and performance in a variety of practical settings. Mr See is currently raising money for prostate cancer through his involvement in "2019 Long Ride" which is a motorbike ride from Newcastle to Darwin. To donate go to: [thelongride2019.everydayhero.com/au/team-chappo-mkii](http://thelongride2019.everydayhero.com.au/team-chappo-mkii) HOWEVER!! Please click on the "show all 6 members tab", just to the left of the prostate cancer logo to have Mr See's picture show up and place your donation there. Any amount is welcome for this great cause.

Profile

Nickname: Some students do call me See.

Sporting Team: Cronulla sharks NRL/Carlton /AFL/ Manchester united EPL/ Millwall Local London club/ Yoogali Bocce club Griffith/ Griffith blacks RU /Macquarie raiders Group 11 and the now extinct Hay Magpies Group 17 RLFC

Years at NHS: Twenty

Best NHS Highlight: 2001-3 Boys Basketball and netball CHS Champions / Coaching NHS Girls RU team to 7 wins at the Merewether 7's

Favourite PDHPE Topic: Anatomy and Physiology

If you weren't a PE Teacher: Professor of Radiology MIT university USA

Stranded on an Island with: My wife Gabrielle

Go to cheat meal: Anything from Ipudo restaurants in Japan / okonomiyaki a close 2nd

Bad Habits: eating food with too much sugar in it, then talking too much

Fun Fact: My new motorbike gets to 100kmph faster than a Ferrari

Biggest Influence: My mum

Words of Wisdom: Sometimes you can think it but you just cannot say it! Travel broadens your perspectives



MR MCCAFFERTY

Mr McCafferty has been retained at Newcastle High for 2019! Although it is only a one year deal, he definitely feels a part of the furniture and is working hard to secure a long term contract. Mr McCafferty's innovative lessons and detailed knowledge of training and performance has seen him placed with various elective classes; including, Human Movement, Future Focused Inquiry and HSC PDHPE. He has also been spotted at the butchers, acquiring items in order to conduct a "hands on" anatomy lesson to further engage his students.

Profile

Nickname: Caff

Sporting Team: Western Bulldogs, Chelsea FC

Years at NHS: 3

Best NHS Highlight: Senior PDHPE Myuna Bay camp

Favourite PDHPE Topic: Factors Affecting Performance

If you weren't a PE Teacher: Owner of a tapas bar on the South Coast of Spain

Stranded on an Island with: Mr Creighton

Go to cheat meal: Salad Sandwich

Bad Habits: Using my manners too much (manners cost you nothing)

Fun Fact:

Biggest Influence: My mother

Words of Wisdom: A judge of a person's character is what they do when no one is watching



MRS WOOLLEY

Mrs Woolley also returns to Newcastle HS in 2019, working 7 days a cycle. She does a fantastic job of balancing her home life with 3 young kids and her multiple roles at NHS; including, Sport Coordinator, ALPS Coordinator, Year 9 PDHPE Coordinator, Burn to Learn Delegate and classroom teacher of Future Focused Inquiry, 9PASS and various 7-10 PDHPE classes. Mrs Woolley massive asset to the PDHPE crew who constantly looks to improve her practice and enhance learning outcomes for her students in a caring and respectful manner.

Profile

Nickname: Jodes or Couttsey

Sporting Team: Rabbitohs

Years at NHS: 1

Best NHS Highlight: Sports Presentation Night

Favourite PDHPE Topic: Anything surrounding health (LOL!)

If you weren't a PE Teacher: I would have been a nutritionist

Stranded on an Island with: A box of matches?

Go to cheat meal: Spaghetti Bolognaise

Bad Habits: Staying up too late

Fun Fact: No word in the English language rhymes with purple, orange, silver or month

Biggest Influence: My parents

Words of Wisdom: It's not about what you come at the finish line, it's the effort it took to get there!



PDHPE Report

What's Happening

Practical 7-10 PDHPE classes have been working through the **Hitting Skills, Athletics and Gymnastics Units**, where students have demonstrated some outstanding hand-eye coordination and transferral of movement skills in a variety of contexts; including, Speedminton, Javelin and Mini Tramp. Students in Year 8 and 10 have been assessed on their run, jump and throw technique during the Athletics Unit while the Year 7 and 9 cohorts have been assessed on their balance, form and safety on the beam and tramps during the Gymnastics unit.



Theoretical 7-10 PDHPE classes have been slightly different this year with the New K-10 PDHPE Syllabus being implemented for Year 7 and 9 in 2019, Year 8 and 10 will follow in 2020. The units of work scope and sequence can be seen on pages 19 and 20. Some major highlight for the term included the Year 7 **This Is Me** Assessment Task where students created a detailed collage about their authentic self and the **Unsociable Media** Task for Year 9 where students were required to respond to the “Like A Girl” stimulus in order to reflect on the impact of the media and gender stereotypes have on sense of self in current society.



The **Preliminary PDHPE** class have been working steadily through the **Better Health for Individuals** Unit of work, developing a sound understanding of the determinants of health, the Ottawa Charter for health promotion and the principles of social justice. Mr Anderson has been exposing the group to a variety of collaborative teaching and learning strategies which will be reinforced during the camp at Milson's Island where various aspects of the **Outdoor Recreation** Unit will be addressed in a practical and hands on manner.

The **HSC PDHPE** class are busy reflecting on their Assessment Task 2 results where they were required to respond to a range of HSC Style Questions from the **Factors Affecting Performance** Unit. The class is developing steadily with the initiation of early morning study sessions that focus on specific content knowledge, addressing key verbs and sentence structure for short and extended response questions. Mr McCafferty's wealth of knowledge and experience as an elite coach in the local community will no doubt be utilised in the upcoming **Improving Performance** Unit where students will design and implement specific training programs for a variety of athletes.



PDHPE Report



The **Yr11 and Yr12 SLR** classes are both extremely motivated and engaged in 2019 with a variety of innovative teaching and learning strategies being utilised during their lessons. Mr See has implemented the evidenced based research program “Burn to Learn”, where students perform various HITT workouts at the beginning of lessons in order to enhance cognitive function and the retainment of lesson content. Student performance data is tracked using current technology; including, pedometers, HR monitors and IPAD with B2L Applications. This has enabled the students to grasp a deeper understanding of concepts during the **Racquet Sports** and **Fitness Testing** units of work, while increasing their physical activity levels. This was

evident during the assessment tasks where students were able to demonstrate a high level of skill and understanding against a highly subjective and detailed marking rubric.

PDHPE electives have been extremely popular in 2019 with a significant increase in student numbers and classes offered. These include **Yr8 Human Movement**, **Yr9 PASS** (3 classes) and **Yr10 PASS** (2 classes). All groups have been exposed to a variety of hands on and practical based learning experiences that expand on the traditional 7-10 PDHPE Programs and lead students into some exciting topics such as; **Body Systems/Anatomy**, **Australia's Sporting Identity** and **Coaching for Improved Performance**. The Year 9 cohort are preparing for their Coaching Session Assessment Task where they will be required to plan, implement and evaluate a skill based session for their peers while the Year 10 group have been lucky enough to have a member of the local community come in and deliver a specific coaching session on AFL, highlighting the key skills of the sport and significance to the Australian culture. Mr McCafferty's Human Movement crew have been studying the human anatomy and identifying the muscles and bones required to improve performance in a variety of sporting contexts. Teachers of these courses are always looking at providing engaging and meaningful learning experiences for the students within the local community, so keep an eye out for some exciting excursions from this group of electives!



PD/Health/PE Outline

THEORY - 2019

Week No.	Year 7	Year 8	Year 9	Year 10
1	New Syllabus 2019	Old Syllabus	New Syllabus 2019	Old Syllabus
2	This is Me (UNIT 7.2)	A Healthy Balance (UNIT 8.1)	Unsociable Media (UNIT 9.1)	Healthy Food Habits (UNIT 10.1)
3				
4				
5				
6				
7				
8				
9				
10				
11				
		END OF TERM 1		
1	The Dimensions of Health (UNIT 7.1)	The Trouble with Smoking (UNIT 8.2)	Mind Craft (UNIT 9.2)	Respectful Relationships (UNIT 10.2)
2				
3				
4				
5				
6				
7				
8				
9				
10				
		END OF TERM 2		
1	A Growth Mind-set (UNIT 7.3)	Growing and Changing (UNIT 8.3)	Power in Relationships (UNIT 9.3)	Drug Use (UNIT 10.3)
2				
3				
4				
5				
6				
7				
8				
9				
10				
		END OF TERM 3		
1	Moving into the Future (UNIT 7.4)	Food Power (UNIT 8.4)	Fit 4 Life (UNIT 9.4)	Risks, Choices and Staying Safe (CROSSROADS) (UNIT 10.4)
2				
3				
4				
5				
6				
7				
8				
9				
10				
		END OF TERM 4		

PD/Health/PE Outline

PRAC - 2019

Week No.	Year 7	Year 8	Year 9	Year 10		
1	New Syllabus 2019	Old Syllabus	New Syllabus 2019	Old Syllabus		
2	Fundamental Movement Skills	Hitting Skills	Invasion Games	Hitting Skills		
3						
4						
5						
6						
7						
8						
9						
10	Athletics/ Gymnastics	Athletics/ Gymnastics	Athletics/ Gymnastics	Athletics/ Gymnastics		
11						
		END OF TERM 1				
1	Gymnastics/ Athletics	Gymnastics/ Athletics	Gymnastics/ Athletics	Gymnastics/ Athletics		
2						
3						
4						
5						
6						
7						
8						
9	Dance	Dance	Dance)	Dance		
10						
		END OF TERM 2				
1	Dance	Dance/ First Aid	Dance	Dance/ First Aid		
2						
3						
4						
5		Modified Games		Kicking Skills/ Throwing & Catch- ing Skills	Modified Games	Kicking Skills/ Throwing & Catching Skills
6						
7						
8						
9						
10						
		END OF TERM 3				
1	Recreation Activi- ties	Throwing & Catch- ing Skills/ Kicking Skills	Fitness Fun	Throwing & Catching Skills/ Kicking Skills		
2						
3						
4						
5						
6		Student Choice Games	Leisure & Recreation	Student Choice Games		
7						
8						
9						
10						
		END OF TERM 4				

PDHPE Report

Expectations

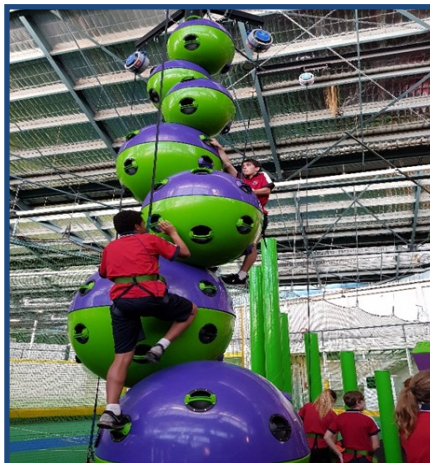
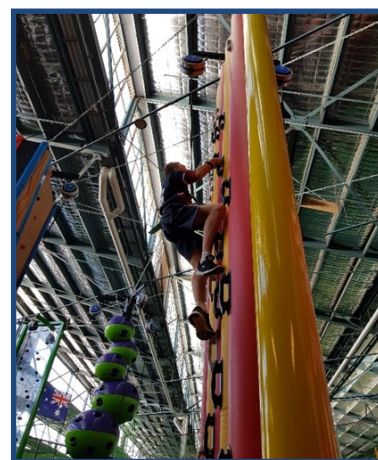
Please remember that students are required to bring a change of clothes for all practical lessons and a work book and writing equipment for theoretical classes to ensure maximum participation in learning activities. **NHS Sport Shirts** are only to be worn during PE Lessons or on Thursdays. You must wear normal NHS Uniform at all other times. If students are unable to participate in practical activities they must provide a note from a parent or carer. In addition, please ensure that all students have returned the attached permission note, this allows students to leave school grounds during PDHPE lessons in order to utilise the local area and facilities and support our “leave to learn” philosophy.

Upcoming Events

- Gym & Health Centre visits
- Specialist Coaching & Workshops
- Access to local sporting facilities
- Milsons Island Excursion
- White Water Park Excursion
- Raw Challenge
- Merewether Baths Excursion
- PSC Challenge
- ALPS Workshops/Camp

Thanks for a great start to the year. There are many exciting things ahead.

The PE Crew



Sports Report



Newcastle High School Sports Report is proudly supported by Souths JRLFC, Buildcert, Highlite Fitness and Sleepy Day Charity.

A Word from the sponsors



We are proud to announce that Highlite Fitness are now coming on board for school sport on Thursday afternoons. If you would like to train in a high tech fitness Gym the session will cost \$8 per week or \$104 for the entire sport rotation.

EXCLUSIVE OFFER – Highlite hi-tech Fitness are offering all NHS students a FREE two week membership to their Junior Strength and Conditioning Program. The program runs every weekday at 3.45pm and 4.15pm for 45 minutes. Bookings are essential. If you are interested email newcastle@highlite.com.au, limited places apply so book in fast.

Opens Boys Volleyball

Playing under the catch cry of “turning good people into good athletes” the Open Boys Volleyball team playing hard to win their way through to the 3rd round of competition. Unfortunately that’s where their winning streak ended. Congratulations must go to Banjo Olsen, Matt Campbell and Luke Prosser who were successful in making the Hunter Region team to play at the State Carnival.

CHS Swimming Carnival

CHS SWIMMING CHAMPIONSHIPS 8th – 10th May 2019

Newcastle High School has once again been represented at a high level in the NSWCHS Swimming Championships. We had 24 students attend this event during the last week of term 1 and they have all achieved outstanding personal results.

A special mention to the following students who made the All Schools Team, with the following results:

ALEX WALKER Yr 7 achieved equal 1st in 200m Freestyle, 1st in 100m Butterfly, 2nd in 100m Breaststroke and 3rd in 50m and 100m freestyle.

LARA CLACK Yr 7 achieved 1st in 200m Freestyle, 2nd in 100m Butterfly, 2nd 100m freestyle and 3rd in 50m freestyle.

HEIDI SCHNEIDER Yr 8 achieved 3rd in 400m IM and 4th in 200 IM.

AVERIL JONES Yr 9 achieved 1st in both the 100m and 200m freestyle, 3rd in the 400m freestyle, and 4th in both the 200m and 400m IM.

A special mention to Lachlan Brown yr 11 who placed 5th in the 400m IM and the 15 years girls 4x50m freestyle relay who placed 2nd.

A big effort for all students involved. Congratulations on your success once again!!

Mrs Woolley

Bill Turner Cup Soccer

The 2019 Bill Turner Cup kicked off with a fabulous start for Newcastle High School this year. With expectations running high from the school community, based on the team's huge success last year, the boys were faced with a lot of pressure to secure a victory at home. Conditions were perfect for the opening match against St Clemente High School, with more grass on the pitch at National Park than has ever been seen before. The game started with NHS quickly dominating the play and sure enough a goal was scored. Spirits ran high and NHS continued to outplay St Clemente for the entire match, comfortably defeating them 7-1. The surprising star of the match was rookie substitute, Kurtis White, from Year 7, scoring a hat-trick and earning the respect of his team mates. The boys will now go up against arch rivals Merewether High School in the second round. The match is sure to be thrilling as Merewether will be seeking redemption after their first round loss to NHS last year.



U15 Bill Turner Cup team in action against San Clemente

2019 Athletics Carnival

The Athletics Carnival is on Monday the 20th of May. We look forward to seeing the whole school in House Spirit and watching our athletes perform. Good luck to everyone.

Cross Country

Congratulations to all students who attended the Newcastle High School Competitors Only Cross Country Event. This was held on Tuesday, 30th April with students running lengths of 3km or 4km at National Park. All students ran exceptionally well and should be proud of their efforts. Many age categories had a number of keen and fit individuals with strong competition for the first place. Thankyou for your participation and sportsmanship. Zone Cross Country will be held Friday 10th of May at Blackbutt Reserve. Bring your notes in by Thursday to Mrs Woolley or Mr Grove. Good luck to all successful competitors.

Mrs Woolley

Congratulations to all the athletes mentioned in the sports report and to everyone who has committed their time to represent NHS. I look forward to reporting what has been going on in May.

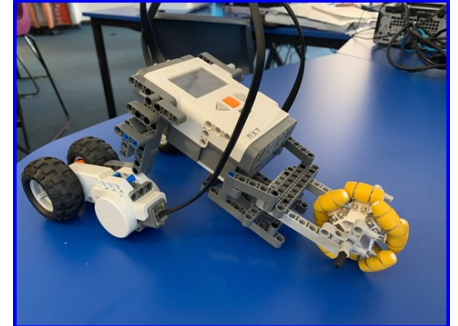
Cheers

Mr Grove

Computing @ NHS

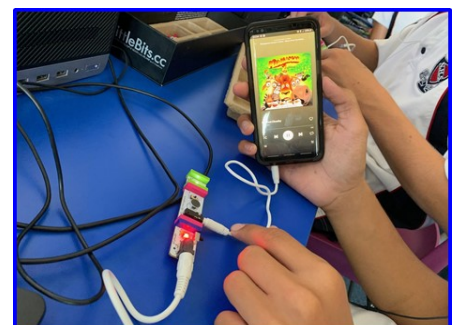
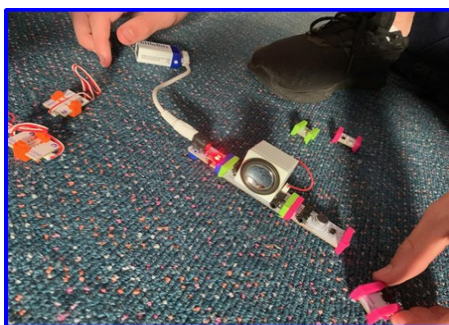
Year Nine ISTEM

Students in Year 9 ISTEM (Integrated Science Technology Engineering Mathematics) have been studying the theory topic - Mechatronics. Students have been building mechatronic prototypes using NXT robotics and coding and designing the device to complete a number of very complex tasks.



Year Nine/Ten Information and Software Technology

Students in Year 9 and 10 IST have been investigating the Input-Process-Output project management technique by constructing and classifying different circuits with LittleBits. This is an important step in learning to develop projects to industry standard specifications.









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* many Centrelink payments are eligible, please contact your local Coordinator for more information. Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Brotherhood Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.saverplus.org.au for more information.



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SCULPTURE WALK CALL FOR ENTRIES!

\$5,000 in prizes!

Create a masterpiece for our Sculpture Walk

Artists from across NSW are invited to submit works for the St Ives Wildflower Art and Garden Festival's annual Sculpture Walk competition, held on Sunday August 25.

Sculptures should showcase the uniqueness of the Australian bush landscape and utilise sustainable materials.

Entries close Monday 15 July

 kmc.nsw.gov.au/wildflowerfestival



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- Printers, scanners & web cameras
- Hard Drives, power supplies
- Mobile phones/ Telephone/IP Phone
- DVD players/ Video recorders/Digital set top boxes
- Game consoles (Xbox/Playstation/Nintendo)
- Modem, switch, server
- Radios/stereos
- Digital Cameras & video equipment
- All televisions

Free drop off location: 24, Heather Street, Heatherbrae NSW 2324



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Cooks Hill Campus is an annex to Newcastle High School. It uses personalised project based learning, working collaboratively with Big Picture Education to support students in years 9-12. If you would like additional information about our innovative campus or just to keep up to date on current events, you can find us at:

<http://www.cookshill-s.schools.nsw.edu.au/>

Or like our facebook page: Cooks Hill Campus. Our Campus newsletter (TGIF) is available on both locations.

<https://sway.office.com/91VDY7XpIFwzX8m9?ref=Link>

Cooks Hill Campus

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