

# The Parkway



June 2019

Parkway Edition No. 05

## PRINCIPAL'S MESSAGE

### NSW Secondary Principals Council Conference

I attended this conference from Tuesday 11 June – Thursday 13 June with 350 Secondary Principals from across NSW. Some of the highlights for me included:

#### Day 1

The new NSW Minister for Education and Early Childhood Learning, **The Hon. Sarah Mitchell, MLC** addressed the conference and spoke about her position on a number of educational matters. She spoke about the current curriculum review that is being undertaken by the NSW Education Standards Authority and the fact that our current curriculum is overcrowded; welcome news for everyone in the audience. The effectiveness of NAPLAN and the HSC were touched on, but I have a feeling that there will be more news around both standardised assessments in the coming years.

Former Minister **Adrian Piccoli** partnered with **Pasi Sahlberg**, a Finnish educator and author, to present an extremely engaging and insightful session titled 'Catching up or leading the way'. Both Adrian and Pasi are now working with the Gonski Institute based at the University of NSW, <https://www.gie.unsw.edu.au/>

This presentation focused on three things that the Gonski institute are working on to ensure that the Australian education system is not focusing on trying to catch up to other systems around the world, but rather leading the way:

- 1 - Challenges
- 2 - Drivers
- 3 - Future

The most significant aspect of this for me was the importance of equity and wellbeing. Pasi spoke about healthy kids being better learners and the fact that as a society we need to ensure that our young people have good nutrition and are getting plenty of sleep and physical activity.

#### Day 2

I had two highlights:

A keynote delivered by **Dr Judy Willis** 'How emotion impacts the brain's successful learning and what to do about it'. This was an amazing insight into how the brain works and in particular how well it doesn't work when placed under stress. I will be sharing this slide show with all staff, as Dr Willis gave some very practical strategies on how educators can assist in moving things into long-term memory, which is extremely beneficial for learning.

# Principal's Message

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A workshop was also delivered by **Professor John Fischetti** from the University of Newcastle, titled 'A different kind of teacher for a different kind of school'. Prof. Fischetti highlighted the world that a lot of our young people are living in, spending at times up to 9 hours a day online and up to 3 hours a day on social media. He spoke about the current curriculum and how teachers are needing to be more creative to engage students with relevant and 'point in time' learning.

## Day 3

**May Samali and Mehrdad Baghai** from High Resolves, <https://highresolves.org/>, were easily the highlight on the last day. High Resolves are a not for profit organisation who want to help create a generation of young people who want to make a positive difference to the world. Their company focus is on providing practical strategies to schools to help young people understand the world around them, in particular, a better understanding of how as human beings we are more alike than we are different. They have a systematic strategy to engage young people emotionally to make a difference in the world. I have already spoken to our Positive Behaviour for Learning (PBL) coordinator about how we could implement some of their strategies into our PBL initiative.

## **Canteen update**

From Tuesday 11 June Lillies and Limes have taken over as our canteen supplier. Initial feedback from students and staff is overwhelmingly positive, with a large variety on the menu at reasonable prices. Lillies and Limes also cater for a variety of dietary requirements, so please speak directly to Kellie at the canteen as she is more than happy to cater for any individual requests. Due to the popularity of the canteen they have sold out of hot food each day in the first week. To avoid disappointment it is always recommended to order lunches.



## **New Head Teacher Administration**



I would like to welcome Ms Sonja Hasler to our learning community as our new Head Teacher Administration (staff). Ms Hasler has come to us from Condobolin High School and will be teaching as part of the Creative and Performing Arts Faculty.

Thank you,

**Nathan Towney**  
**Principal**

# Key Dates

Term 2		
Week 8	17 June 18 June 18 June 18, 19, 20 June 19 June 19 June 19 June 19-21 June 19-21 June 20 June 21 June 21 June 21 June	IOTAS Disco—Main Hall Art Master Class: Young Artist Studio Day Tocal Dairy visit State Futsal Champions of Champions Premiers Sporting Challenge Stage 3 and 5 Steve Merrick Cup Showcase Night at the Wickham Park Hotel Sydney Good Food and Wine Show Singleton Nines Carnival (Clontarf Program) Inter Schools Culinary Challenge Y11 Legal Studies—Law Day Out HSC Chemistry Experiment Fest Sydney Japanese International School Excursion
Week 9	24-28 June 25 June 26 June 27 June	VET Work placement— Y11 Metal Shortland Wetland Fieldwork Museum of Human Disease Sailability Excursion
Week 10	2 July 2 July 5 July	NAIDOC whole school celebration Marine Studies—Whale watching Last Day Term 2
Term 3		
Week 1	22 July 23 July 26 July	Staff Development Day First day Term 3 for Students Grounds Maintenance Program—Careers
Week 2	30 July	Year 6 Parent Information Evening



# World Languages Report

## Hello! Bonjour! Konnichiwa! - World Languages Faculty

Our dynamic World Languages faculty consists of two amazing language teachers; Mrs Biasiol and Mrs Vandermeer. They are supported by Mrs Durie as Head Teacher. Mrs Biasiol and Mrs Vandermeer have created some exciting learning experiences for our students as part of the new languages syllabus implementation. The new syllabus has a strong focus on the spoken language and students and teachers are encouraged to take every opportunity to speak in the target language in the classroom. It is wonderful to hear students singing down the corridor in a new language. It is a vibrant demonstration of their learning and is always accompanied by smiles and giggles, which is really lovely.



2019 is the United Nations International Year of Indigenous Languages. As part of our World Languages school assembly this year we set our students a challenge to learn five school based words in French, Japanese or Awabakal. We had a shout out competition on assembly as well, which was fun! A set of posters are up around the school to support this learning.

The posters, which depict each of the words in Awabakal, French and Japanese, are located at the canteen, office, library, garden and water bubblers. Students who can recite all five of the words in any of the languages or their own language can report to Mrs Durie for a reward. We would like to thank Belinda Wright, Liam Begnell and Jayarna Carnley for bringing such authenticity to our assembly and to the Miromaa Language Centre for their assistance in the creation of our language posters.



## French Report: Ms Biasiol

2019 has been very busy for our French students at NHS.



Year 7 completed a major assessment task which required them to create an information poster about themselves focusing on: family, pets, birthdays, sport and favourite things. Students then had to present a speech from their information posters. Many students dressed up in French themed costumes to complete this task. The enthusiasm from Year 7 completing this task was outstanding and a lot of laughs were had too!

Year 7 are a wonderful cohort to work with and I'm extremely proud of their progress so far, but more importantly, their respectful, enthusiastic and happy approach towards their French language learning.



# World Languages Report



Year 11 French Beginners are well into their preliminary course work with their usual positive and diligent attitudes to French language studies. Last term we celebrated a French themed Easter afternoon with lots of nutella filled brioche and croissants and Easter chocolate bags, not only to celebrate Easter but also a positive start to senior language studies.



Year 11's enthusiastic approach to their senior language studies ensures hours of lesson preparation is all worthwhile. I hope they keep up their wonderful attitude throughout their language studies at NHS.

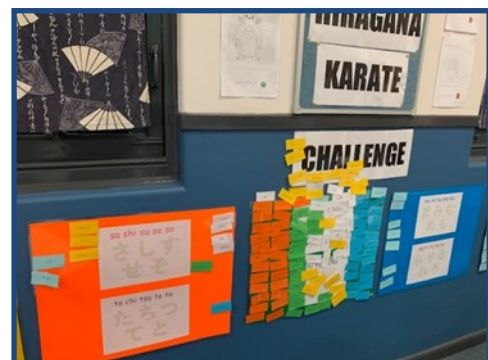
## Japanese Report: Mrs Vandermeer

In Term Two the Year 7 students have been focused on their spoken Japanese task. This was a fun activity where they could choose to dress up in various Japanese inspired costumes and make short films. They have produced some outstanding films and have been able to demonstrate their learning with confidence.



The students are also excited about their excursion to the Sydney Japanese International School on June 21 where they can make friends with Japanese students and use their language skills for real! Some lucky Newcastle High families will have a Japanese student home stay with them for the weekend. We would like to take this opportunity to say a huge thank you to our families who are hosting a Japanese student as part of this experience.

The Year 9 and 10 students have been working on earning their Hiragana Karate Black Belts. Later this term they will be moving onto katakana and more kanji. Their task for this term involved creating a Japanese manga (comic) about Newcastle High. These mangas will be used to help the Japanese students from our sister city, Ube, when they visit our school next term. There are many opportunities for authentic and fun learning on the horizon in Japanese!



# World Languages Report



ようこそ！ WELCOME  
**HIRAGANA CLUB**  
IMPROVE YOUR JAPANESE

**DAY: EVERY MONDAY**

**TIME: LUNCH TWO (12:00PM TO 12:20 PM)**

**LOCATION: ROOM 35 C BLOCK**

**WHO: OPEN TO ALL PAST AND  
PRESENT STUDENTS OF JAPANESE**



# Welfare Report

## Student Support

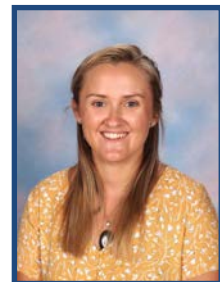
I would like to firstly thank Mrs Joanne Myers who relieved in my position whilst I was on maternity leave last year. I feel fortunate that I was able to enjoy the year with my family while knowing that my role was in such capable hands. It is great to be back and I am enjoying getting to know our new Year 7 cohort and re-familiarising myself with the great number of fantastic students here at NHS.

One of the great joys of my job is working with such a proactive and caring group of staff who are whole heartedly here to do the very best for our students and the wider community. We have a number of dedicated staff at NHS that can support students in a variety of ways.

### Our Student Support Team consists of:

**Year Advisers** - a great first point of contact for students and staff for any Wellbeing concerns.

- Year 7 - Samone Dinnery
- Year 8 - Gemma Gibson
- Year 9 - Kiarna White
- Year 10 - Gareth Lewis
- Year 11 - Martyn Skinner
- Year 12 - Craig Main



Congratulations to Laura Howard who was successful in gaining the Year Adviser role for Year 7 2020. Laura and I have already started the transition process and are enjoying meeting our prospective students for next year.



### School Support Officer (SSO)- Amy King

Amy works with individual and groups of students on a range of issues. She works closely with external agencies and can refer students who require further support outside school.



### School Counsellor

We have been very lucky this year to have Ms Michelle Fodeades working as our school counsellor. She has been an invaluable resource to the Student Support Team and we have all benefited from her knowledge and experience. She is available Monday, Tuesday, Thursday and alternate Fridays.

# Welfare Report

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**School Chaplain- Chris Jones**

Chris works on Wednesdays and Fridays with individual students and groups of students on a range of projects. Chris is also happy to support families who may be experiencing some challenges.

## **Learning and Support Teachers (LASTs)- Naomi Durie and Jamie Grove**



The LASTs run a number of programs to support the learning of students. They include:

- Quicksmart, targeting literacy and numeracy for a select group of Year 7 and 8 students, three times a week.
- The Learning Hub, operating on Tuesday and Thursday mornings where any student can come and gain assistance with classwork and assessments.
- Alternate programs that aim to develop vocational and life skills.
- Coordination of Special Provisions (SP) for students who may require extra support to complete examinations and assessments.

The team also consists of staff from the Support Faculty, HT Admin (students) and the Careers Adviser. The Student Support Team is a dynamic and enthusiastic team that works collaboratively to develop strategies to support the learning and wellbeing of all at NHS. The team meets weekly to discuss student referrals and to develop activities and processes that support student needs.

If you would like further information about the team or you would like to refer a student please contact the Head Teacher Wellbeing.

## **Medical Details**

If there have been any changes to your student's medical condition it is really important that you let the school know. This ensures that staff can respond appropriately in the event of a medical situation and a health care plan can be developed and communicated to staff where needed. Please contact the Head Teacher Wellbeing to update any medical information.

## **Second Hand Uniforms**

NHS runs a clothing pool to help families that may be finding it difficult to purchase uniforms and we have always been very fortunate that a number of people have supported this. If you have any items of uniform that you no longer need or does not fit, we would be happy to take it off your hands. Any uniform donations can be left at the Administration Office.



# Welfare Report

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## NCCD

Since 2015, all Australian schools have been required to participate each year in the annual collection of nationally consistent data on school students with a disability.

The Nationally Consistent Collection of Data on school students with a disability (**NCCD**) uses a model that draws on teachers' professional judgement and practices throughout the year supporting students with a disability to access and participate in education. Each year in August, principals then verify data about students in their school receiving adjustments because of disability, based on evidence in the school.

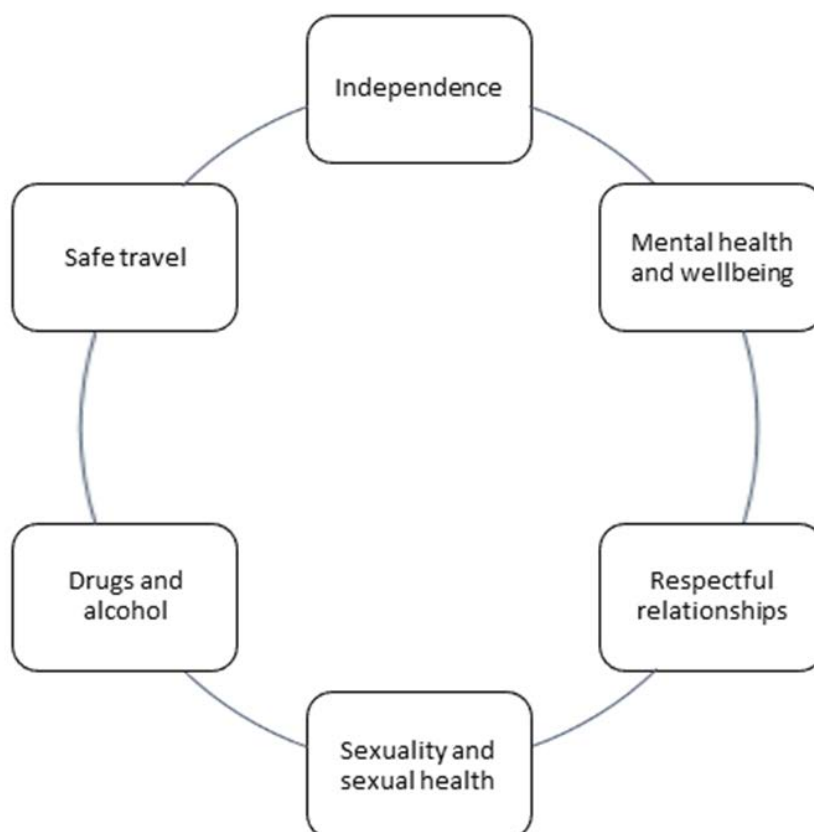
The Student Support Team have been working closely to identify students at NHS that are receiving some form of adjustment. Adjustments may be put in place to support students cognitively, emotionally, socially, medically or physically. For students who have been identified that require adjustments above a supplementary level, a learning adjustment register has been developed. This allows staff and NHS to provide feedback on the types of adjustments that are being made in their classrooms to accommodate a student's need. If you would like further information about this process please contact myself or Mrs Durie (LAST) .

## Life Ready – Year 11 and 12

Life Ready is a **mandatory 25-hour** course designed to prepare and support Year 11 and 12 students who encounter situations related to health and safety as they become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school. The program can be completed in either Year 11 or Year 12 or across both years.

Life Ready is divided into six relevant and contemporary learning contexts.

The selection of content, methods of delivery and the amount of time devoted to each learning context is a school-based decision which should reflect the needs of the student cohort each year



# Welfare Report

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Skill development is central to learning in Life Ready. The development skills in communication and interpersonal skills, decision-making, problem-solving and critical thinking and coping, transition and self-management will empower students to take positive action to be healthy, safe and well. It also promotes positive and respectful relationships and confident transition to post school independence and participation in the community.

The Life Ready course can be delivered via a number of structures including:

- Seminar programs
- Year days (e.g. Wellbeing Days)
- Guest speakers
- Camps
- Identified Year activities (eg RYDA)

Students will be told which activities will count towards the accumulation of their 25hrs. At these activities a roll will be kept so that student hours can be logged. Anyone not in attendance at these compulsory activities will need to complete alternate activities that will count towards their 25hr (eg workbooks).

**Shannon Sager**

**Head Teacher Wellbeing**



# Sports Report



## A Word from the sponsors

Newcastle High School would like to welcome a new sponsor partnership with Merewether Carlton Rugby Club. Stacey Sykes and Matt Jackson have provided expert coaching for our Year 9 and 10 boys rugby team competing in the inaugural Steve Merrick Cup. Both men are giving up their own time to give us the opportunity to play and we thank you very much.

**Sleapys Day** is where rugby league, business and community come together to support those affected by cancer or adversity. 2019 marks the 10th anniversary of Sleapys Day held at Townson Oval Merewether from 12pm and Souths Merewether from 6pm on the 24th August. Visit [Sleapysday.com](http://Sleapysday.com) for more information.



**South Newcastle JRLFC** are proud supporters of Newcastle High School. We are pleased to be a partner and help to ensure the school teams have all the equipment and gear to represent their school with pride.

Everyone is welcome to watch our Junior Lions playing at Learmonth Park each Saturday.

## The Steve Merrick Cup

The Steve Merrick Cup is a Rugby Union Competition for Year 9 and 10 boys within the Hunter Region. The goal is to build a sustainable rugby competition that will extend to girls and senior boys in the future. With the expert guidance of Stacey and Matt from Merewether Carlton Rugby Club, Newcastle High School has had three dominant wins and find ourselves in the finals playing off for the inaugural Steve Merrick Cup. In our first game we played Merewether High School and although we let in three early tries, the boys regrouped and dominated to win 50-19. Our second game was our closest, with an even affair against Warners Bay before finishing in a victory in the dying minutes, 38-31. Our third game was against an understrength Hunter Valley Grammar School and although we gave away two early tries, the boys again dominated to finish 58-19. The boys have committed to morning training sessions and Wednesday evening games and their efforts are much appreciated.



# Sports Report

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## Girls AFL

Late in Term 1, two teams of fantastic girls braved the rainy Teralba weather for an AFL Gala day.

The majority of the junior team began the day playing their first ever game of AFL. They showed amazing improvement and determination, not only on the day but in the lead up to the Gala Day. The girls had a few close games and were even keen to play another game when the day was over. Some standouts were Jade Archer whose rucking skills and leadership were a clear standout in the comp, rookie Mia Bailey our most solid and consistent in the backs and Violet Olsen, our tackle machine.

The senior girls were a mix of experienced and new AFL players, with the more experienced players willing to help the rookies with techniques, rules and any other tips. With the dedicated coaching of Anthony Perry, the senior girls ran hard and tackled harder, which resulted in a win and a close loss. Some standouts from the senior team were experienced Brooklyn Perry, hard hitters Mikayla Martin and Chelsea Rees, and dedicated rookie Aiko Suzuki. A big thanks to all the senior girls for your support for the the junior team.

Overall it was a great day and a fantastic opportunity for the girls to have a crack at AFL. I would also like to give a huge thank you to Anthony Perry for all his help throughout the day as well as Nadine Bolten and Naomi Fitzgerald for their organisational help.



# Sports Report

## Cricket

The students in the Support Faculty have had the opportunity to participate in the Ambassador's Challenge - an initiative run by Cricket NSW. Students spent three weeks perfecting catching and throwing skills and then were lucky enough to work with Paige to perfect their all round cricket skills. After enthusiastically getting down to fielding, batting and bowling, students then participated in the Inclusive Cricket Day at Lambton last week. Here students were placed into cricket teams and put through their paces, working with students from Irawang High School and with representatives from Cricket NSW. Students completed a series of skills and drills before lunch (sausage sandwiches) and then smashed balls out of the park in a fast paced cricket game. Joey became an instant media star by bravely agreeing to speak on camera (later broadcast on NBN that evening). But, the day didn't just end there...with a dance off and cricket catch competition to finish the afternoon.

This wonderful opportunity would not have been made possible without the support of Cricket NSW and all of the Support staff. Big kudos to the amazing students who participated enthusiastically and represented Newcastle High School with pride. We cannot wait to put together all of the skills we gained and start competing. Howzat!



## NSW All Schools Swimming Championships

We have excellent talent in our individual swimmers who competed in Sydney at the NSW All Schools Swimming Championships. Four students competed strongly in a number of events, walking away with medals. We would like to congratulate all four students. Results are as follows:

Lara Clack (7) - 2 bronze medals; 50m and 100m freestyle.

Alex Walker (7) - 3 silver medals; 50m and 100m freestyle and 50m breaststroke.

Heidi Schneider (8) - 7th; 400 individual medley and 8th; 200m backstroke

Averil Jones (9) - silver medal; 100m freestyle, 4th in 200m freestyle and 5th in 400m freestyle.

Averil has been selected to compete in the All Schools Team at Nationals held at the end of July. She will compete in the 200m and 100m freestyle. Newcastle High School would like to wish Averil all the best.

## Regional Oz Tag Championships

Well done to all students from years 7-12 involved . We didn't come away with any medals BUT we did walk away with smiles on our sweaty faces! Thanks everyone for a fabulous day.

**Mrs Woolley**

# Sports Report

## Boccia

Congratulations to the NHS Boccia team who have progressed to the state finals in August at Homebush. The team took out two wins against Kotara and Waratah and then played their toughest competition, Charlestown East, to finally secure the win. The combination of Taylor, Joel, Aidan, Bryce and Jayden proved these boys were serious with some incredibly accurate rolls. Aiden, as a calm and measured captain, guided John, Violet, Scott and Zac through the rules and it was wonderful to witness their confidence as the tournament continued. While it is always nice to come away with a win, what really made the day worthwhile was the respect, friendship and steadfast camaraderie that was evident during the day.

A big thanks to Ms Harris for her coaching tips, to Jacob R, James, Adam and Jacob C who helped guide staff and students around the venue and to Sue and Peter from CPA for their incredible support.



## Athletics Carnival

The Athletics Carnival was held in perfect conditions on Monday May 20. Nearly 500 students were treated with some excellent performances all in front of a DJ in a party style atmosphere. The participation from all students was excellent, leading to a tight tussle on the scoreboard. Participation in the novelty events turned out to be the difference with Watt bringing home the Shield for the first time in years. Congratulations! There were many outstanding performances throughout the day, however, special mention must be given to our three students who broke records on the day: Ashley Ossington who set a new U15 girls 100m record of 13.40, Sadie Bridges who set a new U13 girls record for the 800m of 2.39.97 and Sam Taylor who set three new records including the Open boys discus at 42.1m, Open boys javelin at 44.44m and the Open boys shot put at 11.85m. Good luck to all the students who qualified for the zone athletics carnival.

# Sports Report

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## Bill Turner Cup Soccer

There was another exciting match for Round 2 of the Bill Turner Cup. Newcastle played arch rivals Merewether High in what was always expected to be a crucial match for both teams. Newcastle jumped in front from the first whistle, with full back Nick Kacev scoring a magnificent goal from the kick off. Nevertheless, Merewether was not rocked by the goal and united as a team to go into the break 2-1. Newcastle needed something special if they were to defeat this team and Archie Goodwin was the answer. In his first game in 10 weeks following injury, Goodwin bamboozled the defence in more ways than one and was able to offer assists to Kacev and Kurtis White to take the lead and win the game 4-2. This spectacular comeback as well as a hat trick for Kacev, will fill this team with great confidence going into the third round. Newcastle will play Bishop Tyrrell College on Thursday the June 6 at National Park.

## Hunter Schools Mountain Biking Challenge

On Thursday 6th and Friday 7th of June 15 students from Newcastle High School competed at the Hunter Schools Mountain Biking Challenge in Glenrock. The race consisted of four laps around a three kilometre course. After a lot of hard riding, a couple a crashes and a snapped derailleur, all students finished with a smile on their faces. Congratulations must go to Sidney Forbes who finished ninth in the U15 boys and to Hayley Dell who finished third in the U13 girls.



Thank you to all students who have represented for Newcastle High School sporting teams over the last month.

Cheers,  
**Mr Grove**

# Regional Surfing Titles Report

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The School Regional Surfing Titles were held on Friday 17 May at Dixon Park Beach. The school entered a junior team (Zac Tinson and Gus Chaffe) and a senior team (Sunny Whitby-Otto and Quinn Mallon) in the boys' division with Natalie Fensom in the junior girls.

Conditions were excellent, with perfect weather and quality surf on offer. Our junior boys excelled with Gus Chaffe and Zac Tinson taking out the title and Gus Chaffe winning the individual component of the event. The win means that the school has qualified to compete at the School State Surfing Titles.

Swansea High took the spoils in the senior boys with Sunny Whitby-Otto coming third in a very talented and competitive division.

Our only female surfer, Natalie Fensom from Year 7, put in a fantastic performance coming third in the junior girls' division.

**Mr Steve Prior**





# Computing @ NHS

## Year 7/8 Drone Expo

Early in Term 2, girls with an interest in STEM from Years 7 and 8 were invited to participate in a drone exhibition showcase. The students learnt the rules of the air and how to safely operate and pilot a remote controlled aircraft.

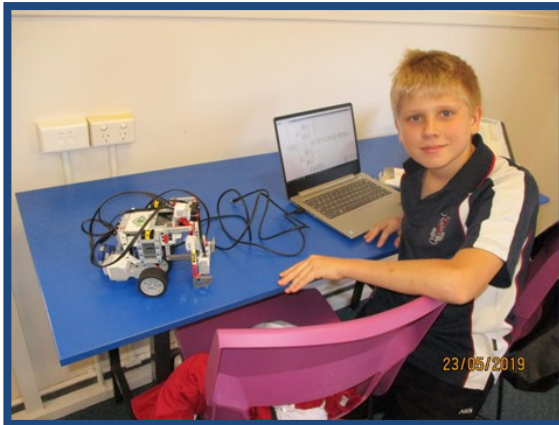
Drone flight is offered at Newcastle High as part of the Year 9 and 10 computing courses.



# Computing @ NHS

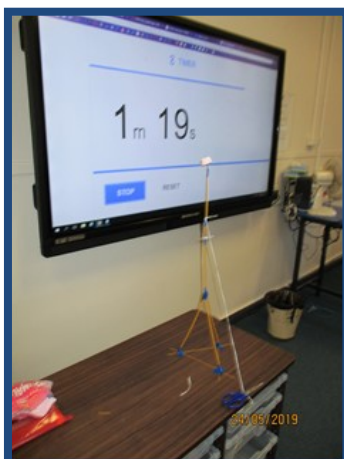
## Year 7 Passion Projects

The first round of passion projects concluded in May and the students involved in RoboCup completed their robotic prototype. Students were encouraged to design and build a robot of their choice to enter into the RoboCup Jr tournament at the University of Newcastle in August. The students also modelled their robots at the first passion project expo for the year.



## Year 9 ISTEM

The STEM enthusiasts in Year 9 have been working hard on improving their understanding of the fundamentals of design theory. They have engaged in a number of project challenges requiring them to build solutions in a limited time frame to accomplish a certain task. The marshmallow challenge was a particularly popular activity!





Newcastle High School Careers



## Newcastle High School Careers

Keep up to date with Careers news, events and job opportunities



PARENTS.....Would you like the weekly Careers flyer sent to you each week?

There are many jobs and opportunities for youth in the Hunter/Newcastle area, including fulltime, casual work, apprenticeships and traineeships.

Parents can email me if they would like to be included in the distribution list. (bcc - privacy ensured)  
amanda.hine3@det.nsw.edu.au

### Newcastle High School Careers Website

The aim of the website is to provide you with all the latest information that will help you make decisions about your future career and your life beyond school. <https://www.newcastlehighschoolcareers.com/>

The website has links to useful sites with information in relation to finding and applying for jobs, courses and further education and other useful bits and pieces that will assist you with your career planning and decision making.

Online resume support –See Mrs Hine with your draft resume if you would like further advice or editing.

CareerOne	CareerOne offer a job board as well as other useful information.	
Website:	<a href="http://www.careerone.com.au/">http://www.careerone.com.au/</a>	
Careers Online	Learn what you need to know about choosing a career which suits you, and then how to prepare your entire job application so you get the job!	
Website:	<a href="http://www.careersonline.com.au/">http://www.careersonline.com.au/</a>	

**Live Careers** Create a professional, job-ready resume in minutes with Resume Builder.

Website: <https://www.livecareer.com/>



**Super Resume** Best Resume Builder of 2016

Website: <http://www.super-resume.com/>



## Work Experience at Newcastle High School

Workplace learning is all about doing some great learning – but in a workplace instead of a classroom. You can watch work being done, ask questions, join in workplace tasks and activities, learn new skills and find out more about careers and future employment opportunities.

**Work Experience** programs are usually undertaken by students in Years 10, 11 and 12.

Work experience provides a general introduction to the ‘world of work’. Students are able to observe a variety of work, usually in a field of their choice, and undertake supervised tasks appropriate to their skill level.

Work experience builds on a student’s career planning and transition activities in school and can assist their course and subject choices in senior high school.

**Please speak to Mrs Hine, Newcastle High School Careers Adviser on 4969 3177 or email [amanda.hine3@det.nsw.edu.au](mailto:amanda.hine3@det.nsw.edu.au) for further info.**

‘work experience helped me to learn about what skills I need to gain an apprenticeship and what employers are looking for’



Work Experience can help students make informed decisions when planning their transition through school and on to further education, training and work

## UNIVERSITY OF NEWCASTLE SCHOOLS VISIT DAY

YEAR 11 and 12 students

Wednesday 3 July 2019  
9:00am – 2:30pm

The University of Newcastle Callaghan Campus will host its annual Schools Visit Day.

Students have the opportunity to experience what life is like as a first year uni student – attend lectures, take part in hands-on activities and have a good look around campus. Free Bus from NHS.

Permission notes from the Careers Office



## YEAR 10 SUBJECT SELECTION SUPPORT

### Year 10 Careers lessons

Year 10 students are currently working through their subject selection choices for their HSC years. It can be an overwhelming time for students, however there is a lot of support available to help students make informed decisions. Students are learning about the requirements for the HSC and ATAR. Further info on choosing HSC courses can be found at NESA website:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/subject-selection>

### How should I choose my subjects?

- Make a realistic assessment of your own abilities, talents and interests
- Subjects you think you will like and could do well in
- Think about what you like and don't like from your current subject areas
- Explore the content of a course, is it theory based or practical? What are the course outcomes? Do you need to submit a major work or perform as part of your exams?
- Do you want to do an ATAR pattern of study (needed if you want to go to university straight after Year 12)
- Your future goals and career / job interests if you have any...

If you don't know what career interests you yet, it's ok, it will all come to you in time

- Subjects that will help you to enjoy your senior years at school

### Do not choose subjects based solely on:

- What your friends like, your older siblings or what others have done in the past
- Who you think might be teaching the subject
- How you think a subject might scale

### Get advice from:

- Your current class teachers, subject specialist teachers, Head Teachers, Deputy Principal or Year Adviser to ensure you have chosen the appropriate subjects and the correct level for you and your needs
- Your Careers Adviser, especially regarding further study course requirements, prerequisites or TAFE / Uni entry
- Current senior students, parents and other contacts you may have in your interest area
- Employers during work experience



### TVET opportunity:

Gain quality workplace skills and experience to help launch your career with a range of TAFE NSW delivered Vocational Education and Training (TVET) courses to choose from. TVET courses form part of your HSC subject options and cover everything from automotive trades, business services and construction, to sport and recreation, visual arts and warehousing.

Find a complete course list in the current TVET guide <https://www.tafensw.edu.au/study/types-courses/tvet>

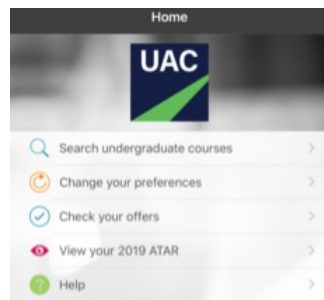
For TVET and subject selection support please see Mrs Hine in the Careers Office. Parents are most welcome too. Please contact the school to arrange an appointment.

### School-based Apprenticeship or Traineeship (SBAT):

SBATs allow students to commence an apprenticeship or complete a traineeship while at school. An SBAT combines paid work, training and school; and as well as an industry recognised national qualification you will gain credit towards the HSC. Some apprenticeships and traineeships can contribute towards the ATAR. For more information go to <https://sbatnsw.info/> as well as the Careers Adviser for further support if interested in SBATs.

## Year 12 University and UAC information for 2020 entry

For easy access to UAC, download your 'MY UAC' Mobile app



UAC Key Dates:  
<https://www.uac.edu.au/key-dates>  
[University of Newcastle Key Dates:  
https://www.newcastle.edu.au/current-students/study-essentials/key-dates](https://www.newcastle.edu.au/current-students/study-essentials/key-dates)

### YOUR UAC APPLICATION NUMBER AND PIN

Your UAC PIN has been emailed to the address you registered with NSW Education Standards Authority (NESA). Keep your UAC PIN in a safe and secure place and don't give it to anyone else. We also recommend that you log in to your application and change your PIN. When you complete the personal details section of your application, you'll be emailed your nine-digit UAC application number and your four-digit PIN. You can then put in your five preferences for courses, which you may change at any time. Apply before 30<sup>th</sup> September to get the early bird price. There is a non-refundable processing charge of \$70.00 AUD. (Mastercard, Visa or PayPal)

See Mrs Hine for any support needed with your UAC application, courses and preferences. Parents are most welcome to make an appointment also.

## What adjustment factors am I eligible for?

Current HSC students can receive up to 12 points on their selection rank based on an approved Admission Scheme. These additional points are known as Adjustment Factors. All of the possible adjustment factors for both current and non-current school leavers are available at [Entry Schemes](#).

## Regional and Rural Adjustment Scheme

HSC Students who attend schools in certain regional or rural postcode areas are awarded five adjustment factors through the University of Newcastle's Regional and Rural Adjustment Scheme. You don't need to apply for these adjustment factors- they are automatically added to your rank. For information on what areas are included, please visit [Regional and Rural adjustment point scheme](#).

## Year 12 Adjustment Scheme

Our HSC adjustment scheme rewards high achieving Year 12 students. Depending on the degree you choose, you may be awarded up to four adjustment points for your HSC results in particular subjects.

## Educational Access Scheme

UON participates in the Educational Access Scheme (EAS), which may award up to four additional points to eligible students who experience educational or other disadvantage at any point during their schooling. For further information, and to apply, please visit [UAC](#).

University of Newcastle Enquiries: 49215000

<https://www.newcastle.edu.au/study/undergraduate>

## Year 12 Subject Spotlight

### Early Offer Program

The University of Newcastle Year 12 Subject Spotlight program rewards you with an offer for your hard work and strong results in one or more subjects related to your degree. You can take some of the stress out of your final school exams, knowing your ATAR isn't all that matters. There is no separate application for the program – simply apply through [UAC](#) and have the University of Newcastle listed as your first preference to qualify. Faculty of Health and Medicine degrees are not included in this program.

# Year 9 YAM Information

## Youth Aware of Mental Health

The Department of Education is working with the Black Dog Institute to run a school-based peer support and mental health literacy program called Youth Aware of Mental Health (YAM).

### What is YAM?

YAM is a program aimed at addressing the mental health needs of young people.

YAM involves discussion and role play. It aims to get young people involved and talking about mental health. By doing this young people will learn problem solving skills and gain knowledge about mental health.

This is a free program for all Year 9 students. The Department of Education has funded all costs associated with the YAM program.

### Who is it for?

All Year 9 students

### What is in the program?

There are 6 themes addressed in the program

- What is mental health?
- Self-help advice
- Stress and crisis
- Depression and suicidal thoughts
- Helping a friend in need?
- Who can I ask for advice?

### How will YAM run in our school?

YAM will run over 3 weeks and is delivered in the classroom setting (up to 30 students) by accredited trainers external to the school.

Week 1	Week 2	Week 3
Opening session	Role play 2	Closing session
+	+	
Role play 1	Role play 3	

Students will be given a booklet to keep. It will include a guide of local health resources as well as a list of different organisations who work with youth in the local community.

### Who can I contact to discuss YAM?

The contact for YAM in our school is XXXXX

### When will YAM be delivered in our school?

YAM will be delivered in XXXXX

### Where can I find more information about YAM?

<http://www.y-a-m.org/>



# For Your Information

## HOST FAMILIES WANTED

### To host Japanese students

Newcastle High School will be hosting 2 Japanese students aged 16/17 years of age (sex TBC) in Term 3 and part of Term 4 and we are still looking for interested families to host them from Sunday 14 July – Saturday 19 October 2019.

- ➔ English must be the main language spoken in the home
  - ➔ The student will need to have their own room
- ➔ Homes must have good access to public transport to school
  - ➔ Remuneration from \$279 per week (room and meals)
  - ➔ For more information please contact Rosa Di Santo on 0466 725 113 or email [info@ozhomestay.com.au](mailto:info@ozhomestay.com.au)



### Oz Homestay

[www.ozhomestay.com.au](http://www.ozhomestay.com.au)  
[admin@ozhomestay.com.au](mailto:admin@ozhomestay.com.au)  
Tel: 9325 6988  
ABN 92093 228 365

## DYSLEXIA OR LEARNING DIFFICULTIES?

Some children experience reading and learning difficulties as a result of visual perception problems caused by

### Irlen Syndrome/Scotopic Sensitivity

Irlen Syndrome can cause **Dyslexia** and difficulties with:

- **Spelling**
- **Comprehension**
- **Fatigue**
- **Writing**
- **Concentration**
- **Eye Strain**

### IRLEN DIAGNOSTIC CLINIC NEWCASTLE

#### Regional Clinics

**Taree:** 0409653700

**Central Coast:** 0414685283

[www.irlendyslexia.com](http://www.irlendyslexia.com)

Suite 3/136 Nelson Street  
Wallsend 2287

**Phone 49 556904**

**irlen.**



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# LIVE MUSIC NIGHT

**Ages 13- 19  
High School Age**

**LOOKING TO PERFORM?**

**FOR AN APPLICATION CONTACT  
PROWLETT@PCYCNSW.ORG.AU**

**LIMITED TICKETS AVAILABLE  
TO BE PART OF THE AUDIENCE:**

**CALL: 4961 4493**

**PROWLETT@PCYCNSW.ORG.AU  
TO PRE BOOK**

**COME AND CELEBRATE THE END OF  
PCYC NATIONS OF ORIGIN WEEK.**

**REFRESHMENTS AVAILABLE**

**THIS IS A ALCOHOL AND DRUG FREE EVENT**

**19|07  
2019**

**Friday  
5PM - 8PM  
PCYC  
NEWCASTLE  
YOUNG ROAD  
2292**

**Gold coin  
Donation**



## **AFL**

Currently Newcastle City AFL u15 boys team is looking for players for this season. Previous AFL playing experience not essential, just a willingness to work hard as a team. Great coach and team.

If interested please contact:

Geoff on 0409 775 209.

## **MedEntry UCAT Preparation**

Students interested in pursuing medicine need to sit the UCAT in July 2019.

MedEntry is a government accredited Registered Training Organisation specialising in UCAT preparation. MedEntry offers discounts of 30% for groups, numerous scholarships and bursaries.

For more information, please visit  
[www.MedEntry.edu.au](http://www.MedEntry.edu.au)



## NEWCASTLE HIGH SCHOOL

“Remis Velisque”

160-200 Parkway Avenue,  
Hamilton South NSW 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: <https://newcastle-h.schools.nsw.gov.au>

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

Phone: 49291663

Campus Leader: Quinn Robertson

