

# The Parkway



September 2019

Parkway Edition No. 07

## PRINCIPAL'S MESSAGE

### HSC preparation

Our Year 12 students and teachers are working extremely hard in preparation for the HSC examinations, which begin on Thursday 17 October and run through until Monday 11 November. I encourage all students to attend the Monday afternoon sessions in the library and speak to their mentors if they would like assistance with managing their time over the next two months. It is really important that HSC students have a balanced approach over the next two months as we know that a student who does this is in the best position to succeed. Some tips and strategies:

- Eat well
- Make sure you get enough sleep
- Continue playing sport or exercise regularly
- Have a quiet place to study
- Collaborate with other students from your class
- Seek feedback from your teachers
- Manage your time by creating a plan and share this with your family and friends

The following link provides further study tips:

<https://studentsonline.nesa.nsw.edu.au/go/studytips>

The last week of term is fast approaching, which is a big week for Year 12. The following table demonstrates the activities for Year 12 in the last week:

| Day       | Activity  |
|-----------|---|
| Monday    | Normal school day   |
| Tuesday   | Normal school day with a whole school clap out during period 4. |
| Wednesday | Year 12 formal at Merewether Surfhouse                          |
| Thursday  | BBQ breakfast at school from 6am                                |
| Friday    | Year 12 presentation assembly                                   |

# Principal's Message

## Newcastle High School House Shield

In 2019 we introduced a new initiative into our positive behaviour for learning (PBL) strategy, with students able to gain points for their respective house through a variety of ways. Points were awarded to students for:

- participation at sports carnivals
- receiving a school 'gotcha'
- representing the school in extra curricula activities

Congratulations to Watt house who were the winners for 2019. All members of Watt house will be eligible to attend an excursion to Luna Park on Friday 20 September. A big thank you to Ms Laura Howard for coordinating this initiative.



## Early commencement HSC courses

In 2020 students in Year 10 will be able to access an increase in the number of early commencement HSC courses. The courses on offer include:

- Investigating Science
- Business Studies
- Design and Technology
- Hospitality (Vocational Education and Training course)
- Metals and Engineering (Vocational Education and Training course)
- Personal Development, Health and Physical Education

This is aligned to the school's Future Focused Curriculum strategy, allowing students the opportunity to complete two units of study by the end of Year 11. The students that have completed these courses have achieved outstanding results, often outperforming the students in the year above. These students have identified the benefits of completing an early commencement course:

- Able to concentrate a lot of time and energy on the early commencement course.
- The ability to complete more than 10 units of study in their HSC year.
- A reduced load in their HSC year resulting in more time to concentrate on each course.
- Understanding the requirements of a HSC course and being able to experience HSC exam conditions, reducing stress and anxiety in their final year of school.

For any further information on this, please contact Mrs Kadarusman at school.

Thank you,

**Nathan Towney**  
**Principal**

## Key Dates

**(More event information available in the Sentral Parent Calendar)**

|               |  |  |
|---------------|--|--|
| <b>Term 3</b> |  |  |
| Week 8        | 9-13 September<br>11 September<br>11 September<br>13 September<br>13 September   | Year 10 VALID Science Online Exams<br>Debating—Newcastle High School<br>Parent Teacher Interviews 3.30-6pm<br>Year 9 Wellbeing Day<br>Touch Football Open Gala Day   |
| Week 9        | 16-20 September<br>16-20 September   | VET Work placement—10 EC Metal<br>Preliminary Exams  |
| Week 10       | 23-25 September<br>23-26 September<br>24 September<br>24 September<br>25 September<br>26 September<br>27 September<br>27 September | South Coast Camping—Clontarf Program<br>Preliminary Exams<br>Year 12 Rehearsal Assembly<br>Year 12 Clap out<br>Year 12 Formal<br>Year 12 BBQ Breakfast<br>Year 12 Graduation Assembly - Main Hall<br>Last Day Term 3 |
| <b>Term 4</b> |  |  |
| Week 1        | 14 October<br>16 October   | First day of term for all students<br>Vaccinations   |
| Week 2        | 21 October<br>22-23 October  | Ronald McDonald House, meals from the heart catering<br>Mars Rover Challenge   |





# Science Report

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## Marine and Aquaculture Technology

On Tuesday 2nd of July 2019, Mr Nancarrow and Ms Ronald took the Marine Aquiculture and Technology class on a three hour whale watching cruise in Nelson Bay, Port Stephens. This excursion enhanced the students' experiential learning.

The tour started off fantastically, with a local ecologist/marine biologist giving the students a talk about our local marine environments and the integral part we all play in taking care of it. He shared some of his own stories about seeing sharks whilst scuba diving and what life is like being a marine biologist, researching animals under the water.

After navigating out from the bay, it didn't take long until we had our first encounters with some of the mighty and magnificent humpback whales, migrating up the coast to Queensland to have their pups before migrating back down to Antarctica for our summer. We learnt that males tended to belly flop when breaching whilst females tended to spin in the air to show off. We were lucky enough to experience seeing both. We also witnessed a group of four males play fighting each other, blowing bubbles in each others' faces and competing for a female whale nearby.

On our way back we had a pod of long-snouted spinner dolphins surfing the boat's bow wave and only meters from where we were standing. We also saw a number of seals sunbaking on some of the rocky cliffs of the islands as we re-entered the bay.

This was simply a magnificent experience and one which we will all never forget.



Marine and Aquaculture Technology students have also been to the Newcastle Fishing Co Op in Term 1. We had a behind the scenes tour of how the fishing industry works in our local area. We saw over one hundred octopus caught in the Newcastle region along with live shrimp etc.

This term we have been dissecting fish and crustaceans, observing their gills under the microscope. We also found a way to calculate the age of a fish by observing them under a microscope and counting the lines on their scales.



# Science Report

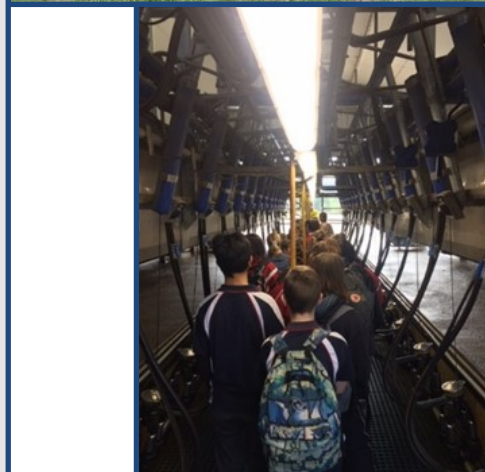
## Cows Create Careers!

During Term 2, Mr. Rule and Ms Ronald had the opportunity of taking some Year 8 students to the **Cows Create Careers** agricultural day at Tocal Agricultural Centre. These students had been working on some projects before attending this event, some of which included looking after and feeding two calves in the grounds of Newcastle High School. There were also six other schools from around the region in attendance on the day.

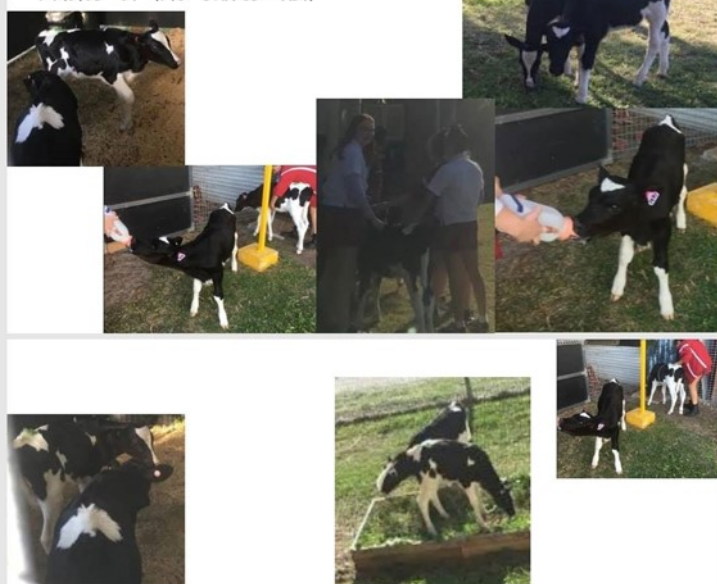
The Tocal Agricultural Centre rotated each school group through a range of fantastic activities throughout the day. Some of the activities included going to a dairy farm and seeing how to milk cows. We saw three week old calves and gave them a pat and a feed. Later there was a motorbike and quadbike demonstration, which informed us about the dangers and safety equipment. They then gave demonstrations with skills for beginners up to experienced riders. Following that we had a session demonstrating how they train horses and they had some working farm dogs round up a few sheep in a paddock.

The day finished with all of the schools coming back together. We played some games and then it was presentation time. Newcastle High School won first place in three different categories, including overall 1st place for the students' research projects on caring for cows!

What a moovalous way to finish the day!



Photos of the calves visit



# Science Report

## Science and Engineering Challenge and *Build Me A Future*

Recently, thirty-two students from Newcastle High competed in the University of Newcastle Science and Engineering Challenge.

The students worked in groups of four, completing tasks that required problem solving skills, teamwork and the ability to construct structures or devices. For example, designing and constructing:

- a prosthetic hand capable of grasping different objects ranging from straws, string and paddle pop sticks
- a bridge
- a building that could hold a load under earthquake conditions
- a "mars rover" suspension to allow a vehicle to traverse rough terrain

Our students applied themselves enthusiastically, achieving very pleasing results. Our bridge building team came second overall and the building and Mars rover teams won their respective sessions.

Most importantly, staff and volunteers alike commented positively, not only on the exemplary conduct of our students, but also on the way our students were able to work purposefully on solving problems, while also managing to have fun, brightening the day of people who were into their 6th day of competition.



## Forensics

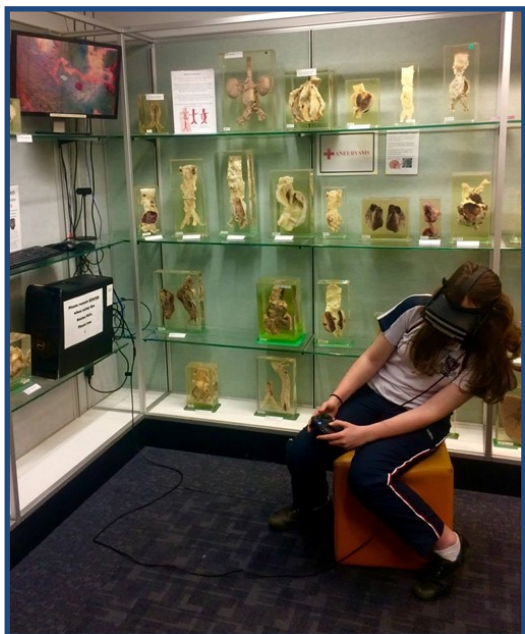




# Science Report

## Museum of Human Disease

Year 12 Biology had an interactive learning experience while at the Museum of Human Disease. Below, a student enjoys a virtual reality tour of her blood vessels!

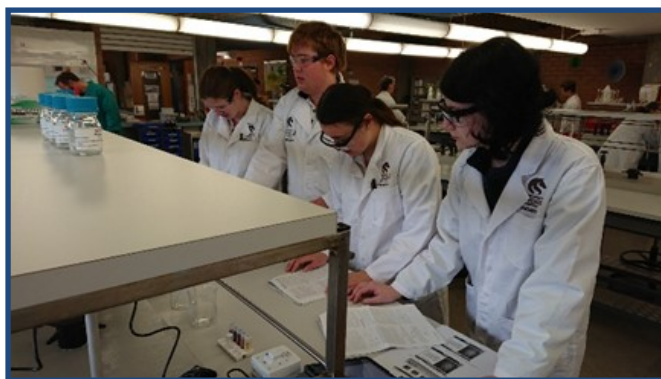


## Hunter Wetland Field Studies

Y11 Biology and Earth and Environment studies students 'enjoying' the weather at the Shortland Wetlands Centre.

## Chemistry and Physics Experimentfest

Senior Physics and Chemistry students visited the University of Newcastle at the end of Term 2 to experience using equipment and facilities unavailable at school. Students performed HSC experiments and enjoyed the opportunity to interact with university staff and students from other Hunter schools.





# Science Report

## Primary Gifted & Talented Days

The Science faculty hosted Stage 3 GATS students who had a great time looking at air pressure and static electricity.



## Great Science Lessons



# Science Report

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## **PBL Assembly**

On Thursday 8 August 2019 we had the pleasure of a visit from Professor Trevor Sorensen. He was a Mission Control Assistant Flight Director in the space shuttle era and has had a distinguished career in software engineering and space science. He was awarded the NASA Medal for Exceptional Scientific Achievement. Trevor was also a programmer and developer of computer games, many of which were successful on PC and other platforms in the 1980's and 1990's.

Trevor attended Newcastle Boys High, now Waratah High, and completed his HSC in 1969. He ran a rocketry club throughout his high schools years, building and launching rockets in Newcastle and surrounding areas. Trevor went to primary school at Hamilton Central, which is now Hamilton Public School. He presented the school with a copy of his memoirs, containing a detailed description of his life in Newcastle and his later achievements in the USA. This will soon be available for viewing in the Newcastle High School library.

Professor Sorensen spoke to our school PBL assembly, telling interesting anecdotes from his life experience, but also encouraging students to pursue their dreams and ambitions for the future. In this regard he was particularly supportive of girls and their involvement in science, mathematics, engineering and technology. He was engaging and entertaining and the students appreciated his address. Later in the morning, Professor Sorensen spoke to a group of interested students who asked many questions about rockets, astronauts and all things space.

***Mr Sean Bromfield***

***Head Teacher – Science***



# Mathematics Report

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The teachers of the Maths faculty at Newcastle High have had a busy year, as have their students. There have been a number of excursions and programs which the Maths teachers have organised or have been involved in, such as the Jindabyne camp, knockout tennis, basketball and Futsal, the Year 7 camp and the welfare days. For the first time, Ms Netluch took an excited group of dancers to perform at Starstruck, and Mr Gambrill, for the second year in a row, is taking a Futsal team to Brisbane to compete in the national titles.

In the classroom, the Maths teachers have been encouraging students to arrive for class on time, ready to roll, with their correct equipment: a pen, a book and a calculator at the very least. We are integrating more and more technology into each lesson and would appreciate more students bringing their own device, whether it be a laptop, tablet or iPad. Canvas is being utilised to deliver lesson information and students have been submitting assignments through it.

## Hunterwise Projects

Mr Gambrill and Miss Cugaly have been mentoring an enthusiastic group of girls interested in **STEM** (Science Technology Engineering & Maths). The girls have been working in groups, identifying a real world problem and investigating possible solutions. *The New Insights* group made it to the finals with their design for an app which would provide information about popular tourism and sightseeing locations in the Newcastle CBD.

## Breakfast Club

Breakfast Club operates on Wednesday mornings, from 7:45 am to 8:45 am. Maths teachers are available to assist students with their mathematics. Students can access help to complete homework, prepare for an assessment task or improve their understanding of the coursework. At the same time, they can also enjoy a cup of Milo and some toast.

## Study Buddy

Study Buddy is a new program which is aimed at helping Year 7 students with their Maths and giving Year 10 students experience in tutoring Maths. The new program operates on Tuesdays, at lunchtime. All Year 7 students are invited to take advantage of having free tutoring support in the school. The Year 10 students enjoy being able to assist younger students who need help with mathematical concepts.

## Changing types of assessments

In 2018 the NSW education Standards Authority introduced a mandatory policy for all HSC courses to deliver at least one investigative style assessment task. These types of tasks often require students to apply a variety of higher order skills, complement those required when sitting a test.

Consequently, the Maths faculty has introduced a range of alternative assessment tasks across all year groups. The tasks help students to develop their skills in critical and creative thinking, communication and collaboration. They also encourage students to be more courageous in their learning and to build links within their community by seeking expert help.

A recent example of included Year 7 students completing an angles task in which they were required to design their own mini putt-putt golf course utilising their knowledge and understanding of angles.



# Mathematics Report

Year 8 students have completed a Pythagoras writing task. For the task, students were required to research and report on the work of Pythagoras. In the task, which linked with Newcastle High School's focus on improving writing, students implemented the **PEEL** strategy to help improve the structure and cohesion of their written expression.

Year 9 students have completed a Measurement task. The first part of the task required students to compose 'I wonder' questions, based on stimuli photographs. The second part required students to select one of their questions and use it as a driving question for research. The students created a poster presenting evidence of their research and their analysis relative to their selected question. The posters will be on display at the parent teacher interview night in Week 8.


## Senior Students

The Year 11 Preliminary exams, at the end of the term, are fast approaching. Year 11 students will need to review their Preliminary coursework in order to prepare. Students would benefit from completing their coursework, preparing topic summaries and implementing a study timetable to ensure they can approach their exams in a calm and controlled manner. This improves their ability to achieve success. Students are also encouraged to take advantage of the Maths Breakfast Club to access extra help.

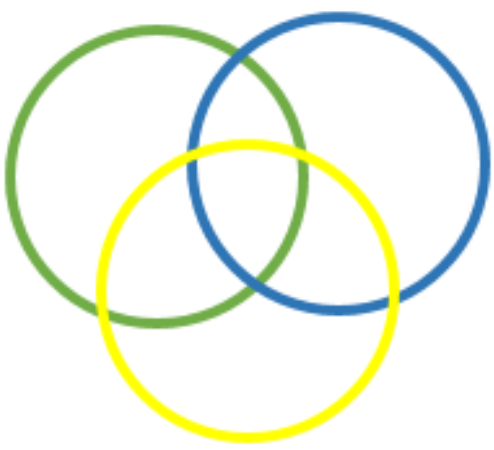
Year 12 should be in the midst of their revision and practice of past HSC questions to assist them in preparing for the Higher School Certificate exams. Students should use the results from their trial exams to identify their weak areas and focus on improving their understanding of these concepts. They would also benefit from completing topic summaries and implementing a study timetable.

Here's a puzzle for everyone:

I'll give you 24 red marbles.



You are to arrange them so that half are inside the blue hoop, a third are inside the green hoop and a quarter are inside the yellow hoop.



Hint: you might need some marbles outside the hoops!

# Billy Cart Project Report

A group of Year 10 students and their teacher Mr Holman-Lee recently attended Bunnings Kotara for four Fridays leading up to Father's Day. They were there to construct bilycarts for the Bunnings Father's Day Family Night on Thursday 29<sup>th</sup> September. All the materials and staff help were provided free by Bunnings Kotara and the staff member there who organised everything was fantastic. Consequently, the students had a great time doing something other than classwork, adding another and apparently pleasant dimension to their schooling experience.





# Aboriginal Education Report

## Puliima 2019 Indigenous Languages and Technology

### Conference

Darwin 19<sup>th</sup> – 23<sup>rd</sup> August.

I was honoured to be invited to this amazing conference attended by 545 delegates from around Australia and overseas at the Darwin Convention Centre.

**Puliima means, 'making VOICE' in the Awabakal Language.**



### 2019 International Year of Indigenous Languages.

Languages play a crucial role in our daily lives. They are not only our first medium for communication, education and social integration, but also at the heart of each person's unique identity, cultural history and memory. Sadly our indigenous languages are disappearing at an alarming rate. Through Puliima our communities are using digital tools to support the revitalisation, protection and sharing of our languages through culture to empower our people.

I attended many workshops throughout the week, but the inaugural "Women in Language" event was one of the highlights for me. Celebrating the unique and valuable role our women play in our Aboriginal communities. workshops and talks were run by our women showcasing their contributions in art, culture, raising families, transmitting knowledge, leadership and enterprise. The other highlight for me was meeting the beautiful Aunties from the Tiwi Island Strong Women's Group. They highlighted the power of song to keep us strong and the essential role of song and culture to our health and well-being. These Aunties welcomed me into the group as I sat around and listened to what they do in their community. They shared with me that song is central to the maintenance of language, ceremony and culture. They informed me that it holds our traditional knowledge and it teaches us who we are and where we fit in to our communities. It is an essential part of keeping our language alive. I was awestruck after hearing the Aunties tell their stories about family, kids, grandkids and community in the Tiwi Islands. My family and I have been invited to stay and be welcomed by the elders on Tiwi Island. I feel so blessed to have been given the opportunity to attend this conference and continue making networks that I can work with through my role as the Aboriginal Education Officer at Newcastle High School.

**Belinda Wright**

**Aboriginal Education Officer**







# DARWIN





# Computing @ NHS Report

## RoboCup Junior Hunter Tournament

Once again, Newcastle High School sent two teams this year to the RoboCup Junior tournament. This is an annual competition requiring studies to design, construct and code a robot to complete a series of tasks.

Our first entry consisted of Alex MacLeod and Hidetaka Aoki who competed in the Onstage competition. This was the first time entry for both of these boys who worked very hard throughout the buildup to the competition. They built three robots and even coded one of them to play the melody of the Jurassic Park theme. The other robots were built to simulate a dinosaur battle. The boys had mixed results and were impressed by the level of competition from the other schools.



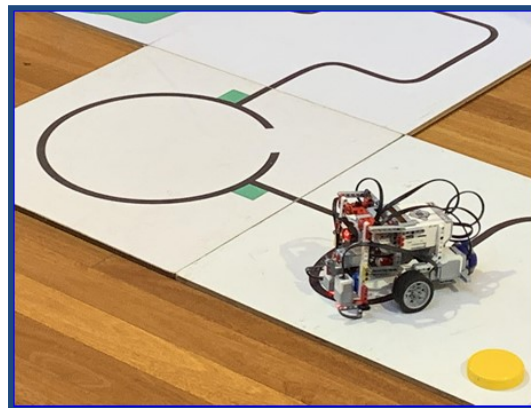
## RoboCup Junior Hunter Tournament

Our second entry was from solo candidate, Jacob Archer in year seven. As a veteran of Robocup, Jacob competed in the prestige level Rescue competition. Jacob's robot was required to attempt three different challenging courses and performed incredibly well, successfully rescuing the 'victim' from the oil spill, and avoiding the dangerous obstacles. Jacob managed to win the first round against the 21 other teams and continued his good performances in the subsequent rounds to earn a place in the finals.

# Computing @ NHS Report

In the finals, the difficulty of the course literally 'ramps' up with more difficult to navigate obstacles on elevated platforms. Jacob's robot managed to successfully navigate multiple challenges successfully and earned him third place in the Secondary Rescue division.

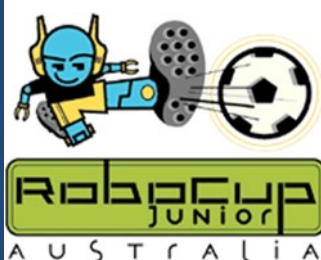
Congratulations Jacob!



## RoboCup Junior State Tournament

After finishing third in the Hunter region, Jacob, with iBot, headed down to Sydney a few weeks later to compete in the state level division of RoboCup. Once again, the level of competition increases as students from all over NSW partake. Despite stiff competition, Jacob managed to earn a place in the finals, finishing seventh overall in the state!

A major part of the competition at all levels requires that the student is interviewed by the judges and their logbook analysed for indications of additional support. Jacob completed all the construction and coding himself and the judges were impressed by his attention to detail and ongoing work as an individual.





# Computing @ NHS Report

## Year 7 Passion Project

The Minecraft Passion project group were treated with some special guests from Newcastle Transport earlier in the term. Representatives attended the school to spend time with the students to discuss their work on the Newcastle Light Rail system. In groups, students have been developing a replica model of the Newcastle Light Rail with as much accuracy and component analysis as possible. Our guests from Newcastle Transport were amazed by the work the students had been able to produce and are looking forward to returning to the school to judge the final winners on the Passion Project Exhibition night.



# Sports Report



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

## A Word from the sponsors

Hi,

My name is Mark Hebblewhite and I am the Owner and Director of [Highlite Fitness](http://www.highlite.com.au). With an increasing focus on student's health and fitness, we have developed a strength and conditioning after school program for students aged 9-17years, that aims to;

- Empower kids to achieve effective results in their chosen sport;
- Lay the foundations for a life of health and fitness; and
- Assist kids to build character, confidence and self-esteem.

Our programs are designed to improve athletes in a range of different ways, by developing their:

**Physical capabilities:** lifting technique, strength, power, speed, mobility, injury prevention

**Training intelligence:** exercise theory and terminology, program structure, muscle and movement links, healthy lifestyles and nutrition

**Psychological development:** work ethic, self-esteem, resilience and social skills

We have a **FREE Open Day**, with a one-day special offer - **Pay only \$3p.w. for \$3 weeks**, coming up on the **9 September 2019** and we would appreciate your assistance in distributing and communicating the event with your school students and community.

Kind Regards,

Mark Hebblewhite

0249632990

[www.highlite.com.au](http://www.highlite.com.au)



# Sport Report

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## Hunter Mountain Biking Championships

On Tuesday the 6<sup>th</sup> of August, twelve students rode up to Glenrock to compete in the Hunter Schools Mountain Biking Championships. Students could compete as individuals, teams or in both categories. Students in the individual category had to complete as many laps of a 3km course in one and a half hours. The teams were only allowed one team member on the course at any one time and had to complete as many laps as possible in two and a half hours. The course started winding through double barrel, followed by twisties, seismic and pump action, eventually returning to the start.

All students represented Newcastle High School with pride and there were some excellent results on a day with a large number of very talented riders. Congratulations must go to Sidney Forbes for 3<sup>rd</sup> in the Junior individual event and to Lucas Davidson, Joshua Dennis and Braith Henshaw for coming 2<sup>nd</sup> in the Junior teams.





# Sport Report

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The following article is the full article written by Cal Fowler about the Isaac Lourie Cup played in August. Apologies to Cal and the Lourie family for not publishing the full article in the last sports report.

## Isaac Lourie Cup 2019

On Friday the 26th of July, patrons of Number 1 Sportsground were treated to greatness as we witnessed the second year of The Isaac Lourie Cup. This AFL match would see Newcastle High take on cross-town rivals Merewether High in a thrilling contest. This night is a meaningful way to remember a beloved son, friend, brother and Newcastle High student whose life was tragically cut short at the beginning of 2018. Master tactician and coach Andrew Doherty was joined by previous year's captain Callan Fowler in the Newcastle sheds, whilst ex-Newcastle High deputy Tony Southward had his work cut out in the Merewether camp following last year's victory as pressure mounted to retain the coveted Isaac Lourie Cup.

Hundreds gathered to show their love and support and witness a little piece of history. The excited, yet respectful atmosphere was matched only by the eagerness of young men and women who couldn't wait to take the field. The girls' game started with fireworks as Merewether High set the tone early on with some high-quality footy, although the Newy girls wouldn't go down without a fight. Closing in on half-time, Newcastle High's Chelsea Bolton and Sophie Blair began to string some good passes together and get the ball forward. Half-time saw Merewether High in front and playing some dazzling footy, which proved difficult to combat. Mikayla Martin and Isabelle Farthing came out firing in the second half and began to briefly turn the momentum the other way. Brooklyn Perry displayed a high-class effort, proving what a superb footballer she really is and consequently took home Newcastle High's MVP for the game. Unfortunately, this tough and courageous effort was not quite enough for the girls to spark an upset, as Merewether High ran away victors, winning 36-18. All teams then gathered as the stadium featured an emotional minute silence for Isaac.

After some inspiration from the coaches and principal Mr Towney, the Newy High boys were ready to set the ground alight with their footballing ability. The tempo was set early in the first quarter with Merewether initially looking the pick of the two sides. Strong initial efforts were made by young gun Cooper Southam who was dangerous in the half-forward position. Zai Michals proved his ability to win the ball in the midfield and produced a massive performance.

Following the first quarter, Newcastle needed a lift. This came in the form of Joshua Taylor who made a significant impact on this game, constantly picking out passes and getting the ball downfield. As the momentum began to switch, our little magician Riley Parker put in the performance of a lifetime down in the forward pocket, kicking three goals and putting on a show for the Merewether High defenders who could only watch and pray. Half-time placed Newcastle ahead and seemingly in control of this rollercoaster game.

The second-half featured a truly memorable MVP performance from Beau Dwyer who put on a clinic in the midfield, showing strength and skill. Skipper Patrick Johansen led the boys with passion as he and Oscar Kunze were brilliant in the half-back line and instrumental in getting the ball forward. The final quarter saw Newcastle High dominant as centre-half-back Patrick Bond was able to control the game with serious skill and desire, while the young Macedonian marvel, Nick Kacev, used pure speed from the wing to heave the ball forward. The boys' game resulted in an emphatic win, 47-35 to Newcastle High.

# Sport Report

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The final winner was calculated from a combined total of the boys' and girls' games. Victory was tightly won by Merewether High who played brilliantly on the night. Congratulations to Merewether for retaining the Isaac Lourie Cup. A huge thank you is necessary to Newcastle City Football Club for everything they did to make this happen; and also to Andrew Doherty, Tony Southward and Nathan Towney for all the effort they put into the organisation of this event. Thank you most of all to the Lourie family for your attendance and continued support of the occasion.

A great night was had by all. It's times like these that prove just how much we really miss Isaac, how special he was, and how much we loved him.

**Cal Fowler**

**Newcastle High School, Class of 2018.**



## **AFL Gala Day**

With a mixture of rookie and experienced players, we were up against Irrawang High first and the girls came out with their first win. Next we played Maitland High who were a very physical team, however no match for the team effort and skills that our girls brought to the game. Last up we played a very skilful Maitland Grossman. The girls came at it with a never say die attitude and came out with a close loss. Overall the girls showed incredible sportsmanship, support and physicality, with some standouts for the day being Mia Bailey and Annabelle Alford in the backs, Tori (the bouncer) Fitzgerald and our marker Erin Pettit.





# Sport Report

## School Sport, Rotation 3 2019

The students are in the process of selecting their sports for rotation 3 2019. This must be completed through the school bytes website <https://online.schoolbytes.education/sport/>

Students need to log into the site with their school internet username and password to make the selections. This is a great system that is accessed by the majority of the students early in the selection process. It is therefore really important to log on as soon as you can to ensure you get the sport of your choice.

## Athletics

Good luck to Sam Taylor (Year 12) who will be representing the Hunter Team and competing in the NSWCHS Athletics Championships from the 4th – 6th September at Sydney Olympic Park. Sam will be competing in a number of track and field events; 100m, discus, long jump and triple jump.

We would like to wish Sam all the best.



## Hunter Trials

There are a number of trials for Hunter teams coming up. Please access the Hunter School Sports Association website for application forms or see Mrs Woolley in the PDHPE Staffroom for further information:

| Sport                     | Closing date               | Venue                         |
|---------------------------|----------------------------|-------------------------------|
| Cricket – Boys            | 18 <sup>th</sup> September | Maitland Indoor Sports Centre |
| Softball – Boys and Girls | 19 <sup>th</sup> November  | Stevenson Oval, Mayfield West |
| Cricket – Girls           | 28 <sup>th</sup> November  | Ford Oval, New Lambton        |
| Baseball                  | 3 <sup>rd</sup> December   | Stevenson Oval, Mayfield West |

## Sports Presentation Night

Wednesday 6th November, Souths Leagues Club.





Newcastle  
High School  
*Careers*

## 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.

The 'For students' tab will help students write their resume, cover letters and prepare for job interviews.

Additional resume support – A resume template was recently emailed to students. After completing your resume you can see Mrs Hine for any feedback or editing if you need to.

## Newcastle High School Careers

facebook

Like the page to keep up to date with Careers news, events and job opportunities

**Upcoming Events**



**2019 OPEN DAYS**

**Aug 31** **2019 University of Newcastle OPEN DAY**  
Sat 09:00 · The University of Newcastle, Australia · Newc...  
You like Newcastle High School Careers

**Boost Event**

**NOW  
HIRING**

Construction  
Carpentry/Formwork  
Apprenticeship

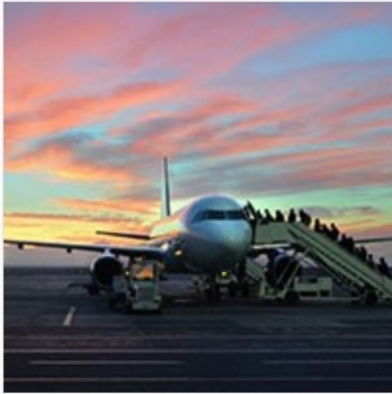


• Newcastle & Hunter Area  
• Drivers Licence & Transport Required


**posts**

**Newcastle High School Careers**  
4 hrs · 🌐

Year 10, 11 or 12 students for 2020  
Jetstar are looking for apprentices with an interest in mechanics and the aviation industry, in the following trade streams, within aviation:  
\* Structural  
\* Mechanical  
\* Avionics... See more



**Jetstar 2020 Apprenticeship Program | Jetstar**



**Jetstar 2020 Apprenticeship**

**Newcastle High School Careers**  
22 May at 11:19 · 🌐

This weeks Careers flyer sent today to Year 10, 11 and 12 student emails. Heaps of job opportunities, including Fulltime, casual work, apprenticeships and traineeships.  
Contact me if you would like to be included in the distribution list. (bcc - privacy ensured)

**Youth Links**

21st May 2018

LIKE us on  

**Apprenticeship**



**Apprentice Maintenance Fitter ID1518**  
Ai Group Apprentice & Trainee Centre are seeking an Apprentice Maintenance Fitter to work in the Newcastle/Hunter region.

**Junior 1st, 2nd and 3rd year Carpentry Apprentices immediate start!!!!**

TRADE APPRENTICESHIPS - CAREERS IN THE MAKING  
We are looking for Junior 1st, 2nd and 3rd year Carpentry Apprentices for immediate start in Newcastle and Hunter Valley area.  
ARE YOU looking for a quality apprenticeship opportunities??



## Parents you are invited to receive additional careers information ...

Parents can email me if you would like to be included in the distribution list. (bcc - privacy ensured)

Weekly Careers flyer sent to Year 10, 11 and 12 student emails

Heaps of job opportunities, including fulltime, casual work, apprenticeships and traineeships.

---

### 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 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.

Work Experience can be undertaken by students in Years 10, 11 or 12. When a student approaches employers they can arrange work experience to be a five day block or one day a week, whatever suits the employer and student.

There is paperwork to be completed prior to going on work experience. This paperwork ensures the student is covered by Department of Education insurance and the absences are recorded as school business.

**Come to the Careers Office for extra help, a work experience pack or for the necessary paperwork to start your work experience.**

---



## MENTOR SUPPORT NETWORK EDUCATIONAL SCHOLARSHIP

[MSN scholarship](#): Each year, for determined students who are experiencing financial hardship, MSN offers educational scholarships of up to \$3,000 each.

**Applications OPEN NOW for 2020 MSN Educational Scholarships.**

To make an application students must submit an application form.

The form may be:

completed on-line

printed and then completed by hand and sent to us.

The application form includes guidelines to the student applicants.

Click here for [items the scholarship can be spent on](#)

**All applicants must be supported by a letter of nomination from a Mentor Support Network organisational member. Please see Mrs Hine in the Careers office for more information.**

**Applications with supporting letters must be received by midnight 27 September 2019.**



## BE AMBITIOUS & TRY IT!

### YES – YOUTH ENGAGEMENT STRATEGY

#### CONNECTING YOUNG PEOPLE WITH VOCATIONAL TRAINING

TAFE NSW invites you to come and be part of our YES program.

- Try new skills
- Discover career opportunities
- Navigate a new environment
- Explore your potential
- Discover what you want to do after school
- Be on your way to becoming Job Ready!

#### REQUIREMENTS:

- At least 15 years of age (Year 10 or above)
- Students are funded for ONE YES program, students who have participated in the YES program previously are NOT eligible to register
- Limited numbers per course
- Students must make their own transport arrangements to the TAFE campus
- Courses may be delivered during Oct – Dec and may vary in length and day of delivery e.g. Each Childcare is Mondays for 6 weeks...

COST of the taster courses: NIL - Fully subsidised by the Government

Courses available across various Hunter TAFE campuses:

Auto, Bricklaying, Electrical, Electronics/Mechatronics, Engineering Metal/Fab, Kitchens, Painting Decorating, Plastering, Plumbing, Plumbing/Roofing, TRY a Trade, Wall & Floor Tiling

Acting/Writing/Directing, Animation, Dance and Movement, Fashion, Film & TV, Furniture Production, Game On, Graphic Design, Music - Digital and Live, Sound Effects and Audio for Gaming

Business Administration, Café/Kitchen, Customer Service, Event Management, Hospitality, Travel/Tourism, Aged Care, Animal Care, Child Care, Sports Turf

Beauty, Defence, Exercise Group, Exercise Massage, Hairdressing, Make Up, Outdoor Recreation, Sport Coaching/Trainer, Water Workouts

See Mrs Hine if you are interested in any of these FREE TAFE Taster courses...



**Year 12 students... Apply for undergraduate study 2020 Now!**

UAC applications are open for the 2020 University course intake. Early bird processing charge of \$70.00 AUD closes 30<sup>th</sup> September. Your application is **not complete** until you have paid. You will need your student number and UAC pin which students were emailed in May. See Mrs Hine in the Careers Office for further support if needed.

Parents are also most welcome to come in for a meeting if needed.

<https://www5.uac.edu.au/uacug/>



## Steps to an Apprenticeship

Australian Apprenticeships, which include both apprenticeships and traineeships, involve training in a formal qualification and paid employment. It can be difficult knowing what types of apprenticeships and traineeships are out there, and how to find them.

The Australian Apprenticeships and Traineeships Information Service has developed the *Steps to an Australian Apprenticeship*, which breaks up the process of finding an apprenticeship or traineeship into 4 easy steps: Research, Preparation, Job Hunting and Sign Up.



### Research

Researching your options is an important step to take before you start making career and training decisions. This will help you make up your mind about what industries and occupations you are interested in working in, what companies are available and which ones might suit you.



### Preparation

Now that you've done your research and know which apprenticeship or traineeship you want to do, the next step is to prepare yourself for the job! Consider things like doing a pre-apprenticeship, having a look at wage information, and familiarising yourself with working conditions. Do some work experience, a short TAFE course or other certificate courses, to make sure you have an awesome resume that will show employers you are ready to work.

Take a Practice Aptitude Quiz!

Online Apprenticeship Practice Tests...

Follow the link to learn more about industry based literacy and numeracy quizzes

<https://www.aapathways.com.au/insiders-advisers/practice-aptitude-quizzes>



### Job Hunting

There are many ways to find an apprenticeship or traineeship job. Think about contacting employers you or family already know, using job search sites (Seek, Indeed) or registering with a Group Training Organisation. Don't stick to just one method, try them all!

Talk to anyone you come across and tell them your career goal!



### Sign Up

Every Australian Apprentice must be signed up into a formal training contract shortly after they are employed. To organise a sign up, the employer will need to contact an Australian Apprenticeship Support Network provider, who are funded by the Australian Government. They will take you and the employer through the steps needed.

**If you would like to learn more about each step, plus heaps more useful information and resources, visit [AAPathways.com.au/steps](https://www.aapathways.com.au/steps)**

# For Your Information

*Did you know...*

You can download the  
**Entertainment Book App for FREE...**

**Preview what's on offer... Like it? Buy It!**

Enjoy great 2 for 1 and 25% off offers to great local businesses such as:

Subway  
Merewether Surfhouse  
Yogurtland  
Moor

Sprout at the Crown & Anchor  
Customs House  
Inflatable World  
CoastXP Whale Watching

Fog Horn Brewhouse  
Timezone  
Cold Rock Icecreamery  
The Great Northern Hotel

The best part is that we keep \$13 from each membership sold! We have so far raised **\$332** - Thank You!  
Download the app from your device's app store for FREE to see what is inside and the great benefits on offer.  
Newcastle memberships are \$65.

Purchasing is easy - Just visit the Newcastle High School order page below:

**<https://www.entbook.com.au/314674>**

There is also a limited supply of hard copy Books available at the office.



**Arrendell**  
secondary education centre™



## Spring Holiday School

**8 - 11 October 2019**

### **Year 10-11 Writing Workshop**

The Craft of Writing for the new HSC  
1pm - 3pm, 9 - 11 Oct

### **Junior Writing Workshop**

Year 5 - 8 students, 10am - 12 noon, 8 - 10 Oct

### **Selective Schools and Scholarship Exam Prep**

Year 5 students, 10am - 12 noon, 8 - 10 Oct

### **HSC Workshops and Exam Prep**

English Workshops:

- Paper 1 - Texts and Human Experiences
- English Module C - The Craft of Writing

Practice Exams and Review Sessions:

- English, Maths, Physics, Chemistry, Biology

Times TBC, Individual lessons also available

**SMALL GROUPS,  
LIMITED SPACES!  
CONTACT US NOW TO  
SECURE YOUR PLACE.**



*Over 40 years of helping Newcastle students succeed*



**4929 2522**



**11 Scott St Newcastle 2300**

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

[www.arrendellsecondaryeducation.com.au](http://www.arrendellsecondaryeducation.com.au)





## 2019 COATES HIRE NEWCASTLE 500

The 2019 Virgin Australia Supercars Championship will once again stage its final round on the streets of Newcastle East, each day from Friday 22 to Sunday 24 November.

A priority during race preparations, and the event itself, will be to facilitate access for Newcastle East residents, businesses and the general public. During the event, all residents and businesses within the event precinct will be provided with wristbands as part of the accreditation process. During the three-day event, the area within and surrounding the race circuit will only be accessible to ticket holders and those with access accreditation.

Our online accreditation portal will open from 11 September 2019. In the months leading up to the event, information on the accreditation process, access and traffic changes will be made available to the Newcastle community via email and on our website [supercars.com/newcastle](http://supercars.com/newcastle).

If you are **new** to Newcastle East, or would like further information, or need to raise an area of concern, please contact our Community Relations Team via email [community@supercars.com](mailto:community@supercars.com) or call **02 8346 2676**.



**[SUPERCARS.COM/NEWCASTLE](http://supercars.com/newcastle)**



## Scholarships for future teachers are now open

The NSW Department of Education is offering a range of scholarship opportunities for high achieving students entering teacher education degrees after their HSC. Applications are now open for 2020 scholarships for future teachers.

The scholarship programs for future teachers offer a range of benefits, including financial support whilst studying and a guaranteed permanent teaching position in a NSW public school on successful completion of studies.

The scholarship programs for future teachers include:

- [Teacher Education Scholarships](#)
- [Teacher Education Scholarships - Aboriginal](#)
- [teach.Rural Scholarships](#)

teach.MathsNOW Scholarships are now open

Parents and carers, this is for you. Do you know an industry professional or current university student in a career area requiring tertiary studies in mathematics - for example, in engineering, accounting, finance or IT - who would make a great secondary mathematics teacher? [The teach.MathsNOW Scholarship](#) offers an opportunity to change career path and retrain as a mathematics teacher in a NSW public school.

teach.MathsNOW scholars will receive up to \$50,000 in equivalent upfront course contribution fees, paid part-time employment during studies and a guaranteed permanent teaching position in a NSW public school on successful completion.

To find out more about these and other great opportunities, please visit the [teach.NSW website](#) and follow the teach.NSW social channels ([Facebook](#), [Instagram](#), [Twitter](#)).

Kind regards,

teach.NSW

NSW Department of Education



# LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

## THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100  
Technical Award \$100

**FREE ENTRY**

## Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



**Health**  
Sydney  
Local Health District

Submission By  
**30.09.2019**

## Your Health Link Photographic Competition

**NOW OPEN**  
GREAT PRIZES TO BE WON



Competition Theme  
**#HEALTHY LIFE #HEALTHY YOU**

### Categories and Awards

- Primary and High School
- Eating the Rainbow
- Mobile
- Open
- People's Choice
- Program Cover Award

Competition closes 13 October 2019



**[yourhealthlinkphotocomp.com.au](http://yourhealthlinkphotocomp.com.au)**





# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |  |  |
|--|--|
|  laptops & tablets  |  lessons & activities |
|  uniforms & shoes   |  books & supplies     |
|  sports fees & gear |  camps & excursions   |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



## Contact

your local Saver Plus Coordinator

## Phone or SMS

your name and postcode to 1300 610 355

## Email

NewcastleSP@thesmithfamily.com.au

## Online

saverplus.org.au

Find us on Facebook 



\* 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 Benevolent 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.dss.gov.au](http://www.dss.gov.au) for more information.



# Media release

22 August 2019

## Outdoor gym study aiming to give the masses more strength

In partnership with Lake Macquarie City Council and Newcastle City Council, University of Newcastle researchers are recruiting for a new, nationally-funded trial that blends smartphone technology with park-based fitness facilities to encourage community exercise in the great outdoors.

The study, called ecofit, involves aerobic and resistance (weight-bearing) training for a full-body workout that's fast, fun and free for anyone aged 18-80 who isn't meeting physical activity guidelines.

A purpose-built app will guide participants through correct usage of outdoor gym equipment located in seven public parks and trails across Newcastle and Lake Macquarie, including the Fernleigh Track at Adamstown, Lambton, Warrabrook, Speers Point, Pasterfield Sports Complex in Cameron Park, Warners Bay and Wangi Wangi. As the study progresses, additional parks will be added to the smartphone app.

GPS tracking enables the app to know which exercise station is being used, and when, along any of the three-kilometre circuits or trails.

Participants must be willing to complete at least two self-guided sessions per week during the 12-week program, taking an estimated 30 minutes each. There are beginner, intermediate and advanced workouts, depending upon fitness level and prior exercise experience.

Professor Ron Plotnikoff, Director of the UON's Priority Research Centre for Physical Activity and Nutrition and co-leader of the HMRI Cardiovascular Research Program, says that ecofit is designed more for the average person than those with rippling muscles.

"Health guidelines recommend adults get 150 to 300 minutes of moderate exercise each week, including at least two days of resistance training," Professor Plotnikoff said. "But a lot of people are deterred by the cost of gym memberships, concerned about injury, or just feel intimidated and embarrassed walking into a gym."

"Outdoor activity, however, has lots of advantages, including being free and highly social. Studies also show that it improves mental health and mood, perhaps even more than indoor exercise sessions."

The study will assess participants' physical activity levels, weight, aerobic and muscular fitness, and mental health at the start of the study and again at three and nine months later. Those randomised to the study's control group will receive the app at the nine-month stage.

"Our pilot study targeted people with type 2 diabetes or pre-diabetes with great improvement in physical and mental health, but this trial is targeting the whole adult population in the community," Professor Plotnikoff added. "We want to see how the program performs in the real world with the general population, so we'll host a group training session at the park then let them loose."

Groups of up to four people can enrol, or it can be done individually with access to a closed Facebook group for social support. Numbers will be capped at around 300 participants.

To enrol, please email [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) for additional information.

\* The ecofit trial is being conducted by Professor Ron Plotnikoff, from the University of Newcastle. HMRI is a partnership between the University of Newcastle, Hunter New England Health and the community. This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2018-0060

**CONTACT:** Mark Rothfield HMRI | 4042 0590 | 0487 617 055 | [mark.rothfield@hmri.org.au](mailto:mark.rothfield@hmri.org.au)



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

*Sign up by yourself,  
with friends  
or family*

***Would you like to improve your fitness, health  
and wellbeing for free, at your local park?***

# ecofit

***ecofit is an evidence-based program  
to increase physical activity levels  
through the use of local parks and  
facilities. It includes the use of  
a smart phone app, a group  
training session and  
a health check.***

We are seeking people to participate who:

1. Are not meeting aerobic and/or resistance training public health guidelines (<150 mins of moderate activity per week, and/or <2 days of strength training),
2. Have access to a smart phone,
3. Will have passed the pre-exercise screening test (by answering questions about your health).

## ***Interested?***

Get more info and see if you are eligible by emailing us at [ecofit@newcastle.edu.au](mailto:ecofit@newcastle.edu.au) or call either 4985 4060 or 4921 7391



This project has been approved by the University's Ethics Committee, HREC Approval No H-2018-0060. If you have any concerns please contact the Human Research Ethics Officer, Research Email: [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au) Ph: (02) 49216333



You are invited

# COME AND TRY WATERPOLO

10-16yrs  
+seniors




**Saturday 7th Sept**  
**Saturday 14th Sept**  
**10am -12 noon**

**LAMBTON DIVING POOL**

**FREE BBQ TO FOLLOW**



## BIODIVERSITY DAY AT BLUE GUM HILLS REGIONAL PARK

**Free Community Event**  
**Bring a picnic and celebrate!**

Thursday 3 October, 10am-2pm  
Blue Gum Hills Regional Park  
Minmi Road, Minmi

- Free sausage sizzle
- Live entertainment
- Native plants give away
- Learn about biodiversity
- Nature walks
- Culture walks
- Craft activities for all ages
- Interact with live animals
- Learn about volunteering in nature



Our supporters:



Wesley LifeForce will be conducting a **Suicide Prevention Workshop** at **Medowie Community Centre – 44 Ferodale Road, Medowie NSW 2318** on **Tuesday 8 October 2019** from 11am – 3.30pm. There is no charge to attend the workshop.

The program helps participants recognise when a person may be having thoughts of suicide, and provides strategies to intervene and assist them.

If you know of any individuals or groups who may be interested in attending this workshop please ask them to register using this link:

<https://www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-half-day-workshop-medowie-nsw-tickets-68396019335>

The training is open to community members aged over 18 years.

We would appreciate it if you could **please forward this information on to others who you feel may also be interested in** attending the workshop.

Each participant will receive a certificate of attendance as well as support materials.

Light Lunch will be provided.

Thank you for your support.

*Please ensure that you only book if you genuinely intend to attend as catering is costly and seating is limited. Non-attendance in the past has reduced the opportunities for others to attend.*

Kind Regards,

**Maria Krohn** | Training Coordinator, Wesley LifeForce | (02) 9857 2661

**Wesley Mission** | 3 Dalmar Place, Carlingford NSW 2118 | PO Box 2446 Carlingford NSW 2118





## YOU'RE INVITED

The University of Newcastle invites you to Open Day. Explore campus life, meet academics, talk to current students and learn more about our world-class University right on your doorstep.

There will be lots of interactive demonstrations, displays, talks and tours. Free face painting and activities for the kids, a photo magnet to collect and prizes to be won.

### Things to see and do at NeW Space from 9am – 4pm

Home to the Schools of Creative Industries, Business and Law

Greater Bank Finance Lab | The Conservatorium | Watt Space Gallery

### Things to see and do at Callaghan from 10am – 4pm

The Expo at the Great Hall | VR Dome | Campus + Facility Tours | Innovations Hub

The University's free shuttle bus services will operate between both campuses on the day and there is free parking available at Callaghan.



There's an Open Day app to download and start planning your day. Visit [newcastle.edu.au/penday](http://newcastle.edu.au/penday). Plus if you register by 5pm, 31 August you'll go into the draw to win a pair of Beats by Dre headphones!

We look forward to seeing you and your family on the day.

You are invited to attend

## LAC INFORMATION SESSION Access and Getting Started

for individuals, family members and carers

St Vincent de Paul works in partnership with the NDIS to provide the Local Area Coordination program.

The information session is an opportunity to see what we do and the support we provide.

### Topics

- Understanding the NDIS
- Accessing the scheme
- What the NDIS funds
- Getting Started with a new plan
- Choosing and setting up your supports
- Finding Mainstream and Community assistance



**When:** First Friday of every month  
9.30 am – 11.00 am

**When:** St Vincent de Paul LAC Office  
Level 4, 1 Tudor Street, Newcastle West

**RSVP:** Not necessary - but if you would like more information, please contact Brenda Melling on 0435 657235

[ndis.gov.au](http://ndis.gov.au)



**MSLSC**



## Surf Rescue Certificate (SRC)

Are you 13 years or older on the 21st December 2019 with an interest in learning the skills required to be a surf lifesaver?  
If so the SRC course to be run by MSLSC is for you.

### Learning Outcomes

- ✓ Safety and wellbeing
- ✓ Surf awareness and skills
- ✓ Anatomy and physiology
- ✓ Rescue techniques
- ✓ Patrol skills

- ✓ Basic resuscitation
- ✓ Communications
- ✓ Radio Operator Certificate PUAOPE013A
- ✓ Basic First Aid

**What Date** Commences **Sun 13 October, 2019**

**What Time** **8:00am**

**Where** First session will be the prerequisite pool swim at a location TBA

**Cost** \$50

Includes the SLS Public Safety Aquatic Rescue Manual. (All participants must be a member of MSLSC for the 2019/2020 season).

**Prerequisites** Minimum 13 years old on 21 Dec, 2019  
**200m Pool Swim in 5 minutes or better**

Please email Sarah Bugbird at [sarahbugbird@hotmail.com](mailto:sarahbugbird@hotmail.com) to register or for more information  
<https://www.merewetherslsc.com.au>



**MSLSC**



## Become a Surf Lifesaving Volunteer

### MSLSC is running a Surf Lifesaving Award (Bronze) Course

In doing the course you will gain recognition in the following modules:

- ✓ Bronze Medallion
- ✓ Certificate II in Public Safety PUA 21012
- ✓ Provide Cardiopulmonary Resuscitation HLTAID001
- ✓ Provide Emergency Life Support HLTAID002
- ✓ Provide First Aid HLTAID003
- ✓ Provide Advanced Resuscitation HLTAID007
- ✓ Radio Operator Certificate PUAOPE013A

**What Date** Commences **Sun 13 October, 2019**

**What Time** **8:00am**

**Where** First session will be the prerequisite pool swim at a location TBA

**Cost** \$175

which includes the First Aid course and the SLS Public Safety Aquatic Rescue Manual. (All participants must be a member of MSLSC for the 2019/2020 season).

**Prerequisites** Minimum 15 years old on 21 Dec, 2019  
**400m Pool Swim in 9 minutes or better**  
Willing to volunteer to patrol at MSLSC

Please email Anthony Tietze at [mslsc.education@gmail.com](mailto:mslsc.education@gmail.com) to register or for more information  
<https://www.merewetherslsc.com.au>





## NEWCASTLE HIGH SCHOOL

“Remis Velisque”

160-200 Parkway Avenue,  
Hamilton South NSW 2303

Telephone: (02) 4969 3177

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/vZ8SNrBE7dm3VBLu?ref=Link>

Cooks Hill Campus

Phone: 49291663

Campus Leader: Quinn Robertson

