

# Northlakes High School Newsletter

"Opportunities for future success"



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## From our Principal:

On Wednesday we held a senior assembly to recognise our dux of 2013, George Boyd. Unfortunately, he was unable to attend as he is preparing to start university. Two ex-students Mitchell Davis, who completed his H.S.C. in 2010 and Coralie Epstein who completed her H.S.C. in 2008, were guest speakers. Their observations and advice were interesting, particularly focusing on setting goals and working hard. Mitchell talked about how his study patterns have changed as he found a course which was really engaging, and the employment options in Google which he would like to achieve. Coralie, as University of Newcastle's medal recipient was the highest achieving student in the Science Faculty. Both these students are excellent examples of the calibre of our student body.



We are actively working on a range of strategies to ensure students arrive to school on time and use class time gainfully. We thank our parents for their overwhelming support in

this. We are re-enforcing punctuality as an employability skill, and good attendance as a major determinant of student success. With changes to the period length, improvements to library and study facilities, and the expectation that all senior students remain at school all day (not leaving during study periods), we are seeing a very positive response from students. Year 7 has also participated in a very successful anti-bullying day run by Ms Smith and Ms Bissaker.



We will be re-enforcing our school values of Respect, Responsibility and Personal Best in a range of programs. Our focus is on all students, some activities will be in year groups and others in House groups.

It has been great to see so many indicate a willingness to be involved in the Student Representative Council. We will be conducting leadership programs later in Term 1. I thank Mr Van Drempt for his consistent efforts in engaging students in this program and organising a wide range of activities.

Yours in Public Education

**Merrilyn Rowley**  
Principal



Education &  
Communities

## Science Report

It has been a busy start to the year in Science with classes settling down well. In years 7 to 10 classes have reached the end of their first topic on experimental design, meaning that the first assessment tasks will soon be due in each year group. This provides a good opportunity to remind students about the importance of completing each assessment task on time and to the best of their ability as their semester reports will heavily reflect their performance in each task.



I would like to welcome the two new staff members in the Science faculty; Mr Stafford who is replacing Ms Pidgeon while she is on maternity leave and Mrs Schmidt. Both members have settled in well and are proving to be as asset to the faculty.

Mr Bryant and Mr Pankhurst have had a busy start to the year on the farm with an early excursion to a cattle show on Friday 28<sup>th</sup> February. It is great to see the students participate in such activities that provide them real life agriculture experiences. We look forward to many more throughout the year!

**G Fleming**  
**Head Teacher Science**

## TAS Report

It's been a busy start to the year as usual with some staffing changes in TAS. We would like to welcome Mr Westwood to Northlakes High who is ably filling Mr Reilly's position, Mr Vanderkrogt who is continuing his relieving

position, Mrs Drummond who is combining with Mrs Mayo and filling a part time position which sees her here five days a week. (Mrs Mayo 3 days per week).

Mr O'Mahoney has added to his role this year assisting Mrs Bryant in computer coordination and software systems within the school. Game development training incursion is on Wednesday 5th March which has generated a lot of interest with students. This has been run in the past the with same level of interest. Some of the students are participating again this year because they enjoyed the previous course so much.

Hospitality students have participated in work placement in the local area during week five. This is always of great benefit to students helping them fulfil requirements of their course and often obtain part time employment.

Mrs Bissaker has taken on the role of Year 7 Year advisor this year and is enjoying the involvement with students in this position and is looking forward to Year 7 camp which is happening in Week 7. Immunisation organisation is another of her duties which has been making her doubly busy.

Mrs Drummond and Mrs Mayo are combining this year to deliver the accelerated Trade Training Hospitality course which runs after school on a Monday and a Wednesday and has students attending from not only Northlakes but Wadalba High School and Lakes Grammar. These students have already started their practical activities much to their enjoyment, and are loving wear their PPE (chef uniforms).

We are finding the participation of students in practical lessons is at higher level this year with more students wearing the correct leather footwear. Please ensure your students have enclosed leather shoes for these practical lessons as it is a legal requirement for their participation in all practical lessons.

**B Bath**  
**TAS Faculty**



## Year 10 Report

Recently all staff have updated their anaphylaxis and asthma training. I would like to make sure there are no new cases in the school of students with asthma or at risk of anaphylaxis that do not have proper health care plans at the school. If you need to update us on any new health issues, please let me know or call the school to let us know.

Quite a few students have been to see me recently with concerns about assessment work. Students are now receiving work in multiple classes that they need proper time to focus on at home. Please let your child know they can come and see me. Also you can assist them by advising them to:

- Keep a calendar updated with tasks due, put in reminders a week before, this could be done on their phone!
- Make sure there is somewhere comfortable to work. A desk or study nook that is in a quiet place.
- Attempt one thing at a time. Perhaps the one that's worrying them the most. Spend an hour on it.
- Allow a break after every hour completed. Then switch to a new task.
- Think about an incentive scheme. Every hour spent studying allows you to do an hour spent on something you enjoy?
- Edit your work, use the library, ask the librarian or the year adviser if they can help in breaks whilst at school.
- Seek your teacher's help if you don't understand. They're more than happy to help if you ask them well before the due date.

I recently read that teenagers need more sleep than new born babies! I think some of the anxiety centred around school work could be alleviated through a series of good night sleeps. Taking the phone to bed doesn't help either!! As always please contact me via email: [megan.lubinski@det.nsw.edu.au](mailto:megan.lubinski@det.nsw.edu.au) or at the school on 4390 0555.

**M. Lubinski**  
**Year 10 Adviser**

## News from Breakfast Club

Breakfast Club over at the San Remo Neighbourhood Centre is running every Wednesday, Thursday and Friday morning from 7:30am. We had a slow start however we now have around 20 plus students every morning.

Breakfast Club is not only for students who don't get time to have breakfast in the morning at home, but also a place to come and sit and socialise with other students and adult volunteers. I see students sitting alone at school early in the mornings waiting for their friends to come. Breakfast Club is also a safe place that you can wait and not be alone. In the coming winter months we are hoping to add hot Milo to our breakfast menu.



Next Thursday we will be visiting the Primary School with a special guest "Elmo", where we will be giving out breakfast treats and offering to walk students to and from Breakfast Club. Breakfast Club runs completely on volunteers from the San Remo Neighbourhood Centre, The Links Cabin, students from Northlakes and donations. We would like you to help us support these businesses that donate and we say a big thank you for their ongoing donations. We would also like to thank the Nowland family for donating a toaster.

Sundowner Bakery at San Remo  
The Orange Peel Fruit Market, Charmhaven  
McKenna's Family Bakery, Charmhaven  
If you have any concerns or questions about your child attending Breakfast Club, please don't hesitate to call.

**Amanda Morgan**  
**Student Support Officer**

## Careers Report

Staff members in Careers this year are Ms Lois Hewett - Careers/Transition/Mentoring, Mr. James MacKinnon - CAPP/SBAT; Mrs. Jan Curran - Head Teacher, and Mrs. Joy Foster - relief. At the start of the Year, Mr. MacKinnon and Ms Hewett organized Outreach from Wyong TAFE (under the Supervision of Mrs. Kerry Bryant) to visit the school and interview students from our CAPP and ETC classes. Students enrolled in courses that would enhance their learning and allow students to gain a broader range of skills for their future. This is a positive step for the students and our school. Mr. MacKinnon also works with the students in the CAPP class on their employability skills and enrolls them in courses such as White card, RSA and RCG. Students also attend the Job skills Expo at Ourimbah TAFE, which introduces them to school to work programs.

Mr. Ian West from the Board of Studies has also been invited to the school to speak to Year 12 students and parents on aspects of the HSC and university and TAFE entrance requirements. Mrs. Jodene Garside is a great support for all of Year 12 students, and we in the careers faculty look forward to working closely with her. The date for the Board of Studies workshop is yet to be advised. We will advertise it on our notice board, in the Newsletter and will send notes home with students.

Newcastle University, through our partnership with the *AIM High* program, will be visiting the School throughout the year with various programs for students from Years 7-12. First program on offer is a Year 12 HSC Coaching lesson on the 3<sup>rd</sup> April. Next will be the *Resilience* program, which guides the students through study methods and enrolling in University of their choice. The last program is *Rock and Water*. The dates for the last two will be advised later in the year. Mrs. Curran has organized the *Elevate* program, targeting all Northlakes school students and their study methods. The *Elevate* program has been a great success for overall school learning. Year 12 students are able to see what is needed for the HSC, and how to achieve the best results. ADFA (the Defence Force) will be visiting the

school on Thursday the 6<sup>th</sup> March from 1.15-2.15p.m., to speak to Years 10 and 12. Parents are most welcome to attend. These workshops are all free, and students are expected to attend.

Year 10 students will have two activities this year with the *AIM High* program. First is the Discover UNI day at Ourimbah Campus on the 11<sup>th</sup> June. Twenty students will act as mentors to students from our three feeder primary schools. The second activity from the program is *Next Step*, held at Ourimbah campus for 50 students seeking to gain entry to University. Throughout the year, Year 10 students are attending Career lessons to help with their transition from school to work. These lessons are valuable to students, and we would appreciate parents discussing career options with their children.

Work experience for Year 10 students is highly encouraged at Northlakes as it provides opportunities for students to look at the next step in their lives. It gives them a taste of what life is like outside the school boundaries. Some past students have gained part time work from this experience.

Newcastle University will be running a new program at Ourimbah Campus this year, *CSI/ Newcastle*, for Year 9 students. This program allows students to discover many different levels of learning. One hundred students from Year 9 will be able to attend. Many Year 9 students have obtained their tax file number, and are now looking for part time work. Congratulations to those Year 9 students who have already achieved this.

Wollotuka, in conjunction with the Newcastle University, will be visiting the school with the *S2U iBelieve* program for Aboriginal students, aimed at Identity and their future.

Please make sure that you ask your child if they have any notes from school, and read the notice board at the front of the school for upcoming events.

**Ms Lois Hewett,  
Careers/Transition/Mentoring Adviser**

## Brett Murray's

### 'Make Bullying History'



As Australia's #1 Anti-bullying Authority and Youth Speaker, Brett Murray has earned a reputation over the last 24 years being an amazing communicator driven by passion with contagious enthusiasm.

Brett presents to over 40,000 young people, teachers, parents and cooperates every year. Through his experience Brett regularly appears on National television on programs such as Sunrise, The Morning Show, Today, A Current Affair, Today Tonight as well as regular appearances on local and National radio. A 4 times Nominee for Australian of the Year Brett Murray is a highly skilled and sought after professional.

"Did you know that 63% of all school students in Australia have suffered at the hands of a bully or bullies! Of that 63%, 80% of those students were bullied before Year 8! Australia has the second highest teenage suicide rate in the world, second only to Finland. It is estimated that over 370 teenagers will commit suicide this year, for every one of those, 9 will make an attempt.... 3300 attempts!"

### 3 DYNAMIC SESSIONS

#### Session 1

'Super Staff' PD workshop for teachers, this runs for 2 hours and is held on the 04/03/14.

The staff workshop covers many of these aspects from a teacher's point of view and also breaks down statistical analysis of bullying in Australia.

#### Session 2

'The Power of Parenting' Seminar is for parents and guardians of school children.

The Power of Parenting re-establishes the power, authority and impact a parent has on their child and the enormous potential for good

or bad that that relationship has on a child's potential.

**LOCATION:** Northlakes High School

**DATE:** 06.03.14

**TIME:** 3.30-5.30pm (BBQ from 3-3.30pm)

All welcome, please call Northlakes High for further details on 4390 0555.

#### Session 3

'Making Bullying History' Seminar which is held on the 6/3/14 and runs over 3 periods for Years 7- 8.

Topics covered in the Anti-bullying seminar include defining bullying, what it is and what it is not, why people bully, self-esteem, self-image, self-worth, impacts of bullying, positive decision making processes, resilience, dream and goal setting, discovering your potential.

#### Dates to Remember:

- **Monday 3<sup>rd</sup> March** – Last day for payment and permission slips for Year 7 Camp
- **Monday 3<sup>rd</sup> March** – Premiers Reading Challenge starts
- **Wednesday 5<sup>th</sup> March** – Computer Game Training Event
- **Thursday 6<sup>th</sup> March** – Year 7, 8 & 9 Anti-Bullying Day – Make Bullying History Seminar
- **Thursday 6<sup>th</sup> March** – The Power of Parenting Seminar – 3.00PM – 5.30PM
- **Monday 10<sup>th</sup> March** – Wednesday 12<sup>th</sup> March – Year 7 Camp
- **Friday 14<sup>th</sup> March** – Year 8 Welfare Day
- **Tuesday 18<sup>th</sup> March** – Regional Swimming Carnival
- **Friday 21<sup>st</sup> March** – Year 9 Welfare Day

#### House Points – Running Total

Allunga	3757
Banyandah	1137
Barakee	3250
Bimbimbie	1695
Dilkara	5525
Goolara	4055
Panamuna	2706
Yindarra	3005

# Community News

## LEARN ABOUT YOURSELF !

As Abraham Lincoln said "The best way to predict the future is to create it"

Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange. Help determine the future resilience, diversity and global awareness of your children and family. Carefully selected students will arrive in July 2014 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website [www.scce.com.au](http://www.scce.com.au) email [scceaust@scce.com.au](mailto:scceaust@scce.com.au) or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

## FREE Network & Team Building opportunity for Student Leaders

There is an invitation to all schools in the Lake Macquarie and Upper Central Coast areas to attend a forum to discuss relevant leadership topics in facilitated workshops and group work. Afternoon tea is provided. This will be held on Thursday 13th March from 1.00PM – 3.30PM. Please contact Tracey on PH: 4977 0200 or email [admin@avondaleschool.nsw.edu.au](mailto:admin@avondaleschool.nsw.edu.au) for further details.

## Hunter Animal Rescue 8th Annual Pets Picnic

**Where:** Speers Point Park  
**When:** Sunday 16th March 2014  
**Time:** 10.00AM – 3.00PM

There will be a BBQ, Prizes, Raffles, Exhibitions, Competitions, Market Stalls, Entertainment for Kids, Dogs Welcome (on leads) and discounted engraved ID tags. Free Family Event/ Fun for All Ages

## Orange Peel Fruit Market

We would like to thank the Orange Peel Fruit Market for their ongoing donations to the school. We hope our Parents and Carers support this local business, as they provide fruit

every day to our welfare team. Natalie and Ash from the Orange Peel also offer a loyalty card with great discounts. PH: 43921705

## McKenna's Family Bakery

We would also like to thank McKenna's Family Bakery at Charmhaven for their donations of bread to the Northlakes High Welfare Team. Please support this local business.

## Breakfast Club

Breakfast Club will run every Wednesday, Thursday and Friday of the school term from 7:30am at the San Remo Neighbourhood Centre.

## Self Defence for Girls

Come along to LINKS Youth Support Service. This is a FREE Program for girls 12-17yrs every Thursday from 3:00pm till 4:00pm at San Remo Neighbourhood Centre.

## Learning Group

Links Youth Cabin has a Learning Group, where Tutors will be available to help any student needing assistance in school work every Tuesday from 2:30 till 4:30pm

## FREE GP Clinic

Links Youth Cabin has a FREE General Medical Service for Young People aged 14-24yrs every Friday from 9:30 till 12:00pm.

## EMCE & Stage Management Workshops

If your child is interested in interested, there will be a workshop in the LINKS Youth Support Cabin, It will be held every Monday from 2:30 – 4:00pm, and they can gain some practical experience at this year's GOATS Family Festival held on 6th April, 2014.

**For more information on all of the above, call Corrina on 4390 7888.**

## Northlakes Warriors

To our valued players and their families and supporters,  
The club is preparing for the kick-off of the 2014 Junior Rugby League Season, which is set to be our best yet! In the meantime, we invite you to check out the new website [www.northernlakeswarriors.com.au](http://www.northernlakeswarriors.com.au) for details

of the upcoming registration dates, training schedule, fundraising events and the season fixture.

If you have any question, please contact Myles 0401 756 799 or Rhonda 0422 401 396.

### **Northlakes United Rugby Union Club**

Registration days at Slade Park, Budgewoi on Sat 1st March from 10am till 11:30am.

Alternatively, you can register on any Tuesday night from 6:30 to 7:30pm. 7 till 11 years are registered for free. Children 12 to 18 are registered for \$45, this includes shorts, socks and either a club singlet or cap. For more information call Brad on 0420 484 617.

### **Wyong District Hockey Club**

Hockey season is about to start....

We play at one location at Wyong Regional Sporting Complex, Pollock Ave Wyong.

So come along and have some fun for all ages, Minky 5-9 yrs

9s, 11s, 13s, 15s, 18s,

Mums, Dads and Seniors too!

Call Maxine on 0243561165 or 0417478305

### **Expressions Dance Studio** at Budgewoi

Public School Hall every Tuesday afternoon.

Enquiries phone Lindsey on 0438 900465

### **The University of Newcastle Podiatry**

are offering children aged 0-17 free lower limb assessments from 3rd March to 2nd June at Wyong hospital. Children and their families can receive advice on footwear and normal development, and receive treatment of foot warts, foot and leg pain, walking problems, and night time growing pains every Monday from 2:15to 4:15pm. For more information call 43 922 756.

### **Medicare child dental benefits**

**schedule** – Budgewoi dental centre is bulk billing dentist covering patients under the child dental benefits schedule. The Medicare child benefits schedule is a dental benefits program for eligible children aged between 2 and 17. Medicare will provide up to \$1000 in benefits per child for basic dental services. For more information call 43 900 445.

**My Family Law App** – This is a free family law app where you can submit your family law query to a real family lawyer in your State in Australia. [www.myfamilylaw.net.au](http://www.myfamilylaw.net.au)





# NORTHLAKES HIGH SCHOOL

## SHOE POLICY

The NSW Department of Education and Trainings' guideline in relation to safe footwear in school is determined by Work, Health and Safety requirements. These prohibit students participating in practical activities in school if they are not wearing substantial footwear deemed safe by the department.

Unsafe shoes include those with openings, platforms or high heels and are made from unprotective, open weave materials such as canvas, mesh and cotton. These include slip on styles such as Vans.

The Northlakes High School Policy on shoes has been developed to follow all of these requirements.

**School shoes are to be ALL BLACK! The entire foot is to be enclosed by the shoe, including the upper section of the foot. The shoe is to have firm leather uppers and the shoe is to have low heels and lace up, Velcro or full cover front.**

### Examples of correct shoes



### Examples of unsafe shoes



### ENFORCEMENT

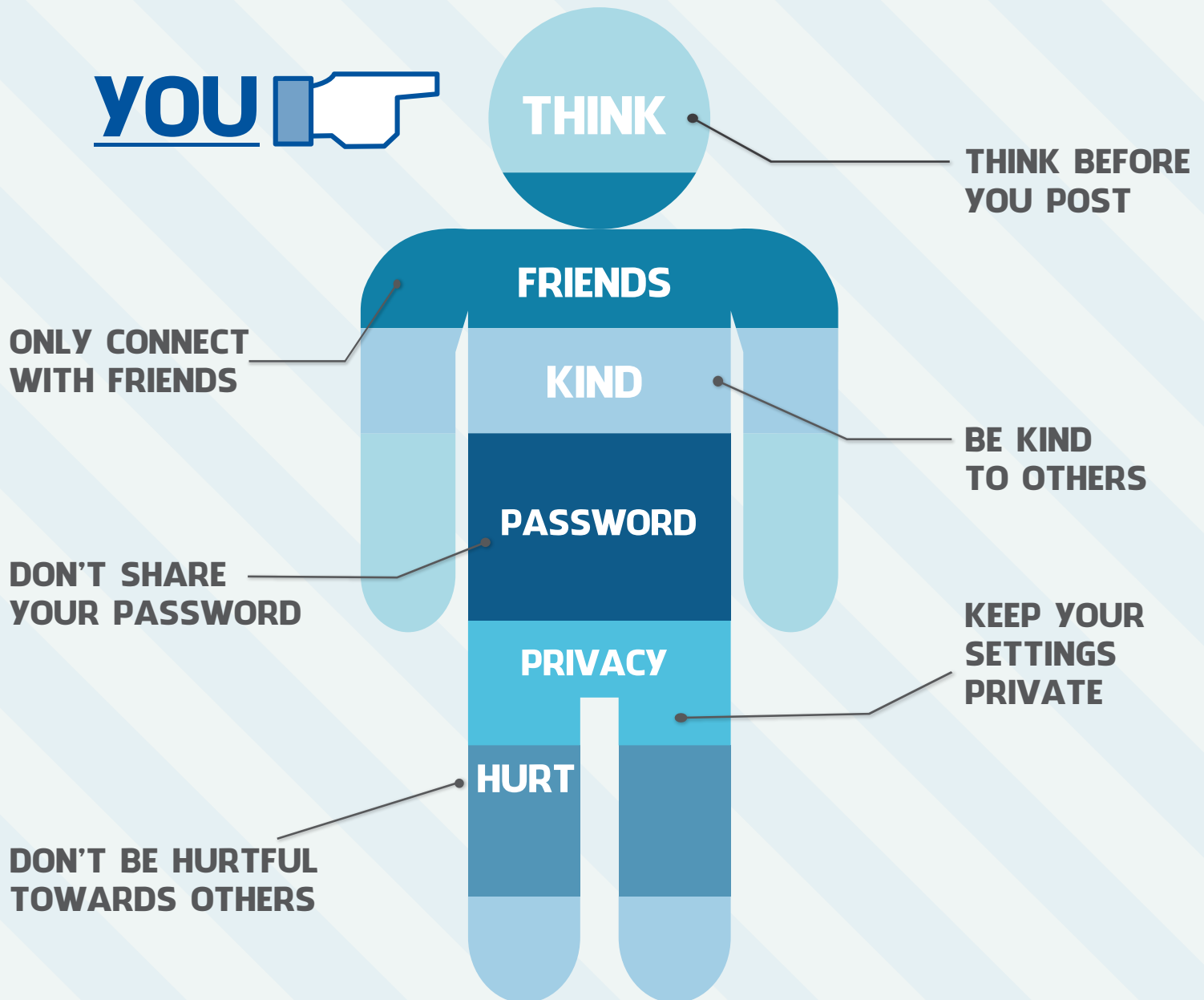
Students wearing incorrect shoes will not be allowed to participate in practical lessons. Practical lessons are a compulsory component for many subjects and students not complying with the shoe policy risk a non award. This may mean missing out on a ROSA, Preliminary Certificate or HSC or having to repeat a course. Continued refusal to comply will result in discipline measures according to the School Discipline Policy.

Could all parents and caregivers ensure their children are wearing the correct footwear at the commencement of the 2014 school year. There is financial assistance available for families who may require support in this matter. Please contact the school for further enquires.

Thank you for your cooperation.



# safebook



## THINK BEFORE U POST

T = Is it True?  
H = is it Helpful?  
I = is it Inspiring?  
N = is it Necessary?  
K = is it Kind?

## FRIENDS



**DON'T:** Stay silent



**DO:** Help your friend  
Report the bully  
Tell your parents  
Tell your teacher

## THE BULLY



**DON'T:** Respond



**DO:** Save what they say  
Unfriend the person  
Block them  
Tell a Friend  
Tell your Parents  
Report the person

**TELL**



**UNFRIEND**



**BLOCK**



**REPORT**