

Northlakes High School Newsletter

"Opportunities for future success"



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Principal's Report:

We endured a very wet start to the new year, but we can't complain after all our lovely holiday weather. We welcomed our new Year 7, who had a very smooth start, organised by their Year Adviser, Ms Davis.

- Over the holidays we have had a lot of maintenance and improvements done. J Block was painted, and new fans and blinds are being put in. All walkways were cleaned and painted, a kitchen was put into the TAS staffroom, and our Hairdressing Salon is close to completion. Happily, our CCTV coverage has deterred vandals and thieves.
- Ms Megan Lubinski successfully gained promotion to Head Teacher, Creative and Performing Arts at Lake Munmorah High School. Megan was a very competent member of our staff and I am very proud of her well-deserved promotion.
- Ms Ruby Brown has been appointed to our Support Unit staff. We welcome her to our staff.
- Mr Tony Reilly and Mr Rocky Zappia have also returned to Northlakes High School, and we welcome their return.

FOCUS FOR 2015

Our core business is, of course, EDUCATION. All staff participated in extensive training in the last week of Term 4, which is being

implemented and expanded on in 2015. We have retained a wide range of established programs, and in 2015, we are implementing more. These include Advancement Via Individual Determination (AVID), which is being introduced in classes in Year 9 and 10, and to seniors in a study skills program.

We continue our extensive strategies to improve literacy and numeracy.

We are continuing to expand the role of our House system, and Positive Behaviour for Learning. All these programs are driven by our exceptional staff and aim to improve all students' high school experience.

OTHER POINTS

- **Website** – we are constantly maintaining our website. Please check it for all current information, photos of events, details from faculty areas, sport, etc
- **Uniforms** – our uniform is smart, economical, and supported by our school community. Uniform is supplied through our P&C's uniform shop. Uniform is also available in local shops. All details of our uniform are on our website. All funds raised are used to support programs in the school. We constantly outline our expectation about uniform to students, monitor it, provide alternative clothing, support families who find it financially difficult to afford everything we can. We thank all parents who support us in this. As you will appreciate, we are only one component of students being in uniform.



Education &
Communities

Parents buy this uniform, wash it... and see what students wear out the door! Complaints about students out of uniform... come to us!

- **Parents and Citizens** – our parents and guardians are highly valued. We actively work to build strong relationships with good communication practices. This includes regular P&C meetings, where members of our school community can involve themselves. It is not a fundraising body, other than for those involved in managing the canteen and uniform shop.
- **Facebook Warning** – there are many dangers lurking in social media. All members of our school community – students, parents and teachers – need to be very careful. Unfortunately, we at school have to deal with too many issues created by people getting on and posting inappropriate things – words or pictures. There can be very severe legal consequences, whatever age people are. No students under the age of 13 should have a Facebook account. We advise all parents to know their child's password and access their account regularly.
- **Year 12, 2014** – it is good to hear of the plans of many of our 2014 HSC group. They worked very hard, and achieved very sound results. We are organising an opportunity for some to return to school in Week 3 and give advice to our current Year 11 and 12 students.

Yours in Public Education
Ms M Rowley
Principal

Year 7 Report

Welcome Year 7 to High School. I hope your first week has been exciting meeting new friends and new teachers. Well done to everyone wearing the school uniform. You look fantastic. Just a reminder that you all need enclosed leather shoes to participate in your practical lessons such as Technology.

The house system encourages positive behaviour and builds school morale. Students can win points for their house by participating in carnivals and displaying positive behaviour. Make sure you are wearing your house colours for the swimming carnival next Friday. It was a fantastic day last year, with all staff and students dressing up and having a fun time.

Term 1 is a very busy time of year with many great events occurring in the school to benefit your child. In week 3 will be school photos. We are running a Year 7 Welfare day focussing on positive relationships soon after that, then the first round of immunisations will occur.

Year 7 camp will be in week 2 of term 2 – 27th to 29th of April. Please get your deposit of \$50 in as soon as possible. Permission notes will be handed out in week 3 of term 1. Term 1 fees must be paid before students will be able to attend the camp.

If you have any questions or need assistance please contact me on 43900555 or Fiona.Davis4@det.nsw.edu.au

Year 7 will be provided with immunisation forms. These forms must be handed back asap to the front office.

Thank you to the Parents that attended our 'Transition to High School for Parent' sessions. If you did not get the opportunity to attend we have uploaded the Learning to Learn booklet on our webpage under School Years – Year 7. We have also uploaded a science homework workbook in case your child did not get one. Thank you

Mrs Fiona Davis
Year 7 Advisor

Year 8 Report

Welcome back, it has been very impressive the way Year 8 has settled into the new school year, all students seem to be working well. If your child is feeling a little anxious with their change of class please ensure them that like most changes, there is a settling in period and to give the transition a bit of time. However,

please encourage them to come speak with me if they are having any difficulties at school so I can support them.

I would like to congratulate all the students that have come to school in the correct uniform and who are ready to work hard. They are great role models for our new Year 7 students. If you are having any difficulties with the costs of purchasing new school uniforms please call me on 43900555 so we can discuss the situation.

A reminder of the expectations in the classroom to reduce distractions and increase learning time:

- Bags to the side/back/front of the room at all times
- No mobile phones or electronic devices
- Remain in your seat
- Respect others in your classroom
- Try your best at all times

Let's all get ready for another wonderful year ahead.

Mrs Kerry Bissaker
Year 8 Advisor

Year 9 Report

Welcome back to all the year 9 students, who seemed to have grown a lot taller over the holidays. I was very impressed with the majority of students who looked wonderful in their school uniform, I would like to remind those that were not that it is compulsory and we have a uniform shop. If you need any help with this please let me know.

I would like to see my students this year think about where they are heading and to remember our motto RESPECT RESPONSIBILITY AND PERSONAL BEST and it would be great to see this happen in every classroom. Also for the students day to go smoother it is important to be prepared for class with the right equipment and a great attitude.

I will be putting out an expression of interest for camp and I will go by that response before I start to arrange anything.

Lastly, I hope that we all have a safe and productive year and I would like to remind you all that if you need any help with anything I am always available.

Ms Sue Fulwood
Year 9 Advisor

Year 10 Report

Welcome back to my students who have reached Year 10! What a great milestone. It seems only yesterday that I was welcoming in 196 Year 7 students on their first day of high school – how time has flown. It has been wonderful to see students settle in quickly to Year 10 – and provide great mentorship to our younger students.

Year 10 is a big year for students – and parents. Students are beginning to complete their Stage 5 courses in preparation for the Higher School Certificate. It is not too early to start thinking about the subjects you would like to choose for 2016. For parents, Year 10 is busy busy! Lots of events occur during this year – stay tuned to the website and newsletter for more information!

Students are reminded to complete work to the best of their ability in every class. This means having a book for each subject, the right equipment, be on time and ready to learn. It is absolutely imperative that every assessment task be completed and submitted in Year 10. There are big consequences for non-completion of assessments. Please see me or your classroom teacher if you have concerns about any subjects.

A reminder about uniform – it is an expectation that students will come to school dressed appropriately. This includes correct length skirts and shorts for girls. I have also noticed an increasing trend for boys in our year to be wearing coloured shorts to school – this must cease! Black shorts are required. As always, if

you have any problems feel free to contact me via 43900555.

Looking forward to productive Term 1 3.

Mrs Erin Lawson
Year 10 Advisor

Year 11 Report

• Welcome Back...

I trust you all had a nice break and feel refreshed and ready to step into this new phase of your life: a senior student at Northlakes High School, working toward the best HSC result possible. I am delighted to announce that I, Ms. Knight, am your new Year Advisor to see you through these two important years, as Ms. Lubinski achieved a promotion to Head Teacher CAPA at another school in the holidays. We are saddened to see her leave, and we would like to thank her for the hours of work and support she has given you over the past four years.

• Expectations...

1. As senior students, it is expected that you are clear about now being **role models** for the younger students of the school, and behave in an appropriate way that sets a fine example to others **at all times**. Misbehaviour as a senior student will **not** be tolerated on any level at NHS and consequences for poor behaviour will be applied. A reminder that should you choose to behave inappropriately or not take your studies seriously, you can be asked to leave the school from 17 years of age.

2. Be clear that you are here to work to **work hard** and achieve the **maximum result possible for your HSC**. As such, you are required to complete all set tasks by all teachers. Failure to do so could result in an N award warning. You will need to work on managing your time to incorporate all aspects of your life: family, school, work, friends..... and you will need to further develop your study skills to maximise your results. As your Year Advisor, I will guide you in these areas. Please come and see me in the Mathematics staffroom

if you are concerned about **anything**, including feeling stressed/anxious/overwhelmed.

You are expected to wear the correct senior uniform at all times, particularly as role models for our school. Please see me directly with any uniform issues. I expect Year 11 to proudly wear the full uniform.

4. **Attendance** will be very closely monitored by myself, the Orange card team and the DP's. There is a **minimum 85%** attendance requirement that you must meet, or you will be issued an N Award warning.

5. **YOU ARE NOT permitted to leave the school grounds once you have arrived at school for any reason what-so-ever, without parental consent in writing!!!! BE VERY CLEAR ABOUT THIS!** When you are at school, you are our responsibility. If you have any free periods, you are expected to go to the **library** to study, or to **sit in the outdoor area near J Block**, which is a senior only area.

• Support...

Your parents are welcome to contact me via email with any concerns they may have:

jovannah.knight1@det.nsw.edu.au

My role is to support you in your journey toward achieving a HSC, and guide you to receiving the appropriate help where required. Your job is to keep me informed with how you are feeling and coping with Year 11. Any non-serious students will be promptly dealt with to enable productive learning opportunities for all



students. I am thrilled to be in the role as your Year Advisor, and I look forward to a productive year.

Ms Jovannah Knight
Year 11 Advisor

Year 12 Report

I would like to take the opportunity to welcome back all students for what will be an interesting and productive year.

The HSC year for some students can become a most stressful time in their short lives. If parents see their students starting to show the signs of stress and fatigue, please let us at the school know, as we have mechanisms in place to help all students through the HSC.

Mr Ed Seaby
Year 12 Advisor

Sports Report

Welcome back to another year, and yet again we are straight into it! The swimming carnival is on Friday 6th Feb at Wyong Pool. All students should have received a note from the PDHPE staffroom by now, (also we have attached a copy) and if they haven't please come and see Mr Mansfield ASAP. Parents are more than welcome to attend and spectate, and all students are encouraged to wear their house colours!

For students who place in the top two of their events, the Zone carnival is on the 25th February at Mingara Aquatic Centre.

Students are also encouraged to listen on morning assembly as there are a number of regional trials fast approaching. Most notably, we have Baseball, Tennis and Basketball trials before the end of February.

Before the end of Term 1, we will have the school athletics and cross country carnivals, with exact dates to be confirmed.

Mr Mark Mansfield
Sport Coordinator

Term Planner

Kids and families run more smoothly when there's a plan - so print out Term 1 homework and study planner, on the back page, which includes key dates and school holidays.

Leaving your child at home alone

Making some clear 'home alone' rules with your

child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed.

Find out more:

<http://www.schoolatoz.nsw.edu.au/en/wellbeing/development/leaving-your-children-at-home-alone>

Helping your child with career choices

A video interview with a career expert offers advice to parents. Click here to find out more.

<https://www.det.nsw.edu.au/vetinschools/schooltowork/parentscommunity/partnerships.html>

Are active kids less likely to be bullied?

Researchers have found kids who do extracurricular activities (such as sport or voluntary work) tend to be safer online, encounter less cyberbullying, and are more resilient to harassment if it occurs.

Find out more:

<http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/kids-who-are-less-likely-to-be-cyberbullied>

The Brave Program

Anxiety is a common feeling. However, 8-10% of children and adolescents experience an anxiety condition that can impact on their daily life. Brave self-help is an online program for the prevention, early intervention and treatment of anxiety in young people and children. For the first time, Brave Self-Help will be available to all young people and children living in Australia between 8-17 years and their parents. For more information, or to access the program, please visit

www.brave4you.psu.uq.edu.au

You can also find us on facebook at www.facebook.com/braveforanxiety



NORTHLAKES HIGH SCHOOL PLANNER TERM 1, 2015

	Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
January/ February	1A	26 Australia Day	27 Staff Development Day Uniform shop open 10-12	28 Years 7,11 & 12 start Year 7 Parents Transition to HS 9-9.45am & 4-45pm	29 Years 8,9 & 10 start	30	31/1
February	2B	2	3	4 AVID information evening 7pm	5	6 Yr 7 Deposit \$50 due Swimming Carnival	7/8
February	3A	9 School Photos	10	11 Yr 11 &12 Drama exc	12	13 Yr 11 &12 dance exc	14/15
February	4B	16 Back up school photos day AECG 5pm Gorokan	17	18	19	20	21/22
February/ March	5A	23 Yr 12 Entertainment work placement all week	24	25 Zone swimming	26	27	28/1`
March	6B	2 Yr 12 Hospitality work placement all week	3 P&C Meeting & AGM 3:30pm	4	5	6	7/8
March	7A	9 Yr 12 Construction work placement all week	10	11	12	13	14/15
March	8B	16 Yr 12 Metals & Eng work placement all week AECG 5pm Gorokan	17	18	19 Yr 12 Shoe Horn Sonata exc	20	21/22
March	9A	23	24 Parent/Teacher Interviews 3- 6pm	25 Year 7 HPV & dip/tetanus/per tussis vacs & Year 8 catch up	26	27	28/29
March/ April	10B	30	31 Final Payment Yr 7 camp	1	2	3 Good Friday	4/5
April		6 Easter Monday	7	8	9	10	11/12
April		13	14	15	16	17	18/19

Uniform shop opens every Friday 10:00am – 12:00pm



NORTHLAKES HIGH SCHOOL SWIMMING CARNIVAL 2015



The School Swimming Carnival will be held on Friday 6th February at Wyong Pool. ALL NOTES need to be returned by Wednesday 4th February.

Those students wishing to compete in an event will need to indicate in which events they intend to compete. Those students not intending to swim must indicate this in the relevant section at the bottom of this note. As all event entries are done prior to the carnival day, the decision not to swim cannot be changed on the day.

There will be no free swim. This is not permitted under current water safety guidelines. All students who are intending on swimming are required to view a brief safety presentation in the school hall at 8:15am.

Students need to pay \$8 to cover bus fare and pool entry to the front office, and return this information note along with their receipt to Mr Mansfield in J Block by Wednesday 4th February.

Students are encouraged to dress in their house colours for the day (please no crepe paper though!)

For bus booking purposes, students are NOT permitted to just turn up on the day, we must be made aware by Wednesday 4th if you are intending on attending the carnival. Buses will take students to and from the pool within normal school hours.

All SLR and PASS students need to participate as a part of their assessment.

Students who finish in the top 2 in their events will participate in the Tuggerah Lakes Zone Swimming Carnival at Mingara on Wednesday 25th February.

I consent to _____ who will turn _____ years old in 2015
competing in the following events at Wyong Pool on Friday 6th February.

Name of Student

Age

(Indicate events to be entered)

50m Freestyle

☐

100m Freestyle

☐

50m Breaststroke

☐

50m Butterfly

☐

50m Backstroke

☐

200m IM

☐

Not Swimming

☐

Signature _____ Date _____

Please note: The Medical Information Form must also be completed even if there are no special needs or medical details pertaining to your child.

Medical Information Form

Student name: _____ Roll Class _____

Parent or caregiver contact details

Name: _____

Telephone: 1. _____ 2. _____

Medicare Number _____

Doctor contact details

1. Name: _____ Phone: _____

List existing medical conditions or illnesses (include asthma, epilepsy, allergies, etc.). Outline the treatment for each including medications.

I understand that the supervising teacher may seek medical attention for my son/daughter/ward if needed. This may include transportation, and admittance, to hospital.

I understand that the supervising teacher may return my son/daughter/ward to school for any disciplinary or safety reasons that may arise.

Signature: _____

Date: _____