

Northlakes High School Newsletter

"Opportunities for future success"



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Principal's Report:

Assemblies

Last week we held formal assemblies to recognise student achievement and to showcase student talent.



I was very impressed with the leadership displayed by our senior students, and the attention and good behaviour displayed by the audience in all three stage groups.

Student Representative Council

Our school participated in the Central Coast Student Voice Project in 2014, and we wish to build on this with our SRC in 2015. Ms Hewett will be co-ordinating this program, which will focus on developing leadership skills, and develop a student body which can actively participate in all significant school programs.

Parents' and Citizens' Meeting

I congratulate our continuing P&C president, Michelle Whitehead, on her re-election. This group of interested and involved parents

continues to provide advice, insight and support to the school. Financial support for the school comes from the successful management of the school canteen and uniform shop, and our community's support of these, by purchasing student resources, such as book packs and uniforms, from the school.

Parent Teacher Evening

We are holding our first parent teacher evening on Tuesday 24th March, between 3.00pm and 6.00pm. Parents may make bookings to see staff on our on-line portal.



Homework and Study

All students are explicitly taught study techniques. All students are expected to both complete tasks and study at home. We are providing extra support for our seniors in the library, where Mr Freebody has worked with many to develop study plans and to improve their skills. All our Aboriginal students are fully supported. Senior students also have had the opportunity to have a mentor. Junior students



Education &
Communities

have a published assessment schedule, and are expected to employ study skills to achieve best results.

Books and folders are regularly marked and feedback is given. Every student needs a separate book for each subject.

Athletics Carnival

In Week 8 we will hopefully run our Athletics Carnival. This is a fun day, where students support their houses and participate in a range of activities.

All students should be at school. I thank Mr Mansfield for his organisation of this event.... And the other carnivals!

Yours in Public Education
Ms Merrilyn Rowley
Principal

Deputy Principal's Report

As this term passes the half way mark, it is a good opportunity to acknowledge the positive start to the year made by our students and staff. An early highlight for the year was certainly the strong representation of each of our eight houses at the swimming carnival.



Our primary focus continues to be the provision of quality learning experiences for each student, every lesson. Part of the Deputy Principal role is to work with staff and students to support and enhance these learning experiences. To this end, I have been checking

student books and teacher programs across a range of year groups and subjects, and while the quality from most students has been good, this is a good opportunity to communicate with home about our expectations in the hope that it may shape some discussion at the upcoming Parent Teacher Night interviews.

Firstly, students are expected to have a separate book for each subject. This is a minimum requirement as some subjects have more specific requirements. This book is evidence of the progress a student has made throughout the year, and can be used by the teacher to identify areas where support should be targeted.

Secondly, each book should be maintained in good condition with work unfinished in class completed at home. You can support this by checking your student's books and supporting our expectations of each page containing a date, margin, title and completed work in a neat and orderly way. Our students are only assessed on skills and content covered in the classroom, so a workbook is vital to refer back to when completing assessments.

Finally, bring to the teacher's attention any issues or concerns you have either by emailing or ringing the school, or through the parent portal. Our staff use a range of support strategies to encourage students to learn in the classroom, however parent involvement and positive reinforcement remain two of the most powerful motivators.

Asking your child how school is might get you a one word response. For a clearer picture, check their books as well.

Mr Matthew Boake
Deputy Principal for Year 8, 10 and 12

Welfare Report

The Welfare team has had a positive and productive start to Term 1, 2015! We are fortunate to have a dedicated team of Year Advisors who have been working hard with their year groups through planning camps,

welfare days and supporting students and carers with welfare needs.

It is with great pleasure that we welcome our new School Chaplain to Northlakes High School, Ms Felicity Robinson. Ms Robinson will be at our school every Monday and every second Friday. We are fortunate to be part of the Generate Chaplaincy Program. Ms Robinson will be coordinating the GLOW and Seasons for Growth programs starting next term, as well as developing rapport with students during pastoral care sessions.

Last week NHS conducted Stage Assemblies where students were awarded with Year Advisor Awards for positive attitudes to school and excellent attendance. Students from NHS Aboriginal Dance Group, NHS Didge Group and CAPPA faculty showcased their performances.



NHS Didge Group performing at our assembly

Thank you to the Year Advisors, the CAPPA faculty and Senior Entertainment class for their organisation of these assemblies.

Northlakes High School will be celebrating Harmony Day next Wednesday the 18th March. Our junior students will be talking about getting along together no matter race, religion, gender, disability, age and culture. There will be guest speakers, group discussions and a Tree of Harmony designed by our students which will be showcased at the Parent Teacher night in Week 9 this term.

In 2015 we have continued to implement the GLOW Program for Year 7 girls. This term it

has been a wonderful success with our small group of Year 7 girls who are developing a positive self-esteem and sense of self-worth. They will be celebrating their graduation of GLOW with a luncheon in Week 10.

The Green Room is continuing in 2015 where students can go during the double lunch break; a range of games are available for students to play and there are opportunities to interact with their peers. This program is supervised by our committed SLSO's.

The NHS Aboriginal Dance Group has been successful in being selected for Star Struck 2015. What a great achievement! We wish them the very best in this valuable learning experience. Also two of our NHS Aboriginal Dance Group girls have been short listed for a new Aboriginal Dance Ensemble. Good luck, Piper Nowland and Gemma Clegg. We will keep you posted on their progress.

Northlakes High School is proud of our school uniform, as it represents the standard and quality of education provided. Correct uniform must be worn every day to school; regular uniform checks are carried out in the mornings. If students do not have a correct uniform they will be given a warning. If spoken to a second time about incorrect uniform a letter will be sent home. If there is a valid reason a student cannot wear correct uniform a note from home must be given to Mrs Garside before roll call for her to issue an Out of Uniform Pass. Remember coloured shorts, short shorts and tights are not Northlakes High School uniform! Last Newsletter we included the new DEC Attendance Procedures. Please contact the school if there are any concerns regarding these new procedures and we will do our best to explain them to you.

Mrs Jodene Garside and Ms Simone Byrnes
Head Teachers Welfare

Creative and Performing Arts/Languages Report

Currently we have two ex-HSC students with work in the "FIRST CLASS" exhibition at Lake Macquarie Regional Gallery. A further three students have had their work selected for Central Vision which will open Friday the 13th March. These students are Jarred Keegan from Year 8 and Rose Ward and Daniella Burt from Year 12. Student works have also been put forward for selection in the Showcase exhibition at Maitland Regional Gallery. The gallery has kindly donated two canvases that students can prepare for exhibition. Year 11 sculptures for Sculpture on the Greens at Kooindah Waters are nearing completion; the exhibition opens on the 10th April and continues for two months.



I would like to thank Mr. Col Henry for the opportunity to exhibit and the kind donation of \$250 towards the costs of making these works. Thirty two performers from Miss Koteczky's Year 9 and 10 Dance class have been selected for Starstruck. Mr Wilkinson our Entertainment/Music teacher will also be part of the production team for this show. Miss Leffley's GATS class will resume in term two. Selection of new students for this class will be done through submission to an open GATS competition that will be held in week 10.



A painting completed by Miss Leffley, staff and Aboriginal dance students has been accepted for exhibition at the Gosford Regional Gallery for Reconciliation Week later in the year. Ms Leffley is also now running ukulele classes every Tuesday during the long break.

I would also like to thank The Northlakes High School's P&C for the purchase of 4 digital cameras, lenses and studio equipment. With the establishment of Photography and Digital Media in Stage 5, equipment like this was needed and will only enhance the work being attempted.

Keeping this in mind, could outstanding fees for photographic be paid up, so that students' works can be printed and ready for exhibition. I would like to thank John Cox (academy award animator) for his message of support to Northlakes High School

Creative Arts students need to keep in regular contact with their teachers, for information on upcoming events including the Talented Youth Program, In Concert and YIPA.

Excursions include Artexpress at the AGNSW, Aussie Rock concert.

Mr Wilkinson is also organising a POP UP concert to be managed by the entertainment students and the last Wednesday of term will see a concert at the school.

Mr Les Brimbecom

Head Teacher

Creative and Performing Arts/ Languages

HSIE Report

It is week 7 of the new term in 2015 and the HSIE first assessment task (Years 7 to 10) was



due last week. A good prompt response from all Years 7 to 10 to handing in their assignments was a credit to the majority of students. The quality of the work appears to be of a high standard and the HSIE staff is looking forward to handing out plenty of commendations, awarded for academic diligence.

The year starts with our first HSIE excursion which is a compulsory Year 10 Geography Coastal Management site study to Lakes Beach and the Rumbalara Educational Centre, on either 24th or 25th March 2015.

The students get the opportunity to engage with geographers in a research and exploration study in a practical environment where they are actually learning something in a fun and interesting way. An assignment worksheet will be collected at the end of the day and this will be marked.

This is a Stage 5 Geography site study excursion run at a minimal costing of \$11.00. Later in Term Two excursions are being organised for :

- Year 7 to Australian Museum in Sydney
- Year 8 to Taronga Park Zoo in Sydney
- Year 9 to Sydney Sky Walk at Centrepont Tower in Sydney

Parent Teacher night will be an opportunity for you to meet our excellent HSIE faculty and a chance to get to know their professional approach to facilitating your student and their learning, as they strive to achieve their personal best.

Tracey Moore
Head Teacher HSIE (acting)

English Report

The English Faculty would like to congratulate all students on their efforts with the submission of assessment tasks this term. Students have worked very hard and sought feedback from staff in order to produce work that is completed to their personal best.

Next Thursday Year 12 Standard students will attend an excursion to Sydney by bus to view a performance of The Shoe Horn Sonata as part of their HSC Module A study. All students who attended the excursion last year found it helpful for their HSC Examinations.

All Year 12 Advanced and Standard students are currently delivering speeches for their third Formal Assessment Task.

Mr Freebody has begun training his Stage 4 Debating team and they will begin in the local competition next term. We wish them the best of luck with their training and their rounds against other schools.

Many students in Stage 4 have also entered the Wyong Council ANZAC Writing Competition. They worked hard to produce high quality stories and poems and we wish them luck with their submissions.

Next Term Students will begin the following units:

Year 7- Skills: Drama and Film

Year 8- Shakespeare

Year 9- Rebellion

Year 10- Shakespeare

Year 11 Studies- English and sport

Year 11 Standard- Overcoming Adversity- Novel Study

Year 11 Advanced- Comparative Study of Women in Time

Year 12 Studies- English and Creative Arts

Year 12 Standard- Module B- Close Study, Wilfred Owen

Year 12 Advanced- Module B- Critical Study, Hamlet

Ms Miranda Smith
English Faculty

Science Report

Term 1 is progressing well and there is a lot happening in the Science faculty.

Year 8 had a very successful day doing a Water Watch activity at our local wetlands. Their results will be added to the Water Watch data site and our results will be able to be accessed by anyone interested in the state of our waterways.



The students from 8GQ were of excellent behaviour and Ms Anderson from water watch was very impressed with their participation and behaviour on the day.

Our Agriculture classes took part in the Maitland Show and they are to be congratulated on winning three 1st places and a 2nd place in the poultry division. The students had a very good day and were also involved in the Maitland Cattle Clinic where they took part in the junior judging parade. Well done to all participants from the Science faculty.

Parents are reminded that all junior Science classes have assessment tasks that are due either now or in the next coming week. This is ALL junior Science classes. If you have any enquiries please contact your child's teacher or book into an interview for the 24th of March when our Parent/Teacher interview night.

Year 10 are currently studying Motion. During this topic they have been measuring their own speed, making parachutes for eggs and racing toy cars.



In this photo you can see 10GO using plasticine people and push cars to study the concept of inertia; Newton's first law of motion.

Mr Geoff Flemming
Head Teacher Science

Maths Report

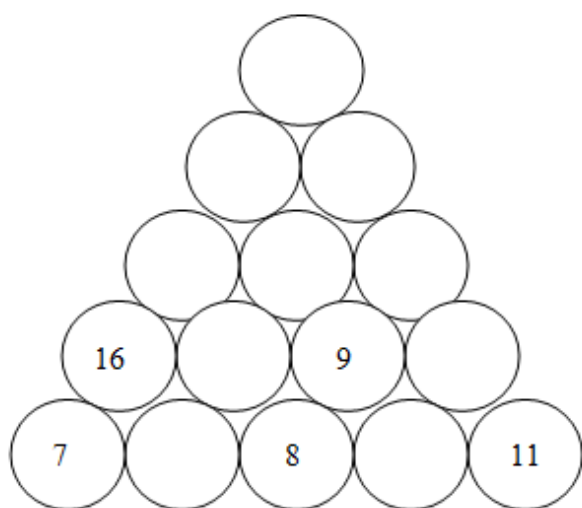
Did you know that 14th March was World Pi Day? You may know that pi is the name given to the ratio of circumference to diameter of a circle and is 3.14159. . . and on it goes. In fact, pi has an infinite number of decimal places which do not have a repeating pattern. It is called an irrational number because it can't be written as a fraction. So why 14th March? Well, if you write the date the American way 3/14 you have the first three digits. Another date, 22nd July also has claim to be world pi day because 22/7 is a reasonably close approximation to pi.

Important assessment tasks for all Stage 6 are coming up. These tasks are a significant part of the school assessment program and are also an important part of the students' development towards the HSC. The students must ensure they are well prepared. As they say, "fail to prepare, prepare to fail". The best way to prepare for any Mathematics exams is to create a summary page which has all topics, formulas, important facts and worked examples, then complete chapter review exercises from their textbook. Next step is to complete practice papers (past papers) to get some idea of the style, format and standard of questions they are likely to encounter. The key is to start revising early.

Assessment for junior years happens through common tests as well as Half-Yearly and Yearly tests. It is vital that students revise regularly throughout the year. That will ensure that they are well prepared for tests.

Problem of the Month

If the number in each circle is the sum of the two below it, what is the top number?



Mr Dean Lappas
Head Teacher Maths

Sport Report

The Athletics Carnival is on Thursday 19th and Friday 20th March. The carnival is held at Northlakes Oval, to allow the carnival to be free of charge and for us to have maximum participation. Students will all receive notes regarding the carnival on Monday 16th.

The cross country carnival is to take place on Wednesday 1st April, again here at school. The carnival will double as a fun run/ fundraiser, specifically targeting Year 7 and 8 students. All Year 7 and 8 students will receive information about this event a little close to the carnival date. Additionally, if any Year 9-12 students wish to receive information about the fundraiser, please see Mr Mansfield in the PDHPE staffroom.

Congratulations to all students who competed in the recent Zone swimming carnival at Mingara. Good luck to Jemma Justin, Blake Langton, Joshua Gray and Ella Henderson for the Regional Carnival at Homebush on 17th March.

Term 1 is an exceptionally busy time for school sport, with many, many events taking place. Students are urged to keep checking the sport noticeboard, and to keep listening on school assemblies for various trials taking place. Over the next couple of weeks we have regional trials for Open Boys Hockey (20th March), Opens and 15s Rugby League (23rd March) and Boys Soccer (24th March).

Soccer Report

The Open Boys and Girls soccer teams hosted round 1 CHS Knockout matches at Budgewoi FC on Monday 9th March. With the previous Year 12 containing a large proportion of our teams for the last 3-4 years, we are now starting with virtually a whole new crew. The boys played Kincumber High, and got away with a 2-1 win, both goals to Shaun Londrigan. It was a bit of a nervous final few minutes to the game, but credit to the boys for holding on. It was a particularly impressive display from

Ethan Byrnes, playing in an open team as a Year 8 student.

The girls unfortunately went down 5-1 to Terrigal High. We somehow managed to avoid conceding early, with some great goalkeeping from Ella Henderson and some desperate defending on the line. Hayley McDonnell found the top corner with a long range effort, to see us leading 1-0. Throughout the second half fatigue set in and the class and pace of the Terrigal girls saw them continue to create chances and put a few away. Thank you all for your efforts on a warm day, and a special mention to Kyrah Tos and Amber Henderson who have now played their last knockout match for Northlakes High.

Netball Report

The Open Girls Netball have had an extremely successful start to the year with three wins within three days. Although hastily thrown together late last week, the girls have gelled beautifully to deliver some excellent performances. Largely consisting of junior students, the team has compiled wins over Narara Valley and The Forrest, and completed the hat-trick of victories with a tightly fought battle over Asquith Girls High.



Our Open Girls Netball Team

A special thankyou goes out to Chloe Tarleton and her mother Krissy who volunteered their time and energy to umpire the matches. All 10 students have represented Northlakes with

merit, displaying great sportsmanship and fighting qualities. Fingers crossed the girls can keep this run going and gain a semi-final berth into the Sydney North. The girls will now have a well-deserved break with a few days of training before competing in the Sydney North Knockout quarter final.

Ms Emma Levido & Mr Mark Mansfield
PDHPE Faculty

TAS Report

The Year 7 four week Technology introductory period was recently completed. Year 7 students now move into the workshops to tackle practical projects and display their creative design skills.

All Year 7 students need to remember that fully enclosed leather shoes are mandatory for entrance to the workshops.

It was disappointing across all Year 7 classes the number of students who did not hand in Assessment Task No 1.

The TAS department has recently purchased 3 simulated babies for Stage 5 Child Studies. The babies provide students with an invaluable experience of what it is like to look after a demanding infant.

Welcome to Mr. Chris Nowland, who will be working in B Block every Monday to assist the TAS staff maintain workshops and prepare materials.

All Year 11 Construction students need to have a White card before they are allowed to attend mandatory work placement early in Term 2. A White card course is currently being offered at school for \$80.00. Yr. 11 Metals & Engineering students do not need a White card to attend work placement.

Year 12 Metals & Engineering students will be attending work placement in week 8 of Term 1. Students are placed with an employer and experience industry first hand.

All Year 12 major projects are currently in development in the areas of timber and textiles. Year 12 Textiles students have been showing

amazing commitment and going in and working in their own time on their projects.

Careers Report

What a busy year we have had so far. The Year 9 students have been busy working on "Introduction to Career Education". This booklet looks at and discusses the development of skills, knowledge and attitudes through a planned program of learning experiences designed to assist students to make informed decisions about their school and post school options and participate effectively in working life.

Year 10 are working on the Work Readiness Program. This program allows for students to show their teachers that they are work ready before participating in the work experience/placement in Term 4 for Careers. The Program aims to help them understand what employers and co-workers in the workplace will expect when they join them for work experience/placement. The intention of the program is to train students to understand practices and learn behaviours that are expected by industry in general. To be classed Work Ready means that you are mature enough to be able to act and behave responsibly; to present yourself well; to deal with conflict; to use initiative; and identify concerns that need to be discussed with their work supervisor or teacher. All Year 10 students will have a week of Work Experience in Term 4. This booklet is an important part of their education. If you are not sure what your child is doing in Careers asks them or feel free to ring the School and speak to Ms Hewett. All Year 9 and 10 have 5 lessons of Careers each term.

Newcastle University and the Aim High project are once again offering the Year 10 students at Northlakes High School a place in the Next Step up Program on the 26th March. This program looks at those students who have not experienced or had any one that may not have gone to University or TAFE, the opportunity to

visit a Campus for the day. They will be chaperoned by Teachers and University Students and will participate in lessons offered at the University. Also on the day attending will be ADFA, (the defence force) Hunter TAFE and other facilities to talk with the students and help them on a Career path. The students will be travelling bus to the University this is a free service provided by the University and Northlakes High School. A note will be sent home this week. Year 10 Mentoring program has commenced again this term with eight students being mentored by our outside mentors who give up their time to work with students from our school.

Year 12 have been reminded about using their school Diary that was provided free of charge by the school. All Year 12 students were asked to collate their work into the diaries so that their mentor teachers and parents/carers would be able to keep track of where they are up to. Next week Mr Seaby their Year Advisers and I will be checking in with Year 12 students to see how well they are managing their diaries and workload.

Careers for Years 7 and 8 start this week with Year 8 having a young Journalist/ Teacher come in and discuss career choices with them. Year 7 will have a NASA Scientist in talking with them on the 23rd March looking at the new space program and what is happening in NASA.

The Hair/Beauty for Stage 6 girls is up and running this year.



We have been very fortunate that Mrs Rowley has funded a Hair/Beauty room that will

accommodate 15 students. All the girls are very excited about the room and it should be finished by the end of Term.

If you are interested to have a tour of the room please feel free to ring the office and ask to speak to Ms Hewett to make a time.

As we are coming to the end of term the Salvation Army have informed me driving lessons hopefully return in Term 2

Parents please be aware that the school no longer handles TAX File forms for students they are to go to the ATO online and download the forms and information to obtain a tax file number.

Ms Lois Hewett
Careers Advisor

Teaching and Learning Report

The Teaching and Learning faculty focuses strongly on learning support for students from Year 7 to 12. We have two learning supported classes in Year 7 and one in Year 8 with a Stage 5 class for Years 9 and 10. These classes receive intensive support in Literacy and Numeracy but are mainstream classes following a regular curriculum. Each class has the additional support of a School Learning Support Officer (SLSO) and all classes benefit from LAST (Learning and Support) Team assistance.

There have been some staff changes in the Teaching and Learning faculty this year. Miss Hsu (LAST teacher) has been replaced by Ms Genevieve Henry who will begin work at our school in Term 2. Ms Paige Watts is teaching 7WA with Mrs Michelle Whitehead assisting as SLSO. Ms Renae Simmons and Ms Georgia Gregory both teach 7WA with Mrs Rita Hebditch as SLSO and Mrs Tenille Dowe is our 8WL teacher with Mrs Julie Hanson being the SLSO on this class. Our Stage 5 class has 3 main teachers: Ms Selina Norris, Mr Trent Martin and Mr Rudi Weigner. Mrs Amy Starrett is the SLSO for this class.

The LAST team is made up of 5 teachers: Mrs Jan Curran, Ms Simone Byrnes, Mrs Megan Bayly, Mrs Tenille Dowe and Ms Genevieve Henry. Ms Parfumi is currently on maternity leave. This team provides support for students who need literacy and numeracy needs, learning difficulties, behaviour needs and any other needs that might impact upon a student's ability to access the school curriculum. The team is currently running meetings with parents and students to complete Individual Learning Plans for students on the LAST caseload. A number of LAST programs will begin Term 2.

These include:

Peer Tutor Program

This program involves Year 10 students (studying for a Certificate in Reading Tutoring at TAFE) tutoring Yr 7 students to improve reading rates (reading rates are linked to comprehension) and reading accuracy. This program occurs during roll call. Yr 10 students attend Wyong TAFE for an introductory session and then complete units of work at school. Participation notes will be coming home soon.

QuickSmart

The 10 week intensive QuickSmart program for 2015 will finish at the end of Term 1 and in Term 2 the 30 week program will commence. QuickSmart has been an extremely successful program at Northlakes High with 64 students graduating last year.



The QuickSmart Presentation Ceremony 2014

Students improve their accuracy and speed in basic skills (primarily multiplication and division) along with refining their skills in numerical problem solving.

This program generally has a waiting list of students who are keen to enrol, so it is important if your child is offered a placement in this program that you return the permission note as soon as possible.

Withdrawal Literacy and Numeracy Programs

Small groups will be withdrawn from various classes to attend intensive literacy or numeracy lessons. Parents will be informed via a note home. Student progress will be monitored and a report sent to parents at the end of the year.

Disability Provisions

Special consideration applications for the HSC exam are now due. Provisions can include: reader, writer, extra time, medical provisions. If you think your child needs special consideration for HSC exams and has not already been seen by the LAST team, please contact Mrs Bayly or Mrs Curran 43900555.

Mrs Jan Curran
Head Teacher Teaching & Learning

Support Unit Report

The Support Unit has been extremely busy over the past month. Our teachers and students have been participating in a wide range of activities in school and in the community. Many parents and carers have met with their child's teacher to develop a Personal Learning Plan for 2015. We have valued the input from parents and appreciate the time taken to communicate with staff. This Friday 13/03/2015 we will be holding a Year 11-12 Transition information



afternoon. Parents and carers have been invited to the school to listen to presentations from Tracy Scheitel (Transition Teacher) and representatives from Job Centre and Life Without Barriers. This is a very important afternoon to support our planning and parental understanding of post-school options in the local area.

The Senior Class has been preparing tasty summer salads for staff at Northlakes High School. The students collect orders, accept payments, bank money, prepare and then deliver salads to staff. This has been an extremely successful program with all students working together to make the tastiest salads for staff to enjoy. The students in the class take great pride in their work and value the social experience provided by the activity. The summer salad program also links with Food Technology, Mathematics and English Life Skills Outcomes.



The program is a holistic approach to teaching valuable work experience competencies that students will be able to use when they leave school.

The Support Unit is implementing Mathletics to support teaching and learning in class. Mathletics is an interactive computer based program that links student lessons to the Mathematics curriculum. Student activities are sequenced and progress with successful achievement of set goals. Our teachers will be

able to create activities for students that are individualised, multisensory and exciting. We are looking forward this new initiative and the benefits it will provide to our students.

Students in the Support Unit have been invited to attend an excursion on Thursday 26/03/2015 to Newcastle. We will be visiting Newcastle Museum, Honeysuckle foreshore and taking the ferry over to Stockton. The excursion compliments our Science program and gives students the opportunity to experience a range of "hands on" activities. We have limited places available for the excursion. Students who want to attend need to return their permission note and money as soon as possible to secure their seat on the bus.

Roy Goodenough
Head Teacher Support

Parent/Teacher Interviews

Letters are being sent home today with information regarding our upcoming Parent/Teacher Interviews to be held in the hall on Tuesday 24th March from 3.00pm – 6.00pm. If you have any problems logging on or do not have internet access please contact the school on 4390 0555.

P & C News

Congratulations to the following people who have been elected as our P & C representatives for 2015:

President: Michelle Whitehead

Vice President: Jackie Bryant

Secretary: Vanessa Allan

Treasurer: Kathleen Button

Breakfast Club

The Breakfast club runs every Wednesday, Thursday and Friday of the School Term from 7:15am at the Neighbourhood Centre. We would like to thank the Charmhaven Bakery &

café in Charmhaven for supplying the breakfast club with fresh bread every week.

URGENT UNIFORMS NEEDED!

If you have any school shorts, shirts, skirts or jumpers uniforms at home that your children have grown out of, please forward them into our welfare office. Thank you.

COMMUNITY NEWS



Central Coast FITNESS \$5 CLASSES TIMETABLE

Outdoor Fitness Budgewoi Soccer Club		Indoor Fitness Lakes Beach Surf Club		Dance Fitness Lakes Beach Surf Club	
Mon	9:20am	Mon	5:15pm	Mon	6:30pm
Tue	6am 9:20am	Wed	5:15pm, 6:45pm	Thur	6:30pm
Wed	6am	Thur	5:15pm		
Thur	6am 9:20am	Sat	7:00am		
Fri	6am 9:20am				
		Core & Stretch Lakes Beach Surf Club			
		Wed 6pm			

FREE FOR PERSONAL TRAINING CLIENTS (excludes: dance fitness, core & stretch)
PERSONAL TRAINING \$40 PER SESSION | \$60 COUPLED | +\$25 EXTRA PERSON (weekdays)
More reasons to train with CCF facebook.com/centralcoastfitness

DATES TO REMEMBER

16-20/3/15	Metals & Engineering work placement
16/3/15	AECG Meeting at Gorokan
17/3/15	Sydney North Regional Swimming
18/3/15	Harmony Day
19/3/15	Shoe Horn Sonata
19-20/3/15	Athletics Carnival
23/3/15	Year 7 careers talk
24/3/15	Parent Teacher Interviews 3-6
24-25/3/15	Year 10 Rumbalara site study
25/3/15	NSW PSSA Swimming Championships
25/3/15	Year 7 HPV & Yr 8 catch up immunisation
26/3/15	Agriculture excursion

