

Lithgow High School

NEWSLETTER



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STATE CHAMPIONS



Full report on page 5

PRINCIPAL

As you are all aware, Lithgow High School Year 10 student, Jack Willott passed away on Tuesday October 10. We take this opportunity to remember and celebrate his life at school. Jack was a popular student, with a close group of friends. He was a bit of a "larrikin" at school, with a cheeky and infectious smile. Hard working, sociable and enthusiastic, he was most recently involved in concreting our new chook shed and completing his work experience. On behalf of all the students, staff and families we offer our deepest sympathies to his mum Kylie and step-dad Shane, little brother Archie, dad Troy and step-mum Rebecca and all his extended family and friends. We include some photos of Jack at school surrounded by his friends and peers.

At the request of Jack's family, the school supported the Lithgow Resilience Concert fundraiser, raising over \$1700 dollars with a BBQ and mufti day. Thanks to Mr Quirk, the SRC and Year 10 students for organising this event. To contribute: https://www.gofundme.com/resilience-festival-2018

I encourage parents of students who require support to contact the school counsellors via the office.

Additional sources of support for your family are below:

Kids Helpline (1800 551800 or www.kidshelp.com.au)

Lifeline (131114 or www.lifeline.org.au)

headspace (1800 650 890 or www.eheadspace.org.au)*











Ann Caro

Lithgow Girls are Champions!

Lithgow High School are 15's and under Girls Basketball CHS State Champions after an emphatic victory over Endeavour Sports High School in the CHS knock-out Basketball Championship held at Terrigal Basketball Stadium last Wednesday and Thursday 1st and 2nd November, 2017. The final score of 83 - 52 against Endeavour Sports HS displays the Lithgow girls' overall dominance in reigning in 3 point shots, shutting down the opposition's star players and running the fast break to perfection.

However, from the start, it wasn't all plain sailing. Lithgow was drawn in a very tough pool alongside last year's winners Asquith Girls' High, as well as perennial powerhouse and multiple times champions Westfield Sports High and the strong home side from Terrigal HS. In the opening match, the Lithgow girls fought hard, but unfortunately, went down narrowly against a very strong Asquith Girls' team in a nail-biting 41 - 38 loss. This was a tough game that could have gone either way, but the loss meant the team was up against the wall and needed to win the remaining two matches of the pool to progress to the finals.



The Lithgow girls showed their grit and determination in a solid match against Terrigal High School by keeping them at arms' length throughout the game with some hot shooting from Alayah Lincoln to eventually run out comfortable winners 47 - 38. This was the catalyst that set the scene for a 'must win' clash against long-time nemesis Westfield Sports High, who had defeated the Lithgow girls in each of their encounters over the past 3 years. It was an extremely physical game against the much bigger Westfield girls, but Lithgow managed to turn around a 6 point, ¾ time deficit to win by 2. This was mainly due to a huge Kyra Phillips 3 pointer and a last minute, driving layup by her sister Kallan to clinch the match. The final score was 41 – 39. It was a wild and, at times, brutal game, but it was enough for Lithgow, not just to qualify for the semi-finals, but to leapfrog Westfield Sports High into top spot in the pool.

The next day saw the Lithgow girls clash with second place from the other side of the draw, Western Region rivals, West Wyalong. It was a physical contest with both teams and coaches knowing each other's games very well. A slow start by the Lithgow girls saw them fall behind by as much as 9 points, but after a big second half led by Meleke Jenkins and Geordie Goodwin, Lithgow won the match comfortably 52 - 36 despite their early jitters.

The Lithgow girls played the final against Endeavour Sports High School whereby they secured a comprehensive win to cap off a marvellous journey which began way back in July and took in trips to Bathurst, West Wyalong, Coffs Harbour and Terrigal. The girls in the team were a credit to themselves, their school and their families. They were outmatched in terms of size and reputation but were always giants in terms of their skill, determination and teamwork. They are well-deserved winners and most worthy state champions.



<u>Team:</u> Hayley Ranse, Bethany Newsome, Kallan Phillips, Meleke Jenkins and Sophie Swif, Kyra Phillips (c), Bayleigh Shead, Alayah Lincoln and Geordie Goodwin

<u>Coach:</u> Mr Tim Lloyd <u>Manager:</u> Mrs Deb Farebrother

DEPUTY PRINCIPAL

Year 12



The HSC course has begun for our 2018 HSC Candidates. The postponed Year 12 Study Day was conducted last Wednesday and was a great success.

The Information Evening for students and parents was on Tuesday 24th October. All students were given a copy of the Assessment Schedules for their HSC Courses and important information regarding their pattern of study and NSW Education Standards Authority (NESA) Requirements. This Assessment Booklet outlines the mandatory minimum requirements, the

process for handing in assessment tasks, information regarding special provisions and how to apply. It is well worth a regular read through and is a guide to refer to during the year for students. If your child has not received the Assessment Schedules and NESA requirements book, please see Mrs Hamment in the Library.

Key people within the school to assist with any enquiry is the Year Advisor **Mr Dunn**, the Careers Advisor **Mrs Hamment** and myself, Year 12 Deputy Principal. Year 12 students are strongly encouraged to utilise the library study area with the tutors, who work closely with students around their workload and are available during study periods and after school Monday-Thursday until 5.00pm each day.

Year 12 will have access to the senior study room in Z21 after the conclusion of the current HSC exams. Students are reminded that strict rules apply to the use of this valuable space.

Year 12 students who wish to apply to be able to drive and park on the school premises in the designated area of the back carpark are required to bring in a copy of their car registration, third party insurance and drivers licence. VIVO level of silver is the benchmark prior to applying for car parking access. Students are then given a signed permit to display on the car dashboard while parking in the designated area.

Karin Mawhood

Next P & C Meeting is at 6.00pm on

Monday 7th November

in the Hall Foyer

You are all very welcome to attend.

DEPUTY PRINCIPAL



VIVO - at this time of the year we are noticing an increase in the number of students accessing the shop. The managers will try to ensure that students making requests will get their item within 48hrs, if it is a LHS item. If it is an online reward it may take a few weeks to reach the school. At this stage of the year we have had over 30 students reach their platinum level. Fantastic achievement!

Reporting and Assessment - it is that time of the year when assessment tasks are due. Please check with students and make sure they do not have any outstanding assessment

tasks. Late submissions result in a reduction in their overall mark. If you are unsure, please do not hesitate to contact the school.

Year 10 Celebration - Please be aware that some students will be receiving letters indicating that they will be unable to attend celebration without improved attendance and application. Students purchasing tickets need to ensure that subjects fees are paid and up to date.

PBL Focus on uniform - Over the past two weeks' students have been receiving additional VIVO points during roll call for wearing the correct uniform. Students have responded well to this focus and the school has seen a drop in the number of referrals for uniform. We encourage students to continue wearing correct uniform after the focus has concluded.

Presentation Evening

This will be the second year that the school has organised a Presentation Evening for students in Year 7-11 who have received awards. The date for the presentation evening is **Monday 11**th **December.** Invitations to the event will be issued in the coming weeks. Please come and celebrate a year of hard work and application.

Matthew Quirk

WE REALLY NEED YOUR HELP

If you have any old school uniform and would like to donate it to our clothing pool, please leave articles at the front office.

Many students benefit from your kind donations.

DEPUTY PRINCIPAL



School Reunion and Tour

On Saturday 21st October, the group of students who completed the first Higher School Certificate in 1967 held a reunion at the Lithgow Workies Club. About 70 people attended.





On Sunday morning, Mr. Dean conducted a tour of the school for them. They were very impressed with the way the school had grown and changed since their day but there were some fond reminiscences from their time at Lithgow High School. It was great to see the fondness that they had for the school even after 50 years.

Ted Noffs Foundation Outreach

The Ted Noffs Foundation have opened a Drug and Alcohol outreach service in Lithgow on Fridays each week. One of their counsellors, Phil Brember will be visiting Lithgow High School each Friday afternoon from 12.30pm to 3.30pm. He will be speaking with student groups and will assist with drug and alcohol education programs.



Jeff Dean

Jack's Anzac Scholarship Tour



During the school holidays, I was lucky enough to travel to Europe with a group of 21 other students from around NSW on the Premiers Anzac Memorable Scholarship Tour (PAMS). Travelling first to London for two days where we explored the sites and visited historical places such as the Churchill War Rooms and HMS Belfast. Following that we took the Eurostar to Lille in France then traveling into Belgium, we visited sites of historical significance to all Australians such as the town of Ypres which was shelled completely to rubble during the first world war. We attended a dawn service commemorating 100 Years since the battle of Polygon Wood, it was a privilege to attend and lay a wreath at the stone of remembrance at the cemetery during the ceremony on behalf of the students of NSW.





We had many fun days also such as the trip to Zonnebeke where we dressed in accurate ANZAC uniforms and experienced what it was like to be a soldier during World War 1. Another fun day was the trip to Brugge, a medieval city in Belgium where we explored the many medieval buildings. It was such an honor and privilege to be selected to attend this amazing Premiers Anzac Scholarship, at times the tour was moving, changing my outlook on the war and the history of Australian's at war and at other times exciting. It really all together was such a memorable experience, as the school has another scholarship for the PAMS tour next year, I would urge any eligible student to apply as it is a once in a lifetime opportunity.



Jack McIntyre - Year 11 Student

YEAR 12 GRADUATION CEREMONY





Samuel Gray - Dux, 1^{st} in Year 12, **Samuel Gray** - Caltex Best All Rounder Award and Pierre De Coubertin Award.

Kaitlyn Trounce and **Hannah Smith** received the, 2nd and 3rd overall highest average marks in Year 12 **Sarah Dawson** and **Rhianna Hampton De Vries** - Phil Duncan Scholarship

Tayla Hewitt and Steven Young – Westfund Outstanding Improvement Award

Amy Muir - Australian Defence Force Award for Teamwork and Leadership

Arie Zuanic - Reuben F. Scarf Award for Commitment to Studies

Kaitlyn Trounce- Lithgow Musical Award for Excellence in the Performing Arts

Kirrily Beutel - Lithgow High School P & C Encouragement Award for her strong focus and commitment to her studies

Sarah Adnum and **Mitchell Brain** Citizenship Award sponsored by EnergyAustralia for outstanding student leadership and commitment to our school.

Rhianna Hampton De Vries - Inzitari Family Zig Zag Motel Award — Business

Erin Cowie - Inzitari Family Zig Zag Motel Award - Hospitality

Grace Horton - Lithgow Aged Care Nursing Scholarship

Ayla Shaw - University of Notre Dame Australia Award for Outstanding Achievement in Science

Eli George - Most Outstanding Aboriginal & Torres Strait Islander Student

Sporting Awards:

Erin Cowie - Jessica Dean Memorial Trophy – Sportswoman of the Year Award.

Kobe Hunter - Doug Moffit Memorial Trophy - Sportsman of the Year

Jake Lewis - Helen Frith for consistent effort in sport

Tayla Lloyd – NSW Premiers Sporting Challenge for consistent effort in sport.



The LJ Hooker Faculty Awards

Samuel Gray - Science, English & HSIE, Izaac Van Der Velden - TAS, Daniel Riecken - Mathematics, Amy Muir - PD/H/PE, Kaitlyn Trounce - CAPA, Joshua Constable - Support. Awards presented by Jamie Giokaris, Principal of LJ Hooker Lithgow.

























Thank you to our valuable community sponsors for your support of our school and assisting on the day

PEER SUPPORT

Year 7 Peer Support this fortnight focuses on strengthening our connections. For young people, relationships with peers, siblings, teachers and carers can be a wonderful source of support and at the same time, challenging. Even the strongest of relationships is not immune to the emotional roller coaster of human interactions.



In Peer Support this fortnight, Year 7 students discuss skills for effective conflict resolution including understanding perspectives, empathy, listening and responding. Students are led through activities that explore the fact that conflict and disagreement between friends is a very normal occurrence, and as such some conflict can be worked through with a smooth resolution. Young people need to learn these skills and have the

Relationship conflict can occur when actions and words are misinterpreted or perceived differently to the way they were intended. Students explore strategies to repair relationships after an argument. Activities lead students to discover tactful ways of communicating with others so conflict is minimised.

opportunity to practise them.

A range of successful strategies and responses are shared and explored with a clear understanding that everyone has the right to be treated with respect. This approach also applies to online interactions and behaviour.

Jody Cross - Teacher Librarian

Sarah Dawson Year 12

Outstanding Improvement Award 2017 at the NAIDOC Week Assembly



What does this Award mean to you?

This award is a physical representation and proof that I'm not the person that I was. I've changed my attitude to life and learning entirely. This means a great deal to my family and me.

What advice would you give to your younger self?

When I was younger I had had a few difficult experiences and I thought the world owed me something. I have realised now how hard you have to fight for what you want. I wish I had given myself a head start by working hard at school when I was younger. It would have given me the fundamentals I have struggled with in Years 11 and 12.

What do you consider your greatest achievement at Lithgow High School?

At the moment it will be graduating and doing well in my HSC.

The other highlight is being a SistaSpeak Mentor to younger students. I wish there had been an older student who could have given me advice in my early years in High School. Perhaps I would have made some different choices. I hope I would have listened.

What do you plan to do in the future?

I would love to study Law at Southern Cross University in Lismore or Law/Arts at Charles Sturt University or Western Sydney Uni. I just love literature, Shakespeare and creative writing and would love to make a career out of it. I'm also thinking of a Law/Creative Writing Degree at Southern Cross Uni.

What does being an Aboriginal woman mean to you?

Cultural participation has changed my life. Originally I didn't know who I was or what I wanted. Learning about my culture has given me a strong sense of identity and pride. I am proud of my heritage, my family and who I am.

What is your favourite subject?

English has always been my favourite.

Who is your greatest role model?

My Pa. He was always my hero. I want him to be proud.

Use four words to describe yourself.

Creative, motivated, mature, ready.

Anything else?

I want to be able to prove that one's past does not define one's future.



Di Moore - Learning and Support Teacher

CONSTRUCTION/BRICKLAYING 2017



Lithgow High Schools senior Construction class were given the opportunity to visit the brick laying facilities at Bathurst TAFE. The students were able to undertake the practical skills necessary to achieve part of their course competencies in bricklaying. Under the expert guidance of Bathurst TAFE teacher Peter Moore the students were able to practice some of the basic skills and also learn about the career opportunities available in the bricklaying trades.

The students have benefited from the practical experiences they gained on the day and in appreciation would like to thank both Peter Moore who has continually given up his time over many years, along with the support of Brendan Coyle from the 'Bricklaying Foundation', who made it all possible by helping to fund some of the day's activities.

PHOTO: Students and teacher from Lithgow High School Year 12 Construction Class.

Left to Right: **Brett Presbury**, **Peter Moore** (TAFE) Teacher, **Jason Macdonald**, **Todd Heath** and Construction Teacher **Wayne Morris**.

Wayne Morris - TAS Teacher

WORLDSKILLS DAY

On Monday 23rd October, Lithgow High School hosted the 2017 WorldSkills Regionals in Information Technology and Construction. Whereby students from around the TAFE regions compete against other students in the same course. Winners of the regional then have the opportunity to travel to the WorldSkills National competition in 2018, where they will compete against TAFE students from all around Australia.



For Information Technology students were required to create professional looking and real world documents, databases and slideshows for the SES. The winner for this region was **Zachary Mitchell** and he will be given the opportunity to travel to Nationals next year.



WORLDSKILLS DAY

Four fantastic students competed in the regional competition for Construction as part of the World Skills event. An event run every two years that endeavours to find the best and brightest in a range of vocational areas. The Construction competition is very intensive. Students were given just 6 hours to complete a sawhorse that is scrupulously marked and assessed by a panel of three expert judges. The challenge is deliberately difficult and quite onerous to complete on time. Limited tools are available with the focus on hand tools and accuracy. During the competition, students are also required to complete a technical drawing of the saw horse, submit a safe work method statement and a costed cutting list.





All students performed exceptionally well with every student completing the project, a feat not achieved in previous years. The winner of the completion ended was Zac Stanford with very little day light between him and the others.







Peter Brownlow - HT VET/IT

Extended Senior Tuition in the Library continues



Senior Tuition continues to be available daily during Student's Study Periods in the Library, providing assistance with Assessment Tasks and Study Techniques in all subject areas.

We offer *free* afternoon **Tuition Monday - Thursday 3.30pm - 5.00pm** for seniors. This is to assist students who have a full timetable with no study periods.

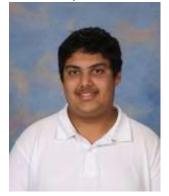
The tutors provide support, motivation and stress management during the vital senior years. A variety of resources are available for students to borrow in the school library.

Mathematics Competition

The Australian Mathematics Competition was held in July. This is the longest Mathematics Competition of its type and is not only open to students in Australia but also students other Nations. 35 students from Lithgow High School participated in this year's competition with the student obtaining 2 Distinctions, 10 Credits, 15 Proficiency and 10 participation certificates.



The distinction and credit winners were presented with their certificates at a school assembly.



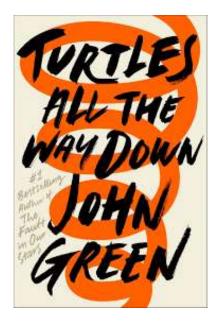
Distinction winners were: Caoimghin O'Connor and Finnian Galloway

Credit certificate winners were:

Dylan Sheaves, Sam Doran, Justice Dulay, Kyle Sheather, Harrison Wells, Logan Mcmanus, Jack McIntyre, Eilia Keyhanee, James Young and Griffin Houston

Ray Stoneley - HT Mathematics

Press Club Pages



Turtles All the Way Down by John Green

"The thing about a spiral is, if you follow it inward, it never actually ends. It just keeps tightening, infinitely."

After John Green released *The Fault in our Stars* in 2012, fans have been anticipating his next novel. *Turtles All the Way Down* was released earlier this year and so far its reception has been extremely positive. This novel follows the story of Aza, a 16-year-old girl living with her mother in Indianapolis who attempts to solve the mystery of a runaway billionaire while trying to overcome her own crippling anxiety and obsessive compulsive disorder.

If I'm completely honest I went into this book expecting to not like it. I've been on quite a bad run with young adult fiction and was never a huge fan of detective stories but I was pleasantly surprised. Instead of the story focusing on the twists and turns of mystery it focuses more on the ways that the characters cope with change and loss. Perhaps most importantly of all it focuses on Aza's declining mental health and the ever present thought spiral. However, being a John Green book the old YA clichés are still there, quirky characters with specific and unique interests, a philosophical romance, troubled narrator... this book has them all. But somehow it still feels different from John Green's other work.

Turtles All the Way Down explores the caging feelings of anxiety, those inescapable thoughts coupled with habits that you can't quite seem to break. The characters in this book seem almost surreal, the way they talk and act. You connect with the decisions they make as you explore the inner workings of their brains. While I wouldn't call it realistic, I would say it's beautiful and for that reason I think everyone should give this book a chance. Even if you weren't a fan of John Green's other novels there is something in here that can appeal to nearly everyone.

I give it



Kasey Cross - Press Club

Up Close With MS WIGGINS

Full Name: Lisa Sharon Wiggins

What is your role at Lithgow High? SASS/Laboratory Technician

What annoys you at school? Not much, great school

What schools did you go to? Cooerwull and LHS

What are your hobbies? Dragon boating and socialising

What are your greatest achievements? 2 beautiful children, 4 amazing grandchildren and my house in the country

What is your favourite TV Show? Banshee

What is your favourite animal? Wedge Tail Eagle

What are your pet hates? People driving slow in the fast lane and bullies

Describe yourself in three words:

- 1. Hard working
- 2. Independent
- 3. Caring

What did you want to be when you were a kid? Child Psychologist

Do you have any nicknames? Wiggo, Lis

What is your greatest fear?

Rats, which is not great working in Science! How long have you been at LHS? 17 years Rate yourself on the following (1-10)

Driving: 10 Sport: 8 Shopping: 0



Emily Burt, Sabrina Cox, Cloe and Ashley Robinson - Press Club



"I'm sure everything will be fine, don't worry. There's food in the fridge and there's a TV if you get bored."

Explained Mr and Mrs Shaun "Ok, I hope you enjoy tonight." Alex says. "Bye!".

"And tonight's lottery winner... number 645!", the TV blares out. The night was at peace until Alex heard what sounded like a strange static coming from the baby monitor. She wandered upstairs to see what had happened. The baby monitor had fallen off the stand and was lying on the floor. Then suddenly her phone starts ringing. 'Hello?" she says. It appears that no one is on the other end of the line. After a short while it hangs up. "Probably just a prank call", she says to herself.

She sits the baby monitor back up and comes back downstairs and watches the tele. After a while she receives another phone call. When she answers she only hears static. She hangs up.

"This is getting annoying", she mutters to herself.

"It better stop".

A few hours later she receives a strange text "Have you checked the children?" Completely puzzled, she replies "What the hell? Who is this?. Then the unknown number disconnects she calls 911 in a panic.

"911 what's your emergency?"

"Help! Please I'm receiving strange calls and texts from someone I don't even know!"

"It's scaring me!"

"Okay, just keep calm"

"What's your address?"

"67 Hill Mountain Road"

"Stay calm, we will track the number for you."

"Thank you thank you!" after calling 911 she receives a second text from this unknown number. "Have you checked the children?"

"PLEASE STOP!"

The phone rings again. "This is 911! GET OUT OF THE HOUSE! I REPEAT GET OUT OF THE HOUSE NOW!"

"What? Why?", all of a sudden she hears a loud crash from the baby monitor.

"We traced the signal, it's coming from another room in the house GET OUT NOW!"

"The kids, i have to get them," she throws her phone on the couch and races upstairs to get them but when she enters the room the beds are empty. She receives another text. "I've got the children, run before I get you too". She turns around and sees a tall figure. When she sees this, her mind tells her, RUN.

Sunhyne Buerckner Ellie Bernasconi and William Bray - Press Club

Lithgow Halloween



On the 28th of October, Lithgow celebrated Halloween with a massive street party that brought in thousands of people from all over the country to experience the fun and spooky party that left people laughing in fear. Lithgow put on a great party, which included special performances, costume competitions, rides and so much more!

People enjoyed the stalls which ranged from sweet and salty food to circus accessories, there was so much to do that you could not possibly do it all in one night! Spooky costumes could be spotted everywhere while businesses were booming with customers, the party that lasted long into the night was surely a success!

We had a few extra special visitors in Lithgow on that night with a couple of Americans visiting and saying that the party matched the excitement that America feels when Halloween comes around, the local news also broadcasted the exciting party for the whole of the state to see!

Overall, the party was incredible as always and we cannot wait for next year's event. For the youth of Lithgow this was a great community event where everyone could join in and have a bit of fun. There is not a lot for kids to do in Lithgow so this was once again greatly appreciated and enjoyed by everyone who attended.

Alexa Burton - Press Club

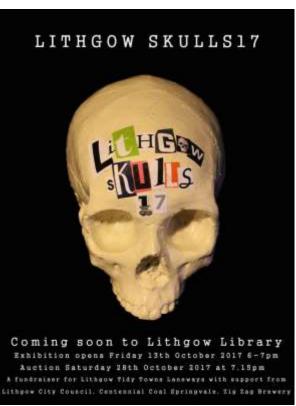
Lithgow Skulls 17

For the past four years, Halloween celebrations in Lithgow have coincided with the Lithgow Skulls Auction and this year, with 53 Skulls, was no different!

For those who don't know Lithgow Skulls began four years ago when Lithgow Tidy Towns and artist **Tim Johnman** delivered blank-canvas-skulls to 50 local artists. These artists then had the freedom to decorate the skull however they chose before they were returned and displayed for two weeks leading up to Halloween night when they are auctioned to raise funds for Lithgow Tidy Towns.

Last Saturday (28th October) the skulls were auctioned with prices reaching nearly \$500. The auction was well attended with many people buying skulls and spectating.





Above: "Skull Island by Craig Loxley, Right: Lithgow Skulls 17 poster,



Left: "Cicada Season" by Tim Johnman

Aminah Baker and Maia Michell - Press Club

SRC PRESIDENTS REPORT

Term 3 has been a very successful and productive term for the SRC. The SRC gained new members from years 7 to 10 who have contributed new creative ideas leading us to the events we held this term. Earlier this term on August 21, the SRC held a cupcake day fundraiser to raise money and awareness for fighting against animal cruelty.



We raised over \$300 for the RSPCA in which 100% of proceeds went to helping the RSPCA rescue, rehabilitate and rehome thousands of animals. The SRC also participated in Legacy Week. On the 1 September, several volunteers from the SRC walked down the street helping sell badges and raise funds and awareness for the families of our incapacitated and deceased veterans.



The term concluded with our final event on 14 September. The SRC invited people to wear a yellow item to raise awareness for 'R u ok' day. Fairy bread was sold and the money raised went to the 'R u ok' charity. This event however more importantly was a major awareness day for the students to confront the serious issue of suicide and more importantly suicide prevention.

In Term 4 the SRC held a mufti day and barbeque on Wednesday the 25 October, to raise money for the Resilience Day concert. It was also a gold coin donation for mufti. It was really well supported and we are proud to say we raised \$1738.00 that has been donated to the Resilience Day Concert 2018 gofundme page.

We will also be having a fundraiser later in the term to raise money for Breast Cancer Research. We thank everyone for supporting the SRC and these wonderful causes. This term has been full of great ideas and events and there is plenty more to come.

Ebony Seymour - SRC President

YEAR 8 CAMP MONDAY 27 - WEDNESDAY 29 NOVEMBER

Students should arrive at the Lithgow High School bus bay at 7am Monday morning 27/11/17.

Students will return to school at approximately 4pm on Wednesday afternoon at 29/11/17.

If a deposit was made last term, you only have to pay \$255. If not, the cost for the camp is \$295.

Gear Checklist: Please clearly name all items, all medication to be given to Ms. Cases before departure.

- water bottle
- cup
- raincoat (regardless of weather)
- hat or cap
- sleeping bag
- pillow
- sunscreen
- 1 pair of pyjamas
- day pack (small back pack for water, sunscreen etc.)
- torch
- toiletries (including toothbrush and toothpaste)
- insect repellent
- 2 pairs of shoes/runners (1 old pair for water activities)
- thongs (only for going into the showers)
- 3 t-shirts (no singlets, tank tops or midriff tops for safety on activities)
- 3 sets of underwear
- 3 pairs of shorts (no mini-shorts)
- 2 sloppy joes
- 3 pairs of socks
- bath towel
- beach towel and swimmers
- tissues/hankies
- plastic bag for wet towels/clothes
- optional: camera or money for souvenirs

There is limited phone reception at the venue so mobile phones may not work. If your child brings their phone to camp, it will be at their own risk and the camp organisers will not take responsibility for its loss.

If parents or students have any more questions, please feel free to contact Ms. Cases at the school on phone 6352 1422 or email abigail.cases2@det.nsw.edu.au



Rock and Water Program



Year 7 classes 7H and 7B started the Rock and Water program this term and are really enjoying the unique experiences and lessons this popular program provides.

The Rock and Water program was developed by Dutch educator and author Freerk Ykema, and has been taught to over 15,000 teachers and youth workers in Australia since 1998. Today, more than 35,000 teachers in 14 countries have trained approximately 2 million students.

Rock and Water is a course that is delivered over a number of lessons. A series of exercises and games are practised to develop confidence and self-reflection. The games are martial arts based, and students learn to stand strong, negotiate using "rock" or "water" verbal approaches, walk away from a fight, consider alternatives to aggression, and develop understandings about who they are, their intuitive feelings and their personal direction.

We believe that our year 7 students will greatly benefit from this program. Several of our staff have been trained in Rock and Water and believe it is one of the best programs that they have ever been involved in.

7J, 7T and 7P will be participating in the program from week 6 until week 10.

Rosie Galloway - Learning and Support Teacher

SPORT REPORT - Ultimate Frisbee!



Ultimate frisbee is a seven-a-side, non-contact team sport played on a rectangular field. Players can't run with the frisbee but must pass it between themselves, and catch it in one of two end zones to score a point. It is self-refereed at even international level; as a result a high value is placed on honesty, integrity and sportsmanship as players mediate their own issues.

Our senior ultimate frisbee team demonstrated exceptional sportsmanship when they travelled to Dubbo to compete in the Dubbo Ultimate Frisbee Gala Day this term. The students had an early start

arriving in Dubbo at 9:30am for a morning skills session, which included Ninja throwing lessons, catching and calling drills and a quick rules session. The students, many of whom had never played ultimate frisbee before used these sessions as an opportunity to get to know their teammates and their own abilities.

The mixed team, who dubbed themselves the wildcats, played six short games of ultimate frisbee in a round robin format. The students were off to a flying start winning their first two games by a large point margin. **Harrison Hopkins** and **Tom Luchetti** were standouts in these games with their exceptional long throws.

In the third game, our students came across Dubbo Delroy Campus and were really challenged losing the first two points to their more experienced side. Smart game play and teamwork by **Alannah Stonely, Sophie Inzitari** and **Katrina Abbott** turned the tables when the girls were able to work the frisbee up the field with short, calculated passes leading to a draw of 3-all.

The students had a short, frisbee style lunch before playing their next game, which was won by some fast running from **Lori Pearce** and **Dylan Miles**, who never seemed to drop the disc. The fourth and fifth games were friendly and well spirited. When Lithgow High School was leading 6-0, they found themselves versing one of the club helpers, who was on the U18 NSW rep side. The students had learned from this experience, which was displayed in the awesome defence put on by players **Bridget Pate** and **Lachlan Roach** throughout the day.

In the final game, fatigue had set in but spirits were high as the "Wildcats" versed Dubbo South College. With a slow start, unfortunately we were not able to win this game. However, that didn't stop the well timed throws and catches of **Mitchell Beltran**, who was an asset to the team on the day. Overall, The Lithgow High School "Wildcats", placed first in their division, winning the championship two year in a row. All students should be commended for their efforts on the day.

Kristy Kimber - PDHPE Teacher

END OF YEAR CELEBRATIONS FOR YEAR 10



The School Certificate external tests have been discontinued for many years now, and the school leaving age is 17. Almost every Year 10 student continues into the Senior School unless they have obtained a job. With this in mind, instead of saying farewell we will be saying, "Welcome to your senior years, Year 10!"

Year 10 will be celebrating their succession to the Senior School on Thursday 7th December with a "Rite of Succession" night in the grounds of the school.

Dinner, Dessert and a DJ will also be part of the evening as well as a specially prepared PowerPoint Presentation and Awards to signify the end of Junior School.

Year 10 students will choose their own music for this event, and with the talent of a local DJ and extra sound and lighting equipment from our music department, it should be a fun night for all. We will advise the cost of the event ASAP.

The theme for the evening is "Black and White"

Should you have any enquiries about this initiative, please feel free to contact the Year Advisor, **Mr Mantei**, at the school.

BEEF BONANZA!

Upper Hunter Beef Bonanza 2017

Once again Lithgow High School attended the Upper Hunter Beef Bonanza held from the 26 to the 29 of October in Scone. The Upper Hunter Beef Bonanza is a hoof and hook show, this means that the cattle firstly are paraded (on the hoof) in front of a judge who visually assesses the cattle to meet market specifications and places them accordingly. At the end of the weekend all the cattle are sent to the Scone abattoir where they are processed according to Australian standards and their carcass is assessed at how well they match the Meat Standards Australia criteria, each carcass is scored, the results collated and places allocated (Hook).



Lithgow High entered 1 Blue- E x Friesian steer (Bluey) this year, kindly donated by Alison and Noel Grant of Rydal. Bluey was prepared on the farm at school where he had been since August 2017, he weighed in at 394kg. Bluey unfortunately did not bring home a ribbon but did not look out of place in a class of top quality steers.

Nineteen students attended this year's event and some were successful in the competitions offered over the weekend.

Ryan Kuncio came 4th in his Paraders class

Bridget Pate was a finalist in the Junior Judging competition out of 160 students.

Isabella Wright, Breanna Anderson, Jessie Ringin and Brock Coombs came second in the interactive judging, teams' competition.

There are a number of thank yous that need to be acknowledged - all the parents for allowing their children to attend, as these excursions are wonderful learning experiences in life skills, agriculture and a great way to meet other students with similar

interests; to **Alison** and **Noel Grant** for donating the steer; **Alison Grant** for once again being 'camp mum' and to the students for making the weekend easier by getting in there and doing it.





Jon Abbott - Agrículture Teacher

ON THIS DAY FROM THE HSIE FACULTY

On This Day in History - 3rd November



1507 - Leonardo Da Vinci was commissioned by the husband of Lisa Gherardini to paint her. The work created is known as the Mona Lisa. *The Mona Lisa* is the earliest Italian portrait to focus so closely on the sitter in a half-length portrait. The painting is generous enough in its dimensions to include the arms and hands without them touching the frame. The portrait is painted to a realistic scale in the highly structured space where it has the fullness of volume of a sculpture in the round. The figure is shown in half-length, from the head to the waist, sitting in a chair whose arm is resting on balusters. She is resting her left arm on the arm of the chair, which is placed in front of a loggia, suggested by the parapet behind her and

the two fragmentary columns framing the figure and forming a "window" looking out over the landscape.

Andrew Finlay - HSIE Teacher

VISUAL ART CALENDAR AVAILABLE NOW!





VIVO CONTINUES TO GROW

Thank you to our valuable VIVO Rewards Local Sponsorship Partners:



Vivo – Term 3 Student of the Term, Year 7 – James Cross, Year 8 - Justice Dulay, Year 9 - Geordie Goodwin, Year 10 - Michael Brunzlow, Year 11 – Jack McIntyre and Year 12 - Steven Young

Lithgow City Council, Lithgow Golf Club Sportspower, Eve Lithgow, Aqua Blitz - Lake Lyell,

Subway - Main Street, Cruze Driving School, McDonalds Lithgow, Centennial Coal, Lithgow Lions Club, Barry F Cosier, Lithgow Bowling Club, Lithgow Musical Society &

Maritime Mining and Power Credit Union
Great work to everyone this term, keep earning & the
rewards will come

Important Information – Parent Online Payments



Promoting Excellence In A Caring Educational Environment

Lithgow High School would like to advise that Parent Online Payments (POP) are now available from our Lithgow High School Website page. www.lithgow-h.schools.nsw.edu.au



Instructions on how to use the POP System are as follows:

How do parents/carers access the website to make a payment?

A "\$ Make a payment" link will be located in the ribbon bar on the front page of the school's website. By selecting "\$ Make a payment", parents/carers will be taken to a secure Westpac payment page, they will no longer be in the school's website.



The Payment Description details should come from the school Statement of Account, note or list of items issued by the school.

Add Payment Additional lines can be accessed by using the payment item box has been selected. The following list shows the total number of lines available for each transaction:

- Voluntary school contributions (1 payment only)
- Subject contributions (up to 10 payments)
- Excursions (up to 5 payments)
- Sport (up to 5 payments)
- Creative & Practical Arts (up to 5 payments)
- Sales to Students (up to 5 payments) and
- Other (up to 5 payments). Other can be used for paying a complete Statement of Account.

For any option it is mandatory to include both a payment description and payment amount.

1

If any mandatory details are omitted the payer is returned to the screen with an error message. The error will be detailed in **RED** text and the payer cannot move to the next screen until the error is corrected.

NOTE: Generally invoice number is a field which will not be used as Statement of Accounts do not have numbers on them.

If only Class OR Year entered - Student Date of Birth is required.

Payment Options	
Please select which items you would like to ma	ake a payment or donation for:
Voluntary School Contributions	
✓ Subject Contributions	
*Payment Description 1	
*Payment Amount 1 \$	
Add Payment	
Excursions	
Sport	
Creative and Practical Arts	
Sales to Students	
Other	
Parents/carers please be advised that details are protecting parents/carers from fraudulent transacted DSS.	
Note: POP is mobile friendly which makes using parents/carers.	the system even more convenient for
If you have any questions please contact the sch	ool on 0263521422
Yours sincerely	
T v -	A Caso.
T. King. Tracey King	Ann Caro
School Administration Manager	Principal
27th October 2017	

Year 10

"Be proud to graduate into Senior School"

You need to start thinking about your senior uniform!

LHS onsite uniform shop is open for students
TUESDAY and THURSDAY MORNINGS - 8.00AM - 10.00AM

LHS uniform shop will not be open during the Xmas holidays, until:

January Opening Hours

Thursday 18th January - 8.30am - 1.00pm Friday 19th January - 8.30am - 1.00pm

Tuesday 23rd January - 8.30am - 11.00am (extended hours available if busy) 24th January - 8.00am - 10.00am (extended hours available if busy) 25th January - 8.00am - 10.00am (extended hours available if busy)

Friday 26th January – CLOSED PUBLIC HOLIDAY

Monday 30th January - 8.30am - 10.00am (extended hours available if busy)

Payment Options

Lay-by - We accept lay-by (50% deposit) and you can collect the uniforms in January before school goes back.

Payments - Cash, Credit Card, or Debit Credit Card.





FITTING APPOINTMENTS IN TERM 4

Orientation fitting appointments for Term 4 are available now. To book, either contact the Uniform Shop during their opening hours, or go online: www.alintaapparel.com

JUNIOR & SENIOR UNIFORMS NOW AVAILABLE FOR 2018!

For students entering Year 7 or Year 11 next year, the Uniform Shop has full stock of both the junior 7-10 uniform, and the senior 11-12 uniform (including skirts). You can either purchase through the Uniform Shop, or you can shop online at: www.alintaapparel.com.au

Tuesday and Thursday Mornings - 8.00am - 10.00am

Uniform price list, online shopping & fitting appointments available at: www.alintaapparel.com.au



Stay up to date with notifications, announcements and organisation of our school on our official Facebook page.

Please like and share our page with anyone who has children attending Lithgow High School.

We will endeavour to keep building our Facebook community to ensure that school information is quick and effective for all parents

YEAR 12 "FUN DAY/SLAVE DAY"



The Year 12 Slave Day/Fun Day 2017 was a great success! Both teachers and students were able to purchase a Year 12 Student, and everyone had an entertaining fun day, the highest bid for a student group was a massive \$120. Slave Day is a fantastic fundraiser for the Year 12s to support a local charity and it is definitely worth the money. It is always a fun way for younger students to make Year 12 Students do all their work, carry their bags and generally make them work hard.

The Students vs Teachers Games were an outstanding way to finish off the term, even for the students who were just watching from the banks of the oval, of course the poor year 12 lost but can be proud they will get their names onto the perpetual wooden spooners trophy!. "Congratulations to all of Year 12 for a great day, you have done yourselves proud".



Lara Compton, Faith Capamolla and Beth McGovern - Press Club

Thinking of Booking a Family Holiday During School Term time?

This year the Department of Education has updated its Exemption from School Procedures for students.

The following information should be considered by parents BEFORE arranging any travel involving their children during school term time. Family holidays and travel are no longer considered under the guidelines. Travel outside of the vacation period is now counted as an absence for statistical purposes.

- Principals may not accept a reason for travel during school term if it is not in the best interests of the student. Educational, social and participation reasons, should be specified on the application.
- Travel is considered to be domestic or international travel for the purpose of a family holiday, family business, bereavement or other reasons, which should be specified on the application.
- If unsure, parents should consult with the School Principal about the intention of the travel and in the case of family holidays should make arrangements to travel during school vacation periods not during term time.

VOLUNTEERS REQUIRED IN OUR CANTEEN



We are always looking more volunteers to help in our Canteen. You can put your name on the roster once a month or just when you have a spare few hours.

The hours are 10.45am - 1.45pm. Our volunteers don't have to handle the money or know the price of our items. All profit is donated by the P&C back to the school.

If you can help, please ring Evonne on 6351 2308

IN THE COMMUNITY



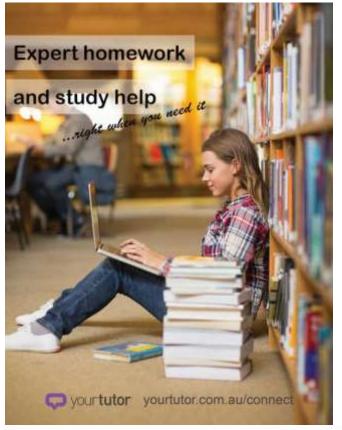
Need some driving lessons? Cruze Driving School is available for lessons, contact Gabby on 0404 644 089 to book your lesson now!

LAKE LYELL RECREATIONAL PARK



Daily Sessions 10.00am - 5.00pm Call to book now on 63 55 6347

Lithgow Library Your Tutor Service FREE online homework help



What is YourTutor?

It's online, one-to-one help for students in years 3-12 with homework and study questions, a free service offered by Lithgow Library Learning Centre.

Students can get help with questions in Maths, Writing, English, Science and more, by connecting to a network of qualified subject experts on-demand, or by uploading a written file any time for feedback within 24 hours.

Jobseekers can get help with job applications and resume-writing.

The YourTutor 'online classroom' includes a typed chat with a live tutor, an interactive

whiteboard where you can draw with the tutor, and the capability to upload files.

When and how?

Log in <u>here</u> using your library card number, for free.

Live tutors are available Sunday - Friday, 3pm - 10pm or you can upload your writing draft 24/7 any time you like, and your file will be returned to you with helpful feedback in less than 24 hours.

Your Tutor has been established with financial support from Centennial Coal

CONNECT NOW

yourtutor

Lithgow Golf Club - Introducing a new sport - FootGolf!!!!!



Come and learn some tricks and strategies of the game from some of the best FootGolfers in the world.

As part of the World Tour we have been very lucky to secure 5 of the top international players to come and host a clinic here at Lithgow Golf Club - don't miss this opportunity to meet these guys.

The first FootGolf Clinic in the Central West is proudly sponsored by Sportspower Lihgow!

Young and Old can participate - weather you are brand new to the sport - are a seasoned Soccer player or Golfer or simply just want to know what this crazy new sport is all about - this is for you..!

Only \$15.00 per person and includes a Sausage Sizzle at the end.. how good is that? Registration and payment must be made prior to the day..

For more information please call 0456454940 or email





WESTERN NSW MARINERS FC

Girls Teams: Under 14, 15, 17, Reserve, First Grade Player Trials for 2018 Season

Come and experience what makes the WNSW Mariners a leading Football Club in the State



Play at a high level and learn from some of the best coaches in the Central West

DATE: Sunday 12th November 2017

TIME: 10am

LOCATION: Police Paddock, Bathurst

and

DATE: Wednesday 15th November 2017

TIME: 6.15pm

LOCATION: Jack Brabham Park, Orange

We are looking for players for U14, U15, U17,
Reserve Grade & 1st Grade teams
to play in the 2018 PlayStation 4
National Premier Leagues 2 NSW Women's Competition



Compete against some of the best teams in the State including APIA Leichhardt, Central Coast Mariners, Marconi, SD Raiders, Inter Lions and Gladesville Ravens



To register for the trial go to www.westernfootball.com.au and complete the form https://form.jotform.com/72958763684981

Andrew Fearnley (Coaching & Development Manager - Western Branch) 0419 617 312 email: andrew@footballnsw.com.au

DATES TO REMEMBER

Monday 6th November 2017	Year 6 Parent Tour - 9.15am Bookings essential P&C Meeting 6.00pm - Hall Foyer Small Schools Orientation Day 9.15am		
Tuesday 7 th November 2017	Last HSC Exam day		
Tuesday 7 th November 2017 – Thursday 9 th November 2017	Year 8 VALID online testing		
Monday 13 th November 2017 -	Stage 5 (Year 9 & 10)		
Friday 17 th November 2017	Formal End of Course Exams begin		
Tuesday 14 th November 2017	Year 12 Formal		
Wednesday 29 th November 2017	Enrichment Evening		
Monday 4 th December 2017	Combined Schools Christmas Carols		
Tuesday 5 th December 2017	Year 6 Orientation Day - 9.30am — Hall Performance Evening Luna Park Excursion Year 7 & 8		
Thursday 7 th December 2017	Year 10 Celebration		
Monday 11 th December 2017	Year 7 -11 Presentation Evening		
Wednesday 13 th December 2017	Year 7-10 Reports distributed		
Friday 15 th December 2017	Last day of Term 4 and 2017 for students		
Monday 18 th and Tuesday 19 th December 2017	Staff Development Days - LHS Staff only		
Wednesday 20 th December 2017	Summer holidays begin		
Tuesday 30 th January 2018	School resumes 2018 for Year 7, 11 and 12		
Wednesday 31 st January 2018	All Years return to begin Term 1 2018		



If you are fortunate enough to live with a sense of community, where you know the people who live near you, share experiences and help one another, then you'll probably agree, your life is richer for it. The Street by Street project is seeking community minded people to turn streets into communities in your area, through simple social activities. We'll support you to do this.

Contact Irene Opper at irene@streetbystreet.org.au or 0413 706 233. See www.streetbystreet.org.au for more info.



For your fridge – Term 4 Calendar

	Lithgow High School Calendar - Year 2017 TERM 4							
Month/	Week	Monday	Tuesday	Wednesday	Thursday	Friday		
Oct/ Nov Week 2	4	30 HSC Examinations - Hall	31 HSC Examinations - Hall	1 HSC Examinations - Hall	2 HSC Examinations - Hall	3 HSC Examinations - Hall Year 11 Reports issued Newsletter Issued		
Nov Week 1	5	6 HSC Examinations - Hall School Parent Tour Year 7 Vaccinations P&C Meeting 6pm - Foyer6 ▶ 7 2017 Small Schools Orientation 9.30am VALID Yr 8 Online testing	7 Last HSC Examinations - Hall VALID Yr 8 Online testing	8 Peer Mediator Training VALID Yr 8 Online testing	9	10 Remembrance Day Ceremony (TBA)		
Nov Week 2	6	13 Stage 5 End Course Exams - Hall	14 Stage 5 End Course Exams - Hall Year 12 Formal	15 Stage 5 End Course Exams - Hall	16 Stage 5 End Course Exams - Hall	17 Stage 5 End Course Exams - Hall		
Nov Week 1	7	20	21 Shakespeare Evening	22	23	24		
Nov/ Dec Week 2	8	27 Year 8 Camp	28 Year 8 Camp	29 Year 8 Camp Year 7 enrichment Evening - Library	30	1 Newsletter Issued		
Dec Week 1	9	P&C Meeting 6pm - Foyer Combined Christmas Carols - Hall	5 6>7 Orient Day 9.30am Hall Year 7 & 8 Luna Park Excursion Performance Evening	6	7 Year 10 Celebration Evening	ω		
Dec Week 2	10	11 Presentation Evening Year 7 - 11 Award Winners Only	12	13 Year 7-10 Reports Distributed	14	15 Last day for Students for 2017		
Dec Week 1	11	18 School Development Day	19 School Development Day	Summer holidays begin	Summer holidays	Summer holidays		

Please note - dates and times may be changed without notice. The above dates are only a **guide** to the events of Term.

Have a safe and relaxing Christmas holiday break
School returns on for Year 7, 11 and 12 on
Tuesday 30th January 2018
All other Years including Support Faculty return on
Wednesday 31st January 2018.