



Lithgow High School



NEWSLETTER

28th July, 2017

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Sista Speak



**See page 13 for full report on the
Sista Speak program**

PRINCIPAL



Congratulations to the outstanding leadership team of Lithgow High School.

The outgoing leaders have been an absolute credit to the school and I wish them well for their studies over the next few months. On behalf of the staff of Lithgow High School I thank them for their efforts.

I welcome our new leadership team who are a most impressive group of young women and men. I know that they will be outstanding representatives of our fine school. Their calibre is

clearly indicated in the profiles they have created to introduce themselves to the school community.

All these students are a powerful indicator of the quality of our young people in 2017, and all have great potential for the future. Well done to all.

Year 12 has completed the first session of the Trial HSC this week, and I am sure that this is a relief to them and their families. A reminder to all Year 12 students, parents and caregivers that we are highly sympathetic to students who suffer an illness or misadventure during assessment and exam tasks however we must follow Board of Studies Procedures. Any absence from an exam or failure to submit a task must be followed up immediately with a Medical Certificate. A parent note is insufficient evidence at this stage of school. Please phone Mr Dean with any issues in regard to Year 12.

**Next P & C meeting
is at 6.00pm on
Monday 7th August.
You are welcome to attend.**

Ann Caro

*We are pleased to extend a special invitation to
Parents/Caregivers, friends and family to attend our*

School Leaders Induction Ceremony

**Tuesday 1st August
9.30am – Hall**

&

Subject Selection Evening

Wednesday 9th August

For all students in

Year 10 going into Year 11 in 2018

Hall 6.00pm - 7.30pm

**Please come along and support the
Subject Selection into the senior years**

Introducing our 2017 - 18 School Leaders

Zac Arkley- Smith - Captain



I believe that Lithgow High school is an excellent learning environment in so many fields. Not only in academic, but also in artistic and STEM subjects. It also serves as an excellent place for learning vital life lessons, while at the same time having a safety net if things go wrong. I wanted to become a leader to become further involved in learning new skills as well as help in being there for the other students if needed. During my time at Lithgow High School I have been lucky to be involved in various activities including SRC (Student Representative Council), organising events and fundraisers), debating and the school musicals and the opportunity to further extend studies with the aid of willing teachers. As a school leader, I would love to install a wider stronger sense of school pride and the love for the school that I personally have. Not individual subjects per se (no one loves every part of school, but that is the point in life, there will always be bits you don't like). However, a love for the school as a whole and everything it represents.

In the future I had initially and currently planned on a career path in video game development after school, however as I progress the idea of teaching as a career is becoming fonder in my mind, I believe this is because I see how much students learn from great teachers (and subsequently how much they really enjoy it). I would love to bring as much joy for learning, knowledge and understanding to anyone and everyone's lives.

Kelsie Clarke - Captain

I love Lithgow High School because it is an exceptional place to learn and an accepted environment where students can express themselves. There are opportunities for everyone to succeed and the teachers really do go above and beyond to assist each and every student in their learning paths. I chose to become a leader so that I can contribute as much as I can to the school. Lithgow High School has given me numerous opportunities to be a part of school fundraising events and support the community and wider organisations. It has also provided opportunities to participate in extra curricula activities like debating and musicals. Lithgow High School has



provided me with many leadership skills and opportunities to make a difference within the school and for charities outside school. As a leader I would like to promote a stress free school environment for all students, focusing on new/junior students

supporting their happiness and comfort. I would like to support senior students in preparations for their HSC, and overall increasing the wellbeing of students school wide.

In the future, I hope to complete my HSC with marks that will allow me to study a University Degree of Education and later pursue a career in Secondary Teaching. This is something I have always aspired to do since Year 8.

Ben Weller - Vice Captain



Lithgow High School provides students with many academic and sporting opportunities and the teachers are hardworking and dedicated, going out of their way to help students succeed. I chose to become a school leader as it would allow me to work with staff and students to help excel even further in all areas of school life and learn many valuable leadership and life skills. Throughout my time at Lithgow High School I have been privileged to participate in many sporting teams and courses such as the Certificate III in Aviation and many school events both in and out of school. One of the highlights of attending Lithgow High

School is the seemingly endless amount of opportunities. My goal as a student leader is to provide all students with a safer, more enjoyable learning environment. My 'grand plan' is to help kids who are struggling or lack a bit of confidence or motivation, I would like to be able help them find enjoyment in their learning process and the school community.

After high school, my plans are to attend Charles Sturt University and complete a Bachelor of Clinical Practice. I hope that this will set me up to move into a job as a NSW paramedic. If I am unsuccessful in achieving my goals this year, I will peruse different avenues and work hard to attain my goals at a later date.

Hayley Robson - Vice Captain

I love the fact that no-one at our school believes that private schools are 'better'. Together we all accept people of different statuses and strive to be the best at what we do, sporting, cultural and academic.

Being a member of the SRC has meant that many multiple opportunities have arisen for me as a leader. Speaking on the assemblies and building confidence, aiding in fundraisers, and building teamwork skills are all valuable things Lithgow High School have provided me. I have also been fortunate enough to go far with debating, travelling as far as Sydney on multiple occasions.

My main aim as a student leader is to try to be better than the previous year, and to allow next year's leaders to be better again, and eventually fade out public school stigmas.

In the future, I hope to be working with a University degree and an amazing family. At the moment I am not sure which course I will do, but I want to continue to learn for as long as I can.



Katrina Abbott - Prefect



I chose to become a school leader at Lithgow High School as it will enable me to express and build on my leadership skills. It will also enable me to represent this great school and advertise its diversity, high academic, sporting and cultural programs. Lithgow High School has enabled me to develop a sense of individuality and has always allowed me to feel supported throughout all of my choices and decisions. It has supplied me with all the opportunities needed for me to excel to my highest standard of work in all fields including my school work,

sporting teams and agricultural representation in the greater community. I am striving as a student leader to continue to encourage students to try their hardest in all areas of school life. I shall continue to create a positive school environment which allows our students to feel welcome and involved.

In the future I shall endure to complete an agricultural degree at University and work in a team environment to overcome workplace complications and also help clients to overcome issues associated with their businesses and lead them to success. If I do not make it to this position, I will always strive to ensure I am doing my absolute best and encourage those around me to do the same.

Finnian Galloway- Prefect

I appreciate the opportunities that Lithgow High School has given me. Choosing to become a leader of the school has been a decision since I first arrived in Year 7 because I have always admired those that stood with confidence to lead and I wanted to be looked upon the same way. Lithgow High School has given me many leadership opportunities such as SRC, Peer Skilling and year based leadership groups. I was a member of the SRC for my entire time at Lithgow High School and have been involved in debating and public speaking events along with many other academic and sporting opportunities. As a school leader, I would like to be



that positive role model promoting a positive image and hopefully inspire more juniors to elect and try for the many leadership roles within the school.

In the future I am hoping to have a good grasp on my subjects to succeed in completing with a high enough ATAR to study Chemical Engineering at Newcastle Uni but I have a clear image for my prolonged future.

Chloe Anlezark- Prefect



The things I like about Lithgow High School is how many of the teachers care about you and your learning. I love the endless opportunities students are presented with each and every day and I have had many opportunities to represent the school in sport and various other activities. During my time at Lithgow High School I have been an active member of the Student Representative Council and I was treasurer in my final year on that committee. The skills I have learnt in the various positions will stay with me for the rest of my life and they have supported my path of becoming a school leader. During my

time as a student leader, I would love to try to implement more sporting events at school and continue to build on the ones we already have as they are fun and enjoyable and help to build school moral. I would really like to see more community involvement and we in return help to support our community.

In the future I see myself applying for study to do nursing. Going to University and applying for the army to further continue my studies and serve as a Register Nurse. I have a career-sporting goal and would love to see myself playing for the Matildas, or travelling the world playing Australian Women's football team which would be an absolute dream!

Jarred Fuller - Prefect

My time so far at Lithgow High School has been interesting, meeting new students and teachers. My favourite thing about Lithgow High School would be the excellent communication between students and teachers. I chose to become a school leader to get my name out there to help assist any students that require help. Lithgow High School has given me multiple opportunities during my time, starting with all the sporting events including swimming carnivals and athletics fun days. I have participated in the school choir and I am part of the leader I would like to help assist and to improve the already great programs within the school. I hope to inspire the younger students to not be afraid get their name out and become who they wish to be. I would personally like to see more Lithgow High School bands and music performances. I am currently aiming to become a Chemical Engineer; I wish to achieve this after serving the army on reserves for a few years whilst being trained to become an engineer.



Alannah Stoneley - Prefect



What I like about Lithgow High is the diversity in people in which you are able to surround yourself with as well as the wide range of opportunities which are offered to everyone, becoming a school leader being one of them. I chose to become a student leader because I wanted to make the absolute most out of my last year at high school, challenge myself and see what difference I could make as a leader.

During my time at Lithgow High School I have had the opportunity to participate in numerous sporting and debating teams, various agricultural excursions, leadership roll calls, maths and science competitions as well as year group excursions with the year 10 Ski Trip being one of the most memorable. As a leader I would like to further improve my leadership skills organising fundraising for both the school and other worthy causes as well as to help to better the everyday school life for students. In the future I see myself attending university and finding a job which I am passionate about no matter how many career changes I have to go through to get there!

Jack McIntyre- Prefect

I like the Lithgow High school's positive atmosphere and community, the school provides many programs such as tutoring that simply would not be available at other schools.

Lithgow High has given me many opportunities, which I am grateful for, such as taking part in school debating, and the privilege of receiving a ANZAC Scholarship which will allow me to travel to France later this year as part of the centenary of ANZAC commemorations.



I became a school leader as I would like to make the school a more enjoyable place to come and learn, as well as introduce new initiatives to help students who are struggling.

Hopefully in the future I will be doing something I enjoy, and being happy with what I have accomplished.

Hayden Cox- Prefect



I like Lithgow High School because it provides a sense of belonging and it has many dedicated teachers who love to help us learn. I chose to become a school leader because I would like to mentor younger students and represent the school to the best of my ability. During my time at Lithgow High School the school has provided me with opportunities to be involved in sporting teams and many excursions. It has provided me with countless learning possibilities often in areas I would not normally look at. As a student leader, I would like to be someone that the younger students can depend on for support and guidance. I would also like to concentrate on student wellbeing throughout the entire school and build our school sport by helping organise more whole school activities.

In the future I would like to attend University and do something with sport, I am working towards getting a very good ATAR so I can keep my options open.

Perri Gibbons - Prefect

I love that Lithgow High School is so supportive of every one and it tries hard to encourage all students to participate and do well at school (eg PBL and Vivo programs). I chose to become a student leader because I really love being able to help and work with others. Lithgow High School has given me the opportunity to become a reading tutor for Year 7 students and also take on the role of a Peer Mediator and now a school prefect. As a student leader I want to be able to work with my peers to represent and contribute to our school in making it a more fun and enjoyable environment.

In the future I am not 100% sure what I want to do at this point, but I would love to study or do something that continues to interest me and I find enjoyable.



DEPUTY PRINCIPAL

Leaders Induction Ceremony



On Tuesday the 1st August, the Leadership Induction Ceremony will be held at Lithgow High School to officially induct the leaders for 2017 - 2018. The groups include the Captains, Vice Captains and Prefects, House Captains and Vice Captains, Students Representative Council and the Peer Mediators. I would like to wish them all the best for the year ahead and look forward to supporting the valuable work they carry out across the school.

I would also like to take this opportunity to thank the outgoing leaders of the school. They have all done a fantastic job and have been fine representatives for Lithgow High School.

Welcome back to Term 3, this term is quite busy with the finalisation of Preliminary courses, major excursions for some and the beginning of Subject Selection for the 2018 school year.

Year 7

Year 7 have just moved over to some new courses in Semester Two, which will be exciting. Year 7 will have a meeting in the coming weeks regarding Subject Selection for going into Year 8 in 2018. Lithgow High School offers elective courses to Year 8. This allows students the opportunity to select one elective to complete over each Semester - which is a two term timeslot. Year 7 will be given the information about this process of selecting courses and then have time to chat with their family to make informed selections.

Year 10 Subject Selection Evening - Wednesday 9th August

On Wednesday 9th August at 6pm in the school hall we are inviting all of year 10 students and their families to the information evening for Year 10 into Year 11 2018. The subject selection evening will outline the structure of senior study and allow for students and parents to become informed on the processes for selecting a pattern of study in the senior years. There are mandatory requirements that students need to fulfil and all of this information will be presented during the evening. Students and parents will also have the opportunity to discuss individual options with Head Teachers during the evening. Staff will discuss course structures and provide support for parents and students with enquiries into courses in their faculty areas. It is important for all parents of year 10 to attend this evening to assist their child with selecting an appropriate pattern of study that will set them up best for success in their senior study.

Year 10

It is that time of the year when the Year 10 Students and Staff are preparing for the Annual Ski Trip. I am really happy that the students responded to this excursion with enthusiasm. We have a large number of students attending and brave staff supervising. I am sure that they will enjoy themselves and many happy memories will be made. Can't wait to see the pictures!

Matthew Quirk

DEPUTY PRINCIPAL

Year 12



Trial HSC - The first group of Trial Exams has been successful and students are preparing for the next group of exams in Week 5. It is important that students continue to study and make use of the resources in the school. This includes the Tutors in the Library and the Year 12 Teachers who are available to give feedback when necessary. It is important to be aware that if you miss an exam you will need to follow it up with an illness and misadventure application. Relevant documentation will be required to complete the process. Please discuss this with the Deputy Principal or Careers adviser if you have any questions.

School references - Year 12 students will be issued with applications for references at the next year meeting. I would like to encourage all students to make use of this recommendation. The hard work and participation over the years should be acknowledged and recorded for future reference. A reminder that these applications are due at the end of Week 5.

Jeff Dean

DEPUTY PRINCIPAL

Year 11



Year 11 are into a very busy term that will see the conclusion of their Preliminary Study. This term they will complete all of their assessment requirements for the Record of School Achievement and move into the HSC course in Term 4. The students are advised to keep up with their study and ensure that they plan out any assessments, making use of the staff in the school library during the day in study periods and also the Afternoon Study Time on Mondays through to Thursdays 3.30pm-5.00pm. Year 11 are to be aware that they are required to complete all aspects of their Preliminary Courses in order to move into the HSC Year. Students who have outstanding assessments will be followed up for completion or they may not be eligible to begin the HSC Course Content.

Karin Mawhood

HUB HAPPENINGS



Year 7 girls and boys groups are running the the Hub each Monday and Tuesday recess respectively. This week we played Just Dance on the big screen, made honey joys and played knee soccer. Looking forward to seeing year 7 students come along next week!



Corrine Turnbull - Learning and Support Teacher

SISTA SPEAK



This year's SistaSpeak program was held in Term 2 over a ten-week period and was attended by Aboriginal girls in Years 7 and 8. Our facilitator was again the wonderful Mailyynn Elliott. Mailyynn facilitated a number of wonderful cultural experiences: bush tucker cooking, going on Country, art activities, weaving and art activities. The girls were also fortunate to learn cultural dance from Jo Clancy and had Michelle Jacobs teach them how to make bush essence oils.

The yarning circle of the *Gawymbanha Ngurambang* (Welcome to the Meeting Place) Garden was used extensively for yarn ups and important learning, including mentoring from Big Sista senior student, Sarah Dawson and university student Tobias Elliot.

The students who participated in SistaSpeak loved the program and embraced the new learning. SistaSpeak enabled them to learn about culture, learn new skills, connect with country and make strong relationships with other Aboriginal girls and mentors. It also provided a strong message about the importance of education and making good life choices.

The students cooked a bush tucker feast for the end of term Celebration and invited friends and family to enjoy the celebrations.

*Rosie Galloway - Learning and Support Teacher
Aboriginal Programs Coordinator*



Photos of the Sista Speak program over the past term

NAIDOC DEBATING



Congratulations to our fantastic NAIDOC debating team! They came 2nd in a hard-fought fight against Bathurst High.

They are competing in the regional debate finals in August. The NAIDOC theme for this year is Our Languages Matter.

The team: **Alayah Lincoln, Electra McKenzie, Alannah Stoneley and Kate Francis**

ROCK ART CONSERVATION



What a fantastic learning experience for six lucky Lithgow High School students! LHS were once again invited to work with Blue Mountains National Park staff and David Lambert, Australia's foremost Rock Art Conservationist, to restore an Aboriginal site of cultural significance at Mt Nyanga.

The students helped to remove vegetation from a large sandstone rock shelf that had been used for thousands of years as an axe-grinding site. It was hard physical work but the students gave their best and are keen to return to help with the project

COMMUNITIY LIAISON OFFICER

A reminder of why attendance is such an important factor in educational success, with such rich lessons, missing school can leave students feeling far behind and a little lost. Whilst it is important for students to stay home when ill, good attendance is crucial for good educational outcomes.

The Raising Children Network is a complete Australian resource for parenting. This site has information, tools and resources for parents of students in the pre-teen and early teen years. Australian Government Supported, it helps teens make informed choices on many topics including Cyber Bullying, Social Media and Puberty. All content is quality assured.

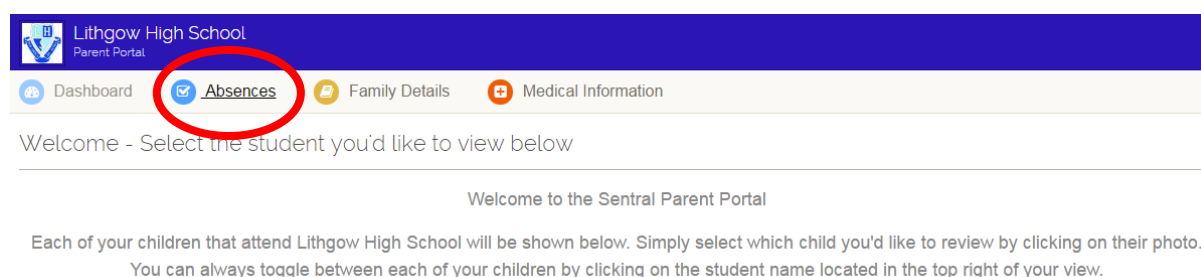
<http://raisingchildren.net.au>

Parent portal – student absences:

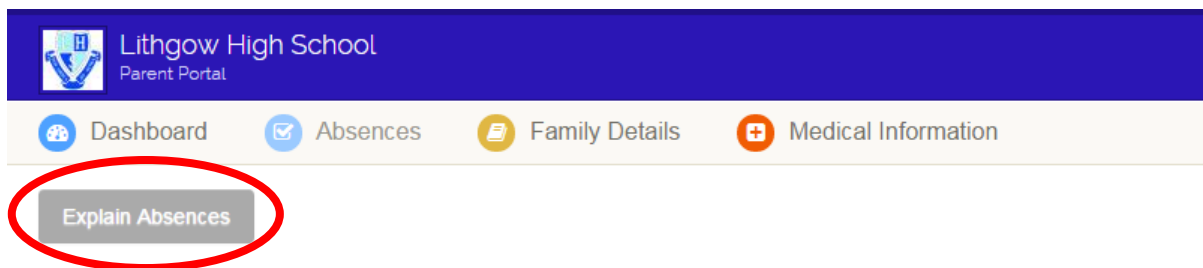
In Term 2 the school has moved towards a quick and efficient method of informing parents of absences for their children via Sentral SMS or email. Parents will receive a notification that they can directly respond to by replying with their absence sick or leave and the reason.

Alternatively, parents can explain absences through the **parent portal**. Information for this is listed below:

When you log into the parent portal, on the welcome page there is a tab called '**absences**'. Click on this tab to move through to the list of absences for your child.



Once in the '**absences**' tab, you will see a list of any absences for your child. All you will need to do is to click upon the absence and record the reason for the absence. This information is then transferred to the attendance module for the school office to administer.



If you are having any difficulty with this process, please do not hesitate to contact the school for further assistance.



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.

Sam Luchetti – CLO

Welcome to LHS Mr Newman



My name is **Josh Newman**, I have joined Lithgow High School's Math faculty, beginning this term. I have just recently finished my teaching degree at the University of Newcastle, and am very excited to put my acquired knowledge and skills to work to teach the students of Lithgow High.

I grew up on the coast, spending most of my life living around Newcastle, and a lot of that time swimming or going to the beach. I also really enjoy golfing, tennis and gaming.

I am really looking forward to joining the community and getting to know you over the coming years!

YEAR 10 ARE ON THE JOB



We have had a wonderful week with over 100 Year 10 students participating in Work Experience. Students completed a work experience preparation program during their careers lessons throughout Term 1 and 2 and then were able to use this knowledge for their Work Experience week on the job. During the week students have gained valuable experience which will assist them in the choices they will be making in completing the next years of school. Some of the Work Experience opportunities students were able to experience in large organisations included **Taronga Zoo, University of Sydney, Notre Dame University Medical School, Bathurst Entertainment Centre, Engineering and Electrical at Springvale Coal Mine and Energy Australia** as well as retail roles at **Bunnings** and **Harvey Norman**. Many students were involved in Hospitality roles at the **Lithgow Workmens Club** and many of our local cafes. There are a great number of other career areas that students have been able to explore throughout this week. The Lithgow business community have been very supportive of this program and Lithgow High would like to extend their thanks to the businesses and organisations who were able to have a student this year.



Rebecca Hamment - Careers Advisor

Peer Support Program - Term 3

Our Peer Support Program involves all Year 7 students and provides students with a supportive, fun, and engaging environment where young people can develop understanding, skills, attitudes and strategies to improve their mental, social and emotional well-being. All Peer-led modules are designed to equip young people with the skills to deal proactively with life experience.

Our Year 10 Peer Support Leaders have successfully completed further training to develop their skills in delivering this program. Peer Support will commence in Week 3 this Term and students will continue to work with the same Peer Support Leaders as in Terms 1 and 2.

Students will be commencing a new module called 'Strengthening our Communities' which aims at encouraging positive behaviours in students, such as gratitude, respect and kindness. This module offers an approach to reduce and respond effectively to negative behaviours, including bullying, both face to face and online by:

- encouraging students to discuss behaviours that make themselves and others feel good and help everyone reach their potential
- helping students navigate the challenges that can and do arise in relationships
- identifying and responding appropriately to a range of harmful and hurtful behaviours

Strengthening our Connections module focuses on developing the following skills:

- Communication
- Relationship Building
- Conflict Resolution
- Problem Solving
- Assertiveness
- Empathy

Year 7 students benefit from their participation in Strengthening our Connections by:

- developing a strong sense of self; understanding why they feel, think and act the way they do
- being accepting of others and developing and understanding of other perspectives
- identifying and interpreting social cues
- developing a range of coping mechanisms
- building healthy relationships
- understanding the intent and impacts of a range of behaviours

You can support your child by:

- talking to them about relationships. Peer groups are a powerful element of High School life
- monitoring their online activity. The student wellbeing hub has information and resources that you may find useful www.studentwellbeinghub.edu.au/
- encouraging positive social values like kindness, cooperation, acceptance of differences, respect of others and friendliness. These values are critical in maintaining good relationships. Provide positive feedback when they act on these values
- ensuring that they understand different behaviours including harmful behaviours like bullying
- discussing the Lithgow High Expect Respect Program with them (student strategy sheet is included)

What to do when you have had ENOUGH!

Expect Respect: Student Strategy Sheet

Telling Someone ENOUGH

- **Step One:** If someone treats you in a way that feels disrespectful, use the school-wide stop phrase. Say “ENOUGH” in an assertive tone.
- **Step Two:** If the person stops, acknowledge this by saying “cool” or “OK” and move on with your day.
- **Step Three:** If the person does not stop, seek support. Do not engage with the perpetrator, do not look at or talk to them.
- **Step Four:** If you decide to seek support, select a school adult and ask for support. They will assist you in selecting the best course of action.

If Someone Tells You ENOUGH

- **Step One:** Stop what you are doing, even if you don’t think you are doing anything wrong.
- **Step Two:** Remind Yourself “No big deal if I stop now.”
- **Step Three:** Say “OK” to the person who asked you to stop and move on with your day.

If You Tell a Person to Stop and They Don’t Stop

- **Step One:** Remove yourself from the situation. If it is an isolated incident you can choose to ignore it or you can seek support.
- **Step Two:** If you seek support, select a school adult to report to.

- **Step Three:** Approach the adult, and say “I’m having a problem with _____. I asked them to stop by saying “ENOUGH” but they haven’t stopped.
- **Step Four:** If the adult doesn’t have time to help solve the problem right then, ask them when they will have the time and make an appointment. The staff member should offer to find another teacher who can help you if they are not available and addressing the issue immediately is a priority. You have a choice to wait for the teacher to become available or to speak with another staff member who is available.

If you observe someone using the stop phrase and the perpetrator doesn’t stop, or if you see someone who is clearly not being treated with respect, please do one of the following:

- Use the stop strategy towards the perpetrator- tell them “ENOUGH.”
- Ask the victim to go with you, and leave the area.
- Comfort the victim later by saying something like “I am sorry that happened. It wasn’t fair.”
- Encourage the victim to seek support from a staff member if required.



Jody Cross – Program Co-ordinator

Medical Scholarship for Eli



Congratulations to Eli George of Year 12 who was recently awarded a scholarship to participate in a one-day immersion program experiencing 'A Day in the Life of a Medical Student' at the School of Medicine, University of Notre Dame in Sydney.

Eli attended lectures run by medical staff on topics integral to the medical degree and participated in activities such as suturing, resuscitation skills, plastering and medical examination. The day culminated in four teams

competing in a 'Medical Olympics' where Eli 'won' his event in CPR.

What a fabulous opportunity for Eli as part of the Rural and Aboriginal Students' Advocacy program.

VACCINATION UPDATE

Year 7 vaccinations will be held on the 11th August 2017. If Year 7 students were absent for the last vaccination, this is an opportunity to catch-up on what they missed. We also have a number of year 7 students who did not return permission forms last time. If you would like your child to be vaccinated, please contact Corinne Turnbull for an information/permission pack.

Corinne Turnbull

At Lithgow High School we are:

- ♦ **RESPECTFUL**
- ♦ **RESPONSIBLE**
- ♦ **SAFE**
- ♦ **LEARNERS**

SPORT REPORT

Alice is our true Champion!



Alice Kingston – Year 11 – Member of the Australian Goalball Team

Alice Kingston has brought home a gold medal from her recent international goalball competition. The 2017 IBSA Goalball World Youth Championships were held in Budapest, Hungary between 30th June – 9th July. Australian goalball fans saw national history in the making as their 19 and under women's team won the country's first ever gold medal in a major international goalball competition by defeating a very talented Russian women's team 9-6. In the bronze medal match, Brazil and Germany played a low scoring match with the Brazilian women coming out on top with a 2-0 win. Throughout the competition Australia competed against eight other countries being Russia, Brazil, Germany, USA, Israel, South Korea, Hungary and Spain.

The Youth World Goalball Championships are held every two years in different hosting countries. Alice was one of five girls selected to represent Australia in this event.

The team left on 28th June for 14 days in Budapest, accompanied by their coach and a physio. They had to undertake classification and testing during the first two days, followed by the opening ceremony on the third day. They then had one game scheduled per day and tension rose as they slowly made it to the finals... then the grand final! This was followed by a closing ceremony with the winning teams being presented with the bronze, silver and gold medals. A very special moment with the team proudly on centre stage in front of the Australian flag, followed by the Australian anthem. Their proud coach then took them out for a formal dinner followed by a day in Vienna !

All their extensive training certainly paid off with this fantastic result. They definitely exceeded their expectations of bringing home “a” medal and brought home the gold!

Early this year Alice travelled with the team to Montreal, Canada, and competed against various USA and Canadian women’s teams. Her next competition is the 37th Annual Australian Goalball Championships to be held between 4th – 8th October in Melbourne and she has been selected captain of her youth team for this event.

<http://www.ibsasport.org/sports/goalball/>



Article supplied

WESTERN – TOUCH FOOTBALL AND GOLF

Late last term two boys were selected to represent the Western Region School Sports Association at the CHS State Championships.



Ashton Arnott-Webb of Year 11 was selected for Touch Football and **Kobe Hunter** in Year 12 was selected for the Golf team.

The Western Touch team finished in 5th place after a few wins and a few draws and a loss. The team played off for 4th and 5th with Ashton scoring a massive eight tries during the tournament.

Kobe Hunter of Year 12 along with two boys from Bathurst and one from Kandos represented Western Region at the CHS Golf tournament recently. He finished a credible 6th out of eight in the teams event. The event was hosted by the picturesque Pacific Dunes and Newcastle Golf Clubs from 27th - 29th June 2017. Conditions were chilly in the mornings with drizzly rain on the last 2 days.

Both courses were in excellent condition with tight fairways making teeing off difficult as well as quick undulating greens that added a degree of difficulty to putting.

Kobe played well and enjoyed the challenge presented by both courses.

After completing the tournament, Kobe has gained a new appreciation for practice and course management that will result in good scores on quality courses such as these. All of his playing partners over the three days were enjoyable to play with.



In fact all of the boys and girls that participated should be congratulated on their behaviour and etiquette shown through the tournament. Kobe has gained a great deal of knowledge of what is required to succeed at the next level in golf and will use this as a building block as he looks forward to attending College in the U.S.A starting next year.

Article supplied

Up and coming Stage 5 Drama play on 4th
and 5th of September in the school hall

Cost is \$15.00 for adults and \$10.00 for concession,
Please consider coming along and supporting these very
talented Drama students.

A Crucible Story

Abigail's Coven

By Peter Cox and Fred Goldsworthy

September 4-5

6:30 pm

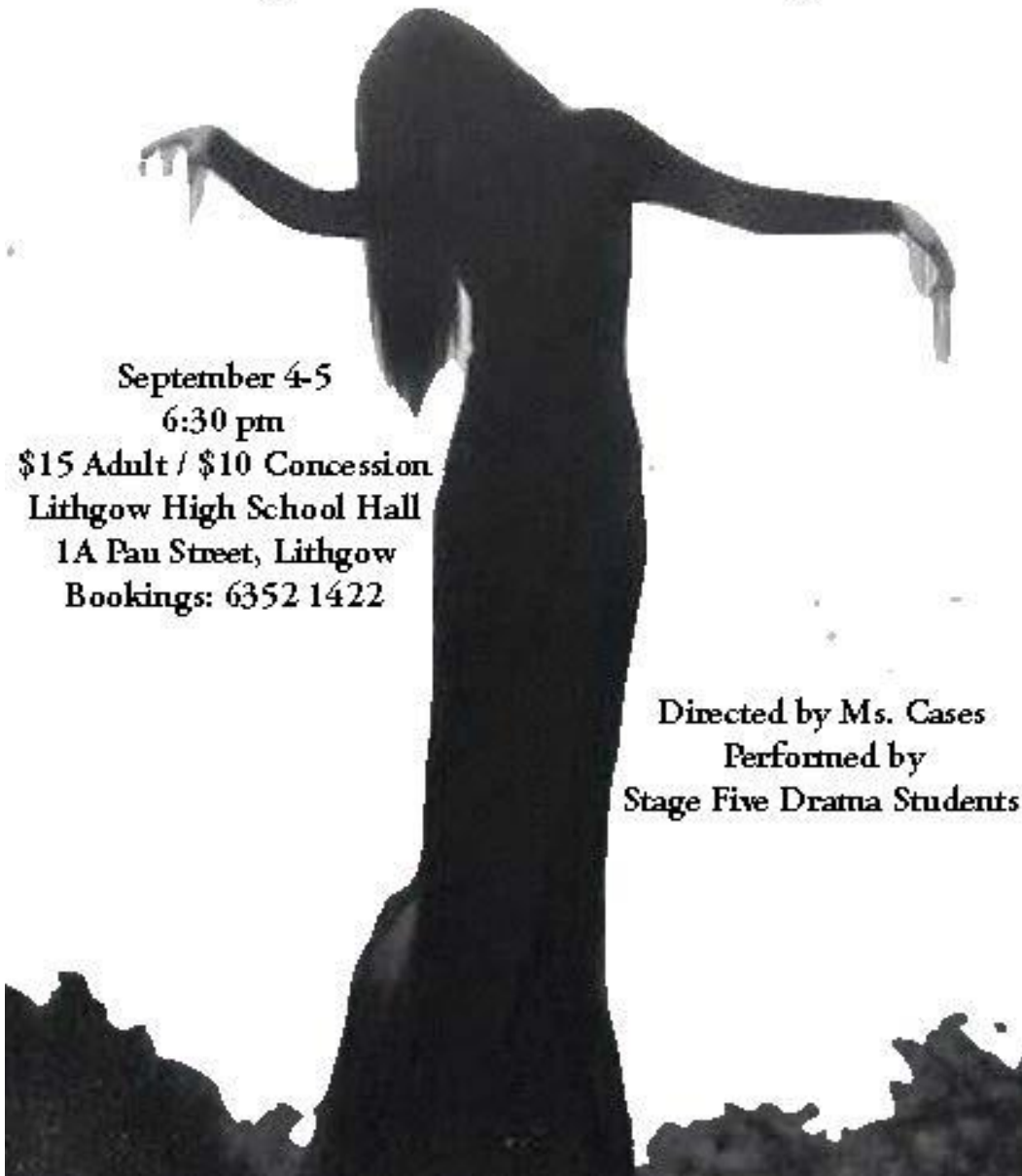
\$15 Adult / \$10 Concession

Lithgow High School Hall

1A Pau Street, Lithgow

Bookings: 6352 1422

Directed by Ms. Cases
Performed by
Stage Five Drama Students



Press Club Pages!

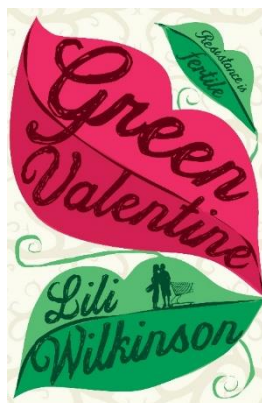
Green Valentine by Lili Wilkinson

This book encompasses everything I adore about Australian young adult fiction. Its familiar setting of a small town surrounded by bushland, small business and warm Aussie days make the whole book seem strangely nostalgic. The drama in the book is based mostly around the town's local government and issue with the environment; an issue that is becoming more and more common in towns like this. The author of Green Valentine, Lili Wilkinson has delivered a powerful message to today's youth about saving the environment and fighting for what you believe in.

The story revolves around Astrid who is unbearably popular at school. Everyone has known someone like her, breezes through classes, aces tests and still manages to look good doing it. However there is another side to Astrid which is revealed when she meets Hiro, the classic edgy teen with a love for comics and a distaste for school. It's just your classic boy meets girl story except with far more lobster suits, protesting and even a few cheesy gardening puns. Green Valentine may not sound extraordinary but I promise you this book is a journey that I think everyone should take whether they are looking back on the nostalgia of teenage romance or a teen themselves looking for some heartbreak and hilarity.

Green Valentine is somehow cliché yet not cliché all at once. It has everything you could want in a young adult novel wrapped into one, cute boys, cute girls, high school drama and a unique way to change the world, one plant at a time.

I give it



WONDER WOMAN

2017 MOVIE REVIEW

Released on June 1st this year, the new film Wonder Woman- directed by Patty Jenkins- adds another, wonderful sci-fi, fantasy movie to the DC universe and gives us the origin story for the beloved superhero, Wonder Woman.

The story follows the princess of the Amazons, a girl called Diana and begins by showing us the paradise that is her island home as well as exploring the Amazons past and the god of war Aries. Diana lives hidden and oblivious to the outside world until she saves a WW1 pilot and spy who tells her about the war that is destroying the world. Believing that this war is the work of Aries Diana leaves the Amazons and begins her journey to end the war.

Patty Jenkins' Wonder Woman is filled with action, comedy and history, with an amazing cast including Gal Gadot, Chris Pine and David Thewlis.

Wonder Woman is a must see movie for all fans as well as newcomers to the franchise and we give it



Aminah Baker and Maia Michell – Press Club



Up Close

With **MR FINLAY**

Full Name: Andrew Peter Finlay

What is your role at Lithgow High? History Teacher

What is your favourite colour? Red (I embrace my ginge!) and Turquoise (the ocean at its most beautiful)

What schools did you go to? Eastwood Primary and Barker College

What are your hobbies? Lawn Bowls, football and gardening

What annoys you in class? Talking when I am talking and students who don't try.

Why did you become a teacher? Share my knowledge and experience, teach students to question the status quo

Describe yourself in three words:

1. Inquisitive
2. Stubborn
3. Empathetic

What is your greatest achievement? Playing football for Northern Spirit (NSL) Senior Manager for the inaugural Singapore Biennale (2006)

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

A professional footballer (goal keeper) or a politician

What is your favourite movie? Too hard to choose... but I am loving the TV shows 'Billions' and 'House of cards' at the moment

Do you have any nicknames?

Big Red

What is your greatest fear? Neo-liberalism

How long have you been teaching? 4 year

Rate yourself on the following (1-10)

Driving: 8

Sport: 10

Shopping: 1



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

Press Club Jokes Page

Q: When does a skeleton laugh?

A: When something tickles his funny bone.

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones!

Q: What does a skeleton orders at a restaurant?

A: Spare ribs!!!

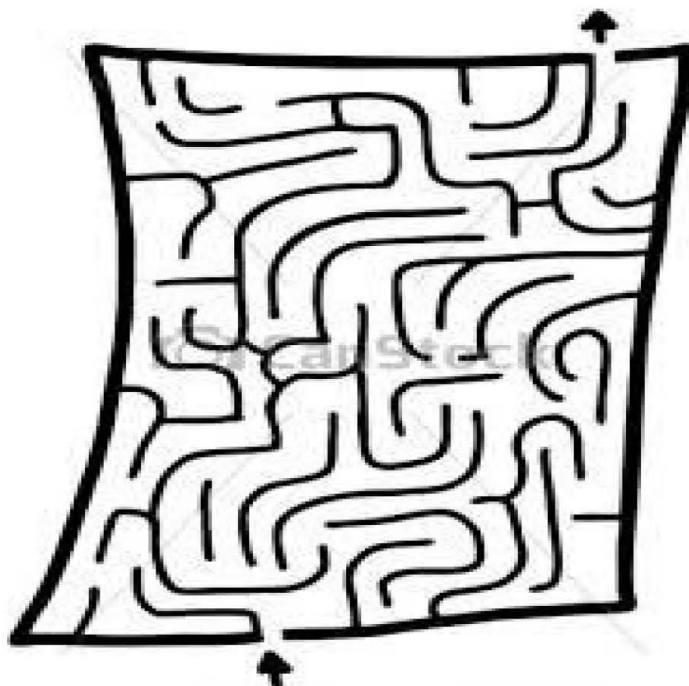
Q: What did the skeleton say while riding his Harley Davidson motorcycle?

A: I'm bone to be wild!

Q: What do you call a skeleton who won't get up in the mornings?

A: Lazy bones!

A skeleTON of Jokes for you



© Can Stock Photo - csp17953761

FIND THE HIDDEN WORDS

X	Y	M	B	I	T	A	C	K	K	J
K	X	F	Y	O	F	A	S	O	K	D
S	X	T	M	T	T	C	B	M	W	H
R	R	A	N	A	T	B	S	P	K	H
H	T	O	T	C	D	W	L	Z	O	R
O	E	P	T	V	V	Z	O	P	I	F
R	K	E	M	C	S	G	J	N	D	N
S	S	E	C	Q	A	C	I	Z	L	W
E	A	H	C	F	X	R	B	K	Y	K
C	B	S	L	M	Q	X	T	L	R	A

TOMATO
COW
TRACTOR
HORSE

SHEEP
BASKET
CAT



Try and solve this

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

An apple a day keeps the doctor away

Ellie Bernasconi, Sunshyne Buerckner, Kayla Erwich and William Bray - Year 7 Press Club

School Robotics Team are always looking for new members

Our robotics team, the “Blast Furnace Bots”, are starting up again and we are always looking for more students to come along and learn about what we do and how we made it to the FIRST Robotics Competition in 2016 and 2017. If you are interested, there are meetings every Tuesday in the STEM room (E26). There are many different jobs for students to assist in and it is not always about the robot itself. We have a media team, fundraising team, students who code the robot (so, computer programming) and students who are engineering parts and working on the electrical circuits, it is a real team approach. We hope you might consider coming along and checking out what Robotics is all about.....We hope to see you there and it is a lot of fun!!



Grace Bishop – Press Club

SENIOR TUITION - EXTRA DAYS



Reminder, Senior Tuition is available daily during Student's Study Periods in the Library, providing assistance with Assessment Tasks and Study Techniques in all subject areas. Our survey has shown that **HSC results improved for students who studied effectively in the Library last year.**

In response, the library will be supervised from 3.30pm – 5.00pm on Mondays through to Thursdays afternoons with tutors and teachers each day.

We are here to provide Support, Motivation and Stress Management during the Senior Years. A variety of resources are available for students to borrow

UPDATED BANKING DETAILS



Lithgow High School

Promoting Excellence In A Caring Educational Environment

1A Pau Street
PO Box 296
Lithgow NSW 2790

P: (02) 6352 1422
F: (02) 6353 1081
E: lithgow-h.school@det.nsw.edu.au

Dear Parents and Carers

Lithgow High School will transition to the new NSW Public Schools' finance system and a new bank account on **4 September 2017**.

To ensure a smooth transition, there will be changes to the way we accept payments from parents and carers.

1. **Direct deposits:** As of **25 August 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **11th August 2017**.
2. **EFTPOS payments:** We will not be able to accept EFTPOS payments between **30 August and 4 September 2017**. Please ensure that you have made any outstanding EFTPOS payments before **30 August 2017**. From **5 September 2017**, EFTPOS payments will be accepted as before.
3. **Cash and cheque payments:** Between **30 August 2017** and **5 September 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **30 August 2017**. From **5 September 2017**, cash and cheque payments will be accepted as before.
4. **Online payments:** As of **4 September 2017**, we will begin to accept online payments using the Department of Education's Parent Online Payment (POP) system. A button to access this online payment system titled '\$ Make a Payment' will be visible on the utility bar on the front page of our school's website at <http://www.lithgow-h.schools.nsw.edu.au/>. By selecting this link, parents and carers will be taken to a secure Westpac QuickWeb payment page, from which they can make online payments.

Please note: As a Westpac-hosted solution, cardholder and account details will be held securely, helping to protect the school and its customers from fraudulent transactions as well as assisting in meeting the Payment Card Industry Data Security Standard (PCIDSS) compliance requirements.

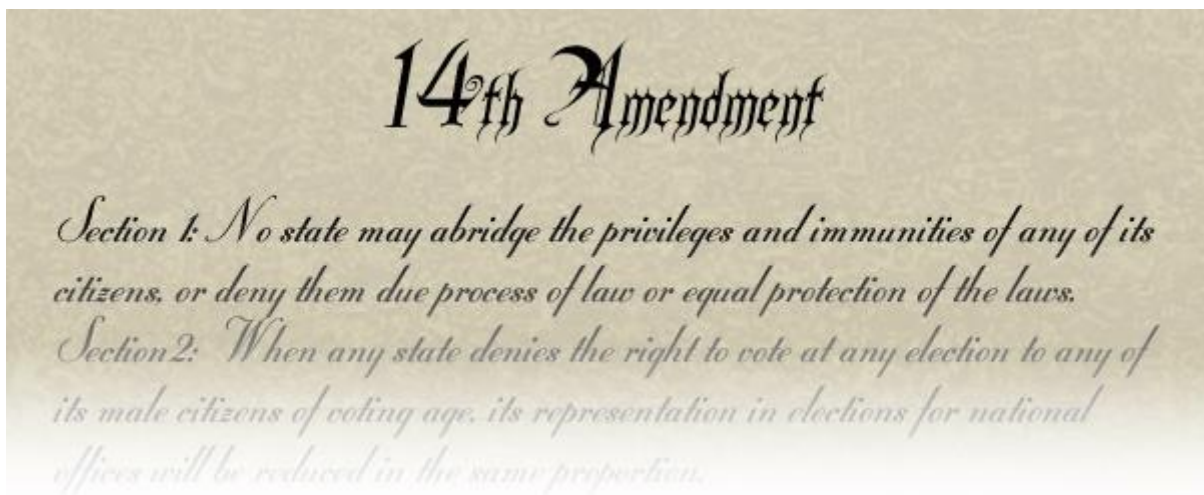
Thank you for your patience and understanding as we transition to our new finance system. We are hopeful the addition of an online payment facility will prove of benefit to families. If you have any questions, please contact the school on 6352 1422.

Ann Caro
PRINCIPAL
9th May 2017

On this day from the HSIE Faculty

On This Day in History - 28 July, 1868

The 14th Amendment, which guaranteed African American citizenship and all its related privileges, is officially adopted into the U.S. Constitution. The amendment resolved pre-Civil War questions of African American citizenship by stating that “all persons born or naturalized in the United States...are citizens of the United States and of the state in which they reside.” The amendment then reaffirmed the privileges and rights of all citizens, and granted all these citizens the “equal protection of the laws.”



Andrew Finlay - HSIE Teacher

Reminder

If you want to donate your old school uniform, please hand in to the front office. Many students benefit from these clothes.

IN THE COMMUNITY

Applications are invited for the Hoskins Lithgow Scholarship for 2018

The scholarship is:

- For a resident of the Lithgow local government area who is an Australian Citizen under the age of 26 on 1st July 2017. It is not restricted to Year 12 students.
- To fund tertiary studies (course fees and related costs) up to a maximum of \$30,000 paid over the duration of the course.

Timetable for the 2017 Scholarship:

Applications open: Monday 17th July 2017

Applications close: Friday 11th August 2017

Applications are to be postmarked no later than Friday 11th August 2017 and posted to:

The Scholarship Secretary - Helen Lee - 18 Blaxland Street - Hunters Hill NSW 2110

Interviews for shortlisted applicants will take place from Friday 15th September.

Application forms can be downloaded from the scholarship website:

www.hoskinslithgowscholarship.org.au

For more information, please see your school's Careers Adviser or contact the Scholarship Secretary,

Helen Lee, on 0402 126 263 or email: help@hoskinslithgowscholarship.org.au

Last year two LHS students jointly won this prestigious scholarship

School fees may now be paid on line direct debit to:

Westpac, Lithgow High School,

BSB No: 032-001

Account No: 15-3857.

It is imperative that you put your student's full name, Student ID number or both when paying fees in this manner.



Thank you to our valuable VIVO Rewards Local Sponsorship Partners:

Lithgow City Council
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

VOLUNTEERS REQUIRED IN OUR CANTEEN

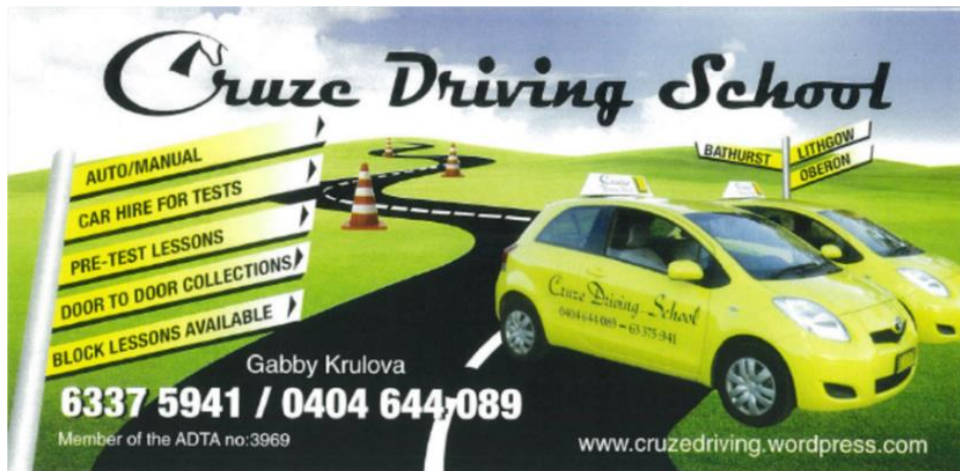
We still require more volunteers to help in our Canteen!!!



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 do not have to handle the money or know the price of our items.

All profits made in the canteen are donated back to the school by our P&C Association. If you can help, we like to see parents, grandparents, carers or extended family members, please ring Evonne on 6351 2308

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



Vivo Sponsorship Deal



SUBWAY MAIN STREET VIVO SPONSORSHIP DEAL

**COME IN YOUR SCHOOL UNIFORM -
LITHGOW HIGH SCHOOL STUDENTS
BETWEEN 3.20PM - 5.00PM
BUY ONE FOOT LONG SUB AND A LARGE
DRINK
AND GET ONE SIX INCH **FREE****

Scholarship



Congratulations to ex-student, **Bonnie Goodsell** on recently receiving a Teachers Federation Scholarship. Bonnie left Year 12 last year and has gone on to University at Wollongong studying a Bachelor of Education Early Childhood/Primary.

There were 15 scholarships given out on the day and only two first year scholarships offered, congratulations on your achievements. Bonnie is pictured at the award ceremony in Sydney with Mr Morgan, LHS Science Teacher and Federation Representative.

Important notice from the Lithgow Valley Plaza

To All Students and Parents,

Please be advised that the riding of skateboards/bikes/rollerblades/skates on the premises and surrounds including car park of Lithgow Valley Plaza is prohibited and confiscation will occur.

Habitual offenders will be banned from the premises and lands of Lithgow Valley Plaza under the "Inclosed Lands Protection Act, 1901" and the Lithgow Police notified.

When visiting the premises all skateboards/bikes/rollerblades/skates may be carried or chained up outside the premises.

**Thank you for your co-operation
The Management and Staff of Lithgow Valley Plaza"**

Thank you for your assistance.

**Yours faithfully,
Centre Manager - Lithgow Valley Plaza**

	<i>IMPORTANT DATES TO REMEMBER</i>
Monday 31st July	Power of Engineering Day Year 6 Parent tour - 9.15am - Bookings essential
Thursday 3rd August	Back up day for Enrichment testing – 9.00am - hall
Wednesday 2nd August - Friday 4th August	Year 10 Snow Trip
Monday 1st August	Leaders Induction Ceremony – 9.30am
Monday 7th August	P&C Meeting - Hall Foyer - all welcome
Wednesday 9th August	Year 10 into Year 11, 2018 Subject Selection Evening Stage 4 & 5 Subject Selections
Friday 11th August	Phil Duncan Scholarship Application open
Monday 14th August - Monday 21st August	Year 12 HSC Trial - Group 2
Monday 21st August - Friday 24th August	NAPLAN Online – SRT
Monday 28th August – Monday 4th September	LMBR – No banking
Friday 1st September	Year 7 Extension/Enrichment Offers posted to families Newsletter Issued
Monday 4th and Tuesday 5th September	Stage 5 Drama Performance
Thursday 7th September	Business Breakfast and Careers Expo

If your child has represented at a high level of achievement in any vocation and you would like it acknowledged through LHS, please email the school on:
Lithgow-h.school@det.nsw.edu.au with the relevant information.

For your fridge - Term 3 Calendar



Lithgow High School Calendar - Year 2017 TERM 3						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
July	3	31 – Education Week Year 6 Parent Tour Power of Engineering Day	1 – Education Week Leaders Induction Ceremony - 9.30am	2 – Education Week Year 10 Ski Trip	3 – Education Week Year 10 Ski Trip	4 – Education Week Year 10 Ski Trip Newsletter Issued
August	4	7 P&C Meet 6.00pm Hall Foyer	8	9 Year 10 into Year 11 Subject Selection Evening	10	11 Phil Duncan Scholarship Opens
August	5	14 Year 12 HSC Trials – Group 2	15 Year 12 HSC Trials – Group 2	16 Year 12 HSC Trials – Group 2	17 Year 12 HSC Trials – Group 2	18 Year 12 HSC Trials – Group 2
August	6	21 Year 12 HSC Trials – Group 2	22	23	24	25 Phil Duncan Application Due
August/ Sept	7	28 LMBR – NO BANKING	29 LMBR – NO BANKING	30 LMBR – NO BANKING	31 LMBR – NO BANKING	1 LMBR – NO BANKING Enrichment Class 2018 offers posted Newsletter Issued
Sept	8	4 Year 6 Parent Tour 9.15am - Bookings essential P&C Meet 6.00pm Hall Foyer	5	6	7 LHS Careers Expo and Business Breakfast	8
Sept	9	11 Year 11 End of Course Final Exams - Hall	12 Year 11 Final Exams - Hall	13 Year 11 Final Exams - Hall	14 Year 11 Final Exams - Hall	15 Year 11 Final Exams – Hall
Sept	10	18 Year 11 Final Exams – Hall	19 Year 11 Final Exams – Hall Year 12 PA Auction assembly	20	21 Year 12 Sign out day and 12 PA Day/Fun Day	22 Year 12 Graduation 9.30 - Hall – All Welcome Year 12 Reports issued Last day of Term 3

Please note - dates and times may be changed without notice, the above dates are only a guide to the events of Term 3.