



*Lithgow High School*



## NEWSLETTER

25<sup>th</sup> August 2017

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email [lithgow-h.school@det.nsw.edu.au](mailto:lithgow-h.school@det.nsw.edu.au)

# *Regional Debating Champions*



**See page 8 for a full report on our  
Debating Team success**

**Next P & C Meeting is at 5.30pm on  
Monday 4<sup>th</sup> September  
In the Hall Foyer  
You are all very welcome to attend.**

## PRINCIPAL



Term 3 has seen some spectacular achievements so far.

Year 12: The HSC trials are complete and the students studied hard to build their scores. Major works are currently being completed and look incredibly impressive. Year 12 students are collecting information for their references to hand in, and preparing for their graduation and fun day. Please ensure that year 12 students attend every day and every class until the 22<sup>nd</sup> September.

Year 10: has been exceptionally busy with the ski trip, subject selection and the highly successful work experience. Students on work experience were magnificent ambassadors for the school and I congratulate them. A special thanks to **Mrs Hamment** for her outstanding organisation and to all our local business people who opened their workplaces for this significant event for Year 10.

Across the other years; we have year 11 preparing for their end of course examinations, years 7 and 9 have received their NAPLAN results and should be proud of the excellent growth from the previous years. I am extremely grateful for their participation in the NAPLAN online readiness test. A special thanks to **Ms Mawhood** and **Ms Gonzaga** and their team for the excellent organisation.

Last Friday the 18<sup>th</sup> August, we had a very important visitor to the school **Mr Mark Scott**, the Secretary of the Department of Education. He was extremely impressed by the achievements of our school, enjoying a visit to the Support Unit, the robotics and virtual reality labs, and to the library. He expressed that many of the programs at Lithgow High School are in the forefront of educational practice, both around wellbeing and learning. Finally huge congratulations to Mrs Jennison and the team in Support for the outstanding fundraising BBQ and cake stall at Bunnings, raising \$800 to purchase resources for the students.

I extend a warm invitation to family and friends of Year 12 to attend our:

- Major Works exhibition on Thursday 31<sup>st</sup> August in the Hall from 4.00pm-6.00pm
- The graduation assembly on Friday 22<sup>nd</sup> September in the hall for a prompt 9.30am start.

*Ann Caro*

## DEPUTY PRINCIPAL

### Transition 6-7



During Term 3 LHS has organised a number of activities with our local Primary Schools to help promote positive outcomes for next year. Activities will include, Robotics Workshops at LHS, a visit to the Primary schools by our Year 7 2018 Advisor, Mr George and Deputy for Year 7, Mr Dean who will present Music and PDHPE lessons. Mr Jeffers HT English will also visit and present a Drama related activity. These additional transition days have proven very helpful in engaging the Year 6 students in

readiness for next year. We hope everyone has a fantastic time, and LHS look forward in following up with additional activities during Term 4.

*Jeff Dean*

## DEPUTY PRINCIPAL



### Year 11

Year 11 students will complete their preliminary course at the end of this term starting on Tuesday 12<sup>th</sup> September. The exams will run through until Thursday 21<sup>st</sup> September. All students have access to our Senior Study Tutors in the Library during scheduled study periods, as well as Monday, Tuesday, Wednesday and Thursday afternoons until 5.00pm. Please utilise this additional support to maximise success in course achievement. Senior Tutors can assist with management of assessment tasks, help develop effective study plans and assist with some course work if required. Teachers are also available in the senior study of an afternoon to assist in all course subjects.

Students need to make certain that they have completed all aspects of their courses and have 'redeemed' any missing work they have been notified about. This is to ensure they successfully complete all Preliminary Course requirements.

All students have been notified of 'pattern of study requirements' for their HSC year, starting Week 1 of Term 4. They will also be issued with assessment policy and tasks at this time.

*Karin Mawhood*

## DEPUTY PRINCIPAL

### Tell Them from Me Survey- Term 3, 2017



This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPad, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 21<sup>st</sup> August and 13<sup>th</sup> October 2017. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

**We would like all LHS parents to complete the survey as soon as possible, please access the survey for our school by going to:**

**<https://nsw.tellthemfromme.com/9s983>**

*Matthew Quirk*

**At Lithgow High School we are:**

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



# LITHGOW HIGH SCHOOL HOSTING CAREERS EXPO



## INVITATION LITHGOW HS CAREERS EXPO



WESTERN SYDNEY  
UNIVERSITY



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

TAFE  
WESTERN  
CHANGING LIVES

Lithgow High School would like to  
extend a special invitation to visit  
our on campus Careers Expo on

**Thursday 7<sup>th</sup> September**  
**9.00am – 3.00pm**

**Specific Information Sessions  
During the day**

Over 20 stalls including Universities,  
ADF, TAFE, Apprenticeship Australia,  
Information on UAC  
And local Trade Industries

Rsvp: [rebecca.hamment@det.nsw.edu.au](mailto:rebecca.hamment@det.nsw.edu.au)  
or Phone LHS office on 63 52 1422



JMC  
ACADEMY  
CREATIVE INDUSTRIES



EnergyAustralia  
LIGHT THE WAY



Master  
Builders  
Association  
New South Wales



Centennial Coal



Charles Sturt  
University

UOW  
AUSTRALIA



MACQUARIE  
University

defencejobs



aim  
Australian Institute of Music

LITHGOW HIGH SCHOOL PH:63 52 1422 FAX:63 53 1081

# CAREERS EXPO

Lithgow High School is hosting our *VERY OWN* Careers Expo on **Thursday September 7<sup>th</sup> 2017**.

There are a large number of exhibitors attending our Careers Expo on the day including: **Charles Sturt University, Western Sydney University, Newcastle, Wollongong and Macquarie Universities, Australian Institute of Music and JMC Design Academy.**

**Apprenticeships Australia, Master Builders, TAFE, Skillset and ADF** will be hosting stalls, as well as presenting and running specialised information sessions throughout the day. Local industries and large employers, **Centennial Coal** and **Energy Australia** will also be attending this day and providing information to students.

The Expo and information sessions will be available to parents/caregivers and community members during specific times.

Mrs Hammet has been very busy inviting stallholders to help make the Expo successful and informative for everyone. We hope to give students as much information as possible to assist them in thinking about their future aspirations and career choices. We are able to host our own LHS Careers Expo with the assistance of the School to Work grant and a donation from Lithgow City Council.

Session times will be advertised, if you would like to attend please RSVP by contacting the school office on 63 52 1422.

# HSC MAJOR WORK DISPLAY EVENING



## *Lithgow High School*



**Year 12 HSC Major Work  
Display Evening  
Thursday 31<sup>st</sup> August 2017**

**4.00pm - 6.00pm - Hall**

We would like to extend a special invitation  
to students parents/caregivers and  
community members to view our  
**2017 HSC Major Works - Art Timber and  
Automotive**





# NAIDOC DEBATERS BEST IN THE WEST

Thursday 10<sup>th</sup> August saw Lithgow High School's NAIDOC debating team travel to Taronga, Western Plains Zoo to compete in the Western Region NAIDOC Debating Challenge.



The debating topic was "Indigenous languages should be a part of our curriculum". Lithgow High School had the affirmative side and battled hard against Tottenham Central School. By arguing that including indigenous languages in the curriculum as an elective would save an endangered language and promote inclusivity, the team won on points and became the ***Western Region NAIDOC Debating champions***.

Congratulations on a great day of debating. The team will now compete in the State Final NAIDOC Debating Challenge on the 30<sup>th</sup> October 2017.

Our winning Team **L to R: Kate Francis**, Year 11 - 2nd speaker, **Alayah Lincoln**, Year 9 - 1st speaker, **Alannah Stoneley**, Year 11 - 3rd speaker and **Elektra McKenzie**, Year 7 - 4th speaker.

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



# YEAR 10 SNOW TRIP



Year 10 departed Lithgow for their much anticipated Annual Ski Trip. The eight-hour bus ride was just the first part of the fun. When we arrived at the motel everyone enjoyed mingling and checking out the pool, spa and sauna.

The next day, after much eagerness, we finally arrived at the snow. For many people, this was their first time seeing real snow in such a large amount. Each morning we all participated in our mandatory two hour lessons before hitting the slopes in our smaller groups to enjoy skiing or snowboarding. Most of us gave it a decent go, and those who didn't had fun playing in the snow and just enjoying the excitement of the excursion

Year 10 would like to thank their Year Advisor, **Mr Mantei** for organising the excursion as well as the teachers who spent time away from their families to ensure we were offered this great opportunity. Thank you **Mr Conroy, Mr Dunn, Ms Waistell, Mr Mantei** and **Mrs Willis** for your dedication to the students of Year 10, we had an awesome time and without you this trip would not have been possible.

# LEADERSHIP

Earlier this term Lithgow High School held our 2017/18 Leaders Induction Ceremony. Songs were sung and blazers were emotionally handed over to Lithgow High's future leaders.

The SRC students were recognised as well as Peer Mediators and House Captains. True loyalty and consideration was shown throughout the ceremony with the 2016/17 Prefect Body choosing not just to hand over the blazers to the leaders of 2017/18, but to put them on the students personally. Overall, it was a fantastic morning, and we wish our future leaders all the best for the upcoming year.

## CAPTAINS and PREFECTS 2017/18



**Captains and Prefects**

**Back: Prefects** - Chloe Anlezark, Jarred Fuller, Finnian Galloway, Hayden Cox, Jack McIntyre, Alannah Stoneley

**Front: Vice Captains** - Perri Gibbons, Ben Weller, **Captains** – Kelsie Clarke, Zac Arkley-Smith, **Vice Captains** – Hayley Robson, Katrina Abbott



# STUDENT REPRESENTATIVE COUNCIL (SRC)



## Student Representative Council

**Back:** Sam Doran, Austyn Lincoln, Tom Luchetti, Ryan Merlino, Logan McManus, Evan Brown, Ryan Bird, Lachlan Taylor, Kyle Sheather, Caleb Traish

**Middle:** Connor Marshall, Lachlan Schroder, Ella Wilson, Mickaylah Puckeridge, Sophie Clark, Alayah Lincoln, Ebony Seymour, Benjamin Seymour, Daniel Callan, Gita Shandil, Hayden Carter

**Front:** Madalyn McLean, Rhiannon Marshall, Courtney Reid, Piper Anderson, Ellie Thompson-Spillane, Maggie Muir, Callie Capomolla, Isabella Wright, Amber Shaw

**Absent:** Luke Thompson

The SRC coordinate school activities for all students and organise fundraising to make improvements to the school on behalf of the student body.

## SRC REPORT



On Monday the SRC hosted our school cupcake fundraiser to assist the RSPCA in the fight against animal cruelty. The RSPCA (short for the Royal Society for the Prevention of Cruelty to Animals) is a non-government charity that runs over 40 shelters across Australia and employs around 1,000 people. The RSPCA rescues, rehabilitates and rehomes animals who have been abandoned, surrendered or injured. It is estimated that over 135,000 animals go through their shelters each year. The SRC believed this was a very worthy cause and we were able to raise a “sweet” \$360.

*Tom Luchetti – SRC Member*



# PEER MEDIATORS



**Peer Mediators**

**Back:** Anika McNicol, Tania Sa, Matilda Cafe, Zane Anderson, Grady Roach, Luca Gattas, Alli Schenk, Raquel Livingston, Ms Jones, Peer Mediator Co-ordinator.

**Front:** Jai Shelley, William Casson, Makenzie Denley, Macy Ryan, Erin Rainsford, Clive Franklin, Lillie Hutchison, Isabelle Radburn **Absent:** Tayla Coleman, Nicholas Field, Riannan Smith

**Role of the Peer Mediators:** Year 10 and Year 11 students assist junior students to deal with friendship issues and conflicts.

## HELP REQUIRED

If you have old school uniforms, and would like to donate them to our clothing pool, please hand in to the front office.

**Year 12 in particular as they finish after the exams next term!**

Many students benefit from these donations.

## HOUSE SPORTS CAPTAINS



**HOUSE SPORTS CAPTAINS**

**Back:** Vice Captains: **Blaxland** - Seton Carter, Kristy-Lee Garland, **Lawson** - Dane Guffogg, Sophie Inzitari, **Oxley** - Orla McKinney, Caitlin Martin, **Wentworth** - Peter Waru and Chloe Vanderhaar - Mr Dunn PDHPE Teacher

**Front:** Captains: **Blaxland** – Ashton Arnott-Webb, Kaitlyn Brunnqvist, **Lawson** – Logan Inwood, Kate Francis, **Oxley** – Brody McManus, Lori Pearce, **Wentworth** – Shenay Whittaker and Zac Stanford

## Year 12 GRADUATION DAY

**LHS would like to invite all parents, caregivers, family and friends to our Year 12 Graduation Day Ceremony on Friday 22<sup>nd</sup> September 2017.**

**Here we recognise and celebrate the achievements of Lithgow High School students during 2017. The ceremony will commence at 9.30am in the Hall.**

# SPORT REPORT - Athletics

On Friday 28th July 2017, nine students from Lithgow High School participated in the Western Athletics Trials in Dubbo. This carnival is open to athletes from every secondary school in the western region. All students represented Lithgow High with pride, and performed very well in their respective events.



Highlights were:

**Lachlan Thompson** - 1<sup>st</sup>, 13yr boys High Jump 1.50m

**Kobi Egan** - 1<sup>st</sup>, 15yr boys Triple Jump 11.07m. An especially impressive achievement as Kobi is only 14 years old and he won by over 2 metres.

**Kyra Phillips** - 2<sup>nd</sup>, 15yr girls Shot Put 10.44m

**Harrison Wells** – 2<sup>nd</sup> 12yr boys High Jump 1.35m, 2<sup>nd</sup> 12yr boys Shot Put 7.97m, 2<sup>nd</sup> 12yr Boys Discus 27.43m

These four student along with **Luke Thompson** (15yr boys Hurdles) will be representing Western Region at the CHS athletics championships at Homebush in early September.

Students who did very well but just missed western selection in the following events were:

**Madalyn McLean** – 3<sup>rd</sup> 13yr girls 800m

**Lily Bannan** – 5<sup>th</sup> 13yr girls 100m

**Kallan Phillips** – 4<sup>th</sup> 15yr girls Shot Put

**Lachlan Miller** – 5<sup>th</sup> 17yr boys High Jump

**Luke Thompson** – 3<sup>rd</sup> 15yr boys High Jump and 4<sup>th</sup> 15yr boys Discus

**Kyra Phillips** – 4<sup>th</sup> 15yr girls 100m, 5<sup>th</sup> 15yr girls 200m.



Congratulations to all students who represented LHS, you did an outstanding job both on and off the field. Good luck to the students who will represent Western Region at the State Titles later this term.

*Ray Stoneley - Athletics Co-ordinator*



# BASKETBALL

A very successful day for both Girl's and Boy's U15's Basketball teams in Bathurst recently. They are through to the next round undefeated. Well done to all players and Mr Lloyd (coach).



**Boys:** Lachlan Thompson (Yr. 7) Kade Inwood, Zeke Evans (Yr. 8) Lachlan Wilson, Luke Thompson, Kory Pringle, Daniel Galloway, Ryan Bird (Yr. 9)

LHS 33 v Canobolas High 5

LHS 28 v Orange High 13

LHS 46 v Kelso High 26

LHS 31 v Bathurst High 15

**Girls:** Sophie Swift, Meleke Jenkins (Yr. 8) Geordie Goodwin, Alayah Lincoln, Bethany Newsome, Kallan Phillips, Kyra Phillips, Bayleigh Shead (Yr. 9)

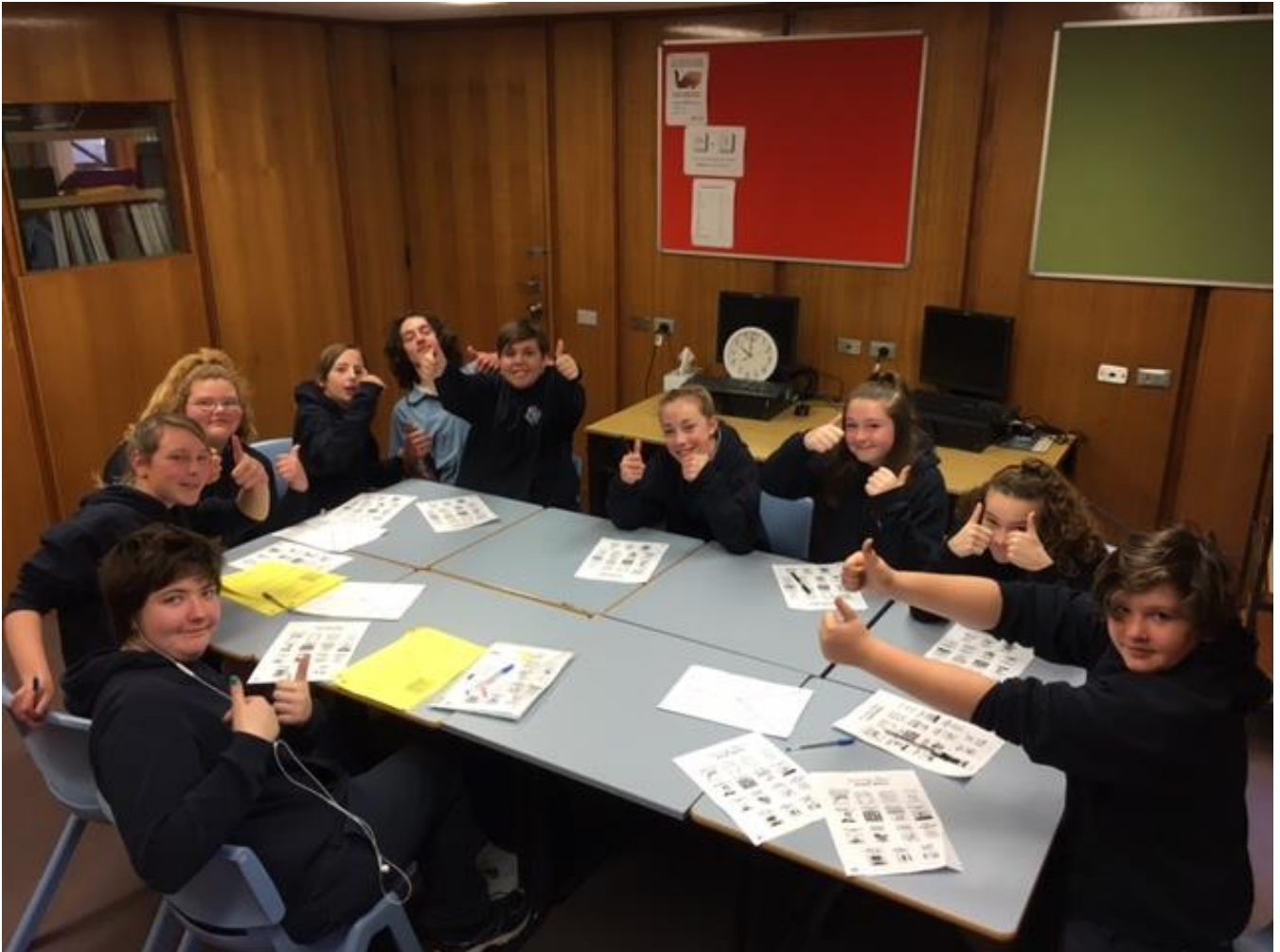
LHS 43 v Orange High 14

LHS 49 v Kelso High 20

LHS 45 v Bathurst High 10

Congratulations to both teams, we are looking forward to the next round!

# Year 7 Peer Support Program Update



This Term the Year 7 Peer Support Program will focus on “Strengthening our Students Connections.” Each fortnight Year 7 students will participate in small group lessons conducted by our trained Year 10 Peer Support Leaders. Our Leaders will work through a range of activities focussing on building connections and addressing a range of behaviours including the prevention of bullying. Meeting in small groups allows meaningful connections to form. The students acknowledge their strengths and learn skills to build resilience, identify how to develop, maintain and repair friendships, whilst developing an understanding of a range of behaviours. They also learn strategies on how to respond appropriately in a variety of situations. The Peer Support program supplements the Lithgow High School “Expect Respect” initiative.

*Jody Cross – Librarian*

# POWER OF ENGINEERING

The Power of Engineering held its second Lithgow event recently at LHS. The aim was to exhibit engineering as a profession that is within grasp, particularly for female, regional and Indigenous high school students.



Led by female professional engineers, the not for profit group, challenged big thinking through in-class workshops and tours through some of Lithgow's best-known industry worksites.

Felicity Furey, President and Co-Founder of Power of Engineering, said the Lithgow event follows the keen interest shown by participating students as they come to realise what being an engineer could mean in their future.





# Students at Lithgow High are reading more now than ever before



Lithgow High Students are again working towards completing the Premier's Reading Challenge. Students in Years 7-9 have until the 25<sup>th</sup> August to log their 20 books. Currently 189 students have completed the challenge and we urge all Year 7 and 8 students to keep reading and updating their records to complete the challenge by the deadline. Students who complete the Premier's Reading Challenge and who have been awarded at least 300 Vivo points will receive an invitation for a fun day to Luna Park in December 2017.



Reminder all students have access to the school e-library free of charge. The e-library contains many books from the Premier's Reading Challenge booklists.

Please follow the link for the online e-library: <https://lhs.wheelers.co>

*Jody Cross - Librarian*



**Stage 5 Drama Play**  
**4<sup>th</sup> and 5<sup>th</sup> of September in the School Hall**

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

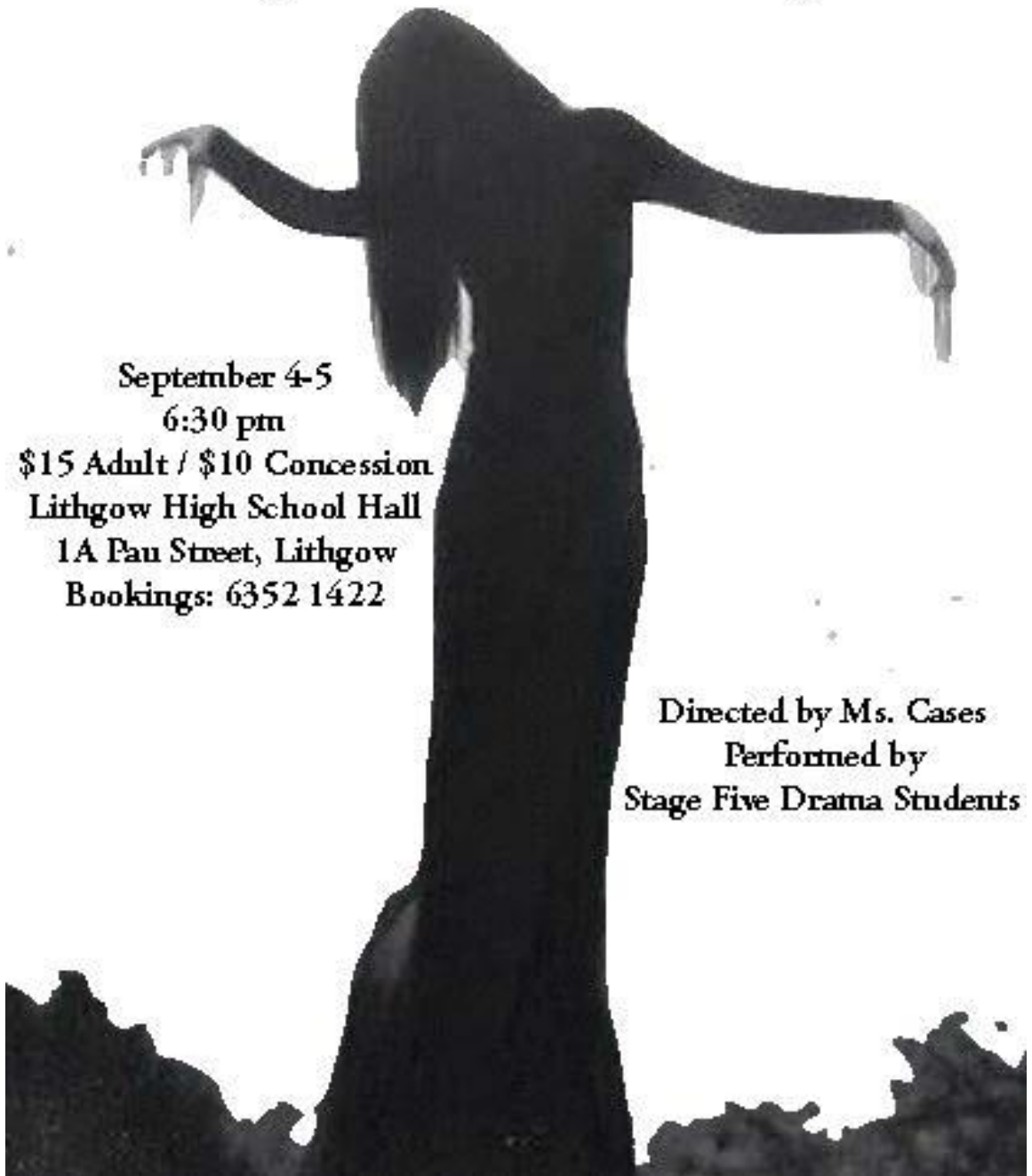
1A Pau Street, Lithgow

Bookings: 6352 1422

Directed by Ms. Cases

Performed by

Stage Five Drama Students





# ABIGAIL'S COVEN – DRAMA PLAY



'Abigail's Coven' is open for a limited season, September 4<sup>th</sup> - 5<sup>th</sup> at 6:30pm in the Lithgow High School Hall. The play costs \$15 for adults and \$10 for concessions. An 11am Matinee on Tuesday 5<sup>th</sup> September is also open to the public and students for \$5.

The play is about how one person's lies and rumours can destroy a whole town. A haunting and thrilling Drama about the back story of Arthur Miller's 'The Crucible', based on real events from the Salem Witch Trials.

Come along and support Year 9 and 10 Drama students. They have been working hard since Term 1 to put on this play and are very excited to show case their skills.

**Cost is \$15.00 for adults and \$10.00 for concession**

*Abigail Cases - English/Drama Teacher*



# SENIOR TUITION

**Reminder, Senior Tuition** is available during Student Study Periods in the Library. These provide 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.**

The library also provides supervision from 3.30pm – 5.00pm afternoons, Monday through to Thursday 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.

## Attention Year 12

Charles Sturt University has just launched a new online resource site for HSC students, with online links and study resources for all major HSC subjects and courses

The new site is titled: [CSU Guide for HSC Students](http://libguides.csu.edu.au/HSC)

The web address for the site is: <http://libguides.csu.edu.au/HSC>

Division of Library Services

[Charles Sturt University Library](#) / [Library Resource Guides](#) / [CSU guide for HSC students](#) / Home

CSU guide for HSC students: Home Search this Guide Search

**WELCOME!**

Welcome to the CSU HSC Library Resource Guide for Senior Secondary Students.

This guide will offer you resources, information and advice, that will help you during preparation for your HSC.

We've included:

- links to past exams and study guides
- free online resources for each year 12 subject or stream
- free multidisciplinary resources.

**What CSU has to offer**

If you live near one of our campuses, you're welcome to visit and study in our libraries during opening hours. [Campus maps are available online](#). Library opening hours and information about access is available on the [Library homepage](#).

Find out whether your school has a [reciprocal arrangement](#) with CSU

HOME
PAST EXAMS & STUDY GUIDES
RESEARCH TIPS
ENGLISH
MATHEMATICS
SCIENCE
HSIE
PDHPE
CREATIVE ARTS

TECHNOLOGY
LANGUAGES
MULTIDISCIPLINARY RESOURCES



# *WESTERN STUDENT CONNECTION, LINKS 2 LEARNING GROUP*



Links for Learning is a program provided by Western Student Connections which helps students to reconnect with learning.

A group of Links for learning students go each Tuesday, during Term 3, to visit and have lunch with Nursing Home Residents. The students prepare questions, trivia and activities to engage all residents. Staff have welcomed our students and have been very helpful in giving advice to the students when preparing activities.

The students have risen to the challenge of making friends with the residents, having open discussions about life, work, family and choices. The students are being affirmed and valued as they share their stories and listen intently to the resident's stories.

"I like going because I like making people smile. Knowing I am helping somebody puts positivity in mine and their life." Elizabeth Brown Year 10

"We go to Cooinda to talk with old people and do some community service. We learn to speak to new people". Jacob Bond Year 11



*Deborah Raynor – Co-ordinator Links 2 Learning*



# COMMUNITY ACCESS PROGRAM

This term Year 10 Support Unit students have been participating in a supported work placement program at Cooina Nursing Home. During this time, the students assist with art and craft activities, enjoy lunch with the residents, help with cleaning up and engage in social chitchat. The relationships between students and residents develop more each week and the time spent together teaches students the importance of positive interaction in an adult environment.



*Linda Jennison – HT Support*



# *National Tree Day*



IN OUR 14TH CONSECUTIVE YEAR LITHGOW HIGH SCHOOL HAS ONCE AGAIN PARTICIPATED IN THE NATIONAL TREE DAY, SUPPORTED BY PLANET ARK AND SPONSORED BY TOYOTA AND LEAN AND BENNETT LITHGOW. STUDENTS TAKE GREAT PRIDE IN PLANTING AND WATCHING THE TREES GROW OVER THE TIME THEY ARE AT LHS. THANK YOU TO MRS REILLY FOR ASSISTING ON THE DAY OUR SCHOOL GROUNDS ARE CERTAINLY LOOKING GLORIOUS.





# Press Club Pages

## SPIDER-MAN: HOMECOMING REVIEW

Spider-Man: Homecoming is the latest movie from Marvel that is both funny and action packed. It is not just a good film for Marvel or Superhero movie fans; anyone can go and really enjoy this film.

The film follows the story of a young High School student Peter Parker (Tom Holland) who is excited after his experience with The Avengers. However, with the constant supervision of Tony Stark (Robert Downey Jr.) he wants to be more than just a neighborhood superhero. He learns the struggles of balancing his old and new life when he learns that The Vulture (Michael Keaton) has much bigger plans.

Spider-Man: Homecoming is a great movie if you enjoy both action and drama. The film still stuck to a high school drama type theme while also being a superhero movie filled with fight scenes and action. The soundtrack was great and the way that they pulled off having both themes in one movie was really cool and I recommend going to see it if you get the chance.



We give it 4/5 stars.



*Mia Michell and Aminah Baker - Press Club*



# Up Close

## With **MRS OGG**

**Full Name:** Corinne (can't tell you) Ogg

**What is your role at Lithgow High?** Religion Teacher for Year 7 and 8

**What is your favourite colour?** Blue / Green

**Why did you become a teacher?** I think the message of the bible is important to know

**What annoys you in class?** Disrespectful students

**What schools did you go to?** Busby Primary, Busby High School in Western Sydney

**What are your hobbies?** Watching Football and Reading

**What is your favourite Movie?** The Divine Secrets of the Ya Ya Sisterhood

**What are your greatest achievements?** Seeing my four children live their lives and achieve their dreams

**Describe yourself in three words:**

1. Football fanatic
2. Christian
3. Saved

**What did you want to be when you were a kid?** A Lawyer

**Do you have any nicknames?** Probably a lot I do not know about, my kids call me Mumma Ogg

**How long have you been teaching?** I have been at LHS for 17 years

**Rate yourself on the following (1-10)**

**Driving:** 8

**Sport:** Watching 10

**Shopping:** 5



*Emily Burt, Sabrina Cox, Clóe and Ashley Robinson - Press Club*

# Year 10 Work Experience 2017

During the final week of July, all students in Year 10 completed one week of work experience at a placement of their choice.

Whilst Lithgow High School has partaken in work experience in previous years, this year was the first time that all students in year 10 have been involved in this program during the same week.



Many students stayed within the local community completing their work experience with nearby schools, The Lithgow Workmen's Club, and many other businesses. Some students travelled to Sydney or Bathurst where they worked at places including Taronga Zoo, The Bathurst Memorial Entertainment Centre and Sydney University.

The most astounding thing was the feedback from the employers. Every evaluation sent back to LHS showed how great our students are. The wonderful attitude and work ethic of all the students showed employers how reliable and mature Lithgow high school students are. This positive attitude has opened the doorway to work experience opportunities for our students over the coming years.

“As year ten student’s we really enjoyed our time at our work experience placements. It was great to be treated like an adult and be able to see what the real world was like. Time went by really quickly in these engaging environments and everyone gained valuable experience and insight into what future careers they may want to pursue”.

Next year we hope to see all year 10 students partake with such enthusiasm and step outside their comfort zone, being even more creative and courageous with their choices of placements. We also hope to see the same warm reception from our local employers as we did this year, we could not do it without their valuable support and encouragement.

*Ashley Berg and Maia Michell – Press Club*

# Year 10 into 11 Subject Selection Night 2017

To a Year 10 student, subject selections are perhaps one of the most stressful parts of your year. Year 10 to year 11 is a massive change and with that comes a big decision, what subjects to take for the next two years? What pathway will you take? While these choices don't determine your future they are certainly an important step towards it. This is why Lithgow High's Annual Subject Selection night is so important.



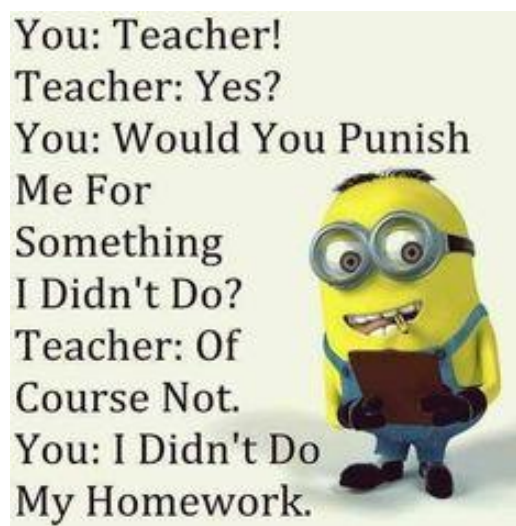
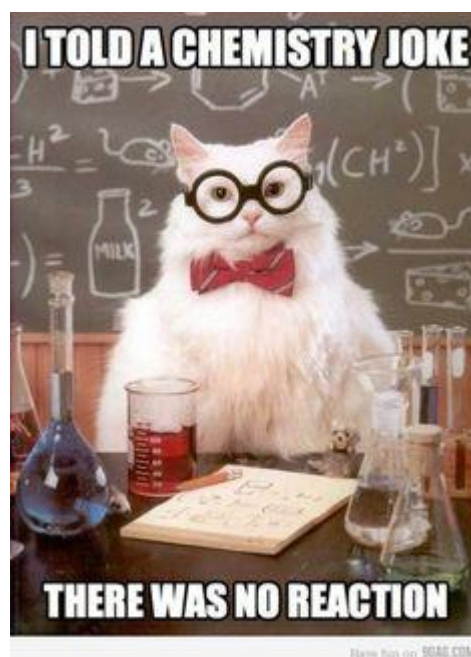
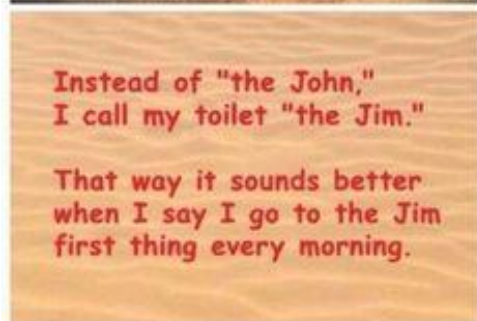
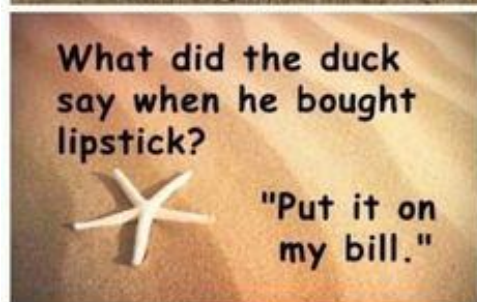
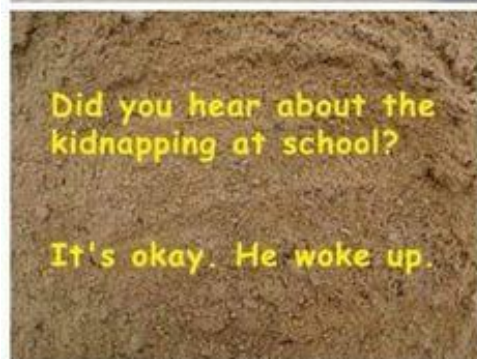
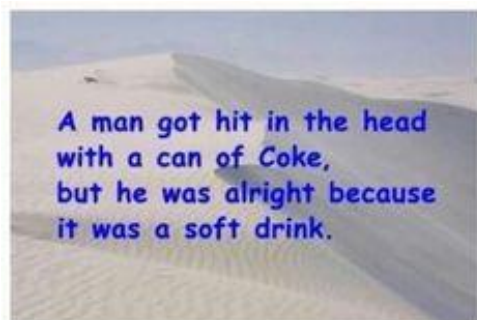
The night went extremely well with a large number of students and parents attending the event. Lithgow High's Career Advisor, Rebecca Hamment, delivered an informative presentation about change in job opportunities. Course overviews from Deputy Principal **Karin Mawhood** and various other speeches inspired students to choose subjects that they require for their preferred career. They were also encouraged to choose subjects that interested them. A highlight of the night was a short film produced by Filmmaking Teacher Sean O'Keeffe, this recapped year 10's work experience and discussed just how important the experience was for students to get an idea of what being in the workforce is actually like. Students and parents also had the chance to talk with the head teacher of each faculty so they could gain more knowledge of what each course entails.

If you are currently in Year 9 or have a student that is ready to move into year 10 this night is highly recommended.

*Kasey Cross (fellow Year 10 student) – Press Club*



# The Press Club Jokes Page



Why was the cookie sad?  
Because his mum was a wafer so long

What to hear a construction joke?  
Sorry I'm still working on it!!!!

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

# On this day from the HSIE Faculty



## **On This Day in History - 25th August, 1944**

### **Paris Liberated**

After more than four years of Nazi occupation, Paris is liberated by the French 2nd Armoured Division and the U.S. 4th Infantry Division. German resistance was light, and General Dietrich von Choltitz, commander of the German garrison, defied an order by Adolf Hitler to blow up Paris' landmarks and burn the city to the ground before its liberation. Choltitz signed a formal surrender that afternoon, and on August 26, Free French General Charles de Gaulle led a joyous liberation march down the Champs d'Elysees (as seen in image).

*Andrew Finlay - HSIE Teacher*



## ***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.**

**Our P&C Association donates all profits made in the canteen back to the school. If you can help, we like to see parents, grandparents, carers or extended family members, please ring Evonne on 6351 2308**



# **Safety Alert:**

## **Aerosol Deodorants, Sprays and Perfumes**

Some members of the Lithgow High School community suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to an (often)-serious asthma attack, or bring on a severe migraine in a sensitive individual. The allergy can be sufficiently serious to put a student into anaphylactic shock if an aerosol can has been used anywhere in the student's vicinity. This can be a life threatening situation, resulting in the student being transported to hospital in an ambulance.

- Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces.
- Students are encouraged to follow correct hygiene procedures by applying deodorant at home after showering: a good deodorant will last all day if applied to clean skin before dressing
- Roll-on and stick deodorants are permitted at school

**Let's Help to Create an Asthma Friendly school. This means that everyone needs to be aware of their own:**

- right to a safe learning environment
- responsibility for the health and safety of others in their shared spaces

**Remember: No student is to use or bring aerosol deodorants or sprays to school.**

Teachers have been asked to confiscate any aerosol products found at school and bring them to the Deputy Principal. Parents will be informed that the products have been collected from their son or daughter and that they can call into the school and collect the product. Further infringements will be dealt with through the discipline system.

Thank you for considering the health and safety of others

# 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 **11<sup>th</sup> 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**  
9<sup>th</sup> May 2017

# IN THE COMMUNITY



Office  
of Sport

## NOMINATE A SPORTS VOLUNTEER – YOUTH & OPEN CATEGORIES

The Office of Sport **Western Summer Sport Volunteer Award** is open for **nominations**. The winter season is winding down but now is the perfect time to nominate your coach, manager, administrator or a great official. Nomination process is simple, so take the time to help recognise the efforts of the outstanding volunteers who keep sport going in your town.

The Award has separate categories for Open and Youth (25 years and under) to recognise the importance of all aged volunteers in grassroots sport.

All nominees will receive a certificate, with the winner and runner up being awarded \$250 & \$100 (respectively) to spend on approved sports development programs.

In 150 words or less tell us how your volunteer is worthy of being nominated. Nominations can be made online via the Office of Sport website <https://sportandrecreation.nsw.gov.au/clubs/western-award>.

Nominations close Friday 13<sup>th</sup> October  
**See poster on next page**

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

**Cruze Driving School**

- AUTO/MANUAL
- CAR HIRE FOR TESTS
- PRE-TEST LESSONS
- DOOR TO DOOR COLLECTIONS
- BLOCK LESSONS AVAILABLE

BATHURST LITHGOW  
DORON

Gabby Krulova  
**6337 5941 / 0404 644 089**  
Member of the ADTA no:3969

www.cruzedriving.wordpress.com



# WESTERN REGION WINTER VOLUNTEER SPORTING SPIRIT AWARD

YOUTH +  
OPEN  
CATEGORY



The Western Region Winter Volunteer Sporting Spirit Award is an opportunity to recognise volunteers who are the lifeblood of grassroots sport in country NSW.

Sporting club and association members are invited to nominate individual volunteer(s) or youth (25 years and under) who would be deserving of such an award.

To be eligible for the winter award the nominee must have been a volunteer with the club or association during the period from April to September 2017.

**Nominations close on Friday 13 October 2017. Terms and conditions apply.**

To nominate your volunteer, tell us in 150 words or less why your nominee is the most deserving volunteer. This might include the:

- Time they dedicate to the club, association or committee
- Positive attitude they demonstrate while volunteering
- Positive role model they provide to younger, and other club members
- Expertise and knowledge they bring to volunteering
- Encouragement they give to others in the club, association or committee.

In March 2018 there will also be an opportunity to nominate someone for the Summer Volunteer Sporting Spirit Award (for those who volunteer between November 2017 and March 2018).

**Submit nomination online at  
[sport.nsw.gov.au/award](http://sport.nsw.gov.au/award)**



**Office  
of Sport**

# 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***

## Mindfulness and Meditation Learn to Really Relax

Join psychologist and meditation teacher, **Adam Fitzpatrick** for a relaxing afternoon, sure to indulge all your senses. Adam's workshop will help you feel the benefits of calming your mind and releasing the body using ancient meditation practices right through to modern technological approaches to managing stress. Combined with ambient music, herbal teas, sampling foods designed to relieve stress and a focus on practical activities, this is one workshop guaranteed to put you to sleep!!!

**Date: Sunday 10th September 2017**

**Venue: Lithgow Uniting Church Parish Centre**

**43 Bridge Street, Lithgow NSW 2790**

**Time: 2.00pm**

**Cost: Gold coin donation**

**Proceeds to Lithgow Palliative Care**

**More information 6351 3134 0413 060 115**

**Run by Sydney psychologist, author and meditation teacher, Adam Fitzpatrick**

**Sponsored by**



**Community Visitors Scheme**  
(An Australian Government Initiative)

**LITHGOW UNITING CHURCH COMMUNITY VISITORS SCHEME**

**'Caring for the Community'**

<b>IMPORTANT DATES TO REMEMBER</b>	<b>IMPORTANT DATES TO REMEMBER</b>
<b>Monday 28<sup>th</sup> August – Monday 4<sup>th</sup> September</b>	<b>LMBR Preparation – No money to be taken in the office during this time</b>
<b>Thursday 31<sup>st</sup> August</b>	<b>HSC Display Evening</b>
<b>Monday 4<sup>th</sup> &amp; Tuesday 5<sup>th</sup> September</b>	<b>Stage 5 Drama Play Abigail's Coven</b>
<b>Thursday 7<sup>th</sup> September</b>	<b>Business Breakfast and Careers Expo</b>
<b>Tuesday 12<sup>th</sup> September – Thursday 21<sup>st</sup> September</b>	<b>Year 11 End of Course Exams</b>
<b>Tuesday 19<sup>th</sup> September</b>	<b>Year 12 Personal Assist Auction</b>
<b>Thursday 21<sup>st</sup> September</b>	<b>Year 12 Personal Assistance Day/ Fun Day</b>
<b>Friday 22<sup>nd</sup> September</b>	<b>Year 12 Graduation (Presentation Day) 9.30am HALL All parents, caregivers and family are invited to attend LAST DAY OF TERM 3</b>
<b>Monday 9<sup>th</sup> October</b>	<b>TERM 4 RETURNS FOR ALL STUDENTS, please note there is no PUPIL FREE DAY/STAFF DEVELOPMENT DAY at the start of Term 4 – (there are two at the end of term)</b>





**The Uniform Shop**  
**(02) 6352 3494**

## **UNIFORM SHOP UPDATE**

### **FITTING APPOINTMENTS IN TERM 4**

Orientation fitting appointments for Term 4 will be available from the end of October 2017. To book, either contact the Uniform Shop during their opening hours or go online: [www.alintaapparel.com](http://www.alintaapparel.com)

### **JUNIOR & SENIOR UNIFORMS NOW AVAILABLE FOR 2017!**

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. You can purchase through the Uniform Shop, or shop online at [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

### **OPENING HOURS**

The Uniform Shop opening hours during school terms are:

Tuesday and Thursday mornings - 8.00am – 10.00am

Uniform price list, online shopping & fitting appointments available

[www.alintaapparel.com.au](http://www.alintaapparel.com.au)



# For your fridge – Term 3 Calendar

Lithgow High School Calendar - Year 2017 TERM 3						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
August/ Sept	7	28 LMBR – NO BANKING	29 LMBR – NO BANKING HSC Drama Performance Exam Robotics/Stem Workshop	30 LMBR – NO BANKING	31 LMBR – NO BANKING HSC Display Evening 4pm-6pm	1 LMBR – NO BANKING Enrichment Class 2018 offers posted HSC IT Marking
Sept	8	4 Year 6 Parent Tour 9.15am - Bookings essential P&C Meet 5.30pm Hall Foyer	5	6	7 LHS Careers Expo and Business Breakfast	8
Sept	9	11	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 Year 11 Final Exams - Hall	21 Year 11 Final Exams - Hall 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 change without notice. The above dates are only  
a **guide** to the events of Term.