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BEEF BONANZA



Full report on page 5

**Next P & C Meeting is at 5.00pm on
Monday 5th November
in the Hall Foyer
You are all very welcome to attend.**

PRINCIPAL



Last Friday was World Teachers Day. I would like to take this opportunity to acknowledge all our wonderful teachers at Lithgow High School. Every week our teachers put in extra hours for the young people in our care, above and beyond the core business of classroom teaching.

Lithgow teachers show their commitment and care to the students of Lithgow High School in a myriad of ways. Every week we have engaging opportunities for students led and arranged by our teachers. Just recently teachers have given students the opportunity to play in the State Finals for Basketball, assist with the fabulous Halloween organisation and attend the Adam Spencer Excursion; run the Being Ten Workshop, taken students to the Upper Hunter Beef Bonanza, delivered the HSC information Evening, and prepared for the upcoming formals, camps and excursions plus numerous other events.

Schools run on teacher goodwill, passion and care for kids.

I am so proud to work in the profession of teaching - one of the most important and worthwhile occupations; while building the potential of the children of the Lithgow Community.

Congratulations to all the teachers of Lithgow. Good job!

Ann Caro



DEPUTY PRINCIPAL



Year 12

The HSC course has begun for our 2019 HSC Candidates.

The Information Evening for students and parents was held on Tuesday 30th October. All students were given a copy of the Assessment Schedules for their HSC Courses and important information regarding their pattern of study and NSW Education Standards Authority (NESA) Requirements. This Assessment Booklet outlines the mandatory minimum requirements, the process for handing in assessment tasks, information regarding special provisions and how to apply. It is well worth a regular read through and is a guide to refer to during the year for students. If your child has not received the Assessment Schedules and NESA requirements book, please see Mr Dunn in the Library.

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

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

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

This term we will be conducting a **Mental Health First Aid course - Recognising suicide risk and learning how to support. This course is intended for parents and will be held on Tuesday 20th November 5.30pm-9.30pm** in the school Library.

Please RSVP Monday 12th November to the school on 63521422.

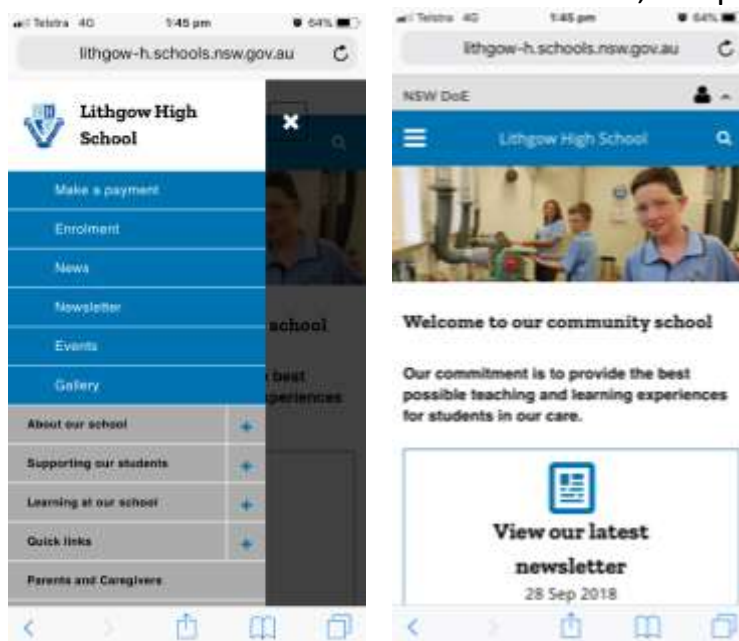
Matthew Quirk

DEPUTY PRINCIPAL



School Website changes

Term 4 has seen a significant change to our school website. The website has been updated and refreshed and now holds plenty of interesting information for parents, students and the wider community. It is more visually appealing and easier to navigate. It is also easier to use and read on smaller devices, like phones:



One feature we retained is our 'Quick links' page that holds important information including:

- Year 6 into 7 Orientation Information
- Subject Selection Information
- Stage assessment booklets
- Uniform Shop links and pricelists
- Parent Portal link
- Student Handbook
- Annual School Report
- Anti-bullying Plan
- Careers Information

Parents and carers are now able to make school payments for subject fees and excursions online by following the prompts to the secure site.

The home page holds links to our latest newsletter and information regarding upcoming events. The most recent Facebook posts are now also easily accessible.

Check it out:

<https://lithgow-h.schools.nsw.gov.au/>

Karin Mawhood

DEPUTY PRINCIPAL



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

Reporting and Assessment - it is that time of the year when assessment tasks are due. Please check with students and make sure they do not have any outstanding assessment tasks. Late submissions result in a reduction in their overall mark. If you are unsure, please do not hesitate to contact the school.

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

PBL Focus on Uniform - Over the past two weeks students have been receiving additional VIVO points during roll call for wearing the correct uniform. Students have responded well to this focus and the school has seen a drop in the number of referrals for uniform. We encourage students to continue wearing correct uniform after the focus has concluded. **PLEASE NOTE: Short black gym shorts and storm football shorts are not part of our school uniform, students should not be wearing them to school.**

Presentation Evening

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

Jeff Dean

WE REALLY NEED YOUR HELP

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

Many students benefit from your kind donations.

BEEF BONANZA!

Upper Hunter Beef Bonanza 2018

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

Lithgow High entered 2 Speckle Park steers (Sparkey and Turbo) this year, sourced by Bowyer and Livermore Stock and Station Agents, Bathurst. The steers were prepared on the farm at school after being delivered by Gary Lowe Milthorpe. They weighed in at: Sparkey 422kg and Turbo 435Kg. Unfortunately they did not bring home a ribbon but did not look out of place in classes of top quality steers. The hook results should be out next week.

Eleven students attended this year's event. They enjoyed the many experiences on offer at this event and at Chris and Amanda Kemps Corriedale stud at Merriwa.

There are a number of thank yous that need to be acknowledged. Firstly - all of the parents for allowing their children to attend, and for their support of the Agriculture Department as these excursions are wonderful learning experiences in life skills and agriculture, as well as a great way to meet other students with similar interests. Secondly, **Alison Grant** for once again being 'camp mum'; and then to the students for making the weekend easier by getting in there and doing it.



Jon Abbott - Agriculture Teacher

White Ribbon - Huge donation to an important cause



Lithgow Workmen's Club Motel very generously donated a large quantity of towels, blankets and boxes of toiletries to the Migay Yindyamarra Aboriginal Girls' Group today. The girls have become passionate supporters of women and children who have to flee their homes due to domestic violence. They have been busy sewing bags and canvassing for essential items to fill them. They originally wrote to the Lithgow Workmen's Club asking for children's activity packs to put in the children's bags and were overwhelmed with the incredible response of the much-needed blankets, towels and toiletries. Thank you Chantelle Hull who delivered and presented them, Julie Rushworth the Motel manager and Geoff Wheeler the General Manager who made it all possible.

If anyone would like to donate to this important cause, we are still in need of long life food items, clothes detergent, small toys, books and games, hair brushes, oral hygiene products etc....

The bags will be donated to the Women's Crisis Centre manager and Sargent Darryl Goodwin the White Ribbon Ambassador at the White Ribbon Assembly at Lithgow High School in November.

Please ring Lithgow High School on 63521422 if you would like to help our cause in any way.

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

Mental Health First Aid - Recognising suicide risk and learning how to support

Last term we surveyed parents during the Parent Teacher evening about our school conducting a MHFA (Mental Health First Aid) for parents supporting children at home, the survey indicated many parents were interested in attending the course.

On **Tuesday 20th November - 5.30pm- 9.30pm** in the school Library, Lithgow High School will be hosting a 4-hour MHFA course - Recognising suicide risk and learning how to support training for parents, which gives parents/carers the skills they need to recognise and help with mental health problems and crises.



The course will teach you how to identify, approach and support someone who is experiencing unhappy thoughts and behaviours using a practical, evidence based action plan. You will also have the opportunity to practise your new skills in a safe environment. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals. Note: This course is not a therapy or a support group. This course is not recommended for individuals recently bereaved by suicide.

Why attend a MHFA course? Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

What will you learn?

How to identify warning signs for suicide, How to confidently support a person in crisis, How to help the person stay safe, How to connect someone to appropriate professional help.

Contact: Sam Luchetti – Community Liaison Officer on 63 521422, Bookings essential.

RSVP: Monday 12th November

YEAR 12 GRADUATION CEREMONY



Perri Gibbons - Dux, 1st in Year 12, **Orla McKinney** and **Hayley Robson** received the, 2nd and 3rd overall highest average marks in Year 12

Katrina Abbott - Caltex Best All Rounder

Alannah Stoneley, Clare Francis and **Emilia Keen** - Phil Duncan Scholarship

Alannah Stoneley - Australian Defence Force Award for Teamwork and Leadership

Emilia Keen - Lithgow Aged Care Nursing Scholarship

Jack McIntyre - Reuben F. Scarf Award for Commitment to Studies

Zac Arkley-Smith - Lithgow Musical Award for Excellence in the Performing Arts

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

Kelsie Clarke and **Zac Arkley-Smith** Citizenship Award sponsored by EnergyAustralia for outstanding student leadership and commitment to our school.

Perri Gibbons - Inzitari Family Zig Zag Motel Award - Business

Chloe Anlezark - Inzitari Family Zig Zag Motel Award - Hospitality

Hayley Robson - University of Notre Dame Australia Award for Outstanding Achievement in Science

Hayden Cox - Most Outstanding Aboriginal & Torres Strait Islander Student

Sporting Awards:

Chloe Anlezark - Jessica Dean Memorial Trophy - Sportswoman of the Year Award & NSW Premiers Sporting Challenge for consistent effort in sport.

Kristy-Lee Garland - Trevor Winterbottom Memorial Award for Services to Hockey

Dane Guffogg - Helen Frith Award for consistent effort in sport





The L J Hooker Faculty Awards

Hayley Robson - Science, Mathematics, **Orla McKinney** - English & CAPA, **Eilia Keyhanee** - TAS, **Perri Gibbons** - HSIE & PDHPE, **Bradley McCormick** - Support. Awards presented by Jamie Giokaris, Principal of L J Hooker Lithgow.



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





WELLNESS WITH JOE WILLIAMS

On Wednesday 31st October Lithgow High Year 10 and some Aboriginal Students were fortunate to have motivational speaker Joe Williams share his lived wisdom, his experiences and message of hope with them. Joe was honest, real and compelling.

Joe is a proud Wiradjuri Aboriginal Man raised in Wagga Wagga NSW. Joe played in the NRL for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching to Professional Boxing in 2009. Joe was awarded Wagga Wagga Citizen of the Year in 2015 for his work within the community, mental health and suicide prevention sectors. Joe is also a published author.

Joe battled the majority of his life with his mental health. After a suicide attempt in 2012, Joe felt his purpose was to help people who struggle with mental illness "It was in that moment, I said to myself ... 'I am so thankful to be alive, and every day I get to open my eyes, I'm going to treat that as a gift'," he said.

"I made a promise to make the best impact that I can ... every day that I get the opportunity."

And he credits boxing and reconnecting with his Indigenous heritage as his shining lights.

Williams's struggle with negative self-talk began in his early teens.

While he was playing NRL the play-hard, party-hard lifestyle eventually took its toll.

Once Williams left football and gave up illicit drugs and alcohol, he was no longer able to ignore his underlying mental health problems.



"For me, taking away the alcohol and drugs ... the sore was underneath," he said

He was diagnosed with Bipolar Disorder, and in 2009 made the decision to become a professional boxer. Ultimately, he said, it was boxing that changed his life.

"Boxing taught me how to fight back against myself," he said.

Armed with this new attitude, Joe moved back to Wagga Wagga and started his own boxing gym.

"I wanted to train people's mindsets, because I knew what it did to me," he said.

Joe has published a memoir, *Defying the Enemy Within*, and now travels the world as a motivational speaker, sharing his story in the hope of helping others struggling with mental health problems and addictions.

As a Wiradjuri man, he has also reconnected with his Indigenous roots, a process he says fortified his determination to stay well.

Asked what he believes is the most effective technique for improving mental health and wellbeing, Joe says the key is "connection with self and identifying what it is that keeps you well ... connection to family, connection to friends, connection to pets. Help others if they aren't able to ask for help themselves.

Copies of Joe's book will be available in the school Library later this term.

IF YOU OR ANYONE YOU KNOW NEEDS HELP:

- [Lifeline](#) on 13 11 14
- [Kids Helpline](#) on 1800 551 800
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Beyond Blue](#) on 1300 22 46 36
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527

*Di Moore - Coordinator Wellbeing Centre
Learning & Support Teacher*

WELL-BEING CENTRE



The Wellbeing Centre at Lithgow High School continues to expand with a variety of Services and Agencies coming into the school to provide professional, specialist services for our students.

Students are able to access a variety of counselling support services, participate in fitness and wellbeing programs, be involved in art therapy, a brunch program, receive support for risk of homelessness, drug and alcohol information and support, and participate in educational and vocational programs which increase school engagement and learning goals.

We have three Wellbeing rooms which are used by the outside Agencies while they are in the school.

Service appointments are confidential and privacy is maintained.

Students do not need to leave the school grounds to access these support services.

During Term 4 Headspace will be basing its services at Lithgow High School while their building in Main St, Lithgow is being renovated. Our students will be able to access this early intervention mental health support service on site.

Di Moore, Coordinator and Linda Egan Administrator of the Wellbeing Centre are happy to answer any queries you may have. Ring them on 63521422.

Students who have accessed services this year report a high level of satisfaction and many now refer friends and peers.

Students may self-refer, and parents may also request services. Deputy Principals or Year Advisors may also refer.



*Di Moore - Coordinator Wellbeing Centre
Learning & Support Teacher*

PEER SUPPORT

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



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

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

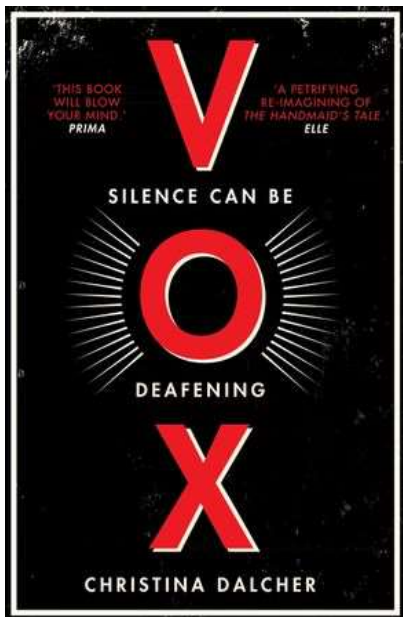
A range of successful strategies and responses were shared and explored with a clear understanding that everyone has the right to be treated with respect. This approach also applies to online interactions and behaviour.



Jody Cross - Teacher Librarian

Press Club Pages

Book Review



‘Vox’ by Christina Dalcher - Book review

“Think about waking up one morning and finding you don’t have a voice in anything.”

Originally published in August 2018 by Christina Dalcher, ‘VOX’ is an important novel that teeters on the edge of modern adult fiction and a truly repulsive dystopia.

Set in an alternate 2018 America, in which half the population found their voices stripped from them in order to restore the countries “traditional values”. ‘Vox’ tells the harrowing story of Dr. Jean McLennan who is experiencing the nightmare of a totalitarian government and her struggle

to protect both herself and her daughter against cruelty. It’s a story of injustice, struggle, love, change and most of all ‘Vox’ serves as a warning to all of us.

Honestly as a self admitted horror junkie i wasn’t anticipating the lasting dread that stayed with me long after i set the book down. A certain creeping dread that causes you to question the world around you more deeply, and perhaps become more inspired to fight for the rights you may have previously taken for granted. While I certainly enjoyed this book at face level (an action packed, emotional story filled with ups and downs and a main character that you just can't help but resonate with), honestly it was the lasting effect that puts it a step above the rest.

I will freely admit its message is on the nose, Dalcher doesn't work to hide her intentions behind the book and although some readers may disagree about the lack of subtlety it gets across what it needs to. ‘Vox’ serves its purpose and in doing so inspires anger and hope all at once. For this reason and many others I believe that everyone should take a shot at this book.

Whether we know it or not, we live in trying times on the verge of destruction from almost every angle. In our world it is easy to faith in humanity and its actions. ‘Vox’ holds a place in my heart because it reminded me of something extremely important that I believe everyone deserves to hear...

No matter your political leanings, the way you feel about our world or the empathy you feel for others - ‘Vox’ portrays a message that all of us can find comfort in... throughout the toughest situations someone will always always be someone fighting for peace. In the words of Dalcher herself “Honey, there's always a resistance.”

Kasey Cross - Press Club

Four Unique Places on Earth...



1. Mendenhall Ice Caves

The Mendenhall ice caves are located in Juneau, Alaska. They are 12 miles long and are also only 12 miles from the nearest town, being known as the 'glacier behind the town'. The ice caves are only accessible by kayaking down the waters and climbing the ice wall. The caves were formed by melting glacial ice and flowing water

around the sides of the glacier. The stream runs under and through the caves frequently, creating new caves.

2. Tunnel of Love

The Tunnel of Love is a railway track in Klevan, Ukraine. The track is surrounded by lively trees and plants. The tunnel continues for nearly two miles, and the only functioning train that uses the railway is to transport firewood which runs three times a day, so every other time you are allowed to walk through the it. Another name for it is the 'Green Mile Tunnel'.



3. Lake Hillier

Lake Hillier is a salt lake in Western Australia. It is more than 600 meters in length, and is also pink. The reason behind the colour of the lake is something that isn't completely understood by researchers or scientists. Some explanations are the *Dunaliella salina* microalgae which produces carotenoids, occurring in the waters, or halophilic bacteria in the salt crusts, or even a reaction in the salt and sodium

bicarbonate present in the lake could be another cause. The lake is also located right near the Pacific Ocean.



4. Tianzi Mountain

The Tianzi Mountain is located in the Wulingyuan Scenic Area in China. The mountain is scattered with peaks, the highest one being about 1262 meters. The mountain was formed by sedimentary rocks more than 300 million years ago and over time was eroded to make the peaks that are there now.



Ellie Bernassconi – Press Club

Up Close

With **MS TURNBULL**

Full Name: Corinne Turnbull

What is your role at Lithgow High? Learning and Support Teacher or Hub teacher

What annoys you at school? When I don't remember to have my cuppa

What schools did you go to? Tanilba Bay PS, Raymond Terrace HS

What are your hobbies? Gardening, camping, cooking, yoga

What are your greatest achievements? I've travelled the world, ridden my bike all over France and walked across Spain on my own

What is your favourite TV Show? Friends

What is your favourite animal? Black Cockatoo

What are your pet hates? Single-use plastic and unnecessary packaging

#waronwaste

Describe yourself in three words:

1. Bright (as in colours)
2. Crafty
3. Hungry

What did you want to be when you were a kid? Marine Biologist, because I swam before I walked and lived on a boat for 5 years. My friends thought I was a pirate.

Do you have any nicknames? Rin, Mrs Doo-Bee (in pre-school)

What is your greatest fear? Needles, even though I organise the vaccination program at school

How long have you been at LHS? Almost 4 years

Rate yourself on the following (1-10)

Driving: 7 - but I'm a 1 at reversing

Sport: 0

Shopping: 3 - I only shop when I really need to



STATE DRAMA ENSEMBLE



As a drama student in rural NSW, opportunities for expanding our theatrical expertise are limited, which is why we jumped at the chance to be a part of the State Drama Ensemble and be a part of the State Drama Festival.

The State Drama Ensemble is a prestigious drama program that takes drama students from year 7 to year 11 and hones their skills across one year of Wednesday afternoon tutoring. Each group creates a short performance that is showcased at the State Drama Festival in the Seymour Centre.

We were very lucky to be accepted into this program, which gives us excellent experience to put on our resumes, as well as valuable training in devising. Over the year we worked with specialists in movement, group devising and many other theatrical skills; and by the beginning of October had, alongside our group of 20 other year eleven students created a performance piece titled, 'A Love Letter To Parents' which explores the range of relationships we have with our parents and the continuity and change in parent-child relationships. On 25th and 26th October we performed two evening shows and a matinee in the Seymour Centre, one of the state's most renowned theatres, and all three shows were a great success.

Not only has this experience been a prestigious edition to our references and taught us valuable lessons in theatre and acting but it has allowed us to make friends with like-minded students and perform alongside them. This experience has definitely been a highlight of our year, and although we wouldn't suggest this program to other Lithgow students due to long travel times, expensive fees, and stress, we thoroughly enjoyed this experience and are grateful for this opportunity.

Milo Michell and Ashley Berg - Press Club

Lithgow Halloween



On 27th October, Lithgow celebrated Halloween with a massive street party that brought in thousands of people from all over the country to experience the fun and spooky party that left people laughing in fear. Lithgow put on a great party, which included special performances, costume competitions, rides and so much more!

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

Lithgow High School was involved with various areas of the organisation including setup of Pioneer Park, Halloween Parade and assisting the Stage Crew with event organisation and schedules. Well done to all of our school teams, you did a great job.

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

ADAM SPENCER MATHEMATICS DAY

Twenty students from Lithgow High School travelled to CSU Bathurst for a two and a half hour presentation with Adam Spencer. Adam Spencer is a well know comedian and mathematician who had the students split into groups with students from other schools. These groups then set about finding solutions to mathematical problems that Adam derived and are listed in his published books. The kids had lots of fun and Adam entertained them throughout the session providing guidance and a lot of humour for the kids.

All students had a lot of fun and challenged themselves mathematically, achieving a lot from the experience and each received a copy of one of Adam's latest books. Of particular interest was that one student from Lithgow High was only the second student from the entire day to achieve a solution to one particular problem.

A wonderful experience was had by all.



Ray Stoneley – HT Mathematics

SPORT REPORT

NSW ALL SCHOOLS ATHLETICS



Three Lithgow high students recently competed at the NSW All Schools Athletics championships held at Homebush. Students competed against schools from both state and independent high schools.

Harrison Wells came 7th in the Hammer Throw

Kyra Phillips came 5th in the Shot Put

Luke Thompson came 7th in the 110m hurdles.

This is an excellent achievement from all three students and they are to be congratulated.

U15's BOYS BASKETBALL



Good luck to our Under 15s boys' basketball team. They are currently in Terrigal competing at the Under 15 CHS Knockout State Finals.

This is the first time our U15s boys team have made the top 8 in the state and to represent at the finals. A full report will in our next newsletter. Well done boys we are looking forward

hearing of your achievements, you are a credit to our school community.

YEAR 8 CAMP

MONDAY 3rd - WEDNESDAY 5th DECEMBER

Students should arrive at the Lithgow High School bus bay at 7.00am Monday morning 3rd December.

Students will return to school at approximately 4.00pm on Wednesday afternoon at 5th December.

If a deposit was made last term, you only have to pay \$260.00. If not, the cost for the camp is \$310.00.

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

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



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

If parents or students have any more questions, please feel free to contact Mr Conroy at the school on phone 6352 1422.



Senior Tuition in the Library continues

Senior Tuition continues to be available daily during Student's Study Periods in the Library, providing assistance with Assessment Tasks and Study Techniques in all subject areas. It is important for our new Year 12

students to begin a good study pattern.

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

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

END OF YEAR CELEBRATIONS FOR YEAR 10



Attention, Year 10 students and parents, the Year 10 Celebration preparation has commenced.

The evening will be held on **Thursday 6th December** at the Lithgow Workies Club.

There will be notes distributed to students with additional information in the next few weeks.

Should you have any enquiries about the celebration, please feel free to contact the Year Advisors Mrs Debbie-Lee Reilly or Mr Guihot, at the school.

ON THIS DAY FROM THE HSIE FACULTY



On This Day in History - 2nd November

2 November, 1859

Abolitionist John Brown found guilty of murder, conspiring slaves to revolt and treason against Virginia and sentenced to hang.

John Brown was an American abolitionist who believed armed insurrection was the only way to overthrow the institution of slavery in the United States. During 1856 in Kansas, Brown commanded forces at the Battle of Black Jack and the Battle of Osawatomie. Brown's followers also killed five pro-slavery supporters at Pottawatomie. In 1859, Brown led an unsuccessful raid on the federal armory at Harpers Ferry that ended with his capture. Brown's trial resulted in his conviction and a sentence of death by hanging.

Brown's attempt in 1859 to start a liberation movement among enslaved African Americans in Harpers Ferry, Virginia electrified the nation. He was tried for treason against the Commonwealth of Virginia, the murder of five men and inciting a slave insurrection. He was found guilty on all counts and was hanged. Southerners alleged that his rebellion was the tip of the abolitionist iceberg and represented the wishes of the Republican Party to end slavery. Historians agree that the Harpers Ferry raid in 1859 escalated tensions that, a year later, led to secession and the American Civil War.

Andrew Finlay - HSIE Teacher



***Thank you to our valuable VIVO Rewards
Local Sponsorship Partners:***

**Zambrero, Lithgow Technologies, Lithgow Golf Club, Workies,
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 &
Reliance Bank**

Great work to everyone this term, keep earning the rewards will come

Year 10

“Be proud to graduate into Senior School”

You need to start thinking about your senior uniform!

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

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

January Opening Hours

Thursday	17th January - 8.30am -1.00pm
Friday	8th January - 8.30am -1.00pm
Tuesday	22 nd January - 8.30am – 11.00am* (extended hours available if busy)
Wednesday	23 rd January - 8.00am – 10.00am* (extended hours available if busy)
Thursday	24 th January – 8.00am – 10.00am* (extended hours available if busy)
Tuesday	29 th January - 8.30am – 10.00am* (extended hours available if busy)

Payment Options

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

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





The Uniform Shop (02) 6352 3494

FITTING APPOINTMENTS IN TERM 4

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

JUNIOR & SENIOR UNIFORMS NOW AVAILABLE FOR 2019!

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

**Tuesday and Thursday
Mornings - 8.00am - 10.00am**

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



Links to Learning term 4 excursions

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

LINKS 2 LEARNING

Links to Learning Term 4 excursions

This term we are out and about in the community.



One group is volunteering at Secret Creek helping at the animal sanctuary.

The Year 9 links have started Duke of Edinburgh, and they have had two weeks of parkour at PCYC. Another group is heading to Beehive to

learn some practical skills from experienced crafters. Well done everyone!



Debbie Raynor – Links 2 Learning Co-ordinator

YEAR 12 “FUN DAY/SLAVE DAY”



The Year 12 Slave Day/Fun Day 2018 was a great success! Both teachers and students were able to purchase a Year 12 Student, and everyone had an entertaining fun day, the highest bid for a student group was a massive \$130. Slave Day is a fantastic fundraiser for the Year 12s to support a local charity and it is definitely worth the money. It is always a fun way for younger students to make Year 12 Students do all their work, carry their bags and generally make them work hard.

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



Thinking of booking a family holiday during school term time?

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

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

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

VOLUNTEERS REQUIRED IN OUR CANTEEN



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

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

If you can help, please ring Evonne on 6351 2308

IN THE COMMUNITY

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*

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

An advertisement for Cruze Driving School. It features a yellow car with the school's name and phone number on the side, parked on a green field. In the background, there are road signs for Bathurst, Lithgow, and Oberon. A large sign on the left lists services: AUTO/MANUAL, CAR HIRE FOR TESTS, PRE-TEST LESSONS, DOOR TO DOOR COLLECTIONS, and BLOCK LESSONS AVAILABLE. The text "Cruze Driving School" is written in a large, stylized font at the top. Below the car, the name "Gabby Krulova" and the phone number "6337 5941 / 0404 644 089" are displayed. At the bottom, it says "Member of the ADTA no:3969" and "www.cruzedriving.wordpress.com".

Cruze Driving School

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

BATHURST LITHGOW OBERON

Gabby Krulova
6337 5941 / 0404 644 089

Member of the ADTA no:3969

www.cruzedriving.wordpress.com

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- Understand your close relationships with others and how to improve them
- Learn how to support yourself emotionally
- Feel stronger, freer, clearer and more connected to yourself
- Learn to make choices & decisions from a place of self awareness



JENNIFER EDWARDS
Counsellor/Experiential Psychotherapist
Dip. Couns. (Counselling)
Ph: 0404 531 555 HARTLEY

Call me on 0404 531 555 to make a time to suit you (I am based in Hartley)

Or email me at jennifer@emotionalsurvivalkit.com.au www.emotionalsurvivalkit.com.au

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting:

Lithgow Bowling Club

Peachman Avenue, Lithgow

Monday 12 Nov	01.00pm – 07.30pm
Tuesday 13 Nov	08.00am – 02.45pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call **13 14 95**
or visit donateblood.com.au



DATES TO REMEMBER

Monday 5th November 2018	Year 6 Parent Tour - 9.15am Bookings essential P&C Meeting 6.00pm - Hall Foyer
Tuesday 6th November 2018	Small Schools Orientation Day 9.30am
Friday 9th November 2018	Last HSC Exam day
Tuesday 13th November 2018 - Friday 16th November 2018	Stage 5 (Year 9 & 10) Formal End of Course Exams begin
Tuesday 13th November 2018	Year 12 Formal
Tuesday 20th November	Mental Health First Aid Course for Parents – 5.30pm – 9.30pm - School Library
Monday 3rd -5th December 2018	Year 8 Camp
Tuesday 4th December 2018	Year 6 Orientation Day - 9.30am – Hall
Thursday 6th December 2018	Year 10 Celebration
Monday 10th December 2018	Year 7 -11 Presentation Evening
Tuesday 18th December 2018	Year 7-10 Reports distributed
Wednesday 19th December 2018	Last day of Term 4 for students
Thursday 20th and Friday 21st December 2018	Staff Development Days LHS Staff only
Monday 28th January 2019	Australia Day Public Holiday
Tuesday 29th January 2019	Staff Development Day – LHS Staff only
Wednesday 30th January 2019	School resumes 2019 for Year 7, 11 and 12
Thursday 31st January 2019	All Years return to begin Term 1 2019



For your fridge – Term 4 Calendar

Lithgow High School Calendar - Year 2018 TERM 4						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
Oct/Nov Week 1	3	29 HSC Examinations - Hall	30 HSC Examinations - Hall 11►12 Assessment Evening 6pm - Library	31 HSC Examinations - Hall	1 HSC Examinations - Hall	2 HSC Examinations - Hall Jamberoo Excursion Newsletter Issued
Oct Week 2	4	5 HSC Examinations - Hall School Parent Tour 9.15am bookings essential P&C Meeting 5pm - Foyer	6 HSC Examinations - Hall 6►7 2019 Small Schools Orientation 9.30am – 12.00pm	7 HSC Examinations - Hall	8 HSC Examinations - Hall	9 HSC Examinations - Hall Year 11 Reports Issued
Nov Week 1	5	12 School Parent Tour 9.15am bookings essential	13 Year 12 Formal	14 Stage 5 End Course Exams - Hall	15 Vaccinations Stage 5 End Course Exams - Hall	16 Stage 5 End Course Exams - Hall
Nov Week 2	6	19	20 Mental Health First Aid Parents– 5.30-9.30pm	21	22	23 Indigenous Gala Days
Nov Week 1	7	26 Year 10 –Y PEP Program	27 Year 10 –Y PEP Program	28 St.5 Drama 'Thicker than Water' Performance	29 St.5 Drama 'Thicker than Water' Performance Cultural Day	30 Newsletter Issued
Nov/Dec Week 2	8	3 Year 8 Camp Combined Schools Carols P&C Meeting 5pm - Foyer	4 Year 8 Camp 6►7 Orient Day 9.30am Hall	5 Year 8 Camp	6 Year 10 Celebration Evening	7
Dec Week 1	9	10 Presentation Evening Year 7 - 11	11 St.5 Drama Performance 'Medea'	12 St.5 Drama Performance 'Medea'	13 St.5 Drama Performance 'Medea' 'Wet and Wild Excursion (premiers reading challenge) HSC results out	14 Year 12 HSC Breakfast ATAR out
Dec Week 2	10	17	18 Year 7-10 reports distributed to students	19 Last day for Students 2018	20 Staff Development Day	21 Staff Development Day

**School returns for Year 7, 11 and 12 on
Wednesday 30th January 2019
All other Years return on
Thursday 31st January 2019.**