



*Lithgow High School*



## NEWSLETTER

18<sup>th</sup> June 2018

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

# WorldSkills



**Next P & C meeting  
is at 5.00pm on  
Monday 6<sup>th</sup> August  
You are welcome to attend.**

# PRINCIPAL



Lithgow High School continues to offer outstanding opportunities for students to be successful. In the weeks since the previous newsletter so much has happened and I include a few highlights below. Well done to all staff and students involved.

Congratulations to our Basketball Teams for their outstanding success in the state knockout competition. The girls came 5<sup>th</sup> in state and boys 7<sup>th</sup> in state. **Luke Thompson** and **Chloe Anlezark** were selected to the Western CHS soccer teams, Drama students competed in the Sport for

Jove drama festival, we had a highly successful 52<sup>nd</sup> Annual Festival of Speech, the Dance ensemble performed at the Western Festival; **Dane Guffogg, Ryan Neale** and **Mitchell Thompson** were selected into Western Region Hockey Team, students attended the Indoor Soccer carnival for students with a disability, Lithgow High made 3<sup>rd</sup> place in the Western Region Table Tennis Comp; **Harrison Hopkins, Lachlan Taylor** and **Zane Harrington** represented at the Combined High School Rugby League Championships; and **Zac Stanford** and **Zack Mitchell** competed at the World Skills where Zac Stanford won the silver medal.

Fantastic learning opportunities included: Financial Services Certificate I course; Teen Mental Health First Aid – delivered to all Year 11 Students; “Young, Strong and Deadly” program for Aboriginal Boys; the highly successful “Interview to Impress” Workshop at Mt Piper Power Station; the Hilton Hospitality Experience; the United Nations Association of Australia; Peace Program; the Excursions to Edutech and World Skills, and a 40% increase in Senior Students using the all-day everyday Tuition Program.

## **Traffic and the bus bay and carparks clarification:**

The parking restrictions at Lithgow High School are imposed for the safety of the students. I request that all drivers are conscious of this if they need to enter the bus bay or carpark on occasion.

Please note that last week the police visited the school at the end of a school day. They indicated to the Deputy Principals’ that they witnessed numerous breaches of the parking signs in the bus bay and could have imposed fines. Police requested that we remind parents and all visitors of the following:

1. The parking signs in the bus bay are enforceable by police
2. Police will be monitoring the area in coming weeks.

## **Guidelines for Parents:**

The Parents and Citizens and staff of the school have been working on a document to enhance the communication between parents and the school. Effective and supportive communication practice assists in developing partnerships between

parents and the school. The guidelines are published in this newsletter, and on the portal and will be included in the student handbook. These guidelines were endorsed by staff and the Parents and Citizens Association along the Director of the Lithgow network. I encourage everyone to read them and I hope that they are helpful in building effective partnerships with parents.

### **Mobile phones at school**

There has been much publicity nationally around this issue, with the Minister of Education Simon Birmingham calling for a ban on phones in schools. Whilst the school is not banning phones we kindly ask parents to assist children to build resilience and independence and allow staff to supervise and manage students. Please **avoid making and receiving calls or texts to your children during the school day**, thus encouraging them to follow school expectations regarding the use of devices, and developing important work skills. In the case of an emergency please call the Front Office on 63521422.

Our published policy is below:

***“What is inappropriate use of technology?***

***When it is not required for learning. Failing to follow the instructions of staff, sending text messages or making phone calls, using social media, disrupting the class with music or video, using the recording function without permission. Accessing a site other than the ones requested by the teacher. Accessing offensive material.”*** LHS Student Handbook 2018

*Ann Caro – Principal*

## **Guidelines for parents in supporting their children at school**

These guidelines are designed to assist parents, caregivers and guardians to ensure a positive and effective partnership with the school in building successful learning for their children.

### **Lithgow High School is a Safe, Respectful, Responsible Learning Community.**

The responsibility for promoting and upholding the core values of the school community falls on those with the greatest capacity to reason and control their actions, [adults] therefore, it is the expectation that all staff/ parents/caregivers model acceptable behaviour at all times within the school setting and at school sponsored activities.

As a parent/caregiver, you play an influential role in the development of your child's sense of justice, equity, and their appreciation of the worth of all members of the community. You are one of the most influential role models in your child's life.

Fundamentally we ask that we work together where your child's behaviour has overstepped accepted standards.

We request that you are mindful of the hurt and damage social media may cause to the school, staff members and other parents/caregivers and ask that you bring concerns to the notice of school staff.

**We seek the support of parents/ carers and visitors in the following ways:**

- Support the school by reminding children to follow the school expectations and support school imposed consequences for breaches of the behaviour code.
- Treat all persons associated with the school with respect and courtesy in person and online.
- Make appointments in advance of expecting to obtain an interview, remembering that school staff are busy working with students.
- We kindly ask parents to **avoid making and receiving calls or texts to your children during the school day**, this will assist children to build resilience and independence, develop important work skills and allow staff to teach without interruption. Please encourage children to follow school expectations regarding the use of devices. In the case of an emergency please call the front office on 63521422
- Encourage your child to report issues of concern to a trusted adult at school, a teacher, Year adviser or member of the executive. Discuss issues or concerns about the school, staff or students through the correct procedures (as outlined in the table below)
- Never approach students in the school with a view to making allegations against or threatening students
- Follow school procedures governing entry and behaviour on school grounds. Follow all signposted entry, exit and parking rules when entering the school or bus bay in a vehicle.
- All persons entering onto the school grounds **must** obtain a visitors pass from the Administration office. **Note:** Visitor's passes will only be given to visitors with an appointment. This is a work health and safety requirement.
- Attend meetings and parent teacher meetings if at all possible

**Effective communication with the school. On occasion you may need to call the school to:**

- Discuss the progress, health or welfare of own child(ren), or family issues
- Express concern about alleged actions of own child(ren) or other students
- Enquire about school policy or practice
- Express concerns about the alleged actions of staff or volunteers.

When this is the case please call the office 63521422 and to assist in passing the message to the right person **give the staff member who takes the call your child's name and year group and a brief overview of your concern.**

CONCERN	APPROPRIATE ACTION
Concern regarding academic progress of own child	<ul style="list-style-type: none"> <li>• Directly contact the child's teacher by note, email or by phone to arrange an appointment. For concerns across a range of subjects contact the Year Adviser</li> </ul>
Concern regarding the welfare of own child	<ul style="list-style-type: none"> <li>• For minor issues, directly contact your child's Year Adviser.</li> <li>• For more serious concerns, contact either the Counsellor or Deputy Principal and give an overview.</li> <li>• To convey information about change of address, phone no., emergency contact, custody details, health issues etc, please contact office staff.</li> </ul>
Actions of other students	<ul style="list-style-type: none"> <li>• Contact the class teacher or Head Teacher of the subject for a classroom problem.</li> <li>• Contact Deputy Principal for playground or travel problems.</li> </ul>
School Policy or Practice	<ul style="list-style-type: none"> <li>• Contact the Office. State nature of concern and make an appointment to see the Deputy Principal or Principal.</li> </ul>
Actions of a staff member	<ul style="list-style-type: none"> <li>• For minor matters, leave a message for the staff member or their Head Teacher directly to clarify concerns.</li> <li>• For more serious matters, contact the Deputy Principal or Principal and state concerns.</li> </ul>

NOTE: In the rare cases, where people wishing to express concerns do so in an offensive, aggressive, threatening or violent manner, the Principal (or nominee) has the legal authority to:

- Terminate any phone conversation or meeting
- Direct the person to immediately leave the school grounds
- Call the Police to remove the person should he/she refuse
- Withdraw permission (by letter) for the person to enter the grounds without the Principal's permission and/or subsequently limit that person's contact with school staff.
- Seek further legal avenues.

The school community appreciates the support and partnership of parents and community in ensuring that Lithgow High School is a safe respectful and responsible community of learners.

These guidelines were unanimously endorsed at the P&C meeting on 4/6/2018 and the full staff meeting on 5/6/2018.



# WORLD SKILLS IS WORLD CLASS

Every two years a competition is run to find the best vocational students in the world, the competition is called World Skills. This year the world championships are being held in Russia. The competition includes both trade and school students. To compete at this event students must first be recognised as having potential, an appropriate skills set and appropriate temperament. They then compete at a local event and progress through Regional, State and National Competitions.



The Australian Championships were held last week at Sydney in the International Convention Centre. At this event there were thousands of visitors who witnessed the very best trade students across Australia compete in a three day event that tested the skills, knowledge and temperament of the competitors. Simply to compete at this level is a massive achievement.

Quite amazingly Lithgow High School had two students attend, **Zac Stanford** in Construction and **Zac Mitchell** in IDT, in the NSW team. An amazing achievement that recognises their very high level of skills.

Both students did exceptionally well, congratulations to Zac Stanford achieving a Silver Medal in Construction. A sensational effort.

*Peter Brownlow - HT VET/IT*

# DEPUTY PRINCIPAL



## Prefect Speeches and Election

On Tuesday 26<sup>th</sup> June the nominated prefect candidates will present their speeches to the school. It is important to remember that the process includes a review of academic performance and application to studies; students also need to have been involved in a leadership group during their time at school. As part of the process, the outgoing prefects interview students. I am very impressed by the caliber of leaders we have in the school. Well done to all.

**The Leaders' Induction Ceremony will be on Tuesday 7<sup>th</sup> August.** This will include the Captains and Prefects, House Captains and Vice Captains, Students Representative Council and the Peer Mediators.

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.

## Criteria for Students Representing the School

It is an expectation that students representing the school maintain positive behaviour and learning outcomes. To ensure that this occurs the school has devised a set of rules for students attending such excursions:

Students selected to represent the school for sport or any other privilege:

- Cannot be on Suspension
- Must be off their Monitoring Cards for 3 weeks
- Should have no overdue N Awards, all N Award warnings must be redeemed
- Must have a minimum 70% Attendance unless there are special circumstances.
- Demonstrate compliance with uniform requirements of the school as deemed by the P & C

*Matthew Quirk – Deputy Principal*

## Multitools

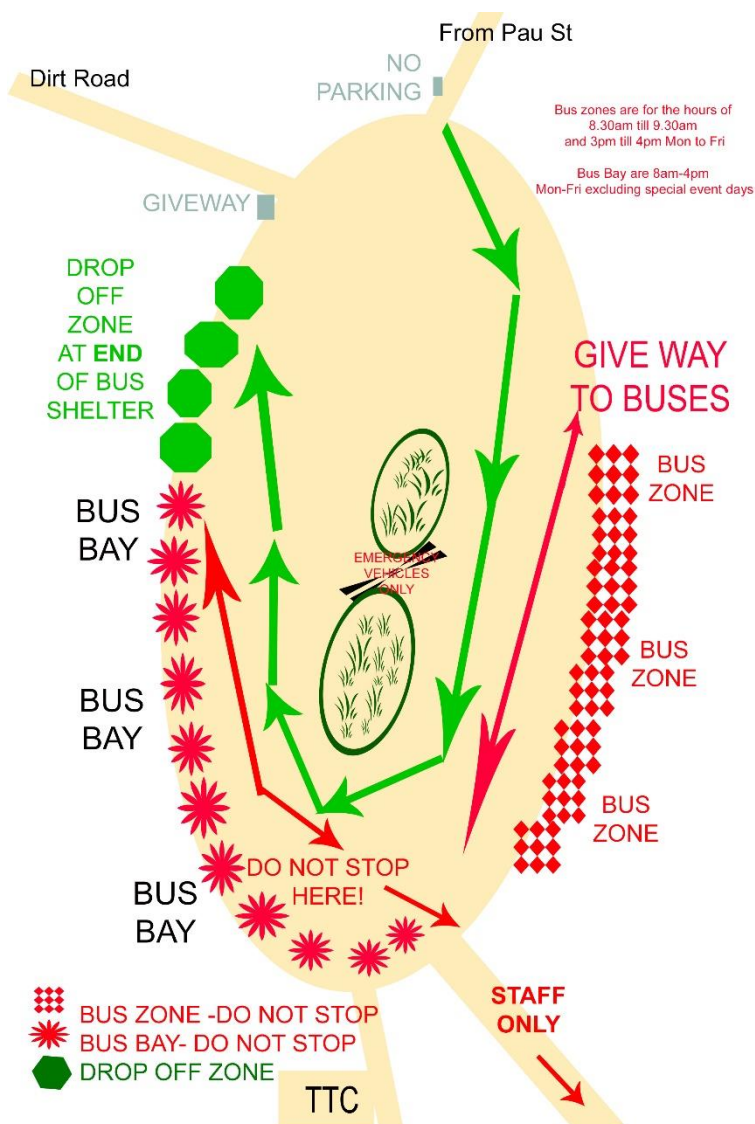


Lately we have had a couple of students bring Multitools to school. Because they contain knife blades they are considered weapons. This means that they are prohibited from school.

Students who possess them will face a Long Suspension for possession of a prohibited weapon. Please leave these at home.

*Jeff Dean – Deputy Principal*

# IMPORTANT SCHOOL NOTICE



Please be aware that a marked police car visited the school on Thursday morning. They reported that many of the cars entering the school had parked illegally. They indicated that they would be back in a couple of weeks to issue tickets to drivers not following the clearly marked signs (\$325 and 2 demerit points). Please remember that this area is for buses and that there are 800 students leaving and entering the school on any given day. Their safety is a priority for the school and law enforcement.

## SCHOOL ZONE Parking Infringements

SCHOOL ZONE

8 - 9<sup>30</sup> AM  
2<sup>30</sup> - 4 PM  
SCHOOL DAYS

40

NSW Police Force

Roads & Maritime

School Zone Infringement as at 30<sup>th</sup> January, 2018

STOP

\$183 + 2 demerits

\$330 + 2 demerits

\$330 + 2 demerits

NO STOPPING

BUS ZONE

<http://www.rms.nsw.gov.au>



# DEPUTY PRINCIPAL



## Bus Travel to and from School

Travel to and from school is an extension of the time students spend at school. Most students travel within the school and bus company guidelines every day. There are some instances where an issue may arise during bus travel. The school follows up incidents that occur on the bus rides either to school or on the journey home. The behaviour of students while travelling to school is a concern for both the school and parents. Students have a code of behaviour while at school that extends to the time they travel to and from school, this is the School Positive Behaviour for Learning expectations. The specific expectations around bus travel include:

- I wait my turn to board the bus
- I stay inbounds
- I remain behind the railing until my bus has arrived
- I interact positively with the community
- I bring and use my own bus pass

### Student expectations while on the bus include:

- wearing the seatbelts
- remaining on the bus for the entire trip from home to school
- remaining on the bus for the entire trip from school to the designated home stop
- following the school behaviour code PBL expectations

Unacceptable behaviour while travelling on the school bus may result in travel penalties that could include the implementation of school based discipline structures. The bus contractor can also apply a penalty that can include:

- a warning
- 2 week suspension from bus travel
- further lengthy travel suspensions including in extreme cases permanent suspension

The school works closely with the bus contractor and students to ensure that all bus travel is safe.

## Attendance at school: parent responsibilities

The NSW State Government sets out the requirements for the attendance of students in NSW government schools.

Lithgow High School sends out an SMS daily for all students who are marked absent for the day. The school also sends out weekly emails to parents to explain absences. The school also notifies via SMS of lateness to school. It is a requirement to explain all late arrivals to school.

It is the responsibility of parents to explain the absences of their children from school promptly and within 7 days to the school.

- Parents can respond via the SMS message to indicate if their child is sick or on family leave.
- Parents can also reply email to the attendance letters sent via email weekly to indicate the absence reasons.
- Parents can also ring the school office to indicate the absence.

There are a variety of methods for parents to update their email and mobile phone numbers:

- Online through the School Parent Portal

- Filling in a 'notification of change of details form' - this is available in the school office
- Ringing the school

It is important that we work collaboratively together to ensure students are actively participating in all school activities. Attendance at school is the first step towards this.

Further information regarding School Attendance requirements please refer to the DoE policy on Attendance: <https://education.nsw.gov.au/policy-library/policies/school-attendance-policy>

*Karin Mawhood – Deputy Principal*

## 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.

## Year 7-12 Parent Teacher Evenings

All Years - Monday 2<sup>nd</sup> & Wednesday 4<sup>th</sup> July

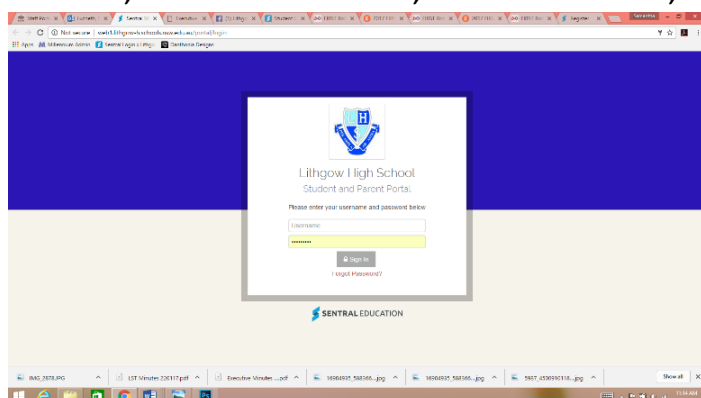
On Monday 2<sup>nd</sup> and Wednesday 4<sup>th</sup> July, (last week of Term 2), Lithgow High School will be hosting the first full Parent/Teacher evenings for 2018. The nights will commence at 4.00pm and finish at 6.30pm. The two nights are for all years from Year 7 through to Year 12. A note has been distributed to both parents and students.

Parent/Carers who have provided their email addresses will have received a Sentral (our school records system) User/ID code and password via email recently. This username and password will enable you to log into the student/parent portal and book your appointments with your children's teachers. Bookings will open on **Tuesday 18<sup>th</sup> June**, allowing two weeks to book your appointments.

We hope you all have access the Sentral system which assists parents to track absences, access timetables, student notices, download and print published reports

and Assessment Schedules. If you require further information please contact **Sam Luchetti** on the school number 6352 1422.

Visit the website and login, it will become an invaluable tool in communication with parents.



<http://web1.lithgow-h.schools.nsw.edu.au/portal>



The Wet Weather area was transformed last week into a beautiful outdoor learning space thanks to the very generous donation from school patron Mr Phil Duncan. This area will be used during PE/Sport for covered outdoor activities offering protection from the rain in winter and the sun in the warmer months. The space will also be used before school, during recess and lunch breaks for basketball activities and encouraging health and fitness in our students which is a very important aspect of physical and mental health in teenagers. The softfall will allow students a nice area to sit on during school assemblies and year meetings and is now much more visually appealing.

Thank you once again **Mr Duncan** for all of your continued assistance of our great school.

*Sam Luchetti*

## **SRC REPORT**

On the 16th of May members of the SRC participated in a half day leadership course run by the local TAFE. The aim of this day was to grow teamwork skills, problem solving skills and communication skills.

At the beginning of the day we were separated into two groups who each did different exercises and activities but with the same common goal in mind.

One activity that my group participated in was a game called tanks. For this activity we were moved into teams of three with each person receiving a different role. The first role was the "tank". The tank was blindfolded and had to move around on all fours to navigate "missiles" (beanies and socks) and to launch the missiles at enemy

tanks. The second role was the navigator who could see the “tank” but was mute (unable to speak). The third role was the captain. The captain could not see the tank but was able to speak, so the navigator had to use gestures and hand signals to tell the captain what to say to the tank for the tank to find the missiles and launch them at the other tanks. Although my team didn’t win this activity it was a lot of fun and definitely improved our communication skills.

Overall the day was a huge success that helped the SRC get to know each other better and improved our teamwork, communication and problem solving skills in a unique yet effective way. We hope to use these skills to bring Lithgow High better fundraisers and to hold more effective events in the future.



Term 2 has seen the SRC busily organising and planning events for the students of Lithgow High. Students have been working hard on putting on Jersey Day to help raise funds for people in need in our local community. This will be a wonderful way to finish off the term. Additionally, we are in the process of electing our SRC year representatives for 2018/19

team. We look forward to welcoming back some of our present SRC members as well as meeting our newly elected students next term. We also farewell our wonderful Year 11 students who have been serving the SRC with great commitment as they move into their new roles as the leaders in 2019. The SRC is excited for Term 3 and look forward to creating events for the Lithgow High Community to enjoy.

## SCHOOL UNIFORM CLOTHING DRIVE

Over the course of this term the SRC will be collecting school uniforms to give to students in need at our school.

If you have any school clothes that you no longer wear it would be a great benefit to the school if you could bring them in.

You can drop your old uniforms at the Office, the Deputy Principals Office and B33 at Roll Call.

We also encourage students who are unable to obtain a school uniform to see a deputy or Miss Hotham.



This initiative will be a great support to the school community and our fellow students, which is why it is so important to get involved. We will be collecting uniforms all term so you have plenty of time to get your clothes in!

*Ryan Bird & Logan Mcmanus – SRC Representatives*

## DANCE FESTIVAL



On Wednesday 6<sup>th</sup> June our Dance Ensemble performed in the Western NSW Dance Festival held at Bathurst Memorial Entertainment Centre. The Ensemble is made up of students from Year 7 to Year 12. Thank you to Ms Peters and the Stage 5 and Year 11 Textiles Classes for making our skirts and Mrs Lloyd for making the leotards. The girls had a fantastic time and looked beautiful as they performed their dance 'The Circle of Life'. Well done, outstanding!

*Deb Farebrother - Teacher*

# Festival of Speech goes Public!



The end of May saw the 52nd Festival of Speech at Lithgow High School. What an achievement! Over half a century of celebrating the power of argument and persuasion. This year, with the support of Lithgow High Principal Ann Caro, the Festival became a Public Schools only event. The reason for the shift was to try and encourage public school participation and show our support for a public school system. This turned out to be a great success! We had 11 public schools attend the



Festival, from as far east as Dunheved, as far west as Cowra and as far north as Mudgee. Twenty-nine separate debates were held during the day, over topics that included free speech, vegetarianism and zombies. In the Junior section, Winmalee took the day. The Lithgow High School Senior Team went all the way to the Grand Final, where they were narrowly beaten by a very strong Denison College Bathurst Team.

**Mr Foy** returned to judge the Public Speaking Section and spoke about the strength and power of the topics people spoke about. Overall, the Festival was considered a great success this year, and we would like to thank **Ms Alexander** and **Ms Cases** for their excellent organisation.

*Brett Jeffers - HT English/Drama*

***2018 SCHOOL MUSICAL  
JOSEPH AND THE AMAZING  
TECHNICOLOUR DREAMCOAT***



***PERFORMANCE TIMES***

<b>Sunday</b>	<b>1<sup>st</sup></b>	<b>July</b>	<b>2.00pm</b>
<b>Tuesday</b>	<b>3<sup>rd</sup></b>	<b>July</b>	<b>7.30pm</b>
<b>Thursday</b>	<b>5<sup>th</sup></b>	<b>July</b>	<b>7.30pm</b>
<b>Friday</b>	<b>6<sup>th</sup></b>	<b>July</b>	<b>7.30pm</b>

***Cost***

Adult	\$25
Student/ Concession	\$20
Family (2 Adult 2 Concession)	\$60

***Come and support the very talented young  
people of our school***

# ***JOSEPH AND THE AMAZING TECHNICOLOUR DREAMCOAT***

Joseph and The Amazing Technicolor Dreamcoat is one of the great musicals of the 20<sup>th</sup> Century. The music is by Andrew Lloyd Webber and the lyrics by Tim Rice and the production has had long runs on both the West End of London and on Broadway.

The story revolves around Joseph who is the favoured son of Jacob. When Joseph is given a beautiful coat by Jacob, his brothers become very angry and sell him to the Ishmaelites. Joseph eventually ends up as the favourite in the court of the Pharaoh. His brothers then have to "grovel" to him in order to find enough to eat.

The musical is very funny, full of wonderfully tuneful songs and energetic and amusing dance numbers.

The cast are on stage virtually all the time and the students have had to work really hard to bring the show to life.

The production stars **Zac Arkley-Smith** as Joseph. Zac is a talented performer and has had roles in both the school productions and the Lithgow Musical Society shows.

His co- star is **Lauren Trounce** and audiences are sure to be impressed with her lovely voice and her portrayal of the Narrator.

One of the highlights of the show will be that of **Finnian Galloway** as Potiphar. Finnian has, with Zac and Lauren, been part of the School Musical since Year 7.

One of the younger students participating is **Christian Broome**. His portrayal of Elvis is sure to bring the house down.

The chorus of girls and brothers have worked really hard as they have very little time to relax in this show. Students from Year 7 to Year 12 are involved in the Chorus.

**Brian Kinney** provides the musical accompaniment and The Lithgow Musical Society has once again supported the students.

This is a wonderfully entertaining show and we hope you will come and support the students in the production of a very professional show.

*Rae Burton – Musical Director*



# SUPPORT - WORK EXPERIENCE



Year 11 Support Students Erin, Taylor-Marie, Michael, Arron and Kaleb are currently participating in supported work experience at Access Industries Lithgow.

They are gaining many important skills including learning to use the Industrial Machinery.

Stephanie, Danielle, Nathan, Brad, Alex and Shyanne are completing their work experience at Busy Paws, Dimmeys, Sportspower, Bunnings, Lake Lyall and Coles.

On behalf of the entire Support Faculty I would like to thank the local businesses for their continued support placing our students and accommodating their individual learning needs.

[Lake Lyell Recreation Park](#), [Sportspower Lithgow](#), [Bunnings](#),

## Sydney Hilton Hotel

12 of our Year 10 students attended a three day Work Inspirations Program at the iconic Sydney Hilton Hotel. The students did a tour of the hotel which included their famous Marble Bar, restaurants, guest rooms, kitchens, back of house, security, engineering, Human Resources and a talk from the General Manager.

Students also attended a career planning session and other sessions which included hands on experience with the coffee shop, mocktails, front desk and management!



*Rebecca Hamment – Careers Advisor*

# Wellbeing Centre Report

Lithgow High School acknowledges the vital importance of Student Wellbeing and, as a result, in 2018 we established a Wellbeing Centre within the school. It is coordinated by Mrs Di Moore, assisted by Administration Officer Mrs Linda Egan, and operates during school hours.



The Wellbeing Centre offers a wide range of service providers and students can access services such as counselling, youth worker support, mental health support, housing assistance and financial support, drug and alcohol counselling, student and family support, as well as an Aboriginal Liaison Officer.

In addition there are a variety of other services providing small group support for targeted students.

We started the year optimistically with one Wellbeing Room but the response from students and families has been so positive that we are currently organising and preparing other rooms within the school. We now have 3 specific Wellbeing Rooms for use by outside services while they are in the school.

Most services require parent permission and some require a GP Referral. Local GP's are aware of our Wellbeing Centre and are able to refer students. Students may also self-refer for some of the services.

Students and parents/carers and staff have been enthusiastic about the availability of a range of services within the school, as have the services coming into the school.

The Wellbeing Centre will continue to grow and evolve and we thank the local health and support service community for their involvement, expertise, interest in and support of our young people.

Lithgow High School is proud to be one of only two High Schools in NSW who currently offer such extensive access to Wellbeing Support and services.

If you have any questions or feel that your child may benefit from any of the above services please phone Lithgow High on 63 521422 and ask to speak with Di Moore or Linda Egan.

*Di Moore - Coordinator Wellbeing Centre*

# Anti-bullying Seminar

Students at the Anti-bullying seminar run by Multicultural NSW and the United Nations Association of Australia - Peace Program. They learnt about the impacts of bullying and how we can work together to stop it.

Students completed a very enlightening and inspiring seminar on Anti Bullying.



*Erika Marlin - Teacher*

## Interview to Impress Workshop



Interview to Impress Workshop at Mt Piper Power Station.

Students were teamed up with mentors from a wide range of employment areas within the Energy Australia organisation.

The workshop covered areas such as presentation, hard and soft skills, focus, goal setting and interviews.

*Rebecca Hamment - Careers Advisor*



# Up Close With **MRS GALLOWAY**

**Full Name:** *Charlotte Rosemary Galloway*

**What is your role at Lithgow High?** Learning and Support Teacher, Year 7 Geography Teacher and Aboriginal Programs Coordinator

**If you could be any animal what would you be and why?** A horse, because they are strong and fast.

**What annoys you in class?** Students who can tell funnier jokes than me!!!

**What schools did you go to?** Strathfield South Public School, Burwood Girls High, St.Luke's Grammar, Dee Why and Wheaton Central High School, Illinois, USA

**What are your hobbies?** Fitness, movies, family, reading and cooking

**What are your greatest achievements?** Finishing the Spartan and my son, Jake

**Describe yourself in three words:**

1. Active
2. Busy
3. Loving life

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

An Archaeologist

**What is your greatest fear?** Spiders

**How long have you been teaching?** 6 Years

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

**Driving:** 11

**Sport:** 7

**Shopping:** 12





# SPORT PAGES!

## WESTERN RUGBY LEAGUE



Congratulations to **Harrison Hopkins**, **Lachlan Taylor** and **Zane Harrington** representing at the CHS Rugby League Championships at Myuna Bay. Harrison was selected into the Open Team, Lachlan in the U15's team with Zane in the Presidents Team. The boys have had a great day first playing league at this higher level, they will play more games competing against the other regions over the next few days. Well done, we hope you enjoy the experience and learn a lot!

## WESTERN HOCKEY



**Congratulations** to our boys who represented in the Western Region Hockey Team recently at the Combined High School (CHS) Tournament Pennant Hills Park.

The Western Team had a few losses and wins and placed eighth in the state

The three boys representing Western Region and LHS were **Dane Guffogg**, **Mitchell Thomas** and **Ryan Neale**.

## BOYS OPEN HOCKEY



Our boys Open Hockey Team travelled to Parkes last Friday to play the 2<sup>nd</sup> round of the Combined High School Knockout Competition. In a very hard fought game Parkes High School came away with the win after extra time and drop offs, unfortunately our boys are now out of the Combined High School Competition. Congratulations boys on a fine effort and having great sportsmanship on the day.

## WESTERN FOOTBALL (SOCCER)



**Chloe Anlezark** of Year 12 recently travelled to Wollongong for the three day Combined High Schools Girls Football (Soccer) State Championships.

The Western Team placed 10<sup>th</sup> in the State but that didn't show how young, talented and capable the girls were putting in 100% effort in every game.

Chloe has been a valuable member of the Western Region Team since Year 8 and has enjoyed every minute of her representation.

Congratulations Chloe on an outstanding career in the Western Football Team, you should be very proud

**Luke Thompson** of Year 10 who recently trialled in Orange along with 40 talented athletes, was selected into the Western Region Football (Soccer) team.

Luke last week competed at the Combined High School State Championships in Bathurst where the Western Team placed 8<sup>th</sup> in the State. Well done Luke!







## WESTERN BASKETBALL

Congratulations to our four very talented girls, **Kallan Phillips, Geordie Goodwin, Meleke Jenkins and Kyra Phillips**, were all recently selected into the Western Region Basketball Team.

The girls travelled to Port Macquarie to play the Combined High School State completion over three day carnival.

The strong Western Team finished a very competitive 6<sup>th</sup> in the State.

Well done girls on an outstanding tournament, you are a credit to our school.

## WESTERN KNOCKOUT TABLE TENNIS



Lithgow High's Table Tennis Teams played in the Western Region Knockout Competition in Blayney. The students won some hard matched games and placed 3rd on the Western Region. Great job to all.

## VOLLEYBALL

Well done to the Girls Volleyball Team who played some hard fought games in Bathurst, unfortunately the team did not make it through to the semi-final.

They had a great day and should be commended on their teamwork and spirit.



*Kristy Kimber - PDHPE Teacher*

## SUPPORT – INDOOR SOCCER



Students from the Support Unit recently competed in the Annual Indoor Soccer Carnival for Students with a Disability in Bathurst.

The team faced some very tough competition, keeping all of their teachers and team mates on the edge of their seats and they proudly took out 3<sup>rd</sup> place to Carenne and Canobolas.

*Linda Jennison - HT Support*

## STATE BASKETBALL FINALS



Congratulations to our Boys and Girls Open Basketball Teams making it to the Combined High School State Knockout Competition in Terrigal.

In the final round Girls won against Katoomba High School 53 - 44 to come 5<sup>th</sup> in the State.

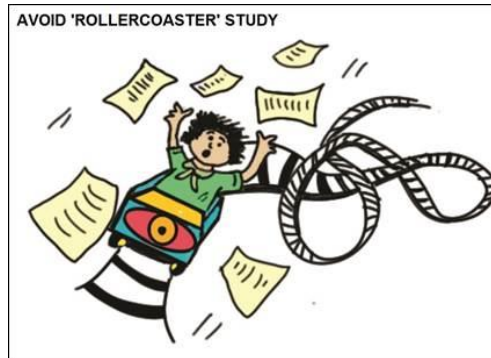
Our Boys won against Alexandria Park High School 79 - 32 to come 7<sup>th</sup> in the State.

Well done both teams and congratulations to **Mr Lloyd** (Coach) and **Mrs Farebrother** (Manager)



# STUDY SKILLS TIP FOR MAY - THINKING AHEAD

Are you riding a Rollercoaster at school? Rollercoaster study is where you stay up late doing last minute assignments, then you take it easy for a while and do very little, then panic again when something is due and have to spend huge amounts of time at the end completing the work. If you plan ahead and are prepared, you will find school much less stressful and more rewarding.



Here are the top tips for thinking ahead:

1. **STUDY NOTES:** If you know that you have a test at the end of each topic or examinations approaching, then on the nights you do not have much homework start working on your study notes and summaries. File them in folders at home so they are ready to go when you need them.
2. **ASSIGNMENTS:** Always start the assignment the day it is given to you, even if it is just a little bit. Make sure you understand the requirements and if you don't, ask your teacher straight away the next day. Brainstorm the steps the first night and do a rough plan of when you will do each step.
3. **ASK FOR HELP EARLY:** There is nothing more frustrating than a student who says 'I haven't understood anything we did in the last 3 weeks'. Ask for help as soon as you have a problem. Keep a list of questions for your teacher on a post-it in your textbook or sticky notes on your computer or a list in your phone. Don't let problems or issues build up, ask for help early and often.
4. **THINK ABOUT WHO YOU SIT NEXT TO:** Choose wisely who you will sit with in class. This can make a world of difference to your results. If you sit with someone where it is a productive relationship, you encourage and help each other and stay on task in the classroom you will understand your work better and have less to do at home.
5. **CONSIDER YOUR WEEK:** Plan ahead for busy times. If you know you have nights where you can't do much work or a busy weekend, plan ahead and get things done early. Always look ahead for possible times where you could be caught short of time and make plans to avoid problems.

# Year 10 Work Experience

## 30<sup>th</sup> July – 3<sup>rd</sup> August (Week 2 Term 3)

Year 10 will all be participating in the Work Experience Program. We have students who are completing their work experience in a wide range of very interesting areas both locally and out of the area. Many of the Primary Schools, Lithgow Public School and Coorwull Public School have agreed to take larger groups of students. Bunnings, Energy Australia and Springvale Colliery all have a group of students with them for the week.

There are also a large number of other organisations who are providing our students with work experience which are great opportunities for our students. There will be a more detailed report about this in the next newsletter.

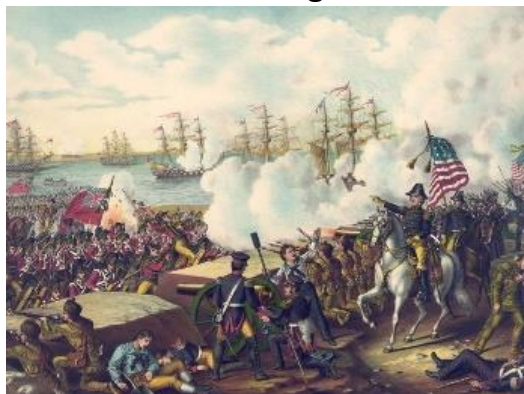
If your Year 10 student has not finalised their work experience details they need to see Mrs Hamment and do this as soon as possible.

*Rebecca Hamment - Careers Advisor*

## ON THIS DAY FROM THE HSIE FACULTY

On This Day in History - 18 June

The War of 1812 Begins



The day after the U.S. Senate followed the House of Representatives in voting to declare war against Great Britain, President James Madison signs the declaration into law – and the War of 1812 begins. The American war declaration had been called in response to the British economic blockade of France, the induction of American seamen into the British Royal Navy against their will, and the British support of hostile Indian

tribes along the Great Lakes frontier. A faction of Congress known as the “War Hawks” had been advocating war with Britain for several years and had not hidden their hopes that a U.S. invasion of Canada might result in significant territorial land gains for the United States.

The American victory on Lake Champlain led to the conclusion of U.S.-British peace negotiations in Belgium, and on December 24, 1814, the Treaty of Ghent was signed, formally ending the War of 1812. By the terms of the agreement, all conquered territory was to be returned, and a commission would be established to settle the boundary of the United States and Canada.

*Andrew Finlay - HSIE Teacher*

# Year 9 Small Arms Factory Museum Visit

As part of the Year 9 History Syllabus, students are required to conduct studies in Museology (the science or practice of organising, arranging, and managing museums). In undertaking this study, Lithgow High Students visited the Small Arms Factory Museum to focus on the role of significance in museums and how objects are selected for inclusion in museums. A big thank you to the volunteers for facilitating a great visit!



*Andrew Finlay - HSIE Teacher*



All Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the *Disability Discrimination Act 1992* and *Disability Standards for Education 2005*. This data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability.

The data provided to the Australian Government by the NSW Department of Education is provided in such a way that it cannot be used to identify any individual student or school.

General information about the national data collection can be found on the Australian Government Department of Education and Training [website](https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability) at:

<https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability>

### **Privacy Protection**

The NSW Department of Education follows the requirements of the *Privacy and Personal Information Protection Act 1998* and the *Health Records and Information Privacy Act 2002*. Schools will collect, record, store and use data about individual students in line with these requirements. Data security and protection is a priority and students' personal details will be kept confidential.

Under Clause 52 of the Commonwealth *Australian Education Regulation 2013*, data collected by the NSW Department of Education for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

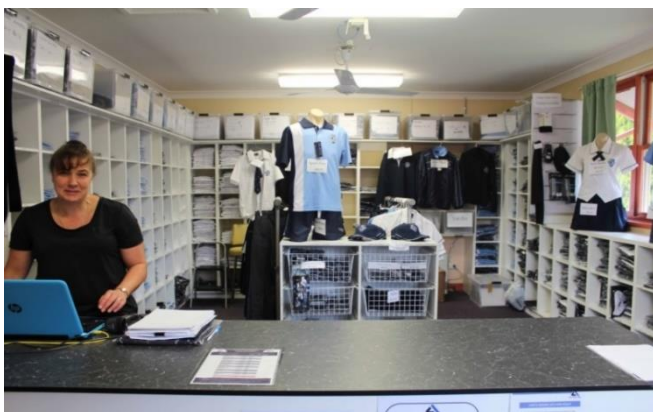
The Australian Government Department of Education and Training follows the requirements of the Commonwealth *Privacy Act 1988* when handling any data provided by NSW Department of Education in connection with the national data collection. A public information notice has been developed to by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department's [website](https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability) at

<https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability>

If you have any questions about the data collection please do not hesitate to LITHGOW HIGH SCHOOL on 63 521422.



# UNIFORM



Alinta Apparel is open for purchasing the school uniform and accessories. An added advantage to purchasing your uniform from the Uniform Shop is the financial benefit that the school receives. This allows the school to help many struggling families, providing them with the necessary uniform.

The on-campus shop provides the benefits of the latest in retail service and technology including a full range of payments and on-line shopping options and an on-line appointment booking system.



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

Uniform Shop business hours during school terms are:

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

The uniform shop can be contacted outside of business hours by email - [lithgowhigh@alinta.com.au](mailto:lithgowhigh@alinta.com.au) .

Payments can be made direct to Alinta Apparel on the day of purchase. Alinta will take payments in the form of cash, credit card, or debit credit card.

Uniform price list & online shopping available at:  
[www.alintaapparel.com.au](http://www.alintaapparel.com.au)

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](mailto:Lithgow-h.school@det.nsw.edu.au) with the relevant information.

# IN THE COMMUNITY

## Applications are invited for the Hoskins Lithgow Scholarship for 2019

The Scholarship is:

- For a resident of the Lithgow local government area who is an Australian Citizen under the age of 26 on 1<sup>st</sup> July 2018. 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 16<sup>th</sup> July 2018

Applications close: Friday 10<sup>th</sup> August 2018

Applications are to be postmarked no later than Friday 10<sup>th</sup> August 2018 and posted to:

**The Scholarship Secretary**

**Helen Lee**

18 Blaxland Street

Hunters Hill NSW 2110

Interviews for shortlisted applicants will take place from Friday 6<sup>th</sup> September.

Application forms can be downloaded from the scholarship website:

[www.hoskinslithgowscholarship.org.au](http://www.hoskinslithgowscholarship.org.au)

For more information, please see your school's Careers Adviser Mrs Rebecca Hamment or contact the Scholarship Secretary, Helen Lee, on 0402 126 263 or email: [help@hoskinslithgowscholarship.org.au](mailto:help@hoskinslithgowscholarship.org.au)

**Last year two LHS students jointly won this prestigious scholarship**



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

**Sportspower, Eve Lithgow, Aqua Blitz - Lake Lyell,  
Zambrerro, Subway - Main Street, Cruze Driving School,  
McDonalds Lithgow, Centennial Coal, Lithgow Lions Club,  
Barry F Cosier, Lithgow Bowling Club, Lithgow Golf Club,  
Lithgow Musical Society &  
Maritime Mining and Power Credit Union.**

**REMINDER, there are many rewards still up for offer in our LHS VIVO shop. It is not too late to claim a prize.**

**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!**



## **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***



# Free online study help for our students

Lithgow Library Members are lucky to receive free access to Studiosity, for after-hours, one-to-one help with homework and study questions.

With half year reports upon us, now is the time to help your child get stuck into studying and improve their grades. The Studiosity service can help your child in two ways:

- **Writing Feedback:** Your child can upload any draft piece of writing and receive feedback that will help them think about and improve their own work.
- **Connect Live:** Your child can ask a question or draw a diagram and get immediate help via a live chat system with a qualified Subject Specialist, across all core subjects.

Studiosity can help with your child's study after school, on weekends and during holidays.

## How to get started

With a valid Lithgow Library card Students can log into their account via [www.studiosity.com/access](http://www.studiosity.com/access) to get started today.

Happy studying!

**Lithgow Library Learning Centre**

**Study help, anywhere**

Get the help you need, when you need it.

[studiosity.com/connect](http://studiosity.com/connect)

For information call the Library on 6352 9100

**Studiosity**

We used to be *YourTutor!*  
New name, same us!

Lithgow Library Learning Centre  
157 Main St, Lithgow  
Phone: 6352 9100  
[www.library.lithgow.com](http://www.library.lithgow.com)

## THE EMOTIONAL SURVIVAL KIT

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- Promote self awareness & emotional freedom
- Gain understanding in relationships of any kind
- Increase self worth and inner strength
- Pin-point how you are feeling
- Move forward from feeling 'stuck'
- Learn how to live life with more happiness, peace, freedom and respect



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- Learn who you really are, rather than who you are 'supposed' to be
- Improve your relationship with yourself
- 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](mailto:jennifer@emotionalsurvivalkit.com.au) [www.emotionalsurvivalkit.com.au](http://www.emotionalsurvivalkit.com.au)

	<b><i>IMPORTANT DATES TO REMEMBER</i></b>
Friday 15/6/18	Sentral passwords re-sent to families
Tuesday 19/6/18	Prefect Speeches to M Quirk by 3.30pm – No late submissions will be accepted
Wednesday 20/6/18	School Musical Rehearsal - 3.30pm - 5.30pm School Hall
Friday 22/6/18	Enrichment applications due
Tuesday 26/6/18	2018/19 - Prefect Speeches - Special Assembly SRC Election Advertisement School Vaccinations
Wednesday 27/6/18	2018/19 School Leader Voting Roll Call
Friday 29/6/18	Newsletter Issued School Musical Matinee - Primary Schools only
Monday 2/7/18	Year 7 - Year 12 Parent Teacher Night - 4.00pm - 7.00pm Bookings via the Sentral Booking System For assistance booking, contact Sam Luchetti
Tuesday 3/7/18	School Captains and Prefects announced School Musical - Public Performance - 7.30pm
Wednesday 4/7/18	Year 7 - Year 12 Parent Teacher Night - 4.00pm - 7.00pm Bookings via the Sentral Booking System For assistance booking, contact Sam Luchetti
Thursday 5/7/18	School Musical - - Public Performance - 7.30pm Handover prefects lunch
Friday 6/7/18	Last Day of Term 2 Final School Musical Performance - 7.30pm
Monday 23/7/17	Staff Development Day - Staff only
Tuesday 24/7/18	All students return to school - Term 3 begins

## For your fridge – Term 3 Calendar

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



Lithgow High School Calendar - Year 2018 TERM 3						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
July	1	23 Staff Development Day Staff only	24 All students return – Term 3 Begins	25 Year 12 HSC Trials – Group 1	26 Year 12 HSC Trials – Group 1 Year 10 & 11 Vaccination catch up	27 Year 12 HSC Trials – Group 1
July/ August	2	30 Year 12 HSC Trials – Group 1 Year 6 Parent Tour 9.15am - Bookings essential Year 10 Work Experience	31 Year 12 HSC Trials – Group 1 Year 10 Work Experience	1 Year 10 Year Work Experience OC Testing	2 Year 10 Work Experience Enrichment testing	3 Year 10 Work Experience Newsletter Issued
August	3	6 P&C Meeting 5.00pm	7 2018/19 School Leaders Induction Ceremony	8 Year 10 Ski Trip Stage 4 & 5 subject selections	9 Year 10 Ski Trip	10 Year 10 Ski Trip Phil Duncan Applications Open
August	4	13	14 Year 10 into Year 11 Subject Selection Evening	15	16	17
August	5	20 Year 12 HSC Trials – Group 2 Year 6 Parent Tour 9.15am - Bookings essential	21 Year 12 HSC Trials – Group 2	22 Year 12 HSC Trials – Group 2	23 Year 12 HSC Trials – Group 2	24 Year 12 HSC Trials – Group 2 Phil Duncan Scholarship close 3.00pm
August	6	27 Year 12 HSC Trials – Group 2	28	29	30	31 Newsletter Issued
Sept	7	3 Year 6 Parent Tour 9.15am - Bookings essential P&C Meet 5.00pm	4	5 LHS Careers Expo and Business Breakfast	6	7 Enrichment Class 2019 offers posted Newsletter Issued
Sept	8	10	11	12	13	14
Sept	9	17 Year 11 End of Course Final Exams - Hall	18 Year 11 Final Exams - Hall	19 Year 11 Final Exams - Hall	20 Year 11 Final Exams - Hall	21 Year 11 Final Exams – Hall
Sept	10	24 Year 11 Final Exams – Hall	25 Year 11 Final Exams – Hall Year 12 PA Auction assembly	26 Year 11 Final Exams – Hall	27 Year 12 Sign out day and 12 PA Day/Fun Day	28 Year 12 Graduation 9.30 - Hall – All Welcome Year 12 Reports issued Last day of Term 3