



*Lithgow High School*



## NEWSLETTER

28<sup>th</sup> September 2018

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# ***Farewell Year 12***



**It is that time of the year again when we say farewell to our beautiful Year 12 students.**

It has been an amazing journey over the past six years.

We have witnessed these students mature from hesitant Year 7 students into fine young adults ready for the next stage in life.

We wish them the best of luck for their HSC exams and for their future endeavours.

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

## PRINCIPAL



Term 3 has been busy and productive.

Congratulations to **Mr Matthew Quirk** who ably represented Lithgow High School at the My Teaching Impact Q and A in Sydney on Thursday 20<sup>th</sup> September. A very prestige event for our lead teacher.

**Mrs Hamment** held the highly successful **Business Breakfast and Careers Expo** for all year groups on Wednesday 5<sup>th</sup> September. Feedback from students and businesses was highly positive. Thanks to **Mrs Hamment** and **Mrs Stamper** and the staff and students who assisted.

We were pleased to welcome a wide range of people to the **Wellbeing Centre Open Morning** on Wednesday 19<sup>th</sup> September. This is an amazing initiative providing on site wellbeing support to students every day. We have outside counsellors and youth workers supporting students as individuals and groups on an appointment basis. Congratulations to **Mrs Moore** and **Mrs Egan** for its ongoing success

I am pleased to announce that 220 (Year 7, 8 and 9) students have completed the **Premiers Reading Challenge**, a huge effort from them and a particular thank you to **Mrs Cross** and the English Staff for ensuring we met this important milestone.

A special thankyou to **Mrs Kylie Young** for her support in all of these school activities.

The Major Works Exhibition on Thursday 6<sup>th</sup> August was an enormous success. I was pleased to welcome Parents, friends and Principals from around the region; all were very impressed by the quality and standard of the work. Congratulations to **Mr Bawden** and his team in Art and to **Mr Brownlow** and the Team in TAS. Well done to all the Year 12 students on great work! The English Extension 2 works, Society and Culture, Software Design and Development Projects, Dance, Music and Drama Performances were of an equally high standard - well done to staff and students involved.

The end of Term 3 is a good time to reflect on our Year 12 students as they prepare to finish school and complete their HSC exams and move on to the next stage of life. School assessment has finished and now it is a time for students to revise, study and practice up to the final examinations in October. I remind parents and students that teachers and tuition are here to help right up to the day of exams. In reviewing the assessments of the Year 12 students, I am hopeful we will see some excellent results from this year's cohort.

I would like to take this time to thank all the teachers of Year 12 for their sustained efforts and to **Mrs Willis** and **Mrs Beutel** who have worked so hard to support them in the library. The provision of tuition in the library has been a great success and greatly appreciated by

the students. A particular thanks to **Mrs Hamment**, our Careers Adviser who has worked tirelessly to build the aspirations of our Senior Students. I acknowledge **Mr Dunn** for his ongoing support as Year Adviser. I look forward to seeing family and friends at the Graduation Ceremony on **Friday 28<sup>th</sup> September at 9.30am**. Congratulations and good luck to all Year 12, 2018

*Ann Caro*

## Wellbeing Centre Official Opening



**On the 18<sup>th</sup> September, Lithgow High School officially opened the Wellbeing Centre.**

The Wellbeing Centre is a Positive Behaviour for Learning initiative developed by Lithgow High School to allow external wellbeing services/agencies to operate within the school to be able to assist students and ensure that all students have their social, emotional and academic needs supported from Year 7 to Year 12.

The Wellbeing Centre came into existence in 2018 in cooperation with our community partners who have demonstrated generous and innovative support for Lithgow High School and our students and families.

We also acknowledge the ongoing support from Nepean Health who have helped make the Wellbeing Centre an achievable reality.

Lithgow High is fortunate to have two experienced School Counsellors, Suzanne Collum, who works 3 days per week, and Rosemary Black who works 2 days per week. The Wellbeing Centre is in addition to the hard work they do with our students.

The Wellbeing Centre has endeavoured to create a safe and supported place for students and their parents/carers, to assist with a wide range of concerns which affect young people and impact on their ability to engage positively in life, education and school life.

We have three Wellbeing rooms which are all located within proximity of the Hub - our Wellbeing area - and our School Counsellors.

Lithgow High School Wellbeing Centre provides free private and confidential services to our students for concerns ranging from, but not limited to, family or friendship issues, mental health, disengagement, school refusal, past trauma, social and emotional regulation, anger management, smoking, alcohol and the use of other drugs, homelessness, suicide, and abuse and neglect.

Through the Wellbeing Centre we encourage and support parents/carers to consent to students accessing help at school and on site during the school day.

As some of these services are from out of town, this helps to alleviate problems with transport and attending appointments.

**Services we are currently offering include:**

**Centacare** - counselling

**CYMHS** - Child and Youth Mental Health Services. A wide range of complex counselling and assessment services for young people.

**Ability Links** - Links to Learning. Educational engagement and achievement. Realising personal goals, emotional regulation.

**Dianella Cottage** - Brunch Bunch, Angel and Dragon Quilts Program. Celebrate who you are!

**Art Therapists** - Wrapped in Angels Quilt Program. Recognise own capacity. Strength based.

**PLATFORM** - Students who are homeless or at risk of homelessness. Up to 15 years of age.

**YOUTHWORX** - students who are homeless or at risk of homelessness. 16 years and over

**Ted Noffs** - Drug and Alcohol counselling.

**Female Counsellor** - grief, loss, trauma, suicide. GP Mental Health Care Plan needed for this.

**Male Counsellor** - grief, loss, trauma.

**THRIVE Services** - Family Support. Wellbeing Groups. Range of other programs.

All our providers have Working with Children Checks, and are fully qualified professionals.

The wide variety of services on offer at Lithgow High School empower students by assisting them to:

- Seek help with issues of concern
- Promote positive health seeking behaviours
- Develop relationships with experienced professionals who can be of assistance
- Assist students to achieve their educational and future goals
- Receive advice and support which can be life changing
- Address life issues which are impacting on their ability to cope in an everyday sense.

The Lithgow High School Wellbeing Centre encourages students to acknowledge and celebrate their strengths and to view seeking help as a positive and helpful action.

For further information, or if you feel your child would benefit from any of these services, please phone the Wellbeing Centre Coordinator Di Moore or the Administrator Linda Egan at Lithgow High on 6352 1422.

*Di Moore - Wellbeing Centre Co-ordinator*



## DEPUTY PRINCIPAL



I would like to take this opportunity to congratulate all the students in Year 12 as they come to the final phase of their school life. Term 3 is a particularly frantic and stressful time for them with Trial HSC exams and major works being due in a number of subjects.

The Major Works, which have been submitted in Dance, Drama, English Extension, Industrial Technology, Society and Culture and Visual Arts, have been excellent. Students have worked really hard and have been guided by dedicated teachers and well supported by their families.

Year 12 are reminded that there is still a need to increase the level of their revision and study for their HSC exams. There is still time to work hard and the opportunity to maximise their marks in their exams. They are encouraged to continue accessing the assistance of the tutors in the Library during their examination period.

Best wishes to all the Year 12 students, it has been a pleasure to work with them this year.

*Karin Mawhood*

## DEPUTY PRINCIPAL



We have been really promoting the VIVO shop this term. Students have been collecting a huge range of points that need to be cashed in as a reward. We have had added a number of additional items including phone credit and food items. Please encourage your child to get on and have a look at the current totals.

The following students have completed the term with some BIG numbers. A big congratulation for their commitment in the classroom and around the school.

TURRELL, Cameron	7	392
TRESTRAIL, Abigail	8	343
FOSTER, Isaac	9	307
BISHOP, Grace	10	185
CASSON, William	11	275
ANLEZARK, Chloe	12	450



Great to see the Year 12 students giving it their all before their extended break.

Photo above: Mr Dean, Cameron Turrell, Abigail Trestrail, Isaac Foster and Chloe Anlezark.

Left: Grace Bishop and William Casson.

## Uniform

The school has really been encouraging uniform over the term. We have made it our PBL focus for the last 2 weeks. Students have been allocated with points in Roll Call for correct uniform. Students not wearing uniform have been spoken to by teaching staff and corresponding Deputy Principal. Continued uniform breaches will result in parent contact. Please make sure students are in correct uniform. If they tell you that it is ok, they are not telling the truth.

## Year 11

Year 11 have finished exams and are now heading into their HSC year. This means that a committed work ethic is required for students to maximise results. Please be aware that the Senior Tutors are available in the library for any student requiring additional support. We also have study afternoons for students requiring a more targeted approach in individual subjects.

*Matthew Quirk*



VIVO Rewards - designed to support student recognition, increase student engagement and drive positive learning.

Thank you to our many community sponsors for assisting us with voucher prizes and monetary donations allowing us to buy prizes for the VIVO shop. Vivo is an online web based program to help improve students' performance, by motivating students to perform their very best and reward with points for positive achievement both inside and outside the classroom. It is great to see students recognised for their consistent effort and behaviour, well done.



Hayley and Emilia were keen to grab their Workies Gift Voucher to spend next time they visit the club. Thank you to our sponsors without your assistance we could not provide the wonderful Vivo incentives encouraging students to do their personal best.

# BUSINESS BREAKFAST





# CAREERS EXPO



On Thursday the 6<sup>th</sup> September a number of different Universities, Colleges, TAFE, Apprenticeships Australia, ADF, local Industries, Australian Institute of Music and much more visited our school as part of the First Career's Expo at Lithgow High School.

The Career's Expo was a great opportunity for students in Years 9, 10, 11 and 12 to learn more about University life and what they might hope to do in the future. It gave everyone the opportunity to be involved, for free and without having to travel as we usually would have had to do attend similar events.

All the students involved learnt a lot and greatly enjoyed the experience. We hope the Careers Expo happens again in the future, as it was a valuable experience. Thank you to **Mrs Hamment** and her hard working team to make such a large-scale event possible helping to provide extra opportunities for the students of our school.





# HSC ARTWORKS







# 2018 HSC MAJOR WORKS TAS



Students enrolled in the HSC Industrial Technology Course are required each year to research, design and produce a practical project. This project accounts for sixty per cent of their overall marks in that subject. This year students attempted two areas of study and they produced projects in both the Timber and Automotive strands. This is the 10<sup>th</sup> year that Lithgow High School has offered Automotive for the HSC.

The examiners from the Board of Studies visited Lithgow High School recently and spent several hours closely scrutinising both the projects and the folios, which must accompany each project. Each project represents four school terms worth of work. The quality of all of the projects this year was of a particularly high standard and it is hoped that this will be reflected in their marks.

One aspect, which particularly impressed was the use of a recently purchased laser cutter. This very expensive machine is able to engrave and cut images into almost any surface with great accuracy and several of the timber projects used this to great effect to enhance their already impressive projects. Students can now look forward to their formal HSC exams, which start early in Term 4.



*Michael Palmer – TAS Teacher*



# A Message from Mr Dunn

As the end draws near for my Year 12 Students, I would like to take this opportunity to thank all of the students for the time and memories we have shared over the past 6 years, it certainly has been a wonderful adventure. I feel honoured to have been your Year Advisor and I would like to wish you well in your up and coming HSC exams and your future endeavours.



I must say that I am very impressed and proud of the way you have conducted yourselves as you have prepared to leave LHS. You leave able to hold your heads high, a great adventure awaits you all as you go from the safety of this environment to one where you are far more at liberty to choose your paths. I am proud of your achievements over the years, your various successes in a wide range of pursuits from the great

Academic Achievements, to the cultural pursuits of Performance, Art, Dance, Drama and Music through to Sport. You have willingly and enthusiastically accepted the challenge I gave you at the beginning of the year to grasp the many Leadership Opportunities, both formal and informal to positively influence the school as a whole, you will be missed by all.

**I am looking forward to our Celebration on Tuesday 13<sup>th</sup> November**

Please remember to donate your uniform if you do not want to keep it, the donations will assist many families with the cost of senior school.

*Mr Dunn- Year 12 Advisor*

## **HELP REQUIRED**

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

**Year 12 in particular!**

Many students benefit from these donations.

# Year 7 Peer Support Program Update



Recently our Year 7 Peer Support Program focused on Healthy Friendships. Students identified and discussed the qualities they admire and value in their friendships and explored ways to promote these. Our students then explored how online communication can seem faceless but have a dramatic effect on another person. I would like to commend all Year 7 classes for the mature approach they have displayed to their Peer Support Lessons.

The other focus of this vital program was strengthening our connections. Students explored the importance of being encouraging, thankful and looking for opportunities to exercise kindness in everyday relationships. Student Leaders then led discussion about behaving in a friendly manner towards one another while not having to be friends with everyone. Research supports the development of these important skills in building strong young people and thereby minimising unkind or bullying behaviours.

The 3 R's, Respect, Responsibility and Review are discussed in the context of all students and staff playing a role in creating a safe and supportive school. Activities explore the emotions that are felt when people are disrespectful to students or their friends. Students brainstorm ways of responding to this disrespectful behaviour that will cool down and keep the 3 R's in mind.

Research supports the influence that Upstanders can have on unkind or bullying behaviour. The activities in this module are designed to support students in their positive action to build strong connections and relationships across school and minimise unkind behaviours.

*Jody Cross - Teacher Librarian*

# NAIDOC ASSEMBLY



Lithgow High School celebrated NAIDOC with amazing performances of Dance, Language and Music at their Annual NAIDOC Assembly. This year's theme is Our Languages Matter and Indigenous Language was highlighted with the Welcome to Country by Auntie Nyree Reynolds in Wiradjuri and an excellent speech performed by our NAIDOC Debaters on why Indigenous Languages should be part of the Curriculum. Our Sistaspeak Girls danced a special cultural dance with the little Sistas from Coerwull, Zig Zag, Wallerawang and Lithgow Primary Schools. Aboriginal Boys from Lithgow Primary played their Didgeridoos in a stunning performance and many awards and certificates were awarded for student endeavours throughout the year.

Special guests at the assembly were **Auntie Kym Cama** and **Auntie Gayle Zorz**, **Auntie Helen Reilly** and Counsellor **Darryl Goodwin**.

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



# SPORT REPORT

## Tom Kemp Cup - Champions



Lithgow travelled to the annual Tom Kemp Under 16's Girls Hockey Gala Day on Friday 31<sup>st</sup> August 2018. In miserable conditions the girls stood tall and represented Lithgow High superbly with a determination to do their very best.

Minus a specialised goalkeeper, Brooke Lewis, Corrina Piggott and Kessia George took one for the team, or two in Brooke Lewis's case and stepped into the box to help the team fill this position. To their credit all students did extremely well for their first time padded up.

The girls faced a tough opponent in their first game against a quick and skilled Parkes. They controlled the ball and kept Parkes scoreless, winning 1 - 0. With Kelsie Whyte leading the charge up front and Cloe Robinson controlling the centre of the field, while Tia McMillan, Olivia McDonald and Piper Anderson's consistency and composure in the half line and at the back also kept our team on the front foot.

In their second game, Lithgow beat an overwhelmed Kelso 5 - 1. With reliable passing and team work proving to be the four goal difference. The work rate of Ashley Robinson and Madalyn McLean was impressive for this entire game. Breanna Rodham and our youngest Tayla Walsh had some great runs up the sideline, proving tricky for Kelso's defence.

The third game played was against Bathurst High, which proved a tough and gutsy 0 - 0 effort. Tayla Deveigne, Lily Bannan and Zoey Bulkeley all hassled Bathurst' defensive line. All the players came off the field feeling fatigued but excited to await the announcement for the final.

Lithgow High made the final against Parkes High with Parkes recording a win, a draw and a loss and Lithgow High having two wins and a draw. At the conclusion of the game, the score was 0 - 0. Given Lithgow was higher on the ladder at the conclusion of the round games, Lithgow was declared the Tom Kemp Winners. Players congratulated one another and over all, our team had a great day.

Thanks goes to the parents and supporters of all our players and to Luke Abbott who umpired throughout the day.

Players that represented Lithgow High -

**Corrina Piggott, Kessia George, Brooke Lewis, Cloe Robinson, Ashley Robinson, Breanna Rodham, Olivia McDonald, Tayla Deveigne, Piper Anderson, Kelsie Whyte, Tia McMillan Zoey Bulkeley, Madalyn McLean, Lily Bannan, Tayla Walsh**

*Amanda Saladine - Girls Coach*

## NAIDOC TOUCH FOOTBALL

On Thursday 20<sup>th</sup> September, a mixed touch football team travelled to Bathurst to play in the NAIDOC Touch Football Gala Day. The team consisted of Year 9 and 10 students, which demonstrated great sportsmanship and very high quality skills throughout the day. The day started with a 3 - 1 win against Stannies (All boys team). Second up was a team made of Chiefly Police Officers and staff, this included a National Rugby 7's player. We came away with another dominate 4 - 2 win, with Zane Harrington being the star scoring two tries. Our final game in the pool rounds was a CSU Paramedic Team who had suffered several losses already. With Alayah Lincoln, Holly Cameron and Tayla Deveigne leading the way we came away with a 10 - 1 win, which put us through to the final against Kelso High School. The game started at a fast pace with both teams creating plenty of chances. Eventually our pressure paid off and we came away with a 4 - 1 win. Geordie Goodwin, Brayden McCann and Kyra Phillips leading the way in the final.



All students should be congratulated at the result and how they represented the school. Students played with great spirit for the day, showed great respect to all competitors and followed the motto of the day "Because of Her we can.."

*Shane Conroy -  
PDHPE Teacher*

# Basketball Report



## 15's and Under Basketball vs Deniliquin High

A solid performance by our 15's and under boys basketball team saw them run out 25 point winners against Deniliquin and progress to the last 16 in the state. Kade Inwood had an exceptional game, especially in the fourth quarter when Deniliquin cut the lead to 12 and threatened to make a game of it, but Kade took over and dominated the next few minutes to ensure a Lithgow victory. There were also strong performances from Zeke Evans (despite being sick) and a spark off the bench from young guns Riley Hart and Haydan Rodham.

Overall a good team performance, which means that the boys now face Rooty Hill High School (winners of Sydney West) on Wednesday 17<sup>th</sup> October in Lithgow for a place in the State Finals in Terrigal in November.

Huge thank you to Richard Marjoram and Lithgow Basketball Association for their strong and continuing support of our teams.

*Tim Lloyd – Basketball Coach*



# CHS State Athletics



The Combined High School State Athletics Championships were recently held at Homebush.

To make it to the State Championships, Lithgow High School students had to compete at the Western Region Athletics Carnival and place first or second in their event. Nine students from Lithgow High School successfully made it through to the State Championships and competed over the three day carnival.

The most outstanding performance was from **Luke Thompson** of Year 10 who showed just how good he is at Hurdles. Luke finished 1<sup>st</sup> in his heat and then 2<sup>nd</sup> in the final, winning a State Silver Medal.

Two other students, **Kyra Phillips** and **Tasmyn Davies** made the final in the Shot Put and Discus, finishing 8<sup>th</sup> and 6<sup>th</sup> respectively.

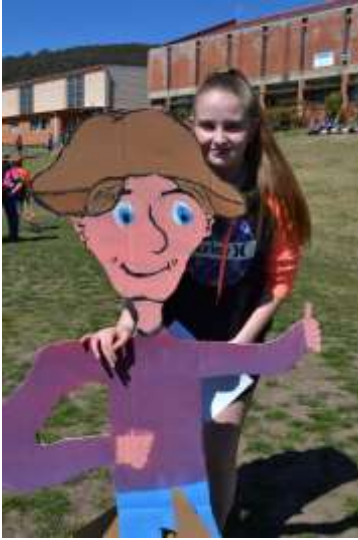
Other students who performed admirably and were great representatives for Lithgow High School include **Emily Healey, Lachlan Thompson, Ashley Robinson, Kobi Egan, Kallan Phillips and Dylan Miles.**



Congratulations to all students who represented, especially Luke on his Silver Medal performance.

*Ray Stoneley - Athletics Co-ordinator*

# SRC REPORT



On behalf of the Student Representative Council I would like to thank everyone who contributed to our farmers fundraiser where we raised a total of \$2000 throughout the week. These funds will be sent to Rural Aid and Drought Angels to provide much needed relief for our farmers. Additionally, some of our Year 9 Representatives worked collaboratively with Legacy this term, helping sell badges and collect donations to raising money for families of veterans. On behalf of the SRC I would like to thank you for all your funds and support. Thank you to everyone who made this term's fundraising happen, it was very much appreciated.



*SRC President Alayah Lincoln*



# Lithgow Ninja Warrior



Over the past 9 weeks our Year 7 students here at Lithgow High have been participating in a range of problem solving and engaging activities designed to develop their skills in critical thinking and collaboration. Students' competed as classes, working together to achieve shared goals. All the students are to be congratulated on their hard work, their positive attitudes and the kind and effective communication skills they displayed whilst participating in the program. Each week classes were awarded points for their listening skills, their participation, polite and positive language and task completion. All classes showed wonderful improvement in all categories as the weeks progressed however 7S's consistency, kindness and teamwork saw them awarded the coveted Year 7 Class Shield for 2018. A special acknowledgement also goes out to our student voted Most Valuable Player's 7Q's **Ethan Barrett**, 7N's **Jess Stephenson**, 7B's **Shelby McManus**, 7C's **Jack Curran**, 7M's **Logan Ward** and 7S' **James Puckeridge**. Year 7 should be very proud of their efforts this term and are encouraged to utilise the skills developed throughout the program in the classroom and beyond.



*Rebecca Hotham – Program Co-ordinator*



# Premier's Reading Challenge

**Students at Lithgow High are reading more now than ever before.**



Reading has become a major focus at Lithgow High School over the past two years and the results of this focus can be seen in our incredible completion rate of the 2016 NSW Premiers Reading Challenge. This year at Lithgow High, 220 students from Year 7 and Year 8 completed the challenge.

The benefits of being a reader have been extensively researched and reported but the one thing that we know and have seen demonstrated over the years at Lithgow High School is that if a young person is an avid reader they:

- will have more superior grades
- feel more confident at school
- become a more empathetic person and have increased desirable life outcomes.

Reading benefits people of all ages. It can:

- Help us talk about bigger issues
- Make us think more deeply about other people's feelings
- Give us examples of resilience and how to overcome adversity
- Provide the reader with a fresh perspective on issues and give them tools to cope with difficult situations

## Lithgow High School - how we promote reading

1. Encourage all Year 7 and Year 8 students to participate in the NSW Premier's Reading Challenge. This year 234 students from across these years completed the challenge.
2. We have introduced a wide reading program where students in Year 7 and Year 8 visit the Library for a lesson once every two weeks. During these times students are read to by our Librarian, **Mrs Cross** from a variety of Fiction and Non-Fiction. Students enjoy listening to the texts as we are aware at Lithgow High School that a student's reading level doesn't catch up with their listening level until the end of Year 8. Thus allowing students to listen to books that are from a higher reading level than they are at, it stimulates their interest in future books to read. Students then participate in regular silent reading.
3. The Lithgow High School Library has a physical library, but has also moved into Cyber Space with the addition of the Wheelers E-platform. Our virtual school library currently houses 1300 e-books and is available to all students 24/7, free of charge provided they have an internet connection.



Link to the Wheelers on-line library

<https://lhs.wheelers.co>

*Jody Cross - Librarian*

## An important message on Cyber Safety



Brainstorm Productions have delivered an entertaining investigation into the pitfalls of technology including cyber safety, cyber bullying at school, stress, lack of privacy and desensitisation to our Year 7 & Year 8 students recently.

It was fantastic and students really enjoyed the performance.

## EMERGENCY BAGS - ASSISTANCE REQUIRED



Natalie Bishop and Lisa Matthews from the Women's Crisis Centre visited Lithgow High School recently to meet the Yindjamarra Migay girls who are creating the emergency bags for women and children who find themselves homeless due to domestic violence. Natalie and Lisa were able to give a first-hand account of what women have to go through when they have to flee their homes and what survivors really need in an emergency situation to help restore their dignity and a sense of normality. As well as toiletries, dental hygiene items, hairbrushes and deodorant etc... towels are a much needed item as are long life food products such as canned goods and long life milk. If you can support the girls by dropping in any of these items it would be really appreciated.

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



# Press Club Pages

## Seconds by Bryan Lee O'Malley



Bryan Lee O'Malley is a Canadian cartoonist most well-known for his series Scott Pilgrim Vs the World. His signature humour and clever fourth wall breaking makes his graphic novels a stand out example of the medium.

Unlike Bryan Lee O'Malley's previous protagonists, our main character Katie pretty much has her life together. Head chef of her own restaurant, well respected by her peers with a new business proposal in the future - she has it all.

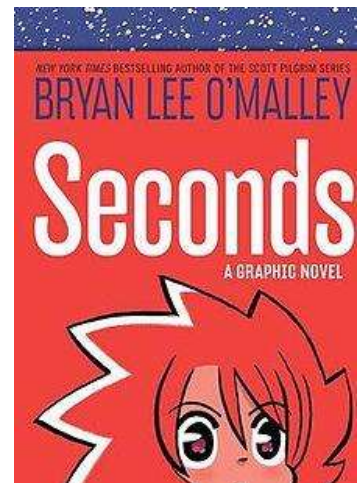
However, Katie is prone to downright reckless behaviour, which leads to one of her co-workers being seriously injured. Katie gets a chance to go back in time, to change what happened but there are rules to be followed...

1. Right your mistake.
2. Ingest one mushroom.
3. Go to sleep.
4. Wake anew.

This gifts Katie with the incredible power to go back in time a right the wrongs of the past. However ancient forces dwell beneath this house and as Katie delves further and further into her past it quickly becomes clear that some rules should never be broken.

It's not often that I read a graphic novel quite at the standard of 'Seconds' and to this day it remains one of my favourites. O'Malley's clever and dark exploration of the human psyche combined with his signature humour makes for a really worthwhile read. On top of this the colour scheme and artwork of the books is really aesthetically pleasing and sets the tone fantastically. O'Malley's use of modern plotlines to explore ancient folklore and the unknown creates a unique experience that I believe everyone should read. I would recommend it to any fans of his previous work along with those who are looking to get into the graphic novel scene (or anyone really).

**I give it**



*Kasey Cross - Press Club*

# Small Arms Factory

The Lithgow Small Arms Factory is a museum which provides history about the beginnings of the factory and what it has and is producing from all the decades of service. The factory was built to produce things like tools and weapons for the postwar for example rifles and pistols. The rifle to be manufactured was the Short Magazine Lee Enfield ( SMLE ). They had decided to put the factory in the town of Lithgow because Lithgow was supplied by road and rail. It had coal, iron works and even limestone which was afforded due to its location near the Western foothills of Blue Mountains. In 1908 land was bought and from there the building of the factory had begun. When it was first opened in 1912 there were around 190 workers and by 1914 there were nearly 400 workers in the factory. When WW1 started in 1914 things started to get busier with the production. Security was increased, employment numbers got high, and work was tougher than ever, not to mention that the area had horrible conditions of long, cold winters.

Kayla Erwich & Ellie Bernasconi - Press Club



# Up Close

With

**MRS HAMMENT**

**Full Name:** Rebecca Hamment

**What is your role at Lithgow High?** Careers Advisor

**Why did you decide to become a teacher?** Because I loved school and love working with and helping people

**What annoys you in class?** Students not having a go

**What schools did you go to?** Barooga Primary and Cobram High School

**What are your hobbies?** Exercising, reading and spending time with friends and family

**What are your greatest achievements?** My three beautiful daughters

**What is your favourite colour?** Pink

**Describe yourself in three words:**

1. Energetic
2. Optimistic
3. Fun

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

**Do you have any nicknames?** Bec

**What is your greatest fear?** Heights and Turbulence on flights

**How long have you been teaching?** Since 1992

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

**Driving:** 5

**Sport:** 8

**Shopping:** 10





# YEAR 12 FUN DAY



# SENIOR TUITION

**Reminder, Senior Tuition** is available during student study periods in the Library. These provide assistance with Assessment Tasks and Study Techniques in all subject areas.



Our survey has shown that **HSC results improved for students who studied effectively in the Library last year.**

Year 12 are encouraged and welcome to use the tutoring during their HSC exams

The library also provides supervision from 3.30pm - 5.00pm afternoons, Monday through to

Thursday with tutors and teachers each day.

We are here to provide support, motivation and stress management during the Senior Years. A variety of resources are available for students to borrow

	<b>IMPORTANT DATES TO REMEMBER</b>
<b>Monday 15<sup>th</sup> October</b>	<b>TERM 4 RETURNS FOR ALL STUDENTS</b>
<b>Thursday 18<sup>th</sup> October - 9<sup>th</sup> November</b>	<b>HSC Examinations</b>
<b>Friday 2<sup>nd</sup> November</b>	<b>Newsletter Issued</b>
<b>Monday 5<sup>th</sup> November</b>	<b>Year 6 into 7 Parent tour - Bookings essential - 9.15am P&amp;C Meeting - Hall Foyer - 5.00pm</b>



# On This Day In History

## On This Day in History - 28<sup>th</sup> September



### **1995 Israel and Palestinian Liberation Organisation Sign the Oslo II Accords**

The Interim Agreement on the West Bank and the Gaza Strip, also known as the Taba Agreement, divided Gaza and West Bank into 3 areas, and gave limited control over some of these areas to the Palestinians. The Accord, which was signed by Israeli Prime Minister Yitzhak Rabin and PLO Chairman Yasser Arafat, also called for

Palestinian elections.

Image Credit: Yasser Arafat, Bill Clinton and Yitzhak Rabin at the Oslo Accords in Washington

*Andrew Finlay - HSIE Teacher*

## **VOLUNTEERS REQUIRED IN OUR CANTEN**



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

**You can put your name on the roster once a month or just when you have a spare few hours. The hours are 10.45am - 1.45pm. Our volunteers do not have to handle the money or know the price of our items.**

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





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

**UNIFORM SHOP UPDATE**  
**FITTING APPOINTMENTS**  
**IN TERM 4**

Orientation fitting appointments for Term 4 will be available from the end of November 2018. To book, either contact the Uniform Shop during their opening hours or go online: [www.alintaapparel.com](http://www.alintaapparel.com)

**JUNIOR & SENIOR UNIFORMS NOW AVAILABLE FOR 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.

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

**OPENING HOURS**

The Uniform Shop opening hours during school terms are:  
Tuesday and Thursday mornings - 8.00am - 10.00am

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



## THE UNIFORM SHOP

### Price Increase



Dear Parents and Caregivers,

Due to the ever growing apparel industry, Alinta Apparel has had a price increase. Please remember to download the latest price list from your Alinta School Website, or pick one up in store.

New prices will be effective on the 1st September 2018.

Alinta would like to thank you for your support and understanding and hope you continue to enjoy your experience with Alinta Apparel.

Thank You

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

# 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!**

A promotional graphic for Cruze Driving School. It features a winding road on a green hillside with orange traffic cones. On the left, a signpost lists services: "AUTO/MANUAL", "CAR HIRE FOR TESTS", "PRE-TEST LESSONS", "DOOR TO DOOR COLLECTIONS", and "BLOCK LESSONS AVAILABLE". In the foreground, a yellow hatchback car is parked, with "Cruze Driving School" and the phone number "0404 644 089 - 6337 5941" written on its side. In the background, two more yellow cars are visible. Road signs for "BATHURST", "LITHGOW", and "OBERON" are also present. The text "Cruze Driving School" is written in a large, stylized font at the top. At the bottom, the name "Gabby Krulova" is listed, followed by the phone number "6337 5941 / 0404 644 089", the text "Member of the ADTA no:3969", and the website "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

*Cruze Driving School*  
0404 644 089 - 6337 5941

[www.cruzedriving.wordpress.com](http://www.cruzedriving.wordpress.com)



## Lithgow Youth Space

Thursday Afternoons - 4pm - 6pm  
during school terms  
Commencing 18<sup>th</sup> October, 2018

High School Aged Students  
Welcome

LINC - Padley Street, Lithgow

Come along and be with people your age  
Make new friends, have fun and eat food together



For more details contact  
Leanne - LINC - 0419 469 230

# **RESILIENCE; 2018**

## **TONIGHT ALIVE HELLIONS**

**CLOWNS \* THE CHATS \* FORTAY AT LARGE \* RED BEE**  
FEATURING TOP DAWG EARLY SET

**SHE CRIES WOLF \* HANNY J \* DATURA CURSE \* EAR PROJECTOR**

**KALLE KALKOWSKI \* MADAM FATALE \* QUOLL**

**BE FACED \* KTB \* ACTON WICKENS**

**JIMMI CARR BAND \* STU G'S CLOAK AND DAGGER**

**KAZIAH \* SWELL TRIPLEX**

**SUPPORTING MENTAL HEALTH & SUICIDE PREVENTION**

**SATURDAY THE 13TH OF OCTOBER**

**TONY LUCHETTI SPORTS GROUND LITHGOW**

**TICKETS \$40 + B/F - ALL AGES**

**TICKETS AVAILABLE NOW - [WWW.RESILIENCE2018.COM](http://WWW.RESILIENCE2018.COM)**










EXPERIENCE AUSTRALIA'S  
BIGGEST HALLOWEEN  
STREET PARTY 

LAST SATURDAY IN OCTOBER  
MAIN STREET, LITHGOW

  Follow us @lithgowHalloween  
 1300 760 276 [www.halloween.lithgow.com](http://www.halloween.lithgow.com)

*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

*Created by Psychotherapist Jennifer Edwards, the ESK is like having your own personal counsellor for any situation. Use it to:*

- 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



### THE EMOTIONAL SURVIVAL KIT

*A box set of 22 beautifully presented, easy to use, strength based cards that provide you, your family and friends with on-going, helpful support whenever and where ever it may be needed...*

COST: \$24 PER KIT.

ORDER THROUGH [www.emotionalsurvivalkit.com.au](http://www.emotionalsurvivalkit.com.au)  
(pay through PayPal) or by calling Jennifer Edwards  
Counselling and Psychotherapy on 0404 531 555

### PRIVATE COUNSELLING

- 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)



## For your fridge – Term 4 Calendar

Lithgow High School Calendar - Year 2018 TERM 4						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
Oct Week 1	1	15 All Students return to school	16	17	18 HSC Examinations - Hall	19 HSC Examinations - Hall Year 7 Enrichment Class acceptances 2018
Oct Week 2	2	22 HSC Examinations - Hall	23 HSC Examinations - Hall Year 7 Advisor to visit Primary Schools	24 HSC Examinations - Hall	25 HSC Examinations - Hall	26 HSC Examinations - Hall
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	21	22	23
Nov Week 1	7	26 Year 10 -YEP Program	27 Year 10 -YEP Program	28	29	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 Year 7 enrichment Evening - Library	6 Year 10 Celebration Evening	7
Dec Week 1	9	10 Presentation Evening Year 7 - 11	11	12 Performance Evening	13 Wet and Wild Excursion (premiers reading challenge) HSC results out	14 Year 12 HSC Breakfast Year 7 - 10 Reports Distributed to students ATAR out
Dec Week 2	10	17	18	19 Last day for Students for 2018	20 Staff Development Day	21 Staff Development Day

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

*Have a safe and relaxing holiday*  
**School returns on Monday 15<sup>th</sup> October for EVERYONE**

**PLEASE NOTE:**

**No pupil free day/staff development day at beginning of Term 4!**