



*Lithgow High School*



## NEWSLETTER

27<sup>th</sup> September 2019

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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 4<sup>th</sup> November  
in the Hall Foyer  
You are all very welcome to attend.**

## PRINCIPAL



Term 3 has been busy and productive. **Mrs Hamment** held the highly successful **Business Breakfast and Careers Expo** for all year groups on Thursday 12<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 Thursday 5<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 242 (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.

The **RUOK Assembly** and “**Walk ‘N’ Talk**” was a terrific positive day for students. Thanks to **Ms Shirt**, **Ms Marlin** for their hard work and effort.

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

**The Major Works and Performances Exhibition** on Thursday 5<sup>th</sup> September was an enormous success. I was pleased to welcome parents and friends; 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, **Mr George** and the Music students and **Ms Cases** and the Drama students. Well done to all the Year 12 students on great work!

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 Finlay** for his ongoing support as Year Adviser. I look forward to seeing family and friends at the Graduation Ceremony on **Friday 27<sup>th</sup> September at 9.30am**. Congratulations and good luck to all Year 12, 2019

*Ann Caro*

## **An introduction for Parents about Restorative Practices.**

Our school has made a very important decision lately and that is to become a Restorative School. Using Restorative Practices isn't something we take lightly. We have been watching what's been happening in the world of education when it comes to creating a strong school culture, to building effective relationships, to resolving conflict and to improving student behaviour and bullying. The bottom line is that we think there's a better way.

Restorative Practices is that way. Working restoratively is really all about asking the right questions to students when things go wrong. You see, most approaches have us putting our detective hats on and focusing everything in the past. It really doesn't get us very far because we never get to the present or the future.

Put simply, we'll be asking your children questions like:

- What happened?
- How has that made people feel?
- And what action needs to be taken to make that better?

It's all about teaching responsibility for your actions and knowing that nobody is going to do it for you. Our job is to help them do just that ... better and better and better.

There's a LOT more to Restorative Practices and we're going to ensure you find out all of it. Our ongoing Partnership with Real Schools is supporting and resourcing us to make this change and you have access to all the resources too. Just head to the Member Login tab at [www.realschools.com.au](http://www.realschools.com.au) and use the login/password to have a look at all that we're working on at school.

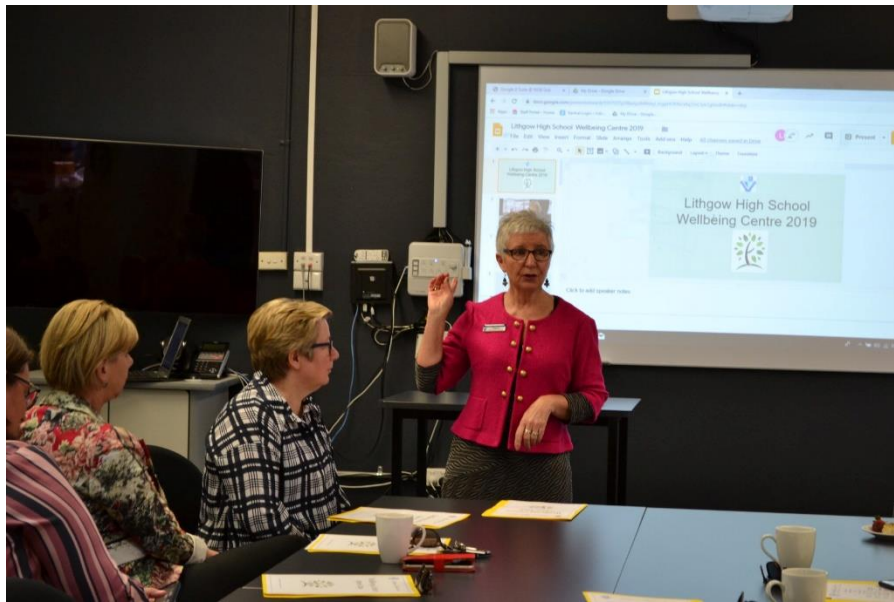
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**Password: lithgowhs**

Stay tuned for more information on this exciting development for our school.



# Wellbeing Centre Open Day



**On the 5<sup>th</sup> September, Lithgow High School held an Open Day for the Wellbeing Centre.**

Many schools, network facilitators and service providers were present to learn more about how the Wellbeing Centre operates and to learn more from the service providers. 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 assist students and ensure that all students have their social, emotional and academic needs supported from Year 7 to Year 12. It is free, private and confidential.

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 2 days per week, and Rosemary Black who works 3 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.

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 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, suicidal thoughts 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:**

**Catholic Care** - 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 and self-esteem.

**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 and education.

**Blue Mountains Women's Health and Resource Centre** - Counsellor

**Female Counsellor** - grief, loss, trauma, suicidal thoughts. GP Mental Health Care Plan may be needed for this.

**Male Youth Worker** - grief, loss, trauma.

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

**Elizabeth Evatt Community Legal Service** - legal advice for students ranging from fines, family custody orders, AVO's, financial problems, cyberbullying and many more.

**State Revenue NSW** - Work Development Sponsor. Students can reduce fines by engaging in mental health services.

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, Textiles, 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.

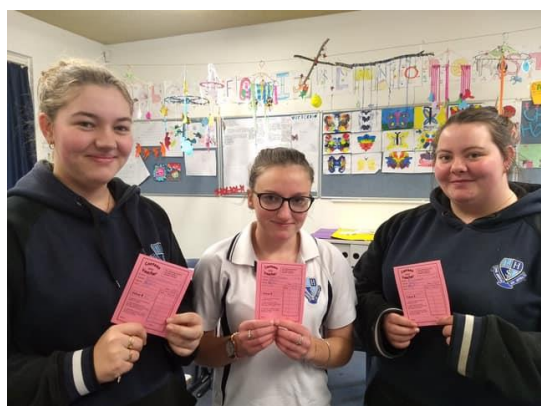


The following students have completed the term with some BIG numbers. Big congratulations for their commitment in the classroom and around the school.

Students of the term for Term 3!

Year 7	Stephen Marshall	469 points
Year 8	Joss Arkley-Smith	344 points
Year 9	Le-Tasha Taylor	234 points
Year 10	Andrei Falls	294 points
Year 11	Ryan Bird	454 points - absent from photo
Year 12	Ethan Pringle	450 points

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 added a number of additional items including special gift cards and food items. Please encourage your child to get on and have a look at the current totals. 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.



*Matthew Quirk*

## DEPUTY PRINCIPAL



I have had the opportunity to attend and enjoy many Year 7 classes over the previous weeks and have been on the look out to award the great work achieved in classes by students with VIVO points. I have seen students working hard in their classes, asking interesting questions about the topics they are studying and work collaboratively together. Students have been receiving VIVO's for great effort and following the Positive Behaviour for Learning expectations of the school.

### Asthma and Aerosols:

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

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

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

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

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

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

Thank you for considering the health and safety of others.

*Karin Mawhood*



# BUSINESS BREAKFAST





# CAREERS EXPO

On Thursday 12<sup>th</sup> September a number of different Universities, Colleges, TAFE, Apprenticeships Australia, ADF, local Industries, Australian Institute of Music and many 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.

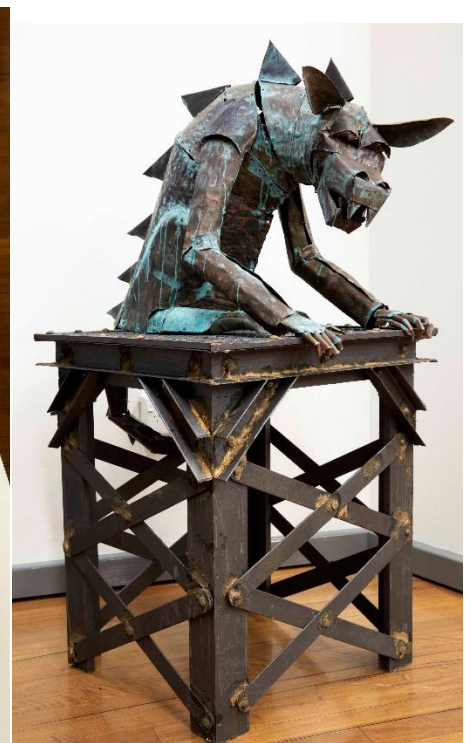
All the students involved learnt a lot and greatly enjoyed the experience. We hope the Careers Expo happens again in the future, as it was a valuable experience. Thank you to **Mrs Hamment** and her hard working team to make such a large-scale event possible helping to provide extra opportunities for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



*Rebecca Hamment – Careers Advisor*



# HSC ARTWORK







# HSC MAJOR WORKS TAS

For the first time in a number of years, students at Lithgow High School have elected to study Textiles and Design at Lithgow High school as part of their senior pattern of study. Students enrolled in HSC Textiles are required each year to research, design and produce a practical project. This project accounts for 50% of the overall marks and consists of a folio and project. The Textile Major works produced this year were of an impressive standard due to the dedication and hard work of the students.

The use of emerging technologies, such as the school laser cutter was utilised throughout the production of the Major projects to create screen prints, stamps and intricate detail. The use of this technology provides students the opportunity to create unique and individual items to enhance the quality and scope of their Major Project designs. Students are now studying for their formal HSC exams, which begin early in Term 4.



*Marnie Peters - TAS Teacher*



# 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. 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.



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.

*Jeff Monaghan - TAS Teacher*

## 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.

# A Message from Mr Finlay

## A Message from Mr Finlay

Congratulations Year 12 on graduating from Lithgow High School today. What a fantastic achievement. You should all be very proud.



Today is a significant day in your life and represents an opportunity to reflect on your years at High School. To share memories and laughter with your friends. To thank your teachers and your parents/carers for standing by you and supporting you through this journey. The people you have met and shared experiences with at Lithgow High School have helped make you the young adult you are today.

Arriving at this day also means you have dealt with some difficult experiences and come out the other side. You have built resilience and shown the courage to continue in the face of adversity. You should feel proud and take a moment to acknowledge the tough moments as well as the good.

On behalf of all Year 12, I would like to thank my colleague, **Erich Mantei**, for supporting this year group from Year 7 to Year 11. Erich played a significant role in the lives of all these graduating students and his contribution to their schooling should be remembered and acknowledged. I would also like to personally thank Erich for his support and assistance.

I have had the pleasure of fulfilling the role of Year Advisor for the graduating class of 2019 for the past 18 months. It has been an honour to watch them grow into young adults and develop their own unique individuality. I would like to thank Year 12 for welcoming me into your year group and trusting me to help guide you through this process. I have enjoyed the laughter and the chats.

I would like to wish you all the very best for your upcoming HSC exams and the adventures that await you in your post school life. Don't ever be afraid to try something new and take the road less travelled. It is a big world out there and I encourage you all to see it and experience all that it has to offer. You never know where it will take you.

I am looking forward to our celebration on Tuesday 19<sup>th</sup> November. I am sure it will be a fun and positive night.

See you on the other side!

*Mr Finlay- Year 12 Advisor*

# 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



## Voice. Treaty. Truth.

Lithgow High School held its annual NAIDOC assembly today. It was focussed on the 2019 NAIDOC theme of Voice. Treaty. Truth. Indigenous girls from LHS and surrounding schools performed and we would like to thank **Aunty Kym Cama** and **Jo Clancy** of Wagana Dance for imparting their knowledge to the students. For the first time the assembly was organised and run by the newly formed Yayalanha Leadership group. Yayalanha (Wiradjuri for talk, assist) is a group of young Aboriginal students, under the mentorship of **Mailynn Elliott**, who have become the indigenous voice for LHS. Yayalanha created their own Treaty and presented it to the Principal, **Ann Caro**, at the assembly.

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



# SPORT REPORT

## CHS KO Hockey 2<sup>nd</sup> in the STATE



The Open Boys Hockey Team travelled to Moorebank to play in the NSW CHS Knockout Finals on 18<sup>th</sup> and 19<sup>th</sup> of September. The boys played Westfield Sports High first, winning 5-2 which meant they progressed to the semi-finals later that afternoon. **Ryan Neale**, **Dayne Houlison** and **Lachlan Wilson** were all standouts in the win. The only concern coming out of the game was a broken collarbone to **James Puckeridge**.

In tough wet conditions, the boys played Maitland Grossmann High School in the semi-final. We started off really well going into the half-time break 3 nil up thanks to some excellent teamwork through our midfield and great finishing up front. The second half was a little closer with score finishing 4-1 at fulltime. **Logan McManus**, **Lachlan Roach** and **Tom Luchetti** worked tirelessly all game and led the team well.

The boys were now into the Final to play 2018 Winners Grafton High School. Despite an early chance to score Grafton dominated the first half going into the break 2 nil up. The boys rallied at halftime and came out in the second half and showed plenty of fight, unfortunately the score finished at 3-1 at fulltime. **Lachlan Roach** was impressive once again, with support from **Kade Anderson**, **Mitch Thompson** and goalkeepers **James Luck** and **Ashton McDonald**.

*Shane Conroy – PDHPE Teacher*



## TOM KEMP CUP - Champions



Lithgow travelled to the annual Tom Kemp Under 16's Girls Hockey Gala Day recently.

Our Under 16's Girls Hockey team have won the Tom Kemp Shield after going through undefeated yesterday in Bathurst. The girls beat Kelso 2-0, Orange 3-1, Bathurst 2-0 and Parkes 1-0.

The girls played an excellent brand of hockey and demonstrated great sportsmanship throughout the day.

*Shane Conroy - Girls Coach*

# NAIDOC TOUCH FOOTBALL

Our Mixed Touch Football Team travelled to Bathurst recently to play in the NAIDOC Touch Football Gala Day.



The team consisted of students from Year 7 - Year 10, which demonstrated great sportsmanship, and respect and played, in the spirit of the Indigenous Day.

Our team won all round games and qualified for the grand final match, up against the Stannie's Senior Boys Team. In a hard fought battle, we were not quite able to come away with a win narrowly losing 1-0.

All students should be congratulated for their fine result and how they represented our school, thank you to **Mr Dunn** for a great day!

*Lindsay Dunn - PDHPE Teacher*



# BASKETBALL REPORT



## 15's and Under Basketball

After becoming Western Champions in the Under 15's Boys' Basketball Competition the under 15's Boys' Basketball Team has made it through to the top 8 in the State and will be travelling to Terrigal at the end of October to compete over two days in the State Knockout Finals.

Last week Lithgow played Farrer Memorial Agricultural High School from Tamworth in a home game at the Lithgow Sports Centre. Lithgow started well and gained a good lead in the first quarter aided by **Riley Hart** two three pointers. However, Farrer were not ready to quit and were able to come back making the score even just after half time. In the second half **Hutch Evans** kept Tamworth shocked with his outstanding defence and after some nail biting moments **Lachlan Thompson** and **Kade Inwood** kept leading the team to finally win by a massive 76-63. The team includes **Hutch Evans, Tallan Egan, Riley Hart, Kade Inwood, Taj Jenkins, Hayden Rodham, Lachlan Thompson, Mitchell Wallace** and **Harrison Wells** who all worked amazingly as a team to make the win.

**Adam Marjoram, Gary Inwood** and **Gary Wallace** have all done their part in coaching and leading the team to victory and Mrs Farebrother has done an amazing job managing and organizing everything for us.

*Kade Inwood – Year 10 Student*



# 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. Eleven students from Lithgow High School successfully made it through to the State Championships and competed over the three day carnival. They represented the school with dignity, and each tried very hard in their respective events.



The standout performer was **Ryan Wells** who gained both a Gold and Silver Medal. In the High Jump, Ryan was one of three athletes that finished on 1.56m and had to compete in a jump off for first place. Ryan had to settle for the silver medal.

A couple of hours later Ryan backed up in the final of the 800m, one of the last events of Day 2. Ryan powered home to convincingly win the Gold Medal.

Other athletes to make the finals included **Tasmyn Davies** (discus), **Luke Thompson** (hurdles), **Blake Fittler** (shot put) and **Dylan Miles** (800m).

Other LHS students who participated very well but just missed out on the final were **Ashley Robinson** (200m and Long Jump), **Emily Healey** (800m), **Kyra Phillips** (shot put), **Lachlan Thompson** (high jump), **Maddison Symes** (100m) and **Kobi Egan** (triple jump).

*Ray Stoneley - Athletics Co-ordinator*

# SRC REPORT



This term the Student Representative Council have held a fundraiser for Beanie Day that raised money for Brain Cancer. The SRC held a hot chocolate stall and chocolate toss that raised up to four hundred dollars along with donations. Students also participated in selling legacy badges that helps families of veterans. Overall the students made hundreds of dollars in donations. The SRC also helped with the **R U OK** day, which raises awareness for Mental Health. Students ran a stall where they sold morning tea, which helped to contribute to raising funds and awareness for mental health. Overall, the term has been a success thanks to all of the students and teachers that ran and supported these events.

*Ben Seymour – SRC President*





# R U OK and WALK 'N' TALK FOR LIFE



On Friday 13<sup>th</sup> September, Lithgow High School students and staff participated in R U OK Day, a day that is used to promote suicide awareness within the community. To embrace the message of the day “trust the signs, trust your gut, ask R U OK”, Walk N Talk for Life founder **Shannon Nevin** visited Lithgow High School to promote suicide awareness and help inspire and empower students and staff to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life.

Shannon gave an inspiring presentation to students at the R U OK assembly which was followed by Lithgow High School Learning and Support Teacher **Di Moore** providing information about the services available to all students both at school and in the Lithgow Community. Throughout the day students participated in Mural Painting and a Fundraiser Morning Tea run by the SRC that aimed to promote conversations within the school. During Period 6 local Walk N Talk coordinator, **Leanne Walding** joined Shannon and the staff and students of Lithgow High School to hold the very first school Walk N Talk. All students participated in the walk alongside their peers and teachers to check in with each other and ask R U OK? The day was a success and both **Ms Marlin** and **Mrs Shirt** (coordinators for the day) wanted to thank all of those involved in its fruition. Lithgow High School continues to commit to reducing the stigma that surrounds mental health and provide a positive and caring environment to all its students. We thank **Shannon Nevin** and **Leanne Walding** for taking the time to talk to the students and staff.

*Rhiannon Shirt - Coordinator*



# 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 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*

## 2019-20 bush fire season: information for parents



### Will my child's school be affected by Severe or Extreme Fire Danger Ratings?

During the bush fire season, including days of severe or extreme fire danger rating, schools will continue to operate as normal unless advised otherwise by emergency services. During the bush fire season schools will be vigilant and monitor local conditions, particularly on days when severe or extreme fire danger ratings are issued.

### Plan and Prepare

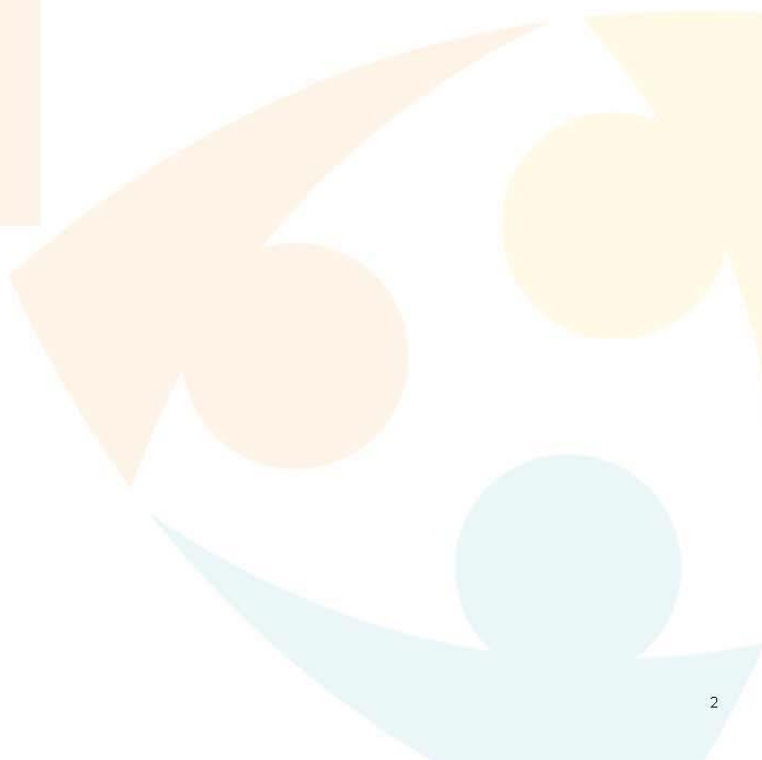
The NSW Rural Fire Service has resources for all residents to plan and prepare for the bush fire season. It is important that you consider the safety of your own home from bush fire. Please find more information and resources on the RFS website at <http://www.rfs.nsw.gov.au/plan-and-prepare>.



#### Learn more

We appreciate your cooperation during the bush fire season. For further information about Fire Danger Ratings and the bush fire season, please refer to the [NSW Rural Fire Service website](#).

The department's [School Safety website](#) has also been established to provide up to date information during bush fires and other situations such as floods or storms.





# YEAR 12 FUN DAY











# Party in the Shed!

Celebrate Mental Health Month at our inaugural headspace Lithgow Party in the Shed!

## Featuring:

- FREE entry
- Live music
- Photo booth
- Sausage sizzle
- Big games
- Table tennis
- Give-aways

## When

Friday 11 October  
11am- 3pm

## Where

headspace Lithgow- 23 Main St Lithgow

## Enquiries?

Social: [facebook.com/headspacelithgow](https://facebook.com/headspacelithgow)  
Phone: 6352 7600

**This is a drug and alcohol-free event,  
and everyone is welcome.**

headspace National Youth Mental Health Foundation is funded  
by the Australian Government Department of Health

# 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><i>IMPORTANT DATES TO REMEMBER</i></b>
<b><i>Monday 14<sup>th</sup> October</i></b>	<b><i>TERM 4 RETURNS FOR ALL STUDENTS</i></b>
<b><i>Thursday 17<sup>th</sup> October - 11<sup>th</sup> November</i></b>	<b><i>HSC Examinations</i></b>
<b><i>Friday 1<sup>st</sup> November</i></b>	<b><i>Newsletter Issued</i></b>
<b><i>Monday 4<sup>th</sup> November</i></b>	<b><i>Year 6 into 7 Parent Tour - Bookings essential - 9.15am</i></b> <b><i>P&amp;C Meeting - Hall Foyer - 5.00pm</i></b>



## VOLUNTEERS REQUIRED IN OUR CANTEEN

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

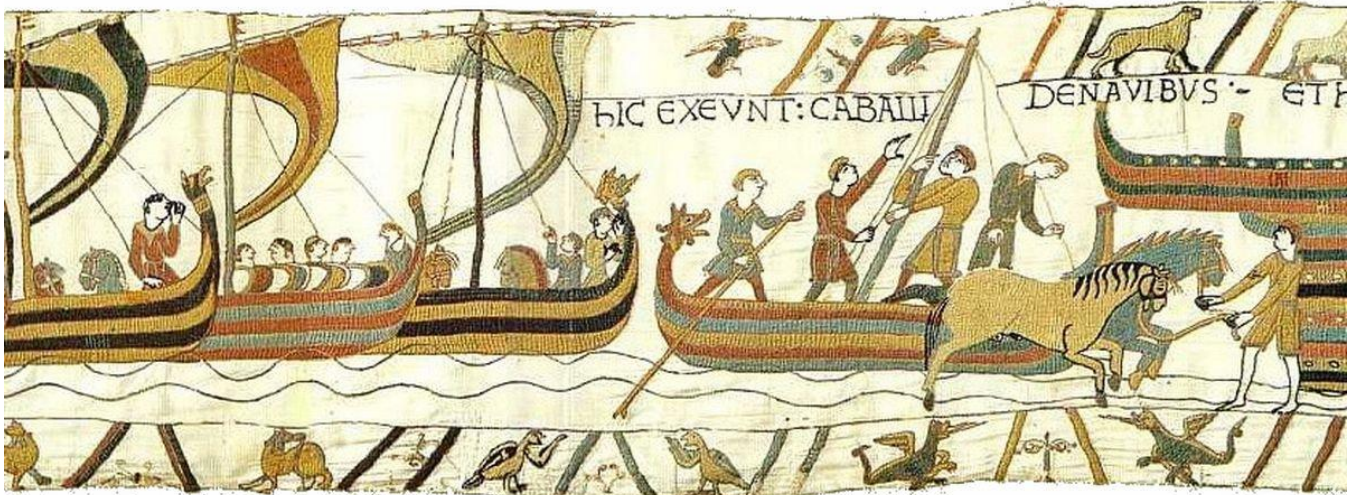
**You can put your name on the roster once a month or just when you have a spare few hours. The hours are 10.45am - 1.45pm. Our volunteers do not have to handle the money or know the price of our items.**

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



# On This Day In History

On 27<sup>th</sup> September, 1066 William the Conqueror's troops set sail for England from the coast of Normandy (modern day France).



In doing so, the course of British history changed forever as William, the Duke of Normandy, landed on the southern coast of England and seized the country from its Anglo-Saxon king Harold Godwinson.

The Normans weren't the only ones keen on the English throne - the Norwegians, led by King Harald Hardrada, invaded northern England but Harold defeated them at the Battle of Stamford Bridge on 25<sup>th</sup> September, but at the cost of severely weakening his army immediately prior to William the Conqueror's invasion.

William invaded with around 7,000-12,000 men and constructed a Castle in the area of Hastings. This is where the famous Battle of Hastings would happen, on 14<sup>th</sup> October, 1066. King Harold was killed (by an arrow to the eye according to legend) and William marched on London, eventually receiving the capitulation of the English barons and Harold's uncrowned successor Edgar Aetheling.

William was crowned on 25<sup>th</sup> December 1066 and reigned until 1087. The conquest introduced the Norman language to England, eliminated the English elite, changed governance and began the formal elimination of slavery.

Image caption: William the Conqueror and his army land at Pevensey as depicted in the Bayeux Tapestry.

*Andrew Finlay - HSIE Teacher*



## 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

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### WINTER SALES ITEMS



Track Pants and Track Jackets are now on sale!

Discount Price: NOW \$35.00 each

Get in quick, limited stock remaining.  
Order in store, or online.

Lithgow High School Uniform Shop  
P: 02 6352 3494  
E: [lithgowhigh@alinta.com.au](mailto:lithgowhigh@alinta.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 no**

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

**Cruze Driving School**

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

BATHURST  
LITHGOW  
OBERON

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

*Cruze Driving School*  
0404 644 089 - 6337 5941

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



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- 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)

## Positions Available at - Lithgow Domino's



**In-Store Team Member** - In-Store Team Member performs duties of both a Customer Service Representative (CSR) and a Pizza Maker and is responsible for providing quality customer service as well as making our delicious pizzas with pride.

**Delivery Driver** - A Domino's Driver is often the only point of contact our customers have with the store. Therefore must have good customer service skills and a safe driving record.

To apply follow the link: <https://jobs.dominos.com.au/available-positions>



**Make sure you head to Katoomba if you're watching movies, please consider supporting the 'The Edge Cinema', they are supporting our Vivo Rewards program with free vouchers for our students to purchase as prizes in our vivo store!**





## For your fridge – Term 4 Calendar

Lithgow High School Calendar - Year 2019 TERM 4						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
Oct Week 1	1	14 All Students return to school	15	16	17 HSC Examinations - Hall	18 HSC Examinations - Hall Year 7 Enrichment Class acceptances 2020
Oct Week 2	2	21 HSC Examinations - Hall	22 HSC Examinations - Hall	23 HSC Examinations - Hall	24 HSC Examinations - Hall	25 HSC Examinations - Hall
Oct/Nov Week 1	3	28 HSC Examinations - Hall Valid Online testing Year 8	29 HSC Examinations – Hall Valid Online testing Year 8 11►12 Assessment Evening 6pm - Library	30 HSC Examinations - Hall Valid Online testing Year 8	31 HSC Examinations - Hall Valid Online testing Year 8	1 HSC Examinations - Hall Valid Online testing Year 8 Newsletter Issued
Nov Week 2	4	4 HSC Examinations – Hall School Parent Tour 9.15am bookings essential P&C Meeting 5pm - Foyer	5 HSC Examinations - Hall 6►7 2019 Small Schools Orientation 9.30am – 12.00pm	6 HSC Examinations - Hall	7 HSC Examinations - Hall	8 HSC Examinations – Hall Year 11 Reports Issued
Nov Week 1	5	11 School Parent Tour 9.15am bookings essential	12	13	14 Primary Schools Debating	15
Nov Week 2	6	18	19 Year 12 Formal	20	21 APAG Afternoon tea 4-6pm	22
Nov Week 1	7	25	26	27	28	29 Newsletter Issued
Nov/ Dec Week 2	8	2 Year 8 Camp P&C Meeting 5pm – Hall Foyer	3 Year 8 Camp 6►7 Orient Day 9.30am Hall	4	5 Year 10 Celebration Evening	6
Dec Week 1	9	9	10	11 Performance Evening	12	13
Dec Week 2	10	16 Presentation Evening Year 7 – 11 Year 7 - 10 Reports Distributed to students	17 Year 12 HSC Breakfast Fun Day	18 Last day for Students for 2019	19 Staff Development Day	20 Staff Development Day

Please note - dates and times maybe 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 14<sup>th</sup> October for EVERYONE**

**PLEASE NOTE:**

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