



Lithgow High School



NEWSLETTER

2nd August, 2019

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email lithgow-h.school@det.nsw.edu.au

Year 10 On the Job



Blake working with Vision TV - Tim Gilbert
See page 11 for full report on our
Work Experience

PRINCIPAL



Year 12 has completed the first session of the Trial HSC this week, and I am sure that this is a relief to them and their families. A reminder to all Year 12 students, parents and caregivers that we are highly sympathetic to students who suffer an illness or misadventure during assessment and exam tasks however we must follow NESA procedures. Any absence from an exam or failure to submit a task must be followed up immediately with a medical certificate; a parent note is insufficient evidence at this stage of school. Please phone Mr Quirk or Mr Finlay with any issues in regard to Year 12.

I strongly encourage Year 12 to continue to work hard after the trial HSC. Students need to remember that regardless of their post school aspirations that they want to attain the best school credential possible. The credential has three components – The HSC, the school report and the school reference. For employers and scholarships, the school report and reference are vital documents. Ensure you are present and working hard every day to fulfil your potential.

Applications for the prestigious Phil Duncan award are due by 16th August. The information letter about the scholarship was handed out at the Year 12 year meeting and copies are available from the library. Mr Duncan has increased the value of these scholarships this year; his generosity to Lithgow High School is boundless.

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

Our leaders' induction ceremony is on Tuesday 6th August. I congratulate the outstanding young people who are taking up these roles for 2019-2020. In particular I congratulate our 4 captains **Callie Capomolla**, **Geordie Goodwin**, **Ryan Bird** and **Evan Brown**. I thank and acknowledge the efforts of the outgoing captains **Ebony Seymour**, **Amber Shaw**, **William Casson** and **Tom Luchetti**. Fantastic job.

I urge all Yr10 and their parents to attend subject selection evening on Tuesday 6th August in the hall at 6.00pm.

Ann Caro



Greater Lithgow Valley Schools EDUCATION WEEK 2019 *EVERY STUDENT EVERY VOICE*

Please join us at Lithgow Public School to celebrate Education Week 2019!

Dear Parents/Caregivers,

Education Week is next week Monday 5th August – Friday 9th August and is a statewide annual event that celebrates public education in NSW. The achievements of public education and local schools are highlighted during the week, with an emphasis on our students, our educators and the communities that support them.

Every student, every voice is the 2019 Education Week theme. It is an important message that underpins our ambition within the NSW Department of Education to every student being known, valued and cared for, and gives us the opportunity to reflect on the valuable role student voice has in creating engaged citizens who will thrive beyond the school gates.

Please join us at Lithgow Public School to celebrate Education Week 2019. We will be showcasing each school in the greater Lithgow Valley with items and performances from our talented students. Each school will also feature artworks submitted in a Visual Arts competition, with winners to be announced at the assembly.

We look forward to celebrating Education Week together with you on Monday 5th August.

Where: Lithgow Public School

When: Monday 5th August 2019

Time: 10.00am



DEPUTY PRINCIPAL



Welcome back to Term 3,
All of year 10 commenced work experience during this week with the support of many local businesses. At the conclusion of work experience, year 10 students can look forward to the ski trip excursion in week 4. The school has had a smooth start to the term and students have settled in well. The school will be targeting partial attendance this term and students are reminded of the PBL focus 'right place, right time'.

Stage 6 subject selection

On Tuesday 6th August at 6.00pm in the hall Year 10 students and their families are invited to the **Year 11, 2020 Subject Selection Evening**. Students and parents will be informed on the process for selecting a pattern of study in the senior years. There are mandatory requirements that students need to fulfil, and all of this information will be presented during the evening. Students and parents will also have the opportunity to discuss individual options with Head Teachers during the evening. It is important that all parents of Year 10 attend this evening to assist their child with selecting an appropriate pattern of study that will set them up best for success in their senior study. Students will all participate in individual subject selection guidance sessions with staff to help them with developing a pattern of study for year 11.

Stage 4 and 5 subject selection

Students in years 7, 8 and 9 will receive elective booklets for 2020 in the next week. Students are encouraged to take information home and discuss with their parents. Year 7 students are able to select an elective that they would like to do for each semester of next year. Years 8 and 9 will be able to select three electives each, that they will complete for the entire of the year. Year 9 students are able to maintain or change any or all of their current electives. The elective choices will give them an indication of what study pathways they may choose in stage 6. All students will be advised of the electronic selection process over the coming weeks.

Karin Mawhood

DEPUTY PRINCIPAL

Year 12



Trial HSC - The first group of Trial Exams has been successful and students are preparing for the next group of exams in Week 5. It is important that students continue to study and make use of the resources in the school. This includes the Tutors in the Library and the Year 12 teachers who are available to give feedback when necessary. It is important to be aware that if you miss an exam you will need to follow it up with an illness and misadventure application. Relevant documentation will be required to complete the process. Please discuss this with the

Deputy Principal or Careers adviser if you have any questions.

Leaders Induction Ceremony

On Tuesday 6th August our Leadership Induction Ceremony will be held to officially induct the leaders for 2019 - 2020. The groups include the School Captains, Prefects, House Captains, Students Representative Council (SRC), Peer Support Leaders and the Peer Mediators. I would like to wish them all the best for the year ahead and look forward to supporting the valuable work carried out across the school.

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.

School references - Year 12 students will be issued with applications for references at the next year meeting. I would like to encourage all students to make use of this recommendation. The hard work and participation over the years should be acknowledged and recorded for future reference. A reminder that these applications are due at the end of Week 5.

Matthew Quirk

Student Device Safety

It is recommended that you check your students' device and power cords on a regular basis to check for exposed wires, cord breakages or loose fittings. Exposed wiring can lead to electrocution resulting in severe injury or death. Do not use damaged cords/devices.



*We are pleased to extend a special invitation to
Parents/Caregivers, friends and family to attend our
School Leaders Induction Ceremony*

**Tuesday 6th August
9.30am – Hall
&**

***Subject Selection Evening
For all students in***

Year 10 going into Year 11 in 2020

Hall 6.00pm - 7.00pm

***Please come along and support the Subject
Selection of your child into the senior years***



Lithgow High School

Promoting Excellence In A Caring Educational Environment



Senior Maths students



Art Express 2018 – Sophie Inzitari



Additional Tuition for senior students



Senior Technology lesson

Year 11 2020 Course Information Evening

Delivering the Broadest Curriculum in the Lithgow Valley

Tuesday 6th August 2019

6.00pm – 7.00pm – School Hall

Year 10 students and parents from all schools are encouraged to attend

We provide opportunities for everyone

- *Wide range of academic and vocational offerings*
- *High level of technology access and integration*
- *Excellence in creative and performing arts*
- *All day, every day, additional tuition for all senior students including after school Monday - Thursday*

Telephone: 63 52 1422 Fax: 63 53 1081 Email: lithgow-h.school@det.nsw.edu.au

Find and like us on our official Facebook page

WELCOME TO OUR NEW HEAD TEACHER

SCIENCE - MS TRACEY BORG

"Hello, and let me say a very sincere 'thank you' to the Lithgow High School community for the warm welcome I have been given these past few weeks. My background is in student wellbeing and Science/Mathematics teaching and I have taught students across Primary, Secondary and Support settings in Orange, Bathurst, Portland, Penrith, Braidwood, Canada and most recently, Vincentia, on the South Coast, over the past 25 years or so. I am passionate about the relevance and importance of Science in the current world climate and believe that our children need to be well educated and well loved to face the challenges ahead as they leave school and enter further study or seek work opportunities. Please consider my door open and don't hesitate to contact me if you wish to discuss your child's progress in Science. I look forward to working with you all."



Grease was great!

The 2019 Lithgow High School Musical, 'Grease', was a wild ride for everyone! By all accounts, it was a great success. This was due in no small part to the fantastic talents and efforts of the more than 50 students involved. Not only did we have some awesome movers and shakers on stage, but it was students who ran all the set changes, organised the snack bar and the decorations, worked as ushers, sold tickets and painted the car.



During one of the primary school matinees, we had some attendees from a local nursing home, and some of our front of house students helped these lovely ladies to their seats and back to the bus. The carers from the nursing home were incredibly complimentary about the way in which our students conveyed themselves. In all areas of this show, the students have been amazing.

And of course the show itself! The audience response was overwhelming. The energy and passion of the performance from the entire cast was just incredible, whether it was Danny and Sandy with their heartbreaking solo numbers or rocking out to 'Grease Lightning' or 'We Go Together'. The camaraderie and passion of the performers was enough to bring a tear to one's eye. There were many tears on closing night (mostly from the boys) at the close of this inspiring journey. The cast, crew and creative team of Grease would like to thank all the teachers and audience that supported us. Without the audience, there is no show, and this was truly an example of a community coming together. Just wait and see what we come up with next year!

Brett Jeffers - HT English/Drama



Music Notes

Grease was Great

Our musical production of 'Grease' closed at the end of Term 2 after a busy two terms of rehearsal. The students sang, danced, acted, played music and worked backstage for six shows in Week 10.

As my first production at LHS, since joining the Music staff here at the start of the year, I would like to extend a huge thanks to the production team of teachers, and a huge congratulations to the students involved. Through weekly rehearsals, the ensemble learnt to sing the big show numbers in harmonies to support the lead vocalists. I am very proud of the maturity, dedication and talent of all students involved.



I would also like to extend my congratulations to The Greaser Boys band. Some of my Year 11 Music students formed a band with Mr George on bass, to perform Greased Lightning for each show. The band were tight and the addition of live music was exciting.



Miss Aldrick – Musical Director for Grease


Need more singing?

For those missing the weekly group singing, and for anyone else wishing to enjoy regular singing practice in a group, CHOIR BEGINS THIS TERM!


Miss Aldrick is forming a choir this term, to rehearse songs to perform at school and community events. Choir will rehearse Monday lunches in B21. Students will learn to find their voice, to sing harmonies together, while singing a range of rounds, popular, cultural and theatre songs.

Need more musicals?

For those missing the musical production, and for anyone else wishing to learn about musicals and get involved in LHS musicals, MUSICAL THEATRE STUDIES BEGINS in 2020! A new Stage 5 Interest Elective is being created to study and immerse in all things music theatre. Musical Theatre Studies will be a 1-year elective course where students study the various elements of different musicals, and learn the skills involved. They will form a crucial team for the next school musical, designing and creating sets, props and decorations, as well as rehearsing segments of the show. For students wishing to be involved in school productions, this course will provide skills, knowledge and experience.



NEW **Singing @ LHS**



CHOIR – Monday Lunch in B21 with Miss Aldrick

A friendly, supportive choir singing fun songs together.
Learning to sing in harmonies. Rehearsing to perform at school & community events, & audition for NSW Schools Spectacular.

No experience necessary. Don't need to know how to read music

All you need is:

- A love of singing
- A desire to learn to sing in a group
- Enthusiasm, commitment, teamwork, practice.

Singing in groups releases happy chemicals in your brain.

NEW SUBJECT – Stage 5 Interest Elective (Yrs 9, 10)
MUSICAL THEATRE STUDIES

Do you want to perform in LHS musicals?
Do you want musicals to be part of your study?

Musical Theatre Studies Stage 5 elective is the place to be!
Study different musicals – learning about the story, music, design, staging, technical plots.
Learn to sing solo, and in harmonies with 'character'
Refine your acting, dancing, singing, music playing, technical design for musicals.
Refine your audition skills, and have time to rehearse the show.
See Miss Aldrick to get the info.

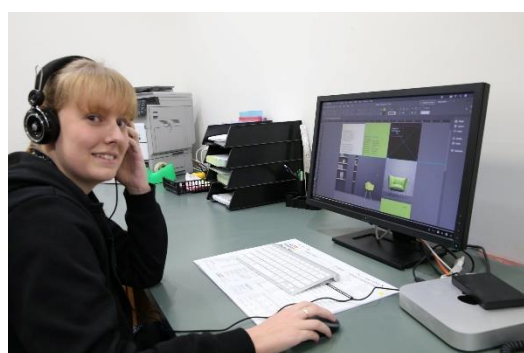
YEAR 10 ARE ON THE JOB



We have had a wonderful week with over 140 Year 10 students participating in Work Experience. Students have completed a work experience preparation program during their careers lessons throughout Term 1 and 2 and then were able to use this knowledge for their Work Experience week on the job. During the week, students have gained valuable experience, which will assist them in the choices they will be making in completing the next years of school. Some of the work experience opportunities students were able to experience in large organisations included **Thales**, **Lithgow Hospital**, engineering and electrical at **Springvale Coal Mine** and **Energy Australia** as well as retail roles at **Bunnings**, **Harvey Norman** and many other local businesses. Many students were involved in Hospitality roles at the **Lithgow Workies Club** and many of our local cafes. There are a great number of other career areas that students have been able to explore throughout the week. The Lithgow business community have been extremely supportive of this program and Lithgow High would like to extend their thanks to the businesses and organisations who were able to have a student this year.

Photos on next page, please find all of our wonderful photos on our school Facebook page, thank you to Mrs Brownlow for visiting the workplaces to take photos.

Rebecca Hamment – Careers Advisor





Centennial Coal



Charles Sturt
University



THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA

skillset.
education • workforce • environment



MACQUARIE
University



JMC
ACADEMY
CREATIVE INDUSTRIES



UNIVERSITY OF
CANBERRA



INVITATION LITHGOW HS CAREERS EXPO



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

Thursday 12th September
10.00am – 2.00pm

Specific Information Sessions
During the day

Over 20 stalls including Universities,
ADF, TAFE, Apprenticeship Australia,
UAC, and local Trade Industries

Rsvp: rebecca.hamment@det.nsw.edu.au
or Phone LHS office on 63 52 1422



Sarina Russo
Apprenticeships

LITHGOW HIGH SCHOOL PH: (02) 63 52 1422 FAX: (02) 63 53 1081



Careers Expo at Lithgow High School for our entire community on Thursday 12th September

The Lithgow High Careers Expo aims to provide the students in the Lithgow and surrounding community an opportunity to access information from a wide range of organisations. These organisations and the information will assist students with planning their transition from school, in their subject selections and in developing their aspirations for the future.

There are a large number of universities and tertiary study providers attending who will provide information about the courses offered, application process, scholarships and life at university. We also have a significant number of apprenticeship providers and employment organisations who will have information on accessing apprenticeships, trades and industry based jobs.

UAC (Universities Admissions Centre) are attending and will be presenting an information session for Year 10 students about subject selection, they will also be presenting a session to Year 12 students about the university application process, early entry and other schemes that are available.

Parents and community are invited to attend the Expo and information sessions throughout the day. More details about the information sessions will be available soon, and will be published on the school's Facebook page, and sent home with students.



Photo from last year's Careers Expo

Rebecca Hamment – Careers Advisor

Introducing our 2019 - 20 School Leaders

Ryan Bird - School Captain



Lithgow high has been an amazing school to grow up and learn at. It has given me so many opportunities that I am so grateful for, such as being treasurer of the SRC and being able to go away to represent the school in sports. I'm so thankful for having the opportunity of being school captain and aspire to be the best leader I can be. I think I'll be able to learn so much from this role and really develop my leadership skills. My goal as a leader is to help better the school and to be a friendly face for all students.

Teachers at Lithgow High have pushed me to achieve my best and are always offering help when anyone needs help in their subject. The support I have been given as a student has been amazing and has been crucial to my education.

I hope after graduating, to go to university to study a field of engineering.

Callie Capomolla - School Captain

There are so many things that I love about Lithgow High School, I love the laid back friendly environment and I love the way each student is allowed to feel safe and free of judgement.

This school offers such a wide variety of subjects, from STEM subjects, to visual and performing arts to sports and academics. Allowing every type of student the opportunity to succeed within an area that they enjoy.



Since I started in Year 7 I have been given so many opportunities which have allowed me to grow in every aspect of my life. Having been involved in many of the schools activities, including many of our performances, ag teams, as well as representing the school in rowing to name a few. My involvement in these things gave me the confidence to put my name down to represent the school in a senior leadership position.

As 2019-2020 school Captain, I plan to be a positive role model to junior students and give back to a school that has given me so much.

Evan Brown - Captain

Lithgow High has provided me with the attention and experience I need to pursue any pathway I choose. The staff always give 100% to help me learn and grow as a student. Captaincy to me means paying that forwards by representing the school in its greatest light wherever it may be required. Over the past years I have admired the many leaders who have stepped up and handled this role with the respect it deserves, they inspired me to seek out this great opportunity. From aiding with students, guests or any form of event I am confident this year's leadership can handle it.



In future I hope to uphold the expectation that previous years have placed on this position and bring Lithgow high further in the community. Since year seven I've aspired for captain and SRC has helped me achieve that, everyone in that roll call was building skills and helping each other to reach a common goal. The opportunities gained through SRC have led me down many different paths from applying for scholarships to reaching out within the community, so I would encourage anyone to give it a shot. Overall Lithgow high is a place I need to give back to for all the aid it has provided and captaincy is how I want to pay it forward.

Geordie Goodwin - Captain



Over my years at Lithgow High School both students and teachers have helped me grow as a person to develop my leadership skills by sharing their experiences and creating opportunities for me to grow. I started my leadership roles early in my school life by saying the welcome to country since Year 7.

Some of the other roles I have been involved in are the SRC, tutoring roll calls and many different sporting teams including State winning basketball team.

As a young Aboriginal woman, I want to make a difference in our school community and help give back to the school in any way I can. My aim as a school leader is to be there for my peers in any way I can to create a harmonious environment through my diligence.

Lithgow High school thrives on helping students, in all aspects of life. The atmosphere that is created throughout the school provides students with the opportunity to succeed. Teaching staff are always on call if you need a helping hand and coming into one of the most important years of my life, I have definitely taken the opportunity to get as much help as I can to prepare myself for what is yet to come over the next year and throughout the rest of my life

Hayley Atkins - Prefect



I strongly believe that the best feature of community of Lithgow High School is the way that all the staff adapt to the individual needs of each student, thus building an environment where learning is nurtured and as well as encouraging all students to be not only is the best student they can be but also the best version of themselves. This and the amazing learning and leadership opportunities that Lithgow High School provides is what drove me to want to be a part of the school leadership team.

During my time here as a student life has been like a ferris wheel - sometimes I am on top of the world, others I am on the bottom. But like a ferris wheel life will rise and fall.

However this hasn't stopped my ambitions and goal in becoming a part of the schools leadership team. During my time here I have been a part of many different leadership teams including Peer Support and the SRC. I was also involved in the Youth Parliament Program in 2017 where I was given the opportunity to go to the Parliament of NSW and present a speech to over 100 people about the rising numbers in mental health and suicide in the Lithgow and Bathurst communities.

In Y10 I was also involved in a leadership program called "Being 10" helping other young women like myself become the best version of themselves that they can be.

While doing all of this I have been a part of a extra- curricular activity called "The Australian Army Cadets". It is the leading leadership program in Australia. It is here that I learnt the basics fundamentals of not only leadership but courage, initiative and teamwork.

As a prefect my goal is to provide all students with the same amazing opportunities that Lithgow High offered me. My future options are undecided, but I will always remember the words that I was taught in high school.

"Per Ardua Ad Astra". Toward the stars.

Alayah Lincoln - Prefect



Throughout my years at Lithgow High School, I have had the chance to grow in many different ways. I have been in leadership roles since year 7 and I wanted to continue being a leader and contribute within the school. Lithgow High has given many opportunities throughout my years from debating, saying the Welcome to Country, representing the school for many kinds of sports, Student Representative Council along with being the SRC president in yr 11,

peer skilling and many more.. The school provides a wide number of different subjects with teachers who are committed and willing to help. My goals are to work hard for my last years of school and do what I can for my role as Prefect. I'm always willing to help out my peers whenever in need. In the future I hope to earn and achieve what I'm working hard for, continuing onto University when I graduate.

I have been a high academic achiever throughout my school years and I want to continue to share that with my fellow students.

Logan McManus - Prefect



Lithgow High School provides a safe learning environment for all its students who attend. Students are given many opportunities and pathways by this school to do and achieve what they want, through forms of teaching and courses provided. I love this school and I've enjoyed every minute of being enrolled here, so I decided to try and give back to the school by becoming a school leader. I'll be doing my best to ensure all new and current students at Lithgow High feel safe

and are enjoying their time in this great school as well as being someone who they can come and speak to. All students should make the most of the time that they have in school, being at school is some or the greatest years of your life, you're able to see and talk to your friends each and every day.

I hope to see many more students come to the decision of attending this great school in the coming years.

Ryan Merlino - Prefect



I believe that Lithgow High is the perfect place to learn, with everyone being friendly and the staff being very supportive, no matter the subject, be it English, Maths or Science.

During my time at Lithgow High I have been involved in the SRC, the Maths Tutoring roll and the Peer Mediation Roll, all of which I got involved in as I saw them as ways of giving back to the school, and in turn the Lithgow community.

I am excited for the new opportunities that will present themselves whilst I'm Prefect, as well as the aspect of being able to support my peers with any problems they may have.

In the future I am aiming at going to University to study Archaeology and Geology and then follow the opportunities that present themselves after that.

I am thankful to Lithgow High, and it's staff and students for all the support I have been given throughout my time at Lithgow High, and in turn through my life.

Mitchell Thompson - Prefect

The thing I like about Lithgow High is the welcoming community that surrounds it. Coming across from another school is a daunting process, this I know as I started at Lithgow High in year 9. However, the positive support that the Lithgow High community shows towards newer students allows for them to slot in easily. During my time at Lithgow High I have been fortunate enough to have been involved in numerous sporting teams and I was also apart of the Peer Support program, helping the year sevens transition into the high school setting. Another great aspect about the school is the diversity of subjects that are available to the students, this allows for the growth of different opportunities for each individual student depending on what they enjoy and want to pursue as a career path in the future. The school not only supports students academically, but it also supports them athletically, which allows for students to not only prosper academically, but also athletically. I chose to become a leader so I could return the generosity that I was shown throughout my schooling, and I'd also like to be a positive role model for the younger students who are still finding their way through the tough years of high school.



Ellie Thompson-Spillane - Prefect



Lithgow High has such an amazing community inside and out that has continually given me the opportunity to strive in all aspects of life.

The teachers here always endeavour to help every student to the best of their abilities and point them towards the best possible outcome no matter what path they choose.

LHS offers so many opportunities in every field from academic and sports to performing arts.

For me, school musicals have always been a highlight of every school year. Musicals have allowed me to not only express who I am but also build my confidence and shape the person I am today.

I have been part of the Student Representative Council since year 7 and that has been a great opportunity to further develop my skills as a leader while helping out the school community and others as well.

Lithgow High has continued to give and give to the students to better their schooling career, and that is one of the reasons I decided to go for a leadership role.

Having a leadership role means that I can contribute my ideas and suggestions more actively to help the school grow to be an even better environment for both students and staff.

During my time as a leader, I hope to improve the negative stigma many students may have about school and continue to make the school a more accepting environment for all.

In the future I hope to take advantage of all these wonderful skills I have been taught in my time here at Lithgow High and hopefully achieve my goal of attending university to complete my Honours Degree in Law.

Caleb Traish - Prefect

Hello! My name is Caleb Traish, I am one of this year and next years prefects. I have attended Lithgow High School since year 7, during this time I have been a part of the SRC, peer support group, and peer mediation group.



Also since year 7 I have been a part of the annual Lithgow High School musicals. The musicals have been an absolutely wonderful extracurricular experience. Throughout the years of my High School experiences the musicals have been truly wonderful, when I started in year 7 I was innocent and nervous and now with the help of the teachers I have grown so much more confident and singing, dancing and acting on stage has been so much fun for me. Lithgow High School is an amazing school with so many supporting teachers that provide a wide range of classes. As a leader of this school I aim to improve this school and provide a personal connection for students that need someone to talk to, I am all ears and more than happy to help fellow students.

Kyra Phillips - Prefect



Lithgow High offers a diverse range of opportunities, acting as a pathway to a successful future. Throughout my experiences at high school I have learnt discipline through my sporting roles in basketball, athletics and touch football and also in a math tutoring roll call to help the younger years.

Lithgow High has many amazing electives and sports to accommodate every student including myself, making school all the more enjoyable. The school has pointed me in the right direction to be able to apply to university and to be able to have the chance to study business or radiography, which is something I have aspired to do for a while.

DEPUTY PRINCIPAL

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance e.g. attending a funeral.

Following an absence from school you **must ensure that within 7 days you provide the school with a verbal or written explanation** for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence. If no explanation is provided the absence will be recorded as unjustified.

The Principal may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

The importance of arriving on time

Arriving at school and class on time

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption.

Lateness is recorded as a partial absence and must be explained by parents.

At Lithgow High School we are:

♦ **RESPECTFUL** ♦ **SAFE**
♦ **RESPONSIBLE** ♦ **LEARNERS**

Jeff Dean

COMMUNITIY LIAISON OFFICER

Please vote for My Community Project **‘Kids in the Kitchen’**

LHS needs your help, most votes wins!

We are the only secondary school from Penrith to Forbes not to have a commercial kitchen.

Please vote for our “Kids in the Kitchen” community project to be funded by the NSW government.

Our project aims to upgrade our outdated existing kitchens to commercial kitchens, allowing us to deliver Hospitality as part of our curriculum.

Visit the website listed below and shortlist our project. You will need to sign in with your MyServiceNSW account.

Please assist us by sharing this with as many supporters as you can and talk to people you know that are not on Facebook, we will need all the votes we can get to make this happen for our school and or kids!

<https://mycommunityproject.service.nsw.gov.au/project...>



Why should you vote for this project?

- Current facilities are sub-standard and in desperate need of renovation to create an inviting work-space for all students Year 7-12.
- Offer VET Hospitality course for students to gain work ready practical skills and industry qualifications for future generations.
- Our Special Education Unit use our food technology facilities to gain valuable life skills teaching students of all abilities.

If you're 16 years or over and living in NSW, you can have your say on projects in your area that will be funded through My Community Project, through the public vote that is open now.

To vote, you'll need:

- a MyServiceNSW Account
- your Medicare card to verify your name and age
- your NSW residential address to identify your electorate.

You'll need to pick between three and five projects in your electorate, arrange them in order of your preference, then submit your vote.

The projects with the most community support through the public vote will receive funding.



VOTE NOW VIA THE LINK BELOW

<https://mycommunityproject.service.nsw.gov.au/project...>

Sam Luchetti – CLO

Expect Respect Program

Expect Respect



This semester the anti-bullying programme will be rolling out new lessons and resources for all students. These lesson topics were identified and chosen by a team of student consultants and are aimed specifically at particular social issues within the school. Lessons will take place informally during roll call, once a fortnight, where teachers will

lead students in activities and discussions on topics such as online behaviour, reporting bullying, and empathising with others.

E-Safety Commissioner and Online Safety

The Office of the e-Safety Commissioner is committed to helping all Australians have safe, positive experiences online. Parents and guardians are advised that The Office has been distributing some useful information and resources for parents/guardians and students regarding online safety. This service also invites under 18s to make complaints of online harassment, including image-based abuse. If parents are interesting in accessing this information, resources or the complaints register, they can find the services online at <https://www.esafety.gov.au/>



Cyberbullying

If you are under 18 you can make a complaint about cyberbullying or online bullying.



Cyberbullying

Image-based abuse

If an intimate image has been shared, or someone is threatening to share it, without your consent, you can make a report no matter what your age.



Image-based abuse

Offensive and illegal content

The Cyber Report team investigates complaints about offensive and illegal online content, including online child sexual abuse material.



CyberReport

Erika Marlin – Program Team Member

Sport Report

BASKETBALL

Last Friday our Girls and Boys U15's Basketball teams competed in the first round of the Knockout competition in Bathurst. Congratulations to both teams, you all played well and should be very proud of your efforts.

Boys

v Canobalas won 42-15, v Orange won 31-12, v Bathurst lost 24-31, v Kelso won 57-17



The boys have progressed to the next round and will travel to West Wyalong in Week 3 to play the winners of the other pool in the Western Region, that game will determine the representatives for the Western Region team to play other regions in the top 32. Well done to both of these young teams, representing LHS with pride and determination.

Taj Jenkins, Haydan Rodham, Harrison Wells, Kade Inwood, Lachlan Thompson, Hutch Evans, Riley Hart and Mitchell Wallace

Girls

v Canobolas won 29-12, v Orange lost 52-9, v Bathurst lost 20-9, v Kelso won 20-18

A young team of six Year 7 and two Year 8 students who played their hearts out in every match, unfortunately the girls didn't progress to the next round.



**Camryn Jones, Emily Prentice, Kyah Slattery, Makenzie Lane
Chloe Goodman, Tayah Crook, Ella Houlison**

A big thank you to Adam Marjoram who coached both teams.

Mrs Farebrother – Team Manager

STATE CROSS COUNTRY ALL SCHOOLS CHAMPIONSHIPS



Ryan Wells blitzed the field in his age division and was crowned U12's CHS State Champion at the State Cross Country All Schools Championships in Homebush last Friday.

Emily Healey and **Gabrielle Dray** both ran their personal best times at the event, all three of these talented athletes are representatives of the Western Region Cross Country team and should be very proud of their success at this high level of competition.



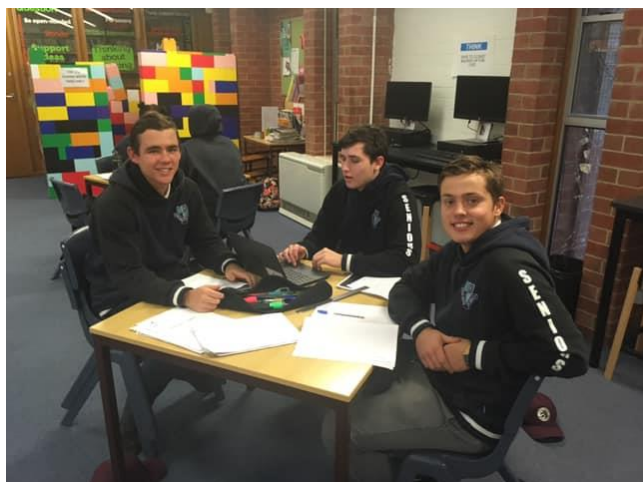
Gabrielle Dray



Emily Healey

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 with the relevant information.

SENIOR TUITION - REMINDER



Reminder, Senior Tuition is available daily during Student's Study Periods in the Library, providing assistance with Assessment Tasks and Study Techniques in all subject areas.

Our school survey has shown that **HSC results improved for students who studied effectively in the Library in the previous years.**

The library/tutoring will be supervised from 3.30pm – 5.00pm on Mondays through to Thursdays afternoons with tutors and teachers available 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



Thank you to our valuable VIVO Rewards Local Sponsorship Partners:

Thank you to our valuable VIVO Rewards Local Sponsorship Partners

Sportspower, Eve Lithgow, Lithgow Technology Services, Zambrerro, Lean & Bennett Holden & Toyota, Subway - Main Street, Cruze Driving School, McDonalds Lithgow, Domino's Lithgow, Workies Club, Lithgow Golf Club, The Edge Cinema, Lithgow Quota Club Maritime Mining and Power Credit Union.

Please support these businesses that support our school!

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

On this day from the HSIE Faculty

On This Day in History – 2nd August, 1991 - Iraq invades Kuwait



At about 2 a.m. local time, Iraqi forces invade Kuwait, Iraq's tiny, oil-rich neighbor. Kuwait's defense forces were rapidly overwhelmed. As a result of this invasion, the US launched Operation Desert Storm against Iraq. Aircraft from the US led military coalition pounded targets in and around Baghdad as the world watched the events transpire on television footage transmitted live via satellite from Iraq. Operation Desert Storm was conducted by an international coalition under the supreme command of US. Iraq's outdated and poorly supplied armed forces were rapidly overwhelmed. After less than four days, Kuwait was liberated, and the majority of Iraq's armed forces had either surrendered, retreated to Iraq, or been destroyed.

Andrew Finlay - HSIE Teacher

**Next P & C Meeting is at 5.00pm on
Monday 5th August
in the Hall Foyer
You are all very welcome to attend
Please note: Time change back to
5.00pm!**

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 .

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



THE UNIFORM SHOP

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

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.

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

IN THE COMMUNITY

Need some driving lessons? Cruze



**Driving School
is available for
lessons,
contact Gabby
on**

**0404 644 089 to book your lesson
now!**

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*

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 www.emotionalsurvivalkit.com.au

Scholarship



Congratulations to ex-student, **Zac Arkley-Smith** on recently receiving a Teachers Federation Scholarship. Zac left Year 12 last year and has gone on to study at the University of Wollongong Bachelor of Science Education.

There were 15 scholarships given out on the day and only two first year scholarships offered, congratulations on your achievements. Zac is pictured at the award ceremony in Sydney with Mr Morgan, LHS Science Teacher and Federation Representative.

LHS is continuing to produce Teachers Federation Scholarships recipients over the past few years



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

	<i>IMPORTANT DATES TO REMEMBER</i>
Monday 5th August	P&C Meeting – Hall Foyer – 5.00pm – All Welcome
Tuesday 6th August	Leaders Induction Ceremony – 9.30am Year 10 into Year 11, 2020 Subject Selection Evening
Wednesday 7th August	Stage 4 & 5 Subject Selections
Thursday 15th August	Back up Enrichment Testing Day - Hall
Wednesday 14th - 16th August	Year 10 Ski Excursion
Friday 16th August	Phil Duncan Scholarship – Due to Mr Quirk 3.00pm
Monday 19th August - Monday 26th August	Year 12 HSC Trial - Group 2
Friday 30th August	Newsletter Issued
Monday 2nd September	Year 6 Parent Tour – 9.15am – Bookings Essential P&C Meeting – 5.00pm Hall Foyer – All Welcome
Monday 2nd September	Year 11 Metals and Engineering Work Placement
Thursday 5th September	HSC Major Work Display Evening 4pm-6pm - Hall
Friday 6th September	Year 7 Extension/Enrichment Offers posted to families

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>

Applications are invited for the Hoskins Lithgow Scholarship for 2020

The Scholarship is:

- For a resident of the Lithgow local government area who is an Australian Citizen under the age of 26 on 1st July 2019.
- 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 2019 Scholarship:

Applications open: Monday 15th July 2019

Applications close: Friday 9th August 2019

Applications are to be postmarked no later than Friday 9th August 2019 and posted to:

The Scholarship Secretary

Helen Lee

18 Blaxland Street

Hunters Hill NSW 2110

Application forms can be downloaded from the scholarship website:

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

Good Luck!



For your fridge - Term 3 Calendar

Lithgow High School Calendar - Year 2019 TERM 3						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
July	1	22 Staff Development Day Staff only	23 All students return – Term 3 Begins Year 12 HSC Trials – Group 1	24 Year 12 HSC Trials – Group 1	25 Year 12 HSC Trials – Group 1 Vaccination Clinic	26 Year 12 HSC Trials – Group 1
July/ August	2	29 Year 6 Parent Tour 9.15am - Bookings essential Year 10 Work Experience	30 Year 10 Work Experience Phil Duncan Scholarship Open	31 Year 10 Year Work Experience OC Testing	1 Year 10 Work Experience Enrichment testing - hall	2 Year 10 Work Experience Newsletter Distributed
August	3	5 P&C Meeting 6.00pm	6 2019/20 School Leaders Induction Ceremony Year 10 into Year 11 Subject Selection Evening	7 Stage 4 & 5 subject selections	8	9
August	4	12	13	14 Year 10 Ski Trip View Club Debate	15 Year 10 Ski Trip Back up Enrichment testing – hall 9.30am	16 Year 10 Ski Trip Phil Duncan Scholarship close 3.00pm
August	5	19 Year 12 HSC Trials – Group 2 Year 6 Parent Tour 9.15am - Bookings essential	20 Year 12 HSC Trials – Group 2	21 Year 12 HSC Trials – Group 2	22 Year 12 HSC Trials – Group 2	23 Year 12 HSC Trials – Group 2
August	6	26 Year 12 HSC Trials – Group 2	27	28	29	30 Newsletter Issued
Sept	7	2 Yr 11 M&E Work Placement Year 6 Parent Tour 9.15am P&C Meet 6.00pm	3 Yr 11 M&E Work Placement	4 Yr 11 M&E Work Placement	5 Yr 11 M&E Work Placement	6 Yr 11 M&E Work Placement Enrichment Class 2020 offers posted Newsletter Issued
Sept	8	9 Yr 11 Construction Work placement	10 Yr 11 Construction Work placement	11 Yr 11 Construction Work placement	12 Yr 11 Construction Work placement LHS Careers Expo and Business Breakfast	13 Yr 11 Construction Work placement
Sept	9	16 Year 11 End of Course Final Exams - Hall	17 Year 11 Final Exams - Hall	18 Year 11 Final Exams - Hall	19 Year 11 Final Exams - Hall	20 Year 11 Final Exams – Hall
Sept	10	23 Year 11 Final Exams – Hall	24 Year 11 Final Exams – Hall Year 12 PA Auction Assembly	25 Year 11 Final Exams – Hall	26 Year 12 Sign out day and 12 PA Day/Fun Day	27 Year 12 Graduation 9.30 - Hall – All Welcome Year 12 Reports issued Last day of Term 3

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