



*Lithgow High School*



## NEWSLETTER

30<sup>th</sup> August 2019

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# *Special Invitation Session* *Adam Voigt – Real Schools*



## Link for Video Invitation

<https://www.youtube.com/watch?v=iz2MV8U3FiA&feature=youtu.be>

**Next P & C Meeting is at 5.00pm on**  
**Monday 2<sup>nd</sup> September**  
**in the Hall Foyer**  
**You are all very welcome to attend.**

# PRINCIPAL



Term 3 has seen some spectacular achievements so far.

Year 12: The HSC trials are complete and the students studied hard to build their scores. Major works are currently being completed and look incredibly impressive. Year 12 students are collecting information for their references to hand in, and preparing for their graduation and fun day. Please ensure that year 12 students attend every day and every class until the 27<sup>th</sup> September.

Year 10: has been exceptionally busy with the ski trip, subject selection 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.

Across the other years we have Year 11 preparing for their end of course examinations, all of Year 9 will be attending a Headspace forum next **Tuesday 3<sup>rd</sup> September**, this is an important and compulsory day for all Year 9 students and on **Friday 13<sup>th</sup> September**, our school will be conducting our own RUOK and walk 'n' talk.

I invite Parents/Caregivers to a special presentation on **Tuesday 10<sup>th</sup> September at 5.00pm** with Adam Voigt from Real Schools.

Adam has lead behaviour and well-being across whole school systems and implemented change in schools as a leader and Professional Learning consultant. We are very excited to be working with Adam, please consider attending the parent session, let's get everyone on the same page!

The video invitation link is on the front page or find the flyer on the next page for additional information.

**I extend a warm invitation to family and friends of Year 12 to attend our:**

- **Major Works exhibition on Thursday 5<sup>th</sup> September from 4.00pm-6.00pm & HSC Music and Drama Performance from 6.00pm-7.30pm in the Hall**
- **Careers Expo Thursday 12<sup>th</sup> September 10.00am – 2.00pm**
- **The Year 12 Graduation Assembly on Friday 27<sup>th</sup> September in the hall for a prompt 9.30am start.**

*Ann Caro*

# REAL SCHOOLS PARENT INFORMATION EVENING

real  
schools

School - **LITHGOW HIGH SCHOOL**

Date & Time - **Tuesday, 10th September 2019 at 5pm**

Get everyone  
on the  
team on the  
Same page



- How do Schools and Parents get on the same page about the important stuff?
- How do we build a partnership around building fantastic young people for today and tomorrow?
- How can our Teachers AND our Parents use the same strategies to manage behaviour, encourage responsibility and improve the chances of success?

They seem like outrageously big questions, don't they? And they are ... but they do have answers. Unfortunately, too often Parents and Schools are not on the same page when it comes to answering them. Your school wants to do something about that and has commenced a partnership with Real Schools to make it happen. **But the school can't do it alone. We need you to know everything involved and to have your say.** That's why we need you at this critical event in the history of your school and the future of your children.

#### During the session, we will:

- Tell you all about the Restorative Practices Partnership that the school is embarking on.
- Ask for your input.
- Provide you with strategies to use immediately in your Parenting ... and they're the same strategies your Teachers are now using.
- Learn how to respond, rather than react, to your child's behaviour.
- Share the best ways to build a meaningful Partnership with your school.

Check out your video invitation on YouTube - <https://youtu.be/iz2MV8U3FiA>



#### Your Facilitator

**Adam Voigt** is a proven successful Teacher & Principal in some of Australia's toughest locations. He has led Behaviour & Wellbeing across whole schools systems and has implemented change in schools as a Leader & a Professional Learning Consultant. Adam appears regularly in Australian media as an educational expert and is a voice for schools, parents and students when he does so.



For more information, drop us a line at  
[info@realschools.com.au](mailto:info@realschools.com.au)





# DEPUTY PRINCIPAL

## School Uniform



It is important that students abide by the school uniform requirements. The uniform is endorsed by the school P&C and students are expected to be in school uniform each day.

Wearing uniform teaches students the importance of compliance with community and workplace standards, and is vital preparation for workplace expectations.

Lithgow HS has the PBL – Responsible expectation – ‘I wear school uniform’

### Basic uniform for junior students:

- Navy or grey pants
- School check skirt
- Blue polo shirt
- Navy woollen jumper
- Navy school hoodie

### Basic uniform for senior students:

- Navy or grey pants
- Navy skirt
- White polo shirt
- Navy woollen jumper
- Navy school hoodie
- Year 12 Jumper

### Items that are not acceptable include:

- Bike pants and long legged tights
- Jeans
- Football shorts and skimpy shorts
- Colored clothing other than the ones listed above

Students are able to wear school sport representative jumpers for Western Region and State as part of their school uniform.

**School shoes** are another aspect of uniform. For safety reasons, fully enclosed leather shoes are to be worn. Adequate protection for feet is necessary for all practical lessons.

**Inappropriate shoes include:** open toed shoes, thongs, ballet flats, sandals, ugg boots or slippers

### Clothing Pool:

Students who may require some assistance with getting into the correct uniform may be loaned replacement school uniform from the clothing pool.

Students who have older uniform and would like to donate to the clothing pool are asked to bring these items to any DP or the school CLO.



## Tell Them from Me Survey- Term 3, 2019

This term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them from Me* suite of surveys. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPad, tablets, laptops or computers. The survey will typically take 10 minutes or less to complete and is completely confidential. The parent survey is open now until the 25<sup>th</sup> October 2019. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

**We would like all LHS parents to complete the survey as soon as possible, please access the survey for our school by going to:**

<http://nsw.tellthemfromme.com/8835s>

*Matthew Quirk*

## SENIOR TUITION



**Reminder - Senior Tuition** is available during student study periods in the Library. These tutors 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.**

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.

## DEPUTY PRINCIPAL



Year 11 students will complete their Year 11 course at the end of this term starting on Monday 16<sup>th</sup> September. The exams will run through until Wednesday 25<sup>th</sup> September. All students have access to our Senior Study Tutors in the Library during scheduled study periods, as well as Monday, Tuesday, Wednesday and Thursday afternoons until 5.00pm. Please utilise this additional support to maximise success in course achievement. Senior Tutors can assist with management of assessment tasks, help develop effective study plans and assist with some course work if required. Teachers are also available in the senior study of an afternoon to assist in all course subjects.

Students need to make certain that they have completed all aspects of their courses and have 'redeemed' any missing work they have been notified about. This is to ensure they successfully complete all Preliminary Course requirements.

All students have been notified of 'pattern of study requirements' for their HSC year, starting Week 1 of Term 4. They will also be issued with assessment policy and tasks at this time.

On Thursday 5th September, **ALL Year 7 and Year 8** students will be attending the following performance. "The Hurting Game" **Action packed, humorous and engaging anti-bullying and cyber safety program for even the toughest audience.**

A live performance that explores the **hurtful games** we play to give ourselves a false sense of power and belonging.

When Samantha's group spread **rumours** and **exclude** her, she becomes **anxious** and obsessed with **body image**. Desperate to fit in, Jimmy succumbs to **peer pressure** and becomes the tough guy - **harassing** and **bullying** other students, deliberately failing subjects, playing the fool and **binge drinking**.

Finally, one explosive confrontation forces them to see that their **decisions** can have lifelong **consequences**. They come to understand the power of **positive friendships, resilience** and **self-compassion**.

The cost for the performance is \$6.00 per student. This cost will be included into each student's school fees. If this presents a problem or if there are any enquiries about the performance, please contact Jeff Dean on 6352 1422

*Jeff Dean*

# LITHGOW HIGH SCHOOL HOSTING CAREERS EXPO



Centennial Coal



Charles Sturt  
University



skillset.  
education • workforce • environment



MACQUARIE  
University



JMC  
ACADEMY  
CREATIVE INDUSTRIES



## 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 12<sup>th</sup> 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](mailto: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

We are hosting our second Annual Careers Expo Thursday **September 12<sup>th</sup>** from 10.00am – 2.00 pm in the school hall.

The attached flyer has the universities and organisations who will be attending the Expo. There are also some additional organisations who are attending, they are predominantly focusing on apprenticeships, traineeships and trade-based careers.

Throughout the day there will be additional information sessions that students are able to attend. Times for these presentations are as follows:

Time	Venue	Presentation	Information
10.15-10.45	ILC	UAC	ATAR and applying to Uni through UAC. This presentation is brilliant for relieving some stress and breaking down the ATAR and ATAR myths, as well as applying for Uni through UAC, and additional applications such as Early Entry, EAS and Equity Scholarships.
10.15-10.45	Library	Master Builders	The Master Builders Association of NSW (Master Builders) is the leading building and construction industry association across the state. A not for profit organization, it is chartered with representing and furthering the interests of the building and construction industry. They also assist members, builders and tradespeople link with you to establish work experience opportunities for your students
11.30-12.00	ILC	ADF	Australian Defence Force Career and Jobs, including Navy, Army and Air force
11.30-12.00	Library	ACU	Australian Catholic University – course information
12.20 – 1.00	ILC	HTCV	HTCV Apprentices and Trainees. HTCV are the recruiters for Centennial Coal and other large employers. The application process, how to find jobs and what employers are looking for.
12.20 – 1.00	Library	UWS	Western Sydney University: course and application information
1.40 – 2.10	ILC	NESA	NSW Education Standards Authority: Information for senior students on completing Year 11 and 12.
1.40 – 2.10	Library	APM	APM help students with a disability, to find and keep a job and also support you when you start work to help continue your success.
1.40 – 2.00	Z22	Uni of Canberra	University of Canberra – course, accommodation and application information
2.00 – 2.30	Z22	ATO	Australian Taxation office: Career information and student information about tax, super and tax file numbers.

Parents and carers are warmly invited to attend our Careers Expo on the day. It is a great way to access information that may help assist your children with their subject selections, planning for their senior years at school and future pathways. There will be an area and time for questions at the end of each session in another area of the Library. These organisations will also be at the EXPO from 10.00am – 2.00pm in the School Hall.

*Rebecca Hamment – Careers Advisor*

# HSC MAJOR WORK DISPLAY EVENING



*Lithgow High School*



**Year 12 HSC Major Work  
Display Evening**

***Thursday 5<sup>th</sup> September 2019***

***4.00pm - 6.00pm - Hall***

We would like to extend a special invitation  
to students parents/caregivers and  
community members to view our  
**2019 HSC Major Works - Art Timber and  
Automotive**





# YEAR 10 SNOW EXCURSION



Year 10 departed Lithgow for their much anticipated Annual Ski Trip. The eight-hour bus ride was just the first part of the fun. When we arrived at the motel everyone enjoyed mingling and checking out the pool, spa and sauna.

The next day, after much eagerness, we finally arrived at the snow. For many people, this was their first time seeing real snow in such a large amount. Each morning we all participated in our mandatory two hour lessons before hitting the slopes in our smaller groups to enjoy skiing or snowboarding. Most of us gave it a decent go, and those who didn't had fun playing in the snow and just enjoying the excitement of the excursion

Year 10 would like to thank their Year Advisor, **Ms Cases** for organising the excursion as well as the teachers who spent time away from their families to ensure we were offered this great opportunity. Thank you **Mr Conroy**, **Ms Haddon**, and **Mr Stein** for your dedication to the students of Year 10, we had an awesome time and without you this trip would not have been possible.



# LEADERSHIP

Earlier this term Lithgow High School held our Induction Ceremony. Songs were sung and blazers were emotionally handed over to Lithgow High's future leaders.

The SRC students were recognised as well as Peer Mediators and House Captains. True loyalty and consideration was shown throughout the ceremony with the 2018/19 Prefect Body choosing not just to hand over the blazers to the leaders of 2019/20, but to put them on the students personally. Overall, it was a fantastic morning, and we wish our future leaders all the best for the upcoming year.

## CAPTAINS and PREFECTS 2019/20



**Captains and Prefects**

**Back:** Kyra Phillips, Ellie Thompson-Spillane, Logan McManus, Ryan Merlino, Mitchell Thompson, Caleb Traish

**Front:** Hayley Atkins, **Captains** - Ryan Bird, Geordie Goodwin, Callie Capomolla and Evan Brown, Alayah Lincoln

# STUDENT REPRESENTATIVE COUNCIL



## Student Representative Council

**Top Back:** Brayden Drury, Steven Pisa, Lachlan Hustwayte, Ashley Robinson, Cloe Robinson & Joshua Brown

**Back:** Ella Wilson, Maggie Muir, Lachlan Taylor, Tayla Deveigne, Benjamin Seymour, Isaac Foster, Justice Dulay & Sam Doran

**Middle:** Nicholas Wiradi, Kade Anderson, Lily Bannan, Piper Anderson, Hayley Wootton-Strickland, Ella Micklesson, Tayah Crook, Hollie Adams

**Front:** Joss Arkley-Smith, Boe Taylor, Cayden Walsh, Luke Doran, Jenna Sheather, Zoe Morgan, Bella Nunan and Molly Robinson

### HELP REQUIRED

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

**Year 12 in particular as they finish after the exams next term!**  
Many students benefit from these donations.



# PEER MEDIATORS



## Peer Mediators

**Back:** Emily Burt, Andrei Falls, Kade Inwood, Christopher Field, Molly Compton, Meleke Jenkins & Ms Alexander Peer Mediator Co-ordinator

**Front** Freda Clutterham, Sabrina Cox, Paige Field, Zenka Haas, Emily Kemp, Zeke Evans, Ryan Neale & Pimpatcha Teawtrakulwat.

**Role of the Peer Mediators:** Year 10 and Year 11 students assist junior students to deal with friendship issues and conflicts.

**At Lithgow High School we are:**

- ♦ RESPECTFUL
- ♦ RESPONSIBLE
- ♦ SAFE
- ♦ LEARNERS



# PEER SUPPORT



**Top Back:** Mathew Granelli-Lipus, Dylan Adnum, Bradley Turrell, Harrison Holmes, Kyle Sheather, Luke Abbott

**Back:** Luc Zuanic, Christian Broome, James Luck, Braxton Morgan, Zeke Evans, Andre Falls & Pimpatcha Teawtrakulwat

**Middle:** Jack Pallett, Emily Burt, Owen Haddon. Kade Inwood, Meleke Jenkins, Emily Kemp, Mikayla Chadwick

**Front:** Swae Howarth, Freda Clutterham, Larni Nairne, Mickaylah Puckeridge, Ava Kelly, Paige Field, Sabrina Cox & Ellie Young

**Absent:** Callum Flynn, Cassandra Rindfleish and Ben Stapleton

# HOUSE SPORTS CAPTAINS



## HOUSE SPORTS CAPTAINS

**Back: Boys - Blaxland** - Jessie Ringin, Hayden Clark, **Wentworth** - Lachlan Wilson, Luke Thompson, **Lawson** - Zane Harrington, Max Gordon, **Oxley** - Kyle McMillan & Kory Pringle

**Front: Girls - Blaxland** Hollie Cameron, Lara Compton **Wentworth** - Imogen Snow, Bayleigh Shead, **Lawson** - Renae Dukes, Shaylyn Davies, **Oxley** Ashleigh Kitchner & Kallan Phillips

## Year 12 GRADUATION DAY

LHS would like to invite all parents, caregivers, family and friends to our Year 12 Graduation Day Ceremony on **Friday 27<sup>th</sup> September 2019.**

Here we recognise and celebrate the achievements of Lithgow High School students during 2019. The ceremony will commence at **9.30am in the Hall**



# SPORT REPORT - Athletics

Sixteen students from Lithgow High School travelled to Dubbo recently to compete in the Western Area Athletics trials. Eleven of those have now qualified for the CHS state athletics championships to be held at Homebush in September. To compete at the next level students had to be placed first or second in their events. The Lithgow High students who qualified for state are:

**Tasmyn Davies** 13G Shot Put and Discus, **Kobi Egan** 17B Triple Jump, **Blake Fittler** 12B Shot Put, **Emily Healey** 14G 800m, **Dylan Miles** 17B 800m, **Kyra Phillips** 17G Shot Put, **Ashley Robinson** 16G 200m and Long Jump, **Maddison Symes** 13G 100m, **Lachlan Thompson** 15B High Jump, **Luke Thompson** 17B 110m Hurdles, **Ryan Wells** 12B 800m, High Jump

Other students who competed and just missed selection were **Tayah Crook**, **Gabrielle Dry**, **Kallan Phillips**, **Molly Robinson** and **Harrison Wells**.

Congratulations to all students who competed, being terrific representatives from Lithgow High. Also thanks to the parents who drove their child to Dubbo for the Regional Trials.



*Ray Stoneley - Athletics Co-ordinator*



# BASKETBALL

## Western Region Champions!

Congratulations to the U15's Boys' Basketball Team who became Western NSW Champions after three big matches with the last one a nail biter. All the boys gave 110% in every game and played as a team to topple keen opposition.



### Scores

v Bathurst - won 55-39

v West Wyalong - won 60-32

v Dubbo South - won 45-42

Thank you to our parent coaches Gary Inwood and Gary Wallace and to all the parents who transported their sons to West Wyalong for the day.

# GYMNASTICS



Congratulations to **Ebony Pender** of Year 7 who placed 2nd at the NSWCHS Gymnastics State Carnival on the Central Coast recently. Our gymnastics super star was part of the Western Region Team.  
Top effort, we are super proud!

# BOYS OPEN HOCKEY



Our Open Boys Hockey team braved the cold conditions recently to play Glenmore Park High school at home.

The boys played exceptionally well considering the weather and have now booked themselves a spot in the top 16 in the State.

Well done boys!

A big thanks to the students who also braved the cold to watch and support the team. Our next game is on Monday against Mullwaree HS at home, stay tuned for results.

# Year 9 Mental Health Forum 2019

## Hosted by Headspace

**Date:** Tuesday 3<sup>rd</sup> of September

**Time:** 10am to 2:45pm

**Location:** Lithgow Workies Club

**Cost:** Nil

Lunch provided for all Students

**Aim:** To raise awareness of mental health in local schools and increase students' knowledge on how to look out for themselves and each other. The Forum will build students' knowledge and understanding of mental health and the lifelong skills of how to start the conversation when they recognise they or one of their peers is not OK.

During the day students will be introduced to headspace Lithgow, its services and staff; hear from mental health experts; hear from and have the opportunity to ask anonymous questions of guest speakers that have a lived experience of mental health; and have the opportunity to nominate to be part of the headspace Lithgow Youth Reference Group.

Guest Speakers;

Nic Newling

Kalden Powell

Nicholas Steepe

**Shane Conroy**

**Year 9 Year Adviser**





On **Friday the 13th of September**, the school will be participating in RUOK day. This is an important event for our students as it focuses on proactive steps to assist one another in ensuring we are all receiving adequate help for mental health issues. This RUOK day we have planned a whole day focusing on this important question.

- RUOK day will start with a special assembly with keynote speaker, Shannon Nevin, creator of Walk 'n' Talk for Life, who will teach Lithgow High students how to ask "RUOK".
- The SRC will be running a mufti fundraiser, and students are invited to wear black/yellow/white colours in exchange for a gold coin donation. The SRC will also be holding a fundraising morning tea where they will be selling hot drinks and baked goods. As this is a fundraising day, students are encouraged to remember their gold coins and generosity!
- At the end of the day the locally run Walk 'n' Talk for Life will be running a Walk 'n' Talk on school grounds. This will take up one 50 minute period at the end of the day. Students will be walking the cross country track out the back of the school. Students are encouraged to wear sturdy shoes, sunscreen, hats and sunglasses for this activity.
  - Alternative arrangements have been made for students unable to participate in the physical activity. These students are invited to join activities happening in the library.

We are looking forward to a great day focusing on improving mental health. For more information about Walk 'n' Talk for Life, you can go to their local Facebook page: <https://www.facebook.com/walkntalkforlifelithgow/>

For information and resources from RUOK day you can go to <https://www.ruok.org.au/>

# Year 7 Peer Support Program Update



This Term the Year 7 Peer Support Program will focus on “Strengthening our Students Connections.” Each fortnight Year 7 students will participate in small group lessons conducted by our trained Year 10 Peer Support Leaders. Our Leaders will work through a range of activities focussing on building connections and addressing a range of behaviours including the prevention of bullying. Meeting in small groups allows meaningful connections to form. The students acknowledge their strengths and learn skills to build resilience, identify how to develop, maintain and repair friendships, whilst developing an understanding of a range of behaviours. They also learn strategies on how to respond appropriately in a variety of situations. The Peer Support program supplements the Lithgow High School “Expect Respect” initiative.

*Jody Cross – Librarian*



# PREMIERS READING CHALLENGE



Lithgow High students are again working towards completing the Premier's Reading Challenge. Students in Years 7-9 have until the 31<sup>st</sup> August to log their 20 books. Currently over 100 students have already completed the challenge and we urge all Year 7 and 8 students to keep reading and updating their records to complete the challenge by the deadline. Students who complete the Premier's Reading Challenge and who have been awarded at least 300 Vivo points will receive an invitation for a fun excursion in December 2019.



Reminder - all students have access to the school e-library free of charge. The e-library contains many books from the Premier's Reading Challenge booklists.

Please follow the link for the online e-library:

<https://lhs.wheelers.co>

*Jody Cross – Librarian*

# *National Tree Day*



LITHGOW HIGH SCHOOL HAS ONCE AGAIN PARTICIPATED IN THE NATIONAL TREE DAY, SUPPORTED BY PLANET ARK AND SPONSORED BY TOYOTA AND LEAN AND BENNETT LITHGOW. STUDENTS TAKE GREAT PRIDE IN PLANTING AND WATCHING THE TREES GROW OVER THE TIME THEY ARE AT LHS. THANK YOU TO MRS REILLY FOR ASSISTING ON THE DAY, OUR SCHOOL GROUNDS ARE CERTAINLY LOOKING GLORIOUS.





# Year 10 Work Experience 2019

During the final week of July, all students in Year 10 completed one week of work experience at a placement of their choice.

Whilst Lithgow High School has partaken in work experience in previous years, this year was the second time that all students in Year 10 have been involved in this program during the same week.



Many students stayed within the local community completing their work experience with nearby schools, the Lithgow Workmen's Club, and many other businesses. Some students travelled to Sydney or Bathurst where they worked at places including Australian Reptile Park and other businesses.

The most astounding thing was the feedback from the employers. Every evaluation sent back to LHS showed how great our students are. The wonderful attitude and work ethic of all the students showed employers how reliable and mature Lithgow High School students are. This positive attitude has opened the doorway to work experience opportunities for our students over the coming years.



# Year 10 into 11 Subject Selection Night 2019

To a Year 10 student, subject selections are perhaps one of the most stressful parts of your year. Year 10 to year 11 is a massive change and with that comes a big decision, what subjects to take for the next two years? What pathway will you take? While these choices don't determine your future they are certainly an important step towards it. This is why Lithgow High's Annual Subject Selection night is so important.



The night went extremely well with a large number of students and parents attending the event. Lithgow High's Career Advisor, **Rebecca Hamment**, delivered an informative presentation about changes in job opportunities, and course overviews inspiring students to choose subjects that they require for their preferred career. They were also encouraged to choose subjects that interested them. Students and parents also had the chance to talk with the head teacher of each faculty so they could gain more knowledge of what each course entails.

If you are currently in Year 9 or have a student that is ready to move into year 10 this night is highly recommended.



# *WESTERN STUDENT CONNECTION, LINKS 2 LEARNING GROUP*



**Western Student  
Connections**  
*Shaping young careers*



It has been a fun year so far, and the links students are busy with personal challenges and upskilling, as well as the wellbeing curriculum

Two of the older Links students are team teaching the Beyond Blue Curriculum for Year 8 with the

Links coordinator.

This term we have several Duke of Ed activities started.

Four Year 10 students have been doing volunteer work each week at Secret Creek Wildlife Sanctuary. A favourite activity has been making squats for the wallabies to hide in during the cold nights.



We have had three weeks visiting residents of the nursing home to take down the personal histories in the dementia area. Well done for the power points the girls made and presented to introduce themselves to the residents.

Year 9s have had three weeks of a fitness program with a personal trainer. Unfortunately, the Anytime Fitness staff has changed and we are looking to pick this up again in a week or two.

Well done to all the students doing special projects!

*Deborah Raynor – Co-ordinator Links 2 Learning*

# On this day from the HSIE Faculty

## On This Day in History - 30 August



On this date in 1146, European leaders outlawed the crossbow. The NCA (The National Crossbow Association) quickly came out and protested to King Louie VII, King Stephen, and King Conrad III that if crossbows were outlawed, then only outlaws would have crossbows (the same argument made by the NRA in the US in relation to gun control). The kings laughed and said they were doing this to make sure war would never rear its ugly head again. Turns out every king kept hundreds and hundreds of crossbows hidden for the moment when they knew the other kings had destroyed all their crossbows. They were all disappointed in the other kings' actions. Not ashamed about theirs, but disappointed that the others weren't more trusting.

Sadly, history often repeats itself!

*Andrew Finlay - HSIE Teacher*



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



**Domino's Pizza, Sportspower, Eve Lithgow,  
The Edge Cinema Katoomba, Subway - Main  
Street, Cruze Driving School, Zambrero,  
McDonalds Lithgow, Lithgow Golf Club,  
Lithgow Quota Club, Lean and Bennett  
Holden & Toyota,  
Workies Lithgow, & Reliance Bank**

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

## **VOLUNTEERS REQUIRED IN OUR CANTEEN**

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



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

**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**



# IN THE COMMUNITY

## Vivo Sponsorship Deals



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



**SUBWAY MAIN STREET VIVO SPONSORSHIP DEAL  
COME IN YOUR SCHOOL UNIFORM - LITHGOW HIGH  
SCHOOL STUDENTS BETWEEN 3.20PM - 5.00PM  
BUY ONE FOOT LONG SUB AND A LARGE DRINK  
AND GET ONE SIX INCH **FREE****

### 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>

	<b><i>IMPORTANT DATES TO REMEMBER</i></b>
<b>Monday 2<sup>nd</sup> September</b>	<b>Peer Mediation Training Year 6 Parent Tour – 9.15am – Bookings Essential P&amp;C Meeting – 5.00pm Hall Foyer – All Welcome</b>
<b>Monday 2<sup>nd</sup> – Friday 6<sup>th</sup> September</b>	<b>Year 11 Work Placement – Metals and Engineering</b>
<b>Tuesday 3<sup>rd</sup> September</b>	<b>HSC External Drama Marking Headspace Youth Mental Health Forum – Year 9</b>
<b>Thursday 5<sup>th</sup> September</b>	<b>HSC Major Work Display Evening 4pm-6pm – Hall Well-being Centre open day</b>
<b>Friday 6<sup>th</sup> September</b>	<b>Year 11 Task 3 – Assessment due Year 7 Extension/Enrichment Offers posted to families</b>
<b>Monday 9<sup>th</sup> - Friday 13<sup>th</sup> September</b>	<b>Year 11 Work Placement - Construction</b>
<b>Tuesday 10<sup>th</sup> September</b>	<b>Real Schools Parent Information Session – Adam Voigt Phil Duncan Scholarship Interviews Special NAIDOC Assembly</b>
<b>Wednesday 11<sup>th</sup> September</b>	<b>Year 8 Practical Assessment</b>
<b>Thursday 12<sup>th</sup> September</b>	<b>Business Breakfast and Careers Expo</b>
<b>Friday 13<sup>th</sup> September</b>	<b>R U OK &amp; Walk n Talk</b>
<b>Monday 16<sup>th</sup> September – Wednesday 25<sup>th</sup> September</b>	<b>Year 11 End of Course Exam period</b>
<b>Tuesday 24<sup>th</sup> September</b>	<b>Year 12 Fun Day Slave Auction</b>
<b>Thursday 26<sup>th</sup> September</b>	<b>Year 12 Fun Day</b>
<b>Friday 27<sup>th</sup> September</b>	<b>Year 12 Graduation Ceremony 9.30am – Hall – All welcome</b>



**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!**





# 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





# Laneway street art project- expression of interest

**Applications are now open for our  
October school holiday street art project**

**Unleash your creativity and learn basic art skills at the first headspace Lithgow laneway street art project during the October school holidays.**

**Cost is FREE and all materials and lunch will be provided.**

**Applicants must be aged 12-25, live in the Lithgow region and be committed to the project entirety.**

#### **When**

30 Sept- 4th Oct (Week 1 of school holidays)  
10am- 3pm (must be available all days)

#### **Where**

headspace Lithgow, 23 Main St Lithgow

#### **Enquiries?**

Ph. 6352 7600

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#### **Express your interest today!**

Name: .....

Age: .....

Phone: .....

Email: .....

Art experience (if any): .....

.....  
.....

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



## The Uniform Shop (02) 6352 3494

### UNIFORM SHOP UPDATE

### FITTING APPOINTMENTS IN TERM 4

Orientation fitting appointments for Term 4 will be available from November 2019. 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 2020!

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 purchase through the Uniform Shop, or 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

[www.alintaapparel.com.au](http://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](mailto:lithgowhigh@alinta.com.au)





# GUITAR

LESSONS  
TUITION  
MUSIC  
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&  
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p : 0417 935 525

e: [brendoncolemanguitar@gmail.com](mailto:brendoncolemanguitar@gmail.com)

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Sp Adobe Spark

# Scholarships for future teachers are now open

The NSW Department of Education is offering a range of scholarship opportunities for high achieving students entering teacher education degrees after their HSC. Applications are now open for 2020 scholarships for future teachers.

The scholarship programs for future teachers offer a range of benefits, including financial support whilst studying and a guaranteed permanent teaching position in a NSW public school on successful completion of studies.

The scholarship programs for future teachers include:

- [Teacher Education Scholarships](#)
- [Teacher Education Scholarships - Aboriginal](#)
- [teach.Rural Scholarships](#)

## teach.MathsNOW Scholarships are now open

Parents and carers, this is for you. Do you know an industry professional or current university student in a career area requiring tertiary studies in mathematics - for example, in engineering, accounting, finance or IT - who would make a great secondary mathematics teacher? The [teach.MathsNOW Scholarship](#) offers an opportunity to change career path and retrain as a mathematics teacher in a NSW public school.

teach.MathsNOW scholars will receive up to \$50,000 in equivalent upfront course contribution fees, paid part-time employment during studies and a guaranteed permanent teaching position in a NSW public school on successful completion.

To find out more about these and other great opportunities, please visit the [teach.NSW website](#) and follow the teach.NSW social channels ([Facebook](#), [Instagram](#), [Twitter](#)).

Thank you in advance for your support and please contact [hrpromotions@det.nsw.edu.au](mailto:hrpromotions@det.nsw.edu.au) if you require further information about this request.

Kind regards,

teach.NSW

NSW Department of Education







## For your fridge – Term 3 Calendar

Lithgow High School Calendar - Year 2019 TERM 3						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
Sept	7	2 Year 6 Parent Tour 9.15am - Bookings essential P&C Meet 5.00pm	3	4	5 HSC Major Work Display Evening 4.00pm-6.00pm – Hall Flipside presentation	6 Enrichment Class 2020 offers posted Newsletter Issued
Sept	8	9	10 Real Schools Parent Information Session Phil Duncan Interviews	11	12 LHS Careers Expo and Business Breakfast	13 RUOK day Walk n Talk P6
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	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 change without notice. The above dates are only a **guide** to the events of Term.

### PRIVATE COUNSELLING

- Learn who you really are, rather than who you are 'supposed' to be
- Improve your relationship with yourself
- Understand your close relationships with others and how to improve them
- Learn how to support yourself emotionally
- Feel stronger, freer, clearer and more connected to yourself
- Learn to make choices & decisions from a place of self awareness



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

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

Or email me at [jennifer@emotionalsurvivalkit.com.au](mailto:jennifer@emotionalsurvivalkit.com.au) [www.emotionalsurvivalkit.com.au](http://www.emotionalsurvivalkit.com.au)