



*Lithgow High School*



## NEWSLETTER

6<sup>th</sup> December 2019

Pau Street Lithgow 2790 PO Box 296 Tel 6352 1422 Fax 6353 1081  
email [lithgow-h.school@det.nsw.edu.au](mailto:lithgow-h.school@det.nsw.edu.au)

# School Spectacular!



**See page 9 for full report**

*Have a safe and relaxing Christmas holiday*  
*School returns for Year 7, 11 and 12 on*  
*Wednesday 29<sup>th</sup> January 2020*  
*All other Years return on*  
*Thursday 30<sup>th</sup> January 2020*

# PRINCIPAL



This year has seen the retirement of - **John Bawden** our Head Teacher CAPA. On behalf of the school community I thank Mr Bawden for his commitment to Lithgow High School over many years and wish him all the happiness in retirement. Of particular note is his inspirational leadership of Senior Visual Arts, since 1997 his students have been selected 63 times for the prestigious Art Express Exhibition. We also farewell **Mrs Bell, Mr Batchelor** retiring this term and **Kerry Langford**, SLSO in our Support Faculty, thank you for your commitment to LHS over the many years, you will be missed.

We anticipate **our HSC results on 16<sup>th</sup> December**. I am sure that our hardworking students will be pleased with their results. The Year 12 2019 Celebration Breakfast will be held on **18<sup>th</sup> December at 8.30am** in the School Canteen. Many students have already gained early entry to a range of Universities. Our Senior Tuition Program in the library has significantly enhanced the study efforts of our senior students. This will continue in 2020, with the library remaining open until 5.00pm Monday to Thursday.

**Transition Orientation for our 2019 Year 7** students was on Tuesday 3<sup>rd</sup> December, from 9.30am until 1.00pm. Each Year 7 class will be supported by a Learning and Support Teacher and a team of staff working together to ensure a smooth transition to high school. It was lovely to welcome our new students and their parents last Tuesday morning for a great day of learning.

As the school year draws to a close, it is a good time to reflect on the journey of positive achievements of Lithgow High School in 2019. I have been impressed by the cohesiveness of the school community and beyond. Lithgow High students have had a myriad of opportunities in 2019, across the fields of sport, culture, practical, technical and academic pursuits. All these opportunities have been possible as a result of the commitment of the hardworking staff of Lithgow High School who put in the extra effort to build success and engagement for students.

In conclusion, I would like to thank all the staff, students and parents of Lithgow High School for their support this year. I wish everyone an enjoyable and safe Holiday Season, and am looking forward to a fantastic 2020.

*Ann Caro*

# DEPUTY PRINCIPAL



## Presentation Evening

The Presentation Evening is scheduled for Monday 16<sup>th</sup> December at 6.30pm. Parents of students receiving awards will be emailed an invitation. Students will also be issued with a hard copy. Please send back the slip on the invite indicating if you are attending and how many guests.

## Year 12

Students will be very busy completing the first round of their assessment tasks for their HSC courses. Most students have a few assessment tasks due over the next couple of weeks. Please be aware that all tasks are due in on the notified date. It is best to hand something in rather than nothing. As this forms part of their HSC marks for 2020, it is vitally important that students maximise their opportunities. If a student is unable to attend an assessment they are required to complete an illness misadventure application for consideration, and they will need to provide a medical certificate or other specialist information to indicate the nature of the illness that prevented them from attending. If no such documentation is provided, students will receive an 'N' Warning notification for that assessment and a zero result. All students have access to the senior tutors in the library during study periods and the library is open for senior students every Monday to Thursday afternoon until 5.00pm. This very valued and important program is aimed at supporting all senior students to strive to do their very best during their HSC year.

## Reports

Year 7-10 Reports are currently being finalised and will be distributed to students who are receiving an award on Monday 16<sup>th</sup> December at our Presentation Evening, all other reports will be distributed on Tuesday 17<sup>th</sup> December. Congratulations to all the students who have worked hard throughout year and who have received excellent results.

## VIVO

Congratulations to Year 7 who received the highest VIVO points for the year. Year 7 accumulated a total 145000 points during 2019. Miss Jones was very pleased with this effort and gave the year a reward at the last year meeting.

I hope everyone enjoys the holidays!!!!

*Brett Jeffers*

## DEPUTY PRINCIPAL



## FUN DAY

**Tuesday 17<sup>th</sup> December 2019**

On **Tuesday 17<sup>th</sup> December**, we will be holding a Fun Day to raise money for **Beyond Blue** and have a fun and enjoyable finish to the school year.

The Student Representative Council will be organising the events in conjunction with the Year 12 Leadership Group and the PDHPE staff. Activities on the day will include: a Mufti Day with a **Blue** theme to support Beyond Blue. Students are asked to wear something blue and make a gold coin donation.

There will also be a range of novelty and other events for students to participate in from periods 4 - 6 on the day. A highlight will be the beginning of our annual competition between Year 12 students and staff members for the coveted “Wooden Spoon” trophy.

*Jeff Dean*

## DEPUTY PRINCIPAL



### **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 is not 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 is 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 does not get us very far because we never get to the present or the future.

Put simply, we will 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 is 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 is a LOT more to Restorative Practices and we are 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 **XXXXXXXX** to have a look at all that we're working on at school.

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

## Year 6 into 7 Transition Activities



Year 6 students have been busy visiting the school working on developing their knowledge and skills in the technology that they will be using next year. Students have visited the computer labs and technology classrooms to create a digital keytag of the school. Students used a variety of software to complete their task including Adobe Illustrator, Sway, Google Classroom, and QR coding. By the end of the day students left with a physical keytag they could use through their own access codes to bring up a personalised and annotated map of the school.

This program was created and coordinated by Mr Monaghan and supported by Miss Jones, who is the Year Advisor for Year 7 in 2020.

We had a great day with our new Year 6 students on Tuesday 3<sup>rd</sup> December for Orientation Day.

*Karin Mawhood*

## SUPPORT FUNRAISER



Last Saturday the Lithgow community joined in the fun together at Queen Elizabeth Park to celebrate social inclusion week. Staff and students of the support faculty were there running a stall and enjoying the activities.

Raffle prize winners are:

1<sup>st</sup> **Mrs Smith**, 2<sup>nd</sup> **Wheeler**, 3<sup>rd</sup> **Heather Statham**,  
4<sup>th</sup> **Stockton**, 5<sup>th</sup> **June**, 6<sup>th</sup> **Russell Lutschini**,  
7<sup>th</sup> **Cailan Pennisi**, 8<sup>th</sup> **Grant Nolan**

*Linda Jennisonn - HT Support*

# Lithgow High School's Textile Student Recognised in the HSC



As students around the state wait anxiously for the release of their HSC results due out in late December, Lithgow High School student Miranda Swift has received notification that her major project for Textiles has been selected to be displayed at Textstyles. Works selected undergo extensive scrutiny and the process of selection ensures that only the best and most innovative projects are chosen from thousands of projects across the state.

Miranda's work was based around her Great Great Grandfather, Ceil Dukes and his journey through WW1. This journey is depicted on an old butter create that has been upholstered to be used as a medium to remember their sacrifice and honour the memory of those who served.

Miranda has also been asked by the Sydney War Memorial if her project can be displayed as an online exhibition.



Miranda can now look forward to the release of her results and Lithgow High School wishes her, and the class of 2019 good luck for the next stages of their lives.

*Marnie Peters - TAS Teacher*

# LITHGOW HIGH SCHOOL VISUAL ARTS CONTINUES ARTEXPRESS SUCCESS

## ARTEXPRESS 2019

Lithgow High School's astounding HSC Visual Arts success has continued with the announcement of the 2019 Arterxpress exhibition selections. Four of the Lithgow High School HSC Visual Arts students (from a class of only 10 students) have had their artworks selected for the 2019/20 Arterxpress exhibition. They are **Caleb Barnes, Jessie Kouch, Raquel Livingston and Lauren Trounce**.

Arterxpress is an annual exhibition of outstanding high-ranking HSC artworks chosen for display at a number of venues throughout the Sydney metropolitan area and state. Of approximately 10,000 artworks submitted for the Visual Arts HSC, only about 170 artworks are chosen for display. The selection of the four artworks this year brings the total of Lithgow High School Arterxpress selections to 63 since 1997, one of the highest rates of representation (if not the highest) of any school in NSW, government or non-government. In 2008 the quality of Lithgow High School Visual Arts was recognized with the presentation to the school's Visual Arts Faculty of the inaugural Sir William Dobell Award for Outstanding Visual Arts Faculty in NSW. The school has continued its' high rate of Arterxpress representation ever since.



**Jessie Kouch's** linoprint entitled *"Khmer Legacy: My grandfathers, Pol Pot and me"* was a deeply personal tribute to her grandfathers who were both executed during Cambodia's brutal Pol Pot regime. **Lauren Trounce** produced an unusual textiles work using hot glue entitled *"The Social Fabric"*, a commentary on the dislocation of individuals and communities of vulnerable people from urban areas due to property price increases. **Caleb Barnes** submitted a whimsical sculpture entitled *"Gargoyle for Sydney Harbour Bridge"*. **Raquel Livingston** created an impressive sculpture entitled *"Bugs in the Balance"* exploring the loss of insect biodiversity due to climate change.



We congratulate all of these students on their achievement and wish them every success for the future.



Finally, on a personal note, I would like to thank the hundreds of HSC Visual Arts students I have taught at Lithgow High School from 1994 to 2019. It has been a pleasure to teach such wonderful students, and I thank God for allowing me to end my teaching career on this high. I would also like to pay tribute to a wonderful team of creative arts colleagues over 26 years. Lithgow High School's Visual Arts prominence in NSW has been a team effort, and one I have been proud to be a part of as a Visual Arts teacher and CAPA Head Teacher.

*John Bawden - HT CAPA (recently retired)*



# School Spec

**Schools Spectacular 2019 was themed STARS** - 5,500 students from around the state came together at QUDOS Bank Arena, Sydney Olympic Park in November, for a week of final rehearsals and then to perform four shows.

Lithgow High students teamed with dancers from Lithgow Public, Orange, Bathurst, Cowra and for The Wizard of Oz segment. This segment saw students from regional areas of the state combine to perform one of the longest segments of the show.

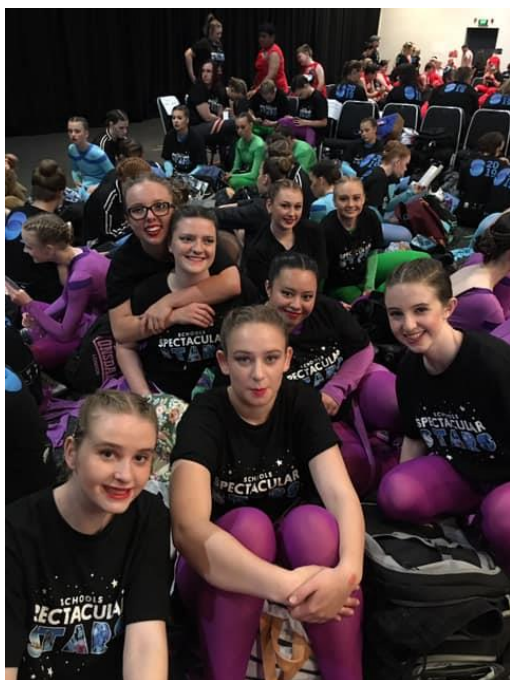
The Schools Spectacular is a variety show showcasing and celebrating the talents of students in the NSW Public School System, which is now in its 36<sup>th</sup> year. It has developed into an iconic cultural event that incorporates students from different backgrounds and communities; of varying ages, cultures, skills, socio-economic backgrounds, and from metropolitan, rural and remote regions of NSW. This year the Spectacular presented 51 featured artists supported by a choir of 2,800 voices, 2,300 dancers, 120 drama performers, specialist ensembles, 140 musicians and countless VET Entertainment and back stage crew.



In April this year, the Year 11 Dance Class auditioned for a part in the show. After two months of waiting we were informed that we were to be included in the Regional Combined Dance item 'The Wizard of Oz'. Together with 400 other Primary and High School students from a range of regional schools including Kingscliff, Nyngan and the Riverina our girls began rehearsals for the show.

On Wednesday 20<sup>th</sup> November, we travelled to Sydney to the Genoa Netball Centre to begin our final rehearsals. This was the first time that all 400 students in the item were together in the one place. After a gruelling day, our choreographers were satisfied that their item would look spectacular. We entered the Qudos Bank Arena for our technical and dress rehearsal on Thursday 21<sup>st</sup> November. It certainly was exciting to finally be in

the arena and witness the lights, sound and movement of the show as everything came together.



Over the next two days we performed four shows to huge, appreciative audiences. As the students who came down to watch the Friday Matinee from Lithgow High can attest the show provided energy, colour and fun with many inspiring segments. It has been an amazing experience for everyone involved and the girls can't wait to try their success in the audition process next year.

I would like to congratulate all the girls, **Charlotte Dunn, Maddie Clarke, Freda Clutterham, Alex Duffy, Charlotte Dunn, Rhiannon Marshall, Maggie Muir, Ashley Robinson and Cloe Robinson** for their commitment to rehearsals and performances. Well done girls!

I would also like to thank the three dedicated mothers **Michelle Clutterham, Kerrie Marshall** and **Corinna Muir** who stayed with us for the four days to cook for, clean up after and generally keep our dancers (and **Mrs Farebrother**) revived.



**Miss Aldrick** was a part of the Production Team. She worked backstage with a team of teachers from all over the state, to ensure the smooth running of the show. With over 2000 students held in dressings rooms needing to move on and off stage from different tunnels, this was a complex operation. She worked on the "Call to Stage" Team with the Dance teacher from Blayney High School and a teacher from Toongabbie Public School, ensuring all dancers were in their tunnels ready to go onstage at the right times.

# Student Summit on Anti-Bullying

Lithgow High School was proud to send four SRC students to the NSW Department of Education's student summit on Anti-bullying.

**Sam Doran, Lily Bannan, Hayley Wooten-Strickland, and Luke Doran** went to Parramatta for three days and met with 11 other schools to plan, design, and create a resource that students will be able to use to assist them in developing resilience skills.

The students met with a variety of business and education professionals who assisted in developing and fine-tuning the project.



The leaders were excited to be a part of this project based summit where students have been the driving force behind the ideation, creation, and refining of a resource that will benefit.

The resilience resource developed at the summit will be available for students to access next year in the lead up to the National Day of Action Against Bullying 2020.

*Erika Marlin - English Teacher*

# Stage 5 Drama

## 'Crystal' Performance by Stage 5 Drama students



Enter a spooky hall in darkness and candlelight where an other-worldly storm descends on a small town near the Murray River. The storm threatens to destroy homes and the families in the town. The play was directed by **Ms Cases** and performed by her Stage 5 Drama Class. For some students in the class, this was their debut performance on stage. Congratulations to all students in the class for being part of the cast and crew for this dramatic play.

*Special thanks to **Brett Jeffers, Tracey King, Sam Luchetti, Erika Marlin, Marnie Peters, Claire Jeffery** and the English/Drama faculty. Thank you to all the teachers, parents, carers, family and friends for supporting this talented group of students.*



*Abigail Cases - English/Drama Teacher*

# Wonderfly



Stage 5 Drama has been working extremely hard on producing our end of year performances. **Mr Jeffers'** class has been working since the start of Term 3 on their play 'Wonderfly' by Nick Atkins. This is a comedic play about a group of teenagers who are given super powers to save the city from 'the waste' and defeat Red Wasp the villain, but they face the obstacles of competition amongst themselves, uncertainty and leadership. This play is focused on the challenges our current generation will have to face such as environmental issues and learning to get along. The production was a great success and the whole class had lots of fun. **Mr Jeffers** was extremely proud of his favourite class and how well they worked. The students cannot wait to do another production next year.



*Sam Doran – Year 10 Drama Student*



# SRC LEADERS DAY



On 2<sup>nd</sup> December the SRC ventured down to Darling Harbour to take part in the National The SRC had the privilege of going to The National Young Leaders Day in Sydney. We had four speakers tell us their story. John Coutis was one of the inspirational speakers.

John Coutis told us his life story. His story was dark but inspirational. He finds the positives in life.

John was born with a severe disability that left his legs useless. John's parents were told he would pass away due to his disability. But he defied the odds and is still alive. John travels the world to speak to tens of thousands of people. Every time he tells his story he leaves everyone breathless.

John Coutis taught he to tell loved ones you love them while you can. I learnt that even though there are dark times in life you can make it through it.

## LACHLAN SMALL

Lachlan Smart was another inspirational young person who spoke at the National Young Leaders' Day. At 18 years old, he was the youngest pilot flying solo to navigate around the world. He told us about how he did not give up on his dream. He came across multiple problems during his solo flight including dangerous winds during his flight, almost getting shot down in Egypt getting scammed in Sri Lanka but it did not stop him. He was rejected so many times finding a sponsor that would give him half a million dollars to help him fly around the world but he did not stop until he found the person. He did not stop to fulfil his dream and neither should we.

## ERIN MOLAN

Our third speaker of the day was Erin Molan. Erin has loved presenting since a very young age and her commitment has got her to where she is today. When she first started presenting she got rejected from over 80 auditions. She had to fight to be seen and she had to prove to them that she was good enough. Erin told us that “nothing beats hard work” and “don't give up because it's your choice whether or not you let it get to you”. The advice she gave our SRC was to support good causes that help the community, be brave and have courage!



## BIANCA CHATFIELD



Bianca Chatfield is an retired Australian Netballer who, impressively, was selected in the National Team at just 18 years old. Bianca presented some very interesting points during her speech providing us with some very useful tips on leadership.

Bianca Chatfield discussed how leadership starts with us as individuals and went on to explain that we cannot expect to lead anyone else without knowing how to lead yourself first.

She reiterated that the strongest part of our bodies is our brain and that our mindset is what we choose to believe in. Summing her philosophy as “If you choose to have a positive mindset you will have a positive attitude”. Bianca told us that sometimes it’s good to just forget about your weaknesses and focus on your strengths, and be deliberate and mindful of where our energy going and what we are putting our energy into. Bianca’s speech gave us a lot of information about what it takes to be a leader and what being a leader is like, but she told us to remember to have fun and be around the people that give you the energy to do your best and support you.

*Piper Anderson, Justice Dulay Lily Bannan and Hayley Wootton-Strickland- SRC*

## Westpac Little Ripper Life Savers



On Tuesday the 19<sup>th</sup> November, **Mr Grilli’s** Stage 5 Information, Software, Technology (IST) class were lucky to have the Westpac Little Ripper Life Savers come to demonstrate unmanned aerial vehicles or drones. These vehicles are tailored for search, rescue and lifesaving operations. Little Ripper UAV’s (drones) have been developed specifically to execute multiple strategies including deploying

rescue devices and communicating with those requiring assistance. Lithgow High School IST students got to witness these drones in action on the school oval. The Westpac Little Ripper Lifesaver performed the world’s first drone surf rescue in stormy seas off the coast of Lennox Head, NSW, Australia on 18<sup>th</sup> January 2018. We would like to thank the Ripper Life savers for a ripper of a day.

*Marco Grilli - TAS Teacher*

# From the Wellbeing Centre

## Lithgow High School Wellbeing Centre

During its' second year the Wellbeing Centre at Lithgow High School has continued to thrive, with a large variety of Services and Agencies coming into the school to provide professional, specialist services for our students from Year 7 to Year 12. We are one of only three Wellbeing Centres currently in NSW public schools and were the second in the state to become operational and lead the way.

This year, to date, there have been 1471 student visits to the WC. This figure has surpassed 2018 figures of just over 1300 visits. Students report that this has really helped them and been a most positive experience.

**Students are able to access a variety of free and confidential services including counselling support, participate in fitness and wellbeing programs, art therapy, receive support for risk of homelessness and homelessness , drug and alcohol information and support, the services and advice of an experienced solicitor as well as participate in educational and vocational programs which increase wellbeing, school engagement and learning and future goals.**

We are also a Sponsor for Work Development Orders where students can reduce fines by regularly accessing mental health or drug and alcohol services. We also have the Justice Advocacy Service willing to support students with a cognitive disability with the Police, in Court or at legal appointments.

Additionally, Lithgow High School has two very experienced School Counsellors - **Suzanne Collum** and **Rosemary Black** - who between them provide daily, ongoing support for our students.

Earlier in the year, the WC had a most successful Open Day. Representatives from other schools and DET staff were able to gain information and advice about how the Centre operates and setting up a Wellbeing Centre in their own Schools and Networks.

After hearing about the LHS Wellbeing Centre, representatives from the NSW Mental Health Commission came into our school and recorded a video about the origins and positive impact the Wellbeing Centre has had for students.

Partly due to this- as a recognised centre of excellence for youth mental health - **Ms Caro** and **Mrs Moore** were invited to represent LHS at a Parliamentary Showcase at Parliament House in Sydney in October 2019.

The Wellbeing Centre currently has three Wellbeing Rooms which are used by outside Agencies while they are in the school. Students do not need to leave the school grounds to access this support. We are planning to set up an additional room early next year.

Students who have used services during the last 2 years report a high level of satisfaction and many now refer friends and peers. Students may self-refer, and parents/carers may also request help for their children. The LHS Learning and Support Team also support and refer students.



**Di Moore**, Coordinator, and **Linda Egan** Administrator of the Wellbeing Centre are happy to answer any queries you may have. Ring them on 63521422. We look forward to further growth of the Wellbeing Centre each year.

Each of the organisations and services coming into the school wish our students, staff, parents and carers a restful and enjoyable holiday break.

**If you or anyone you know needs help OVER the CHRISTMAS BREAK THESE ARE USEFUL NUMBERS:**

- [Lifeline](#) on 13 11 14
  - [Kids Helpline](#) on 1800 551 800
  - [MensLine Australia](#) on 1300 789 978
  - [Suicide Call Back Service](#) on 1300 659 467
  - [Beyond Blue](#) on 1300 22 46 36
- [Headspace](#) on 1800 650 890  
[QLife](#) on 1800 184 527

## Spotlight on R & K Gas and Camping



We would like to recognise the efforts of **Tim Hansen**, owner of Lithgow's R+K Gas and Camping for assisting the delivery of social justice to students in need at Lithgow High School. With funds raised through the Yamayamarra Project's food pop up stalls, Lithgow High has been busy sourcing every day necessities for our homeless students. We approached Tim for help and were delighted by his efforts to procure 15 high quality

sleeping bags through his suppliers. Tim's enthusiasm to help was heart-warming, demonstrating real care for his community. When I asked Tim what it meant to be able to help in this way, he responded, 'I am sad that some students find themselves homeless, whatever the reason. I understand their need for support, and R+K Gas and Camping will help wherever we can'.

We are fortunate to have such compassion demonstrated by our local businesses and Lithgow High recognises the importance of such local community partnerships.

**STOP PRESS:** A big thank you to the amazing generosity of a local man who responded to our facebook item by donating an additional 16 sleeping bags, once again procured by Tim Hansen of R & K Gas and Camping. Lithgow community you are amazing!

# The Wellness Program



This Term Lithgow High School piloted a new program aimed at increasing resilience and wellbeing in young women in Years 9 and 10. The program focused on physical and mental health, goal setting, self-esteem and positive relationships. The program was a great success and will be running again next year. We would like to thank the wonderful businesses and mentors from the community who made it a meaningful and positive experience for the girls by

generously providing their time, skills and products.

**Michelle Sharp** and **Sam Sellers** from Tease Hairdressing Salon generously donated beautiful hair care gift packs to the participants.

The girls were overwhelmed with the generosity of Bloom's Chemist who donated a large number of makeup items and skincare products for the girls to use. A hair and makeup session was included in the program as part of the focus on self-esteem and careers.



**Latia Hardie** and **Caitlan Young**, ex-students from Lithgow High School and doing extremely well in their chosen career paths, shared their stories and advice for choosing a satisfying and rewarding career.

Latia is now an Apprentice Engineer at Thales Small Arms Factory and Caitlan is a Disability Supported Independent Living Coordinator, managing a large number of staff.



**Macy Ryan** (back left), ex student from Lithgow High School has recently completed her studies in Beauty and Make-up and has opened her own business, Silk Beauty Bar, in Wallerawang.

Macy shared her inspiring story with the students and then gave them an expert tutorial on applying makeup.



**Linda Kable** from Club Revive shared her extensive knowledge and skills of fitness with the girls in a fun session. To encourage them to further their healthy living journey she generously gave them 2 weeks of free passes and is providing them with free fitness training every week.

*Rossie Galloway - Learning and Support Teacher*



## November 2019



Staff and Students at Lithgow High have been participating in Movember during the month of November, the team have raised over \$2300. This will save and improve men's lives through projects focused on prostate cancer, testicular cancer, mental health and suicide prevention. A special mention to **Mitch Thompson** who raised over \$1600 on his own. A fantastic effort well done Mitch.

A big thankyou to our friends, family, and the school community who donated to this wonderful initiative.

*Shane Conroy - PDHPE Teacher*

## SPORT REPORT - U15's Netball



On the 8<sup>th</sup> November, our talented Under 15's Netball Team travelled to Orange to compete in the Western Knockout Tournament. The girls played excellently with strong performances across the court. The first round saw the girls win 3 of their 4 matching losing by just 1 point against the formidable Orange High's first team, the team who went on to win the entire carnival.

The girls then played on determined to top the 2<sup>nd</sup> pool. The girls banded together and won all remaining games to place 5<sup>th</sup> overall. Ending on a high defeating Parkes 44-16 in their final game.

The team showed great sportsmanship throughout the carnival and represented Lithgow High proudly. Big thank you to all our parents for bringing the ladies, their assistance was much appreciated.

*Rebecka Hotham - Netball Coach*

# Under 15 Boys Basketball State Knockout Championships Report



On the 30<sup>th</sup> and 31<sup>st</sup> October The Under 15's Boys Basketball Team travelled to Terrigal for the CHS State Basketball Knockout Competition. On the first day the team played the three other teams in their pool. Every player (**Taj Jenkins, Riley Hart, Hayden Rodham, Kade Inwood, Lachlan Thompson, Hutch Evans, Harrison Wells and Mitchell Wallace**) played their best both individually and as a team to win all 3 games which placed them in the top 4 in the state.

On the second day Lithgow were defeated in the semi-final by Balgowlah Boys High School 65 - 55 which put them in a playoff for 3<sup>rd</sup> and 4<sup>th</sup> place. Unfortunately the boys lost to Mosman High School resulting in 4<sup>th</sup> place overall in the State. This was an amazing effort. Well done boys.

Thank you to **Adam Marjoram** (coach), **Mrs Farebrother** (manager) and the Parents for all their support.

*Kade Inwood - Year 10 student*

# HAPPY RETIREMENT

Our beautiful therapy dog **Naala** will be finishing up at the end of this year. She has served as a therapy dog for the Support Unit for Lithgow high school for about 7 years and at 14 years of age its time for her to enjoy a life of retirement at home lazing in the sun.



Naala has made such a positive impact on so many students lives and has brought joy to all of the students and staff at our school. The biggest benefits of having Naala working at Lithgow high school is that she has provided comfort and support to students in need, increased students social skills, helped develop skills in responsibility and has also helped develop motor skills and encouraged students to read.

Thank you Naala for all your work and enjoy your retirement.

*Jane Vidler - Support Teacher*

# Year 12 - 2019



The 2019 Year 12 formal was on 19<sup>th</sup> November, all Year 12 students had a great time celebrating the end of their school life and 13 years of schooling. Everyone was beautifully dressed up in evening dresses and suits. The formal was held at the Lithgow Workies Club this was a fabulous venue and one where students and staff had to do very little work to decorate to look its best to give our 2019 Year 12 students a final farewell. Students along with their partners and invited guests began the evening in the Tuscan area for canapés, and welcome drinks. Year 12 and teachers enjoyed a lovely sit down meal, it was a great night that both students and staff thoroughly enjoyed and will remember for many years to come. Well done Year 12. You are a credit to yourselves, your families and our school. We will miss you!

## P&C Report

P&C would like to thank all of the Committee Members and the Canteen Staff for their hard work during 2019. Once again school canteen has been able to donate \$20 000.00 back to the school for resources for your children.

We are desperately seeking new members for our P&C to come along to a meeting once a month during school term. Many of our current members have children in the senior school.

**Please note:** We don't do any fundraising, the canteen is our fundraiser but unfortunately without a P&C committee we won't be able to run the canteen and therefore our canteen could possibly go to tender!

So come along to our friendly informal meeting and get to know what is happening at your school.

# Reminder: Senior Tuition in the Library



**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.

We are now offering **free** afternoon tuition **Monday - Thursday 3.30pm - 5.00pm** for Seniors. This is to assist students who have a full timetable with no Study Periods.

The tutors provide support, motivation and stress management during the

senior years. A variety of resources are available for students to borrow in the school library.

## Canteen



We would like to thank all our wonderful volunteers for their help throughout this year and hope you will continue to support **Evonne** and **Jo** in the canteen in 2020.

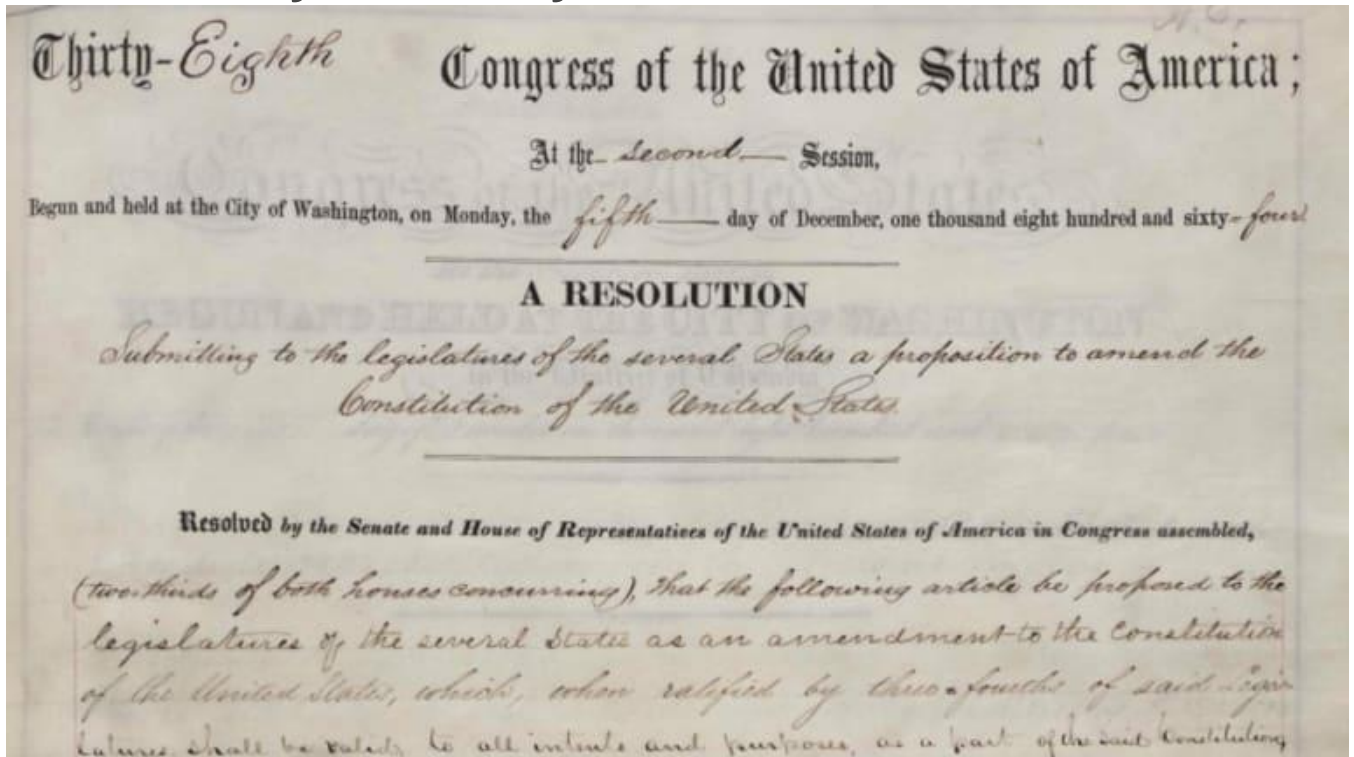
**We still need many more volunteers to fill our roster for next year. We need about 40 helpers to fill the roster and currently we have less than 20, if we do not get extra helpers it is very hard to run the canteen for your children.**

If you would like to help out in our canteen, please phone Evonne on 63 512308. The hours are from 10.45am - 1.45pm once a month or whenever you are available.



# ON THIS DAY FROM THE HSIE FACULTY

## On This Day in History - 6 December



### **1865: Adoption of the Thirteenth Amendment to the United States Constitution**

The amendment abolished slavery and involuntary servitude, except as a punishment for crime.

The 13<sup>th</sup> Amendment states: "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

In Year 10 History and HSC Modern History students study the U.S. Civil Rights Movement.

The adoption of the Thirteenth Amendment followed the Emancipation Proclamation by Abraham Lincoln in 1863 during the US Civil War. The Emancipation Proclamation freed only those slaves held in the Confederate States of America. In depriving the South of its greatest economic resource—abundant free human labour—Lincoln's proclamation was intended primarily as an instrument of military strategy. Only when emancipation was universally proposed through the Thirteenth Amendment did it become national policy. Moreover, the legality of abolition by presidential edict was questionable.



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

### **FITTING APPOINTMENTS IN TERM 4**

Orientation fitting appointments for Term 4 are available now 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 (including skirts). You can either purchase through the Uniform Shop, or you can shop online at: [www.alintaapparel.com.au](http://www.alintaapparel.com.au)

**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)

### **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 10 and Junior School in particular!**  
Many students benefit from these donations.

# Year 10

**“Be proud to graduate into Senior School”**

**You need to start thinking about your senior uniform!  
LHS onsite uniform shop is open for students  
TUESDAY and THURSDAY MORNINGS - 8.00am - 10.00am  
LHS uniform shop will not be open during the Christmas  
holidays, until:**

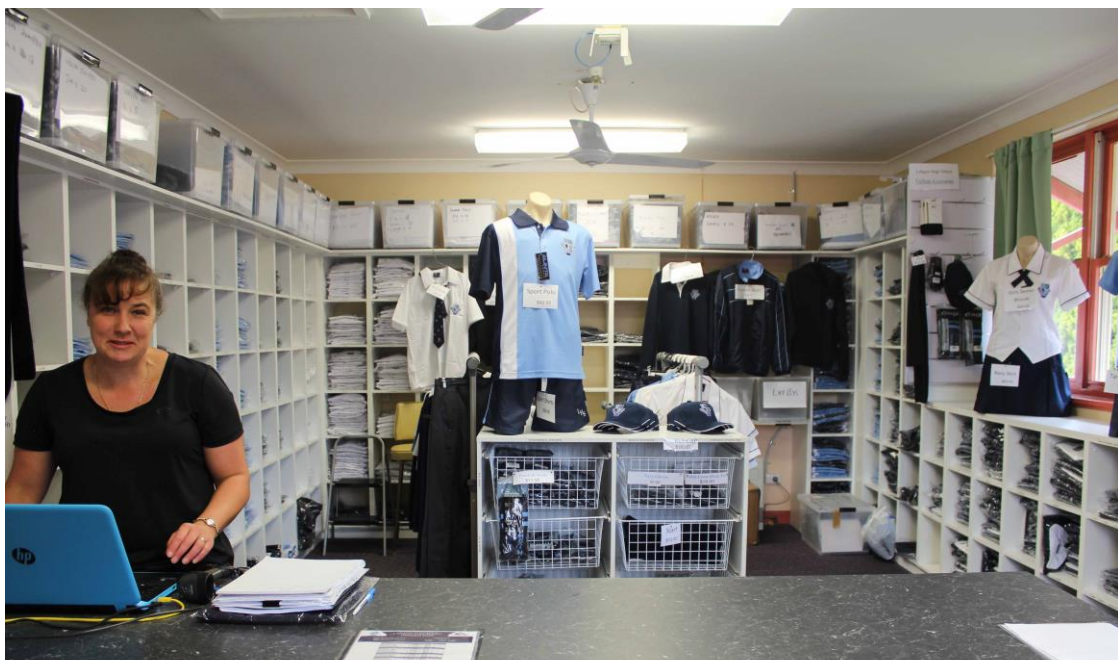
## **January Opening Hours**

Tuesday	21 <sup>st</sup>	January - 8.30am - 12.00am	*(extended hours available if busy)
Wednesday	22 <sup>nd</sup>	January - 8.00am - 12.00am	*(extended hours available if busy)
Thursday	23 <sup>rd</sup>	January - 8.00am - 12.00am	*(extended hours available if busy)
Tuesday	28 <sup>th</sup>	January - 8.00am - 12.00am	*(extended hours available if busy)
Wednesday	29 <sup>th</sup>	January - 8.00am - 12.00am	

## **Payment Options**

**Lay-by** - We accept lay-by (50% deposit) and you can collect the uniforms in January before school goes back.

**Payments** - Cash, Credit Card, or Debit Credit Card.



# 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!**



**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>



**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!**



## **LAKE LYELL RECREATIONAL PARK**



**Daily Sessions 10.00am - 5.00pm**  
**Call to book now on 63 55 6347**



The Western Region Academy of Sport (WRAS) aims to identify, develop and provide pathways for talented young sports people in the western region. The following athletes from Lithgow High School have been selected in WRAS 2020 squads

**AFL: Tasmyn Davies**

**Basketball: Riley Hart, Hayden Rodham & Harrison Wells**

**Basketball Junior Development: Chloe Goodman, Taj Jenkins, Cameryn Jones & Mitchel Wallace**

**Hockey: James Luck & Kelsie Whyte**



YEAR 12 - JOIN US FOR OUR

# HSC BREAKFAST WEDNESDAY 18TH DEC

Celebrate your success one last time  
with your year group  
Canteen area 8.30am



	<i>Important Dates to Remember</i>
<b>Monday 16<sup>th</sup> December 2019</b>	<b>Year 7 -11 Presentation Evening</b>
<b>Tuesday 17<sup>th</sup> December 2019</b>	<b>Year 7-11 Reports distributed</b>
<b>Wednesday 18<sup>th</sup> December 2019</b>	<b>Last day of Term 4 for students HSC Breakfast 8.30am</b>
<b>Thursday 19<sup>th</sup> and Friday 20<sup>th</sup> December 2019</b>	<b>Staff Development Days LHS Staff only</b>
<b>Monday 27<sup>th</sup> January 2020</b>	<b>Australia Day Public Holiday</b>
<b>Tuesday 28<sup>th</sup> January 2020</b>	<b>Staff Development Day - LHS Staff only</b>
<b>Wednesday 29<sup>th</sup> January 2020</b>	<b>School resumes 2019 for Year 7, 11 and 12</b>
<b>Thursday 30<sup>th</sup> January 2020</b>	<b>All Years return to begin Term 1 2020</b>



# GUITAR

LESSONS  
TUITION  
MUSIC  
THEORY  
&  
PERFORMANCE

p : 0417 935 525  
e: [brendoncolemanguitar@gmail.com](mailto:brendoncolemanguitar@gmail.com)

Create something great

Claim your \$100 Creative Kids voucher today



NSW Government is helping your cost of living

We're making it easier to access hundreds of creative activities that support your child's development.

Claim your **\$100 Creative Kids voucher** and create something great. Creative Kids is available for all NSW school children and is one of more than 40 NSW Government rebates and savings.

[service.nsw.gov.au/creativekids](http://service.nsw.gov.au/creativekids) • 13 77 88



Sp Adobe Spark



## For your fridge - Term 4 Calendar

Lithgow High School Calendar - Year 2019 TERM 4						
Month/ Week		Monday	Tuesday	Wednesday	Thursday	Friday
Dec Week 2	9	9	10 PRC Luna Park Excursion	11	12	13
Dec Week 1	10	16 Presentation Evening Year 7 - 11 - 6.30pm Award Winners Only	17 HSC Results released Reports Distributed to students	18 Year 12 HSC Breakfast 8.30am Last day for Students for 2019	19 School Development Day Staff only	20 School Development Day Staff only



*We hope you have a lovely, safe  
Christmas break, see you in 2020!*