



# Lithgow High School

## NEWSLETTER



10<sup>th</sup> October, 2014

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

# NAIDOC 2014



At Lithgow High School we are:

- ◆ RESPECTFUL
- ◆ RESPONSIBLE
- ◆ SAFE
- ◆ LEARNERS

## PRINCIPAL

### ***Congratulations and good luck Year 12!***



Year 12 were outstanding in the positive way they celebrated the end of thirteen years of schooling. The Slave Day, the humorous performance which parodied a number of staff in a very positive and amusing way, and the BBQ were topped off by a *students versus teachers* set of games. Significant funds were raised to support the Year 12 formal and the gift to the school. I believe the students and staff enjoyed the day. I especially congratulate **Mrs Dean** and **Ms Reilly** who did such a great job organising the day.

The week culminated in the Year 12 graduation, a moving assembly recognising the achievements of all. Well done to **Mrs Dean, Ms Reilly, Mr Quirk** and the tireless office staff for ensuring this was an appropriate send-off for Year 12.

Finally, I take the opportunity to congratulate personally all of Year 12 for their maturity and consistent effort. I know that for most their effort will translate into an HSC result to be proud of, and a bright future. I also congratulate the teaching staff, who have worked hard to deliver the HSC curriculum to all students, and the Year 12 parents' contribution in bringing up such fine young citizens. I wish all Year 12 students the best of luck in their examinations.

Please note: any Year 12 parent or student with concerns leading up to, or during, the exams please contact the school for support as necessary.

To the whole school community; welcome back to what will be a most productive Term 4.

*Ann Caro*

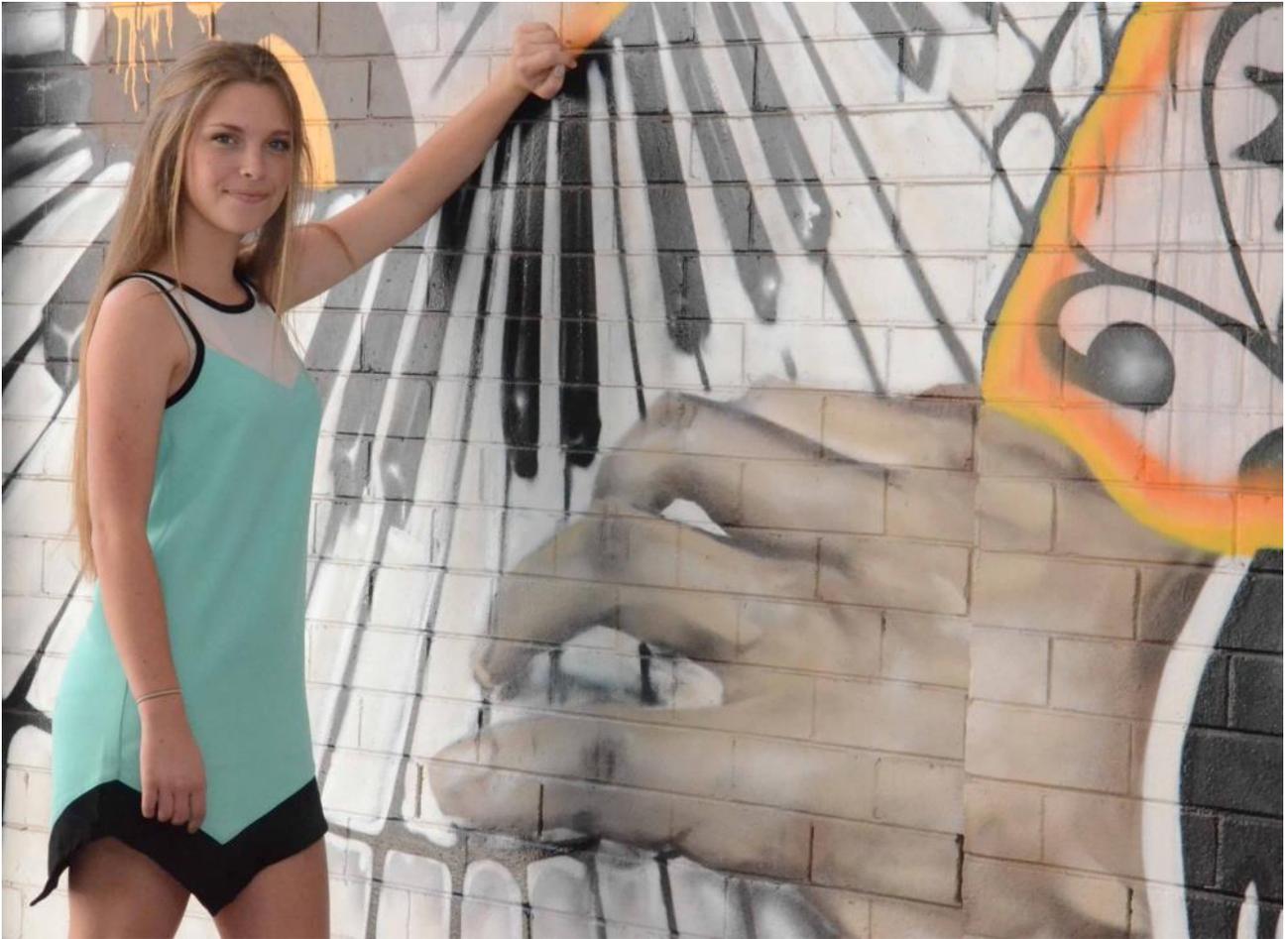
**We would like to invite all parents, caregivers and families to our annual presentation days to recognise and celebrate the achievements of the students of Lithgow High School in 2014. All ceremonies commence at 9.30am in the Hall.**

**Year 11: Friday, 14th November,**

**Years 9 and 10: Friday, 12th December**

**Years 7 and 8: Monday, 15th December**

## Mentoring helps Courtney follow in the McClymonts' spectacular footsteps



Imagine being mentored by the performers you most admire. That is just one of the doors that has opened up since Lithgow High Year 11 student, **Courtney Clarke**, was selected for the 2014 Schools Spectacular.

This week 16-year-old Courtney is in Sydney with 32 other promising performers for the Schools Spectacular Featured Artists Call and five days of rehearsals.

During that time she will be visited by The McClymonts, who have agreed to offer tips as mentors to Courtney as she prepares for this year's show.

Sisters Brooke, Samantha and Mollie each made a presence in Schools Spectaculars before making a career as country artists and recording three top-selling albums. For Courtney, being mentored by The McClymonts is like a dream come true.

“I used to do a lot of music theatre, pop, jazz and that sort of thing, but I’ve recently taken a strong liking to, and angled towards, country and country rock,” Courtney said.

“It’s a bit different, but that’s what I’m getting into. I really like The McClymonts’ music and the way they perform. I was so excited when I discovered I was going to be mentored by The McClymonts. I just freaked out and thought, “That’s so cool!” They are amazingly talented. It will be awesome to be mentored by them. I saw them when I performed at Tamworth (Country Music Festival). They were on the big stage and it was so cool to watch them doing all the things we are told about, and they were doing it with such professionalism. So far, Courtney has only seen the Schools Spectacular on television. “I thought that’s pretty amazing,” Courtney said. This is something that you really would like to be part of.”

Her selection in the elite public schools’ Talent Development Project brought her a step closer to the auditions, and following the Featured Artist Call on Monday she is now working her way through the demanding rehearsal process.

It is an intensive schedule of preparation that will culminate in four performances at the Qantas Credit Union Arena (formerly the Sydney Entertainment Centre) on Friday and Saturday, 28 and 29 November.

Courtney will join talented student performers from schools in every corner of the State. Together they will produce a kaleidoscope of colour and emotions, ranging from iconic massed dances filling the entire arena through to intimate solo moments.

Musical genres range from rock and hip hop to classical and opera, highlighting the limitless talents and excellence in performance and creativity being nurtured in the state’s public schools.

Ranked as the biggest entertainment extravaganza of its kind in the world, as well as playing to packed audiences, the Schools Spectacular will also be broadcast Australia-wide on the Nine Network.

**Where:** **QANTAS CREDIT UNION ARENA** (formerly Sydney Entertainment Centre)  
35 Harbour Street, Darling Harbour

**When:** Friday 28 November 12noon & 7.30pm  
Saturday 29 November at 1pm & 7.30pm

**Prices:** Adult from \$40.00 to \$70.00 | Concession from \$30.00 to \$55.00  
Family Pass (2 adults + 2 children) from \$110.00 to \$195.00

**Bookings:** [www.ticketek.com.au](http://www.ticketek.com.au) or phone 132 849

[www.schoolsspectacular.com.au](http://www.schoolsspectacular.com.au) [www.facebook.com/schoolsspectacular](http://www.facebook.com/schoolsspectacular)

**Media enquiries: Grant Hatch Media Liaison Officer 02 63348080 / 0419 284243**

# NAIDOC CELEBRATIONS AT LHS 2014



On Thursday, 4<sup>th</sup> September, Lithgow High School held its annual NAIDOC assembly to celebrate the National Aboriginal and Islander Day of Celebration. It was a very special event attended by the whole school and special guests from the Aboriginal community.

**The National NAIDOC theme for this year is: *Serving Country: Centenary & Beyond.***

This year's theme was chosen to honour all Aboriginal and Torres Strait Islander men and women who have fought in defence of country, from the warriors in the Frontier Wars to the warriors who served with honour and pride in Australia's military conflicts and engagements across the world.

At Lithgow High, we are proud to recognise the role that Aboriginal and Islander men and women have played in shaping Australia's identity and to reflect on their sacrifice.

Three indigenous students, Ben Cox, our school captain, Jasmine McKenzie in Year 7 and Kate Francis in Year 8, superbly presented this year's theme with a powerpoint highlighting the challenges faced and the sacrifices made by our indigenous servicemen throughout Australia's history. Of special note were the sacrifices that many had made for their country even though for most of our combat history Australia's first peoples were not classed as citizens and had no rights at all.

We were proud to have Aunty Helen Riley from Mingaan Wiradjuri Aboriginal Corporation give the Acknowledgement to Country at the commencement of the assembly. Mr Bob Sutor gave a very entertaining performance on his didgeridoo, accompanied by students playing clap sticks. The clap sticks had been kindly made and donated by Uncle Owen Smith.

Special trophies were awarded to students who had participated in cultural events. The Indigenous Games trophy was awarded to this year's Indigenous Games winning team, the Kangaroos. Our NAIDOC debating team won the Bathurst Debating Challenge for the third year in a row and were presented with their trophy by Bob Sutor.

Amanda Smith, the manager of Lithgow Coles, also attended and very generously provided the Principal, Ann Caro, with a cheque for \$1000 to be used for the Gawaymbanha Ngurambang Bush Tucker and Sustainability Garden. We are excited that we will be able to begin the sustainability component of our garden by constructing compost bays and purchasing green waste buckets for the canteen and food technology rooms. By collecting green waste, we will be able to begin our green waste recycling system and use fresh food scraps from the school to fertilise our garden beds.

We greatly appreciate the support the community has provided for our special garden project. The total of donations received so far has exceeded \$9000.

*Rosie Galloway - Norta Norta Teacher*

## INVITATION TO THE COMMUNITY

Come and be a part of our garden project!

Are you interested in learning about Aboriginal culture?

Would you like to be part of our bush regeneration project?

Would you like to learn about bush tucker?

Would you like to help plant our garden?

Or, do you have special skills and knowledge in sustainability, Aboriginal culture, construction, art or gardening? Come and share your knowledge with Lithgow High School students and other community members.

## UPCOMING EVENTS

- ❖ Bush Regeneration
- ❖ Bush tucker planting with Bunnings
- ❖ Compost bays construction
- ❖ Bus

# DEPUTY PRINCIPAL ORGANISATION

Welcome back to the start of what will be an eleven week term.

## NAPLAN

At the end of last term, students in Years 7 and 9 received their NAPLAN results. Anyone who has not received this information can contact the school and arrange for collection. If you require further information or have any questions regarding these assessment, please contact the school.

## Year 8 Excursion

A large number of students in Year 8 will be attending the great Aussie Bush Camp from Wednesday until Friday of Week 1 in Term 4. This excursion is part of the positive behaviour policy in the school which rewards students for positive behaviour. All students and staff are expecting to have a great experience.

## Budding artists

Young aspiring artists could get off to a great start by entering this competition to design the look for Youth Week 2014. Winners get to showcase their work and win \$1000.

Find out how to enter at <http://www.youthweek.nsw.gov.au/>

Thank you to Year 12 for an outstanding last few days of term. Your schooling at Lithgow High School is essentially finished, and the next chapter in your lives will begin. Good luck, you will be missed by all!



*Matthew Quirk*

# END OF YEAR CELEBRATIONS FOR YEAR 10

The School Certificate external tests have been discontinued since 2012, and the school leaving age has been increased to 17. Already, nearly every Year 10 student continues into the senior school. With this in mind, instead of saying farewell we will be saying, “Welcome to your senior years, Year 10!”



Year 10 will be celebrating their succession to the senior school on Wednesday, 10<sup>th</sup> December with a “Rite of Succession” night in the grounds of the school.

Dinner, dessert and a DJ will also be part of the evening as well as a specially prepared powerpoint presentation and awards to signify the end of junior school. Year 10 students will choose their own music for this event, and with the talent of a local DJ and extra sound and lighting equipment from our music department, it should be a fun night for all. We will advise the cost of the event ASAP.

Every student is encouraged to attend what will be a great night of recognition and celebration. Should you have any enquiries about this initiative, please feel free to contact the Year Adviser, **Mr Dingle**, at the school.



## DEPUTY PRINCIPAL PLANNING

### Year 12, 2014

I would like to take this opportunity to wish all of Year 12, 2014 the very best for their HSC examinations and wish them well for their future endeavours. Students behaved impeccably during their final week of school in Term 3 and should be commended for the respect that they showed their peers and the school community. I wish for them, as individuals and as a group, a safe and successful passage through the exam period and into their future.

### Year 12 2015 (Yr 11 2014)

Year 11 for Year 12 2015 have a parent information evening on Tuesday, 21<sup>st</sup> October 2014 at 6pm in the school library. The purpose of this meeting is to explain and discuss the school based assessment schedule for Year 12, 2015, which commences Week 5 of this term on Monday, 3<sup>rd</sup> November, 2014. It is important that both students and carers are present at the information evening to be informed of the changes to the assessment procedures.

### Year 10

A kindly reminder to all Year 10 students that they must have completed the Board of Studies course *All My Own Work* before they can proceed to Year 11. This coursework must be completed during this term, as provision was made for the whole year to complete it during Week 9 of Term 3. If students have missed a section of the course they must see the relevant Head Teacher to catch up. The Head Teachers are as follows:

Section 1 Scholarship Principles and Practices - **Mr Gasparre**

Section 2 Acknowledging Sources - **Mrs Middleton**

Section 3 Plagiarism - **Mr Jeffers**

Section 4 Copyright - **Mr Stoneley**

Section 5 Working with Others - **Mr Dean**

A kindly reminder to parents to start planning and budgeting for the mandatory "Crossroads" 25-hour coursework which will occur in 2015. The planning for this at this stage is being organised by Mr Dean, Head Teacher PDHPE.

The Year 10 assessment period is not completed. Students are well advised to submit all assessment tasks on time and any overdue assessment tasks should also be submitted. The submission of all assessment tasks avoids the uncomfortable issue of N award warning letters or N award nominations.

*Phillipa Byrne*

# WRITING WORKSHOP



This term 7J were offered the wonderful opportunity to work with renowned teenage/young adult author Paul Stafford. Twenty-two students from 7J took up the offer and have participated in three workshops via video conferences from the Australian Fossil & Mineral Museum on their writing skills. Paul has been working with students across Australia and New Zealand for nearly 20 years.

The workshops mainly focus on how to start any story, the fail-safe formula which draws the reader in every time, how genre sets the tone of the story, how to use the five senses in writing and how to create suspense. Students have worked individually or in groups and have written some very funny and interesting story beginnings.

Earlier in the year, both Year 8 and Year 9 students also participated in the Paul Stafford workshops. I was very interested to see that in the 2014 Naplan results, Year 9 writing growth rates in the group of students who participated in the workshops were far superior to growth rates experienced by the rest of their cohort, and more than twice the state average growth.

Most students have been very positive about the workshops and the ideas they have learned to improve their writing. I am available to help students continue their writing improvement and hope to continue further workshops with Paul Stafford. There are eight books written by Paul available for borrowing through our school library. *Happy writing.*

*Ms Edwards – STLA Teacher*

# INDIGENOUS GAMES



During term three, the Indigenous Games were held at Lithgow High School as part of our NAIDOC celebrations. The event was organised by **Mrs Galloway** and a team of dedicated staff, teachers and students. Its purpose was to teach Aboriginal culture through traditional hunting games and to bring Aboriginal students and non-Aboriginal students together in a fun way. Some games include 'gorri', which involved throwing a spear at a moving target similar to hunting and 'kalkadoon-keen', which involves throwing a large bone over a net into a hole to catch an Emu. Lithgow High School students thought it was a good way for non-Aboriginal students to see and learn about Aboriginal culture. The event was a huge success, and we would like to thank **Mrs Galloway** and the Norta Norta staff for organising the great day.

*Clare Francis - Press Club*

# APAG REPORT

## *Aboriginal Parents Advisory Group (APAG) Report*



The most recent Aboriginal Parents Advisory Group, held on 08/09/14, was a relaxed, positive and informative evening with much to discuss and celebrate. The value of the school Indigenous Games and NAIDOC assembly were noted.

Progress on the *Gawaymbanha Ngurambang* Bush Tucker and Sustainability Garden was reported on, which included the recent excavation of the yarning circle and dance space. Interest and support from the local community, both indigenous and non-indigenous, was also recognised.

The *Norta Norta* staff were able to provide parents with updates on the *SistaSpeak* and *BroSpeak* programs, which are run within the school. These programs continue to help increase cultural awareness and provide positive experiences for students, through links with Aboriginal community mentors. Once again, this meeting enabled parents and staff to exchange ideas and discuss educational possibilities for students in a relaxed forum.

The next Aboriginal Parents Advisory Group (APAG) meeting will be held in Term 4. Dinner and childcare are provided. We welcome your involvement.

# DRAMA NEWS

## BEAUTY REALLY IS A BEAST



In the last week of Term 3, students from the Year 7 Enrichment Class went to Lithgow Primary School to perform a short play titled, 'Beauty is a Beast'. Not to be mixed up with the Disney musical, this play was set in Ancient Greece and revolved around the journey of a princess named Beauty, whose self-centred and mean attitude enraged the Goddess who made her beautiful in the first place. The Goddess then turned her ugly. Lithgow Primary students loved this part of the show when Miranda Swift was transformed with a hideous black wig, ripped jeans, a vomit-coloured scarf and mismatched accessories. Plans to tour the play in Term 4 are currently under way. The cast and crew are very keen to perform the play again to primary schools soon.

# STAGE 5 DRAMA

'Cosi' was presented by the Brook Theatre Company in early August. The play aimed to send a message of hope to people in our society who face barriers and are seen as 'different'. Some of these people were closeted away in asylums, which is where this play was set. The Brook Theatre sought to find a mixed ability cast and crew to put on the production. Some of the actors were even teachers from the local community! One of the highlights of the show was a man named Jason from the Wellspring Youth Disability Group. He played a number of characters, one of which had to do a dance to audition for a part in the opera. It was refreshing to see the thirty students who attended really appreciate community theatre and have such positive praises about the performance. "It was an amazing show," stated Madeline Shaffer (an English and Drama student). For the Stage 5 Drama class, it was an excellent opportunity for them to see another live production and the cast and crew had much to say about preparing for a play: "You've got to be really prepared, learn your lines early and imagine your character in different situations," Mouna Stone said. She played Cherry, a roller skating, food obsessed patient from the play. The students look forward to the next excursion to a live performance. Blue Mountains City Council were so impressed with the play that they are going to commission the Brook Theatre to put it on again in the near future.



***Lawson Community Hall (Mechanics Institute) Cast and Crew of 'Cosi' a play by Louis Nowra, directed by Nigel Glassey (Sitting on stage, far right). Year 10 English & Stage 5 Drama students from Lithgow High School***

Stage 5 Drama students are currently rehearsing for their end-of-year play called 'Fossils' by Manuel Aston. As part of their assessment this semester, all students in the class have an acting and/or production role. 'Fossils' will open on November 17 at 6:30pm at Lithgow High School. The play is a comedy about the relationship between teenagers and their parents.

*Ms Cases - English/Drama Teacher*

# Gawaymbanha Ngurambang Wiradjuri Smoking Ceremony

On Tuesday, 16<sup>th</sup> September, several of our Aboriginal students participated in a Smoking Ceremony in the Gawaymbanha Ngurambang Bush Tucker and Sustainability garden. Gawaymbanha Ngurambang means *Welcome to the Meeting Place* in Wiradjuri.

Students were joined by **Willay Bijarr** (Old Man Possum - Uncle Bill senior) and his son

**Dinnawan Gerribang** (Old Man Emu- Uncle Bill junior) who performed the ceremony and taught students about its history and its special significance to Aboriginal people.

Students helped to prepare for the ceremony by collecting juvenile Eucalyptus leaves and kindling from the bush as well as a bark coolamon to use as the smoking vessel. The ceremony was performed in the new yarning circle and dance space to cleanse the area of any negative energy. The smoke was also used to cover the participants' bodies, ridding them of bad energies. The ceremony is designed to leave behind any troubles and is a new, fresh beginning for both land and people.

Everyone present spent an enjoyable morning learning about the ceremony but also about Wiradjuri culture, its meanings and relevance for students and communities today.

It was a really special learning experience and we would like to thank Uncle Bill Senior and his son Bill Allen Junior for coming from Bathurst to help the students learn about their Aboriginal culture.



*Clare Francis - Press Club*

# YEAR 12 PRESENTATION DAY CEREMONY



**Matthew Burnett** - L J Hooker award for Academic Excellence, Thales Australia Award, and the University of Notre Dame Australia Award. **Jordan Knox** and **Joshua Benetatos** received the Centennial Coal Award for Consistent Endeavour, **Brenella Abdel-Rehim** - Caltex Best All Rounder Award, **Tiarne Roots** - Ian Lancaster Award, **Abby Fenton** and **Ethan Forrester** – Energy Australia Award. **Paige Lowden** and **David Spiller**– Phil Duncan Scholarship, **Wayde Egan** - Pierre De Coubertin Award, **Matthew Kappos**, Barry F Cosier Award, Charles Sturt University Crowe Horwath and Principal’s Medallion Award, **Hannah Muir** - Reuben F Scarf Award, **Brady Goodsell**, P&C Encouragement Award.



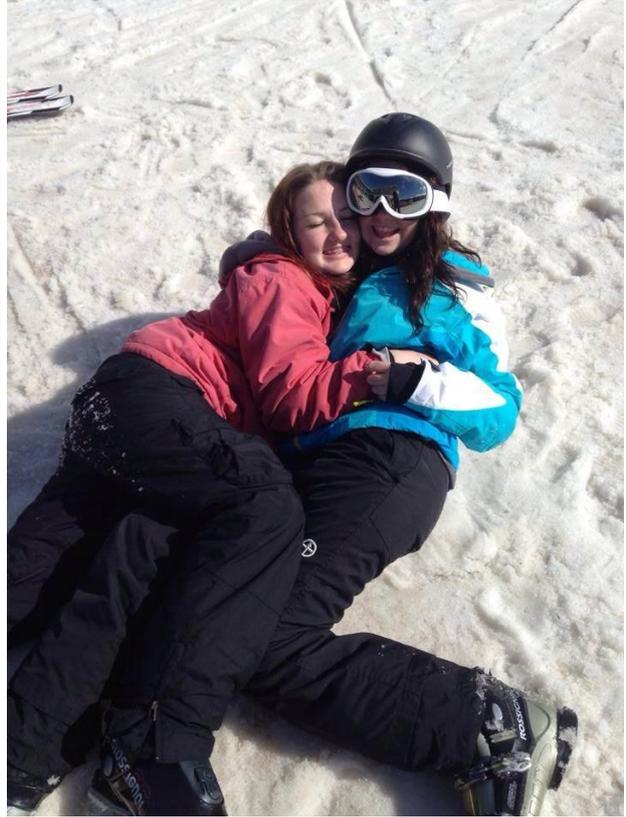
# YEAR 10 SNOW TRIP



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 playing football and mingling with the other school groups also staying in the same place.

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. We finished off the trip with exciting games in the snow, teachers vs students (students winning, of course!!).

Year 10 would like to thank their Year Adviser **Mr Dingle** for organising the excursion and thank the teachers who spent time away from their families to ensure we were offered this great opportunity. Thank you **Mr Gasparre, Mrs Barlow, Mrs Scheurer, Ms Savovski** and **Mr O'Keeffe** for your dedication to the students of Year 10.



THANK YOU TO EVERYONE FOR MAKING THE SNOW EXCURSION AN ENJOYABLE EXPERIENCE!

# LISTENING PROGRAM



Lithgow High School has been piloting an innovative listening program with selected students in Year 8. This program is a system that works on the theory of engaging the brain's natural plasticity to develop a healthier, better functioning brain which engages the brain's NATURAL ability to change itself in order to improve its performance. The brain prefers welcoming and novel challenges, so basically if we like something and find it interesting the brain is more likely to make NEW CONNECTIONS!

The current group has been working through the 'Condensed Program' which requires listening for 30 minutes of specifically selected music per day, five days a week over 10 weeks. They are listening to specifically designed music that is enhanced with nature

sounds and targets four specific zones of the body.

All students participating in the program are most positive about attending on a daily basis and look forward to their session. They are very interested in how the program works and have already seen changes in their abilities.

Comments such as:

"It helps me listen in class and learn better and remember stuff – helps me know what I am doing."

"I'm more focused and not so distracted – it helps me to focus and not hear other sounds around me."

We have seen some excellent improvements in skills as well. Some students who have also been involved in the Quicksmart math's program seemed to have slowed their advancement but showed significant improvements once they reached the middle stage of the listening program.

The best thing about this program is that the students have actually realised they ARE now capable of doing things, and so they have more confidence.

# Up Close With MS CASES

**Full Name:** Abigail Cases

**What is your role at Lithgow High?** English/Drama Teacher

**What are your favourite colours?** Navy blue

**If you could be any animal what would it be and why?** A black panther; I've always loved this majestic creature.

**What annoys you in class?** People passing wind without warning....then someone sprays even worse smelling deodorant!!!!

**What schools did you go to?** I moved around a lot in primary school – between Parramatta and Blacktown. Too many to list! But I was in one high school

**What are your hobbies?** Pottery, watching plays in the city and collecting South American cichlids

**What are your greatest achievements?** The plays I direct in high schools over my eight years of teaching

Travelling back to my homeland and meeting long lost family members.

**Describe yourself in three words:**

1. Creative
2. Colourful
3. Happy

**What did you want to be when you were a kid?** A nurse or a doctor, because I got one of those kits for Christmas and enjoyed playing 'Operation'!

**Do you have any nicknames?** Abs – I wish I had some! Haha

Ate – pronounced with a long A sound. It means big sister in Filipino.

**What is your greatest fear?** That Malteasers will stop production and I will forever be out of the sweet, sweet goodness!

**How long have you been teaching?** Eight years

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

**Driving:** 10

**Sport:** 6

**Shopping:** 200!



*Amy Muir, Ayla Shaw and Kaitlyn Trounce – Press Club*

# SPORT REPORT

## TAEKWONDO – CHAMPIONS AND AUSTRALIAN REPRESENTATIVES



From the 28<sup>th</sup> to the 1<sup>st</sup> of August, two students from Lithgow High School and one student from La Salle travelled to the Australian Institute of Sport (AIS) in Canberra for a week of training with some of the world's best Taekwondo fighters. Bryce Altman (Year 11), Hayley Robson (Year 8) and Lauren Corney (Year 9) trained

under world renowned Finnish Olympic head coach Jesús Ramal (pronounced hey-zeus ramal). They trained alongside international athletes such as Suvi Mikkonen from Finland (5<sup>th</sup> in the 2012 Olympics), Rosa Rodriguez, Victor Garcia and Manuel Belouqui from Spain as well as Sammy Moras and Aziza Chambers from the USA.

Bryce, Hayley, Lauren and the rest of the group completed drills and training, including weights training, kicking drills back and forth across a 100 metre training centre, bench pressing, squats, and kicking drills. There was also a 10km run as well as lots of technical and tactical training where they could hone in their kicking skills and defence to improve their performance in and out of the ring.

By the end of the week, all the training was taking its toll on all the athletes, but overall it was an awesome experience for everyone to go through and it will really help them achieve their future goals.

Speaking of future goals, Bryce, Hayley, Lauren and another fighter from Haktari, Misty Walsh (32), were invited to go and represent Australia in the Commonwealth Championships held in Edinburgh, Scotland. After competing in the Australian Open as the top four Aussies in each division they were selected to represent Australia in Scotland. Lauren Corney has decided to pass on this competition for another excellent opportunity, competing in Indonesia at another top level competition.



Unfortunately, Hayley has broken her arm and can't compete, but Misty and Bryce have decided to take the opportunity and travel to Scotland to compete. They will fly for 30 hours to Glasgow and train with some of the world's best for a few days then fly over to Edinburgh to compete. The competition goes over three days. Only black belts are allowed to be selected and fight according to their weight. Only countries in the Commonwealth are competing, and they include Australia, Ireland, England, Scotland and Wales. Hayley will be travelling to Scotland and watching the competition with her mum and staying with her relatives. Misty and Bryce are at the moment trying to raise money to help them with the costs of flights and accommodation. We wish them all the best with their competition, and we will all be cheering for them here in AUS. We also congratulate Lauren and will be thinking of her while she is over there.

*Amy Muir - Press Club*

## CHS ATHLETICS



The CHS state athletics championships were recently held at Homebush Athletics Centre from Thursday 4th to Saturday 6th September.

**Caitlin Constable** from Lithgow High School was the only student to represent both Western Region and Lithgow High School at these championships. Rosa Ross Lyons was to compete but, unfortunately, due to family commitments was unable to partake in the championships this year.

## BASKETBALL



The boys' basketball team travelled to Orange last term to compete in the CHS knockout competition. The boys played really well and won two out of their five games, but this will not see them progress to the next round of the knockout competition. Congratulations on your effort, team spirit and sportsmanship.

# SENIOR GIRLS HOCKEY



The senior girls' hockey team advanced to the finals for the ninth consecutive year. The finals were held here in Lithgow on the 10<sup>th</sup> and 11<sup>th</sup> September. The team consists of many younger players who have been part of the highly successful district teams.

In the first game of the finals the girls come away with a 5-0 win over Tamworth advancing them to the second final against reigning champions Kiama. Playing a hard fought game, lead by Captain **Katie Dowler**, the girls unfortunately went down to a very fit, drilled team 9-2. The girls then played off for 3<sup>rd</sup> and 4<sup>th</sup> in the state in their last gaming, winning 5-0 against Armidale. Congratulations to the team 3<sup>rd</sup> in the State a very honourable effort indeed.

Back: **Bonnie Goodsell, Alice Reti-Steel, Katie Dowler, Keely Newham, Clare Bosman, Abby Wilson and Katie Wilkins**

Front: **Jess Luchetti, Erin Trudgett, Madison Haddon, Amy Capaldi, Shannon Legge and Tegan Walsh.**

The girls would like to thank **Mr Conroy** and **Mr Goodsell** as Coaches and **Mrs Dean** as Manager. The team will miss the three Year 12 girls, **Alice, Tegan** and **Shannon**.



## **THANK YOU**

The recent NSWCHS Hockey Knockout Finals successfully held at the Lithgow Hockey Complex were a great display of cooperation and assistance from the Lithgow Hockey and sporting community.

The Lithgow High School organisers would like to publicly acknowledge and thank all those who contributed to the successful staging of the finals.

Mayor Maree Statham opened the series and supported our local girls.

Ross Smith and members of the Clubhouse and Grounds committee ensured that the grounds were in top condition, and all the volunteers who manned the canteen supplied excellent meals for players and supporters

Thanks to **Cheryl Rutherford** and **Paul Thurtell** who organised the umpires and to the large number of local players who umpired matches.

Finally, the school would like to thank those people who supported the Lithgow High School girls as they achieved third place in the knockout.

Thanks should also go to **Jeff Geddes** and the Lithgow Mercury for their support and coverage of school sport.

**ATTENTION STUDENTS – Don't get caught citing Wikipedia as your only source ever again!**

**Do you want answers FAST and information you can trust? By using the school's subscription to World Book Online you can access tens of thousands of authoritative articles with photographs, illustrations and maps online.**

**Simply go to [www.worldbookonline.com](http://www.worldbookonline.com) and enter the following details:**

**Log-in ID: lithgow**

**Password: library**

# 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 Xmas holidays, until:**

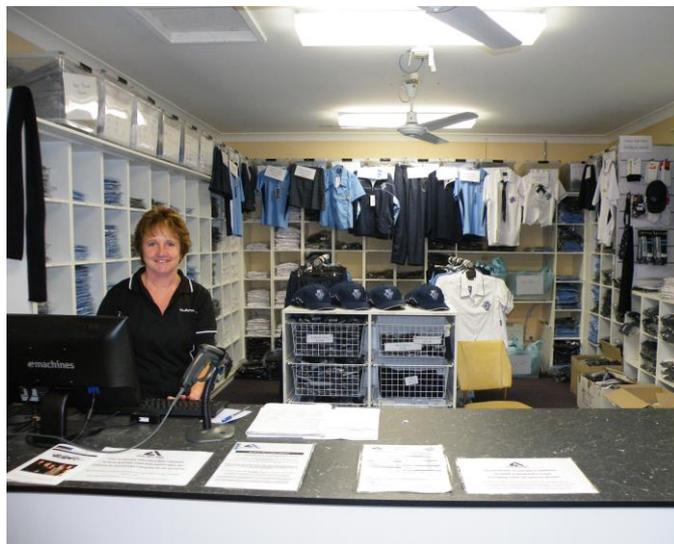
## **January Opening Hours**

<b>Thursday</b>	<b>22<sup>nd</sup> January,</b>	8.30am – 1.00pm
<b>Friday</b>	<b>23<sup>rd</sup> January,</b>	8.30am – 1.00pm
<b>Tuesday</b>	<b>27<sup>th</sup> January</b>	8.30am – 11.00am (extended hours if busy)
<b>Thursday</b>	<b>29<sup>th</sup> January,</b>	8.30am – 10am (extended hours if busy)

## **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.





## The Uniform Shop (02) 6352 3494

### FITTING APPOINTMENTS IN TERM 4

Orientation fitting appointments for Term 4 are available now, from the 1<sup>st</sup> October, 2014. 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 2015!

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 12 in particular!** Many students benefit from these donations.

# YEAR 12 “FUN DAY/SLAVE DAY”



The Year 12 Slave Day/Fun Day 2014 was a great success! Both teachers and students were able to purchase a Year 12 student, and everyone had an entertaining day. Slave Day is a fantastic fundraiser for the Year 12s to support their formal, and it is definitely worth the money. It is always a fun way for younger students to make Year 12 students do all their work, carry their bags and generally make them work hard. The *students vs teachers* games were an outstanding way to finish off the term, even for the students who were just watching from the banks of the oval. “Congratulations to all of Year 12 for a great day, you have done yourselves proud”.



# IN THE COMMUNITY



## Do you have a spare bed?

Can you welcome an exchange student into your home as a volunteer host family with AFS?



### Can you host Airi from Japan?

Age: 16  
English: Fair  
Interests: Tennis, Playing the piano, skiing and playing the flute

"I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself."



### Can you host Rafael from Brazil?

Age: 15  
English: Good  
Interests: Traveling, photography, trekking, swimming, walking

"I'm very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it."



### Can you host Hanna from Germany?

Age: 17  
English: Good  
Interests: Music, dragon boating, swimming, Zumba and cooking

"I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English."



**Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.**

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

**Can your family host one of the above students? If so, we'd love to hear from you!**

**For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:**

**Phone:** 1800 023 982 **Email:** [aus.hosting@afs.org](mailto:aus.hosting@afs.org)

**Website:** [www.afs.org.au/host](http://www.afs.org.au/host)

# ARTS COUNCIL AWARDS

Two students from Lithgow High School have won awards for their contribution to the cultural life of Lithgow.

*Zac Arkley Smith* for his part in *Guys and Dolls*.

*Matthew Burnett* for his HSC work.

Awards will be presented at a function at the end of October

The awards each carry a prize of \$300.

Congratulations to both of these exceptional students. Your hard work has been acknowledged with these prestigious awards.



*Rae Burton* – President, Greater Lithgow Arts Council

# **I've Got a Teenager!?!?"**

A series of 2 hour group sessions across 4 evenings.

**For Parents (Mums &/or Dads)**

**Commences October 23rd 6pm-8pm & every Thursday until 13<sup>th</sup> Nov 2014**

**At Lithgow Neighbourhood Centre**

**Based on PPP for TEENS**

- **Adolescent Development**
- **Encouraging Appropriate Behaviour**
- **Managing Problem behaviour**
- **Dealing with Risky behaviour**

**Cost is \$30 for the entire program- which covers the cost of the workbook.**

**Booking Essential: Ph 6354 5912**

**RSVP by 13<sup>th</sup> October**

**Facilitator: Meg Benson**

**Adolescent and Family Counsellor**

**Meg Benson is a qualified and experienced Adolescent and Family Counsellor and presents this program in an understandable, fun and friendly way.**



Healthy • Active • Happy • Kids

**Do you have children 7-13 years old? Are you worried about their weight?**

**Go4Fun® - FREE fun program for kids to become fitter, healthier and happier!**



Go4Fun® is an established healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their healthy weight.

Go4Fun® runs over a 10 week school term, with two x 2 hour sessions per week. Parents attend each session with their children to encourage a whole family approach. All sessions run after school and feature:

- Weekly games and activities for kids
- Fun, interactive discussions to improve children's nutrition, physical activity and self-esteem
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes

**Upcoming Go4Fun programs start 14<sup>th</sup> July – register now – limited spots available!**

- Lithgow PCYC —Mondays & Wednesdays 4.00-6.00pm
- Springwood Aquatic Centre — Mondays 4:00-6:00pm
- South Windsor YMCA Indoor Stadium — Mon & Wed 4:30-6:30pm
- St Marys Ripples Aquatic Centre—Tuesdays 4.30-6.30pm

To register call 1800 780 900 or visit [www.Go4Fun.com.au](http://www.Go4Fun.com.au)



Healthy • Active • Happy • Kids

**The Go4Fun program** is funded by NSW Health for 7-13 year old children who are above a healthy weight. The FREE 10 week program runs for 2 hours, twice a week at a range of community based locations in the Nepean & Blue Mountain areas. It is family orientated and aims to improve confidence, self-esteem, physical activity levels, as well as develop healthy eating habits & attitudes towards food.

For more info: free call 1800 780 900, SMS 0409 745 645 for a call back, or visit <http://go4fun.com.au/>

	<b>IMPORTANT DATES TO REMEMBER</b>
<b>Monday 13<sup>th</sup> October, 2014</b>	<b>HSC Examinations begin Finish 5<sup>th</sup> November P&amp;C Meeting 6.00pm– Hall Foyer</b>
<b>Tuesday 21<sup>st</sup> October, 2014</b>	<b>Year 11 into Year 12 Parent Evening 6pm Library</b>
<b>Wednesday 5<sup>th</sup> November, 2014</b>	<b>Year 6 into 7 2013, Parent Information Morning – 9.15am Library</b>
<b>Thursday 13<sup>th</sup> November, 2014</b>	<b>Stage 5 (Year 9 and 10) Formal Exams Begin</b>
<b>7<sup>th</sup> November, 2014</b>	<b>Newsletter Issued</b>
<b>Friday 14<sup>th</sup> November</b>	<b>Year 11 Presentation Day Ceremony – 9.30am Hall</b>

**Next P & C Meeting is at 6.00pm on  
Monday, 3<sup>rd</sup> November  
in the Hall Foyer**

**You are all very welcome to attend.**

**Hard copy of newsletter sent home with students today  
states P&C meeting is next Monday the 13<sup>th</sup>, October.  
Please note this meeting has been postponed until the 3<sup>rd</sup>  
November.**

#### **School Fees**

**School fees may now be paid on line direct debit to:  
Westpac, Lithgow High School,            BSB No: 032-001  
Account No: 15-3857.**

**It is imperative that you put your student's full name, Student ID  
number or both when paying fees in this manner.**