

The View

Mount View High School's Newsletter

"Delivering excellence, innovation and success"



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Issue 8

OCTOBER 2013

2013 EVENT CALENDER

Tue 15 th Oct	· U15 Girls Basketball State Finals in Port Macquarie
Wed 16 th Oct	· AECG Awards Evening 3.30pm in MPC
Fri 18 th Oct	· Yr8 & Yr10 Principals Assembly in MPC
Mon 21 st Oct	· Yr10 Project 10 Formal Interviews · AECG meeting at MVHS 4pm
Tue 22 nd Oct	· Yr10 Project 10 Formal Interviews
Wed 23 rd Oct	· Yr10 Project 10 Formal Interviews
Wed 23 rd –	· High Achievers Camp at Toukley
Fri 25 th Oct	
Thur 24 th Oct	· Yr11 Aim High Study Sessions
Tue 29 th Oct	· Yr7, Yr9 & Yr11 Principals Assembly in MPC
Thur 7 th –	· Yr12 RSA & RCG courses at MVHS
Fri 8 th Nov	
Mon 11 th –	· Yr8 ESSA online exams
Fri 15 th Nov	
Tue 12 th Nov	· Jump Start program for Yr6 transition to high school
Thur 14 th Nov	· Yr12 Formal at Sebel Kirkton Park
Mon 18 th –	· Yr7 Swim School
Fri 22 nd Nov	
Mon 25 th –	· Yr8 Swim School
Fri 29 th Nov	
Tue 26 th Nov	· Jump Start program for Yr6 transition to high school

FACULTY LEADERS

English Philip Jenkins	PD/H/PE Sue Ford
Maths Andrew Gill	TAS Grahame Chamberlain
Science Rlg Natalie Death	Welfare Julie Myers
Social Science Bruce Deer	Administration Rlg Liz Alder
History Lynne Davies	Teaching/Learn Leanne Triggs
CAPA Larayne Jeffery	

YEAR ADVISORS

Year 7 Rebecca Bartlett	Year 8 Angela Roughan
Year 9 Sharon Curran	Year 10 Christine Bell
Year 11 Nathan Russell	Year 12 Daniel Matzen

PRINCIPAL'S MESSAGE



Ms Desley Pfeffer

Each school term brings with it special moments, and sometime challenges. At the end of Term 3 we held the Year 12 Graduation Assembly during which Year 12

students were presented with their portfolios and special awards. I wish to extend my sincere congratulations to the students and wish them every success in the HSC examinations and in their planning for further training, education or employment. It was definitely one of those very special moments in our school year.

The HSC examinations started successfully on Monday 14 October. Please ensure that your student has checked (and double-checked) the dates and start times of their exams. Unfortunately failure to do so will not allow the student to submit a successful misadventure appeal.

On a related matter, I want to stress the importance of the "N" warning letters which are sent home when a student does not submit course work or assessments by the due date. This is especially important in Years 10, 11 & 12 as the Board of Studies (BOS) has firm guidelines and procedures in relation to what constitutes a student's successful completion of their course. All schools are bound by the BOS requirements.

If an "N" warning letter is sent home then this must be attended to as quickly as possible. If you are in any doubt as to what is required please contact the Head Teacher of that subject as soon as possible.

Our Year 12 students for 2014 have now commenced their HSC courses and were issued with a very comprehensive outline of the school's assessment

policy and assessment schedules for each subject on the first day of this term. I encourage all parents to familiarise themselves with this document so that you can further support your child towards a very successful completion of their HSC.

NAPLAN results for students in Years 7 & 9 will be posted home this week. There are some particularly pleasing results for students and many have shown considerable growth in their literacy and numeracy abilities. The school is undertaking a full analysis of the results and this will further inform our continuing professional learning into the "Reading for Meaning / Focus on Reading" program currently beginning implementation at the school.

On a final note I would encourage all parents to consider being involved in our P&C. The next meeting is to be held on Wednesday 13 November at 6.30pm in our staff common room. P&C support is vital to our school and we are very fortunate to have a strong and committed parent body who support the school in many ways. All are welcome to attend.

DEPUTY'S REPORT

Mr Peter Conroy - Yrs 7/9/11

Year 12, 2014

It is important for the current Year 11 students to realise that their Year 12 courses and assessment schedules commence at the start of this term. All students should have received their assessment schedules on the first day of the term. These schedules are particularly important as the students will need to plan major works, finalise work placement hours and also plan for major half yearly and trial HSC exams.

"10% on top" Club

One of the support programs that the school offers the Year 12 students is the "10% on top" club. This program has a target of assisting students to gain an extra 10% in their final marks. For many students this 10% is the difference between accessing the course that they would love to complete in tertiary education or just missing out. The program links each student with a mentor of their choice. The mentor assists the student with study plans, understanding the meaning of specific tasks and how to evaluate results received and comments made by teachers on scripts that have been submitted for marking. If a student is interested

in this program they should see either Mr Russell or Mr Conroy who will enable the mentor link to be established. Although it would be of greatest value if students commenced this program at the start of Year 12 they are welcome to join in at any time throughout their senior year.

Aboriginal Education

Thanks to all staff, students and parents involved in the annual Cultural camp. Once again the students had a most enjoyable time and also a genuine learning experience. The development of the dance group has been a highlight of the past few months since NAIDOC and they performed proudly on the important culturally significant land at Wollombi. The rapport between the secondary and primary students also signifies the hard work of the past few years will be rewarded with long term benefits to all students. The celebration dinner was well attended by parents and staff and all enjoyed a relaxed BBQ meal.

The next AECG meeting will be held at 4.00pm at Mount View HS on Monday 21st October; the next JAECG meeting will be held on Monday 14th October at 1.30pm in the Ag Room; the Korreil Wonnai AECG Kullaburra Award Ceremony will be held at MVHS on Wednesday 16th October at 3.30pm. You are most welcome to attend these events.

Laptop Update

Following on from the note made in the last VIEW, our new TSO has negotiated a much reduced rate of payment for laptops that have had their screens broken. For most machines this is a little under \$100. The school is happy to receive \$50 in good faith to allow the repairs to occur with the second \$50 to be paid on completion of the work. As was stated previously the school does not receive a significant amount of money for repairs. Letters have been sent to all who have machines currently awaiting repairs.

CCGPS



The Cessnock Community of Great Public Schools (CCGPS) has developed an exciting and interactive new

website to support our families and the broader community. Learn more about the initiatives in place across our schools, creating strong educational pathways for all our students. Great links to parent support sites and local community services, and information about who we are and what we are doing within your community.

Check out the new website and get involved in your child's future today! www.ccgps.schools.nsw.edu.au

ATTENDANCE

Attendance League Term 3

The Attendance League ran for the whole of Term 3 with some amazing results. Most students have made a great effort towards individual results and giving their class a chance to win.

Attendance League has been designed to give students an incentive to come to school and make it fun, competing against others as individuals and as a group. How does attendance league work? An individual student who has 100% attendance at the end of each month receives a ticket for an end of term lucky draw. Tickets are given out monthly so as to make it fair as some students do get sick within a month. This way they get another chance the following month. The Class league runs on a point system with all classes receiving points at the end of each week for 90% to 100% points range from 1 point to 5 points. At the end of the term the class with the most points wins. The most improved individual winner results come from their percentage at the end of one term to the percentage at the end of the following term.

Results for Attendance league in Term 3 are as follows:

100% Attendance winner was Bowen Cavanagh winning a \$40 Big W voucher and a Gold privileges card.

Most Improved winner was Charnye Tomlinson with an improvement of 26.2% on her attendance rate in Term 3. She received a \$15 Canteen voucher.

The overall winner in the class attendance on 16 points was 7Cocoa4 for the second term in a row. These students got to enjoy a Pizza Party for their efforts.

In second place on 14 points was 11Aqua6 and they got to enjoy a Munchies hamper.

Winner off the class with most explained absences was a tie between 8Lime1 and the MC class who both also got to enjoy Munchies hampers.

ENGLISH FACULTY

Phil Jenkins – Head Teacher

Last term all of our junior debating teams went well with significant wins in regional competitions. Thank you to all who participated, as well as to Mrs Bennett, Miss Bartlett and Miss Baum for your efforts. Public speaking and debating remains a strength at Mount View High School.

This term starts with students commencing the HSC. Again, thank you to all students for your efforts and to your teachers who have worked hard towards your success.

As this term continues, it is important for students to remain focused, especially as the end of year reports will be written. In English 40% of their report is based upon an accumulation of class marks. These marks could range from book marks to more formal in class assessment tasks. 60% is based upon assessment tasks given across each year group. These assessment tasks are based upon the core skills of reading, writing, listening and speaking. These tasks also serve the purpose of ranking students in English and are a major part of determining classes for 2014.

Finally, I would like to thank the parents for your ongoing support of your child and their education.

MATHS FACULTY

End of Term 3 was a busy one for the Mathematics Faculty with our Year 7 students finishing their zoo projects. We concluded this topic with a visit to Hunter Valley Zoo on the last Tuesday of term where students were informed about the importance of the animal enclosures and their feeding and environmental requirements. We thank the Year 7 students for their good behaviour on the day and for braving the heavy showers of rain during our lunch break.

Maths Fun Day was on Tuesday 3rd September 2013 and the future Year 7 students of 2014 joined us for mathematical and scientific activities which were held

at the Cessnock Basketball Stadium and in our school hall. A great day was had by all students and staff demonstrating what we already knew...MATHS IS FUN!

The Australian Mathematics Competition results have just arrived. We have received 1 high distinction, 1 distinction and 21 credits. Students will receive these awards shortly on a Tuesday assembly if they have paid their \$5 entry fee for the competition. The students who have already paid will soon be receiving an invitation to attend the Mathematics Day at Luna Park in November.

HISTORY FACULTY

Without History There Is No Tomorrow! Lynne Davies - Head Teacher History

We would like to welcome Mrs Melissa Slaney who has been appointed permanently to the faculty. She is replacing Ms Redfern who had been a temporary replacement for Mrs Drayton who has since resigned.

Term 4 will bring exciting news for one of our students concerning the Gallipoli 2015 trip. Hannah Onion and Dahnley Crossie will have completed the final selection process on Friday 11th October and one of them will represent our school at Gallipoli in 2015. We all wish them the best.

This term will mark the last assessment tasks for all junior students. Students should have been given their task notifications and should check with their teachers for the exact date.

Year 7 – Week 3
Year 8 – Week 3
Year 9 – Week 3
Year 10 – Week 4

SOCIAL SCIENCE FACULTY

Lily Amos – Relieving Head Teacher Social Science

Term 3 has been a very busy one for both staff and students in the Social Science faculty. Miss Curran and Mrs Amos travelled to the Royal Institute for Deaf and Blind Children in order to learn about improving the learning outcomes for students with low vision. We were provided with some very useful information as

well as taking part in some activities which gave an insight into the challenges faced by blind students.

This trip was followed up by a visit to Mount View High School by a representative from Guide Dogs Australia. 7V have been learning about maps and orientation in Geography and felt that it was important to learn about how their vision impaired classmate, Sam Craft, moves around the environment with his cane. Students learnt about echolocation, a technique which utilises listening to echoes made by clicks or bangs as they bounce off features of the environment. Students also learnt about the clock face, which matches direction with the numbers on a clock. Students were blindfolded and asked to work with a partner to use the times on a clock to make their way across the school oval.

As students had been learning about the compass and its cardinal directions, the clock face technique has helped the students to better assist Sam in his understanding of direction and location in class activities.



Taneeka Smith using wooden blocks to make a loud noise on the school oval. This activity helped students to find the Geography block using echolocation while blindfolded.



This photo shows the students pointing in the direction where they think the echoes were coming from, while listening with their eyes closed. A lot of fun was had in trying to distinguish the Geography building from the water tanks and the canteen.



Keeleigh Luiting attempting to find her partner, Sally Minns, using the clock face technique whilst blindfolded.



Isaac McDougall, pointing to twelve o'clock, using the clock face technique to work with his partner Jessica Simon.

One of the highlights of the year for Year 9 Commerce students is to run their own business in the school quad. Both Commerce classes ran their businesses in weeks 8 and 9 of last term. During class time students learn about the requirements of running a business. They learn about business plans, staffing, marketing,

sourcing products to sell, price setting, being competitive in the marketplace and how to prepare revenue statements which show profits and losses. The students were very creative in the way they ran their businesses and the products they sold. The rest of the school was very appreciative of the culinary delights that were provided.



Jordan Appleyard serving customers delicious hot chips and icy cold drinks.



Josie Small selling sausage sandwiches which proved to be very popular.



Zac Maloney and Natasha Coote selling lolly bags and chocolate donuts.



Ebony Cook-Green, Ebony Main and Emily See ran a business which sold a selection of sweet delights: cupcakes, biscuits and ice cream spiders.



Edna Moxham, Bianca Jurd, Ally Crossley and Chelsea Anderson prepared a huge colourful banner to promote their successful business.

Year 12 students in Geography, Legal Studies, Business Studies and Retail Services are now embarking on their HSC exams. The Social Science staff would like to wish them the best in their exams as well as every success in their future.

SCIENCE

Natalie Death - Relieving Head Teacher of Science & Agriculture

Term 4 will be a busy term for staff and students alike. We are glad to have Mrs Slevin joining our dedicated team of teachers relieving for Mrs Jarrett while she is on maternity leave.



Thanks to Ms Stenhouse as she continues to relieve for Mr Bragato in his absence.

In Science and Agriculture we will be spending the first few weeks of term preparing for our yearly exams scheduled for week 5 for all junior students. All teachers will be encouraging students to work extremely hard to maximise their results in these upcoming exams and will begin revising the year's work closer to the exam.

Our Year 12 students have worked so hard in class and during school holidays with our staff to put themselves in the best possible position to tackle their HSC exams. We wish all of our Year 12 students the best of luck for their pending exams.

In class this term:

Year 7 classes are discovering some of the properties of solids, liquids and gases and examining the structure of the Earth and its spheres.

Year 8 classes have been investigating different forms of energy and its uses and will be launching into Space as they discover more about our planet and its place in our solar system.

Year 9 classes will move from looking at infectious diseases to considering ecosystems and our human impact on our environment.

Year 10 classes will be studying our Universe topic, examining theories describing how we have arrived at the Universe we see around us today.

Special mention needs to be made of some spectacular efforts in the classroom:

7E – some excellent reports are making their way to me about their fantastic attitudes towards learning.

8M – I'm hearing about some fantastic discussion in lessons and some well considered questions are being asked by these students.

9B2 – have settled extremely well for Ms Stenhouse while Mr Bragato is on leave.

10A1 – PBL encouragement awards for this class who are asking probing questions and keeping their teacher on her toes!!

All our Year 12 students – diligently worked so hard; good luck!

Well done to these students and I look forward to congratulating more students in the months ahead.

CAPA SUCCESS

Larayne Jeffery – Head Teacher CAPA

MADD night was highly successful with some amazing performances from our talented music and dance students as well as a guest performance from the band 'Fourtunate'.



Taylah Dalton



Nic Markwort



MADD dancers



Guest Performers "Fourtunate"



The whole cast



CAPA Grad exhibition

CAPA Graduation

At the end of last term our Year 12 Music, Visual Art and Visual Design students presented an Exhibition and Concert program for their family and friends, representing the culmination of their HSC studies.

The Visual Art and Design exhibition was open for viewing from 6pm and the Music performances began at 7pm, both being well received by the audience.

An inaugural Art award, the ‘Principal’s Pick’, was awarded to Jessie Connolley for her HSC Major Art Work entitled “The Stories Beneath”. Ms Pfeffer presented Jessie with an art bouquet stating that Jessie’s work just “spoke to her”.



Alicia Thomson



Ms Pfeffer and Jessie Connolley



Jessica-Blair Wilson



Jackson Williams



Kasey William



Students enjoying the exhibition



Jaisey Arriguetti & Mr Levick

Aim High

Recently Newcastle University has been working with our Year 9 & 10 elective Music classes on a "Technology in Music" theme. Students have investigated the influence of technology on Music and its development over the last few decades. This has been helpful with their assessment tasks which involve developing soundtracks and sound effects to suit a commercial.



Matt Cussen



Aim High Presenter

Stonebridge - We Thank You

Mount View Jazz Band under the leadership of Mr Ross Levick have been performing regularly on Saturday afternoons at Stonebridge Golf Club.

The band consists of Year 11 students Jacob Roland-Batty on saxophone and Bryce Parker on drums with Mr Levick on double bass.



Jacob Roland-Batty



Bryce Parker

Stonebridge has also offered our students the opportunity to perform at their venue and this has been greatly appreciated by Andrew Solomon of Year 11 who has presented a classical guitar program.

TECHNOLOGY AND APPLIED SCIENCE (TAS)

The Home Economics staff had a wonderful time dressing up year 12 Slaves. The theme was to look like you came from the kitchen and of course loved our department the most.



PROJECT 10

Project 10 interviews will be conducted during Week 3 of this term on Monday 21st, Tuesday 22nd and Wednesday 23rd October. This involves all Year 10 students presenting and discussing their work samples from each of their subjects. Selected Year 9 students will be involved as panel members.

Year 10 students are only required to be at school for their actual interview, as normal Year 10 lessons will not be occurring. Year 10 students should arrive at



Mr Levick

least 15 minutes prior to their allocated interview time and report to Mrs Ford in the Library.

Year 10 parents/carers should have received their student's interview time slot via post. If this is not the case, please contact Mrs Ford.

Good luck Year 10!

CAREERS

Mavis Godber – Careers Advisor

Congratulations to Jake Craft and Wade Pringle, two of our Year 11 students who are studying the TVET course Automotive (Heavy Vehicle) at Kurri Kurri TAFE.



Jake Craft



Wade Pringle

Jake and Wade were recognised for their effort and application in the course at a recent presentation organised by the Automotive section. They were both presented with certificates for 'Best Workshop Attitude', a 12 piece Sidchrome screw driver set and a volt metre.

While on the topic of TVET courses, just a reminder to those who have completed Year 11 that, to continue with the course in Year 12, they must submit a re-enrolment form.

Many Year 10 students are currently organising Work Experience for later in the term. Remember that you need to avoid the Project 10 dates and the week before and during exam time. Also, keep a check on the Careers Noticeboard for apprenticeships and other opportunities.

STUDENT WELLBEING

IF YOUR CHILD HAS ANAPHYLAXIS SHOULD HE OR SHE CARRY THEIR OWN EPIPEN® OR ANAPEN® TO AND AT SCHOOL?

What is this article about?

If you have told the school that your child is diagnosed at risk of anaphylaxis you should shortly receive a letter from Ms Desley Pfeffer, Principal.

This article provides more information about anaphylaxis.

What is an EpiPen® and an Anapen®?

EpiPen® and Anapens® are the emergency treatment for children who are having an anaphylactic reaction.

What is anaphylaxis?

Anaphylaxis is a severe and sometimes sudden allergic reaction. If your child has been diagnosed by a doctor as being at risk of anaphylaxis there are some important things to remember that will help the school to support your child's health care needs.

Why you need to keep us informed if your child is diagnosed as being at risk of anaphylaxis or if his or her condition changes. This includes if they have an anaphylactic reaction while not at school.

The school can only respond to risks it knows about. Please keep Mrs Julie Myers, Head Teacher Welfare, informed so that we can plan to support your child at school.

Why you need to provide the school with your child's current ASCIA Action Plan for Anaphylaxis and an EpiPen® or Anapen® signed by their doctor

The plan sets out the steps the school needs to follow in an emergency. It is essential for us to have this to keep your child safe.

We will keep a copy of your child's ASCIA Action Plan for Anaphylaxis stored with your child's EpiPen® or Anapen®.

Why it is important to talk regularly with your child about some simple steps to help keep them safe

It is important to regularly talk with your child about when and where they are at risk of contact with the things they are allergic to and how to avoid this. If you have told them not to take part in sharing food at school, regularly remind them of this.

Reassure them that if they do come into contact with something they are allergic to or they feel unwell at school they won't get into trouble. **They need to tell a teacher immediately.**

Consider whether your child should carry their own EpiPen® or Anapen®

If your child has been diagnosed with anaphylaxis you can request that they carry their own EpiPen® or Anapen® to school and at school. A request form has been sent home and is also available from Mrs Myers, or from the office staff.

If you request that your child carry an EpiPen® or Anapen® with them to school and at school you will still need to provide the school with at least one additional EpiPen® or Anapen® for storage in a central location within the school and for access by staff in an emergency.

The school will contact you about any request you make for your son or daughter to carry their own EpiPen® or Anapen®.

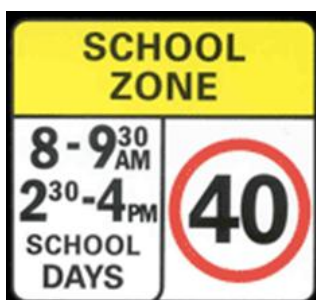
Why does the school need to know if your son or daughter is carrying their own EpiPen® or Anapen®?

Staff need to know your child carries an EpiPen® or Anapen® in an emergency. For this reason this information will be included in your child's individual health care plan. They also need to be able to find it quickly so it is important that it be in an easily identifiable and accessible spot (eg. not a locker). To find out more go to the Department's public schools website:

<http://www.schools.nsw.edu.au/student-support/student-health/conditions/anaphylaxis/index.php>

SCHOOL ZONE PATROLS

Keep Your Kids Safe, Park In The Right Place



Parents and teachers are reminded that the rangers will be out in force throughout Cessnock to ensure all drivers are parked legally in school zones. Cessnock City Council rangers are reminding all drivers of school children to park safely when transporting their children to and from school. To improve the safety of our children, penalties for many traffic and parking offences in school zones increased.

Driving and Parking offences in school zones carry higher penalties and also include demerit points. They apply during school zone operational hours of **8.00am - 9.30am and 2.30pm - 4.00pm**. A ranger or authorised officer only has to site a vehicle offence in a school zone to issue a fine to the registered owner of the offending vehicle.

The offences below apply for drivers illegally parked in school zones:

School Zone Offences	Fine	Demerit Points
Stop on/near Pedestrian Crossing – school zone	\$397	2
Stop on/near Children's Crossing – school zone	\$397	2
Stop on/near marked foot crossing – school zone	\$397	2
Disobey No Stopping Sign – school zone	\$298	2
Stop on/near Bus Stop – school zone	\$298	2
Disobey no parking sign – school zone	\$165	2
Stop in Bus Zone – school zone	\$298	2
Double Park – school zone	\$298	2
Stop on path/strip in built up area – school zone	\$165	2
Stop on/across driveway/other access to/from land	\$165	2

For more information in relation to parking in School Zones and other parking offences go to the Roads and Maritimes Services website www.rms.nsw.gov.au or contact the Cessnock City Council Customer Service on 49934100.

SPORT

Jamie Grove - Lifesaving Program Coordinator

Year 7 and 8 Lifesaving Program 2013

As part of Mount View High School's PD/H/PE studies, during week 7 for Year 7 and week 8 for Year 8 of Term 4, your child will be completing a **Lifesaving program** at Cessnock Baths and Newcastle Beach/Baths. The aim is to provide students with the practical skills and knowledge to recognise and react during emergency situations near the water. This is a compulsory part of their PD/H/PE curriculum and every student is expected to participate.

The Lifesaving program is designed to cater for the needs of all students, the course is recommended for beginners, intermediate level swimmers, and the advanced. All students can achieve, and some lifesaving awards do not even require participants to enter the water.

The dates for the Year 7 Lifesaving program are from the 18th to the 22nd of November 2013. The dates for the Year 8 Lifesaving program are from the 25th to the 29th of November 2013. All students will receive a package of information in week 2 of term 4 and payment will be due the Wednesday before the start of your child's program. We look forward to seeing everyone at the pool.

AMAROOKOBA NEWS

By Members of the Junior AECG



Wollombi Indigenous Cultural Camp 2013

In Week 9 of Term 3 a group of Aboriginal students from Mount View High School and our partner primary schools attended a 3 day Cultural Camp at Wollombi.



Adam and Dave from Ngurra Bu Cultural Tours guided us on a 2 day spiritual and cultural journey. The students and staff benefited a great deal from Adam sharing his wisdom and knowledge. We visited numerous sacred sites such as Baiame Cave at Milbrodale, Map Site at Finchley lookout in the Yengo National Park and the caves behind where we stayed (Horse Haven). We also learnt a lot about the healing powers of our native plants on the bush medicine and tucker walks. Adam taught us a lot during the Aboriginal traditional dance workshops, and time was spent practising for the Thursday night Corroboree.

Many thanks to the families and Mount View High School staff that attended the night. It was a huge success and we think everyone would agree that the dancing was fantastic!!!! Many additional activities were organised for the students, thanks to Mrs Godber, including Aboriginal painting, boomerang throwing and fish trap making. Many thanks to all the staff who made the camp possible and for the organisation needed to run the camp.

COMMUNITY NOTICES

Peru Information Night

During the September school holidays next year Mount View High School Year 10 and Year 11 (current Year 9 & 10) students are invited to go on an overseas excursion to Peru.

There will be an information night held on Wednesday 16th October in the Mount View High School library commencing at 5pm.

The cost of the trip is approximately \$5600 which includes flights, accommodation, majority of meals and tours.

Hunter Valley Wine Country REAL ESTATE GUIDE

Jurds are offering the chance for you to design the December 2013 Edition of their Hunter Valley Wine Country Real Estate Guide, distributed to around 15,000 homes in the local area.

All you need to do is create a Christmas design using **ANY** media type with the theme "An Aussie Christmas"

- All designs need to be at least 215mm wide x 220mm high— Designs will be incorporated in to the **YELLOW** area of this flyer
- [NB: all artwork outside of these margins will be cropped out]
- Competition is open to all High School students from year 7 to 12
- All designs must be able to be scanned and made printable - Any graphic works used are required to be in a high res and can be provided in a **JPG** format

[Anything in a lower res would be unsuitable for selection]

All designs must be submitted to your art department for collection and judging by Jurds Real Estate by:
MONDAY 11th NOVEMBER 2013 at 10.00am — NO Designs will be accepted for judging after this time due to printing deadlines.

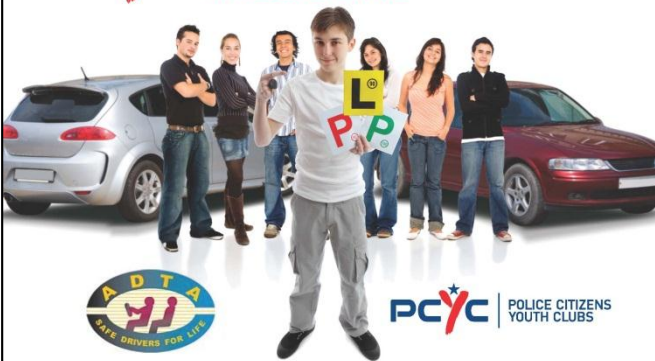
Winner will receive a
\$500
Westfield
Gift voucher



People you can depend on

Jurds

PCYC | Safer Drivers Course For Learner Drivers



PCYC are an accredited provider of the Safer Drivers Course.
Guiding young people in the right direction since 1937



The Safer Drivers Course involves two modules:

Module one: A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of twelve participants and will be delivered by a facilitator.

Module two: A two-hour in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach. Course cost: \$140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3 for 1 scheme cannot be included.

Participants who complete the course will receive 20 hours credit recorded in their learner driver log book.

To find your closest club or book into the next available course check out our website:

www.saferdrivers.org.au

Call us on 9625 9111 or drop into your local club to find out more

AN INVITATION TO CARERS

Do you provide care and support to another person?

You are invited to attend our FREE Family Carer

Information Sessions that run each Tuesday over 3 weeks.

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

Where: East Maitland Bowling Club
Cnr New England Highway & Banks Street,
East Maitland

Time: 9.30am — 2.00pm

Cost: Free — Morning Tea & Light Lunch Provided

When: Wednesday 23 & 30 October & 6 November 2013

RSVP: Essential - Wednesday 16 October 2013

Program:

Session 1 – The Caring Role, meet with representatives from Community Service Organisations & understand how they can assist you in your caring role.

Session 2 – The Caring Journey, Building Resilience, Physical Aspects of Caring - effective and practical caring skills.

Session 3 – Advance Care Planning, Legal Issues and Financial Issues with representatives from Centrelink.

For more information or to register contact
EduCARE on: 4921 4895 or 1300 887 776
or Email: Educare-Admin@hnehealth.nsw.gov.au
(We ask that you RSVP for catering purposes)



Health
Hunter New England
Local Health District



Mount View High School Year 10 Class of '92 21 Year Reunion

When: Saturday 26th October 2013

Where: Cessnock Leagues Club Auditorium

Time: 6.30pm

Cost: \$45 per person, partners welcome

Includes dinner and music

RSVP with money by 10th October 2013

Direct deposit to the reunion account:

ANZ Account

Names: Kate Walker & Katherine Jackson

BSB: 012570

Acc #: 382667299 (Please leave your name as reference)

Any queries, look up our facebook page:

<https://www.facebook.com/groups/mvhs21streunion/>

HALLOWEEN
DISCO
@ CESSNOCK
BASKETBALL
STADIUM



WHEN: THURSDAY 31ST OCTOBER, 2013

TIME: 6.30-9.30PM

COST: \$5.00 PER CHILD OR \$15 PER FAMILY

MUSIC: DJ MUZZ

CANTEEN WILL BE AVAILABLE FOR FOOD (HOT & COLD) AND DRINKS/SNACKS ETC.

COME DRESSED AS YOUR FAVOURITE HALLOWEEN CHARACTER - PRIZES FOR BEST COSTUMES

SECURITY WILL BE PROVIDED

(GLOW STICKS FOR SALE & GOLD COIN LOLLY TOSS

Experience Life As A French Teenager with WEP

From Jonathon in France:

My summer holidays have started really well and I seem to be getting a lot into them. I think that today must be one of the first days I have had to just be around the house. The school year rounded out nicely with some great memories including the school ball which was a great event with all my friends and I from school dressed up and having a good time to enjoy freedom one last time before they had to study for the Baccalaureate. The teachers were very pleased with how I was progressing and although my marks are not officially counted in the system I think that the school side of the program is going well.



My exchange is still going very well and it's incredible how fast the first six months have already passed, it doesn't at all feel like such a long time.

Find Out More!



WEP's not-for-profit student exchange programs give secondary students the opportunity to choose from over 20 countries to live and study for a summer, semester or even a year. Our programs are designed to fit into the academic schedule to complement your secondary studies with an international exchange experience!

Request Information

If you would like to go overseas or invite an exchange student into your family, simply request a FREE information pack, including our brochure, fee sheet and FREE application form:

- visit www.wep.org.au
- email info@wep.org.au
- call 1300 884 733



Healthy • Active • Happy • Kids



What is Go4Fun®?

Go4Fun is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

Who can participate?

The program has been specifically designed for children aged 7-13 years who are above a healthy weight, and their parents.

What happens on the Go4Fun® program?

The program consists of 20 sessions, twice a week for 2 hours. Highlights include:

- Weekly games and activities for children.
- Fun, interactive discussions to teach you easy and effective ways to improve your child's nutrition, physical activity and self-esteem.
- Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- The chance to try delicious and healthy new foods!

Why join Go4Fun®?

- ✓ FREE healthy living program to help 7-13 year olds and their families to lead healthier lives
- ✓ Make new friends
- ✓ Feel more confident and boost self esteem
- ✓ Get fit playing fun games
- ✓ Set goals to reach and maintain a healthy weight

How to Register

Places on the program are limited, so register today and make sure you don't miss out!

Free call 1800 780 900 or register online at www.mendcentral.org