

# The View

Mount View High School's Newsletter

"Delivering excellence, innovation and success"



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Issue 9

NOVEMBER 2013

## 2013 EVENT CALENDER

Mon 11 <sup>th</sup> – Fri 15 <sup>th</sup> Nov	· Yr8 ESSA online exams
Tue 12 <sup>th</sup> Nov	· Jump Start program for Yr6 transition to high school · Yr11 Retail excursion to Greenhills
Wed 13 <sup>th</sup> Nov	· Yr7/8 Cricket team Gala Day at Louth Park Maitland · Yr7/8 Netball team Gala Day at Turner Park · P & C meeting in common room
Thur 14 <sup>th</sup> Nov	· Yr12 Formal at Sebel Kirkton Park
Fri 15 <sup>th</sup> Nov	· Yr7/8/9 Luna Park excursion
Mon 18 <sup>th</sup> – Fri 22 <sup>nd</sup> Nov	· Yr7 Swim School · Yr9 CATS caravan at MVHS
Tue 19 <sup>th</sup> Nov	· Yr11 Retail excursion to Greenhills
Wed 20 <sup>th</sup> Nov	· Yr12 Ext 1 Excursion to Wharf Theatre Sydney
Mon 25 <sup>th</sup> – Fri 29 <sup>th</sup> Nov	· Yr8 Swim School · Yr9 CATS caravan at MVHS
Tue 26 <sup>th</sup> Nov	· Jump Start program for Yr6 transition to high school
Thur 28 <sup>th</sup> – Fri 29 <sup>th</sup> Nov	· Senior Leaders Halogen Conference in Sydney
Mon 2 <sup>nd</sup> Dec	· Project 7 in library
Wed 4 <sup>th</sup> Dec	· Yr6 Orientation Day at MVHS · Yr7 Visual Art excursion to Newcastle
Fri 6 <sup>th</sup> Dec	· Project 8 in library
Wed 11 <sup>th</sup> Dec	· Stage 4 Presentation Day
Fri 13 <sup>th</sup> Dec	· Stage 5 Presentation Day
Mon 16 <sup>th</sup> Dec	· Yr10/11 Food Technology excursion to Sydney
Tue 17 <sup>th</sup> Dec	· Lifeskills/MC class end of year excursion to Hunter Valley Gardens
Wed 18 <sup>th</sup> Dec	· Last day of school for students

## FACULTY LEADERS

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

## YEAR ADVISORS

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

## PRINCIPAL'S MESSAGE



### Ms Desley Pfeffer

Changes to school funding were recently announced and you may have seen reference to this in last week's Cessnock Advertiser. The new model of funding is referred to as the Resource Allocation Model (RAM).

I am pleased to announce that Mount View High School has received substantial funding that will allow us to continue the provision of essential academic, social and emotional skills' learning, and extracurricular activities for our students. Our inclusion on the National Partnerships for Low Socio-Economic Status (NPLSES) schools over the past 4 years has seen considerable innovation and has involved rigorous evaluative processes. Taking the recommendations from our NPLSES involvement into account, through our RAM and Improving Literacy and Numeracy National partnership (ILNNP) funding we will be able to, for example:

- continue essential professional development for staff in the explicit teaching of literacy and numeracy
- develop a Literacy and Numeracy Learning Centre to cater for targeted students' further development
- purchase additional resources to support the introduction of the national curriculum which begins implementation on 2014
- maintain the key roles of Business Manager and Community Liaison Officer
- consider the re-employment of an Aboriginal Community Liaison Officer

Planning for 2014 is now in full swing. There will be a number of staff changes over the next 12 – 18 months with some staff reaching well-earned retirement. I have also completed a review of executive roles and responsibilities and some changes will be made in this respect in preparation for the 2014 school year. Some internal changes have also been made on a trial basis to our staff meeting calendar so that additional professional learning time can be made available.

Recently 678 students from our school participated in the *Tell Them From Me – NSW Pilot Secondary Schools 2013 Survey*. Students in all year groups have given us valuable feedback on a number of factors related to social-emotional and academic outcomes, and school and classroom effectiveness. The results will be thoroughly analysed with feedback going to students, staff and parents shortly. The report has made fascinating reading already!

I hope that you enjoy learning more of the latest happenings at Mount View High School as you read through this edition of **The View**. We are especially looking forward to you joining us at the end of year Presentation Assemblies; to hearing of the Year 12 students' HSC successes and to seeing our outgoing Year 12 at their formal on Thursday night.

## 2013 CCGPS Bushfire Appeal

Many communities in NSW have been devastated by the October 2013 bushfires.

Many have lost everything.

As a result of this, ALL schools in the Cessnock Community of Great Public Schools (CCGPS) have combined to create the biggest donation drive in our history.

Let's pull together and get it done by Friday November 8th, 2013.

### What to donate?

- Your time - your school needs your help getting things packed and sorted.
- Non-perishable food (in date)
- Mess kits – cutlery, plates, cups, etc
- New toiletries – soap, deodorant, hair brushes, razors, tooth paste, toothbrushes, shaving cream, feminine hygiene products, sunscreen
- Baby products – nappies, wipes, creams, powder
- New small toys, colouring books, pencils etc
- Pet food – household pets
- Large storage tubs



### Where to donate?

At any of the schools listed below:

- Abermain Public School
- Bellbird Public School
- Cessnock Public School
- Cessnock East PS
- Cessnock West PS
- Cessnock High School
- Congewai Public School
- Ellalong Public School
- Kearsley Public School
- Kitchener Public School
- Laguna Public School
- Millfield Public School
- Mount View High School
- Nulkaba Public School
- Paxton Public School
- Wollombi Public School

Storage provided by  
Storage King, Maitland



For further information and/or enquiries, Marissa Floyd at Cessnock West Public School on 4990 1637 or email marissa.jamieson1@det.nsw.edu.au

## 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](http://www.ccgps.schools.nsw.edu.au)

## ATTENDANCE

### Senior Leave 2013-14

'Senior Leave' is a privilege offered to senior students to optimise the use of their school day. It is a time where students, with the permission of their parents/guardians, may conduct study activities on or off the school campus. For some, this may involve TAFE, traineeships or private tuition. It may take the form of a 'Late Start' or 'Early Leave'.

During Term 1 and Term 4, there are no 'Late Starts' on a Tuesday as this is assembly morning and ALL students are required to attend. Year meetings occur during roll call and attendance is also compulsory; the new "Year 12" meet Friday Week 1.

'Study Periods' are times where the student has no timetabled period during the course of the day. Students are required to remain on the premises at this time. Students are required to be in the School Library, outdoor Senior Study area, Faculty 'mouse' / study rooms, or with teacher supervision in workshops/ practical classrooms.

All seniors have been issued with this information and should have returned a signed contract to the HT Administration.

Students who have not agreed to the conditions of Senior Leave by returning the signed contract will be expected and required to remain on the premises between the hours of 8.40am and 3pm each day.

All enquiries should be directed to the Head Teacher Administration in the Attendance office.

## CAPA SUCCESS

### Country Music Talent Quest

Congratulations to Mackenzie Pringle of Year 9 for her recent success at the annual Country Music Talent Quest held at Bellbird Workers Club.



*Mackenzie Pringle*

Mackenzie won 1<sup>st</sup> place in the Junior Gospel section singing 'Amazing Grace', 'I'll Fly Away', and 'Will the Circle be Unbroken' medley. Mackenzie also won 1<sup>st</sup> place in the Junior Open section singing 'From This Valley' as well as winning the Reg Lindsay Songwriters Award. Congratulations Mackenzie!!!

### Principal's Assembly

Chris Kermod and Ella Borghero of Year 12 performed at the recent Principal's Assembly for Years 7, 9 & 11/12. Ella sang a lyrical and expressive version of an Adele song called 'Make You Feel My Love' accompanied by Chris on piano.



*Ella Borghero & Chris Kermod*

### Jazz Piano Workshop

Ella and Chris were also both recently involved in a Jazz Piano Workshop held at Mount View High School by Newcastle University staff and students. Mr Levick and the Jazz Band performed at the opening of the session and other students attended from Years 8 to Year 12. Other students participating included Jacob Roland-Batty, Bryce Parker, Ingrid Bullen, Courtney Rolls, Nic Markwort, Kate Morris, Cooper Adamson, Mariah Saunders, Phoebe Morris, Eliza Culley, Shaun Douglas, Noah Graves and Bailey Gillett. Students experimented with rhythms and melodies and composed and improvised around a given chord progression.

### MPC Lighting and Sound Team

Annual training will take place next week for our new team for 2014. This team is responsible for the operation of sound and lighting equipment during school and community functions as well as operating the school music system. Students who have been in the team in previous years will train as team leaders and gain more responsibility in event management. Year 7 students have expressed an interest in joining the team and should find out more information soon.

### Maitland Regional Art Gallery Face Exhibition 2013

Congratulations to Georgia Bailey, Brendan Gleghorn and Anna Marie Graves in Year 7. These students' artworks were selected to represent our school in the 2013 Face Exhibition at Maitland Regional Art Gallery. The Face Exhibition is an exhibition of artworks by K-10 students from the Hunter and Central Coast Schools and will run from the 18<sup>th</sup> of October to the 8<sup>th</sup> of December. Everyone is invited to attend the Exhibition. It would be a great way to view the quality

of works produced by just some of our Year 7 Visual Art students.



Georgia Bailey, Brendan Gleghorn & Anna-Marie Graves

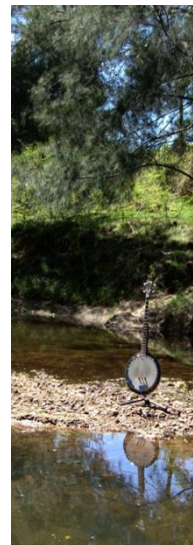
**Artist Of The Month**



Lucy Neville

Our November artist of the month is Lucy Neville of Year 10 Photography who has been super organised with her Major Work. Lucy's work is part of the final Year 10 photography unit which requires students to create a major work of their chosen theme and photographic medium, and work to a timeline to create the final product. Lucy organised a photo shoot with the idea of instruments in the landscape. She convinced her dad to wade through creeks and snake-ridden long grass to place guitars, sitars and banjos in position. Lucy shot her images with a digital camera

and has manipulated her raw images in Adobe Photoshop to create the desired effect and finishing touches. The final images are polished and show a strong and consistent theme. They have been framed and will be on show during the ROSA Photography Exhibition held later this term. Well done, Lucy!!



*'figure in the Landscape'*

Lucy Neville

2013

digital output print

**STUDENT WELLBEING**

**Life Skills Financial Literacy Program**

Earlier this year the Life Skills program was awarded a \$10 000 grant from the Commonwealth Bank Australia. The money from the grant is being used to help support and enhance the Life Skills Financial Literacy program that has been running all year.

The Cessnock Commonwealth Bank branch rang to congratulate the school on winning the money and extended an invitation to the Life Skills students to attend a tour of the bank.

On Tuesday 29<sup>th</sup> October during their weekly Community Access program the students visited the bank. During the bank staff explained the process of setting up a personal "Youth Saver" bank account.



*Life Skills Students*

Cloe Convery a Year 8 student was given the opportunity to demonstrate the process of setting up a bank account on the day. After seeing how easy it is, the other students showed interest in going back to the bank to set up an account in their own time.



*Cloe Convery*

The students learnt some very important lessons about how to keep their money safe and tips on how to set up high security PIN numbers.

The students and staff involved in the Life Skills program would like to thank Michelle and Christine from the Commonwealth Bank for giving up their busy morning to educate them on banking at the Commonwealth Bank.

The grant has helped with the purchase of 6 more iPads for the Life Skills students. The students use the 'Jungle Coins' and 'I can count AUS' applications to

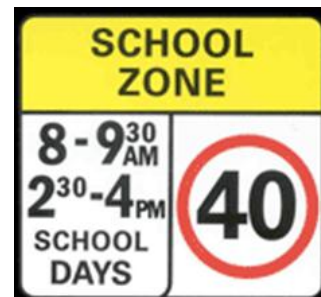
practice their money handling and financial literacy skills.



*Life Skills Students visiting the Commonwealth Bank*

## 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 has 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](http://www.rms.nsw.gov.au) or contact the Cessnock City Council Customer Service on 49934100.

## SENIOR LEADERS & SRC

### National Young Leaders Conference

Our Year 11-12 Senior Leaders are preparing to attend the Halogen National Young Leaders Conference in Sydney on Friday 29<sup>th</sup> November 2013. Eighteen of our leaders will be travelling to Sydney on Thursday 28<sup>th</sup> November and will be staying at Sydney Central YHA. They will then have an early start to be at the Darling Harbour Conference Centre by 9am. We thank the P&C for subsidising this event for our leaders and the continued support given by their parents. We also thank Mr Allen for taking his own personal time to drive us all to the conference in the school bus.

Our Year 10 Senior Leaders are ready to start their duties in the canteen. They will be required to assist during one of their recess times, to help the ladies in the school canteen.

### Bush Fire Appeal

The Senior Leaders have been busy each roll call collecting donations for the Bushfire Appeal. Our school along with many others in the area have joined forces and hopefully we will be able to help those who have lost their valuable and personal belongings. The many donations of tin food, new toys and kitchenware are greatly appreciated.

### Mathematics Faculty

Many of our junior classes are completing their final assessments in their mathematic classes at the moment and Year 10 completed their Yearly examination in the hall on Wednesday 6<sup>th</sup> November 2013. These final assessment results will help with the grading of their classes for 2014.

### Mathematics Competition

Congratulations to the 146 students who participated for the Australian Mathematics Competition on Thursday 4<sup>th</sup> August 2013.

We received the following certificates :

1 High Distinction - Katie Chen Year 9  
 1 Distinction – Zac Maloney Year 9  
 21 Credits  
 48 proficiency  
 75 participation

These students are to be rewarded with an invitation to attend the Maths Fun Day at Luna Park next Friday 15<sup>th</sup> November 2013.

Students attending Luna Park are to be at the school bus bay at 7.20 am in school sports uniform. We will be returning at 5pm, students can bring their lunch or purchase it at Luna Park.

## PEER SUPPORT

### Elizabeth Alder – Peer Support Co-ordinator

### Peer Support Training in October

The Peer Support Program is an integral part of helping students move from Primary into High School confidently and happily. Each year, Stage 5 students volunteer to be a part of the program and make a genuine difference in the lives of our new students.

The current Year Nine students have now stepped up and offered their services to the 2014 incoming Year Seven students as Peer Support Leaders. After successfully passing the application criteria, students were invited to complete a 2 day training program to learn Peer support strategies and skills. Students were led through and observed interacting in group and leadership situations ranging from team building activities to resilience and social skills workshops. From this recommendations were made and the 2014 Peer Support leaders have been selected.



*A group of our 2014 Peer Support Leaders*



*2014 Peer Support Leaders showcasing their fashion designs*

Congratulations to all of the students who participated in the Training Program. All performed extremely well which made the selection process very difficult.

Thanks to all of the staff who volunteered their expertise and guidance over throughout the training program.



*Peer Support Training Day Team Building*



*Peer Support Training Day*



*Peer Support Training Day*



*Peer Support Training Day Team Building*

## AMAROOKOBA NEWS

By Members of the Junior AECG



During the last Junior AECG meeting Mrs Sonia Sharpe, President of the Cessnock AECG, invited a group of students from Mount View High School to attend the HRAECG Connecting to Country presentation at the Mindaribba Land Council. Samantha Bayliss and Kody Hutchinson volunteered to represent the school and their JAECG. They worked collaboratively on a power point presentation which they presented on the day along with presentations from student representatives from Cessnock High School and Kurri Kurri High School.

Samantha and Kody's presentation was informative and gave the representatives from a large group of local area schools a valuable insight into how the JAECG works in this school. Both students spoke with confidence and pride. In addition they then circulated amongst the other school representatives, both teachers and students, answering questions about how the JAECG operates at Mount View High School. In response to the students visit Mrs Sonia Sharpe forwarded the following comments.

"The children who presented their views as well as the honesty they had for the JAECG in their schools was very well presented. Congrats!

So many people commented with excellent feedback on how these kids presented themselves and how they spoke highly of their schools and staff.

The students gave a lot of people food for thought for their own schools by giving their presentations."

Further confirmation of the success of this visit was an invitation from a feeder primary school for Samantha and Kody to visit and speak to the students on their assembly. A group of students from the school have also been invited to visit Mount View High School to view and explore our Aboriginal garden.



*Samantha Bayliss and Kody Hutchinson*



**"Lets Bridge The Gap" Performance by Fred Reid**  
MVHS held an in-school performance on Thursday 31<sup>st</sup> October called "Lets Bridge the Gap". The facilitator was Fred Reid (together with his son and son's partner). This performance was made possible



through Aboriginal Education. All of Year 7 attended, along with 15 members of the JAECG/ Indigenous Dance Group and numerous teaching staff.

Fred comes from the Daingattie tribe of North Western NSW, and was separated from his family in the mid 1960's. His mission is to bring about a better understanding of Aboriginal people and their culture. Fred, with the help of his son and partner, delivered his message in a fun way. Fred spoke of the countries that we belong to, the meaning of totems, the importance of respect and numerous other subjects.

Traditional Aboriginal Dance was then demonstrated and male students were invited to come onto the stage and get involved. It was great to see so many of the students on the stage enjoying their involvement in the kangaroo dance.



*Mount View High School male students performing Traditional Aboriginal Dance*

The girls were then invited to get involved with an Aboriginal traditional dance of the emu, and again it was fantastic to see so many enjoy the opportunity. It was particularly impressive to see our JAECG leaders make the first steps to the stage (boys & girls), giving our younger students the courage to follow.



*Mount View High School female students performing Traditional Aboriginal Dance*

The performance ended with Fred Reid presenting our JAECG Executives with their personal MVHS JAECG name badges. Unfortunately our President, Kaitlin Earl, was unwell and not in attendance. However our Vice President, Cloe Pulis, Secretary, Hayden Palmer and Assistant Secretary, Patrick Smith were presented with their Badges. It was wonderful to see how proud they were to receive their badges during the presentation.



*Presentation of MVHS JAECG badges*

## VIETNAM & CAMBODIA TRIP

### Vietnam and Cambodia

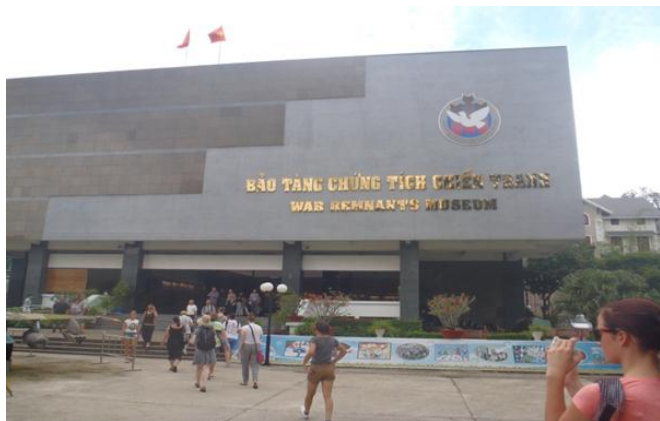
During the September/October holidays a group of 13 students and 8 staff from Mount View High School and Belmont High School went to Vietnam and Cambodia. The trip was very successful and the students are to be commended on their behaviour.

The group visited four cities, Vietnam, Hanoi, Hue, Hoi An and Ho Chi Minh City. For the final few days of the trip the group travelled to the city of Siem Riep in Cambodia. Some of the students who attended the trip have written about some of the highlights.



**The War Museum – By Jacintha Davies**

On the first of October our group went to the War Museum in Ho Chi Minh. We saw a great deal of weapons that were used during the Vietnam War and the effect that these weapons had. There were two rooms in the museum specifically on the effects of Agent Orange. Many of these stories were very touching and emotional. Outside the museum there was some of the torture methods used on POW's. These torture methods were cruel and disturbing. The war museum was a highlight of the trip and was a great learning experience.



**Halong Bay – By Tegan Johnston**

When you think of Halong Bay you think of a beach with a caravan park close by. However when you're there it is nothing like that. There is no beach just a beautiful view of the rocks. The group went on a boat cruise around Halong Bay and viewed the spectacular scenery. We got off on one of the small islands and visited some beautiful natural caves that had developed inside. Afterwards we enjoyed lunch while we cruised around the bay taking in all of the sights including the odd jellyfish or two.



I would recommend that if you have the opportunity to travel with a group you take it because it is the chance of a lifetime and will leave you with everlasting memories.



**Markets – By Rachael Shumack**



The markets in Saigon, Ho Chi Minh City provide an insight into the daily workings of family-run enterprises selling a vast range of goods that are "just the thing for you". It is all shopper's dreams in one bustling area, at a negotiable price. Walking through narrow, endless

passageways moving past masses of handbags, jewellery, sunglasses and more sunglasses whilst being continually told to "please buy something" can be confronting and overwhelming. It allows for your eyes to be opened and for you to experience and accept new things and also puts on display the hard-working and dedicated nature of the Vietnamese people and how they strive to be of value to their society.

### The Orphanage – By Sarah Donn

Whilst travelling through Vietnam, our group visited an orphanage, which was started and still run by a Vietnamese nun. At the beginning of the orphanage visit, the nun told us how she started the orphanage. At first she had no support from the Government so she was forced to set up the orphanage illegally. As time went by, people started to see what good the orphanage did for the children. Support started to increase and is now giving the children who live in the orphanage the chance of a brighter future. The orphanage is now home to approximately 180 children aged from a couple of weeks old to 18 year olds. The children in the orphanage become each others family and they are not adopted. Once the children have finished their schooling they are able to go and work in the community, they are also given the option to stay and work within the orphanage.

After speaking with the nun, we were allowed to interact with the children. We visited the infant section where we saw and held many cute babies. Many of the orphans were at school so we then mingled with the toddlers and students who did not attend school because of disabilities. We talked with the children, took photos and played games, including 'Angry Birds.' All the children who lived at the orphanage were happy with their home and were given the best care that could be offered to them.

While travelling through Vietnam we saw various levels of poverty which particularly affected children. But, after visiting the orphanage, we saw that some people were putting in the effort to give to give those children who would otherwise be forgotten a brighter future.



### Cu Chi Tunnels – By Eliza Mackenzie

An hour's bus trip on day 10 lead us to the Cu Chi Tunnels. On arrival, we were greeted by a Vietnamese war veteran who shared us stories about the experiences of war and life in the tunnels. After the veteran's fascinating words, we were lead deep into the bushland and shown one of the many entrances to the tunnels. The brave volunteered to enter the tunnel and close the leaf-disguised lid which covered them in darkness. Five minutes later we were standing above one of the cut out trenches and inspecting an air vent for the tunnels which was disguised as an entrance to a termite's nest. Heavy army tanks were explored along with the concealed kitchens and meeting points. Our guide discussed the many tactics the Viet Cong used during battle such as painful booby traps and simply wearing shoes back to front to trick the attackers. After exiting the kitchens, we were given the experience to try the food the Vietnamese ate during the war. Our last activity was the opportunity to explore one of the tunnels. The tunnels were extremely small and dimly lit and some participants even had to crawl. We managed to slowly travel one hundred meters of the tunnels and emerged covered in dirt and sweat. Visiting the Cu Chi tunnels gave us a greater insight to the struggles and victories of the Vietnamese and presented us with memories we will never forget.





**Hao Lo Prison (Hanoi Hilton) – By Kailini Picton**

While in the former capital of Hanoi we visited the Hoa Lo prison, which was used by North Vietnam during the Vietnam War. It was sarcastically nicknamed the Hanoi Hilton by the American Prisoners of War due to the miserable conditions they had to endure while being held there. Most of the prison was demolished in the 1990s but part of it exists today as a museum mostly displaying how the prison was used during the French Colonial period. As you walk through each room they act as an exhibit of the horrible conditions both captured Americans and Vietnamese political prisoners were subjected to, and provide information about certain people who among the imprisoned during the Vietnam War. It was surprising to hear that 2008 Republican presidential nominee John McCain had spent parts of his five and a half years as a POW there. It also came as a shock to see several of the torture methods used at the prison, in particular the guillotine used for beheadings and the rooms used for prolonged solitary confinement. It is hard to not feel a sense of sorrow as you are guided through the prison, learning about the types of things that occurred there, and it makes you realise how appreciative we should be of everything we have now when compared to those affected by the Vietnam war.



**Traffic – By Maddie Burgess**

First day in Vietnam and the difference between Vietnam traffic and Australian traffic was highly noticeable. In Saigon the traffic was unbelievable, 10 million people travelling around on 4 million little motorbikes. The worst part of the traffic was the fact that none of the motorbikes or cars would stop so you could cross the road, so when you want to cross you had to wait for a gap and practically run across the road before you got hit, AND It is amazing how many people or how much could fit on one little scooter!



**Middle School Visit – By Sarah Johnston**

On day 7 while in the city of Hoian we had the opportunity to visit a middle school. The group all took gifts to give to the school ranging from books to sporting equipment. At the school we noticed a few differences including that the school didn't have air-conditioning and all of the students had long pants. During the time we were in Vietnam it was very humid and the weather on most days was very hot. The class sizes were a lot bigger than we have. The Year 8 class that we visited had 45 students and still only one teacher. At the change of period the bell rang and the entire school came out and did exercises. We had a lot of fun at the school and received a very warm welcome. The Vietnamese students had a lot of fun practising their English on us.



**A good time was had by all!**

**COMMUNITY NOTICES**

**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 into 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.**

**PCYC | Safer Drivers Course For Learner Drivers**

**ADTA** SAFE DRIVERS FOR LIFE

**PCYC** POLICE CITIZENS YOUTH CLUBS

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](http://www.saferdrivers.org.au)  
Call us on 9625 9111 or drop into your local club to find out more



**WORKSHOP**

For people with a disability, carers, therapists, teachers, disability workers

**iPADS AND MORE**

Tablet computers for people with a disability

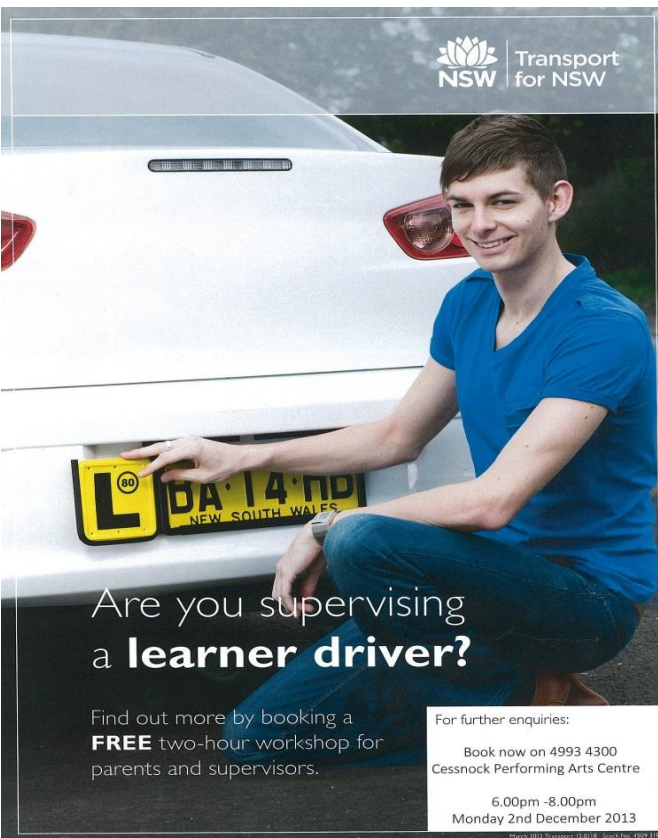
- What tablets offer
- Memory and Planning
- Communication
- Developing Skills
- Access options for tablets
- Which tablet is best for you?
- iPad - Android - Windows

Cost is \$30 per person  
FREE for people with disabilities and their family/ personal carers

THUR 21 NOVEMBER 2013  
2:00 pm - 4:30 pm  
at  
Special Education Centre,  
University of Newcastle  
Callaghan

Dr Graeme Smith  
ABILITY Technology  
Perpetual

Book early to avoid missing out!  
info@ability.org.au or 02-99079736  
(Prepayment is required)



NSW Transport for NSW

Are you supervising a learner driver?

Find out more by booking a **FREE** two-hour workshop for parents and supervisors.

For further enquiries:  
Book now on 4993 4300  
Cessnock Performing Arts Centre  
6.00pm - 8.00pm  
Monday 2nd December 2013

**St. Joseph's Parish Cessnock**  
2014 Sacramental Programme

**ENROLMENT FOR RECONCILIATION**

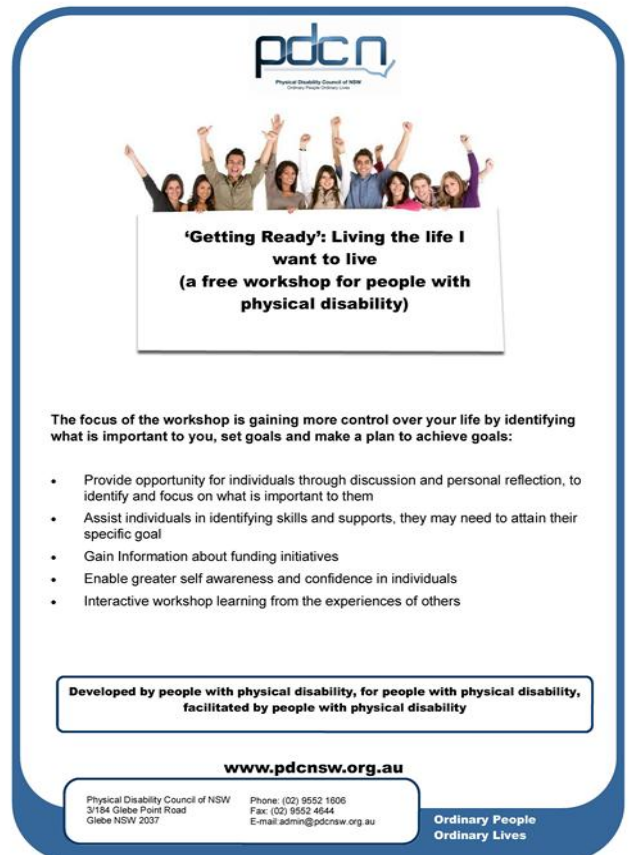
Children who are in Year 3 (or older) are warmly welcomed to take this important step in their faith journey. If you feel that your child is ready to participate in this programme please note that the Enrolment Meeting will be held in St. Joseph's Church at 7pm on **WEDNESDAY 5<sup>th</sup> FEBRUARY 2014**

Details required are: Child's Name/ Age/Contact Number/Parish of Baptism

**ENROLMENT MEETING (parents only)**  
**WEDNESDAY 5<sup>th</sup> FEBRUARY 2014**

**COMMITMENT MASS (6pm)**  
**SATURDAY 8<sup>th</sup> FEBRUARY 2014**

Meeting dates to be advised



**pdcn**  
Physical Disability Council of NSW

**'Getting Ready': Living the life I want to live**  
(a free workshop for people with physical disability)

The focus of the workshop is gaining more control over your life by identifying what is important to you, set goals and make a plan to achieve goals:

- Provide opportunity for individuals through discussion and personal reflection, to identify and focus on what is important to them
- Assist individuals in identifying skills and supports, they may need to attain their specific goal
- Gain Information about funding initiatives
- Enable greater self awareness and confidence in individuals
- Interactive workshop learning from the experiences of others

Developed by people with physical disability, for people with physical disability, facilitated by people with physical disability

[www.pdcnsw.org.au](http://www.pdcnsw.org.au)

Physical Disability Council of NSW  
3/184 Glebe Point Road  
Glebe NSW 2037  
Phone: (02) 9552 1606  
Fax: (02) 9552 4644  
E-mail: admin@pdcnsw.org.au

Ordinary People  
Ordinary Lives



**pdcn**  
Physical Disability Council of NSW

**Workshop Facilitation**

*Getting Ready* is a free workshop run over two days

The restricted number of participants, the diversity of facilitator life experience and the face-to-face nature of the facilitation style all contribute to the effectiveness of the workshops.

- Conducted in two half-day sessions with a night in between for reflection and preparation
- Optimum number of participants for each workshop is five people, but will accept up to 10 people
- The workshop is conducted by two facilitators, at least one of whom has a physical disability.

**Upcoming workshops:**

Date	Location	Address	Time
21-22 October 2013	Woy Woy	Board Room, Everglades Country Club, Durban Road, Woy Woy NSW 2256	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
18-19 November 2013	Charlestown	Board Room, Central Charlestown Leagues Club, Bula Street, Charlestown, NSW 2290	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—10.15am arrival, workshop 10.30am to 1.30pm
2-3 December 2013	Gordon	Meeting Room 1, Ku-ring-gai Gordon Library, 799 Pacific Hwy, Gordon, NSW 2072	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm
9-10 December 2013	Dubbo	Community Room, Dubbo Neighbourhood Centre, 1180 Gipps Street, Dubbo, NSW 2830	Day 1—1.15pm arrival, workshop 1.30pm to 4.30pm Day 2—9.45am arrival, workshop 10am to 1pm

To register for a free workshop or to find out more information about further dates and locations across the State please contact:  
[admin@pdcnsw.org.au](mailto:admin@pdcnsw.org.au) or call (02) 9552 1606

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