

The View

"Delivering excellence, innovation and success"

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Issue 9

NOVEMBER 2016

EVENT CALENDAR 2016

TERM 4

Week 6

- Mon 14th Nov · Final Session Project 10
· Academic Enrichment Class information session and afternoon tea. 4.00pm—5.00pm
- Tues 15th Nov · Music Elective Concert in LEAP Centre. 5.00pm—7.00pm
· Maitland Horse Sports
- Wed 16th—
Fri 18th Nov · Yr 9 STEM excursion
Wed 16th Nov · Yr 7 Fearnley Project 7 Interviews
· Yr 8 Dinnigan Project 8 Interviews
· Yr 8 Dinnigan Project 8 Interviews
- Thus 17th—
Fri 18th Nov · Ag & Food Week
Fri 18th Nov · BEACON Mock interviews
· DROP THE BEAT Silent Disco 1.00pm—3.00pm

Week 7

- Mon 21st—
Wed 23rd · Project 10 interviews
- Mon 21st Nov · Social Inclusion Day
Thurs 24th · White Ribbon Assembly
Thurs 24th—
Fri 25th Nov · National Young Leaders Conference in Sydney
· Peer Support Training, Yr 9 Students

Week 8

- Mon 28th Nov —
Fri 2nd Dec · Year 7 Lifesaving Program

Week 9

- Mon 5th —
Fri 9th Dec · Year 8 Lifesaving Program
Mon 5th—
Tues 6th Dec · Yr 9 STEM excursion
Tues 6th Dec · Yr 6 Orientation Day
Wed 7th—
Thurs 8th Dec · Yr 11 Nuclear Science excursion

Week 10

- Mon 12th Dec · Sport Presentation Assembly 9.30am—12.00pm
Tues 13th Dec · Stage 4 Assembly—9.00am—11.00am
· Annual Presentation Assembly 6.30pm—9.30pm
Thurs 15th Dec · House System Excursion
· HSC Results released
Fri 16th Dec · HSC Student BBQ
· Last day of school for students and staff

YEAR ADVISORS

Year 7—Rebecca Rounsley & Melissa Parish

Year 8—Jodie Scheffler

Year 9—Rebecca Conn

Year 10—Nathan Russell (Relieving)

Year 11—Lindsay Springbett (Relieving)

Year 12—Sharon Curran

English—Rebecca Bartlett (Relieving)

Maths—Ben McCartney

Science—Natalie Death

HSIE—Nicola Steiner

PD/H/PE—Sue Ford

TAS—Brian Means

CAPA—Larayne Jeffery

Admin—Elizabeth Alder

Teaching/Learning—Leanne Triggs

Wellbeing—Julie Myers & Steve Quigley

DEPUTY'S REPORT



Mr Shane Hookway—Deputy Yrs 8/10/12—Relieving Principal Week 5 Term 4 Presentation Assembly

The end of year presentation assembly organisation has commenced. This year after a community consultation process we have elected to hold the assembly in the evening. Several factors prompted the move including the duration of the assemblies and relative comfort in the hall at this time of year. In 2016 we will maintain the day assemblies that will deliver the Semester 2 reports and End of Stage certificates only.

End of Stage certificates are issued to students in year 8 completing Stage 4 and students in Year 10 completing Stage 5.

The evening assembly will deliver the major awards including first in subjects, highly commended and sponsored awards for each year group.

We are looking at utilising the amphitheater for this to allow families to attend and be in a comfortable open setting. The evening assembly is scheduled to commence at 6.30pm on Tuesday the 13th of December. The Stage 4 assembly is scheduled to commence at 9am, whilst the Stage 5 assembly will commence at 11.30am on the same day.



Report distribution

Year 11 and 12 students received their End of Course Reports recently to pass onto their parents and caregivers. I again would like to encourage parents to access the Sentral parent portal where digital copies have been released. To access these reports via your Sentral Parent Portal account or for students via your Sentral Student Portal account follow <http://web1.mountview-h.schools.nsw.edu.au/portal/login>. Parents of students who did not receive their child's report can contact the school on 49902566.

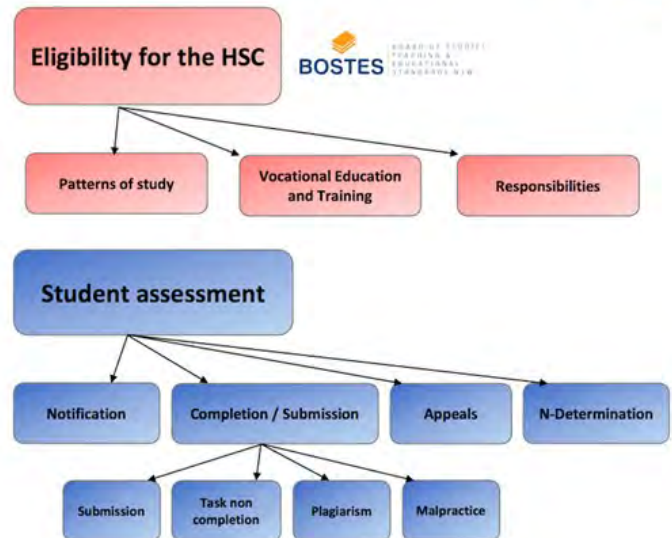


Year 12 2017 Assessment Policy / Schedule

The 2017 Year 12 Assessment Policy and Schedule is now published on the school's website <http://www.mountview-h.schools.nsw.edu.au/home>. To access the schedule directly simply follow this link <https://goo.gl/wx9Vgs> or access "Curriculum and Activities" then "Assessment and Reporting" on the Mount View High School website. The file is labelled "2017 Yr 12 Assessment Policy". For the first time the schedule has been developed as an interactive document. Whilst every student has been issued a paper copy I thoroughly recommend accessing the document in a digital sense. Simply click on any boxed title to go that section. The line structure can also be used to access specific subject detailed assessment schedules. Just click on the subject you want. Each page has a return to menu link.

The policy is presented in four main sections: 1. Eligibility for the HSC, 2. Student Assessment, 3. Subject Assessment Schedules, 4. Appendices. The image below summarises the assessment tasks and timing that students can expect during Term 4.

Mount View High School - Assessment Policy



[Whole year overview](#)

[Main Menu](#)

Week	Term 4 - 2016							
2								
3								
4	Community and Family Studies							
5								
6								
7	Music							
8	Agriculture	Business Studies	French	PDHPE	Drama	General Mathematics (non ATAR)	General Mathematics	Mathematics
9	Chemistry	Senior Science	Exploring Early Childhood (BEC)	Industrial Technologies	Legal Studies	Engineering Studies	Japanese	
9	Modern History	Visual Art			Sport Lifestyle Recreation (BEC)	Biology		
10	Ancient History	Community and Family Studies	Textiles	Physics	English Studies	English Advanced	English Standard	Mathematics Extension

BYOD

In 2017 Mount View High School will launch its BYOD program. An information evening was held to allow parents and students to gain an understanding of the BYOD policy that will be implemented at MVHS. Some key points from the evening included:



1. It will NOT be compulsory for students to have a laptop at Mount View High School in 2017. Students who do not have a laptop will not have their learning disadvantaged.
2. All students will still require to bring books and writing material to school every day. There will be regular occurrences when pen and paper are preferable for optimal learning.
3. Apple Mac, Chromebooks, HP and a various other brands of laptops are all acceptable devices, as long as they meet policy requirements.
4. Students will only be allowed to bring a device if they have completed and submitted a Student Agreement

Mount View High School have partnered with Harvey Norman and Hewlett Packard. Both companies have established portals via our school website where parents can go and purchase appropriate and endorsed devices. The policy and user agreements documentation along with Harvey Norman and HP portal links are accessible by going to <http://www.mountview-h.schools.nsw.edu.au/home> and then accessing “Curriculum and Activities” and then the “Bring Your Own Device” tab.

DEPUTY’S REPORT



Ms Julie Smith—Deputy Yrs 7/9/11

School Emergency Procedures

We have now installed House signs on the far side of the school oval to assist with the smooth running of an evacuation and they look fantastic! Students were informed of this at our last assembly. An evacuation of the school will be signalled by a repeated siren sound with instructions to evacuate whilst a lockdown will be signalled by a repeated single tone similar to a reversing truck. During week 6, all students will be taken through the evacuation procedures during roll call.

Students are reminded of the procedures for **an evacuation**. These are:

- Move directly to the school oval
- Line up in roll call groups in House groups as indicated by our new House signs
- When the roll is checked, be seated in your roll call line. Do not wander around or move from your roll call group

Follow teacher direction for safety and the efficient checking of attendance

Any decision to call an evacuation or lockdown is not taken lightly. The senior executive will liaise with the emergency personnel to ensure the safety of students, staff and visitors.

As required, the school will conduct evacuation and lockdown drills to ensure students and staff are aware of their responsibilities. We alert Cessnock Police when we are conducting an emergency drill in case a member of the community contacts them. Our ‘Emergency Policy and Procedures’ document is then updated after an evaluation of the drill.


IMMUNISATIONS



The Immunisation clinics have been completed for 2016. If your Year 7 child missed any doses and has a completed consent form, they will be seen in 2017.

However, if your Year 8 child has not completed the full course, you will need to take them to your GP to complete.

Any enquiries or concerns please contact the coordinator at your school or Liz Garlick at Kurri Kurri Community Health on 49363282.



Transport
for NSW

School Travel Update

2017 Applications

School Student Transport Scheme Applications open 10 October 2016

From Monday 10 October 2016 parents, guardians and students over 16 years, will be able to apply for 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students

School travel passes only need to be updated when a student:

- changes address, or
- changes school or campus.

A new application is required when:

- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel

Opal network: Please remind ALL your students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Current School Opal card can be updated with changes of school, home address or operator.

Rural and regional travel: Student's travelling with operator issued passes will receive a new pass in the new school year.

Transport for NSW Tel: 8202 2200 Fax: 8202 2209
18 Lee Street, Chippendale NSW 2008 | PO Box K659, Haymarket NSW 1240

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P & C NEWS

The next P & C meeting is Wednesday 14th December 2016 in the Common Room starting at 6.30pm. The P & C invite all parents to attend.

YEAR ADVISERS' REPORTS

Year 7— Melissa Parish and Rebecca Rounsley



All of Year 7 will be involved in a Life Saving Program in week 8. The program will run from Monday 28th November to Friday 2nd December. There will be no classes running at school this week and all students are expected to attend as part of the PDHPE curriculum. Students who are unable to participate in water activities due to health issues will still be required to attend at the pool, they will be involved in land activities.

Year 9— Rebecca Conn

I can hardly believe that we are already half way through the final term of year 9.

In week 7 students who have applied for Peer Support Training will spend two days working with teachers to develop skills in leadership, interpersonal relationships and mentoring. This will be a fantastic couple of days and I am very much looking forward to them.

On the Tuesday 13th of December at 6.30 pm we will be holding our annual presentation evening. I am looking forward to seeing parents and students there to celebrate the successes of 2016.

I am a huge fan of the website <http://au.reachout.com/> which provides help and advice to young people and their parents. Topics such as how to deal with break-ups, help with sleep, help with school and study as well as family and friends are all covered.



I recently found their excellent app ReachOut Breathe that helps you reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone (iOS) or Apple Watch.

THIS APP HELPS WITH:

Controlling your breathing and heart rate.

Increasing your sense of calm and ease.

The physical symptoms of stress.

WHAT IS BREATHE ?

Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This lets you address the onset of physical symptoms of stress, like shortness of breath, increased heart rate and tightening of the chest.

It's simple to use and can be accessed at any time from your mobile. Whether it's on the way to work, before an exam or part of your daily ritual – it's the support you need to help cope with the onset of panic or anxiety.

<http://au.reachout.com/reachout-breathe-app>

Year 10— Nathan Russell—Relieving

Term 4 is shaping up to be quite busy for Year 10 as all the things we have been working on finally come to a climax. While Christmas and the summer holidays are fast approaching, students are reminded that there is still much to do and work must continue as it always has in order to finish on a high note, with everything successfully completed.

Year 10 Exams

Exams begin Week 5, Monday November 7th. Students have been issued with an exam timetable, but are also reminded that other classes may have exams or assessment tasks. Remember to check your assessment notifications for due dates.

Year 10 Yearly Exam 2016 Schedule

Monday 7th November - Wednesday 9th November

	Session 1	Session 2
Monday Day 1 7 Nov	English 9:15 - 10:50 (1h 30mins) Room: HALL	Science 11:45 - 13:20 (1h 30mins) Room: HALL
Tuesday Day 2 8 Nov	Mathematics 9:15 - 10:50 (1h 30mins) Room: HALL	Geography 11:45 - 12:50 (1h) Room: HALL
Wednesday Day 3 9 Nov	History 9:15 - 10:20 (1h) Room: HALL	

Project 10 and All My Own Work

Students will be completing Project 10 in Week 7. They will need to be prepared with their portfolio of work and cover letters well in advance. Students should refer to their blue booklets or see their Project 10 teachers for further advice, if necessary.

Students will also be completing *All My Own Work* during Week 7. This program is designed to help students to follow the principles and practices of good scholarship. This includes understanding and valuing ethical practices when locating and using information as part of their HSC studies. The program has been developed as part of the NSW Government's *Respect and Responsibility* strategy and complements other approaches such as brochures for teachers, students and parents.

All My Own Work does not require any study or preparation to complete and students will be provided with further information closer to Week 7.

Enjoy Term 4!

Year 11— Linsey Springbett (Relieving)

My first term as relieving year advisor for year 11 has been busy, with the reports, Principal assembly, senior jersey orders and the upcoming assessment tasks. I would like to give a big thank you to the Year 11 students, parents and fellow teachers for their amazing support and encouragement. I look forward in continuing as Year 12 year advisor and all the challenges that come our way.

Reports

Reports were handed out to the students on Friday the 21st October. If any students have not received theirs yet can they please come and see me in the Mathematics staffroom. I was happy to read some very pleasing comments on students' reports and hope that they carry this success through to their HSC year.

Senior Jerseys

Order forms went out to students in week 4. For those who are ordering jerseys please make sure payment is made to the front office by the 18th of November. If students need another order form, I have spares in the staffroom. If students are not sure on sizing, I have also asked the company for samples which should be available by the end of week 4.

First HSC assessment task

Please be mindful of the upcoming assessment tasks for the HSC courses, which start in week 7. They will approach very quickly so please encourage your child to be well prepared and organised for their first HSC assessment tasks.

7	Music							
8	Agriculture	Business Studies	French	PDHPE	Drama	General Mathematics (non ATAR)	General Mathematics	Mathematics
9	Chemistry	Senior Science	Exploring Early Childhood (BEC)	Industrial Technologies	Legal Studies	Engineering Studies	Japanese	
9	Modern History	Visual Art			Sport Lifestyle Recreation (BEC)	Biology		
10	Ancient History	Community and Family Studies	Textiles	Physics	English Studies	English Advanced	English Standard	Mathematics Extension

ATTENDANCE



Elizabeth Alder—Head Teacher Administration

Attendance enquiries: Phone 49902566 ext 1 or call into the Attendance Office



Congratulations to the following students who demonstrated excellent commitment to their learning during term 3 by maintaining 100% attendance.

Each student was placed in a lucky draw for Canteen Vouchers.

Year 7

Chelsea Webb
Emily Crosdale
Angelina Bodycote
Takoda Allen
Courtney Goody
Tame Karaitana-Tua
Amber Jonson
Kody Mears
Connor Bedford Proctor
Khye Kuosman
Mia Dallen
Sean Chant
Jasmine Bywater
Isaac Thorpe
Clare O'Brien
Sebastian Sneesby
Tasmin Burke
Oliver Beveridge

Year 8

Ella Rayward
Cam Grey
Milne McLaughlan
Kai Laybutt
Lara Stace
Kim Arnott
Callum Delaney Dunn
Jack Ford
Savannah Laverick Chitty

Year 9

Imogen Edwards
Charlotte Nelson
Will Date

Year 10

Matthew Quinn
Jacob Meehan
Kyle Bridge
Sam Craft
Shayla Hunter
Micheal Walters
Kye Burgess
Hamish Burke
Joel Bridge

ATTENDANCE OF STUDENTS IN TERM 4



As per NSW department of Education requirements, all students from Years 7-11 are required to attend school until Friday 16th December, the last day of teaching 2016. Students will be engaged in meaningful work based on the curriculum and syllabus requirements. Parents seeking permission for their child to be absent from school for a period of time should contact the school's Attendance Office for information about exemptions from school requirements.

HSIE FACULTY



Nicola Steiner—Head Teacher

It has been a hectic start back to Term 4 with many students undertaking assessments in History, Geography, Commerce, and History Elective. We commend the excellent approach our students have taken towards these tasks.

We have welcomed Miss Jessica Millward to the faculty, who is undertaking a temporary position whilst Mrs Rachael Collier is on maternity leave.

Our Year 11 students have commenced their Year 12 coursework across Japanese, French, Business Studies, Legal Studies, Modern History and Ancient History. We urge these students to place a strong importance on being at school and actively participating in every lesson between now and the end of their schooling. With a dense curriculum to work through, even a day missed can leave a gap in a student's knowledge of their Year 12 work. At this stage, both Business Studies and Legal Studies are offering fortnightly 'technique' classes in the morning to work with students on decoding HSC questions and strategies for examinations, we strongly urge students to make the time to attend these sessions.

Year 9 Commerce

During Term 3, Mrs Amos' Year 9 Commerce students studied how to run a small business in class. On the 9th of September 2016 students set up stalls in the Quad area of the school and sold products in order to demonstrate the practical aspects of running a business.

Students sold cupcakes, bags of lollies, hot chips, pizza and cold cans of drink. The students' selling skills were amazing and resulted in a profit of over \$700. These profits will now be donated to the Variety Children's Charity. Thank you to everyone who supported the students in this worthwhile learning experience.



Tahmia Kisina and Roja Twentyman setting up their stall.



Caitlin Galbraith, Roja Twentyman and Tahmia Kisina ready to face the customers.



Charmayne Gould and Rachel Amos setting up their stall.



Liarna Thomas, Makenzie Smith and Vanessa Whitaker named their stall "Can Up"



Ryan Dixon and Brock Harkness sold many delicious cupcakes.



Dakota Fenton was running the stall selling hot chips.



The stalls were well patronised and products sold quickly.



Satisfied customers Ally Crossley and Emma Brown.

Year 8 Geography

Mrs Hunt's Year 8 Geography class has been busy studying climate change. They have been using their artistic abilities to recreate images of the enhanced and naturally occurring greenhouse effect using liquid chalk. Students have had the opportunity to explain their images to other class members, developing their content knowledge, communication and collaboration skills. This was a great way to end a busy working week with some creativity.



Charlie Craft and Callum Delany-Dunn using the liquid chalk.

CAPA—STATE OF THE ARTS



Larayne Jeffery— Head Teacher

Recently, 3 senior members of our stage crew team from Year 10 completed a week of work experience with Newcastle University as part of an event based on the future of the music industry. The concert involved a wide diversity of superb performances by Conservatorium students and was held in the Concert Hall at Newcastle Conservatorium.

The unveiling of the new Bachelor of Music degree was presented by the keynote speaker Richard Vella who is Chair and Professor of Music and the students worked closely with Dr Helen English who is School and Community Engagement Director and Senior Lecturer in Music.

During the week's experience, Jordan Herring, Kyle Piper and Darryl Foster attended lectures and individual music lessons as well as participating in creative production classes and video making workshops. The evening event included a technical rehearsal, lighting system operation and stage management.

The University staff and students were so impressed with the skills and initiative shown by our students that they have been invited to return and complete another event later in the year.



Dr Helen English from the University of Newcastle with Jordan Herring, Kyle Piper and Darryl Foster

HSC Success

Chloe Brown recently completed her HSC Music program and was selected to perform in 'Reprise' which is a compilation concert of the best HSC performances from the Hunter. The concert will be held at Newcastle Conservatorium on Friday 17th February, 2017. Students from MVHS will be part of the audience to support Chloe and tickets will be available mid-November. Chloe will perform 'At Last' by Etta James and will be accompanied by the HSC band which consists of Mr Drew Daniels, Mr Cameron Daniels, Mr Ross Levick, ex-student drummer Mr Bryce Parker and Mrs Jeffery on piano.

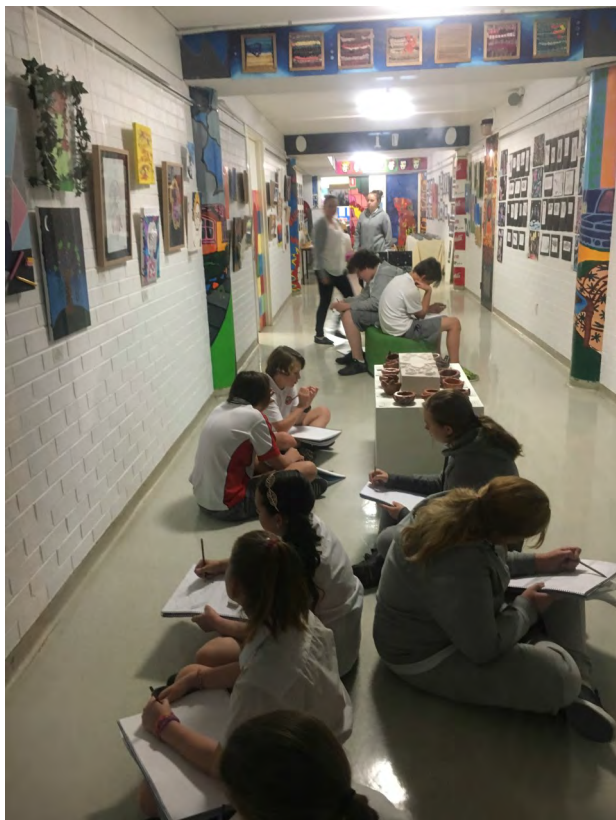


In addition, Chloe was also nominated to perform in ENCORE which is the best of the HSC performances from the state. This event will be held at the Opera House on Monday 20th March, 2017. Congratulations to Chloe on this tremendous achievement. Chloe is the first student from Mount View High to be selected for either of these prestigious events!

Visual Art Gallery

In week 2 of this term, the Visual Art Department took the opportunity to show off all the great work being done by Year 7 students this year. All students had at least one or more artworks on display. This was a good opportunity to view the works produced by your child and other students and to see the creative learning environment of the Visual Art Department.

Students and classes also used the exhibition as a learning tool, gaining Gallery experience and completed Art Appreciation activities during the week.



MOUNT VIEW HIGH'S

SPRING GIG



"MOVE AHEAD"

PERFORMANCES FROM Y8-Y11
STUDENTS

TUES NOV 15th

5pm – 7pm ENTRY: \$5

TAS FACULTY



Brian Means—Head Teacher

An eclectic article this month showing the diversity of content taught and opportunities for students in the TAS Faculty.

Over the past month staff in the TAS Faculty have been installing and testing our new laser cutter. Once fully installed and inductions have taken place, Technology students from all years will have an opportunity to create intricate decorative items using a number of mediums including plastics, timber and glass. The laser cutter is able to be so finely tuned that it can even etch onto the finest of fabrics without cutting through. The possibilities are endless. I look forward to seeing some intricate work on our senior timber projects or textiles garments.

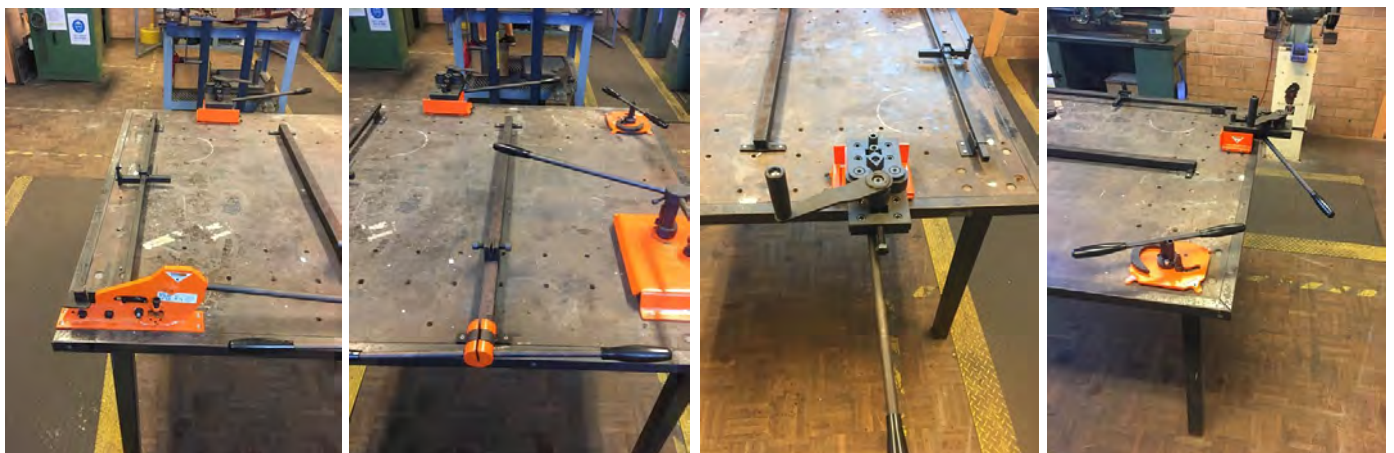
A number of year 8 students have spent the past month designing and creating a kite. The students, through group project based learning have learnt about aerodynamics, weight distribution, quite a bit of math in calculating surface area and proportions. They are now waiting for a windy day to test their calculations. The next project to take them to the end of the year is to make soft teddy bears to donate to charity.

The TAS Faculty of Mount View High School supports the Department's drive to involve the wider community in the education of not only your child but all the youth in the community. As such we extend an open invitation to you to share your knowledge and areas of expertise with one of your child's classes or in your area of expertise. If you have an interest in and sound knowledge of any of the following subject areas and would like to volunteer to spend an hour sharing this knowledge with interested youth please don't hesitate to call me. Your interest could be related to Timberwork, Metalwork or welding, construction, computer technology, electronics, textiles, cooking and/or hospitality as well as childcare. It may also be an opportunity for you to see our 3D printers or new laser cutter in action.

In mid November the TAS Faculty are excited to host a 2 day regional workshop on the safe use of drones in schools. Drones are becoming an integral element of STEM education as well as use across a number of subjects, especially Technology and Agriculture. Mount View High School has been selected as the venue to train a number of local teachers on the safe use of drones in schools. A number of laws and guidelines are in place to ensure that drones do not interfere with aeronautical airspace and it is essential that this knowledge is passed on to our students.

Year 10 Industrial Technology Metal, have been busy designing and constructing a camping tripod (used to boil a billy over an open camp fire), and a hall side table. This has involved, measuring to size and cutting and shaping all components, using a cold saw and an oxy set. They have to design and construct scroll work to decorate their hall side table.

The scroll work is being done using our NEW bending and shaping machines.



Then they must prepare the metal for welding. A gig was used to help construct the tripod. They construct the hall side table using, plate squares, magnets, rules, scribes, angle grinder and a MIG welder.

While using the MIG welder, they have to wear the new welding jackets, welding gloves and the new automatic welding helmets,

Year 9 have been completing their sheet metal tool boxes, they had previously developed their skills in marking out, cutting out, shaping using a brake bender (magnum bender) and riveting. They also have been using the lathes to produce a centre punch. In this they have been learning how to parallel turn, taper turn, knurl, and the process of hardening tool steel.

To finish off they have made a spatula (to use on their bush BBQ that they will make in Year 10) the skills in this job are marking out, using a scribe, a rule, a hacksaw, filing, spot welding and polishing of stainless steel metal.

While making a drill bit stand, the students have learnt how to make external threads by tapping steel plate, drilling and when assembling all of their jobs, they learnt the need for accuracy to present a quality product.

Year 11 Construction

Year 11 Construction students have been working on a stud wall for their carpentry event. For this task each student built their own wall and then attached it to 3 others to form a room and then built a roof to suit. Pictured is one of 6 groups that have been working on this project.



Lachlan Archer and Hayden Bartley with the final product assembled, complete with doors and windows.



Hayden Bartley, Lachlan Archer and Christopher Nixon

Once the walls were assembled it was time to disassemble, and the walls and roof can be flat packed. From here the students will line one side with ply and then move on to the next event—learning to tile.

Year 7 Technology (Metal)

During term 3, 7TECH designed a candelabra from metal. They came up with some great ideas and learnt a lot of new skills for bending and joining metal.



Tamika Reynolds-Martin with her candelabra



Year 6 Middle School Program

During term 3 the TAS department hosted a group of year 6 students from our feeder schools each Thursday. During this time, they had a go at some woodwork and made a box that was designed to hold a cardboard F1 car that they made and then had the opportunity to race.



The competition was fierce for the best time for the race and also the best reaction time for the start.



All the students could take home their box and the F1 car that they built at the end of the term.

What's happening in Food Technology!

This term Year 10 Food Technology students are studying a unit of work called 'Great Expectations'. The unit of work focuses on food for special occasions. The students have been exploring a range of special occasions including social, cultural, religious, historical and family events which are celebrated. The students were given the task of planning and preparing an item suitable for the special occasion, **Halloween**. The students engaged in the activity produced a variety of cupcakes which demonstrated creative techniques and presentation skills.



Sam Craft and Kadeisha Koop with their Halloween cupcakes.



Spider cupcakes by Jenna



Pumpkin cupcakes by Marni, Jess & Emily



“Education is most powerful weapon which you can use to change the world”

- Nelson Mandela

Buffet Lunch for the Lighthouse Conference.

A great start to the final term as the Year 11 Hospitality students utilized their skills to prepare and serve food the state wide Agriculture Lighthouse conference.

The Agriculture department supplied 20 school bred chickens to prepare and serve for lunch over the two-day period. A portion of students had the opportunity to develop their chicken deboning skills, the results of their labour later made into a chicken curry, marinated chicken wings and drumsticks to accompany other items on the buffet. It was fantastic to showcase all Mount View grown and raised produce in paddock to plate style.

The menu varied over the 2 days. Students adapted to time frames and service expectations. The preparation of food was timely and presented to make the mouth water. As shown in the image, plating and placement is everything. This important skill is a key skill required in the successful service of food.

Overall the students managed themselves professionally and were well organised. They ran the function so well that some of our guests thought that the students, dressed in their smart catering attire, were members of staff. Well done to all involved in the preparation and service of the event, I look forward to working with you again on our next function.





The New South Wales F1 in Schools State Finals were held at the University of Western Sydney on Tuesday, Wednesday and Thursday 1st – 3rd November where we were competing against 35 other teams from across the state. Our school was represented by two excellent teams in the two main categories. In the Development Class category we had Screamin' Demons who won third place in NSW and Revolution Racing who are the 2016 NSW State Champions winning awards for best Team Verbal Presentation, Best Team Marketing, Best Engineered Car, Knockout Racing Champions and the highly sought after prize of Best Innovation Award – congratulations and well done to our school's best ever F1inSchools team. Next Revolution Racing move on to the national competition which will be held in South Australia or Victoria (the place and time is yet to be finalised) where their dream of representing Australia in the world competition could become a reality.

During the event Revolution Racing presented two identical race cars that were within 0.02grams of each other – a first for accuracy and precision of the manufacturing process. Screamin' Demons had a successful day with their race car achieving a very good time of 1.253 seconds (after one of the front wheels fell off in the previous race). Their Reaction Racing element was successful with Tobias Astill-King achieving a very fast reaction time of 0.191 secs. The pit display attracted a lot of attention with their floating race car on the display table, it had everyone guessing how it worked – including some of the visiting engineers who had to check there were no wires holding it above the metal plate (it was an electro- magnetic field) – well done Ben Galvin. Martin Cathcart, Fei Fei Webster and Harley Patterson were excellent spokespersons at the pit display greeting all visitors with a firm hand shake and a pleasant smile, and impressing everyone with their knowledge and enthusiasm for this STEM program.

Revolution Racing continued to impress the judges and the opposition with their world class verbal presentation and impressive pit display. The CAD/CAM engineering judges were impressed with the boys' use of technical terms and university level explanations of all the related terminology (I think one of the judges had to Google some of the terms the boys were using). The car recorded a respectable time of 1.159 secs which had put their car in the top 20% of the professional senior division. Liam Whiteley demonstrated outstanding organisation and preparation for the judging of each element, Jack Stephenson impressed everyone with a brilliant portfolio, Connor Minchinton impressed the judges with an amazing collection of resources related to the F1 program and Daniel Lambkin was using high level thinking and terminology to explain the complex study of aerodynamics, drag and friction.

Each student has done themselves and our school proud with their maturity, excellent behaviour and enthusiasm – thank you and congratulations to all of the parents and families who have helped these two teams of brilliant students succeed in the world's largest STEM competition. A special thank you to Mr Grahame Chamberlain for taking time out of his retirement to guide and mould our students to reach such a high standard (and for driving the teams to all of their events) as well as Mrs Chamberlain for assisting on all excursions – we could not do without either of you. Thank you to Jake Taylor (RMS Engineer and road designer) for his mentoring role with both of these teams (ex-school captain and F1inSchools legend) offering excellent advice and management techniques, as well as all of the teams' sponsors for making this challenging STEM project possible (special thank you our P&C for their extra support in 2016 – they made it possible for us to compete at the state competition).



Revolution Racing – Jack Stephenson, Daniel Lambkin, Liam Whiteley, Connor Minchinton with the University of Western Sydney representative.



Screamn' Demons – Martin Cathcart, Ben Galvin, Harley Patterson, Fei-Fei Webster and Tobias Astill-King with the University of Western Sydney representative.

MC CLASS

This term, the senior MC class are learning all about the USA. In light of this study, we have been focusing on American food, the history and geography of America, popular American sports and favourite American holidays. On the 31st October, we learnt all about Halloween and dressed up for some trick or treating for the occasion. The boys absolutely loved it and really got involved with their own character's personalities. We had Freddy Kruger, The Hulk, a skeleton and Count Dracula. Mrs Kenneally dressed up as a scary surgeon. Our class decorated our room and also made some Halloween themed food. Jacob Harris brought in Halloween cupcakes as well. Some of our students said 'this is the best day EVER'.

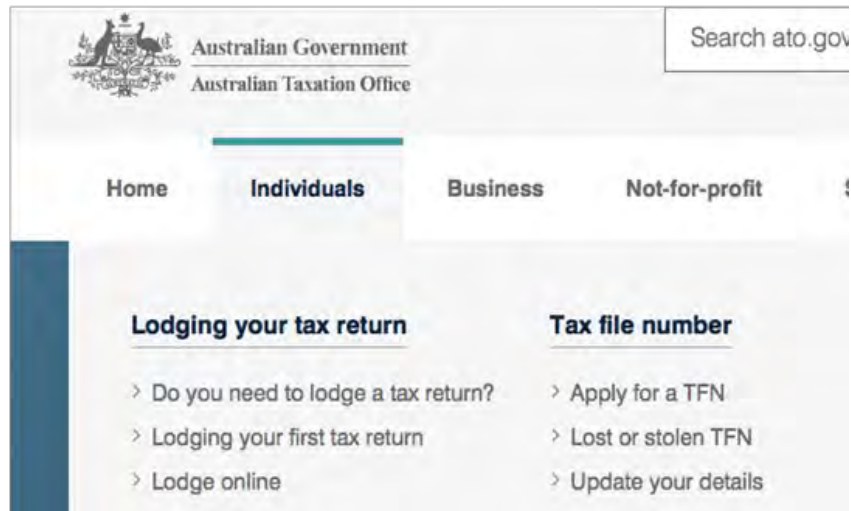




Rebecca Rounsley - Futures Adviser

Need a Tax File Number?

Applications are now made online. Visit the Australian Taxation Office website (<https://www.ato.gov.au>) click on the individual tab and follow the links to “apply for a TFN”. Once you have completed the online application you will need to take a copy of your receipt along with 100 points of identification to the Post Office for validation.



Career and post school option resources!

Students looking for information on post school options can now find a variety of information on display in the school library. Students can peruse information on University course and entry requirements from universities around Australia, information on TAFE courses as well as an array of information from private providers including the Whitehouse Institute and the Australian Defence Force.



School Based Trainees 2017

Congratulations to Marnie Bullen who has successfully gained a School Based Traineeship in Business Services at the Cessnock City Council.

Isaac McDougall, Kassidee Small-Crump and Deena Borkowski should also be congratulated for their efforts in successfully gaining School Based Traineeships in Human Services with Hunter New England Health.

All students had to submit a written application addressing specific selection criteria and then attend an interview. It was a very competitive process and these students should celebrate their success.

Over the next two years the trainees will work one day a week, attend TAFE one day a week and attend school for the remaining three days. All students will graduate year 12 with a HSC, ATAR and a certificate in either Business or Human Services.



Marnie Bullen



Isaac McDougall



Kassidee Small-Crump



Deena Borkowski



Sunday 13th November – Ace the HSC Seminar @ Macquarie University

Monday 14th & Tuesday 15th November - RSA & RCG (yr. 12, 2016)

Monday 19th – Wednesday 21st December – Careers Advisory Service Week

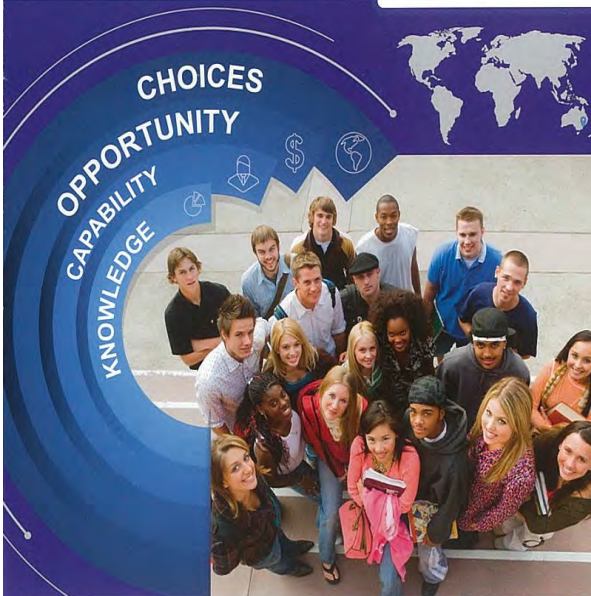
facebook



Follow the Mount View High School Facebook page for posts on careers information including apprenticeships, traineeships and job opportunities.

GET ONLINE OR CALL FOR FREE ADVICE

19-21 DEC 2016



www.cas.det.nsw.edu.au
1300 300 687

Offers professional, friendly and impartial advice following the release of your HSC results.

This free service is available by phone or through our website www.cas.nsw.edu.au From Monday 19 December 2016 to Wednesday 21 December 2016 careers advisers will be available on 1300 300 687 or via the Careers Advisory Service website to answer your enquiries. Parents and carers may also use this service if they are seeking advice on your behalf.

The Careers Advisory Service website contains helpful information to assist you in clarifying course choices, employment opportunities, career pathways and training options.



ACE THE HSC!

Supported by  **MACQUARIE University**
SYDNEY AUSTRALIA

HSC Seminars for Year 11 & 12 Parents and Students

Helping you achieve HSC Success

Sunday 13th November – Macquarie University

FREE SEMINARS

Registration is essential, please visit:

hscintheholidays.com.au



"Brilliant! My son and I were so impressed with the quality of the strategies provided"
-Kathryn (Parent of a Year 12 student)

Supported by Macquarie University, these sessions have been designed specifically for students and parents who have just begun their HSC journey. You will have the chance to hear from our expert HSC Teachers/Markers and qualified counsellors on what you need to do to achieve your best in the HSC year.

A range of topics will be covered and you are welcome to come to as many of these on the day as you like.

Seminar Timetable

10am	Registration
10:15am	Welcome and Introduction
10:30am	Parent and Student Presentation "Stress Free HSC"
11:30am	Short Break
11:45am	HSC English Presentation OR Parent Q&A seminar
12:30pm	"Secrets to HSC Success – Working smarter, not harder"
1:00pm	Conclusion

"I would highly recommend these seminars to everyone! I walked away with so much more knowledge and skills than I had before. Thanks again!"

-Emily SCEGGS Darlinghurst

For more information and to register, go to hscintheholidays.com.au and follow the 'our programs' tab, or call 1300 677 336

STUDENT WELLBEING



Steve Quigley (Yrs 7/9/11)

Drop the beat is preventing domestic and family violence by awareness raising and presenting a culture shifting campaign driven by young people in our community. This campaign is a result of the Youth Opportunities Grant and is proudly supported by NSW Government.

To continue raising awareness and prevention of domestic and family violence, Mount View High School will be holding a silent disco between 1pm and 3pm on Friday afternoon - November 18th. Our last silent disco was very successful and we're happy to provide this opportunity for students to de-stress after the exam period.



Breaking The Silence Program is a White Ribbon initiative focused on the primary issue of violence against women. As a White Ribbon School and as an ongoing commitment to our community, this year our goal is to raise awareness, create discussions in a safe environment and give students an opportunity to further their knowledge about White Ribbon. Students are introduced to a number of different types of thought provoking slides including facts and short advertisements during roll call.

White Ribbon is about more than domestic violence in the physical sense, this year students have been exposed to another aspect of White Ribbon – promoting and strengthening positive relationships between males and females while acknowledging gender equity. Our school will be acknowledging our commitment to White Ribbon by holding our annual assembly on **November 24th from 8:50am**.

White Ribbon Day is acknowledged annually on November 25th; however it's important to recognise and live the White Ribbon values on a daily basis. Young men and women have a crucial role to play in preventing violence against women in the future. Students will again have an opportunity to take the White Ribbon oath to stand up, speak out and prevent men's violence against women.





Julie Myers (Yrs 8/10/12)

Woodturners Mentor program

The Woodturners program continued in Term 3 with a number of male students participating. The students are learning so many new skills in the art of woodturning. Once again, we thank Steve Shaw and the Woodturners Association of Cessnock for their ongoing support.



Tyler Pinchen and DJ York with their mentors



Luke Hall at work on his project

Social Inclusion Day

Our school has been given the opportunity to participate in Social Inclusion day on Monday 21st November. This day is about encouraging our school community to reconnect and be inclusive of all cultures, age groups, nationalities and the disadvantaged. It aims to help Australians feel valued and to give people the opportunity to participate fully in society. It's about connecting with local communities, work mates, family and friends to build relationships and networks and addressing isolation and exclusion by supporting people who may be unable help themselves.

The theme for the day is: Collaborate, Connect and Celebrate! – a strong call to action to encourage people of all ages to join together and engage.

Our students will be putting together an Inclusive mural on the walls located outside the wellbeing block. Rotary Club Cessnock is sponsoring this event and will be providing a sausage sizzle for our students.

Andrew Murray, our School Chaplain is coordinating this event.

Health Care Plans in schools

The Department of Education policy and procedures for students who require Health Care plans in schools must be followed. Parents/Carers who do not comply with the DoE policy are in breach of the 16A Child Protection Act.

Anaphylaxis

Parents/Carers of students who have this condition are required to:

1. Ensure the Ascia plan is updated every year by a GP and includes a review date.
2. Provide a copy of the plan to the school.
3. Provide a epipen to be kept in the school clinic.
4. Ensure the student to carries an epipen at all times, clearly labelled and in a section of their school bag that is easily accessible.
5. Attend a Parent/student meeting to be held at the school with HT Wellbeing to discuss process and ensure paperwork is accurate.

The school will then ensure student information is disseminated to all staff and uploaded on school's electronic record keeping program –Sentral.

ascia
www.allergy.org.au

ACTION PLAN FOR Anaphylaxis
For use with EpiPen® adrenaline autoinjectors

Name: _____
Date of birth: _____

Photo

Confirmed allergens: _____

Family/emergency contact name(s): _____
Work Ph: _____
Home Ph: _____
Mobile Ph: _____

Plan prepared by:
Dr: _____
I hereby authorise medications specified on this plan to be administered according to the plan.
Signed: _____
Date: _____
Date of next review: _____

How to give EpiPen®

1. Form flat around EpiPen® and PULL OFF BLUE SAFETY RELEASE.
2. PLACE ORANGE END against outer mid thigh (with or without clothing).
3. PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds. REMOVE EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at: www.allergy.org.au/anaphylaxis

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help.
- Locate EpiPen® or EpiPen® Jr adrenaline autoinjector.
- Give other medications (if prescribed).....
- Phone family/emergency contact.

Mild to moderate allergic reactions may not always occur before anaphylaxis

Watch for ANY ONE of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1. Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
2. Give EpiPen® or EpiPen® Jr adrenaline autoinjector.
3. Phone ambulance*: 000 (AU) or 111 (NZ).
4. Phone family/emergency contact.
5. Further adrenaline doses may be given if no response after 5 minutes, if another adrenaline autoinjector is available.

If in doubt, give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally.
EpiPen® is generally prescribed for adults and children over 5 years.
EpiPen® Jr is generally prescribed for children aged 1-4 years.
*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Asthma: Y N Medication: _____

© ASCIA 2015. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

Other health conditions

1. Parent/student meeting to be held at the school with HT Wellbeing to discuss process and ensure paperwork including emergency care is accurate.
2. Student information is disseminated to all staff and uploaded on school's electronic record keeping program –Sentral.

Communication with parents

1. A review of each health care plan will be conducted twice in 2017 – June and November /December.
2. A copy of the current Health Care Plan will be sent home for parents/carers to check and ensure information is accurate.
3. If changes have been made, key personnel within the school will make changes and disseminate updated information to staff.

PET THERAPY PROGRAM

On Thursday 20th October, Mrs Zakrzewski and Mr Comans, with students Elle and Kimberly, presented to members of Cessnock's VIEW club about the use of animal assisted learning and therapeutic intervention as part of Mount View High School's Pets as Therapy program.

VIEW is a nationwide, women's organisation of 19,600 members. VIEW, stands for Voice, Interests and Education of Women and was established to give women, a network of support, a platform to voice their views on issues of national concern and a forum in which to support the charitable work of The Smith Family. VIEW is a valued part of The Smith Family and supports its work unlocking opportunities for disadvantaged Australian children so they can realise their potential through education. Members believe in the power of education to change lives and can see how their contribution helps disadvantaged children get the step up they need to make the most of their lives.

Mrs Zakrzewski's miniature dachshunds, Peta and Marble, and Mr Comans' border collie, Brando, joined the students as they delivered their presentations to a large crowd of members at Cessnock leagues club. Kimberly wrote and delivered a thorough presentation on the use of Peta and Marble in the classroom as an assisted learning intervention and shared some of the work and assessment tasks that her class has completed as part of Term 1's English topic "Who Let the Dogs Out?". Elle wrote and delivered an insightful speech on the use of Brando as a therapeutic intervention to support the work of our school counsellor, Mr Comans, and managed to win the crowd over with her a humorous approach, telling a few dog jokes!

The letter below was received from one of the VIEW members who wrote to the school after listening to the presentation:

"I was very moved by the enthusiasm and dedication of the teachers, and the courage and honesty of the 2 young girls who spoke about the program using the dogs at school. It brought tears to my eyes and everyone was impressed by the program and the positive results. Could you please thank all the participants for their wonderful presentation."

Congratulations to the staff and students involved in such a quality presentation and a warm thank you to the members of Cessnock VIEW club for giving our school the opportunity share the success of the program with its members.



Kimberly Arnott with Peta and Marble



Let us ask you a question, did you have breakfast this morning? If you answered no, you are not alone. Many students and parents simply don't have time or just forget to have breakfast each morning as they are rushing out the door to start the day. Studies have shown that eating breakfast is one of the best ways to properly prepare your body and mind for the day ahead. People who have breakfast can concentrate for longer periods of time, have more energy, and are more likely to succeed at tasks.

Mr Murray and Miss Johnson are pleased to announce that breakfast is now here every Tuesday and Thursday! So students, keep an eye out for the teachers each morning before school, offering a FREE breakfast! So don't be shy, have some toast, and a chat, and make a smart start to the school day.

To do: Eat breakfast,
then take on the world.



**Make a smart start with
breakfast! Now at MVHS**



**NO, SERIOUSLY.
EAT BREAKFAST**

When? Tuesday and Thursday, before School.

Keep an eye out for teachers and students offering free breakfast! Have some toast, and a chat. It costs nothing!

Research has shown that students who eat breakfast concentrate better, have more energy, are happier and achieve!

SENIOR LEADERS & SRC



**Karen Blandon—Co-Cordinator
Senior Leaders**

The Year 12 Senior Leaders will be attending the National Young Leaders Conference in Sydney on Friday 25th November 2016. They will travel to Sydney on Thursday 24th November 2016 to stay at the Ibis Budget Motel in Sydney Olympic Park and we would like to thank Mr Rick Allen for driving the school bus. We would like to take the opportunity to thank our P & C committee for subsidising the costs of the entry tickets for the conference and for the accommodation. It is greatly appreciated.

The Lions “Youth of the Year ” competition has come around again and four of our Year 12 Senior Leaders will be interviewed next Sunday at school and then they will be competing at a Lions dinner at the MVHS LEAP Centre on Tuesday night at 6:30pm. They will be given two impromptu topics to speak on and present their five minute prepared speech. We wish Matt Griffin, Cameron Abbot, Fanogo Maher, Khadija Arain and Alex Kemp all the best and we thank them for giving up their valuable time to represent our school.

Two of our Year 10 Senior Leaders, Tahlia Hughes and Jordyn Jeffery will competing in the Elemore Vale “ Lions Youth of the Year “competition later this month and we wish them all the best and thank their parents for their support, as they transport them to Newcastle for their interviews and for the competition night.

Mount View Leos Club

The Leos have continued to be a busy team with having a Bunnings BBQ on the long weekend in the holidays. We would like to thank Mr Anderson for spending the whole day with the Leos and the members who helped out as well. Another Bunnings BBQ is scheduled for Sunday 20th November 2016, so please support our club on this day and buy a sausage sandwich.

Leo of the Year

This is the first time that our school based Leo Club has competed in the National “ Leo of the Year ”Quest. Alyse Iliffe and Ainslie Griffin were our two competitors and they had an interview in front of a panel of judges which was worth 80% and then they had to present a five minute speech at the Lions Convention in Maitland on Saturday 29th October 2016. Our two Leos spoke so well against two Leo members from Hunter Valley Grammar High and it was a proud moment for our school. One of the judges was our former English teacher, Pam Bennet and she was sincere when she said it was very close with the winner – only half a point in it. Victoria Gill from Hunter Valley Grammar Leo Club won the competition and will now proceed to state level competitions. The former District Governor of Lions was so impressed with our two Leos that she has asked them to attend a Leadership conference with her in Melbourne in February 2017.

Well done to Ainslie Griffin and Alyse Iliffe (pictured right)



Relay for Life

On Saturday 15th October 2016, Mount View High and the Leos once again participated in the Cessnock Relay for Life. We were able to fundraise over \$1500 and had two contestants in the Miss Relay competition and Tahlia Hughes was a strong contender in the box car derby.

We would like to thank Miss Bell and Mrs Hunt for being there for the march and the Senior Leaders and Leos who relayed all day from 10am to 10pm. Special thanks to Debbie Taylor and Claire Taylor for being our team captains and for having great organisational skills.



Mount View High Relay team

Matthew Griffin, Relay for Life
Ambassador Sophie Stapleford, Jake
Taylor and Cameron Abbott



Toy and Tin Week

The Mount View Leos will be collecting new toys and tins of food in the last week of November, so please start purchasing these items so we can help those in need in our community to have a better Christmas.



MURROOK CULTURAL CAMP - Written by Dakota King & Chloe Grant

During week 3, 34 students from Mount View High School, Cessnock West Public School, Ellalong Public School, Nulkaba Public School, Paxton Public School, Millfield Public School and East Cessnock Public School came together for our annual Aboriginal and Torres Strait Islander Culture Camp.

This year we spent three days at Murrook Culture Centre owned by the Worimi people at Williamtown, just up from Williamtown RAAF base and fighter world.

DAY 1:

We departed Mount View High School and arrived at Murrook at 10am. Three cultural guides, Jonny, Chris and Travis met us upon arrival. They showed us around the grounds and told us about themselves. We then had morning tea, set up our tents and had lunch before setting out for a walk through the sand dunes of Williamtown.

During the walk we learnt about the damage that 4wds can cause by disrupting the natural erosion of the sand dunes as well as disturbing the local flora and fauna.

We also visited a rock midden site during the walk.

Back at camp - dance sessions began in readiness for Corroboree on Thursday night.

We finished the night with a bang, listening to music and stories around the campfire, as well as playing spotlight within the camp grounds.





DAY 2:

An early start for most, as it was a rush to get a hot shower!

After breakfast and a few ball games around camp we got on the bus and headed to Mount Tomaree at Shoal Bay.

At the base of Mount Tomaree just across from the boat ramp we were shown a group of scar trees. The Scar trees show a burial site for our people.

We then took on Mount Tomaree – after a some serious huffing and puffing we made it to the top! The views are amazing and so worth the effort of going to the top.

We had lunch at Little Beach and then returned to camp. We had to take down our tents and set up in the hall because of rain that was coming. Then prepare for the night ahead – FAMILY NIGHT!!

We danced for our families and shared the story behind each of the dances before having dinner with our families.

A huge day – that finished for us (but not all) with a game of cards and an early night.

DAY 3:

Our final day at camp – the rain had set in and we spent the day enjoying a huge big breakfast and quiet art with Aunty Rachel who came to share her knowledge with us.

We got some great group photos before we left Murrook.

The bus ride back to school was filled with horrible seated dance moves and music pumping.



HOUSE LEADERBOARD



**BE QUICK,
BE ACTIVE**



**GROUNDED &
DYNAMIC**



**TRUTH &
HONOUR**



Belong & IGNITE



**GATHER &
ASSEMBLE**



Peace & POWER



SHINE BRIGHT



**STRIVE &
UNITE**

Students gain house points for a range of activities including sporting success, participation, attendance and involvement in extra-curricular activities etc.

Top 5 point scorers !



Belong & Ignite

Olivia Bailey
Kim Arnott
Ash Holden
Kirsten Boesen
Bree Perkins



**BE QUICK,
BE ACTIVE**

Josie Small
Sam Baker
Will Ingram
Jessica James
Angus Mackenzie

**STRIVE &
UNITE**

Dakota Fenton
Brock Wallace
Abbey-Peta Scott
Charmayne Gould
Garry Russell



**GROUND &
DYNAMIC**

Kaniesha Blandon
Angelina Bodycote
Sarah Wiese
Josh Cagney
Brooke Marshall



**GATHER &
ASSEMBLE**

Chelsea Webb
Liam O'Brien
Emily Sharpe
Chelsea Anderson
Kai Laybutt



SHINE BRIGHT

Jack Whiting
Carla O'Connor
Elle Turner
Charlotte Gibbons
Taylah Hall

Peace & Power

Ebony Main
Emily Jackson
Izabelle Martin
Oliver Beveridge
Rose Lucas



**TRUTH &
HONOUR**

Alexia Vowles
Ryan Forrest
Kayla Walking
Aleah O'Brien
Kate Norris



HUNTER DENTAL GROUP
 CESSNOCK, GREENHILLS & DUNGOG DENTAL
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Child Dental Benefits Schedule
 An Australian Government Dental Scheme

YES WE BULK BILL!!

Families that receive Family Tax Benefit Part A or other eligible government payments can receive \$1000 basic dental treatment for children aged 2-17 years.

For eligibility phone Medicare 132 011
For appointments call us today!

hunter_dental_dl_15568.indd 1 11/02/14 5:21 PM

Maitland Horse Sports Day
 Hosted by: Iona Public School

Tuesday 15th November 2016
 at
 Maitland Polocrosse Grounds, Anambah Rd Rutherford
 (1km off New England Highway)
 Commencing: 8.00am Gear Check by Team Manager.
8.30am start

All forms will be available on the school website 14th September
 ** Please pay attention to new criteria **

www.iona-p.schools.nsw.edu.au

Entry Fee: \$30 per rider * (See conditions of entry) – limited to 180 riders
 ** Fee increase due to NSW Ambulance Paramedics will be in attendance**

Riding Events: Riding Classes Sporting Events TBA
 Hacking Classes
 Pleasure Hack

ENTRIES CLOSE Friday 4th November 2016

All Enquiries	Fiona Lawrence Email: f.lawrence5@bigpond.com Phone: 02 4930 1415 (school hours) Mobile: 0448 300 023
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Facilities:
 Canteen – Will be available all day from 7.30 am

Here's a WEP special just for you!

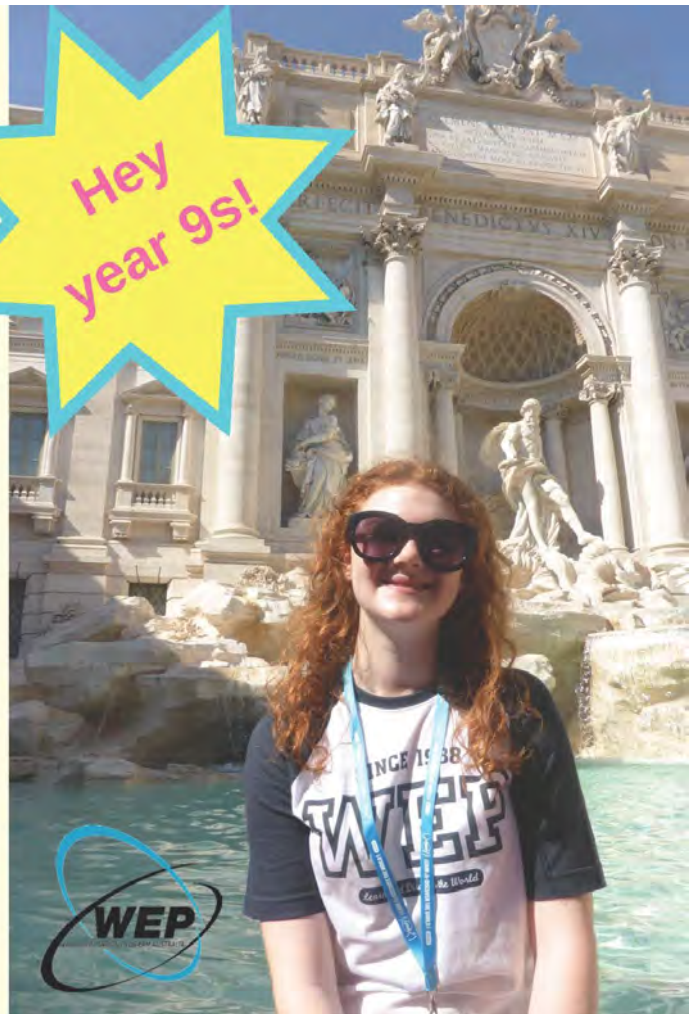
Do you dream of discovering the world? WEP has got an Early Bird Special to make your student exchange a reality!

Apply for a semester or year-long WEP student exchange before November 30 and receive \$500 off your program fee for any of these incredible countries:

Argentina Austria Belgium Chile
China Finland France Hungary Italy
Mexico Netherlands Spain Thailand

REQUEST A FREE INFO PACK!

WEP.ORG.AU | 1300 884 744 | INFO@WEP.ORG.AU



If you're already thinking about becoming a foster carer, you're meant to be one. Come along to an information session to find out how you can support a child.

A big heart and the hope you can help a child have a brighter future are the two important qualities all people who care for children share.

The only other things you must be are:

- ideally over the age of 25
- an Australian citizen or permanent resident
- in good health
- without a criminal record.

At the information session, you will:

- find out more about the different types of care, including short-term (respite and emergency care) medium-term (restoration care) and long-term options (such as guardianship, open adoption and long-term fostering)
- hear from current foster carers about their experience
- meet the service providers in your area
- find out more about the ongoing support and training you'll receive.

Aboriginal and Torres Strait Islander people are encouraged to attend.

Fostering information sessions

Newcastle

Thursday 10th November
12-2pm and 7-9pm
Charlestown Bowling Club

Maitland

Friday 11th November
12-2pm and 7-9pm
East Maitland Golf Club



FOSTERING NSW
Growing together

RSVP Call 1300 794 653 or email hunter@connectingcarersnsw.com.au



Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cynthia Culhane your local Saver Plus Worker:

(02) 4032 4703 / 0418 699 646

or cynthia.culhane@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Newcastle by The Smith Family. The program is funded by ANZ and the Australian Government.



Trolls – The Movie

Come along to a family-friendly event to support the amazing work the DANII Foundation do; amongst other things they are providing 2-week trials of safe and proven technology (CGM) to Type 1 Diabetics.

Where: Metro Cinemas Lake Haven

When: Sunday 4th December 2016

Time: 11am – 3pm

Cost: \$20 per adult, \$15 per child
\$60 Family (2a/2c)

To purchase your tickets follow the link:

https://dbt-euzlr.formstack.com/forms/danii_foundation_family_movie_day_2016

There will be market stalls, face painting, cupcakes, raffles and gift bags!!!

For more information contact Catherine on 0412 239 298
or Debbie on 0412 678 800



It is estimated that "Dead in Bed Syndrome" accounts for between 4.7 and 27.3% of deaths to Type 1 Diabetics



Health
Hunter New England
Local Health District

Does your child receive regular, high quality dental care?

Hunter New England Oral Health provides comprehensive dental care for all children, at no cost. We are a non-profit government organisation dedicated to providing the best care for your child.

Make a dental appointment today!
Call 1300 651 625

Our clinic locations:

- Armidale • Beresfield • Cessnock • Forster • Glen Innes • Gunnedah • Inverell • Maitland • Moree • Muswellbrook • Narrabri • Nelson Bay • Newcastle • Raymond Terrace • Scone • Singleton • Tamworth • Taree • Toronto • Wallsend • Windale

BE BUS AWARE

Buses can't stop quickly



bebusaware.com.au



Transport for NSW



BE SAFE ON AND AROUND BUSES.
BE BUS AWARE!

- 1 Follow the rules and cross with care
- 2 Give way to buses
- 3 Reduce speed to 40 when lights are flashing
- 4 Plan ahead and don't rush for the bus
- 5 Bike riders take care around buses

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Transport for NSW

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